



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-09-14
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	RĘBISZ Judyta	99	TL POGOŃ RUDA ŚLĄSKA	K20-29	1	Tak		00:00:01	00:10:35	00:27:13	00:37:31.00	00:37:32.31		3:45	16 (100%)
2	GRIMAN Joanna	15	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Tak	Aktywna Pszczyna Runners Team	00:00:01	00:10:46	00:27:17	00:37:31.56	00:37:33.46	+00:00:00 (0.0%)	3:45	16 (100%)
3	MENDECKA- ZEJDLER Michalina	25		K30-39	1			00:00:02	00:10:56	00:28:01	00:38:52.49	00:38:54.62	+00:01:21 (3.5%)	3:53	15.4 (96.3%)
4	SUWAJ Aneta	104	TL ATHTELICS JASTRZĘBIE/ALPIN SPORT TEAM	K30-39	2	Tak	TL Athletics Jastrzębie	00:00:02	00:10:59	00:28:10	00:39:02.61	00:39:04.73	+00:01:31 (3.9%)	3:54	15.4 (96.3%)
5	STUCHLIK Magdalena	34		K40-49	2	Tak	Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:37	00:39:28.31	00:39:28.31	+00:01:57 (5.0%)	3:56	15.2 (95.0%)
6	TYMAN Karolina	36	UKS DIAMENT GODÓW	K16-19	1	Tak		00:00:02	00:11:04	00:28:36	00:39:32.57	00:39:34.98	+00:02:01 (5.1%)	3:57	15.2 (95.0%)
7	CHROMIK Julia	9	WOSIEK TEAM	K20-29	2	Tak		00:00:02	00:11:14	00:28:49	00:40:02.45	00:40:05.15	+00:02:31 (6.3%)	4:00	15 (93.8%)
8	DYBCZYŃSKA Jadwiga	62	LKS POGÓRZE	K40-49	3			00:00:01	00:11:24	00:29:04	00:40:07.37	00:40:09.20	+00:02:36 (6.5%)	4:00	15 (93.8%)
9	CZYŻ Zuzanna	60	TL POGOŃ RUDA ŚLĄSKA	K16-19	2	Tak		00:00:00	00:11:35	00:29:26	00:40:34.56	00:40:34.90	+00:03:03 (7.5%)	4:03	14.8 (92.5%)
10	LEWICKA Elżbieta	75		K40-49	4	Tak		00:00:02	00:12:15	00:31:49	00:43:45.97	00:43:48.47	+00:06:14 (14.3%)	4:22	13.7 (85.6%)
11	RUTKOWSKA Edyta	203	HRMAX ŻORY	K30-39	3			00:00:03	00:31:50		00:43:47.14	00:43:51.05	+00:06:16 (14.3%)	4:22	13.7 (85.6%)
12	LIGENZA Michalina	76	TL ATHLETICS JASTRZĘBIE	K16-19	3	Tak	TL Athletics Jastrzębie	00:00:04	00:12:37	00:31:48	00:43:50.70	00:43:55.40	+00:06:19 (14.4%)	4:23	13.7 (85.6%)
13	MROWIEC Kinga	180	TL „POGOŃ” RUDA ŚLĄSKA	K20-29	3	Tak		00:00:02	00:12:34	00:32:12	00:44:16.32	00:44:18.85	+00:06:45 (15.3%)	4:25	13.6 (85.0%)
14	JANKO Anna	153	HRMAX ŻORY	K30-39	4		HRmax Żory	00:00:04	00:12:42	00:32:25	00:44:51.41	00:44:55.55	+00:07:20 (16.4%)	4:29	13.4 (83.8%)
15	WRÓBLEWSKA Judyta	226	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	5		TL Athletics Jastrzębie	00:00:05	00:12:38	00:32:57	00:45:40.49	00:45:45.74	+00:08:09 (17.9%)	4:34	13.1 (81.9%)
