



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
2023-09-09  
Jastrzębie-Zdrój  
10 km

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

| Msc | Zawodnik                   | Numer | Klub                                                  | Kategoria | Mkat | Drużyna 1                                           | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|-------------------------------------------------------|-----------|------|-----------------------------------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | GAJ Paulina                | 30    | BZ TRAINING SYSTEM / KRAKOWSKA AKADEMIA LEKKOATLETYKI | K30-39    | 1    | BZ Training System/Krakowska Akademia Lekkoatletyki | 00:00:02    | 00:37:33.60     | 00:37:35.95      |                   | 3:45         | 16 (100%)    |
| 2   | MENDECKA-ZEJDLER Michalina | 5     |                                                       | K30-39    | 2    |                                                     | 00:00:02    | 00:37:58.35     | 00:38:00.95      | +00:00:24 (1.1%)  | 3:47         | 15.8 (98.8%) |
| 3   | GRIMAN Joanna              | 57    | AKTYWNA PSZCZYNA RUNNERS TEAM                         | K40-49    | 1    | Aktywna Pszczyna Runners Team                       | 00:00:02    | 00:38:40.70     | 00:38:43.05      | +00:01:07 (2.9%)  | 3:52         | 15.5 (96.9%) |
| 4   | BODNAR Anna                | 36    | ANIA HALSKA COACHING                                  | K40-49    | 2    |                                                     | 00:00:03    | 00:39:09.40     | 00:39:12.95      | +00:01:35 (4.1%)  | 3:54         | 15.3 (95.6%) |
| 5   | SUWAJ Aneta                | 4     | TL ATHLETIC JASTRZĘBIE/ALPIN SPORT                    | K30-39    | 3    | TL Athletics Jastrzębie                             | 00:00:02    | 00:39:19.25     | 00:39:21.90      | +00:01:45 (4.5%)  | 3:55         | 15.3 (95.6%) |
| 6   | DYBCZYŃSKA Jadwiga         | 117   | LKS POGÓRZE                                           | K40-49    | 3    | Team szalenie szybkich biegaczy                     | 00:00:04    | 00:40:58.95     | 00:41:03.60      | +00:03:25 (8.4%)  | 4:05         | 14.6 (91.3%) |
| 7   | TYMAN Karolina             | 103   | UKS DIAMENT GODÓW                                     | K16-19    | 1    |                                                     | 00:00:02    | 00:41:01.65     | 00:41:04.45      | +00:03:28 (8.5%)  | 4:06         | 14.6 (91.3%) |
| 8   | SIKORA Joanna              | 74    | LKS POGÓRZE                                           | K20-29    | 1    | Team szalenie szybkich biegaczy                     | 00:00:04    | 00:41:11.20     | 00:41:15.80      | +00:03:37 (8.8%)  | 4:07         | 14.6 (91.3%) |
| 9   | PIECUCH Agnieszka          | 95    | INŻYNIERIA BIEGANIA                                   | K30-39    | 4    | Inżynieria Biegania                                 | 00:00:10    | 00:43:13.45     | 00:43:23.45      | +00:05:39 (13.1%) | 4:19         | 13.9 (86.9%) |
| 10  | JANKO Anna                 | 97    | HRMAX ŻORY                                            | K30-39    | 5    | Niewybiegani                                        | 00:00:07    | 00:43:23.75     | 00:43:30.85      | +00:05:50 (13.4%) | 4:20         | 13.8 (86.3%) |
| 11  | GRABOWSKA-SZYSZKA Elżbieta | 586   | ZADYSZKA OŚWIĘCIM                                     | K40-49    | 4    | Zadyszka Oświęcim                                   | 00:00:07    | 00:43:32.30     | 00:43:39.40      | +00:05:58 (13.7%) | 4:21         | 13.8 (86.3%) |
| 12  | POŁOMSKA Edyta             | 144   | POŁOMSCY TEAM                                         | K40-49    | 5    | Połomscy Team                                       | 00:00:05    | 00:43:50.10     | 00:43:56.05      | +00:06:16 (14.3%) | 4:23         | 13.7 (85.6%) |
| 13  | LASKOWSKA Katarzyna        | 109   | INŻYNIERIA BIEGANIA                                   | K40-49    | 6    | Inżynieria Biegania                                 | 00:00:08    | 00:43:59.90     | 00:44:08.45      | +00:06:26 (14.6%) | 4:23         | 13.6 (85.0%) |
| 14  | CHROMIK Julia              | 60    | LKS POGÓRZE                                           | K20-29    | 2    | Team szalenie szybkich biegaczy                     | 00:00:04    | 00:44:22.90     | 00:44:27.55      | +00:06:49 (15.4%) | 4:26         | 13.5 (84.4%) |

| Msc | Zawodnik               | Numer | Klub                                                | Kategoria | Mkat | Drużyna 1                            | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-----------------------------------------------------|-----------|------|--------------------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 15  | RUTKOWSKA Edyta        | 76    | HRMAX ŻORY                                          | K30-39    | 6    |                                      | 00:00:07    | 00:44:44.50     | 00:44:52.00      | +00:07:10 (16.1%) | 4:28         | 13.4 (83.8%) |
