



# 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: 20-29 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>MROWIEC Kinga</b>	<b>515</b>	TL POGOŃ RUDA ŚLĄSKA	20-29 lat	1		Biegające Wirusy	00:00:00	00:09:30	<b>00:21:31.45</b>	<b>00:21:31.45</b>		4:03	14.8
2	<b>FILEC Wiktoria</b>	<b>141</b>	RMKS RYBNIK	20-29 lat	2			00:00:00	00:09:32	<b>00:22:02.30</b>	<b>00:22:02.30</b>	+00:00:30	4:09	14.4
3	<b>POZNIAK Maria</b>	<b>631</b>		20-29 lat	3			00:00:00	00:10:30	<b>00:24:21.20</b>	<b>00:24:21.20</b>	+00:02:49	4:35	13.1
4	<b>SIKORA Wiktoria</b>	<b>678</b>		20-29 lat	4			00:00:00	00:10:10	<b>00:24:40.65</b>	<b>00:24:40.65</b>	+00:03:09	4:39	12.9
5	<b>KRZYSTAŁA Alicja</b>	<b>377</b>		20-29 lat	5			00:00:00	00:11:02	<b>00:25:31.30</b>	<b>00:25:31.30</b>	+00:03:59	4:48	12.5
6	<b>POZNIAK Małgorzata</b>	<b>630</b>		20-29 lat	6			00:00:00	00:10:50	<b>00:25:35.85</b>	<b>00:25:35.85</b>	+00:04:04	4:49	12.4
7	<b>WIECZOREK Marta</b>	<b>803</b>	PIRATKI Z SZARLOTY	20-29 lat	7	Piratki z Szarloty	Kangurzyce	00:00:00	00:11:10	<b>00:26:39.45</b>	<b>00:26:39.45</b>	+00:05:08	5:01	11.9
8	<b>MIKULAK Natalia</b>	<b>498</b>		20-29 lat	8			00:00:00	00:11:37	<b>00:26:46.35</b>	<b>00:26:46.35</b>	+00:05:14	5:03	11.9
9	<b>LEPA Klaudia</b>	<b>424</b>	WARTKIE PIERONY	20-29 lat	9			00:00:00	00:11:10	<b>00:27:10.05</b>	<b>00:27:10.05</b>	+00:05:38	5:07	11.7
10	<b>JANOSZ Katarzyna</b>	<b>257</b>		20-29 lat	10		K&M	00:00:00	00:11:44	<b>00:27:13.05</b>	<b>00:27:13.05</b>	+00:05:41	5:08	11.7
11	<b>PIEKARCZYK Katarzyna</b>	<b>605</b>		20-29 lat	11			00:00:00	00:11:55	<b>00:27:41.45</b>	<b>00:27:41.45</b>	+00:06:10	5:13	11.5
12	<b>GAJEWSKA Martyna</b>	<b>160</b>	RMKS RYBNIK	20-29 lat	12		Rmks	00:00:00	00:11:06	<b>00:27:45.55</b>	<b>00:27:45.55</b>	+00:06:14	5:14	11.5
13	<b>KOBIELUSZ Martyna</b>	<b>328</b>		20-29 lat	13			00:00:00	00:11:21	<b>00:27:49.10</b>	<b>00:27:49.10</b>	+00:06:17	5:14	11.4
14	<b>ŁAPA Julia</b>	<b>442</b>		20-29 lat	14			00:00:00	00:12:44	<b>00:29:02.95</b>	<b>00:29:02.95</b>	+00:07:31	5:28	11
15	<b>RATAJCZYK Dominika</b>	<b>1191</b>		20-29 lat	15			00:00:00	00:11:35	<b>00:29:06.80</b>	<b>00:29:06.80</b>	+00:07:35	5:29	10.9
16	<b>KRAWCZYK Urszula</b>	<b>371</b>		20-29 lat	16			00:00:00	00:11:38	<b>00:29:11.35</b>	<b>00:29:11.35</b>	+00:07:39	5:30	10.9
17	<b>SZCZĘSNA Kinga</b>	<b>749</b>	RUNSZ-TEAM	20-29 lat	17	runSZ-Team		00:00:00	00:11:50	<b>00:29:17.60</b>	<b>00:29:17.60</b>	+00:07:46	5:31	10.9
18	<b>DĘBICKA Aneta</b>	<b>1190</b>		20-29 lat	18			00:00:00	00:11:39	<b>00:29:19.10</b>	<b>00:29:19.10</b>	+00:07:47	5:31	10.8
19	<b>MARCISZ Natalia</b>	<b>464</b>		20-29 lat	19			00:00:00	00:12:46	<b>00:29:59.25</b>	<b>00:29:59.25</b>	+00:08:27	5:39	10.6
