



# KOBIETY NA 5+ :: BIEG

B4SPORT

**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**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: 50-59

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	<b>GOS Basia</b>	<b>80</b>		50-59	1	Burza Team		00:00:00	00:09:25	<b>00:21:02.80</b>	<b>00:21:02.80</b>		3:58	15.1
2	<b>MALEJKA Katarzyna</b>	<b>3</b>	HURAGAN LIGOTA	50-59	2			00:00:00	00:09:38	<b>00:21:59.75</b>	<b>00:21:59.75</b>	+00:00:56	4:08	14.5
3	<b>NOWAK Beata</b>	<b>27</b>	OLZA CIESZYN	50-59	3	Olza Cieszyn		00:00:00	00:10:03	<b>00:23:07.95</b>	<b>00:23:07.95</b>	+00:02:05	4:21	13.8
4	<b>SICH- SOSNA Agnieszka</b>	<b>51</b>		50-59	4			00:00:00	00:11:05	<b>00:24:47.20</b>	<b>00:24:47.20</b>	+00:03:44	4:40	12.8
5	<b>HORDZIEJEWICZ Ewa</b>	<b>331</b>		50-59	5	CrossfitBrothers		00:00:00	00:11:23	<b>00:25:10.40</b>	<b>00:25:10.40</b>	+00:04:07	4:44	12.6
6	<b>RAŻNIAK Beata</b>	<b>109</b>	KOBIETY NA 5 +	50-59	6	Kobiety na 5+		00:00:00	00:10:25	<b>00:25:17.75</b>	<b>00:25:17.75</b>	+00:04:14	4:46	12.6
7	<b>FURMANEK Ela</b>	<b>53</b>	HURAGAN LIGOTA	50-59	7	Huragan Ligota		00:00:00	00:11:20	<b>00:25:35.45</b>	<b>00:25:35.45</b>	+00:04:32	4:49	12.4
8	<b>DOMIN-ZBYL Agnieszka</b>	<b>148</b>		50-59	8			00:00:00	00:11:17	<b>00:25:51.05</b>	<b>00:25:51.05</b>	+00:04:48	4:52	12.3
9	<b>MUSIAŁ Maria</b>	<b>179</b>		50-59	9			00:00:00	00:11:45	<b>00:26:38.00</b>	<b>00:26:38.00</b>	+00:05:35	5:01	11.9
10	<b>CHROBOK Józefa</b>	<b>118</b>	OLZA CIESZYN	50-59	10			00:00:00	00:11:42	<b>00:27:04.25</b>	<b>00:27:04.25</b>	+00:06:01	5:06	11.7
11	<b>PYTEL Renata</b>	<b>103</b>	SOBIESKI	50-59	11			00:00:00	00:12:05	<b>00:27:39.50</b>	<b>00:27:39.50</b>	+00:06:36	5:13	11.5
12	<b>SKRZYPOSZEK Małgorzata</b>	<b>121</b>	WARTKIE PIERONY	50-59	12	BBL Ruda Śląska		00:00:00	00:12:42	<b>00:27:42.20</b>	<b>00:27:42.20</b>	+00:06:39	5:13	11.5
13	<b>MRACHACZ Dorota</b>	<b>98</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	13	Miechowicka Grupa Biegowa		00:00:00	00:12:25	<b>00:27:45.40</b>	<b>00:27:45.40</b>	+00:06:42	5:14	11.5
14	<b>WYCISK Lidia</b>	<b>626</b>	SISTER	50-59	14			00:00:00	00:12:03	<b>00:27:45.90</b>	<b>00:27:45.90</b>	+00:06:43	5:14	11.5
15	<b>ŚLEZIAK Ewa</b>	<b>191</b>	G&E TG	50-59	15			00:00:00	00:12:23	<b>00:27:52.60</b>	<b>00:27:52.60</b>	+00:06:49	5:15	11.4
16	<b>CHYTROSZEK Eleonora</b>	<b>10</b>		50-59	16			00:00:00	00:12:15	<b>00:27:57.35</b>	<b>00:27:57.35</b>	+00:06:54	5:16	11.4
