



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: 30-39 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	MENDECKA-ZEJDLER Michalina	486		30-39 lat	1	PĘDZIWIATRY		00:00:00	00:08:18	00:19:15.75	00:19:15.75		3:37	16.5
2	SUWAJ Aneta	741	ALPIN SPORT TEAM	30-39 lat	2	TL Athletics Jastrzębie	ZABIEGANE	00:00:00	00:08:42	00:20:11.45	00:20:11.45	+00:00:55	3:48	15.8
3	DYRLAGA Justyna	131	#JUSTFEELFITTEAM	30-39 lat	3	JustfeelfitTEAM	MOBILITY GIRLS	00:00:00	00:08:56	00:20:29.10	00:20:29.10	+00:01:13	3:51	15.5
4	KUBIAK Izabela	379		30-39 lat	4			00:00:00	00:08:48	00:20:43.80	00:20:43.80	+00:01:28	3:54	15.3
5	JANKO Anna	253		30-39 lat	5			00:00:00	00:09:19	00:21:44.10	00:21:44.10	+00:02:28	4:06	14.6
6	WITOSZEK Barbara	813		30-39 lat	6			00:00:00	00:09:31	00:22:04.35	00:22:04.35	+00:02:48	4:09	14.4
7	WRÓBLEWSKA Judyta	832	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	30-39 lat	7	TL Athletics Jastrzębie		00:00:00	00:09:30	00:22:25.00	00:22:25.00	+00:03:09	4:13	14.2
8	SUSHKO Maryna	739	RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM'ZEM'	30-39 lat	8	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:09:55	00:22:41.75	00:22:41.75	+00:03:26	4:16	14
9	PIETRAS Sylwia	606	MIECHOWICKA GRUPA BIEGOWA	30-39 lat	9	Miechowicka Grupa Biegowa		00:00:00	00:10:26	00:23:16.95	00:23:16.95	+00:04:01	4:23	13.7
10	KLUK Justyna	317	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	10	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:09:41	00:23:22.85	00:23:22.85	+00:04:07	4:24	13.6
11	KAJTOCH Jolanta	285	BIE-RUN	30-39 lat	11		J&M	00:00:00	00:09:50	00:23:33.15	00:23:33.15	+00:04:17	4:26	13.5
12	DOMIAN Paulina	118		30-39 lat	12			00:00:00	00:10:05	00:23:52.05	00:23:52.05	+00:04:36	4:30	13.3
13	LACHOWICZ Izabela	418	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39 lat	13	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:10:07	00:24:03.05	00:24:03.05	+00:04:47	4:32	13.2
14	MISTEROWICZ Kinga	502	RUNSZ-TEAM	30-39 lat	14	runSZ-Team		00:00:00	00:10:25	00:24:05.10	00:24:05.10	+00:04:49	4:32	13.2
15	JURASZEK Elzbieta	275	#JUSTFEELFITTEAM	30-39 lat	15	JustfeelfitTEAM		00:00:00	00:10:29	00:24:14.20	00:24:14.20	+00:04:58	4:34	13.1

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16	PORCZYŃSKA Patrycja	627		30-39 lat	16	SPOT Pszczyna	Vamos Patria!	00:00:00	00:10:20	00:24:25.40	00:24:25.40	+00:05:09	4:36	13
17	BIĄŁOŃCZYK Joanna	35		30-39 lat	17	Byle Do Mety		00:00:00	00:10:27	00:24:25.55	00:24:25.55	+00:05:09	4:36	13
18	WRÓBEL Katarzyna	829	#JUSTFEELFITTEAM	30-39 lat	18	JustfeelfitTEAM		00:00:00	00:10:31	00:24:26.55	00:24:26.55	+00:05:10	4:36	13
19	JANKO Joanna	254		30-39 lat	19			00:00:00	00:10:29	00:24:36.15	00:24:36.15	+00:05:20	4:38	12.9