20	<b>KOWALONEK Aleksandra</b>	<b>360</b>		20-29 lat	20		O&K	00:00:00	00:12:36	<b>00:30:18.10</b>	<b>00:30:18.10</b>	+00:08:46	5:43	10.5
21	<b>JASIK Karolina</b>	<b>263</b>	BIEGAM BO LUBIĘ RUDA ŚLĄSKA	20-29 lat	21	Wartkie Pierony		00:00:00	00:12:36	<b>00:30:45.10</b>	<b>00:30:45.10</b>	+00:09:13	5:48	10.3
22	<b>GOŁOFIT Edyta</b>	<b>190</b>	OPEL FIJAŁKOWSKI	20-29 lat	22	OPEL FIJAŁKOWSKI		00:00:00	00:13:55	<b>00:31:00.55</b>	<b>00:31:00.55</b>	+00:09:29	5:50	10.3

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
23	KONIECZNY Marta	341		20-29 lat	23			00:00:00	00:13:05	00:31:04.10	00:31:04.10	+00:09:32	5:51	10.2
24	RADWAŃSKA Agata	640		20-29 lat	24			00:00:00	00:13:37	00:31:05.75	00:31:05.75	+00:09:34	5:51	10.2
25	MAĆKÓW Klaudia	452		20-29 lat	25			00:00:00	00:13:11	00:31:12.00	00:31:12.00	+00:09:40	5:53	10.2
26	FECZKO Monika	140		20-29 lat	26			00:00:00	00:12:51	00:31:45.85	00:31:45.85	+00:10:14	5:59	10
27	KARWOT Martyna	298		20-29 lat	27			00:00:00	00:13:39	00:31:54.90	00:31:54.90	+00:10:23	6:01	10
28	TRYBAŁA Weronika	781	WATAHA	20-29 lat	28	WATAHA		00:00:00	00:12:56	00:32:01.80	00:32:01.80	+00:10:30	6:02	9.9
29	PETRYKOWSKA Magda	600		20-29 lat	29			00:00:00	00:13:49	00:32:05.20	00:32:05.20	+00:10:33	6:03	9.9
30	CELER Justyna	81		20-29 lat	30			00:00:00	00:14:17	00:32:31.65	00:32:31.65	+00:11:00	6:08	9.8
31	GŁĄBEK Edyta	184	SPOT PSZCZYNA	20-29 lat	31			00:00:00	00:13:47	00:32:33.65	00:32:33.65	+00:11:02	6:08	9.8
32	ŁUSZCZ Ewelina	447		20-29 lat	32			00:00:00	00:13:43	00:32:38.45	00:32:38.45	+00:11:07	6:09	9.7
33	KUPCZYŃSKA Patrycja	399		20-29 lat	33			00:00:00	00:14:18	00:33:48.80	00:33:48.80	+00:12:17	6:22	9.4
34	SKORUPA Martyna	684		20-29 lat	34			00:00:00	00:13:33	00:33:50.60	00:33:50.60	+00:12:19	6:23	9.4
35	PIĄTKOWSKA Aleksandra	601		20-29 lat	35			00:00:00	00:14:32	00:34:11.60	00:34:11.60	+00:12:40	6:26	9.3
36	ŻYREK Danusia	867		20-29 lat	36	JustfeelfitTEAM		00:00:00	00:14:35	00:34:14.40	00:34:14.40	+00:12:42	6:27	9.3
37	SMYCZEK Dominika	702		20-29 lat	37			00:00:00	00:13:22	00:34:36.75	00:34:36.75	+00:13:05	6:31	9.2
38	MARON Honorata	466		20-29 lat	38			00:00:00	00:15:42	00:35:24.85	00:35:24.85	+00:13:53	6:40	9
39	KRUCEK Ewelina	374		20-29 lat	39			00:00:00	00:16:01	00:35:59.60	00:35:59.60	+00:14:28	6:47	8.8
40	MITURA Patrycja	506		20-29 lat	40			00:00:00	00:15:34	00:36:14.30	00:36:14.30	+00:14:42	6:50	8.8
41	KŁAPTOCZ Anna	321		20-29 lat	41	Rozbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:15:55	00:36:19.75	00:36:19.75	+00:14:48	6:51	8.8
42	ABRACHAMCZYK Agnieszka	1		20-29 lat	42			00:00:00	00:16:14	00:36:31.80	00:36:31.80	+00:15:00	6:53	8.7