| 16  | WRÓBLEWSKA Judyta      | 49    | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | K30-39    | 7    | TL Athletics Jastrzębie              | 00:00:04    | 00:44:53.55     | 00:44:57.95      | +00:07:19 (16.3%) | 4:29         | 13.4 (83.8%) |
| 17  | OPALSKA Karolina       | 116   | ZADYSZKA OŚWIĘCIM                                   | K30-39    | 8    | Zadyszka Oświęcim                    | 00:00:07    | 00:45:03.75     | 00:45:11.15      | +00:07:30 (16.6%) | 4:30         | 13.3 (83.1%) |
| 18  | KUFKA Judyta           | 411   |                                                     | K30-39    | 9    |                                      | 00:00:06    | 00:45:43.65     | 00:45:49.75      | +00:08:10 (17.9%) | 4:34         | 13.1 (81.9%) |
| 19  | WITOSZEK Barbara       | 210   |                                                     | K30-39    | 10   |                                      | 00:00:09    | 00:45:53.15     | 00:46:02.55      | +00:08:19 (18.1%) | 4:35         | 13.1 (81.9%) |
| 20  | KOPIEC Izabela         | 131   |                                                     | K40-49    | 7    |                                      | 00:00:11    | 00:45:58.15     | 00:46:09.75      | +00:08:24 (18.3%) | 4:35         | 13.1 (81.9%) |
| 21  | PARZYCH Katarzyna      | 79    |                                                     | K40-49    | 8    | Rybnicka Grupa Biegowa Pędzimy Razem | 00:00:09    | 00:46:11.70     | 00:46:21.40      | +00:08:38 (18.7%) | 4:37         | 13 (81.3%)   |
| 22  | OPIEKULSKA Renata      | 153   |                                                     | K40-49    | 9    |                                      | 00:00:10    | 00:47:20.00     | 00:47:30.75      | +00:09:46 (20.6%) | 4:44         | 12.7 (79.4%) |
| 23  | STĘPIEŃ Kamila         | 87    |                                                     | K30-39    | 11   |                                      | 00:00:10    | 00:47:27.10     | 00:47:37.85      | +00:09:53 (20.8%) | 4:44         | 12.6 (78.8%) |
| 24  | MAZUREK Anna           | 198   |                                                     | K40-49    | 10   |                                      | 00:00:13    | 00:47:53.25     | 00:48:06.30      | +00:10:19 (21.6%) | 4:47         | 12.5 (78.1%) |
| 25  | CZYŻ Leonarda          | 302   | OLZA CIESZYN                                        | K50-59    | 1    | Olza Cieszyn                         | 00:00:10    | 00:47:54.15     | 00:48:05.00      | +00:10:20 (21.6%) | 4:47         | 12.5 (78.1%) |
| 26  | NOWAK Beata            | 303   |                                                     | K50-59    | 2    | Olza Cieszyn                         | 00:00:10    | 00:47:57.35     | 00:48:07.35      | +00:10:23 (21.7%) | 4:47         | 12.5 (78.1%) |
| 27  | WRÓBEL Katarzyna       | 272   | JUSTFEELFIT                                         | K30-39    | 12   | JustFeelFit                          | 00:00:11    | 00:48:22.75     | 00:48:34.65      | +00:10:49 (22.4%) | 4:50         | 12.4 (77.5%) |
| 28  | SZCZOTKA Katarzyna     | 263   | AKTYWNA PSZCZYNA                                    | K40-49    | 11   | Aktywna Pszczyna Runners Team        | 00:00:15    | 00:49:11.40     | 00:49:27.30      | +00:11:37 (23.6%) | 4:55         | 12.2 (76.3%) |
| 29  | PERKOWSKA Daria        | 234   | KOBIETY NA 5+                                       | K40-49    | 12   | Kobiety na 5+                        | 00:00:08    | 00:49:12.50     | 00:49:20.70      | +00:11:38 (23.7%) | 4:55         | 12.2 (76.3%) |
| 30  | SUSZCZYK Monika        | 311   |                                                     | K40-49    | 13   |                                      | 00:00:13    | 00:49:24.95     | 00:49:37.95      | +00:11:51 (24.0%) | 4:56         | 12.1 (75.6%) |
| 31  | WYPIÓR Ewa             | 350   |                                                     | K40-49    | 14   |                                      | 00:00:19    | 00:49:37.25     | 00:49:57.00      | +00:12:03 (24.3%) | 4:57         | 12.1 (75.6%) |
| 32  | CZYŻ Marlena           | 104   | UKS DIAMENT GODÓW                                   | K16-19    | 2    |                                      | 00:00:03    | 00:49:37.45     | 00:49:40.50      | +00:12:03 (24.3%) | 4:57         | 12.1 (75.6%) |
| 33  | NIEŚLAŃCZYK Małgorzata | 332   | WATAHA                                              | K40-49    | 15   | WATAHA                               | 00:00:12    | 00:49:43.00     | 00:49:55.85      | +00:12:09 (24.5%) | 4:58         | 12.1 (75.6%) |
| 34  | URBAINSKA Ilona        | 270   |                                                     | K30-39    | 13   |                                      | 00:00:06    | 00:50:40.05     | 00:50:46.30      | +00:13:06 (25.9%) | 5:04         | 11.8 (73.8%) |
