



KOBIETY NA 5+ :: BIEG

B4SPORT

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
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

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	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		3:36	16.6
2	WRÓBLEWSKA Judyta	32	KLUB BIEGACZA FARTLEK	20-29	6			00:00:00	00:10:22	00:23:10.90	00:23:10.90	+00:04:03	4:22	13.7
3	PERKOWSKA Daria	154	KOBIETY NA 5+	40-49	17			00:00:00	00:10:26	00:24:14.55	00:24:14.55	+00:05:06	4:34	13.1
4	RAŻNIAK Beata	109	KOBIETY NA 5 +	50-59	6	Kobiety na 5+		00:00:00	00:10:25	00:25:17.75	00:25:17.75	+00:06:10	4:46	12.6
5	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	+00:06:14	4:46	12.5
6	LORENZ Agnieszka	130	GB GALOPUJĄCE ŚLIMAKI	40-49	30			00:00:00	00:11:01	00:25:24.55	00:25:24.55	+00:06:16	4:47	12.5
7	MAZUR Małgorzata	180		40-49	35			00:00:00	00:11:06	00:25:36.25	00:25:36.25	+00:06:28	4:49	12.4
8	CHORCHOS Magda	769		30-39	32			00:00:00	00:11:03	00:25:45.45	00:25:45.45	+00:06:37	4:51	12.3
9	DOMIN-ZBYL Agnieszka	148		50-59	8			00:00:00	00:11:17	00:25:51.05	00:25:51.05	+00:06:43	4:52	12.3
10	KWAPISZ-BONUSIAK Dorota	280		30-39	35			00:00:00	00:11:10	00:25:56.40	00:25:56.40	+00:06:48	4:53	12.3
11	WRUCHA Sylwia	377		40-49	40			00:00:00	00:11:12	00:26:03.70	00:26:03.70	+00:06:56	4:54	12.2
12	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	+00:07:23	5:00	12
13	MUSIAŁ Maria	179		50-59	9			00:00:00	00:11:45	00:26:38.00	00:26:38.00	+00:07:30	5:01	11.9
14	GRZONKA Magdalena	554		40-49	48			00:00:00	00:11:38	00:26:46.10	00:26:46.10	+00:07:38	5:03	11.9
15	BUJAK Monika	553		40-49	51			00:00:00	00:11:46	00:26:55.65	00:26:55.65	+00:07:48	5:04	11.8
16	KONSEK Anna	746		30-39	46			00:00:00	00:11:58	00:26:59.30	00:26:59.30	+00:07:51	5:05	11.8
17	LERCH Bożena	114		30-39	50			00:00:00	00:11:47	00:27:05.25	00:27:05.25	+00:07:57	5:06	11.7
18	LERCH Maria	116		30-39	53			00:00:00	00:11:44	00:27:10.70	00:27:10.70	+00:08:03	5:07	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
19	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	+00:08:11	5:09	11.6
20	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	+00:08:17	5:10	11.6
21	JUREK Iza	732		40-49	60			00:00:00	00:12:00	00:27:25.95	00:27:25.95	+00:08:18	5:10	11.6
22	REJBICZ Weronika	850		30-39	62			00:00:00	00:12:23	00:27:34.55	00:27:34.55	+00:08:26	5:12	11.5
23	SZYPUŁA Ola	123	-	16-19	4			00:00:00	00:12:22	00:27:35.90	00:27:35.90	+00:08:28	5:12	11.5
24	AUGUSCIK Ewelina	325	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	00:27:42.15	00:27:42.15	+00:08:34	5:13	11.5
25	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	+00:08:35	5:13	11.5
26	JĘDRYKA Patrycja	135	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	00:27:44.85	00:27:44.85	+00:08:37	5:13	11.5
27	STEFAŃSKA Barbara	228		40-49	85			00:00:00	00:12:27	00:28:23.25	00:28:23.25	+00:09:15	5:21	11.2
