



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2023-05-21  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: 16-19 lat

| 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>GRIMAN Martyna</b>     | <b>206</b> | RMKS RYBNIK               | 16-19 lat | 1    |                          |             | 00:00:00    | 00:10:24       | <b>00:23:36.00</b> | <b>00:23:36.00</b> |           | 4:27         | 13.5       |
| 2   | <b>KANDORA Katarzyna</b>  | <b>294</b> | MIECHOWICKA GRUPA BIEGOWA | 16-19 lat | 2    | Miechowska Grupa Biegowa |             | 00:00:00    | 00:10:39       | <b>00:24:55.70</b> | <b>00:24:55.70</b> | +00:01:19 | 4:42         | 12.8       |
| 3   | <b>SŁOWIK Marlena</b>     | <b>694</b> | #JUSTFEELFITTEAM          | 16-19 lat | 3    | JustfeelfitTEAM          |             | 00:00:00    | 00:10:45       | <b>00:25:16.35</b> | <b>00:25:16.35</b> | +00:01:40 | 4:46         | 12.6       |
| 4   | <b>KUPCZAK Dominika</b>   | <b>396</b> |                           | 16-19 lat | 4    |                          |             | 00:00:00    | 00:11:05       | <b>00:25:48.55</b> | <b>00:25:48.55</b> | +00:02:12 | 4:52         | 12.3       |
| 5   | <b>MATUSZCZAK Wioleta</b> | <b>479</b> | TL ATHLETICS JASTRZĘBIE   | 16-19 lat | 5    | TL Athletics Jastrzębie  |             | 00:00:00    | 00:11:09       | <b>00:25:55.95</b> | <b>00:25:55.95</b> | +00:02:19 | 4:53         | 12.3       |
| 6   | <b>WOLNY Natalia</b>      | <b>820</b> | #JUSTFEELFITTEAM          | 16-19 lat | 6    | JustfeelfitTEAM          |             | 00:00:00    | 00:12:25       | <b>00:27:10.75</b> | <b>00:27:10.75</b> | +00:03:34 | 5:07         | 11.7       |
| 7   | <b>SZYPUŁA Ola</b>        | <b>766</b> | -                         | 16-19 lat | 7    |                          | Magda i Ola | 00:00:00    | 00:13:02       | <b>00:29:23.50</b> | <b>00:29:23.50</b> | +00:05:47 | 5:32         | 10.8       |
| 8   | <b>WITOS Karolina</b>     | <b>811</b> | JUSTFEELFIT               | 16-19 lat | 8    | JustfeelfitTEAM          |             | 00:00:00    | 00:11:26       | <b>00:29:24.95</b> | <b>00:29:24.95</b> | +00:05:48 | 5:32         | 10.8       |
| 9   | <b>PISKORZ Katarzyna</b>  | <b>614</b> |                           | 16-19 lat | 9    |                          |             | 00:00:00    | 00:12:08       | <b>00:29:59.40</b> | <b>00:29:59.40</b> | +00:06:23 | 5:39         | 10.6       |
| 10  | <b>JARON Milena</b>       | <b>258</b> |                           | 16-19 lat | 10   |                          |             | 00:00:00    | 00:12:44       | <b>00:31:22.50</b> | <b>00:31:22.50</b> | +00:07:46 | 5:55         | 10.1       |
| 11  | <b>SZPYRA Anieli</b>      | <b>759</b> |                           | 16-19 lat | 11   |                          |             | 00:00:00    | 00:12:29       | <b>00:31:39.75</b> | <b>00:31:39.75</b> | +00:08:03 | 5:58         | 10         |
| 12  | <b>NAWRAT Faustyna</b>    | <b>530</b> |                           | 16-19 lat | 12   |                          |             | 00:00:00    | 00:13:08       | <b>00:32:00.55</b> | <b>00:32:00.55</b> | +00:08:24 | 6:02         | 9.9        |
| 13  | <b>DZIERŻĘGA Wiktoria</b> | <b>133</b> | RADLINIOKI W BIEGU        | 16-19 lat | 13   |                          | Kaktusiary  | 00:00:00    | 00:13:12       | <b>00:32:53.85</b> | <b>00:32:53.85</b> | +00:09:17 | 6:12         | 9.7        |
| 14  | <b>SZYMAŃSKA Gabriela</b> | <b>764</b> |                           | 16-19 lat | 14   |                          |             | 00:00:00    | 00:12:48       | <b>00:33:19.65</b> | <b>00:33:19.65</b> | +00:09:43 | 6:17         | 9.5        |
| 15  | <b>KRAKOWCZYK Julia</b>   | <b>369</b> | PIRATKI Z SZARLOTY        | 16-19 lat | 15   | Piratki z Szarloty       |             | 00:00:00    | 00:12:57       | <b>00:33:24.15</b> | <b>00:33:24.15</b> | +00:09:48 | 6:18         | 9.5        |
| 16  | <b>GĄSIOR Natalia</b>     | <b>175</b> | WATAHA                    | 16-19 lat | 16   | WATAHA                   |             | 00:00:00    | 00:13:53       | <b>00:34:37.25</b> | <b>00:34:37.25</b> | +00:11:01 | 6:31         | 9.2        |
| 17  | <b>LORENZ Hanna</b>       | <b>435</b> |                           | 16-19 lat | 17   |                          |             | 00:00:00    | 00:14:53       | <b>00:36:09.65</b> | <b>00:36:09.65</b> | +00:12:33 | 6:49         | 8.8        |
| 18  | <b>GROCHOWSKA Oliwia</b>  | <b>207</b> |                           | 16-19 lat | 18   |                          |             | 00:00:00    | 00:16:37       | <b>00:41:22.60</b> | <b>00:41:22.60</b> | +00:17:46 | 7:48         | 7.7        |
| 19  | <b>JANKOWSKA Martyna</b>  | <b>256</b> |                           | 16-19 lat | 19   |                          |             | 00:00:00    | 00:17:27       | <b>00:43:23.45</b> | <b>00:43:23.45</b> | +00:19:47 | 8:11         | 7.3        |

Znaleziono 19 wynik(ów)