| 35  | MAZUR Małgorzata       | 385   |                                                     | K40-49    | 16   |                                      | 00:00:06    | 00:51:23.30     | 00:51:29.75      | +00:13:49 (26.9%) | 5:08         | 11.7 (73.1%) |
| 36  | KRAWCZYK Elżbieta      | 318   | W POGONI ZA DUCHEM                                  | K30-39    | 14   | W Pogoni za Duchem                   | 00:00:19    | 00:51:30.40     | 00:51:49.85      | +00:13:56 (27.1%) | 5:09         | 11.7 (73.1%) |
| 37  | KOBIELUSZ Martyna      | 487   |                                                     | K20-29    | 3    |                                      | 00:00:31    | 00:51:54.90     | 00:52:26.25      | +00:14:21 (27.7%) | 5:11         | 11.6 (72.5%) |

| Msc | Zawodnik             | Numer | Klub                                 | Kategoria | Mkat | Drużyna 1                            | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|--------------------------------------|-----------|------|--------------------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 38  | PAWŁOK Anna          | 129   | TRIATHLON TRAINING CENTER            | K30-39    | 15   |                                      | 00:00:14    | 00:51:55.40     | 00:52:10.35      | +00:14:21 (27.7%) | 5:11         | 11.6 (72.5%) |
| 39  | MUSIAŁ Wioletta      | 241   |                                      | K40-49    | 17   | Galopujące Ślimaki                   | 00:00:15    | 00:52:02.30     | 00:52:18.20      | +00:14:28 (27.8%) | 5:12         | 11.5 (71.9%) |
| 40  | LACHOWICZ Izabela    | 162   | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | K30-39    | 16   | Rybnicka Grupa Biegowa Pędzimy Razem | 00:00:13    | 00:52:30.55     | 00:52:44.30      | +00:14:56 (28.5%) | 5:15         | 11.4 (71.3%) |
| 41  | DĘBICKA Aneta        | 260   |                                      | K20-29    | 4    |                                      | 00:00:14    | 00:52:32.35     | 00:52:46.70      | +00:14:58 (28.5%) | 5:15         | 11.4 (71.3%) |
| 42  | NOWAK Joanna         | 520   | W POGONI ZA DUCHEM                   | K30-39    | 17   | W Pogoni za Duchem                   | 00:00:19    | 00:52:38.50     | 00:52:57.50      | +00:15:04 (28.6%) | 5:15         | 11.4 (71.3%) |
| 43  | FURMANEK Ela         | 150   | HURAGAN LIGOTA                       | K50-59    | 3    |                                      | 00:00:13    | 00:52:56.30     | 00:53:10.00      | +00:15:22 (29.0%) | 5:17         | 11.3 (70.6%) |
| 44  | PIETRZYK Aleksandra  | 232   | TEAM PAPRY                           | K40-49    | 18   |                                      | 00:00:17    | 00:53:03.95     | 00:53:21.75      | +00:15:30 (29.2%) | 5:18         | 11.3 (70.6%) |
| 45  | CEGLARSKA Sonia      | 461   | JEJKOWICE BIEGAJĄ                    | K40-49    | 19   | Jejkowice Biegają                    | 00:00:32    | 00:53:09.55     | 00:53:42.20      | +00:15:35 (29.3%) | 5:18         | 11.3 (70.6%) |
| 46  | ROMAŃSKA Klaudia     | 436   | W POGONI ZA DUCHEM                   | K20-29    | 5    | W Pogoni za Duchem                   | 00:00:18    | 00:53:09.75     | 00:53:28.20      | +00:15:36 (29.3%) | 5:18         | 11.3 (70.6%) |
| 47  | KULA Katarzyna       | 193   | STUDIO ENERGIA TEAM RYBNIK           | K30-39    | 18   | Studio Energia Team Rybnik           | 00:00:10    | 00:53:13.25     | 00:53:23.25      | +00:15:39 (29.4%) | 5:19         | 11.3 (70.6%) |
| 48  | KONSEK Anna          | 314   |                                      | K30-39    | 19   |                                      | 00:00:20    | 00:53:20.25     | 00:53:40.30      | +00:15:46 (29.6%) | 5:20         | 11.3 (70.6%) |
| 49  | BASTA Dorota         | 437   | ZADYSZKA OŚWIĘCIM                    | K40-49    | 20   | Zadyszka Oświęcim                    | 00:00:31    | 00:53:32.20     | 00:54:03.75      | +00:15:58 (29.8%) | 5:21         | 11.2 (70.0%) |
| 50  | BIENKO Edyta         | 556   |                                      | K40-49    | 21   |                                      | 00:00:22    | 00:53:50.40     | 00:54:12.45      | +00:16:16 (30.2%) | 5:23         | 11.1 (69.4%) |
| 51  | SUBIK Edyta          | 322   |                                      | K30-39    | 20   |                                      | 00:00:21    | 00:53:59.20     | 00:54:20.30      | +00:16:25 (30.4%) | 5:23         | 11.1 (69.4%) |
| 52  | LORENZ Agnieszka     | 335   | GB GALOPUJĄCE ŚLIMAKI                | K40-49    | 22   | GB Galopujące Ślimaki                | 00:00:15    | 00:54:06.55     | 00:54:22.25      | +00:16:32 (30.6%) | 5:24         | 11.1 (69.4%) |
| 53  | PERUGIEWICZ Joanna   | 410   | @GOOD VIBES                          | K30-39    | 21   |                                      | 00:00:24    | 00:54:26.10     | 00:54:50.85      | +00:16:52 (31.0%) | 5:26         | 11 (68.8%)   |