28	MUSIAŁ Wioletta	350	GALOPUJĄCE ŚLIMAKI	40-49	90			00:00:00	00:12:39	00:28:33.45	00:28:33.45	+00:09:25	5:23	11.1
29	MAZUR Aleksandra	738		30-39	75			00:00:00	00:12:23	00:28:34.10	00:28:34.10	+00:09:26	5:23	11.1
30	PŁASKA Barbara	240	KOBIETY NA 5+	50-59	20	Kobiety na 5+		00:00:00	00:12:21	00:28:35.70	00:28:35.70	+00:09:28	5:23	11.1
31	SZCZEŚNIAK Iwona	70		30-39	76			00:00:00	00:12:39	00:28:37.05	00:28:37.05	+00:09:29	5:23	11.1
32	WIRTH Agnieszka	289		40-49	92			00:00:00	00:12:44	00:28:37.20	00:28:37.20	+00:09:29	5:23	11.1
33	KIEŁKOWSKA Agnieszka	178		50-59	22	Kobiety na 5+		00:00:00	00:12:32	00:28:45.30	00:28:45.30	+00:09:37	5:25	11.1
34	GARUS Magdalena	360		40-49	97			00:00:00	00:11:59	00:28:50.00	00:28:50.00	+00:09:42	5:26	11
35	STEFANOW Agnieszka	598		30-39	82			00:00:00	00:13:09	00:28:58.65	00:28:58.65	+00:09:51	5:27	11
36	TRYBAŁA Monika	643	WATAHA	40-49	101	WATAHA		00:00:00	00:12:51	00:29:04.15	00:29:04.15	+00:09:56	5:29	10.9
37	SKOTNICKA Urszula	128	NIE ZRZESZONA	50-59	26			00:00:00	00:12:21	00:29:16.30	00:29:16.30	+00:10:08	5:31	10.9
38	PIETROSZEK Władysława	251		40-49	107			00:00:00	00:12:54	00:29:24.10	00:29:24.10	+00:10:16	5:32	10.8
39	BOBER Alicja	467		30-39	89			00:00:00	00:12:42	00:29:27.90	00:29:27.90	+00:10:20	5:33	10.8
40	GWIZDAŁA Joanna	105		30-39	91			00:00:00	00:13:03	00:29:31.30	00:29:31.30	+00:10:23	5:34	10.8
41	POLNY Daria	391		30-39	92			00:00:00	00:13:43	00:29:33.85	00:29:33.85	+00:10:26	5:34	10.8
42	WĄSIK Karolina	756		20-29	19			00:00:00	00:13:13	00:29:35.50	00:29:35.50	+00:10:27	5:34	10.7
43	ADAMCZAK Renata	173		50-59	28			00:00:00	00:13:15	00:29:35.80	00:29:35.80	+00:10:28	5:34	10.7
44	SZEFER Sylwia	97		40-49	121			00:00:00	00:12:45	00:29:55.85	00:29:55.85	+00:10:48	5:38	10.6
45	SZEFER Wioleta	213		30-39	95			00:00:00	00:12:46	00:29:56.10	00:29:56.10	+00:10:48	5:38	10.6

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
46	LISIECKA Magdalena	426		30-39	97			00:00:00	00:13:19	00:29:59.75	00:29:59.75	+00:10:52	5:39	10.6
47	DROBIAK Kornelia	498	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	00:30:04.10	00:30:04.10	+00:10:56	5:40	10.6
47	DĄBROWSKA Katarzyna	462		30-39	100			00:00:00	00:13:48	00:30:04.10	00:30:04.10	+00:10:56	5:40	10.6
49	PALUCH Karolina	646		30-39	101			00:00:00	00:13:34	00:30:08.95	00:30:08.95	+00:11:01	5:41	10.6
50	NIESŁAŃCZYK Barbara	484		30-39	102			00:00:00	00:13:27	00:30:15.60	00:30:15.60	+00:11:08	5:42	10.5
51	BIELA Małgorzata	119	KOBIETY NA 5+	50-59	35	Kobiety na 5+		00:00:00	00:13:01	00:30:16.40	00:30:16.40	+00:11:08	5:42	10.5
52	DOMAŃSKA Joanna	171		30-39	104			00:00:00	00:12:43	00:30:18.80	00:30:18.80	+00:11:11	5:43	10.5
53	BANASZEWSKA Aleksandra	176		30-39	106			00:00:00	00:12:20	00:30:19.25	00:30:19.25	+00:11:11	5:43	10.5
54	PAWLIK Patrycja	840		20-29	21			00:00:00		00:30:21.00	00:30:21.00	+00:11:13	5:43	10.5
