



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet 2022
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2022-05-22
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: 40-49

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	GRIMAN Joanna	39	MOJŹYSZ TEAM/ERIGO	40-49	1	PĘDZIMATRY		00:00:00	00:08:27	00:18:58.95	00:18:58.95		3:34	16.8
2	BODNAR Anna	57	ANIA HALSKA COACHING	40-49	2		Ania Halska Coaching	00:00:00	00:08:46	00:19:46.20	00:19:46.20	+00:00:47	3:43	16.1
3	LEWICKA Elżbieta	43	NIEZRZESZONA	40-49	3			00:00:00	00:09:23	00:21:10.95	00:21:10.95	+00:02:12	3:59	15
4	CZYŻ Katarzyna	60	TL POGOŃ RUDA ŚLĄSKA	40-49	4			00:00:00	00:09:17	00:21:15.50	00:21:15.50	+00:02:16	4:00	15
5	SZELEST Barbara	78	BURZA TEAM	40-49	5	Burza Team		00:00:00	00:09:24	00:21:15.90	00:21:15.90	+00:02:16	4:00	15
6	STRZELCZYK Ewa	61	HURAGAN LIGOTA	40-49	6	Huragan Ligota		00:00:00	00:09:24	00:21:21.60	00:21:21.60	+00:02:22	4:01	14.9
7	STUHLIK Magdalena	663	TRENUJ Z SANDRĄ	40-49	7	Trenuj z Sandrą		00:00:00	00:09:16	00:21:29.75	00:21:29.75	+00:02:30	4:03	14.8
8	ADAMCZYK-NOWAK Beata	16	MIECHOWCKA GRUPA BIEGOWA	40-49	8	Miechowicka Grupa Biegowa		00:00:00	00:09:25	00:21:32.05	00:21:32.05	+00:02:33	4:03	14.8
9	ANDROSZ Beata	6	BBL RUDA ŚLĄSKA	40-49	9	BBL Ruda Śląska		00:00:00	00:09:32	00:21:48.40	00:21:48.40	+00:02:49	4:06	14.6
10	PARZYCH Katarzyna	31		40-49	10			00:00:00	00:09:51	00:22:06.70	00:22:06.70	+00:03:07	4:10	14.4
11	SZATKA Beata	752	DYCUŚ TEAM	40-49	11	Dyczuś Team		00:00:00	00:09:48	00:22:19.40	00:22:19.40	+00:03:20	4:12	14.2
12	ZĘBIK Grażyna	20		40-49	12	Olza Cieszyn		00:00:00	00:09:54	00:22:42.85	00:22:42.85	+00:03:43	4:16	14
13	NENKO Barbara	30		40-49	13			00:00:00	00:10:07	00:22:50.60	00:22:50.60	+00:03:51	4:18	13.9
14	KOPIEC Izabela	2		40-49	14			00:00:00	00:10:16	00:23:09.95	00:23:09.95	+00:04:11	4:22	13.7
15	CZYŻ Leonarda	17	OLZA CIESZYN	40-49	15	Olza Cieszyn		00:00:00	00:10:05	00:23:10.70	00:23:10.70	+00:04:11	4:22	13.7
16	BINIENDA Agnieszka	765	KOBIETY WATAHY	40-49	16			00:00:00	00:10:36	00:23:42.50	00:23:42.50	+00:04:43	4:28	13.4
17	PERKOWSKA Daria	154	KOBIETY NA 5+	40-49	17			00:00:00	00:10:26	00:24:14.55	00:24:14.55	+00:05:15	4:34	13.1
18	BARSKA Agnieszka	754	DYCUŚ TEAM	40-49	18	Dyczuś Team		00:00:00	00:10:44	00:24:16.70	00:24:16.70	+00:05:17	4:34	13.1
19	FOJCIK-PUSTELNIK Karolina	915	HÓNYM DO METY	40-49	19			00:00:00	00:10:42	00:24:18.50	00:24:18.50	+00:05:19	4:35	13.1
20	GREENE Agnieszka	196		40-49	20			00:00:00	00:10:42	00:24:21.65	00:24:21.65	+00:05:22	4:35	13.1

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
21	WOWRY Sylwia	52	OLZA CIESZYN	40-49	21	Olza Cieszyn		00:00:00	00:10:46	00:24:40.20	00:24:40.20	+00:05:41	4:39	12.9
22	KUCZEK Katarzyna	77	SIEMIANOWCE I PRZYJACIELE BIEGAJĄ	40-49	22			00:00:00	00:10:37	00:24:48.00	00:24:48.00	+00:05:49	4:40	12.8
23	PIOTROWSKA Anna	50	HURAGAN LIGOTA	40-49	23	Huragan Ligota		00:00:00	00:10:59	00:24:56.05	00:24:56.05	+00:05:57	4:42	12.8
24	STABLA Ksenia	313	AKTWN I LYSKI	40-49	24			00:00:00	00:11:02	00:25:11.65	00:25:11.65	+00:06:12	4:45	12.6
25	KILAROVA Jana	217	MK SEITL OSTRAVA	40-49	25			00:00:00	00:10:51	00:25:14.00	00:25:14.00	+00:06:15	4:45	12.6
26	HANDZLIK-STARZYK Anna	8	WIEWÓRKI ZIMNOKRWISTE	40-49	26		Wiewiórki Zimnokrwiste	00:00:00	00:11:05	00:25:14.70	00:25:14.70	+00:06:15	4:45	12.6
27	HELIOSZ Agnieszka	44	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:55	00:25:17.90	00:25:17.90	+00:06:18	4:46	12.6
28	KOŻUCH Emilia	405	DZIKUSKI	40-49	28		Dzikuski	00:00:00		00:25:18.10	00:25:18.10	+00:06:19	4:46	12.6
29	DAICZMANEK Aleksandra	136		40-49	29			00:00:00	00:11:07	00:25:23.80	00:25:23.80	+00:06:24	4:47	12.5
30	LORENZ Agnieszka	130	GB GALOPUJĄCE ŚLIMAKI	40-49	30			00:00:00	00:11:01	00:25:24.55	00:25:24.55	+00:06:25	4:47	12.5
31	SICH-ŚWITAŁA Małgorzata	157		40-49	31			00:00:00	00:11:12	00:25:28.00	00:25:28.00	+00:06:29	4:48	12.5
32	MENŻYK Joanna	150	MORS HUBERTUS MYSŁOWICE	40-49	32			00:00:00		00:25:29.35	00:25:29.35	+00:06:30	4:48	12.5
33	GABER Magdalena	876		40-49	33			00:00:00	00:11:18	00:25:29.70	00:25:29.70	+00:06:30	4:48	12.5
34	POŁOMSKA Edyta	177	POLOMSCY TEAM	40-49	34			00:00:00	00:10:56	00:25:33.25	00:25:33.25	+00:06:34	4:49	12.4
35	MAZUR Małgorzata	180		40-49	35			00:00:00	00:11:06	00:25:36.25	00:25:36.25	+00:06:37	4:49	12.4
36	LISZKA Ela	218	FIT WARIATKI	40-49	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:15	00:25:39.70	00:25:39.70	+00:06:40	4:50	12.4
37	RAFA Asia	46		40-49	37			00:00:00	00:11:06	00:25:43.85	00:25:43.85	+00:06:44	4:51	12.4
38	KRUZ Joanna	322	NESSI TEAM	40-49	38			00:00:00	00:11:39	00:25:47.10	00:25:47.10	+00:06:48	4:51	12.3
39	PIWOŃSKA Adriana	96	INTERAKTYWNI KROSTOSZOWICE	40-49	39	ŁAPACZKI Zachodów słońca		00:00:00	00:11:18	00:26:02.90	00:26:02.90	+00:07:03	4:54	12.2