20	MOCHOCKA Agnieszka	507		30-39 lat	20			00:00:00	00:10:31	00:24:41.55	00:24:41.55	+00:05:25	4:39	12.9
21	BIEJNAK Agnieszka	472		30-39 lat	21	FIT MORE RYBNIK		00:00:00	00:10:41	00:24:47.60	00:24:47.60	+00:05:31	4:40	12.8
22	ZYGMA Żaneta	860	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39 lat	22	Aktywna Pszczyna Runners Team		00:00:00	00:10:42	00:25:04.25	00:25:04.25	+00:05:48	4:43	12.7
23	NGUYEN Dorota	534	PIRATKI Z SZARLOTY	30-39 lat	23	Piratki z Szarloty		00:00:00	00:10:40	00:25:06.05	00:25:06.05	+00:05:50	4:44	12.7
24	KWAPISZ-BONUSIAK Dorota	413		30-39 lat	24			00:00:00	00:10:25	00:25:12.05	00:25:12.05	+00:05:56	4:45	12.6
25	MIELAŃCZYK Patrycja	495		30-39 lat	25			00:00:00	00:10:05	00:25:22.70	00:25:22.70	+00:06:06	4:47	12.5
26	WITOS-GRZYBOWSKA Renata	812	#JUSTFEELFIT	30-39 lat	26	JustfeelfitTEAM		00:00:00	00:10:38	00:25:27.05	00:25:27.05	+00:06:11	4:48	12.5
27	HANDY Samanta	224		30-39 lat	27	PoWoli do Celu		00:00:00	00:10:55	00:25:36.80	00:25:36.80	+00:06:21	4:49	12.4
28	HANARZ Joanna	223	#JUSTFEELFITTEAM	30-39 lat	28	JustfeelfitTEAM		00:00:00	00:11:05	00:25:45.45	00:25:45.45	+00:06:29	4:51	12.3
29	OLEŚ-ZDECHLIK Beata	563		30-39 lat	29			00:00:00	00:11:05	00:26:04.40	00:26:04.40	+00:06:48	4:55	12.2
30	BURZYŃSKA-GÓRKA Aleksandra	75		30-39 lat	30			00:00:00	00:11:18	00:26:12.35	00:26:12.35	+00:06:56	4:56	12.1
31	TRYBAŁA Danuta	780	WATAHA	30-39 lat	31	WATAHA		00:00:00	00:10:51	00:26:12.90	00:26:12.90	+00:06:57	4:56	12.1
32	HANF Ania	226	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	32	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:11:09	00:26:27.80	00:26:27.80	+00:07:12	4:59	12
33	MATERNOWSKA Sandra	477		30-39 lat	33			00:00:00	00:11:22	00:26:37.70	00:26:37.70	+00:07:21	5:01	11.9
34	KUFKA Judyta	391		30-39 lat	34			00:00:00	00:11:29	00:26:40.00	00:26:40.00	+00:07:24	5:01	11.9
35	MENTELSKA Wioleta	490	POWOLI DO CELU	30-39 lat	35			00:00:00	00:11:22	00:26:58.30	00:26:58.30	+00:07:42	5:05	11.8
36	RUSECKA Agnieszka	661	BDB TEAM	30-39 lat	36	BDB Team		00:00:00	00:12:21	00:27:02.65	00:27:02.65	+00:07:46	5:06	11.8
37	OPIŁEK Dorota	567	BDB TEAM	30-39 lat	37	BDB Team		00:00:00	00:12:41	00:27:15.65	00:27:15.65	+00:07:59	5:08	11.7
38	PRZYŁĘCKA-HUSSAR Agnieszka	635	BDB TEAM	30-39 lat	38	BDB Team		00:00:00	00:12:41	00:27:16.85	00:27:16.85	+00:08:01	5:08	11.7
39	KOSIACKA Agnieszka	353		30-39 lat	39			00:00:00	00:11:34	00:27:21.05	00:27:21.05	+00:08:05	5:09	11.6
40	CHMURA Ewelina	83	JUSTFEELFIT	30-39 lat	40	JustfeelfitTEAM		00:00:00	00:12:31	00:27:21.80	00:27:21.80	+00:08:06	5:09	11.6
41	LERCH-HENCZKO Maria	425		30-39 lat	41			00:00:00	00:11:07	00:27:25.95	00:27:25.95	+00:08:10	5:10	11.6
42	BARCIEWICZ Kinga	18		30-39 lat	42			00:00:00	00:11:19	00:27:33.45	00:27:33.45	+00:08:17	5:11	11.5