43	KRYSIAK Marcelina	375		20-29 lat	43			00:00:00	00:15:05	00:36:49.20	00:36:49.20	+00:15:17	6:56	8.6
44	BIELA Adrianna	37		20-29 lat	44			00:00:00	00:15:20	00:37:06.70	00:37:06.70	+00:15:35	7:00	8.6
45	MAĆKÓW Małgorzata	451		20-29 lat	45			00:00:00	00:15:00	00:37:34.15	00:37:34.15	+00:16:02	7:05	8.5
46	ZIEJA Martyna	852		20-29 lat	46	Sądówki		00:00:00	00:16:04	00:37:42.25	00:37:42.25	+00:16:10	7:06	8.4
47	IDZIKOWSKA Urszula	236		20-29 lat	47	Oribanda		00:00:00	00:16:05	00:37:44.80	00:37:44.80	+00:16:13	7:07	8.4
48	TYRYTKO Joanna	784	WATAHA	20-29 lat	48	WATAHA		00:00:00	00:13:54	00:37:47.85	00:37:47.85	+00:16:16	7:07	8.4
49	ROJEK Natalia	652		20-29 lat	49			00:00:00	00:16:25	00:38:47.75	00:38:47.75	+00:17:16	7:19	8.2
50	KMIECIAK Dominika	324		20-29 lat	50			00:00:00	00:15:13	00:39:12.25	00:39:12.25	+00:17:40	7:23	8.1
51	MYŚLIWIEC Barbara	524	KOBIETY NA 5+	20-29 lat	51	Kobiety na 5+		00:00:00	00:16:10	00:39:16.45	00:39:16.45	+00:17:45	7:24	8.1
52	MROWCZYK Kamila	513		20-29 lat	52		O&K	00:00:00	00:16:59	00:39:51.15	00:39:51.15	+00:18:19	7:31	8

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
53	<b>NIEDZIELA Roksana</b>	<b>535</b>		20-29 lat	53	Wiewiórki Zimnokrwiste		00:00:00	00:16:49	<b>00:40:40.45</b>	<b>00:40:40.45</b>	+00:19:09	7:40	7.8
54	<b>HANUSA Beata</b>	<b>227</b>		20-29 lat	54			00:00:00	00:17:26	<b>00:41:29.70</b>	<b>00:41:29.70</b>	+00:19:58	7:49	7.7
55	<b>SUJEWICZ Klaudia</b>	<b>736</b>		20-29 lat	55			00:00:00	00:18:20	<b>00:41:53.90</b>	<b>00:41:53.90</b>	+00:20:22	7:54	7.6
56	<b>RYŚ Weronika</b>	<b>666</b>		20-29 lat	56			00:00:00	00:18:11	<b>00:42:40.15</b>	<b>00:42:40.15</b>	+00:21:08	8:03	7.5
57	<b>RYŚ Aga</b>	<b>665</b>		20-29 lat	57			00:00:00	00:18:12	<b>00:42:42.15</b>	<b>00:42:42.15</b>	+00:21:10	8:03	7.4
58	<b>ŻEBROWSKA Weronika</b>	<b>865</b>	MORS HUBERTUS	20-29 lat	58	Mors Hubertus		00:00:00	00:17:58	<b>00:42:53.25</b>	<b>00:42:53.25</b>	+00:21:21	8:05	7.4
59	<b>FIRLEJ Hanna</b>	<b>144</b>		20-29 lat	59			00:00:00	00:18:24	<b>00:44:52.20</b>	<b>00:44:52.20</b>	+00:23:20	8:27	7.1
60	<b>WOJTAS Paulina</b>	<b>818</b>		20-29 lat	60			00:00:00	00:18:25	<b>00:44:53.25</b>	<b>00:44:53.25</b>	+00:23:21	8:28	7.1
61	<b>BIAŁEK Maria</b>	<b>34</b>		20-29 lat	61			00:00:00	00:19:06	<b>00:45:45.95</b>	<b>00:45:45.95</b>	+00:24:14	8:37	7
62	<b>NIEDŹWIEDŹ Julia</b>	<b>539</b>		20-29 lat	62			00:00:00	00:18:38	<b>00:47:26.55</b>	<b>00:47:26.55</b>	+00:25:55	8:56	6.7
63	<b>NIESTRÓJ Źaneta</b>	<b>542</b>		20-29 lat	63			00:00:00	00:20:53	<b>00:49:18.80</b>	<b>00:49:18.80</b>	+00:27:47	9:18	6.5
64	<b>BUDA Klaudia</b>	<b>1193</b>		20-29 lat	64			00:00:00	00:20:44	<b>00:49:48.65</b>	<b>00:49:48.65</b>	+00:28:17	9:23	6.4

Znaleziono 64 wynik(ów)