40	WRUCHA Sylwia	377		40-49	40			00:00:00	00:11:12	00:26:03.70	00:26:03.70	+00:07:04	4:54	12.2
41	PIOTROWSKA Anna	336	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	41	ŁAPACZKI Zachodów słońca		00:00:00	00:11:19	00:26:13.40	00:26:13.40	+00:07:14	4:56	12.1
42	KONKOL-PEPŁOWSKA Martyna	229		40-49	42			00:00:00		00:26:13.90	00:26:13.90	+00:07:14	4:56	12.1
43	GŁUSZEK Ula	759	DYCZUŚ TEAM	40-49	43	Dyczuś Team		00:00:00	00:11:23	00:26:14.20	00:26:14.20	+00:07:15	4:56	12.1
44	BROCKA Anita	102	MARTA I ANITA	40-49	44		Marta i Anita	00:00:00	00:11:19	00:26:19.75	00:26:19.75	+00:07:20	4:57	12.1
45	MASŁOWSKA Katarzyna	453	AKTYWNI LYSKI	40-49	45			00:00:00	00:11:30	00:26:30.25	00:26:30.25	+00:07:31	5:00	12
46	PIWISZKIS Barbara	4	KOBIETY NA 5 +	40-49	46	Kobiety na 5+	Ana do Bara	00:00:00	00:10:58	00:26:30.85	00:26:30.85	+00:07:31	5:00	12
47	KOTOWICZ Anna	184		40-49	47			00:00:00	00:11:34	00:26:39.45	00:26:39.45	+00:07:40	5:01	11.9

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48	GRZONKA Magdalena	554		40-49	48			00:00:00	00:11:38	00:26:46.10	00:26:46.10	+00:07:47	5:03	11.9
49	PAJESTKA Katarzyna	151		40-49	49			00:00:00	00:12:06	00:26:49.50	00:26:49.50	+00:07:50	5:03	11.9
50	SZOJDA Paulina	508	VIKING TRAINING CENTER	40-49	50			00:00:00	00:12:03	00:26:51.00	00:26:51.00	+00:07:52	5:03	11.8
51	BUJAK Monika	553		40-49	51			00:00:00	00:11:46	00:26:55.65	00:26:55.65	+00:07:56	5:04	11.8
52	MUSIOŁ Helena	550		40-49	52			00:00:00	00:11:39	00:26:58.25	00:26:58.25	+00:07:59	5:05	11.8
53	PIJANOWSKA - MALCHAREK Kamila	216	KAMA RUN	40-49	53			00:00:00	00:12:17	00:27:01.00	00:27:01.00	+00:08:02	5:05	11.8
54	JURASZEK Ewelina	181	AGNIESZKA&EWELINA	40-49	54		Agnieszka&Ewelina	00:00:00	00:12:23	00:27:02.05	00:27:02.05	+00:08:03	5:06	11.8
55	DUSZYŃSKA Marta	222	BURZA TEAM	40-49	55	Burza Team		00:00:00	00:11:51	00:27:03.90	00:27:03.90	+00:08:04	5:06	11.8
56	GAŁAJDA Monika	12	RADLINIOKI	40-49	56			00:00:00	00:11:52	00:27:06.05	00:27:06.05	+00:08:07	5:06	11.7
57	REINERT Aleksandra	766		40-49	57			00:00:00	00:11:45	00:27:10.25	00:27:10.25	+00:08:11	5:07	11.7
58	PROKOP Iwona	91	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	58			00:00:00	00:11:53	00:27:13.90	00:27:13.90	+00:08:14	5:08	11.7
59	GORZELAK Joanna	142	KOBIETY NA 5+	40-49	59	Kobiety na 5+		00:00:00	00:11:54	00:27:19.15	00:27:19.15	+00:08:20	5:09	11.6
60	JUREK Iza	732		40-49	60			00:00:00	00:12:00	00:27:25.95	00:27:25.95	+00:08:27	5:10	11.6
61	BARTUSEK Hanna	64		40-49	61			00:00:00	00:12:09	00:27:26.25	00:27:26.25	+00:08:27	5:10	11.6
62	NYKIEL Małgorzata	146	MIECHOWCKA GRUPA BIEGOWA	40-49	62	Miechowicka Grupa Biegowa		00:00:00	00:12:21	00:27:33.00	00:27:33.00	+00:08:34	5:11	11.5
63	KRYSTEK Beata	214	AHOJ PRZYGODO!	40-49	63		Ahoj Przygodo!	00:00:00	00:12:03	00:27:34.50	00:27:34.50	+00:08:35	5:12	11.5
64	BRAŃKA Barbara	867	BBAM	40-49	64		BBAM	00:00:00	00:12:13	00:27:37.05	00:27:37.05	+00:08:38	5:12	11.5
65	HOJKA Gabriela	414		40-49	65			00:00:00	00:11:59	00:27:39.80	00:27:39.80	+00:08:40	5:13	11.5
66	BOGDANOWICZ Maja	215	AHOJ PRZYGODO!	40-49	66		Ahoj Przygodo!	00:00:00	00:12:04	00:27:39.95	00:27:39.95	+00:08:41	5:13	11.5
67	SLISZ Maria	294		40-49	67			00:00:00	00:12:00	00:27:41.10	00:27:41.10	+00:08:42	5:13	11.5
68	KRZYK Małgorzata	247		40-49	68			00:00:00	00:12:12	00:27:41.60	00:27:41.60	+00:08:42	5:13	11.5
69	WOJTYŚ Monika	314		40-49	69			00:00:00	00:12:42	00:27:46.20	00:27:46.20	+00:08:47	5:14	11.5
70	SZYMURA Izabela	152	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	70			00:00:00	00:12:00	00:27:48.30	00:27:48.30	+00:08:49	5:14	11.4
71	RUSZCZYŃSKA Anna	585	ANIA I EDYTA	40-49	71		Ania i Edyta	00:00:00	00:12:28	00:27:57.00	00:27:57.00	+00:08:58	5:16	11.4
72	DYCZEK Klaudia	182	DYCZUŚ TEAM	40-49	72	Dyczuś Team		00:00:00	00:12:33	00:27:57.05	00:27:57.05	+00:08:58	5:16	11.4
73	JAROŃ Katarzyna	914		40-49	73			00:00:00	00:12:12	00:28:00.80	00:28:00.80	+00:09:01	5:16	11.4
74	HORAK Alina	238	SZALONE PITKI	40-49	74		Szalone Pitki	00:00:00	00:12:18	00:28:01.70	00:28:01.70	+00:09:02	5:17	11.4
75	KRAKOWCZYK Tatiana	611		40-49	75			00:00:00	00:12:50	00:28:04.55	00:28:04.55	+00:09:05	5:17	11.3
76	DĄBROWSKA Agata	140	NESSI TIME ŻORY	40-49	76	Nessi Team		00:00:00	00:12:31	00:28:05.20	00:28:05.20	+00:09:06	5:17	11.3

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77	GARBOŚ Weronika	412		40-49	77			00:00:00	00:12:40	00:28:07.80	00:28:07.80	+00:09:08	5:18	11.3
78	CHMIEL Anna	406	DZIKUSKI	40-49	78		Dzikuski	00:00:00	00:12:08	00:28:08.95	00:28:08.95	+00:09:10	5:18	11.3
79	SKWORC Ilona	805	BBL RUDA ŚLĄSKA	40-49	79	BBL Ruda Śląska		00:00:00	00:12:59	00:28:11.40	00:28:11.40	+00:09:12	5:19	11.3
80	BURDA Katarzyna	11	MMA	40-49	80			00:00:00	00:12:09	00:28:12.90	00:28:12.90	+00:09:13	5:19	11.3
81	KRAUSE Sylwia	347	RADLINIOKI W BIEGU	40-49	81	Radlinioki w biegu		00:00:00	00:12:47	00:28:12.95	00:28:12.95	+00:09:14	5:19	11.3