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43	NENKO Jolanta	532		30-39 lat	43		Teachers	00:00:00	00:12:08	00:27:33.50	00:27:33.50	+00:08:17	5:11	11.5
44	MENDECKA Daria	487	MOSIR ŁAZISKA GÓRNE	30-39 lat	44			00:00:00	00:11:36	00:27:36.75	00:27:36.75	+00:08:21	5:12	11.5
45	BANAS Wioleta	15		30-39 lat	45	OPEL FIJAŁKOWSKI		00:00:00	00:11:57	00:27:48.40	00:27:48.40	+00:08:32	5:14	11.4
46	PŁOTKA Iwona	621		30-39 lat	46			00:00:00	00:11:53	00:27:48.80	00:27:48.80	+00:08:33	5:14	11.4
47	MAKIELAK Aleksandra	459		30-39 lat	47			00:00:00	00:12:12	00:28:11.15	00:28:11.15	+00:08:55	5:19	11.3
48	WODNIAK Angela	814	POWOLI DO CELU	30-39 lat	48	PoWoli do Celu		00:00:00	00:11:55	00:28:12.35	00:28:12.35	+00:08:56	5:19	11.3
49	CHORCHOS Magdalena	84		30-39 lat	49			00:00:00	00:12:48	00:28:32.05	00:28:32.05	+00:09:16	5:23	11.1
50	GRZYBEK Małgorzata	214		30-39 lat	50			00:00:00	00:12:45	00:28:35.70	00:28:35.70	+00:09:19	5:23	11.1
51	JASIŃSKA-DUDEK Barbara	264		30-39 lat	51			00:00:00	00:11:58	00:28:42.55	00:28:42.55	+00:09:26	5:24	11.1
52	PILCH Anna	611	PIGUATEAM	30-39 lat	52	PiguaTeam	PiguaTeam	00:00:00	00:12:22	00:28:46.80	00:28:46.80	+00:09:31	5:25	11.1
53	JELITKO Ania	272		30-39 lat	53			00:00:00	00:13:39	00:29:06.15	00:29:06.15	+00:09:50	5:29	10.9
54	KONOPKA Magdalena	343		30-39 lat	54		Magda i Ola	00:00:00	00:13:01	00:29:09.50	00:29:09.50	+00:09:53	5:30	10.9
55	SŁOWIŃSKA Joanna	696	RUNTEAM PAWŁOWICE	30-39 lat	55	RUNTEAM Pawłowice		00:00:00	00:12:07	00:29:21.40	00:29:21.40	+00:10:05	5:32	10.8
56	BURZYŃSKA Żaneta	76		30-39 lat	56			00:00:00	00:12:30	00:29:27.85	00:29:27.85	+00:10:12	5:33	10.8
57	ZAWADZKA Agnieszka	847		30-39 lat	57	INCOLA TEAM		00:00:00	00:13:02	00:29:35.95	00:29:35.95	+00:10:20	5:34	10.7
58	BĄKOWSKA Justyna	23		30-39 lat	58			00:00:00	00:13:11	00:29:50.55	00:29:50.55	+00:10:34	5:37	10.7
59	MROWIEC Marta	514	BDB TEAM	30-39 lat	59	BDB Team		00:00:00	00:13:03	00:29:56.55	00:29:56.55	+00:10:40	5:38	10.6
60	FOJCIK Kasia	146	PIRATKI Z SZARLOTY	30-39 lat	60	Piratki z Szarloty	Kangurzyce	00:00:00	00:12:07	00:29:57.00	00:29:57.00	+00:10:41	5:39	10.6
61	GORAUS-GŁOWANIA Daria	191	ADS MASNA	30-39 lat	61		Masne Frelki	00:00:00	00:13:50	00:29:58.85	00:29:58.85	+00:10:43	5:39	10.6
62	AUGUSCIK Ewelina	10	KOBIETY NA 5+	30-39 lat	62	Kobiety na 5+		00:00:00	00:12:17	00:30:16.30	00:30:16.30	+00:11:00	5:42	10.5
63	BŁOŃSKA Wiola	49	CHWALISZ CZY CHWALISZ - LOTEJ Z NAMI	30-39 lat	63	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:12:15	00:30:17.35	00:30:17.35	+00:11:01	5:42	10.5
64	SŁOWIK Katarzyna	695	JUSTFEELFIT	30-39 lat	64	JustfeelfitTEAM		00:00:00	00:13:39	00:30:23.05	00:30:23.05	+00:11:07	5:43	10.5
65	PARMA Anna	589		30-39 lat	65			00:00:00	00:12:12	00:30:30.80	00:30:30.80	+00:11:15	5:45	10.4