16	SIENIAK Michalina	206		K40-49	5		TL Athletics Jastrzębie	00:00:01	00:13:00	00:33:19	00:45:58.08	00:45:59.92	+00:08:27 (18.4%)	4:35	13.1 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.		Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie	Drużyna 1								
17	WYPIÓR Ewa	369		K40-49	6			00:00:13	00:13:20	00:33:31	00:46:06.68	00:46:20.62	+00:08:35 (18.6%)	4:36	13 (81.3%)
18	JURASZEK Elzbieta	159		K40-49	7			00:00:05	00:33:48		00:46:36.62	00:46:42.28	+00:09:05 (19.5%)	4:39	12.9 (80.6%)
19	OPIEKULSKA Renata	185		K40-49	8			00:00:01	00:13:17	00:34:01	00:46:54.78	00:46:56.40	+00:09:23 (20.0%)	4:41	12.8 (80.0%)
20	WRÓBEL Katarzyna	368		K30-39	6			00:00:06	00:13:25	00:34:19	00:47:14.08	00:47:20.28	+00:09:43 (20.6%)	4:43	12.7 (79.4%)
21	PERUGIEWICZ Joanna	192		K30-39	7			00:00:14	00:13:21	00:34:06	00:47:15.84	00:47:30.29	+00:09:44 (20.6%)	4:43	12.7 (79.4%)
22	DRABIK Sylwia	492		K40-49	9			00:00:10	00:13:28	00:34:19	00:47:25.94	00:47:36.29	+00:09:54 (20.9%)	4:44	12.7 (79.4%)
23	PILICH Urszula	322	LEŚNA TEAM	K50-59	1			00:00:10	00:13:51	00:34:54	00:48:08.48	00:48:18.48	+00:10:37 (22.1%)	4:48	12.5 (78.1%)
24	NOWAK Beata	181	OLZA CIESZYN	K50-59	2		Ekipa SCI	00:00:05	00:13:46	00:35:18	00:48:47.31	00:48:52.59	+00:11:16 (23.1%)	4:52	12.3 (76.9%)
25	CZYŻ Leonarda	245	OLZA CIESZYN	K50-59	3		Ekipa SCI	00:00:05	00:13:51	00:35:34	00:49:14.61	00:49:20.53	+00:11:43 (23.8%)	4:55	12.2 (76.3%)
26	HOLONA Agata	512		K30-39	8			00:00:15	00:14:19	00:36:15	00:49:55.21	00:50:10.88	+00:12:24 (24.8%)	4:59	12 (75.0%)
27	DĘBICKA Aneta	133		K20-29	4			00:00:06	00:14:06	00:36:21	00:50:28.82	00:50:35.27	+00:12:57 (25.7%)	5:02	11.9 (74.4%)
28	SITEK Olivia	207	UKS DIAMENT GODOW	K16-19	4	Tak		00:00:04	00:13:48	00:36:36	00:50:38.67	00:50:43.66	+00:13:07 (25.9%)	5:03	11.8 (73.8%)
29	JANECKA Marta	151		K20-29	5			00:00:04	00:14:08	00:36:38	00:50:48.80	00:50:53.75	+00:13:17 (26.2%)	5:04	11.8 (73.8%)
30	MRZYGLÓD Ewa	305	ZADYSZKA OŚWIĘCIM	K40-49	10		Zadyszka Oświęcim	00:00:14	00:14:59	00:37:36	00:51:11.77	00:51:26.48	+00:13:40 (26.7%)	5:07	11.7 (73.1%)
31	BANASIAK Aleksandra	233		K20-29	6			00:00:06	00:13:50	00:37:01	00:51:24.48	00:51:30.49	+00:13:53 (27.0%)	5:08	11.7 (73.1%)
32	MIELAŃCZYK Patrycja	298	PAT&MAT	K30-39	9			00:00:07	00:14:27	00:37:00	00:51:27.60	00:51:35.41	+00:13:56 (27.1%)	5:08	11.7 (73.1%)
33	PAŁUBSKA Maria	187	KLUB BIEGACZA GOGOLIN	K40-49	11			00:00:13	00:16:07	00:38:27	00:51:38.50	00:51:51.72	+00:14:07 (27.4%)	5:09	11.6 (72.5%)
34	MAZUR Małgorzata	295		K40-49	12			00:00:08	00:14:49	00:37:39	00:51:41.86	00:51:49.95	+00:14:10 (27.4%)	5:10	11.6 (72.5%)