| 54  | SŁOWIŃSKA Joanna     | 348   | RUNTEAM PAWŁOWICE                    | K30-39    | 22   | RUNTEAM PAWŁOWICE                    | 00:00:14    | 00:54:34.50     | 00:54:48.65      | +00:17:00 (31.2%) | 5:27         | 11 (68.8%)   |
| 55  | BAC Małgorzata       | 165   |                                      | K16-19    | 3    |                                      | 00:00:11    | 00:54:46.50     | 00:54:58.35      | +00:17:12 (31.4%) | 5:28         | 11 (68.8%)   |
| 56  | GABRYŚ Patrycja      | 435   | DOMIN TEAM                           | K30-39    | 23   |                                      | 00:00:28    | 00:55:01.85     | 00:55:30.10      | +00:17:28 (31.7%) | 5:30         | 10.9 (68.1%) |
| 57  | KOWALONEK Aleksandra | 392   |                                      | K20-29    | 6    | Do biegu, gotowi? Siad!              | 00:00:24    | 00:55:04.95     | 00:55:29.25      | +00:17:31 (31.8%) | 5:30         | 10.9 (68.1%) |
| 58  | POPEK Barbara        | 64    | SOBIESKI6                            | K50-59    | 4    | Sobieski6                            | 00:00:24    | 00:55:13.40     | 00:55:37.80      | +00:17:39 (32.0%) | 5:31         | 10.9 (68.1%) |
| 59  | GAJ Monika           | 474   | DAR-BUD TEAM                         | K40-49    | 23   |                                      | 00:00:13    | 00:55:20.25     | 00:55:33.30      | +00:17:46 (32.1%) | 5:32         | 10.8 (67.5%) |
| 60  | MIKULAK Natalia      | 412   |                                      | K20-29    | 7    |                                      | 00:00:25    | 00:55:23.55     | 00:55:49.10      | +00:17:49 (32.2%) | 5:32         | 10.8 (67.5%) |

| Msc | Zawodnik            | Numer | Klub                                 | Kategoria | Mkat | Drużyna 1                            | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|--------------------------------------|-----------|------|--------------------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 61  | SIKORA Alicja       | 317   | TEAM SIKORA                          | K70+      | 1    |                                      | 00:00:23    | 00:55:28.60     | 00:55:52.35      | +00:17:55 (32.3%) | 5:32         | 10.8 (67.5%) |
| 62  | BRZEZIŃSKA Anna     | 508   |                                      | K30-39    | 24   |                                      | 00:00:24    | 00:56:09.40     | 00:56:33.70      | +00:18:35 (33.1%) | 5:36         | 10.7 (66.9%) |
| 63  | URBANEK Iwona       | 347   |                                      | K30-39    | 25   |                                      | 00:00:30    | 00:56:15.05     | 00:56:45.05      | +00:18:41 (33.2%) | 5:37         | 10.7 (66.9%) |
| 64  | SZYMCZYK Teresa     | 550   | TEAM SZYMCZYKI                       | K60-69    | 1    |                                      | 00:00:30    | 00:56:15.80     | 00:56:46.60      | +00:18:42 (33.2%) | 5:37         | 10.7 (66.9%) |
| 65  | GABRUŚ Iwona        | 390   | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | K50-59    | 5    | Rybnicka Grupa Biegowa Pędzimy Razem | 00:00:29    | 00:56:17.00     | 00:56:46.85      | +00:18:43 (33.3%) | 5:37         | 10.7 (66.9%) |
| 66  | DROZD Magdalena     | 531   |                                      | K30-39    | 26   |                                      | 00:00:35    | 00:56:46.50     | 00:57:21.70      | +00:19:12 (33.8%) | 5:40         | 10.6 (66.3%) |
| 67  | KLUCZYŃSKA Honorata | 298   |                                      | K40-49    | 24   |                                      | 00:00:21    | 00:56:54.05     | 00:57:15.25      | +00:19:20 (34.0%) | 5:41         | 10.5 (65.6%) |
| 68  | TERESZYŃSKA Anna    | 495   |                                      | K40-49    | 25   |                                      | 00:00:06    | 00:57:04.20     | 00:57:10.75      | +00:19:30 (34.2%) | 5:42         | 10.5 (65.6%) |
| 69  | GIEROŃ Katarzyna    | 442   | DYSTANS LUBOMIA                      | K40-49    | 26   |                                      | 00:00:00    | 00:57:13.70     | 00:57:13.70      | +00:19:40 (34.4%) | 5:43         | 10.5 (65.6%) |
| 70  | WERNIK Katarzyna    | 352   |                                      | K50-59    | 6    |                                      | 00:00:25    | 00:57:16.05     | 00:57:41.15      | +00:19:42 (34.4%) | 5:43         | 10.5 (65.6%) |
| 71  | KORDEK Dorota       | 353   |                                      | K40-49    | 27   |                                      | 00:00:26    | 00:57:26.25     | 00:57:52.85      | +00:19:52 (34.6%) | 5:44         | 10.4 (65.0%) |
| 72  | HALSZKA Joanna      | 567   | DYSTANS LUBOMIA                      | K40-49    | 28   |                                      | 00:00:29    | 00:57:28.65     | 00:57:58.15      | +00:19:55 (34.7%) | 5:44         | 10.4 (65.0%) |