66	PAJĄK Mariola	577	JUSTFEELFITTEAM	30-39 lat	66	JustfeelfitTEAM		00:00:00	00:13:39	00:30:33.95	00:30:33.95	+00:11:18	5:45	10.4
67	KURIATA Katarzyna	402		30-39 lat	67			00:00:00	00:13:05	00:30:38.45	00:30:38.45	+00:11:22	5:46	10.4
68	SKORUPA Magdalena	683		30-39 lat	68			00:00:00	00:13:18	00:30:41.20	00:30:41.20	+00:11:25	5:47	10.4
69	BUREK Gabriela	71	RUNTEAM PAWŁOWICE	30-39 lat	69	RUNTEAM Pawłowice		00:00:00	00:13:36	00:30:45.70	00:30:45.70	+00:11:29	5:48	10.3
70	ŻEBRACKA-MEJER Kornelia	863		30-39 lat	70			00:00:00	00:13:22	00:30:47.30	00:30:47.30	+00:11:31	5:48	10.3
71	WARLEWSKA Joanna	792		30-39 lat	71			00:00:00	00:12:48	00:30:58.25	00:30:58.25	+00:11:42	5:50	10.3
72	DROBIAK Kornelia	123	KOBIETY NA 5+	30-39 lat	72	Kobiety na 5+		00:00:00	00:13:05	00:31:04.90	00:31:04.90	+00:11:49	5:51	10.2

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73	KACHEL Monika	280	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	73	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:12:48	00:31:05.50	00:31:05.50	+00:11:49	5:51	10.2
74	PAŁUCKA Monika	582	POWOLI DO CELU	30-39 lat	74	PoWoli do Celu		00:00:00	00:13:02	00:31:12.75	00:31:12.75	+00:11:57	5:53	10.2
75	WRZOŁ Anna	833		30-39 lat	75			00:00:00	00:13:25	00:31:13.20	00:31:13.20	+00:11:57	5:53	10.2
76	JABŁOŃSKA Aleksandra	238		30-39 lat	76			00:00:00	00:13:50	00:31:14.05	00:31:14.05	+00:11:58	5:53	10.2
77	WIERCIGROCH Mariola	805	JUSTFEELFITTEAM	30-39 lat	77	JustfeelfitTEAM		00:00:00	00:13:14	00:31:15.00	00:31:15.00	+00:11:59	5:53	10.2
78	JABŁOŃSKA-SŁAZIŃSKA Anna	239		30-39 lat	78			00:00:00	00:13:51	00:31:16.25	00:31:16.25	+00:12:00	5:53	10.2
79	KOPIEC Estera	348	POWOLIDOCELU	30-39 lat	79	PoWoli do Celu		00:00:00	00:13:26	00:31:21.40	00:31:21.40	+00:12:05	5:54	10.1
80	LEGIERSKA Natalia	422	TL ATHLETICS JASTRZĘBIE	30-39 lat	80	TL Athletics Jastrzębie	ZABIEGANE	00:00:00	00:12:56	00:31:27.40	00:31:27.40	+00:12:11	5:56	10.1
81	KISZKA-MAZIARCZUK Berenika	310	LECYMY DURŚ	30-39 lat	81	Lecymy Durś	Defibrylator	00:00:00	00:13:44	00:31:31.40	00:31:31.40	+00:12:15	5:56	10.1
82	KRZEMIEŃ Ewa	376		30-39 lat	82			00:00:00	00:12:22	00:31:32.55	00:31:32.55	+00:12:16	5:56	10.1
83	GIŻYŃSKA Katarzyna	181		30-39 lat	83	Kobiety na 5+		00:00:00	00:13:10	00:31:38.90	00:31:38.90	+00:12:23	5:58	10.1
84	CIELANGA Barbara	90	WATAHA	30-39 lat	84	WATAHA		00:00:00	00:13:39	00:31:43.05	00:31:43.05	+00:12:27	5:59	10
85	WARSZAWSKA Magda	793	BIEGAMY/MORSUJEMY	30-39 lat	85			00:00:00	00:12:57	00:31:47.20	00:31:47.20	+00:12:31	5:59	10
86	GAWĘLCZYK Daria	172	SĄDÓWKI	30-39 lat	86	Sądówki	Biegające Sądówki	00:00:00	00:12:33	00:31:50.95	00:31:50.95	+00:12:35	6:00	10
87	DĄBROWSKA Katarzyna	105		30-39 lat	87			00:00:00	00:13:52	00:31:56.35	00:31:56.35	+00:12:40	6:01	10