35	TOBOROWICZ Dżesika	355		K20-29	7		Biegacze	00:00:19	00:15:21	00:37:46	00:51:41.99	00:52:01.70	+00:14:10 (27.4%)	5:10	11.6 (72.5%)
36	GUZDEK Zuzanna	397		K16-19	5			00:00:20	00:15:23	00:38:49	00:52:41.81	00:53:02.20	+00:15:10 (28.8%)	5:16	11.4 (71.3%)
37	JANIK Anna	402		K30-39	10			00:00:19	00:15:36	00:38:35	00:53:03.72	00:53:22.96	+00:15:32 (29.3%)	5:18	11.3 (70.6%)
38	SŁOWIŃSKA Joanna	339	RUNTEAM PAWŁOWICE	K30-39	11		Runteam Pawłowice	00:00:11	00:14:56	00:38:19	00:53:06.90	00:53:18.54	+00:15:35 (29.4%)	5:18	11.3 (70.6%)
39	GOŁĄBEK Anna	254		K30-39	12			00:00:10	00:15:12	00:38:36	00:53:14.05	00:53:24.44	+00:15:43 (29.5%)	5:19	11.3 (70.6%)
40	LORENZ Agnieszka	418	GB GALOPUJĄCE ŚLIMAKI	K40-49	13		GB Galopujące Ślimaki	00:00:15	00:15:11	00:38:31	00:53:14.51	00:53:30.44	+00:15:43 (29.5%)	5:19	11.3 (70.6%)
41	BAC Małgorzata	231		K16-19	6			00:00:08	00:14:54	00:38:19	00:53:31.28	00:53:39.88	+00:16:00 (29.9%)	5:21	11.2 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
42	MIKULAK Natalia	426		K20-29	8			00:00:18	00:16:02	00:39:40	00:53:53.23	00:54:12.13	+00:16:22 (30.4%)	5:23	11.1 (69.4%)
43	SZMULIK- WOJTANOWICZ Marta	346		K30-39	13			00:00:10	00:15:30	00:39:09	00:53:59.15	00:54:10.00	+00:16:28 (30.5%)	5:23	11.1 (69.4%)
44	KWIATKOWSKA- KOŁACZ Klaudia	284	YOGA CAFE	K30-39	14			00:00:06	00:15:32	00:39:23	00:54:05.91	00:54:12.70	+00:16:34 (30.7%)	5:24	11.1 (69.4%)
45	GAJOWY Magdalena	251	TL ATHLETICS JASTRZĘBIE	K20-29	9		TL Athletics Jastrzębie	00:00:03	00:15:21	00:39:59	00:54:09.73	00:54:13.43	+00:16:38 (30.7%)	5:24	11.1 (69.4%)
46	PAPLA Anna	436		K40-49	14			00:00:20	00:15:21	00:39:14	00:54:19.80	00:54:40.57	+00:16:48 (30.9%)	5:25	11 (68.8%)
47	RABSZTYN- PILARSKA Sylwia	444	KOBIETY NA 5+	K40-49	15		Kobiety na 5+	00:00:06	00:15:21	00:39:09	00:54:21.27	00:54:27.67	+00:16:50 (31.0%)	5:26	11 (68.8%)
48	MUSIAŁ Wioletta	431	GB GALOPUJĄCE ŚLIMAKI	K40-49	16		GB Galopujące Ślimaki	00:00:12	00:15:25	00:39:09	00:54:21.32	00:54:34.21	+00:16:50 (31.0%)	5:26	11 (68.8%)
49	PUSTELNIK Justyna	331		K40-49	17			00:00:12	00:14:54	00:39:00	00:54:25.70	00:54:38.40	+00:16:54 (31.1%)	5:26	11 (68.8%)
50	NOWOTARSKA Magdalena	432		K20-29	10			00:00:12	00:16:01	00:40:08	00:54:31.05	00:54:43.16	+00:17:00 (31.2%)	5:27	11 (68.8%)
51	KUBICIUS Małgorzata	533		K30-39	15			00:00:19	00:15:57	00:39:58	00:54:48.73	00:55:08.60	+00:17:17 (31.6%)	5:28	10.9 (68.1%)