| 73  | SZEWCZYK Marzena    | 421   | JEJKOWICE BIEGAJĄ                    | K40-49    | 29   |                                      | 00:00:33    | 00:57:37.40     | 00:58:10.45      | +00:20:03 (34.8%) | 5:45         | 10.4 (65.0%) |
| 74  | TRYBAŁA Danuta      | 534   | WATAHA                               | K30-39    | 27   | WATAHA                               | 00:00:30    | 00:57:49.45     | 00:58:19.85      | +00:20:15 (35.0%) | 5:46         | 10.4 (65.0%) |
| 75  | LERCH-HENCZKO Maria | 360   | AKTYWNIE NAKRĘCENI                   | K30-39    | 28   |                                      | 00:00:22    | 00:57:57.65     | 00:58:20.55      | +00:20:24 (35.2%) | 5:47         | 10.4 (65.0%) |
| 76  | KONIECKO Karolina   | 417   |                                      | K30-39    | 29   |                                      | 00:00:00    | 00:57:59.55     | 00:57:59.55      | +00:20:25 (35.2%) | 5:47         | 10.3 (64.4%) |
| 77  | KUFEL Beata         | 429   |                                      | K50-59    | 7    |                                      | 00:00:28    | 00:58:14.30     | 00:58:42.65      | +00:20:40 (35.5%) | 5:49         | 10.3 (64.4%) |
| 78  | PŁASKA Barbara      | 452   | KOBIETY NA 5+                        | K50-59    | 8    | Kobiety na 5+                        | 00:00:11    | 00:58:24.50     | 00:58:36.05      | +00:20:50 (35.7%) | 5:50         | 10.3 (64.4%) |
| 79  | GENSTY Klaudia      | 573   | DYSTANS LUBOMIA                      | K40-49    | 30   |                                      | 00:00:30    | 00:58:54.90     | 00:59:25.80      | +00:21:21 (36.2%) | 5:53         | 10.2 (63.8%) |
| 80  | SOBOL Ewa           | 552   | DYSTANS LUBOMIA                      | K40-49    | 31   |                                      | 00:00:28    | 00:58:57.65     | 00:59:26.20      | +00:21:24 (36.3%) | 5:53         | 10.2 (63.8%) |
| 81  | MIŁOWSKA Sylwia     | 504   |                                      | K40-49    | 32   |                                      | 00:00:32    | 00:59:06.05     | 00:59:38.80      | +00:21:32 (36.4%) | 5:54         | 10.2 (63.8%) |
| 82  | GORZELAK Joanna     | 580   | KOBIETY NA 5+                        | K40-49    | 33   | Kobiety na 5+                        | 00:00:16    | 00:59:18.50     | 00:59:35.25      | +00:21:44 (36.7%) | 5:55         | 10.1 (63.1%) |
| 83  | MIELAŃCZYK Patrycja | 227   |                                      | K30-39    | 30   |                                      | 00:00:22    | 00:59:23.20     | 00:59:46.05      | +00:21:49 (36.8%) | 5:56         | 10.1 (63.1%) |

| Msc | Zawodnik                | Numer | Klub                   | Kategoria | Mkat | Drużyna 1           | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|------------------------|-----------|------|---------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 84  | PAPLA Jolanta           | 299   |                        | K20-29    | 8    |                     | 00:00:26    | 00:59:31.90     | 00:59:58.05      | +00:21:58 (36.9%) | 5:57         | 10.1 (63.1%) |
| 85  | KARLIK Agnieszka        | 258   | AKTYWNI LYSKI          | K40-49    | 34   |                     | 00:00:33    | 00:59:38.15     | 01:00:11.15      | +00:22:04 (37.0%) | 5:57         | 10.1 (63.1%) |
| 86  | MAREK-WRÓBEL Edyta      | 291   | NIEZRZESZONA           | K60-69    | 2    |                     | 00:00:21    | 00:59:42.70     | 01:00:03.75      | +00:22:09 (37.1%) | 5:58         | 10.1 (63.1%) |
| 87  | TRYBAŁA Weronika        | 535   | WATAHA                 | K20-29    | 9    | WATAHA              | 00:00:29    | 01:00:13.35     | 01:00:42.70      | +00:22:39 (37.6%) | 6:01         | 10 (62.5%)   |
| 88  | KOLORZ-STYLOK Katarzyna | 582   |                        | K40-49    | 35   |                     | 00:00:30    | 01:00:16.10     | 01:00:46.80      | +00:22:42 (37.7%) | 6:01         | 10 (62.5%)   |
| 89  | RANSZ Beata             | 359   | PRZYJACIÓŁKI DO SPÓŁKI | K50-59    | 9    |                     | 00:00:32    | 01:00:22.35     | 01:00:54.75      | +00:22:48 (37.8%) | 6:02         | 9.9 (61.9%)  |
| 90  | ZAKRZEWSKA Barbara      | 583   |                        | K40-49    | 36   |                     | 00:00:31    | 01:00:59.15     | 01:01:30.50      | +00:23:25 (38.4%) | 6:05         | 9.8 (61.3%)  |
| 91  | FIJĄŁKOWSKA Ewelina     | 555   | W POGONI ZA DUCHEM     | K30-39    | 31   | W Pogoni za Duchem  | 00:00:35    | 01:01:03.00     | 01:01:38.25      | +00:23:29 (38.5%) | 6:06         | 9.8 (61.3%)  |
| 92  | BURDA Renata            | 484   | AKTYWNI RYDUŁTOWY      | K40-49    | 37   |                     | 00:00:38    | 01:01:11.50     | 01:01:50.35      | +00:23:37 (38.6%) | 6:07         | 9.8 (61.3%)  |
| 93  | SZYPUŁA Anna            | 595   | MK TEAM                | K50-59    | 10   |                     | 00:00:27    | 01:01:52.25     | 01:02:20.05      | +00:24:18 (39.3%) | 6:11         | 9.7 (60.6%)  |