88	MATUSZEK Anna	481		30-39 lat	88			00:00:00	00:13:05	00:32:08.95	00:32:08.95	+00:12:53	6:03	9.9
89	GRABIEC Małgorzata	202		30-39 lat	89			00:00:00	00:14:21	00:32:12.25	00:32:12.25	+00:12:56	6:04	9.9
90	PIECHOCKA-WARZECHA Katarzyna	604		30-39 lat	90	Rozbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:13:56	00:32:20.35	00:32:20.35	+00:13:04	6:06	9.8
91	GAWLAS Paulina	173		30-39 lat	91			00:00:00	00:13:12	00:32:25.10	00:32:25.10	+00:13:09	6:06	9.8
92	SZYSZKA Natalia	768		30-39 lat	92			00:00:00	00:13:54	00:32:42.05	00:32:42.05	+00:13:26	6:10	9.7
93	SKOCZEK Sylwia	682		30-39 lat	93	Lecymy Durś	Dyfibrylator	00:00:00	00:13:55	00:33:01.00	00:33:01.00	+00:13:45	6:13	9.6
94	KARAŚ Daria	296		30-39 lat	94		MyDwie	00:00:00	00:13:19	00:33:02.45	00:33:02.45	+00:13:46	6:13	9.6
95	KUŹNIK Edyta	412		30-39 lat	95			00:00:00	00:14:22	00:33:10.40	00:33:10.40	+00:13:54	6:15	9.6
96	KRAKOWCZYK Karolina	368	PIRATKI Z SZARLOTY	30-39 lat	96	Piratki z Szarloty		00:00:00	00:12:58	00:33:23.65	00:33:23.65	+00:14:07	6:17	9.5
97	NOWICKA Aleksandra	552	KLUB BIEGACZA FARTLEK	30-39 lat	97	Klub Biegacza Fartlek		00:00:00	00:13:39	00:33:27.95	00:33:27.95	+00:14:12	6:18	9.5
98	JAKUBIEC Karolina	241		30-39 lat	98			00:00:00	00:13:29	00:33:28.05	00:33:28.05	+00:14:12	6:18	9.5
99	ROMAN Karolina	656		30-39 lat	99			00:00:00	00:14:21	00:33:30.45	00:33:30.45	+00:14:14	6:19	9.5
100	KARBOWY Iza	297	JEJKOWICE BIEGAJĄ	30-39 lat	100	Jejkowice Biegają	Jejkowice Biegają	00:00:00	00:14:04	00:33:33.20	00:33:33.20	+00:14:17	6:19	9.5
101	WOŚ Magda	823	PIRATKI Z SZARLOTY	30-39 lat	101	Piratki z Szarloty		00:00:00	00:13:41	00:33:36.25	00:33:36.25	+00:14:20	6:20	9.5

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
102	SPYRKA Monika	717		30-39 lat	102	Klub Biegacza Fartlek		00:00:00	00:13:45	00:33:41.55	00:33:41.55	+00:14:25	6:21	9.4
103	GAŁUSZKA Małgorzata	163		30-39 lat	103	Wiewiórki Zimnokrwiste		00:00:00	00:15:04	00:33:42.85	00:33:42.85	+00:14:27	6:21	9.4
104	NIESŁAŃCZYK Barbara	541	MYDWIE	30-39 lat	104		MyDwie	00:00:00	00:14:29	00:33:45.25	00:33:45.25	+00:14:29	6:22	9.4
105	ŚWIĄTEK Edyta	773	BDB TEAM	30-39 lat	105	BDB Team		00:00:00	00:15:10	00:33:49.25	00:33:49.25	+00:14:33	6:22	9.4
106	PATAŁĄG Sandra	595		30-39 lat	106			00:00:00	00:14:28	00:33:49.85	00:33:49.85	+00:14:34	6:22	9.4
107	PARCHAŃSKA Oliwia	586		30-39 lat	107			00:00:00	00:14:52	00:34:03.00	00:34:03.00	+00:14:47	6:25	9.3
108	MALISZEWSKA Beata	462		30-39 lat	108			00:00:00	00:14:48	00:34:08.70	00:34:08.70	+00:14:52	6:26	9.3
109	KUŚ Monika	409		30-39 lat	109			00:00:00	00:13:51	00:34:11.60	00:34:11.60	+00:14:55	6:26	9.3
110	SOBIK Anna	706		30-39 lat	110			00:00:00	00:14:32	00:34:23.00	00:34:23.00	+00:15:07	6:29	9.2