52	LERCH- HENCZKO Maria	286	AKTYWNIE NAKRĘCENI	K30-39	16			00:00:07	00:15:25	00:39:57	00:55:00.52	00:55:07.74	+00:17:29 (31.8%)	5:30	10.9 (68.1%)
53	ZAMARŁO Natalia	600	EKIPA SCI	K30-39	17		Ekipa SCI	00:00:11	00:16:08	00:40:31	00:55:09.17	00:55:21.14	+00:17:38 (32.0%)	5:30	10.9 (68.1%)
54	MATUSZEK Karolina	546		K20-29	11			00:00:19	00:16:07	00:40:45	00:55:31.01	00:55:50.15	+00:18:00 (32.4%)	5:33	10.8 (67.5%)
55	WAWRZYCZEK Dominika	591		K30-39	18			00:00:15	00:15:59	00:40:55	00:56:29.35	00:56:45.32	+00:18:58 (33.6%)	5:38	10.6 (66.3%)
56	PIDANTY Milena	440		K30-39	19			00:00:19	00:16:27	00:41:22	00:56:35.43	00:56:55.14	+00:19:04 (33.7%)	5:39	10.6 (66.3%)
57	BUCHTA Edyta	480		K40-49	18			00:00:23	00:16:33	00:41:21	00:56:44.21	00:57:07.69	+00:19:13 (33.9%)	5:40	10.6 (66.3%)
58	KUFKA Judyta	535		K30-39	20			00:00:12	00:16:06	00:41:36	00:57:28.81	00:57:41.02	+00:19:57 (34.7%)	5:44	10.4 (65.0%)
59	HERBAN Larysa	511	SZYBKI KRECIK	K50-59	4			00:00:12	00:16:12	00:41:34	00:57:34.00	00:57:46.93	+00:20:02 (34.8%)	5:45	10.4 (65.0%)
60	WERNIK Katarzyna	464		K50-59	5			00:00:18	00:16:09	00:41:32	00:57:37.07	00:57:55.66	+00:20:06 (34.9%)	5:45	10.4 (65.0%)
61	GORZELAK Joanna	394		K40-49	19		Kobiety na 5+	00:00:07	00:16:05	00:41:17	00:57:41.91	00:57:49.13	+00:20:10 (35.0%)	5:46	10.4 (65.0%)
62	STOCHLIŃSKA Aleksandra	453	DO BIEGU, GOTOWI? SIAD!	K20-29	12		Do biegu, gotowi? Siad!	00:00:14	00:16:04	00:41:56	00:57:43.89	00:57:57.98	+00:20:12 (35.0%)	5:46	10.4 (65.0%)
63	GÓRKA Barbara	256	SUSZECKIE ITEN	K40-49	20		Suszeckie Iten	00:00:19	00:17:04	00:42:21	00:57:47.40	00:58:06.75	+00:20:16 (35.1%)	5:46	10.4 (65.0%)
64	BOŁOTIUCH Katarzyna	477	POWOLI DO CELU	K40-49	21			00:00:15	00:16:36	00:42:06	00:57:53.12	00:58:08.12	+00:20:22 (35.2%)	5:47	10.4 (65.0%)
65	SZYMCZYK Teresa	457	TEAM SZYMCZYKI /ZABIEGANA BABCIA	K60-69	1			00:00:18	00:16:09	00:41:43	00:57:54.95	00:58:13.28	+00:20:23 (35.2%)	5:47	10.4 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
66	BALCAREK Magdalena	472		K40-49	22			00:00:07	00:16:05	00:41:48	00:58:02.49	00:58:09.55	+00:20:31 (35.4%)	5:48	10.3 (64.4%)
67	SZEWCZYK Marzena	455	JEJKOWICE BIEGAJĄ	K40-49	23		jejkowice biegają	00:00:16	00:16:47	00:42:32	00:58:08.64	00:58:25.27	+00:20:37 (35.5%)	5:48	10.3 (64.4%)
68	MARCZYŃSKA Izabela	422		K30-39	21			00:00:15	00:16:35	00:42:36	00:58:22.29	00:58:38.05	+00:20:51 (35.7%)	5:50	10.3 (64.4%)
69	KONSEK Anna	275		K30-39	22			00:00:07	00:15:18	00:42:14	00:58:50.31	00:58:57.81	+00:21:19 (36.2%)	5:53	10.2 (63.8%)