17	<b>DELEWSKA Dorota</b>	<b>348</b>	NIGHT RUNNERS ZABRZE	50-59	17			00:00:00	00:12:19	<b>00:28:04.20</b>	<b>00:28:04.20</b>	+00:07:01	5:17	11.3
18	<b>OZDARSKA Beata</b>	<b>133</b>		50-59	18			00:00:00	00:12:17	<b>00:28:10.25</b>	<b>00:28:10.25</b>	+00:07:07	5:18	11.3
19	<b>POCIENNIK Justyna</b>	<b>308</b>	BGB	50-59	19			00:00:00	00:12:33	<b>00:28:19.35</b>	<b>00:28:19.35</b>	+00:07:16	5:20	11.2
20	<b>PŁASKA Barbara</b>	<b>240</b>	KOBIETY NA 5+	50-59	20	Kobiety na 5+		00:00:00	00:12:21	<b>00:28:35.70</b>	<b>00:28:35.70</b>	+00:07:32	5:23	11.1
21	<b>WERNIK Katarzyna</b>	<b>185</b>	BESTFITCLUB RYBNIK	50-59	21			00:00:00	00:12:38	<b>00:28:37.55</b>	<b>00:28:37.55</b>	+00:07:34	5:23	11.1
22	<b>KIEŁKOWSKA Agnieszka</b>	<b>178</b>		50-59	22	Kobiety na 5+		00:00:00	00:12:32	<b>00:28:45.30</b>	<b>00:28:45.30</b>	+00:07:42	5:25	11.1
23	<b>ZARAŃSKA Izabela</b>	<b>106</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa		00:00:00	00:12:32	<b>00:28:47.10</b>	<b>00:28:47.10</b>	+00:07:44	5:25	11
24	<b>JANICKA Sylwia</b>	<b>368</b>	DRUŻYNA KOPERNIKA	50-59	24			00:00:00	00:12:40	<b>00:29:02.60</b>	<b>00:29:02.60</b>	+00:07:59	5:28	11
25	<b>KUBECKA Jolanta</b>	<b>341</b>	OLZA CIESZYN	50-59	25	Olza Cieszyn		00:00:00	00:12:48	<b>00:29:12.20</b>	<b>00:29:12.20</b>	+00:08:09	5:30	10.9
26	<b>SKOTNICKA Urszula</b>	<b>128</b>	NIE ZRZESZONA	50-59	26			00:00:00	00:12:21	<b>00:29:16.30</b>	<b>00:29:16.30</b>	+00:08:13	5:31	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
27	<b>HEJNA Izabela</b>	<b>358</b>	RADLINIOKI W BIEGU	50-59	27	Radlinioki w biegu		00:00:00	00:13:13	<b>00:29:22.30</b>	<b>00:29:22.30</b>	+00:08:19	5:32	10.8
28	<b>ADAMCZAK Renata</b>	<b>173</b>		50-59	28			00:00:00	00:13:15	<b>00:29:35.80</b>	<b>00:29:35.80</b>	+00:08:33	5:34	10.7
29	<b>BAJCAR Beata</b>	<b>159</b>	KOBIETY NA 5+	50-59	29	Kobiety na 5+		00:00:00	00:12:52	<b>00:29:37.75</b>	<b>00:29:37.75</b>	+00:08:34	5:35	10.7
30	<b>MAZGAJ Grażyna</b>	<b>192</b>	G&E TG	50-59	30			00:00:00	00:13:08	<b>00:29:37.80</b>	<b>00:29:37.80</b>	+00:08:35	5:35	10.7
31	<b>BURCZYK Celina</b>	<b>158</b>	HURAGAN LIGOTA	50-59	31	Huragan Ligota		00:00:00	00:12:43	<b>00:29:41.05</b>	<b>00:29:41.05</b>	+00:08:38	5:36	10.7
32	<b>KOHUTKOVA Miroslava</b>	<b>220</b>	OSTRAVSKE BEHNICKY	50-59	32			00:00:00	00:12:55	<b>00:29:53.25</b>	<b>00:29:53.25</b>	+00:08:50	5:38	10.6
33	<b>JASTRZĘBSKA Ewa</b>	<b>593</b>		50-59	33			00:00:00	00:12:58	<b>00:30:07.95</b>	<b>00:30:07.95</b>	+00:09:05	5:40	10.6
34	<b>RANSZ Beata</b>	<b>268</b>		50-59	34			00:00:00	00:12:57	<b>00:30:15.35</b>	<b>00:30:15.35</b>	+00:09:12	5:42	10.5