111	KALETA Agnieszka	286	POWOLI DO CELU	30-39 lat	111	PoWoli do Celu		00:00:00	00:14:24	00:34:25.50	00:34:25.50	+00:15:09	6:29	9.2
112	MIŚ Elżbieta	504	JUSTFEELFIT	30-39 lat	112	JustfeelfitTEAM		00:00:00	00:14:35	00:34:29.80	00:34:29.80	+00:15:14	6:30	9.2
113	WUWER Monika	834		30-39 lat	113			00:00:00	00:15:43	00:34:32.55	00:34:32.55	+00:15:16	6:30	9.2
114	ZŁOTKOWSKA Sylwia	858	WATAHA	30-39 lat	114	WATAHA		00:00:00	00:13:54	00:34:38.65	00:34:38.65	+00:15:22	6:32	9.2
115	JANCZAR Angelika	244		30-39 lat	115			00:00:00	00:14:38	00:34:40.15	00:34:40.15	+00:15:24	6:32	9.2
116	KONOPKA Magdalena	344		30-39 lat	116			00:00:00	00:13:58	00:34:42.25	00:34:42.25	+00:15:26	6:32	9.2
117	JANIK Anna	250		30-39 lat	117	Wiewiórki zimnokrwiste		00:00:00	00:14:03	00:34:45.40	00:34:45.40	+00:15:29	6:33	9.2
118	CHRZĄSTEK Magdalena	86		30-39 lat	118			00:00:00	00:14:20	00:35:02.35	00:35:02.35	+00:15:46	6:36	9.1
119	KISZKA Oriana	309		30-39 lat	119	PiguaTeam		00:00:00	00:14:18	00:35:09.35	00:35:09.35	+00:15:53	6:37	9
120	KONIECKO Karolina	339		30-39 lat	120			00:00:00	00:14:27	00:35:14.40	00:35:14.40	+00:15:58	6:38	9
121	SITKO Dagmara	681	KOBIETY NA 5+	30-39 lat	121	Kobiety na 5+		00:00:00	00:15:04	00:35:16.55	00:35:16.55	+00:16:00	6:39	9
122	KUPCZAK Magdalena	397	JUSTFEELFITTEAM	30-39 lat	122	JustfeelfitTEAM		00:00:00	00:16:08	00:35:22.85	00:35:22.85	+00:16:07	6:40	9
123	SMOŁKA Katarzyna	700		30-39 lat	123			00:00:00	00:16:17	00:35:23.90	00:35:23.90	+00:16:08	6:40	9
124	KUCZERA Hanna	389		30-39 lat	124			00:00:00	00:14:45	00:35:29.50	00:35:29.50	+00:16:13	6:41	9
125	KAJSZTURA Weronika	284		30-39 lat	125			00:00:00	00:16:01	00:35:29.70	00:35:29.70	+00:16:13	6:41	9
126	LISZOK Iwona	433		30-39 lat	126			00:00:00	00:14:38	00:35:30.15	00:35:30.15	+00:16:14	6:41	9
127	BANASZEWSKA Aleksandra	16		30-39 lat	127			00:00:00	00:14:19	00:35:30.75	00:35:30.75	+00:16:15	6:41	9
128	SNOCHOWSKA Gabriela	703	SKLEP BIEGACZA RUNNING TEAM	30-39 lat	128			00:00:00	00:15:41	00:35:36.40	00:35:36.40	+00:16:20	6:43	8.9
129	HEROK Michalina	230		30-39 lat	129			00:00:00	00:15:51	00:35:40.60	00:35:40.60	+00:16:24	6:43	8.9
130	GUDZIK Angelika	215	BORKO TEAM	30-39 lat	130		Borko Team	00:00:00	00:15:07	00:35:41.20	00:35:41.20	+00:16:25	6:43	8.9
131	GOLEC Monika	189		30-39 lat	131			00:00:00	00:15:19	00:35:45.95	00:35:45.95	+00:16:30	6:44	8.9
132	RUSZAŁA Karolina	662		30-39 lat	132			00:00:00	00:15:30	00:35:48.25	00:35:48.25	+00:16:32	6:45	8.9
133	KALFAS Marta	287	JUSTFEELFITTEAM	30-39 lat	133	JustfeelfitTEAM		00:00:00	00:15:37	00:35:52.95	00:35:52.95	+00:16:37	6:46	8.9
134	URBAŚ Monika	788	KOBIETY NA 5+	30-39 lat	134	kobiety na 5+		00:00:00	00:14:37	00:36:06.55	00:36:06.55	+00:16:50	6:48	8.8