70	SZPYRA Anieli	347	SOBIESKI6	K16-19	7		Sobieski6	00:00:07	00:16:27	00:43:10	00:59:03.92	00:59:11.23	+00:21:32 (36.5%)	5:54	10.2 (63.8%)
71	DOMAŃSKA Joanna	135		K30-39	23			00:00:09	00:16:10	00:42:17	00:59:11.77	00:59:21.71	+00:21:40 (36.6%)	5:55	10.1 (63.1%)
72	DURAJ Magdalena	393	UBS	K40-49	24			00:00:20	00:16:28		00:59:17.91	00:59:38.63	+00:21:46 (36.7%)	5:55	10.1 (63.1%)
73	TOMANEK Magdalena	581		K30-39	24			00:00:22	00:16:59	00:43:26	00:59:22.82	00:59:44.99	+00:21:51 (36.8%)	5:56	10.1 (63.1%)
74	MIKOŁAJEC Paulina	299		K20-29	13			00:00:16	00:16:47	00:42:55	00:59:36.15	00:59:52.44	+00:22:05 (37.1%)	5:57	10.1 (63.1%)
75	TYKIERKA Małgorzata	586	TOXPRESS	K40-49	25		Toxpress	00:00:19	00:17:21	00:43:23	00:59:37.47	00:59:56.92	+00:22:06 (37.1%)	5:57	10.1 (63.1%)
76	KSIĘŻYK Anna	72	KREJZOLE	K40-49	26		Krejzole	00:00:17	00:16:57	00:43:32	00:59:45.72	01:00:03.02	+00:22:14 (37.2%)	5:58	10 (62.5%)
77	DOBRENIUK Aurelia	490		K40-49	27			00:00:20	00:17:00	00:43:47	01:00:16.52	01:00:36.80	+00:22:45 (37.8%)	6:01	10 (62.5%)
78	TRYBAŁA Danuta	584	WATAHA	K40-49	28		WATAHA	00:00:14	00:16:51	00:42:28	01:00:21.13	01:00:35.57	+00:22:50 (37.8%)	6:02	9.9 (61.9%)
79	JĘDRUSIAK Lidia	518	KONTAKT-SIMON ADVENTURE TEAM	K40-49	29			00:00:20	00:17:09	00:43:45	01:00:24.31	01:00:45.07	+00:22:53 (37.9%)	6:02	9.9 (61.9%)
80	SPYRKA Monika	571	KLUB BIEGACZA FARTLEK	K30-39	25		Klub Biegacza Fartlek	00:00:15	00:16:49	00:43:46	01:00:30.21	01:00:45.86	+00:22:59 (38.0%)	6:03	9.9 (61.9%)
81	TYRYTKO Sylwia	587	WATAHA	K40-49	30		WATAHA	00:00:14	00:17:04	00:43:42	01:00:32.24	01:00:47.10	+00:23:01 (38.0%)	6:03	9.9 (61.9%)
82	KOLORZ- STYLOK Katarzyna	410		K50-59	6			00:00:14	00:16:18	00:43:10	01:00:42.82	01:00:57.57	+00:23:11 (38.2%)	6:04	9.9 (61.9%)
83	ARENDARSKA Patrycja	470		K30-39	26			00:00:25	00:17:26	00:44:06	01:01:15.31	01:01:40.32	+00:23:44 (38.8%)	6:07	9.8 (61.3%)
84	SKIBA Krzysia	569		K40-49	31			00:00:19	00:16:59	00:44:39	01:01:25.68	01:01:45.17	+00:23:54 (38.9%)	6:08	9.8 (61.3%)
85	ŚMIATEK Martyna	458		K20-29	14			00:00:13	00:17:27	00:45:15	01:02:07.57	01:02:21.40	+00:24:36 (39.6%)	6:12	9.7 (60.6%)
86	RACZYŃSKA Martyna	564		K20-29	15			00:00:20	00:17:20	00:44:33	01:02:32.63	01:02:53.60	+00:25:01 (40.0%)	6:15	9.6 (60.0%)
87	JASTRZĘBSKA Ewa	517		K50-59	7			00:00:03	00:17:03	00:44:43	01:02:42.07	01:02:46.00	+00:25:11 (40.2%)	6:16	9.6 (60.0%)
88	IDZIKOWSKA Elżbieta	514		K40-49	32			00:00:06	00:17:32	00:45:28	01:02:49.66	01:02:56.26	+00:25:18 (40.3%)	6:16	9.6 (60.0%)