55	KOZŁOWSKA Anna	838		30-39	108	Byle do mety		00:00:00	00:12:51	00:30:23.55	00:30:23.55	+00:11:15	5:43	10.5
56	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	+00:11:22	5:45	10.4
57	RADWAŃSKA Agata	236		20-29	22			00:00:00	00:13:52	00:30:32.35	00:30:32.35	+00:11:24	5:45	10.4
58	REJMAN-GUTKOWSKA Alina	568		40-49	140			00:00:00		00:30:37.25	00:30:37.25	+00:11:29	5:46	10.4
59	KLEK Marzena	874		40-49	143			00:00:00	00:13:48	00:30:40.45	00:30:40.45	+00:11:32	5:47	10.4
60	KWIATKOWSKA Tatiana	496		40-49	145			00:00:00	00:14:20	00:30:48.15	00:30:48.15	+00:11:40	5:48	10.3
61	ZIĘTARA Agata	261		50-59	40			00:00:00	00:13:45	00:30:48.75	00:30:48.75	+00:11:41	5:48	10.3
62	CZAJKOWSKA Oliwia	902	DZIKI	16-19	7	Dziki		00:00:00	00:14:41	00:30:56.30	00:30:56.30	+00:11:48	5:50	10.3
63	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	+00:11:50	5:50	10.3
64	MALISZEWSKA Beata	205		30-39	116			00:00:00	00:13:18	00:30:58.25	00:30:58.25	+00:11:50	5:50	10.3
65	PYZIK Barbara	40		40-49	160			00:00:00	00:12:59	00:31:09.05	00:31:09.05	+00:12:01	5:52	10.2
66	PRÓSZYŃSKA Agnieszka	361		40-49	161			00:00:00	00:13:58	00:31:10.25	00:31:10.25	+00:12:02	5:52	10.2
67	SŁODZIŃSKA Magdalena	415		20-29	25			00:00:00	00:13:02	00:31:10.90	00:31:10.90	+00:12:03	5:52	10.2
68	DZIUK Jolanta	572		50-59	44			00:00:00	00:13:34	00:31:11.20	00:31:11.20	+00:12:03	5:53	10.2
69	SZTUCHLIK Aleksandra	851		20-29	27	Przedszkole Małych Bohaterów		00:00:00	00:13:19	00:31:18.30	00:31:18.30	+00:12:10	5:54	10.2

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70	PEPEK Aneta	198		40-49	167			00:00:00	00:13:56	00:31:23.55	00:31:23.55	+00:12:15	5:55	10.1
71	BORUTA Wioletta	734		40-49	171			00:00:00	00:13:26	00:31:31.30	00:31:31.30	+00:12:23	5:56	10.1
72	FECZKO Lucyna	288		40-49	172			00:00:00	00:12:52	00:31:34.45	00:31:34.45	+00:12:26	5:57	10.1
73	MADALINSKA Karolina	302		30-39	125			00:00:00	00:13:19	00:31:37.40	00:31:37.40	+00:12:29	5:57	10.1
74	SITKO Dagmara	304		30-39	126			00:00:00	00:14:17	00:31:37.95	00:31:37.95	+00:12:30	5:57	10.1
75	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	+00:12:30	5:58	10.1
76	UKLEJA Ela	857		40-49	174			00:00:00	00:14:22	00:31:38.65	00:31:38.65	+00:12:31	5:58	10.1
77	PANFIL Beata	645		30-39	128			00:00:00	00:13:11	00:31:41.50	00:31:41.50	+00:12:33	5:58	10
78	STOPYRA Agnieszka	86		40-49	177			00:00:00	00:13:46	00:31:44.20	00:31:44.20	+00:12:36	5:59	10
79	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	+00:12:40	6:00	10
80	JASZCZAK Małgorzata	473		20-29	31			00:00:00	00:13:51	00:31:49.25	00:31:49.25	+00:12:41	6:00	10
81	ŁUPIŃSKA Marlena	267		20-29	32			00:00:00	00:13:19	00:31:50.85	00:31:50.85	+00:12:43	6:00	10
82	DĘBOWSKA Beata	161		50-59	49			00:00:00	00:13:24	00:31:52.45	00:31:52.45	+00:12:44	6:00	10
83	LECHOWICZ Irena	362	SZARE MORSY	50-59	50			00:00:00	00:14:10	00:31:55.90	00:31:55.90	+00:12:48	6:01	10