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
135	BRANDYS Krystyna	59	DYŃKI TEAM	30-39 lat	135	Dyńki Team		00:00:00	00:15:24	00:36:07.15	00:36:07.15	+00:16:51	6:48	8.8
136	LASKOWSKA Anna	419		30-39 lat	136			00:00:00	00:15:26	00:36:08.15	00:36:08.15	+00:16:52	6:49	8.8
137	BIAŁACH Małgorzata	30		30-39 lat	137			00:00:00	00:15:35	00:36:13.80	00:36:13.80	+00:16:58	6:50	8.8
138	NAPIERAŁA Marta	528		30-39 lat	138			00:00:00	00:15:28	00:36:14.80	00:36:14.80	+00:16:59	6:50	8.8
139	MACHNIK Marta	1015		30-39 lat	139			00:00:00	00:14:49	00:36:19.95	00:36:19.95	+00:17:04	6:51	8.8
140	JANCZYK Izabella	247		30-39 lat	140	Rozbiegamy to miasto - CzDz		00:00:00	00:15:55	00:36:20.60	00:36:20.60	+00:17:04	6:51	8.8
141	BIAŁEK Sonia	32	UZDROWISKO	30-39 lat	141	UZDROWISKO		00:00:00	00:15:44	00:36:20.65	00:36:20.65	+00:17:04	6:51	8.8
142	ŚNIEG Alicja	772		30-39 lat	142			00:00:00	00:15:00	00:36:22.65	00:36:22.65	+00:17:06	6:51	8.7
143	DRANICZAREK Anna	121		30-39 lat	143			00:00:00	00:15:02	00:36:29.05	00:36:29.05	+00:17:13	6:53	8.7
144	PAWELA Sylwia	596		30-39 lat	144			00:00:00	00:15:25	00:36:32.45	00:36:32.45	+00:17:16	6:53	8.7
145	MISTEROWICZ Sabina	503		30-39 lat	145	INCOLA TEAM		00:00:00	00:15:22	00:36:38.10	00:36:38.10	+00:17:22	6:54	8.7
146	STRYCHARZ Aleksandra	731	OCZEK TEAN	30-39 lat	146		Ola i spółka	00:00:00	00:15:39	00:37:00.50	00:37:00.50	+00:17:44	6:58	8.6
146	BYRTEK Ania	77	#JUSTFEELFITTEAM	30-39 lat	147	JustfeelfitTEAM		00:00:00	00:16:25	00:37:00.50	00:37:00.50	+00:17:44	6:58	8.6
148	DEPTA Justyna	109		30-39 lat	148		Oczek Tean	00:00:00	00:15:17	00:37:00.65	00:37:00.65	+00:17:44	6:58	8.6
149	DUDA Magdalena	125		30-39 lat	149			00:00:00	00:15:56	00:37:06.30	00:37:06.30	+00:17:50	7:00	8.6
150	STRUFF Karolina	730		30-39 lat	150			00:00:00	00:15:05	00:37:13.95	00:37:13.95	+00:17:58	7:01	8.5
151	DAMIS Daria	103		30-39 lat	151			00:00:00	00:15:27	00:37:16.70	00:37:16.70	+00:18:00	7:01	8.5
152	STEFANIK Katarzyna	725		30-39 lat	152			00:00:00	00:15:27	00:37:17.05	00:37:17.05	+00:18:01	7:02	8.5
153	KUKLA Agata	393	POWOLI DO CELU	30-39 lat	153	PoWoli do Celu		00:00:00	00:16:17	00:37:32.75	00:37:32.75	+00:18:17	7:04	8.5
154	MICHALCZUK Sabina	492	WIEWIÓRKI ZIMNOKRWISTE	30-39 lat	154	Wiewiórki Zimnokrwiste		00:00:00	00:15:42	00:37:37.25	00:37:37.25	+00:18:21	7:05	8.5
155	WACHTARCZYK Dominika	790		30-39 lat	155			00:00:00	00:15:51	00:37:41.40	00:37:41.40	+00:18:25	7:06	8.4
156	JASNY Agata	265		30-39 lat	156		Masne Frelki	00:00:00	00:15:25	00:37:52.80	00:37:52.80	+00:18:37	7:08	8.4
157	JAKUBIK Edyta	242		30-39 lat	157			00:00:00	00:15:28	00:38:01.15	00:38:01.15	+00:18:45	7:10	8.4
158	JEKIEŁEK Barbara	271		30-39 lat	158	Wiewiórki Zimnokrwiste		00:00:00	00:15:43	00:38:02.85	00:38:02.85	+00:18:47	7:10	8.4