35	<b>BIELA Małgorzata</b>	<b>119</b>	KOBIETY NA 5+	50-59	35	Kobiety na 5+		00:00:00	00:13:01	<b>00:30:16.40</b>	<b>00:30:16.40</b>	+00:09:13	5:42	10.5
36	<b>KMIECIAK Grażyna</b>	<b>1010</b>		50-59	36			00:00:00	00:13:04	<b>00:30:16.75</b>	<b>00:30:16.75</b>	+00:09:13	5:42	10.5
37	<b>ŻAGIEL Edyta</b>	<b>384</b>		50-59	37			00:00:00	00:13:15	<b>00:30:22.80</b>	<b>00:30:22.80</b>	+00:09:20	5:43	10.5
38	<b>KLOC Marzena</b>	<b>407</b>	ZABIEGANA ZOŁZA	50-59	38			00:00:00	00:12:32	<b>00:30:41.80</b>	<b>00:30:41.80</b>	+00:09:39	5:47	10.4
39	<b>STANULA Kinga</b>	<b>542</b>		50-59	39			00:00:00	00:13:36	<b>00:30:46.55</b>	<b>00:30:46.55</b>	+00:09:43	5:48	10.3
40	<b>ZIĘTARA Agata</b>	<b>261</b>		50-59	40			00:00:00	00:13:45	<b>00:30:48.75</b>	<b>00:30:48.75</b>	+00:09:45	5:48	10.3
41	<b>LUCIK Grażyna</b>	<b>324</b>	MIECHOWMCKA GRUPA BIEGOWA	50-59	41	Miechowicka Grupa Biegowa		00:00:00	00:13:29	<b>00:30:51.60</b>	<b>00:30:51.60</b>	+00:09:48	5:49	10.3
42	<b>GLINIANY Małgorzata</b>	<b>400</b>	ZABIEGANA RODZINKA	50-59	42			00:00:00	00:13:38	<b>00:31:06.20</b>	<b>00:31:06.20</b>	+00:10:03	5:52	10.2
43	<b>PUDA Dorota</b>	<b>169</b>	KOBIETY NA 5+	50-59	43	Kobiety na 5+		00:00:00	00:13:17	<b>00:31:09.45</b>	<b>00:31:09.45</b>	+00:10:06	5:52	10.2
44	<b>DZIUK Jolanta</b>	<b>572</b>		50-59	44			00:00:00	00:13:34	<b>00:31:11.20</b>	<b>00:31:11.20</b>	+00:10:08	5:53	10.2
45	<b>KOZIOŁEK Iwona</b>	<b>619</b>	ZABIEGANA ZOŁZA	50-59	45			00:00:00	00:13:33	<b>00:31:11.30</b>	<b>00:31:11.30</b>	+00:10:08	5:53	10.2
46	<b>KALITA Anna</b>	<b>425</b>		50-59	46	INCOLA TEAM		00:00:00	00:13:47	<b>00:31:19.40</b>	<b>00:31:19.40</b>	+00:10:16	5:54	10.2
47	<b>KASPRZYCKA-SZUBARSKA Katarzyna</b>	<b>165</b>	PARKRUN CIESZYN	50-59	47	Olza Cieszyn		00:00:00	00:13:59	<b>00:31:45.25</b>	<b>00:31:45.25</b>	+00:10:42	5:59	10
48	<b>WOJTOŃ-STAWICKA Małgorzata</b>	<b>307</b>	RUNTEAM PAWŁOWICE	50-59	48	RUNTEAM PAWŁOWICE		00:00:00	00:13:54	<b>00:31:51.05</b>	<b>00:31:51.05</b>	+00:10:48	6:00	10
49	<b>DĘBOWSKA Beata</b>	<b>161</b>		50-59	49			00:00:00	00:13:24	<b>00:31:52.45</b>	<b>00:31:52.45</b>	+00:10:49	6:00	10
50	<b>LECHOWICZ Irena</b>	<b>362</b>	SZARE MORSY	50-59	50			00:00:00	00:14:10	<b>00:31:55.90</b>	<b>00:31:55.90</b>	+00:10:53	6:01	10
51	<b>KOSOWSKA Grażyna</b>	<b>492</b>	KOBIETY NA 5+	50-59	51	Kobiety na 5+		00:00:00	00:13:23	<b>00:31:59.20</b>	<b>00:31:59.20</b>	+00:10:56	6:02	9.9
52	<b>ZAWADA Teresa</b>	<b>491</b>		50-59	52			00:00:00	00:13:31	<b>00:32:05.60</b>	<b>00:32:05.60</b>	+00:11:02	6:03	9.9