82	ROSGA Anna	680		40-49	82			00:00:00	00:12:29	00:28:13.10	00:28:13.10	+00:09:14	5:19	11.3
83	CEGLARSKA Sonia	664	JEJKOWICE BIEGAJĄ	40-49	83	Jejkowice Biegają	Jejkowice Biegają	00:00:00		00:28:17.85	00:28:17.85	+00:09:18	5:20	11.2
84	MALINOWSKA Aneta	279	OLZA CIESZYN	40-49	84	Olza Cieszyn		00:00:00	00:12:37	00:28:19.00	00:28:19.00	+00:09:20	5:20	11.2
85	STEFAŃSKA Barbara	228		40-49	85			00:00:00	00:12:27	00:28:23.25	00:28:23.25	+00:09:24	5:21	11.2
86	ADAMUS Anna	129	BBL RUDA ŚLĄSKA	40-49	86	BBL Ruda Śląska		00:00:00	00:12:37	00:28:25.90	00:28:25.90	+00:09:26	5:21	11.2
87	BIZOŃ Monika	210		40-49	87			00:00:00	00:12:34	00:28:28.35	00:28:28.35	+00:09:29	5:22	11.2
88	KANIA Monika	312		40-49	88			00:00:00	00:12:40	00:28:32.10	00:28:32.10	+00:09:33	5:23	11.1
89	JĘDRZEJEWSKA Beata	201	MIRAZ RACE TEAM	40-49	89			00:00:00	00:12:09	00:28:33.15	00:28:33.15	+00:09:34	5:23	11.1
90	MUSIAŁ Wioletta	350	GALOPUJĄCE ŚLIMAKI	40-49	90			00:00:00	00:12:39	00:28:33.45	00:28:33.45	+00:09:34	5:23	11.1
91	RÓŻYCKA-FRYT Katarzyna	346	BIEGAMYŚŁOWICE	40-49	91	biegaMYślówice		00:00:00	00:12:26	00:28:35.70	00:28:35.70	+00:09:36	5:23	11.1
92	WIRTH Agnieszka	289		40-49	92			00:00:00	00:12:44	00:28:37.20	00:28:37.20	+00:09:38	5:23	11.1
93	KUREK Joanna	13		40-49	93	INCOLA TEAM		00:00:00	00:12:42	00:28:38.95	00:28:38.95	+00:09:40	5:24	11.1
94	MADEJA Zofia	702	POWOLIDOCELU	40-49	94	PoWoli do Celu		00:00:00	00:12:17	00:28:40.05	00:28:40.05	+00:09:41	5:24	11.1
95	MAJCHRZAK Agnieszka	204	NESSITEAM	40-49	95			00:00:00	00:13:20	00:28:47.70	00:28:47.70	+00:09:48	5:25	11
96	PASTUSIAK Janina	891	JANKA & MARIOLA	40-49	96		Janka & Mariola	00:00:00	00:12:05	00:28:49.30	00:28:49.30	+00:09:50	5:26	11
97	GARUS Magdalena	360		40-49	97			00:00:00	00:11:59	00:28:50.00	00:28:50.00	+00:09:51	5:26	11
98	TERESZYŃSKA Anna	389	ALKOALPINIZM	40-49	98			00:00:00	00:12:13	00:28:54.85	00:28:54.85	+00:09:55	5:27	11
99	SOŁTYSIK Zdzisia	547	PĘDZĄCE ŻÓŁWE	40-49	99			00:00:00	00:12:45	00:28:59.30	00:28:59.30	+00:10:00	5:28	11
100	GAMZA Barbara	438		40-49	100			00:00:00	00:12:46	00:28:59.80	00:28:59.80	+00:10:00	5:28	11
101	TRYBAŁA Monika	643	WATAHA	40-49	101	WATAHA		00:00:00	00:12:51	00:29:04.15	00:29:04.15	+00:10:05	5:29	10.9
102	MARSZOLIK Angela	265		40-49	102			00:00:00	00:12:45	00:29:04.20	00:29:04.20	+00:10:05	5:29	10.9
103	MARCINIAK Beata	628	WATAHA	40-49	103	WATAHA		00:00:00	00:12:52	00:29:06.80	00:29:06.80	+00:10:07	5:29	10.9
104	JURASZEK Agnieszka	127	JUSTFEELFIT	40-49	104			00:00:00	00:13:20	00:29:07.60	00:29:07.60	+00:10:08	5:29	10.9
105	STABLA Agata	75	KAKTUSIARY	40-49	105		Kaktusiary	00:00:00		00:29:08.60	00:29:08.60	+00:10:09	5:29	10.9

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
106	PAWŁOWSKA Beata	357	RADLINIOKI W BIEGU	40-49	106	Radlinioki w biegu		00:00:00	00:13:12	00:29:21.65	00:29:21.65	+00:10:22	5:32	10.8
107	PIETROSZEK Władysława	251		40-49	107			00:00:00	00:12:54	00:29:24.10	00:29:24.10	+00:10:25	5:32	10.8
108	BERNAT Katarzyna	355		40-49	108			00:00:00	00:12:36	00:29:25.90	00:29:25.90	+00:10:26	5:33	10.8
109	KUFIETA Ewelina Ina	353	KASIA I EWELINA	40-49	109		Kasia i Ewelina	00:00:00	00:12:38	00:29:27.00	00:29:27.00	+00:10:28	5:33	10.8
110	CELER Iwona	402		40-49	110			00:00:00		00:29:28.50	00:29:28.50	+00:10:29	5:33	10.8
111	ZIELOSKO Beata	612		40-49	111			00:00:00	00:12:59	00:29:28.55	00:29:28.55	+00:10:29	5:33	10.8
112	BIENIEK Katarzyna	439		40-49	112			00:00:00	00:13:09	00:29:28.75	00:29:28.75	+00:10:29	5:33	10.8
113	STROJEK Agnieszka	548		40-49	113			00:00:00	00:13:04	00:29:33.90	00:29:33.90	+00:10:34	5:34	10.8
114	BRZUSKA Katarzyna	342	OLZA CIESZYN	40-49	114	Olza Cieszyn		00:00:00	00:12:49	00:29:34.80	00:29:34.80	+00:10:35	5:34	10.8
115	JASEK Wioletta	383	KOBIETY WATAHY	40-49	115			00:00:00	00:12:51	00:29:37.45	00:29:37.45	+00:10:38	5:35	10.7
116	PANEK Ela	393	MARGO TEAM	40-49	116			00:00:00	00:12:40	00:29:39.45	00:29:39.45	+00:10:40	5:35	10.7
117	BUREK Alina	832		40-49	117			00:00:00	00:12:41	00:29:42.00	00:29:42.00	+00:10:43	5:36	10.7
118	KĘKUŚ Dorota	371	PRZEDSZKOLE MAŁYCH BOHATERÓW	40-49	118	Przedszkole Małych Bohaterów		00:00:00	00:12:57	00:29:43.95	00:29:43.95	+00:10:45	5:36	10.7
119	KUŚ Joanna	910		40-49	119			00:00:00	00:13:10	00:29:52.35	00:29:52.35	+00:10:53	5:38	10.6
120	KLIMEK-KARAS Sylwia	194	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	120	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:13:10	00:29:52.75	00:29:52.75	+00:10:53	5:38	10.6
121	SZEFER Sylwia	97		40-49	121			00:00:00	00:12:45	00:29:55.85	00:29:55.85	+00:10:56	5:38	10.6
122	MADEJA Aleksandra	479	MIECHOWICKA GRUPA BIEGOWA	40-49	122	Miechowicka Grupa Biegowa		00:00:00	00:13:43	00:30:01.70	00:30:01.70	+00:11:02	5:39	10.6
123	SOCHA Marlena	281	BBL RUDA ŚLĄSKA	40-49	123	BBL Ruda Śląska		00:00:00	00:13:24	00:30:02.20	00:30:02.20	+00:11:03	5:40	10.6