84	KOSOWSKA Grażyna	492	KOBIETY NA 5+	50-59	51	Kobiety na 5+		00:00:00	00:13:23	00:31:59.20	00:31:59.20	+00:12:51	6:02	9.9
85	ZAWADA Teresa	491		50-59	52			00:00:00	00:13:31	00:32:05.60	00:32:05.60	+00:12:58	6:03	9.9
86	REYMANN Milena	343		40-49	184	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:49	00:32:06.05	00:32:06.05	+00:12:58	6:03	9.9
87	KUCIEJ Justyna	271		40-49	186			00:00:00	00:13:51	00:32:08.65	00:32:08.65	+00:13:01	6:03	9.9
88	RUSEK Aleksandra	727		20-29	33			00:00:00		00:32:10.75	00:32:10.75	+00:13:03	6:04	9.9
89	JAKUBIK Edyta	442		30-39	133			00:00:00	00:13:43	00:32:22.40	00:32:22.40	+00:13:14	6:06	9.8
90	BORDA Grażyna	804		40-49	192			00:00:00	00:13:53	00:32:23.25	00:32:23.25	+00:13:15	6:06	9.8
91	KARAŚ Daria	600		30-39	136			00:00:00	00:13:25	00:32:26.55	00:32:26.55	+00:13:18	6:07	9.8
92	BURDZIK Weronika	830		20-29	35			00:00:00	00:13:47	00:32:28.25	00:32:28.25	+00:13:20	6:07	9.8
93	KAFARA Joanna	293	WATAHA	30-39	141			00:00:00	00:14:24	00:32:37.40	00:32:37.40	+00:13:29	6:09	9.7
94	NALEWAJKA Wioleta	276		50-59	56	Kobiety na 5+		00:00:00	00:13:25	00:32:41.60	00:32:41.60	+00:13:34	6:10	9.7
95	NIEDZIOŁKO Bożena	256	KOBIETY NA 5+	50-59	57	Kobiety na 5+		00:00:00	00:13:25	00:32:42.00	00:32:42.00	+00:13:34	6:10	9.7
96	SADOWSKA-LASYK Kamila	775		30-39	145			00:00:00	00:14:23	00:32:45.65	00:32:45.65	+00:13:38	6:10	9.7
97	OLSZEWSKA Dorota	364		40-49	199			00:00:00	00:14:17	00:32:51.15	00:32:51.15	+00:13:43	6:11	9.7

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98	URBAŚ Monika	319		30-39	147	Kobiety na 5+		00:00:00	00:13:52	00:32:53.80	00:32:53.80	+00:13:46	6:12	9.7
99	PTASIŃSKA Iwona	483		20-29	37			00:00:00		00:32:54.90	00:32:54.90	+00:13:47	6:12	9.7
100	PAJAK Małgorzata	575	DRUŻYNAKOBIEITY NA 5 +	50-59	58	Kobiety na 5+		00:00:00	00:13:54	00:32:55.25	00:32:55.25	+00:13:47	6:12	9.7
101	CIESLA Liliana	404		60+	8			00:00:00	00:13:49	00:32:57.10	00:32:57.10	+00:13:49	6:13	9.7
102	TRAWNICKA Małgosia	450		30-39	149			00:00:00	00:14:29	00:33:07.75	00:33:07.75	+00:14:00	6:14	9.6
103	MENDRELA Agata	327		50-59	61			00:00:00	00:13:33	00:33:30.90	00:33:30.90	+00:14:23	6:19	9.5
104	GŁÓWCZYK Izabella	474		40-49	213			00:00:00	00:14:25	00:33:38.50	00:33:38.50	+00:14:30	6:20	9.5
105	LERCH Ewa	113		20-29	39			00:00:00	00:13:58	00:33:41.50	00:33:41.50	+00:14:33	6:21	9.4
106	JANCZARA Ewa	677		40-49	214			00:00:00		00:33:42.45	00:33:42.45	+00:14:34	6:21	9.4
107	SZYMCZAK Mariola	743		60+	11			00:00:00	00:14:34	00:33:57.80	00:33:57.80	+00:14:50	6:24	9.4
108	NOWICKA Ola	651		30-39	165			00:00:00	00:14:45	00:34:21.40	00:34:21.40	+00:15:13	6:28	9.3
109	SPYRKA Monika	587		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	00:34:25.80	00:34:25.80	+00:15:18	6:29	9.2
110	ROSTALSKA Sylwia	880		20-29	43			00:00:00	00:13:17	00:34:30.55	00:34:30.55	+00:15:22	6:30	9.2