53	<b>KOWAL Beata</b>	<b>317</b>	MIECHOWMCKA GRUPA BIEGOWA	50-59	53	Miechowicka Grupa Biegowa		00:00:00	00:14:37	<b>00:32:06.90</b>	<b>00:32:06.90</b>	+00:11:04	6:03	9.9
54	<b>SKÓRA Joanna</b>	<b>440</b>		50-59	54			00:00:00	00:13:59	<b>00:32:08.35</b>	<b>00:32:08.35</b>	+00:11:05	6:03	9.9
55	<b>DOBOSZ Ilona</b>	<b>252</b>		50-59	55			00:00:00	00:13:31	<b>00:32:11.35</b>	<b>00:32:11.35</b>	+00:11:08	6:04	9.9
56	<b>NALEWAJKA Wioleta</b>	<b>276</b>		50-59	56	Kobiety na 5+		00:00:00	00:13:25	<b>00:32:41.60</b>	<b>00:32:41.60</b>	+00:11:38	6:10	9.7
57	<b>NIEDZIOŁKO Bożena</b>	<b>256</b>	KOBIETY NA 5+	50-59	57	Kobiety na 5+		00:00:00	00:13:25	<b>00:32:42.00</b>	<b>00:32:42.00</b>	+00:11:39	6:10	9.7
58	<b>PAJAK Małgorzata</b>	<b>575</b>	DRUŻYNAKOBIETY NA 5 +	50-59	58	Kobiety na 5+		00:00:00	00:13:54	<b>00:32:55.25</b>	<b>00:32:55.25</b>	+00:11:52	6:12	9.7
59	<b>HOLONA Bożena</b>	<b>778</b>		50-59	59			00:00:00	00:14:51	<b>00:32:58.80</b>	<b>00:32:58.80</b>	+00:11:56	6:13	9.6
60	<b>DELONG-MICHAŁOWSKAS Izabela</b>	<b>1213</b>	POJECHNI WARIACI	50-59	60			00:00:00	00:14:43	<b>00:33:17.65</b>	<b>00:33:17.65</b>	+00:12:14	6:16	9.6
61	<b>MENDRELA Agata</b>	<b>327</b>		50-59	61			00:00:00	00:13:33	<b>00:33:30.90</b>	<b>00:33:30.90</b>	+00:12:28	6:19	9.5
62	<b>KUBICA Bożena</b>	<b>430</b>	ZABIEGANI NAUCZYCIELE	50-59	62			00:00:00	00:14:07	<b>00:33:31.50</b>	<b>00:33:31.50</b>	+00:12:28	6:19	9.5
63	<b>MICHALSKA Beata</b>	<b>460</b>	BBL RUDA ŚLĄSKA	50-59	63	BBL Ruda Śląska		00:00:00	00:14:45	<b>00:33:52.25</b>	<b>00:33:52.25</b>	+00:12:49	6:23	9.4
64	<b>FRYDRYSIAK Sylwia</b>	<b>253</b>	ZABIEGANA ZOŁZA	50-59	64			00:00:00	00:14:03	<b>00:33:52.95</b>	<b>00:33:52.95</b>	+00:12:50	6:23	9.4
65	<b>KOŁODZIEJ Ewa</b>	<b>579</b>		50-59	65			00:00:00	00:15:12	<b>00:33:56.05</b>	<b>00:33:56.05</b>	+00:12:53	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5.3km	brutto 5.3km			
66	<b>KOMOROWSKA Bożena</b>	<b>739</b>	DRUŻYNA KOPERNIKA	50-59	66			00:00:00	00:14:32	<b>00:34:04.30</b>	<b>00:34:04.30</b>	+00:13:01	6:25	9.3
67	<b>RĘKAL Dorota</b>	<b>494</b>	BYLE DO METY	50-59	67			00:00:00	00:14:25	<b>00:34:13.85</b>	<b>00:34:13.85</b>	+00:13:11	6:27	9.3
68	<b>BRODA Beata</b>	<b>482</b>		50-59	68			00:00:00	00:14:39	<b>00:34:41.20</b>	<b>00:34:41.20</b>	+00:13:38	6:32	9.2
69	<b>HABER Katarzyna</b>	<b>749</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	69	Miechowicka Grupa Biegowa		00:00:00	00:15:29	<b>00:34:46.00</b>	<b>00:34:46.00</b>	+00:13:43	6:33	9.1