124	ŁAPA Aleksandra	333	4A	40-49	124		4A	00:00:00	00:13:01	00:30:07.55	00:30:07.55	+00:11:08	5:40	10.6
125	MAĆKÓW Agnieszka	277		40-49	125			00:00:00	00:12:52	00:30:13.45	00:30:13.45	+00:11:14	5:42	10.5
126	BIELAŃSKA Beata	711	HURAGAN LIGOTA	40-49	126	Huragan Ligota		00:00:00	00:13:15	00:30:15.35	00:30:15.35	+00:11:16	5:42	10.5
127	BOMBOR Antonina	233		40-49	127			00:00:00	00:13:10	00:30:15.45	00:30:15.45	+00:11:16	5:42	10.5
128	GRABOWSKA Katarzyna	676		40-49	128			00:00:00	00:13:27	00:30:15.75	00:30:15.75	+00:11:16	5:42	10.5
129	ZAMOJSKA Iwona	226	MIECHOWICKA GRUPA BIEGOWA	40-49	129	Miechowicka Grupa Biegowa		00:00:00	00:13:00	00:30:16.15	00:30:16.15	+00:11:17	5:42	10.5
130	TYTKO-HAŁADA Małgorzata	115		40-49	130			00:00:00		00:30:17.70	00:30:17.70	+00:11:18	5:42	10.5
131	ŁATKA Dorota	193		40-49	131			00:00:00	00:13:07	00:30:19.70	00:30:19.70	+00:11:20	5:43	10.5
132	BURZYŃSKA Beata	153		40-49	132			00:00:00	00:13:15	00:30:20.45	00:30:20.45	+00:11:21	5:43	10.5

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
133	ŁASA Izabela	577		40-49	133			00:00:00	00:13:53	00:30:23.25	00:30:23.25	+00:11:24	5:43	10.5
134	SIKORA Agnieszka	186		40-49	134			00:00:00	00:13:18	00:30:25.15	00:30:25.15	+00:11:26	5:44	10.5
135	BINASIK Agnieszka	392	HURAGAN LIGOTA	40-49	135	Huragan Ligota		00:00:00	00:13:15	00:30:25.35	00:30:25.35	+00:11:26	5:44	10.5
136	KLOZIK Agnieszka	885	4A	40-49	136		4A	00:00:00	00:13:39	00:30:25.45	00:30:25.45	+00:11:26	5:44	10.5
137	KRUPOWICZ Aneta	207		40-49	137			00:00:00	00:13:35	00:30:29.85	00:30:29.85	+00:11:30	5:45	10.4
138	SAGAN Izabela	303	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	40-49	138	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:09	00:30:29.90	00:30:29.90	+00:11:30	5:45	10.4
139	OLSCHIMKE Katarzyna	833	GISZOWEC BIEG RAZEM	40-49	139			00:00:00	00:13:31	00:30:32.25	00:30:32.25	+00:11:33	5:45	10.4
140	REJMAN-GUTKOWSKA Alina	568		40-49	140			00:00:00		00:30:37.25	00:30:37.25	+00:11:38	5:46	10.4
141	JACEK Dorota	799		40-49	141			00:00:00	00:13:29	00:30:37.75	00:30:37.75	+00:11:38	5:46	10.4
142	MOSZ Weronika	724		40-49	142			00:00:00	00:13:54	00:30:39.30	00:30:39.30	+00:11:40	5:46	10.4
143	KLEK Marzena	874		40-49	143			00:00:00	00:13:48	00:30:40.45	00:30:40.45	+00:11:41	5:47	10.4
144	MARSZALIK Anna	112		40-49	144			00:00:00	00:13:03	00:30:43.25	00:30:43.25	+00:11:44	5:47	10.4
145	KWIATKOWSKA Tatiana	496		40-49	145			00:00:00	00:14:20	00:30:48.15	00:30:48.15	+00:11:49	5:48	10.3
146	GIEROŃ Katarzyna	144	KK	40-49	146		KK	00:00:00	00:13:12	00:30:49.00	00:30:49.00	+00:11:50	5:48	10.3
147	GÓRKA Barbara	658		40-49	147			00:00:00	00:13:55	00:30:52.75	00:30:52.75	+00:11:53	5:49	10.3
148	MIKOŁAJCZAK Magdalena	607	HRMAX ŻORY	40-49	148			00:00:00	00:13:23	00:30:55.15	00:30:55.15	+00:11:56	5:50	10.3
149	DOBRENIUK Aurelia	502		40-49	149			00:00:00	00:14:09	00:30:55.50	00:30:55.50	+00:11:56	5:50	10.3
150	PRADELA Joanna	675	AKTYWNI LYSKI	40-49	150			00:00:00	00:13:36	00:30:56.30	00:30:56.30	+00:11:57	5:50	10.3
151	BAŁA Justyna	263	KOBIETY NA 5+	40-49	151	Kobiety na 5+		00:00:00	00:13:44	00:30:57.70	00:30:57.70	+00:11:58	5:50	10.3
152	KLOSEK-TARASZKIEWICZ Monika	861	RUNTEAM	40-49	152	RUNTEAM PAWŁOWICE		00:00:00		00:30:59.10	00:30:59.10	+00:12:00	5:50	10.3
153	SOBOL Ewa	824		40-49	153			00:00:00	00:13:38	00:31:00.05	00:31:00.05	+00:12:01	5:50	10.3
154	KUŚNIERZ Ewelina Dąbrowska	375	MIRAZ RACE TEAM	40-49	154	Miraz Race Team		00:00:00	00:13:38	00:31:00.10	00:31:00.10	+00:12:01	5:50	10.3
155	WOSIŃSKA Helena	147	RUNTEAM PAWŁOWICE	40-49	155	RUNTEAM PAWŁOWICE		00:00:00	00:13:38	00:31:01.10	00:31:01.10	+00:12:02	5:51	10.3
156	DZIEWIRZ Aurelia	211		40-49	156			00:00:00	00:13:20	00:31:01.85	00:31:01.85	+00:12:02	5:51	10.3
157	KUŚ Anna	654		40-49	157			00:00:00	00:13:43	00:31:04.80	00:31:04.80	+00:12:05	5:51	10.2
158	WESOŁOWSKA Katarzyna	1214		40-49	158			00:00:00	00:13:43	00:31:05.10	00:31:05.10	+00:12:06	5:51	10.2
159	KOKOT Justyna	396	ŚKM HARCIOLE	40-49	159			00:00:00	00:13:21	00:31:07.80	00:31:07.80	+00:12:08	5:52	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
160	PYZIK Barbara	40		40-49	160			00:00:00	00:12:59	00:31:09.05	00:31:09.05	+00:12:10	5:52	10.2
161	PRÓSZYŃSKA Agnieszka	361		40-49	161			00:00:00	00:13:58	00:31:10.25	00:31:10.25	+00:12:11	5:52	10.2
162	KAŁUS Joanna	403		40-49	162			00:00:00	00:13:14	00:31:10.80	00:31:10.80	+00:12:11	5:52	10.2
163	CICHON Iwona	248	HURAGAN LIGOTA	40-49	163	Huragan Ligota		00:00:00	00:13:28	00:31:17.85	00:31:17.85	+00:12:18	5:54	10.2
164	KWIATKOWSKA Elwira	820		40-49	164			00:00:00	00:13:16	00:31:19.15	00:31:19.15	+00:12:20	5:54	10.2
165	PODLEŚNY Justyna	202	NESSI TEAM ŻORY	40-49	165	Nessi Team		00:00:00	00:12:51	00:31:19.25	00:31:19.25	+00:12:20	5:54	10.2
166	PAJĄK Agnieszka	427	KAMA RUN	40-49	166			00:00:00	00:13:20	00:31:20.80	00:31:20.80	+00:12:21	5:54	10.1