| 94  | GAŁKIEWICZ Monika       | 528   |                        | K40-49    | 38   |                     | 00:00:25    | 01:02:00.40     | 01:02:25.65      | +00:24:26 (39.4%) | 6:12         | 9.7 (60.6%)  |
| 95  | TURCZYN Iwona           | 568   |                        | K20-29    | 10   |                     | 00:00:35    | 01:02:06.50     | 01:02:41.90      | +00:24:32 (39.5%) | 6:12         | 9.7 (60.6%)  |
| 96  | MARCZYŃSKA Izabela      | 418   | RODZINKA.PL            | K30-39    | 32   |                     | 00:00:31    | 01:02:19.10     | 01:02:50.55      | +00:24:45 (39.7%) | 6:13         | 9.6 (60.0%)  |
| 97  | MACHAJSKA Patrycja      | 229   | TEAM WĄSACZA           | K20-29    | 11   |                     | 00:00:20    | 01:02:28.50     | 01:02:48.65      | +00:24:54 (39.9%) | 6:14         | 9.6 (60.0%)  |
| 98  | NIEDZIOŁKO Bożena       | 458   | KOBIETY NA 5+          | K50-59    | 11   | Kobiety na 5+       | 00:00:11    | 01:02:28.80     | 01:02:40.05      | +00:24:55 (39.9%) | 6:14         | 9.6 (60.0%)  |
| 99  | SZPYRA Anielą           | 261   |                        | K16-19    | 4    |                     | 00:00:19    | 01:02:37.95     | 01:02:57.70      | +00:25:04 (40.0%) | 6:15         | 9.6 (60.0%)  |
| 100 | TYRYTKO Sylwia          | 545   | WATAHA                 | K40-49    | 39   | WATAHA              | 00:00:30    | 01:02:38.70     | 01:03:09.20      | +00:25:05 (40.0%) | 6:15         | 9.6 (60.0%)  |
| 101 | BRYCHCY Eстера          | 512   |                        | K30-39    | 33   |                     | 00:00:14    | 01:02:51.25     | 01:03:05.40      | +00:25:17 (40.2%) | 6:17         | 9.5 (59.4%)  |
| 102 | KAMINSKA-SUCHOWICZ Anna | 564   | INŻYNIERIA BIEGANIA    | K30-39    | 34   | Inżynieria Biegania | 00:00:34    | 01:02:57.70     | 01:03:32.30      | +00:25:24 (40.3%) | 6:17         | 9.5 (59.4%)  |
| 103 | DOBOSZ Ilona            | 254   |                        | K50-59    | 12   |                     | 00:00:25    | 01:03:00.40     | 01:03:25.55      | +00:25:26 (40.4%) | 6:18         | 9.5 (59.4%)  |
| 104 | MOSZ Weronika           | 542   |                        | K40-49    | 40   |                     | 00:00:33    | 01:03:15.60     | 01:03:48.85      | +00:25:42 (40.6%) | 6:19         | 9.5 (59.4%)  |
| 105 | BOŁOTIUCH Katarzyna     | 469   | POWOLI DO CELU         | K40-49    | 41   |                     | 00:00:33    | 01:03:25.00     | 01:03:58.55      | +00:25:51 (40.8%) | 6:20         | 9.5 (59.4%)  |
| 106 | ZIMNY Cecylia           | 471   | SMAKI BIEGANIA         | K40-49    | 42   |                     | 00:00:13    | 01:03:31.45     | 01:03:45.20      | +00:25:57 (40.9%) | 6:21         | 9.4 (58.8%)  |

| Msc | Zawodnik             | Numer | Klub                    | Kategoria | Mkat | Drużyna 1         | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-------------------------|-----------|------|-------------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 107 | SKOTNICKA Urszula    | 264   | NIE ZRZESZONA           | K50-59    | 13   |                   | 00:00:25    | 01:03:41.65     | 01:04:06.65      | +00:26:08 (41.0%) | 6:22         | 9.4 (58.8%) |
| 108 | BORDA Grażyna        | 460   | KOBIETYNA5+             | K40-49    | 43   |                   | 00:00:09    | 01:03:43.00     | 01:03:52.90      | +00:26:09 (41.1%) | 6:22         | 9.4 (58.8%) |
| 109 | ORŁOWSKA Joanna      | 562   | ULTRA BESKID SPORT      | K40-49    | 44   |                   | 00:00:32    | 01:04:04.75     | 01:04:37.20      | +00:26:31 (41.4%) | 6:24         | 9.4 (58.8%) |
| 110 | WOWRA Aleksandra     | 554   |                         | K30-39    | 35   |                   | 00:00:35    | 01:04:06.60     | 01:04:42.50      | +00:26:33 (41.4%) | 6:24         | 9.4 (58.8%) |
| 111 | FIJAŁKOWSKA Angelika | 375   |                         | K20-29    | 12   |                   | 00:00:35    | 01:04:26.85     | 01:05:02.60      | +00:26:53 (41.7%) | 6:26         | 9.3 (58.1%) |
| 112 | FECZKO Lucyna        | 577   |                         | K40-49    | 45   |                   | 00:00:12    | 01:04:34.05     | 01:04:46.20      | +00:27:00 (41.8%) | 6:27         | 9.3 (58.1%) |
| 113 | KOTARBA Katarzyna    | 411   |                         | K30-39    | 36   |                   | 00:00:19    | 01:04:49.50     | 01:05:09.05      | +00:27:15 (42.1%) | 6:28         | 9.3 (58.1%) |
| 114 | ŻEBROWSKA Matylda    | 500   | MORS HUBERTUS MYŚŁOWICE | K40-49    | 46   |                   | 00:00:39    | 01:04:54.65     | 01:05:34.30      | +00:27:21 (42.1%) | 6:29         | 9.2 (57.5%) |
| 115 | DROBIAK Kornelia     | 455   | KOBIETY NA 5+           | K30-39    | 37   | Kobiety na 5+     | 00:00:08    | 01:04:57.70     | 01:05:06.50      | +00:27:24 (42.2%) | 6:29         | 9.2 (57.5%) |