70	<b>OLESIAK Beata</b>	<b>504</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	70	Miechowicka Grupa Biegowa		00:00:00	00:15:16	<b>00:35:05.65</b>	<b>00:35:05.65</b>	+00:14:02	6:37	9.1
71	<b>POCENTAJŁO Beata</b>	<b>495</b>		50-59	71			00:00:00	00:14:54	<b>00:35:06.45</b>	<b>00:35:06.45</b>	+00:14:03	6:37	9.1
72	<b>KOWALSKA Małgorzata</b>	<b>370</b>		50-59	72			00:00:00	00:14:48	<b>00:35:18.05</b>	<b>00:35:18.05</b>	+00:14:15	6:39	9
73	<b>WAWRZYK Iwona</b>	<b>459</b>	OLZA CIESZYN	50-59	73	Olza Cieszyn		00:00:00	00:15:12	<b>00:35:24.40</b>	<b>00:35:24.40</b>	+00:14:21	6:40	9
74	<b>OLCZYK ZIELIŃSKA Wioletta</b>	<b>292</b>	KOBIETY NA 5+	50-59	74	Kobiety na 5+		00:00:00	00:14:28	<b>00:35:29.35</b>	<b>00:35:29.35</b>	+00:14:26	6:41	9
75	<b>GAPIŃSKA Agata</b>	<b>670</b>		50-59	75			00:00:00	00:15:29	<b>00:35:38.45</b>	<b>00:35:38.45</b>	+00:14:35	6:43	8.9
76	<b>KARKOSZKA Rozalia</b>	<b>879</b>		50-59	76			00:00:00	00:15:15	<b>00:35:42.00</b>	<b>00:35:42.00</b>	+00:14:39	6:44	8.9
77	<b>KRZACZEK Aleksandra</b>	<b>26</b>	RADLINIOKI W BIEGU	50-59	77	Radlinioki w biegu		00:00:00	00:15:15	<b>00:35:48.70</b>	<b>00:35:48.70</b>	+00:14:45	6:45	8.9
78	<b>MACHEJ Małgorzata</b>	<b>849</b>		50-59	78			00:00:00	00:15:29	<b>00:35:51.10</b>	<b>00:35:51.10</b>	+00:14:48	6:45	8.9
79	<b>SKIBSKA - PUCHALA Małgorzata</b>	<b>597</b>	ZABIEGANA ZOLZA	50-59	79			00:00:00	00:15:54	<b>00:36:17.95</b>	<b>00:36:17.95</b>	+00:15:15	6:50	8.8
80	<b>ZWIOREK-ROTKEGEL Anna</b>	<b>506</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	80			00:00:00	00:15:50	<b>00:36:51.90</b>	<b>00:36:51.90</b>	+00:15:49	6:57	8.6
81	<b>BURNAGIEL Agata</b>	<b>273</b>	HRMAX DZIOŁSZKI	50-59	81	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:56.15</b>	<b>00:36:56.15</b>	+00:15:53	6:58	8.6
82	<b>STYRNOL Beata</b>	<b>615</b>		50-59	82			00:00:00	00:16:55	<b>00:37:34.65</b>	<b>00:37:34.65</b>	+00:16:31	7:05	8.5
83	<b>FRANKOWSKA Ania</b>	<b>137</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	83	Miechowicka Grupa Biegowa		00:00:00	00:16:04	<b>00:37:45.85</b>	<b>00:37:45.85</b>	+00:16:43	7:07	8.4
84	<b>DUBIEL Joanna</b>	<b>774</b>	DUBIEL CLUB	50-59	84			00:00:00	00:16:09	<b>00:37:52.20</b>	<b>00:37:52.20</b>	+00:16:49	7:08	8.4
85	<b>CIESLIŃSKA Jolanta</b>	<b>659</b>	DECATHLON I PRZYJACIELE	50-59	85			00:00:00	00:16:37	<b>00:38:21.15</b>	<b>00:38:21.15</b>	+00:17:18	7:14	8.3
86	<b>PUCHALIK Barbara</b>	<b>883</b>		50-59	86			00:00:00		<b>00:38:56.40</b>	<b>00:38:56.40</b>	+00:17:53	7:20	8.2