167	PEPEK Aneta	198		40-49	167			00:00:00	00:13:56	00:31:23.55	00:31:23.55	+00:12:24	5:55	10.1
168	BURDA Renata	907	AKTYWNA	40-49	168		Aktywna	00:00:00	00:14:49	00:31:25.55	00:31:25.55	+00:12:26	5:55	10.1
169	MILOWSKA Sylwia	422		40-49	169			00:00:00	00:13:31	00:31:26.30	00:31:26.30	+00:12:27	5:55	10.1
170	KLYSZCZ Honorata	323	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	170	ŁAPACZKI Zachodów słońca		00:00:00	00:14:02	00:31:29.35	00:31:29.35	+00:12:30	5:56	10.1
171	BORUTA Wioletta	734		40-49	171			00:00:00	00:13:26	00:31:31.30	00:31:31.30	+00:12:32	5:56	10.1
172	FECZKO Lucyna	288		40-49	172			00:00:00	00:12:52	00:31:34.45	00:31:34.45	+00:12:35	5:57	10.1
173	KOLAT Jadwiga	264	KOBIETY NA 5+	40-49	173	Kobiety na 5+		00:00:00	00:13:41	00:31:38.50	00:31:38.50	+00:12:39	5:58	10.1
174	UKLEJA Ela	857		40-49	174			00:00:00	00:14:22	00:31:38.65	00:31:38.65	+00:12:39	5:58	10.1
175	SKRZYPEK Marta	117	JUSTFEELFIT	40-49	175			00:00:00	00:13:39	00:31:42.65	00:31:42.65	+00:12:43	5:58	10
176	CZYRNEK Ewa	536	SMAKI BIEGANIA	40-49	176	Smaki Biegania		00:00:00	00:13:47	00:31:43.80	00:31:43.80	+00:12:44	5:59	10
177	STOPYRA Agnieszka	86		40-49	177			00:00:00	00:13:46	00:31:44.20	00:31:44.20	+00:12:45	5:59	10
178	WYSOCKA Magdalena	723		40-49	178			00:00:00	00:13:55	00:31:44.55	00:31:44.55	+00:12:45	5:59	10
179	KOZDROŃ Anna	1209		40-49	179			00:00:00		00:31:46.65	00:31:46.65	+00:12:47	5:59	10
180	SZCZOTKA Agnieszka	871	JUSTFEELFIT	40-49	180	JustFeelFit		00:00:00	00:14:34	00:31:49.25	00:31:49.25	+00:12:50	6:00	10
181	TYRYTKO Sylwia	657	WATAHA	40-49	181	WATAHA		00:00:00	00:13:28	00:31:54.80	00:31:54.80	+00:12:55	6:01	10
182	MATUĆ Aleksandra	241	MIECHOWICKA GRUPA BIEGOWA	40-49	182	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:04.05	00:32:04.05	+00:13:05	6:03	9.9
183	WAWER Kasia	617	MIECHOWICKA GRUPA BIEGOWA	40-49	183	Miechowicka Grupa Biegowa		00:00:00	00:14:38	00:32:04.15	00:32:04.15	+00:13:05	6:03	9.9
184	REYMANN Milena	343		40-49	184	Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:49	00:32:06.05	00:32:06.05	+00:13:07	6:03	9.9
185	MAROSZEK Aleksandra	90		40-49	185			00:00:00	00:13:26	00:32:07.15	00:32:07.15	+00:13:08	6:03	9.9
186	KUCIEJ Justyna	271		40-49	186			00:00:00	00:13:51	00:32:08.65	00:32:08.65	+00:13:09	6:03	9.9
187	PERZAK Beata	779		40-49	187			00:00:00	00:13:40	00:32:15.00	00:32:15.00	+00:13:16	6:05	9.9
188	CIEŚLICKA Marta	499	NESSI TEAM	40-49	188	Nessi Team		00:00:00	00:14:11	00:32:17.55	00:32:17.55	+00:13:18	6:05	9.9

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
189	TAGOWSKA Agnieszka	740		40-49	189			00:00:00	00:13:44	00:32:18.00	00:32:18.00	+00:13:19	6:05	9.8
190	BLANIK Aga	852		40-49	190			00:00:00	00:14:17	00:32:20.25	00:32:20.25	+00:13:21	6:06	9.8
191	BUKOWSKA Joanna	315	KATOWICKI NORDIC WALKING	40-49	191			00:00:00	00:14:29	00:32:22.90	00:32:22.90	+00:13:23	6:06	9.8
192	BORDA Grażyna	804		40-49	192			00:00:00	00:13:53	00:32:23.25	00:32:23.25	+00:13:24	6:06	9.8
193	ŁEPEK Bożena	311		40-49	193			00:00:00	00:13:51	00:32:30.10	00:32:30.10	+00:13:31	6:07	9.8
194	MORGAŁA Daria	388		40-49	194			00:00:00	00:14:29	00:32:30.35	00:32:30.35	+00:13:31	6:07	9.8
195	KOSTKA Karolina	68	HÓNYM DO METY	40-49	195			00:00:00	00:13:35	00:32:35.45	00:32:35.45	+00:13:36	6:08	9.8
196	MUSIALIK Sabina	398	LECZYMY DURŚ	40-49	196		Lecymy Durś	00:00:00	00:14:52	00:32:41.40	00:32:41.40	+00:13:42	6:10	9.7
197	STRZODA Barbara	518		40-49	197			00:00:00	00:14:20	00:32:47.65	00:32:47.65	+00:13:48	6:11	9.7
198	REK Katarzyna	328	RADLINIOKI W BIEGU	40-49	198	Radlinioki w biegu		00:00:00	00:13:57	00:32:49.95	00:32:49.95	+00:13:51	6:11	9.7
199	OLSZEWSKA Dorota	364		40-49	199			00:00:00	00:14:17	00:32:51.15	00:32:51.15	+00:13:52	6:11	9.7
200	CEGLARSKA Alicja	321	JEJKOWICE BIEGAJĄ	40-49	200	Jejkowice Biegają		00:00:00	00:14:45	00:33:00.20	00:33:00.20	+00:14:01	6:13	9.6
201	KOZŁOWSKA Bożena	188		40-49	201			00:00:00	00:14:13	00:33:10.40	00:33:10.40	+00:14:11	6:15	9.6
202	GAJ Monika	528	DAR-BUD TEAM	40-49	202			00:00:00	00:14:49	00:33:11.20	00:33:11.20	+00:14:12	6:15	9.6
203	KLONOWSKA Monika	448	SZALONE PITKI	40-49	203			00:00:00	00:14:52	00:33:11.55	00:33:11.55	+00:14:12	6:15	9.6
204	ZACZYŃSKA-POZNIAK Jarosława	125		40-49	204			00:00:00	00:14:50	00:33:14.50	00:33:14.50	+00:14:15	6:16	9.6
205	KORCZEWSKA Beata	736	MIECHOWCACH GRUPA BIEGOWA	40-49	205	Miechowicka Grupa Biegowa		00:00:00	00:14:42	00:33:16.75	00:33:16.75	+00:14:17	6:16	9.6
206	ZŁOCIĄK Agnieszka	539		40-49	206			00:00:00	00:14:57	00:33:22.35	00:33:22.35	+00:14:23	6:17	9.5
207	ZAGÓRSKA Beata	470		40-49	207			00:00:00	00:14:50	00:33:27.00	00:33:27.00	+00:14:28	6:18	9.5
208	BATKO Agnieszka	242		40-49	208			00:00:00	00:14:44	00:33:27.35	00:33:27.35	+00:14:28	6:18	9.5