89	MAKAL Wiesława	547		K20-29	16			00:00:22	00:17:46	00:45:36	01:02:50.92	01:03:13.13	+00:25:19 (40.3%)	6:17	9.5 (59.4%)
90	ZIEJA Martyna	601	MAGDA	K20-29	17		Magda	00:00:15	00:18:18	00:46:05	01:03:03.25	01:03:19.22	+00:25:32 (40.5%)	6:18	9.5 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
91	CHWAST Kinga	384	OSK KAMELEON TEAM	K16-19	8		OSK Kameleon Team	00:00:26	00:17:28	00:45:54	01:03:09.31	01:03:35.61	+00:25:38 (40.6%)	6:18	9.5 (59.4%)
92	ZAKRZEWSKA Barbara	597		K40-49	33			00:00:15	00:17:14	00:45:26	01:03:09.86	01:03:25.46	+00:25:38 (40.6%)	6:18	9.5 (59.4%)
93	SIEKIERKA Klaudia	450		K30-39	27			00:00:22	00:17:28	00:45:17	01:03:17.27	01:03:39.90	+00:25:46 (40.7%)	6:19	9.5 (59.4%)
94	SZYSZKA Natalia	577		K30-39	28			00:00:23	00:17:32	00:45:49	01:03:20.06	01:03:43.25	+00:25:49 (40.8%)	6:20	9.5 (59.4%)
95	PAŁYS Agata	435		K40-49	34			00:00:00	00:16:48	00:45:32	01:03:22.21	01:03:22.30	+00:25:51 (40.8%)	6:20	9.5 (59.4%)
96	TARGOSZ Aneta	579	OLZA CIESZYN	K40-49	35		Ekipa SCI	00:00:19	00:17:25	00:45:34	01:03:25.95	01:03:45.14	+00:25:54 (40.9%)	6:20	9.5 (59.4%)
97	GLANERT Karolina	503	SUSZECKIE ITEN	K60-69	2		Suszeckie Iten	00:00:03	00:17:45	00:45:41	01:03:40.87	01:03:44.00	+00:26:09 (41.1%)	6:22	9.4 (58.8%)
98	MALISZEWSKA Beata	543		K30-39	29		Brygada RR	00:00:24	00:17:54	00:45:54	01:03:41.65	01:04:06.20	+00:26:10 (41.1%)	6:22	9.4 (58.8%)
99	DROBIAK Kornelia	390	KOBIETY NA 5+	K30-39	30		Kobiety na 5+	00:00:07	00:17:56	00:46:27	01:03:53.21	01:04:01.18	+00:26:22 (41.3%)	6:23	9.4 (58.8%)
100	PERKOWSKA Daria	316	KOBIETY NA 5+	K40-49	36		Kobiety na 5+	00:00:07	00:17:56	00:46:27	01:03:53.41	01:04:00.88	+00:26:22 (41.3%)	6:23	9.4 (58.8%)
101	MOSLER Martyna	301		K50-59	8			00:00:16	00:17:53	00:46:25	01:04:02.73	01:04:19.52	+00:26:31 (41.4%)	6:24	9.4 (58.8%)
102	NIEDZIOŁKO Bożena	551	KOBIETY NA 5+	K50-59	9		Kobiety na 5+	00:00:07	00:17:31	00:46:20	01:04:03.29	01:04:10.54	+00:26:32 (41.4%)	6:24	9.4 (58.8%)
103	PŁASKA Barbara	560	KOBIETY NA 5+	K50-59	10		Kobiety na 5+	00:00:06	00:17:32	00:46:20	01:04:04.09	01:04:10.24	+00:26:33 (41.4%)	6:24	9.4 (58.8%)
104	MITIN Beata Izabella	548		K40-49	37			00:00:06	00:17:44	00:46:20	01:04:15.13	01:04:22.09	+00:26:44 (41.6%)	6:25	9.3 (58.1%)
105	KASPRZYCKA-SZUBARSKA Katarzyna	521	PARKRUN CIESZYN	K50-59	11		parkrun Cieszyn	00:00:18	00:18:17	00:46:34	01:04:19.96	01:04:38.37	+00:26:48 (41.7%)	6:25	9.3 (58.1%)