| 116 | KUBIK Aleksandra     | 516   |                         | K40-49    | 47   |                   | 00:00:32    | 01:05:00.05     | 01:05:32.90      | +00:27:26 (42.2%) | 6:30         | 9.2 (57.5%) |
| 117 | OSOWSKA Katarzyna    | 486   |                         | K50-59    | 14   |                   | 00:00:31    | 01:05:10.90     | 01:05:42.00      | +00:27:37 (42.4%) | 6:31         | 9.2 (57.5%) |
| 118 | KARBOWY Iza          | 389   | JEJKOWICE BIEGAJĄ       | K30-39    | 38   | Jejkowice Biegają | 00:00:17    | 01:05:21.30     | 01:05:38.75      | +00:27:47 (42.5%) | 6:32         | 9.2 (57.5%) |
| 119 | KARAŚ Daria          | 249   |                         | K30-39    | 39   |                   | 00:00:15    | 01:05:32.85     | 01:05:48.60      | +00:27:59 (42.7%) | 6:33         | 9.2 (57.5%) |
| 120 | KRAWCZYK Monika      | 510   |                         | K30-39    | 40   |                   | 00:00:32    | 01:05:45.95     | 01:06:18.20      | +00:28:12 (42.9%) | 6:34         | 9.1 (56.9%) |
| 121 | CEGLARSKA Alicja     | 457   | JEJKOWICE BIEGAJĄ       | K40-49    | 48   | Jejkowice Biegają | 00:00:32    | 01:05:50.20     | 01:06:22.95      | +00:28:16 (42.9%) | 6:35         | 9.1 (56.9%) |
| 122 | PASTUSIAK Janina     | 557   |                         | K40-49    | 49   |                   | 00:00:04    | 01:05:54.80     | 01:05:59.55      | +00:28:21 (43.0%) | 6:35         | 9.1 (56.9%) |
| 123 | JASTRZĘBSKA Ewa      | 506   |                         | K50-59    | 15   |                   | 00:00:14    | 01:06:28.50     | 01:06:43.30      | +00:28:54 (43.5%) | 6:38         | 9 (56.3%)   |
| 124 | PIDANTY Milena       | 42    |                         | K30-39    | 41   |                   | 00:00:29    | 01:06:28.85     | 01:06:58.80      | +00:28:55 (43.5%) | 6:38         | 9 (56.3%)   |
| 125 | ŁAPA Aleksandra      | 544   | 4A                      | K40-49    | 50   |                   | 00:00:32    | 01:06:29.40     | 01:07:02.05      | +00:28:55 (43.5%) | 6:38         | 9 (56.3%)   |
| 126 | KACPRZYK Iwona       | 538   |                         | K40-49    | 51   |                   | 00:00:33    | 01:06:33.45     | 01:07:06.50      | +00:28:59 (43.6%) | 6:39         | 9 (56.3%)   |
| 127 | SZPYRA Sonia         | 388   |                         | K40-49    | 52   |                   | 00:00:24    | 01:06:52.00     | 01:07:16.80      | +00:29:18 (43.8%) | 6:41         | 9 (56.3%)   |
| 128 | MICHALAK Nikola      | 472   |                         | K20-29    | 13   |                   | 00:00:29    | 01:07:01.90     | 01:07:31.10      | +00:29:28 (44.0%) | 6:42         | 9 (56.3%)   |

| Msc | Zawodnik               | Numer | Klub                         | Kategoria | Mkat | Drużyna 1      | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|------------------------------|-----------|------|----------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 129 | RESPONDEK Karolina     | 563   |                              | K30-39    | 42   |                | 00:00:37    | 01:07:11.60     | 01:07:48.90      | +00:29:38 (44.1%) | 6:43         | 8.9 (55.6%) |
| 130 | CZYRNEK Ewa            | 489   | SMAKI BIEGANIA               | K40-49    | 53   | Smaki biegania | 00:00:34    | 01:07:17.20     | 01:07:52.00      | +00:29:43 (44.2%) | 6:43         | 8.9 (55.6%) |
| 131 | MARCISZ Natalia        | 514   | INTERAKTYWNI                 | K40-49    | 54   |                | 00:00:26    | 01:07:32.20     | 01:07:58.45      | +00:29:58 (44.4%) | 6:45         | 8.9 (55.6%) |
| 132 | RATAJSZCZAK-MAŁYS Ewa  | 449   | NORDIC WALKING TAEM RACIBÓRZ | K50-59    | 16   |                | 00:00:34    | 01:07:33.50     | 01:08:07.55      | +00:29:59 (44.4%) | 6:45         | 8.9 (55.6%) |
| 133 | FABRYKIEWICZ Joanna    | 238   | ZOJAN                        | K30-39    | 43   |                | 00:00:20    | 01:07:38.30     | 01:07:58.95      | +00:30:04 (44.5%) | 6:45         | 8.9 (55.6%) |
| 134 | BOGACZ-BUCHTA Anna     | 566   |                              | K40-49    | 55   |                | 00:00:33    | 01:08:30.00     | 01:09:03.60      | +00:30:56 (45.2%) | 6:51         | 8.8 (55.0%) |
| 135 | KARBOWY Marzena        | 498   | ZATYRANI.PL                  | K30-39    | 44   |                | 00:00:16    | 01:09:20.40     | 01:09:37.10      | +00:31:46 (45.8%) | 6:56         | 8.7 (54.4%) |
| 136 | KWIATKOWSKA Elwira     | 482   |                              | K40-49    | 56   |                | 00:00:14    | 01:09:31.10     | 01:09:45.70      | +00:31:57 (46.0%) | 6:57         | 8.6 (53.8%) |
| 137 | WRÓBEL Ewa             | 561   |                              | K40-49    | 57   |                | 00:00:36    | 01:10:57.20     | 01:11:33.55      | +00:33:23 (47.1%) | 7:05         | 8.5 (53.1%) |
| 138 | HETMANIOK Agnieszka    | 560   |                              | K30-39    | 45   |                | 00:00:29    | 01:11:22.55     | 01:11:52.15      | +00:33:48 (47.4%) | 7:08         | 8.4 (52.5%) |