87	<b>PIOTROWSKA Iwona</b>	<b>433</b>		50-59	87			00:00:00	00:16:12	<b>00:39:06.35</b>	<b>00:39:06.35</b>	+00:18:03	7:22	8.1
88	<b>DRAGON Sylwia</b>	<b>466</b>		50-59	88			00:00:00	00:17:05	<b>00:39:39.95</b>	<b>00:39:39.95</b>	+00:18:37	7:28	8
89	<b>KRZESZOWSKA Beata</b>	<b>638</b>	MIECHOWCKA GRUPA BIEGOWA	50-59	89	Miechowicka Grupa Biegowa		00:00:00	00:17:19	<b>00:39:45.75</b>	<b>00:39:45.75</b>	+00:18:42	7:30	8
90	<b>KUBAS Alina</b>	<b>487</b>	KLUB BIEGACZA FARTLEK	50-59	90	Klub Biegacza Fartlek		00:00:00	00:16:53	<b>00:39:46.70</b>	<b>00:39:46.70</b>	+00:18:43	7:30	8
91	<b>PRZYŁUCKA Grażyna</b>	<b>537</b>		50-59	91			00:00:00	00:16:34	<b>00:39:52.45</b>	<b>00:39:52.45</b>	+00:18:49	7:31	8
92	<b>PERKOWSKA Izabela</b>	<b>698</b>		50-59	92			00:00:00	00:17:49	<b>00:40:21.60</b>	<b>00:40:21.60</b>	+00:19:18	7:36	7.9
93	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>337</b>	RUNTEAM PAWŁOWCE	50-59	93			00:00:00	00:17:29	<b>00:40:52.20</b>	<b>00:40:52.20</b>	+00:19:49	7:42	7.8
94	<b>PIETRASZEK Ewa</b>	<b>767</b>	KOBIETY WATACH	50-59	94			00:00:00	00:18:30	<b>00:42:32.95</b>	<b>00:42:32.95</b>	+00:21:30	8:01	7.5
95	<b>KOSZEWSKA Damuta</b>	<b>718</b>	KLUB BIEGACZA FARTLEK	50-59	95	Klub Biegacza Fartlek		00:00:00	00:18:01	<b>00:42:40.55</b>	<b>00:42:40.55</b>	+00:21:37	8:03	7.5
96	<b>ARENDARCZYK Anna</b>	<b>744</b>		50-59	96			00:00:00	00:18:31	<b>00:45:07.35</b>	<b>00:45:07.35</b>	+00:24:04	8:30	7
97	<b>R Agnieszka</b>	<b>1219</b>		50-59	97			00:00:00	00:20:13	<b>00:45:42.85</b>	<b>00:45:42.85</b>	+00:24:40	8:37	7
98	<b>JANKOWSKA Anita</b>	<b>642</b>		50-59	98			00:00:00	00:20:10	<b>00:47:26.10</b>	<b>00:47:26.10</b>	+00:26:23	8:56	6.7
99	<b>MACHULIK Bożena</b>	<b>873</b>	ZABIEGANI NAUCZYCIELE	50-59	99			00:00:00	00:21:56	<b>00:48:53.30</b>	<b>00:48:53.30</b>	+00:27:50	9:13	6.5
100	<b>KURYŁO Dorota</b>	<b>823</b>	WESOŁE ŻÓŁWE	50-59	100		Wesołe żółwie	00:00:00	00:21:16	<b>00:49:05.35</b>	<b>00:49:05.35</b>	+00:28:02	9:15	6.5

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
101	<b>GWIZDOŃ Elżbieta</b>	<b>895</b>		50-59	101			00:00:00	00:21:09	<b>00:49:28.85</b>	<b>00:49:28.85</b>	+00:28:26	9:20	6.4
102	<b>KOPER Zofia</b>	<b>827</b>	WESOŁE ŻÓŁWE	50-59	102		Wesołe żółwie	00:00:00	00:24:02	<b>00:57:38.25</b>	<b>00:57:38.25</b>	+00:36:35	10:52	5.5
103	<b>WIŚNIEWSKA Janina</b>	<b>835</b>		50-59	103			00:00:00	00:35:24	<b>01:02:53.10</b>	<b>01:02:53.10</b>	+00:41:50	11:51	5.1

Znaleziono 103 wynik(ów)