209	KRÓL Magdalena	287	KINGTEAM	40-49	209			00:00:00	00:15:08	00:33:29.45	00:33:29.45	+00:14:30	6:19	9.5
210	KLEPACKA Edyta	570	ANIA I EDYTA	40-49	210	Ania i Edyta		00:00:00	00:14:25	00:33:34.30	00:33:34.30	+00:14:35	6:20	9.5
211	CELINA Celina	834		40-49	211			00:00:00	00:14:16	00:33:35.40	00:33:35.40	+00:14:36	6:20	9.5
212	ZABORSKA Wioletta	544	PRESSGLASS BIEGAMY I WSPIERAMY	40-49	212			00:00:00	00:14:57	00:33:36.45	00:33:36.45	+00:14:37	6:20	9.5
213	GŁÓWCZYK Izabella	474		40-49	213			00:00:00	00:14:25	00:33:38.50	00:33:38.50	+00:14:39	6:20	9.5
214	JANCZARA Ewa	677		40-49	214			00:00:00		00:33:42.45	00:33:42.45	+00:14:43	6:21	9.4
215	ZDEB Barbara	338		40-49	215			00:00:00	00:15:01	00:33:52.55	00:33:52.55	+00:14:53	6:23	9.4
216	BALICKA Magdalena	239		40-49	216			00:00:00	00:15:20	00:33:54.60	00:33:54.60	+00:14:55	6:23	9.4

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
217	ZIELIŃSKA Anna	437		40-49	217	Miechowicka Grupa Biegowa		00:00:00	00:15:08	00:34:02.65	00:34:02.65	+00:15:03	6:25	9.3
218	KĘPKA Joanna	683		40-49	218			00:00:00	00:14:56	00:34:05.65	00:34:05.65	+00:15:06	6:25	9.3
219	SOBEL Beata	1001		40-49	219			00:00:00	00:14:54	00:34:08.90	00:34:08.90	+00:15:09	6:26	9.3
220	BAK-ŚCIERSKA Beata	326		40-49	220			00:00:00	00:14:40	00:34:09.45	00:34:09.45	+00:15:10	6:26	9.3
221	KOWOLL Ewa	848		40-49	221			00:00:00	00:16:14	00:34:10.75	00:34:10.75	+00:15:11	6:26	9.3
222	MARYJOSZ Katarzyna	465		40-49	222			00:00:00	00:14:42	00:34:14.90	00:34:14.90	+00:15:15	6:27	9.3
223	KOŃCZAK-ŁABAS Magdalena	340	HURAGAN LIGOTA	40-49	223	Huragan Ligota		00:00:00	00:15:23	00:34:18.60	00:34:18.60	+00:15:19	6:28	9.3
224	COFALIK Gabriela	468	BIEGAMY W ŚWIERKLANACH	40-49	224			00:00:00		00:34:23.30	00:34:23.30	+00:15:24	6:29	9.2
225	GRABIŃSKA Ewa	761		40-49	225			00:00:00		00:34:23.95	00:34:23.95	+00:15:25	6:29	9.2
226	ROMBERG Agnieszka	95	MIECHOWICKA GRUPA BIEGOWA	40-49	226	Miechowicka Grupa Biegowa		00:00:00	00:15:02	00:34:24.50	00:34:24.50	+00:15:25	6:29	9.2
227	LAKSA Marlena	709		40-49	227			00:00:00	00:15:09	00:34:29.60	00:34:29.60	+00:15:30	6:30	9.2
228	SMOZIK Mariola	809		40-49	228			00:00:00		00:34:30.70	00:34:30.70	+00:15:31	6:30	9.2
229	SOBINA Roksana	5	KLUB BIEGACZA FARTLEK	40-49	229	Klub Biegacza Fartlek		00:00:00	00:14:54	00:34:31.35	00:34:31.35	+00:15:32	6:30	9.2
230	SAWICKA Agnieszka	592		40-49	230			00:00:00	00:14:55	00:34:32.00	00:34:32.00	+00:15:33	6:30	9.2
231	SZCZUKA Joanna	332	MIECHOWICKA GRUPA BIEGOWA	40-49	231	Miechowicka Grupa Biegowa		00:00:00	00:13:49	00:34:32.50	00:34:32.50	+00:15:33	6:30	9.2
232	SZCZEPANEK Urszula	819		40-49	232			00:00:00	00:15:16	00:34:32.75	00:34:32.75	+00:15:33	6:30	9.2
233	ŻYWICA Dorota	278	HURAGAN LIGOTA	40-49	233	Huragan Ligota		00:00:00	00:14:55	00:34:36.05	00:34:36.05	+00:15:37	6:31	9.2
234	TOMALA Beata	890		40-49	234			00:00:00	00:15:35	00:34:36.25	00:34:36.25	+00:15:37	6:31	9.2
235	BOGACZ-BUCHTA Anna	715		40-49	235			00:00:00	00:15:10	00:34:45.55	00:34:45.55	+00:15:46	6:33	9.2
236	MYŚLIWIEC Monika	369	KOBIETY NA 5+	40-49	236	Kobiety na 5+		00:00:00	00:14:38	00:34:49.50	00:34:49.50	+00:15:50	6:34	9.1
237	ANDROSZ Joanna	250		40-49	237			00:00:00	00:14:34	00:34:50.15	00:34:50.15	+00:15:51	6:34	9.1
238	PANEK Sylwia	904		40-49	238			00:00:00	00:14:50	00:34:50.65	00:34:50.65	+00:15:51	6:34	9.1
239	BLOCH Katarzyna	741	MIECHOWICKA GRUPA BIEGOWA	40-49	239	Miechowicka Grupa Biegowa		00:00:00	00:14:21	00:34:59.85	00:34:59.85	+00:16:00	6:36	9.1
240	WANDZEL Anna	811		40-49	240			00:00:00	00:15:04	00:35:02.05	00:35:02.05	+00:16:03	6:36	9.1
241	KURZAWA Justyna	660	BIEGAMYŚŁOWICE	40-49	241	biegaMYsłowice		00:00:00	00:14:47	00:35:02.80	00:35:02.80	+00:16:03	6:36	9.1
242	ROSKOSZ Magdalena	521		40-49	242			00:00:00	00:15:27	00:35:03.50	00:35:03.50	+00:16:04	6:36	9.1
243	KONSEK Anna	856		40-49	243			00:00:00	00:15:27	00:35:04.35	00:35:04.35	+00:16:05	6:36	9.1
244	DYNIA Magdalena	270		40-49	244			00:00:00	00:15:08	00:35:07.90	00:35:07.90	+00:16:08	6:37	9.1
245	BOŻEK Dagmara	272		40-49	245			00:00:00	00:15:13	00:35:10.65	00:35:10.65	+00:16:11	6:38	9
246	KOBIELA Bogna	291	HURAGAN LIGOTA	40-49	246	Huragan Ligota		00:00:00	00:15:42	00:35:11.40	00:35:11.40	+00:16:12	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
247	ŻEBROWSKA Matylda	555	MORS HUBERTUS MYŚŁOWICE	40-49	247			00:00:00	00:14:57	00:35:13.10	00:35:13.10	+00:16:14	6:38	9
248	JORDAN Monika	476		40-49	248			00:00:00	00:14:37	00:35:18.85	00:35:18.85	+00:16:19	6:39	9
249	WERESZCZAK Agnieszka	639		40-49	249			00:00:00	00:15:17	00:35:19.90	00:35:19.90	+00:16:20	6:39	9
250	TATARCZYK Justyna	258		40-49	250			00:00:00	00:15:27	00:35:22.45	00:35:22.45	+00:16:23	6:40	9
251	ŚLEBODA Bożena	911	MIECHOWICKA GRUPA BIEGOWA	40-49	251	Miechowicka Grupa Biegowa		00:00:00	00:15:22	00:35:24.45	00:35:24.45	+00:16:25	6:40	9