| 139 | HARATYK Anastazja      | 539   |                              | K30-39    | 46   |                | 00:00:38    | 01:11:37.90     | 01:12:16.05      | +00:34:04 (47.6%) | 7:09         | 8.4 (52.5%) |
| 140 | GŁÓWCZYK Izabella      | 525   | KOBIETY NA 5+                | K40-49    | 58   | Kobiety na 5+  | 00:00:11    | 01:11:46.50     | 01:11:58.05      | +00:34:12 (47.7%) | 7:10         | 8.4 (52.5%) |
| 141 | KOLAT Jadzia           | 454   | KOBIETY NA 5+                | K40-49    | 59   | Kobiety na 5+  | 00:00:08    | 01:11:46.95     | 01:11:55.60      | +00:34:13 (47.7%) | 7:10         | 8.4 (52.5%) |
| 142 | GAŃKO Grażyna          | 393   |                              | K60-69    | 3    |                | 00:00:17    | 01:12:37.75     | 01:12:55.70      | +00:35:04 (48.3%) | 7:15         | 8.3 (51.9%) |
| 143 | OLCZYK Wioletta        | 456   |                              | K50-59    | 17   | Kobiety na 5+  | 00:00:11    | 01:13:32.15     | 01:13:43.20      | +00:35:58 (48.9%) | 7:21         | 8.2 (51.3%) |
| 144 | WIŚNIEWSKA Maria       | 413   |                              | K20-29    | 14   |                | 00:00:29    | 01:13:32.20     | 01:14:02.05      | +00:35:58 (48.9%) | 7:21         | 8.2 (51.3%) |
| 145 | RATAJCZAK Ewa          | 463   | PRZYJACIÓŁKI DO SPÓŁKI       | K40-49    | 60   |                | 00:00:34    | 01:13:46.20     | 01:14:20.20      | +00:36:12 (49.1%) | 7:22         | 8.1 (50.6%) |
| 146 | DUDKIEWICZ Sylwia      | 558   |                              | K30-39    | 47   |                | 00:00:33    | 01:14:18.80     | 01:14:52.25      | +00:36:45 (49.5%) | 7:25         | 8.1 (50.6%) |
| 147 | SZABLIKA Magda         | 522   | MAGDA                        | K20-29    | 15   |                | 00:00:12    | 01:15:25.20     | 01:15:38.15      | +00:37:51 (50.2%) | 7:32         | 8 (50.0%)   |
| 148 | ŚMIATEK Martyna        | 523   |                              | K20-29    | 16   |                | 00:00:12    | 01:15:25.40     | 01:15:37.55      | +00:37:51 (50.2%) | 7:32         | 8 (50.0%)   |
| 149 | ANIOŁ-BARLIK Agnieszka | 453   |                              | K40-49    | 61   |                | 00:00:17    | 01:15:56.20     | 01:16:13.20      | +00:38:22 (50.5%) | 7:35         | 7.9 (49.4%) |
| 150 | ROTTER Hanna           | 381   |                              | K60-69    | 4    |                | 00:00:10    | 01:16:44.40     | 01:16:55.15      | +00:39:10 (51.1%) | 7:40         | 7.8 (48.8%) |
| 151 | SITKO Dagmara          | 485   | KOBIETY NA 5±                | K30-39    | 48   | Kobiety na 5+  | 00:00:25    | 01:17:09.40     | 01:17:34.55      | +00:39:35 (51.3%) | 7:42         | 7.8 (48.8%) |

| Msc | Zawodnik              | Numer | Klub                     | Kategoria | Mkat | Drużyna 1             | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|--------------------------|-----------|------|-----------------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 152 | IDZIKOWSKA Urszula    | 502   |                          | K20-29    | 17   |                       | 00:00:23    | 01:17:23.20     | 01:17:46.45      | +00:39:49 (51.5%) | 7:44         | 7.8 (48.8%) |
| 153 | IDZIKOWSKA Elżbieta   | 503   |                          | K40-49    | 62   |                       | 00:00:22    | 01:17:23.35     | 01:17:46.25      | +00:39:49 (51.5%) | 7:44         | 7.8 (48.8%) |
| 154 | ZAJĄCZKOWSKA Emilia   | 533   | KOBIETY NA 5+            | K30-39    | 49   | Kobiety na 5+         | 00:00:09    | 01:17:45.15     | 01:17:54.55      | +00:40:11 (51.7%) | 7:46         | 7.7 (48.1%) |
| 155 | ZALEWSKA Barbara      | 481   |                          | K40-49    | 63   | Kobiety na 5+         | 00:00:10    | 01:18:45.00     | 01:18:55.85      | +00:41:11 (52.3%) | 7:52         | 7.6 (47.5%) |
| 156 | PAJĄK Małgorzata      | 231   | KOBIETY NA5+             | K50-59    | 18   | Kobiety na 5+         | 00:00:09    | 01:18:46.20     | 01:18:56.05      | +00:41:12 (52.3%) | 7:52         | 7.6 (47.5%) |
| 157 | MYŚLIWIEC Barbara     | 450   | KOBIETY NA 5+            | K20-29    | 18   | Kobiety na 5+         | 00:00:08    | 01:18:47.95     | 01:18:56.30      | +00:41:14 (52.3%) | 7:52         | 7.6 (47.5%) |
| 158 | WIERCIOCH Barbara     | 509   | PARKRUN KĘDZIERZYN-KOŹŁE | K70+      | 2    |                       | 00:00:39    | 01:24:49.45     | 01:25:28.75      | +00:47:15 (55.7%) | 8:28         | 7.1 (44.4%) |
| 159 | WIŚNIEWSKA Janina     | 490   |                          | K50-59    | 19   |                       | 00:00:10    | 01:25:40.20     | 01:25:50.65      | +00:48:06 (56.2%) | 8:34         | 7 (43.8%)   |
| 160 | KUŚMIRSKA-KUBAS Alina | 494   | KLUB BIEGACZA FARTLEK    | K50-59    | 20   | Klub Biegacza Fartlek | 00:00:37    | 01:26:45.80     | 01:27:23.25      | +00:49:12 (56.7%) | 8:40         | 6.9 (43.1%) |

Znaleziono 160 wynik(ów)