111	SMOZIK Mariola	809		40-49	228			00:00:00		00:34:30.70	00:34:30.70	+00:15:23	6:30	9.2
112	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	+00:15:23	6:30	9.2
113	SAWICKA Agnieszka	592		40-49	230			00:00:00	00:14:55	00:34:32.00	00:34:32.00	+00:15:24	6:30	9.2
114	SZCZEPANEK Urszula	819		40-49	232			00:00:00	00:15:16	00:34:32.75	00:34:32.75	+00:15:25	6:30	9.2
115	ZMUDA Ewelina	243		30-39	170			00:00:00	00:14:26	00:34:34.90	00:34:34.90	+00:15:27	6:31	9.2
116	ZIEJA Martyna	860		20-29	46			00:00:00	00:15:12	00:34:41.40	00:34:41.40	+00:15:33	6:32	9.2
117	BOGACZ-BUCHTA Anna	715		40-49	235			00:00:00	00:15:10	00:34:45.55	00:34:45.55	+00:15:37	6:33	9.2
118	PAŁYS Agata	378		30-39	172			00:00:00	00:14:07	00:34:49.10	00:34:49.10	+00:15:41	6:34	9.1
119	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	+00:15:41	6:34	9.1
120	DYNIA Magdalena	270		40-49	244			00:00:00	00:15:08	00:35:07.90	00:35:07.90	+00:16:00	6:37	9.1
121	CIEMIĘGA Izabela	512		20-29	48			00:00:00	00:15:23	00:35:11.95	00:35:11.95	+00:16:04	6:38	9
122	KOWALSKA Małgorzata	370		50-59	72			00:00:00	00:14:48	00:35:18.05	00:35:18.05	+00:16:10	6:39	9
123	KOZŁOWSKA Patrycja	578		30-39	180	Byle do mety		00:00:00	00:14:29	00:35:24.60	00:35:24.60	+00:16:17	6:40	9
124	SERAFIN-CHWAŁEK Joanna	452		40-49	252			00:00:00	00:14:46	00:35:24.70	00:35:24.70	+00:16:17	6:40	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
125	PLATA Marlena	576		30-39	181			00:00:00	00:15:50	00:35:26.45	00:35:26.45	+00:16:18	6:41	9
126	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	+00:16:20	6:41	9
127	OLCZYK ZIELIŃSKA Wioletta	292	KOBIETY NA 5+	50-59	74	Kobiety na 5+		00:00:00	00:14:28	00:35:29.35	00:35:29.35	+00:16:21	6:41	9
128	GAPIŃSKA Agata	670		50-59	75			00:00:00	00:15:29	00:35:38.45	00:35:38.45	+00:16:30	6:43	8.9
129	NIEDŹWIEDŹ Maja	596		40-49	257			00:00:00	00:15:01	00:35:38.80	00:35:38.80	+00:16:31	6:43	8.9
130	WYSOCKA Agnieszka	844		20-29	50			00:00:00	00:15:14	00:35:38.95	00:35:38.95	+00:16:31	6:43	8.9
131	JASKÓŁA Izabela	699		30-39	183			00:00:00	00:14:23	00:35:40.45	00:35:40.45	+00:16:32	6:43	8.9
132	PIPIRO Grażyna	609		60+	12			00:00:00	00:15:41	00:35:50.65	00:35:50.65	+00:16:43	6:45	8.9
133	KOTOSKA Aneta	780		30-39	185			00:00:00	00:14:22	00:35:53.35	00:35:53.35	+00:16:45	6:46	8.9
134	BARTNIK Joanna	493		40-49	260			00:00:00	00:14:59	00:35:57.20	00:35:57.20	+00:16:49	6:46	8.8
135	SZYPUŁA Joanna	703		30-39	186			00:00:00	00:15:55	00:35:57.70	00:35:57.70	+00:16:50	6:46	8.8
136	SZEWCZUK Agnieszka	481		40-49	262	Byle do mety		00:00:00	00:15:00	00:36:14.85	00:36:14.85	+00:17:07	6:50	8.8
137	STEFANIK Katarzyna	471		30-39	193			00:00:00	00:16:27	00:36:34.75	00:36:34.75	+00:17:27	6:53	8.7
138	OSTAPIUK Anna	864		30-39	197			00:00:00	00:15:18	00:36:44.20	00:36:44.20	+00:17:36	6:55	8.7