252	SERAFIN-CHWAŁEK Joanna	452		40-49	252			00:00:00	00:14:46	00:35:24.70	00:35:24.70	+00:16:25	6:40	9
253	SŁABOŃ-SIKORA Aneta	457	D446	40-49	253	POGORIA Biega D446		00:00:00	00:15:23	00:35:27.30	00:35:27.30	+00:16:28	6:41	9
254	BETAŃSKA Aneta	451	KOBIETY NA 5+	40-49	254	Kobiety na 5+		00:00:00	00:14:38	00:35:28.00	00:35:28.00	+00:16:29	6:41	9
255	FORYŚ Justyna	489	GISZOWIEC BIEGA RAZEM	40-49	255			00:00:00		00:35:33.80	00:35:33.80	+00:16:34	6:42	8.9
256	MAJKOWSKA Agnieszka	862		40-49	256			00:00:00	00:15:34	00:35:34.45	00:35:34.45	+00:16:35	6:42	8.9
257	NIEDŹWIEDŹ Maja	596		40-49	257			00:00:00	00:15:01	00:35:38.80	00:35:38.80	+00:16:39	6:43	8.9
258	BAJOR Aneta	706	REBELLION OF FREE RUNNERS	40-49	258			00:00:00	00:15:16	00:35:40.10	00:35:40.10	+00:16:41	6:43	8.9
259	PIÓREK Agnieszka	745		40-49	259	Miechowicka Grupa Biegowa		00:00:00		00:35:43.65	00:35:43.65	+00:16:44	6:44	8.9
260	BARTNIK Joanna	493		40-49	260			00:00:00	00:14:59	00:35:57.20	00:35:57.20	+00:16:58	6:46	8.8
261	GURCZYŃSKA Monika	637	ZABIEGANE ZOŁZY	40-49	261			00:00:00	00:15:55	00:36:02.35	00:36:02.35	+00:17:03	6:47	8.8
262	SZEWCZUK Agnieszka	481		40-49	262	Byle do mety		00:00:00	00:15:00	00:36:14.85	00:36:14.85	+00:17:15	6:50	8.8
263	HAJZYK Eveline	725	DECATHLON I PRZYJACIELE	40-49	263	Decathlon i Przyjaciele		00:00:00	00:15:06	00:36:16.25	00:36:16.25	+00:17:17	6:50	8.8
264	LISOWSKA Agnieszka	908		40-49	264			00:00:00	00:15:32	00:36:37.05	00:36:37.05	+00:17:38	6:54	8.7
265	ANIOŁ-BARLIK Agnieszka	23		40-49	265			00:00:00	00:15:29	00:36:44.65	00:36:44.65	+00:17:45	6:55	8.7
266	RATAJCZAK Ewa	559		40-49	266			00:00:00	00:15:40	00:36:49.95	00:36:49.95	+00:17:51	6:56	8.6
267	POŁEDNIOK Aleksandra	668		40-49	267			00:00:00	00:15:51	00:36:54.90	00:36:54.90	+00:17:55	6:57	8.6
268	PADIASEK Dominika	710	HRMAX DZIOŁSZKI	40-49	268	HRmax Dziołszki		00:00:00	00:16:07	00:36:55.65	00:36:55.65	+00:17:56	6:57	8.6
269	WIDERA Elżbieta	168	HRMAX ŻORY	40-49	269	HRmax Dziołszki		00:00:00	00:16:07	00:36:55.70	00:36:55.70	+00:17:56	6:57	8.6
270	PASZEK Hania	424	HRMAX ŻORY	40-49	270	HRmax Dziołszki		00:00:00	00:16:06	00:36:55.95	00:36:55.95	+00:17:57	6:57	8.6
271	SZOJDA Paulina	436	VIKING TRAINING CENTER	40-49	271			00:00:00	00:15:37	00:36:56.00	00:36:56.00	+00:17:57	6:58	8.6
272	GARUS Angela	376		40-49	272			00:00:00	00:15:52	00:36:56.05	00:36:56.05	+00:17:57	6:58	8.6
273	PETRYKOWSKA Elżbieta	349		40-49	273			00:00:00	00:16:50	00:36:56.25	00:36:56.25	+00:17:57	6:58	8.6
274	ŻBEL Ania	141	HRMAX ŻORY	40-49	274	HRmax Dziołszki		00:00:00	00:16:05	00:36:56.30	00:36:56.30	+00:17:57	6:58	8.6

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
275	KAŁUS Ewa	309	HRMAX ŻORY	40-49	275	HRmax Dziołszki		00:00:00	00:16:07	00:36:56.35	00:36:56.35	+00:17:57	6:58	8.6
276	JUTKA Katarzyna	783		40-49	276			00:00:00	00:15:40	00:36:56.45	00:36:56.45	+00:17:57	6:58	8.6
277	JAKUBOWSKA Agnieszka	269	HRMAX ŻORY	40-49	277	HRmax Dziołszki		00:00:00	00:16:07	00:36:56.75	00:36:56.75	+00:17:57	6:58	8.6
278	KACZOREK Ania	285	HRMAX DZIOŁSZKI	40-49	278	HRmax Dziołszki		00:00:00	00:16:08	00:36:57.50	00:36:57.50	+00:17:58	6:58	8.6
279	KOŻUCH Katarzyna	906	RODZINKA.PL	40-49	279			00:00:00	00:16:11	00:37:11.20	00:37:11.20	+00:18:12	7:00	8.6
280	MIŚKOWIEC Agnieszka	255		40-49	280			00:00:00	00:14:29	00:37:24.45	00:37:24.45	+00:18:25	7:03	8.5
281	NAWROCKA Agnieszka	259		40-49	281			00:00:00	00:15:43	00:37:29.50	00:37:29.50	+00:18:30	7:04	8.5
282	MATYJA Kararzyna	872		40-49	282			00:00:00	00:15:41	00:37:29.60	00:37:29.60	+00:18:30	7:04	8.5
283	SZCZUCHNIAK Adriana	501		40-49	283			00:00:00	00:15:26	00:37:32.10	00:37:32.10	+00:18:33	7:04	8.5
284	SAWICKA Marta	557		40-49	284	Kobiety na 5+		00:00:00	00:16:24	00:37:32.50	00:37:32.50	+00:18:33	7:04	8.5
284	WAWOCZNY Anita	509	KOBIETY NA 5+	40-49	285	Kobiety na 5+		00:00:00	00:16:25	00:37:32.50	00:37:32.50	+00:18:33	7:04	8.5
286	BLANK-PODKULSKA Marta	748		40-49	286			00:00:00	00:16:21	00:37:34.15	00:37:34.15	+00:18:35	7:05	8.5
287	DYBCZAK-KOWALSKA Lucyna	893	POWER ŻYWIEC	40-49	287		Power Żywiec	00:00:00	00:16:21	00:37:43.45	00:37:43.45	+00:18:44	7:06	8.4
288	MARUSZCZAK Justyna	613	MIECHOWICKA GRUPA BIEGOWA	40-49	288	Miechowicka Grupa Biegowa		00:00:00	00:16:18	00:37:50.80	00:37:50.80	+00:18:51	7:08	8.4
289	SUCHY Katarzyna	538		40-49	289			00:00:00	00:17:30	00:37:59.50	00:37:59.50	+00:19:00	7:10	8.4
290	PRZYBYCIN Bożena	454	MIECHOWICKA GRUPA BIEGOWA	40-49	290	Miechowicka Grupa Biegowa		00:00:00	00:17:08	00:38:00.20	00:38:00.20	+00:19:01	7:10	8.4
291	NOWAK Dorota	731		40-49	291			00:00:00	00:16:32	00:38:06.25	00:38:06.25	+00:19:07	7:11	8.3
292	KANIA Grażyna	650	DECATHLON I PRZYJACIELE	40-49	292			00:00:00		00:38:08.90	00:38:08.90	+00:19:09	7:11	8.3
293	ZALEWSKA Barbara	274	KOBIETY NA 5+	40-49	293	Kobiety na 5+		00:00:00	00:16:05	00:38:23.90	00:38:23.90	+00:19:24	7:14	8.3