106	ŚLEZIAK Paulina	578		K20-29	18			00:00:25	00:18:55	00:47:31	01:05:20.91	01:05:46.48	+00:27:49 (42.6%)	6:32	9.2 (57.5%)
107	ANIOŁ-BARLIK Agnieszka	468		K40-49	38			00:00:08	00:18:56	00:48:36	01:06:40.71	01:06:49.19	+00:29:09 (43.7%)	6:40	9 (56.3%)
108	KWIATKOWSKA Elwira	536	ZABIEGANY TEAM	K40-49	39			00:00:11	00:18:53	00:48:59	01:07:35.77	01:07:47.67	+00:30:04 (44.5%)	6:45	8.9 (55.6%)
109	KASZUBA Katarzyna	522	ŻWAWĘ MIŃKI	K30-39	31			00:00:23	00:19:31	00:50:23	01:09:06.40	01:09:29.46	+00:31:35 (45.7%)	6:54	8.7 (54.4%)
110	PAJĄK Magdalena	556		K20-29	19			00:00:27	00:18:52	00:49:39	01:09:09.82	01:09:37.26	+00:31:38 (45.8%)	6:54	8.7 (54.4%)
111	GRUSZKA Magdalena	396	TL ATHLETICS JASTRZĘBIE	K40-49	40		TL Athletics Jastrzębie	00:00:22	00:18:39	00:49:25	01:09:24.00	01:09:46.77	+00:31:52 (45.9%)	6:56	8.6 (53.8%)
112	HUCHULSKA Roksana	401		K40-49	41			00:00:16	00:19:08	00:49:34	01:09:34.69	01:09:50.84	+00:32:03 (46.1%)	6:57	8.6 (53.8%)
113	BIERNACKA Magdalena	476		K40-49	42			00:00:15	00:19:09	00:49:34	01:09:35.09	01:09:50.62	+00:32:04 (46.1%)	6:57	8.6 (53.8%)
114	ZIĘTARA Agata	602		K50-59	12			00:00:27	00:20:11	00:50:54	01:09:49.16	01:10:16.34	+00:32:18 (46.3%)	6:58	8.6 (53.8%)
115	MASZTALERZ Anna	545		K30-39	32			00:00:16	00:20:37	00:52:30	01:12:19.77	01:12:36.60	+00:34:48 (48.1%)	7:13	8.3 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	GARUS Angelika	500		K40-49	43			00:00:08	00:20:41	00:52:55	01:12:21.43	01:12:30.00	+00:34:50 (48.2%)	7:14	8.3 (51.9%)
117	KARBOWY Iza	520	JEJKOWICE BIEGAJĄ	K30-39	33			00:00:09	00:19:22	00:52:37	01:12:35.12	01:12:44.13	+00:35:04 (48.3%)	7:15	8.3 (51.9%)
118	GAŃKO Grażyna	499		K60-69	3			00:00:26	00:20:26	00:52:37	01:13:16.13	01:13:42.30	+00:35:45 (48.8%)	7:19	8.2 (51.3%)
119	GŁÓWCZYK Izabella	505	KOBIETY NA 5+	K40-49	44		Kobiety na 5+	00:00:08	00:20:26	00:53:17	01:14:32.61	01:14:40.68	+00:37:01 (49.7%)	7:27	8.1 (50.6%)
120	OLCZYK Wioletta	446		K50-59	13			00:00:06	00:20:27	00:53:15	01:14:33.83	01:14:40.32	+00:37:02 (49.7%)	7:27	8 (50.0%)
121	ROTTER Hanna	447		K60-69	4			00:00:09	00:20:40	00:52:54	01:14:45.04	01:14:54.48	+00:37:14 (49.8%)	7:28	8 (50.0%)
122	ZALEWSKA Barbara	598		K40-49	45		Kobiety na 5+	00:00:06	00:21:04	00:55:45	01:18:59.09	01:19:05.78	+00:41:28 (52.5%)	7:53	7.6 (47.5%)
123	WIERCIOCH Barbara	593		K70+	1		Parkrun Kędzierzyn-Koźle	00:00:27	00:23:45	01:02:33	01:25:53.25	01:26:20.71	+00:48:22 (56.3%)	8:35	7 (43.8%)

Znaleziono 123 wynik(ów)