139	ANIOŁ-BARLIK Agnieszka	23		40-49	265			00:00:00	00:15:29	00:36:44.65	00:36:44.65	+00:17:37	6:55	8.7
140	DAMIS Daria	444		30-39	198			00:00:00	00:16:26	00:36:46.85	00:36:46.85	+00:17:39	6:56	8.6
141	RATAJCZAK Ewa	559		40-49	266			00:00:00	00:15:40	00:36:49.95	00:36:49.95	+00:17:42	6:56	8.6
142	WACHTARCZYK Dominika	525		20-29	55			00:00:00	00:16:39	00:36:53.00	00:36:53.00	+00:17:45	6:57	8.6
143	POŁEDNIOK Aleksandra	668		40-49	267			00:00:00	00:15:51	00:36:54.90	00:36:54.90	+00:17:47	6:57	8.6
144	PŁOTKA Joanna	888		20-29	57			00:00:00	00:15:37	00:36:55.90	00:36:55.90	+00:17:48	6:57	8.6
145	GARUS Angela	376		40-49	272			00:00:00	00:15:52	00:36:56.05	00:36:56.05	+00:17:48	6:58	8.6
146	SZYNAL Magdalena	503		30-39	201			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:04	7:01	8.5
147	MIŚKOWIEC Agnieszka	255		40-49	280			00:00:00	00:14:29	00:37:24.45	00:37:24.45	+00:18:16	7:03	8.5
148	MATYJA Kararzyna	872		40-49	282			00:00:00	00:15:41	00:37:29.60	00:37:29.60	+00:18:22	7:04	8.5
149	SZCZUCHNIAK Adriana	501		40-49	283			00:00:00	00:15:26	00:37:32.10	00:37:32.10	+00:18:24	7:04	8.5
150	SAWICKA Marta	557		40-49	284	Kobiety na 5+		00:00:00	00:16:24	00:37:32.50	00:37:32.50	+00:18:24	7:04	8.5
150	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	+00:18:24	7:04	8.5

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
152	KOWALCZYK Basia	624		30-39	206			00:00:00	00:15:40	00:37:38.85	00:37:38.85	+00:18:31	7:06	8.4
153	OLEŚ Ula	750		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	00:37:46.70	00:37:46.70	+00:18:39	7:07	8.4
154	GÓRNICZ Patrycja	652		30-39	208			00:00:00	00:16:45	00:38:04.15	00:38:04.15	+00:18:56	7:10	8.4
155	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	+00:19:15	7:14	8.3
156	MYŚLIWIEC Barbara	298	KOBIETY NA 5+	20-29	63	Kobiety na 5+		00:00:00	00:16:26	00:38:23.85	00:38:23.85	+00:19:16	7:14	8.3
157	WAGNER Natalia	912		30-39	211			00:00:00	00:17:06	00:38:35.30	00:38:35.30	+00:19:27	7:16	8.2
158	PUCHALIK Barbara	883		50-59	86			00:00:00		00:38:56.40	00:38:56.40	+00:19:48	7:20	8.2
159	ŁUCZAK Anna	881		40-49	295			00:00:00	00:17:18	00:38:57.10	00:38:57.10	+00:19:49	7:20	8.2
160	KACZOREK Małgorzata	839		30-39	213			00:00:00	00:15:35	00:39:11.30	00:39:11.30	+00:20:03	7:23	8.1
161	GARDECKA Katarzyna	882		40-49	298			00:00:00	00:17:18	00:39:15.50	00:39:15.50	+00:20:07	7:24	8.1
162	LERCH-WÓJCIK Anna	884		30-39	215			00:00:00	00:17:18	00:39:16.00	00:39:16.00	+00:20:08	7:24	8.1
163	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	+00:20:32	7:29	8
164	ROTTER Hanna	566		60+	16			00:00:00	00:17:08	00:39:40.65	00:39:40.65	+00:20:33	7:29	8
165	KUBAS Alina	487	KLUB BIEGACZA FARTLEK	50-59	90	Klub Biegacza Fartlek		00:00:00	00:16:53	00:39:46.70	00:39:46.70	+00:20:39	7:30	8
166	IDZIKOWSKA Elżbieta	581		40-49	307			00:00:00	00:17:29	00:39:47.20	00:39:47.20	+00:20:39	7:30	8