294	MASZCZYŃSKA-SKALIK Anna	567		40-49	294			00:00:00	00:16:39	00:38:40.00	00:38:40.00	+00:19:41	7:17	8.2
295	ŁUCZAK Anna	881		40-49	295			00:00:00	00:17:18	00:38:57.10	00:38:57.10	+00:19:58	7:20	8.2
296	KUBIS Barbara	409	SPOT PSZCZYNA	40-49	296			00:00:00	00:16:22	00:39:05.00	00:39:05.00	+00:20:06	7:22	8.1
297	CZARNECKA Małgorzata	1000	MIECHOWICKA GRUPA BIEGOWA	40-49	297	Miechowicka Grupa Biegowa		00:00:00	00:17:06	00:39:08.55	00:39:08.55	+00:20:09	7:23	8.1
298	GARDECKA Katarzyna	882		40-49	298			00:00:00	00:17:18	00:39:15.50	00:39:15.50	+00:20:16	7:24	8.1
299	BIAŁAS Joanna	408	SPOT PSZCZYNA	40-49	299			00:00:00	00:16:21	00:39:16.50	00:39:16.50	+00:20:17	7:24	8.1
300	WRÓBEL Basia	562	SISTERS	40-49	300		Sisters	00:00:00	00:16:12	00:39:30.75	00:39:30.75	+00:20:31	7:27	8.1
301	KOŁODZIEJCZYK Aleksandra	15	RADLINIOKI W BIEGU	40-49	301	Radlinioki w biegu		00:00:00	00:16:43	00:39:34.05	00:39:34.05	+00:20:35	7:27	8

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
302	KROCHMALSKA Jadwiga	818	MIECHOWICKA GRUPA BIEGOWA	40-49	302	Miechowicka Grupa Biegowa		00:00:00	00:17:10	00:39:38.85	00:39:38.85	+00:20:39	7:28	8
303	GRZELAK Patrycja	631	KOLOROWA DRUŻYNA NESSI	40-49	303	Kolorowa Drużyna Nessi		00:00:00	00:17:19	00:39:40.15	00:39:40.15	+00:20:41	7:29	8
304	CHAŁCZYŃSKA Agnieszka	653	W POGONI ZA DUCHEM	40-49	304			00:00:00	00:16:18	00:39:40.40	00:39:40.40	+00:20:41	7:29	8
305	ZADĘCKA Sabina	1215		40-49	305			00:00:00	00:16:18	00:39:40.75	00:39:40.75	+00:20:41	7:29	8
306	STOLARCZYK Katarzyna	510	JUSTFEELFIT TEAM	40-49	306	JustFeelFit		00:00:00	00:17:05	00:39:44.85	00:39:44.85	+00:20:45	7:29	8
307	IDZIKOWSKA Elżbieta	581		40-49	307			00:00:00	00:17:29	00:39:47.20	00:39:47.20	+00:20:48	7:30	8
308	PROKOPIUK Adriana	591	KLUB BIEGACZA FARTLEK	40-49	308	Klub Biegacza Fartlek		00:00:00	00:16:59	00:39:48.50	00:39:48.50	+00:20:49	7:30	8
309	JANCZURA Marzena	618	BUDZIKI	40-49	309			00:00:00	00:16:57	00:39:49.15	00:39:49.15	+00:20:50	7:30	8
310	KLIMA Agnieszka	625		40-49	310			00:00:00	00:16:58	00:39:50.00	00:39:50.00	+00:20:51	7:30	8
311	SZATANIK Iwona	475		40-49	311			00:00:00	00:17:08	00:39:56.05	00:39:56.05	+00:20:57	7:32	8
312	HEKIERT Wioleta	648	MIECHOWICKA GRUPA BIEGOWA	40-49	312	Miechowicka Grupa Biegowa		00:00:00	00:17:21	00:39:59.90	00:39:59.90	+00:21:00	7:32	8
313	DOBOSZ Katarzyna	455	MIECHOWICA GRUPA BIEGOWA	40-49	313	Miechowicka Grupa Biegowa		00:00:00	00:17:21	00:40:00.10	00:40:00.10	+00:21:01	7:32	8
314	GAJDA Aleksandra	472		40-49	314			00:00:00	00:17:30	00:40:16.60	00:40:16.60	+00:21:17	7:35	7.9
315	SŁOTA Justyna	708		40-49	315			00:00:00	00:17:13	00:40:26.10	00:40:26.10	+00:21:27	7:37	7.9
316	PALUCH Agnieszka	782		40-49	316			00:00:00	00:17:16	00:40:29.20	00:40:29.20	+00:21:30	7:38	7.9
317	SŁUPECKA Beata	721		40-49	317			00:00:00	00:16:59	00:40:30.85	00:40:30.85	+00:21:31	7:38	7.9
318	WOJTAL Danuta	733		40-49	318			00:00:00	00:17:10	00:40:39.35	00:40:39.35	+00:21:40	7:40	7.8
319	KUNERT Katarzyna	608	KOLONIE	40-49	319	Kolonie		00:00:00	00:16:54	00:40:41.20	00:40:41.20	+00:21:42	7:40	7.8
320	STOPKA Dominika	717	JUSTFEELFIT	40-49	320	JustFeelFit		00:00:00	00:17:13	00:40:44.40	00:40:44.40	+00:21:45	7:41	7.8
321	SKOCZYKŁODA Iwona	463	KOLONIE	40-49	321	Kolonie		00:00:00	00:17:03	00:40:54.85	00:40:54.85	+00:21:55	7:43	7.8
322	SEKUŁA Marlena	604		40-49	322			00:00:00	00:17:15	00:41:13.65	00:41:13.65	+00:22:14	7:46	7.7
323	KRYSMAN Agnieszka	784		40-49	323			00:00:00	00:17:11	00:41:30.70	00:41:30.70	+00:22:31	7:49	7.7
324	STAŚKIEWICZ Beata	814	SOCJAL CORPO GROUP	40-49	324		Socjal Corpo Group	00:00:00	00:18:18	00:41:34.30	00:41:34.30	+00:22:35	7:50	7.7
325	RAJNYSZ Magdalena	797		40-49	325			00:00:00	00:17:59	00:42:40.05	00:42:40.05	+00:23:41	8:03	7.5
326	WOŹNIAK Anna	764	KOBIETY WATAHY	40-49	326			00:00:00	00:19:10	00:43:11.85	00:43:11.85	+00:24:12	8:08	7.4
327	BŁACHUT Agnieszka	901		40-49	327	UZDROWSKO		00:00:00	00:19:16	00:43:18.20	00:43:18.20	+00:24:19	8:10	7.3

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
328	SURY-WOLNIEWICZ Kamila	300	KOBIETY NA 5+	40-49	328			00:00:00	00:18:10	00:44:18.60	00:44:18.60	+00:25:19	8:21	7.2
329	RUTKOWSKA Anna	751		40-49	329	Przedszkole Małych Bohaterów		00:00:00	00:20:08	00:45:48.30	00:45:48.30	+00:26:49	8:38	6.9
330	PRASAK Sabina	582	D446	40-49	330	POGORIA Biega	D446	00:00:00	00:20:27	00:47:23.25	00:47:23.25	+00:28:24	8:56	6.7
331	STEFANIAK Justyna	456	D446	40-49	331	POGORIA Biega	D446	00:00:00	00:20:25	00:47:24.50	00:47:24.50	+00:28:25	8:56	6.7
332	JANKOWSKA Justyna	712	D446	40-49	332			00:00:00	00:20:24	00:47:25.70	00:47:25.70	+00:28:26	8:56	6.7
333	BRZANA Anna	634	KOLONIE	40-49	333	Kolonie		00:00:00	00:19:26	00:47:44.65	00:47:44.65	+00:28:45	9:00	6.7
334	ROBAKOWSKA Barbara	601	KOLONIE	40-49	334	Kolonie		00:00:00	00:22:44	00:53:01.85	00:53:01.85	+00:34:02	10:00	6

Znaleziono 334 wynik(ów)