167	IDZIKOWSKA Urszula	569		20-29	65			00:00:00	00:17:30	00:39:48.30	00:39:48.30	+00:20:40	7:30	8
168	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	+00:20:40	7:30	8
169	GIBAS Amanda	485	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	00:39:52.15	00:39:52.15	+00:20:44	7:31	8
170	PERKOWSKA Izabela	698		50-59	92			00:00:00	00:17:49	00:40:21.60	00:40:21.60	+00:21:14	7:36	7.9
171	SŁUPECKA Beata	721		40-49	317			00:00:00	00:16:59	00:40:30.85	00:40:30.85	+00:21:23	7:38	7.9
172	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	+00:21:28	7:39	7.8
173	WOJTAL Danuta	733		40-49	318			00:00:00	00:17:10	00:40:39.35	00:40:39.35	+00:21:31	7:40	7.8
174	SOKÓL-OLEŚ Ewelina	337	RUNTEAM PAWŁOWICE	50-59	93			00:00:00	00:17:29	00:40:52.20	00:40:52.20	+00:21:44	7:42	7.8
175	SEKUŁA Marlena	604		40-49	322			00:00:00	00:17:15	00:41:13.65	00:41:13.65	+00:22:06	7:46	7.7

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
176	LAZAR Joanna	768		30-39	225			00:00:00	00:17:18	00:41:21.65	00:41:21.65	+00:22:14	7:48	7.7
177	KRYSMAN Agnieszka	784		40-49	323			00:00:00	00:17:11	00:41:30.70	00:41:30.70	+00:22:23	7:49	7.7
178	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	+00:22:26	7:50	7.7
179	RAJNYSZ Magdalena	797		40-49	325			00:00:00	00:17:59	00:42:40.05	00:42:40.05	+00:23:32	8:03	7.5
180	KOSZEWSKA Damuta	718	KLUB BIEGACZA FARTLEK	50-59	95	Klub Biegacza Fartlek		00:00:00	00:18:01	00:42:40.55	00:42:40.55	+00:23:32	8:03	7.5
181	SPYRKA Natalia	795		30-39	228			00:00:00	00:18:05	00:42:52.30	00:42:52.30	+00:23:44	8:05	7.4
182	BOBER Aneta	556		30-39	229			00:00:00	00:18:08	00:43:00.75	00:43:00.75	+00:23:53	8:06	7.4
183	NIEDŹWIEDŹ Julia	599		20-29	67			00:00:00	00:17:57	00:43:08.75	00:43:08.75	+00:24:01	8:08	7.4
184	BAZGIER Magdalena	661		30-39	231			00:00:00	00:18:37	00:43:39.10	00:43:39.10	+00:24:31	8:14	7.3
185	SZCZEPANIK Marta	886		30-39	232			00:00:00	00:19:01	00:44:12.70	00:44:12.70	+00:25:05	8:20	7.2
186	ŁANUCHA Mariola	580	KOBIETY NA 5+	60+	18	Kobiety na 5+		00:00:00	00:18:08	00:44:16.10	00:44:16.10	+00:25:08	8:21	7.2
187	RUTKOWSKA Anna	751		40-49	329	Przedszkole Małych Bohaterów		00:00:00	00:20:08	00:45:48.30	00:45:48.30	+00:26:40	8:38	6.9
188	MAGIEREK Magdalena	588		30-39	233			00:00:00	00:20:24	00:46:38.70	00:46:38.70	+00:27:31	8:47	6.8
189	WOŹNY Izabela	573		30-39	235			00:00:00	00:20:25	00:46:39.85	00:46:39.85	+00:27:32	8:48	6.8
190	GWIZDOŃ Elżbieta	895		50-59	101			00:00:00	00:21:09	00:49:28.85	00:49:28.85	+00:30:21	9:20	6.4
191	MALICH Aleksandra	747	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	69	Przedszkole Małych Bohaterów		00:00:00	00:22:53	00:50:40.95	00:50:40.95	+00:31:33	9:33	6.3
192	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	+00:34:25	10:06	5.9
193	WIŚNIEWSKA Janina	835		50-59	103			00:00:00	00:35:24	01:02:53.10	01:02:53.10	+00:43:45	11:51	5.1

Znaleziono 193 wynik(ów)