159	KUCHARCZYK Aneta	382	VIKING TRAINING CENTER	30-39 lat	159			00:00:00	00:15:43	00:38:09.00	00:38:09.00	+00:18:53	7:11	8.3
160	SŁYSZ Natalia	698		30-39 lat	160	Byle Do Mety		00:00:00	00:15:56	00:38:11.00	00:38:11.00	+00:18:55	7:12	8.3
161	MIKA Agnieszka	497		30-39 lat	161			00:00:00	00:15:18	00:38:14.45	00:38:14.45	+00:18:58	7:12	8.3
162	KWAŚNIEWSKA Kasia	415	TEAM ŻORY	30-39 lat	162			00:00:00	00:15:31	00:38:15.15	00:38:15.15	+00:18:59	7:13	8.3
163	KLUZ Justyna	319		30-39 lat	163		Frelki	00:00:00	00:16:10	00:38:15.50	00:38:15.50	+00:18:59	7:13	8.3
164	MAGIERA Barbara	455	POWOLI DO CELU	30-39 lat	164	PoWoli do Celu		00:00:00	00:16:23	00:38:23.10	00:38:23.10	+00:19:07	7:14	8.3
165	ŚLEZIONA Katarzyna	770		30-39 lat	165			00:00:00	00:15:39	00:38:24.20	00:38:24.20	+00:19:08	7:14	8.3
166	PIECHOCIŃSKA Kasia	603	SZARE MORSY	30-39 lat	166	Szare Morsy		00:00:00	00:17:07	00:38:25.40	00:38:25.40	+00:19:09	7:14	8.3
167	WAGNER Natalia	791		30-39 lat	167		Frelki	00:00:00	00:16:36	00:38:48.00	00:38:48.00	+00:19:32	7:19	8.2
168	KACZOREK Malwina	282		30-39 lat	168			00:00:00	00:16:02	00:38:51.55	00:38:51.55	+00:19:35	7:19	8.2

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
169	DAMIĘCKA Magda	102		30-39 lat	169			00:00:00	00:17:09	00:38:54.90	00:38:54.90	+00:19:39	7:20	8.2
170	KACZMARCZYK-ZIELIŃSKA Magdalena	281	RUNTEAM PAWŁOWICE	30-39 lat	170	RUNTEAM Pawłowice		00:00:00	00:17:09	00:38:55.35	00:38:55.35	+00:19:39	7:20	8.2
171	SZCZEPANIK Aleksandra	746		30-39 lat	171			00:00:00	00:16:12	00:38:59.80	00:38:59.80	+00:19:44	7:21	8.2
172	LECH Martyna	421		30-39 lat	172			00:00:00	00:16:36	00:39:05.70	00:39:05.70	+00:19:49	7:22	8.1
173	CISŁO Katarzyna	94	POWOLI DO CELU	30-39 lat	173	PoWoli do Celu		00:00:00	00:16:34	00:39:18.30	00:39:18.30	+00:20:02	7:24	8.1
174	KORNAS Marta	352		30-39 lat	174			00:00:00	00:16:21	00:39:19.90	00:39:19.90	+00:20:04	7:25	8.1
175	MURAS-JAROMIN Justyna	517		30-39 lat	175			00:00:00	00:16:19	00:39:35.65	00:39:35.65	+00:20:19	7:28	8
176	JUREK Katarzyna	278	JUSTFEELFITTEAM	30-39 lat	176	JustfeelfitTEAM		00:00:00	00:16:27	00:39:42.10	00:39:42.10	+00:20:26	7:29	8
177	NOWAK Malwina	549		30-39 lat	177			00:00:00	00:17:48	00:39:43.15	00:39:43.15	+00:20:27	7:29	8
178	SOWA Aleksandra	716		30-39 lat	178			00:00:00	00:15:33	00:39:56.90	00:39:56.90	+00:20:41	7:32	8
179	BALCERAK Beata	12		30-39 lat	179			00:00:00	00:16:09	00:40:10.60	00:40:10.60	+00:20:54	7:34	7.9
180	KŁUSAK Halina	323		30-39 lat	180			00:00:00	00:17:19	00:40:15.50	00:40:15.50	+00:20:59	7:35	7.9
181	LURANC Urszula	439		30-39 lat	181			00:00:00	00:16:34	00:40:40.05	00:40:40.05	+00:21:24	7:40	7.8
182	OLEŚ Ula	561		30-39 lat	182			00:00:00	00:16:43	00:40:50.90	00:40:50.90	+00:21:35	7:42	7.8
183	PLATA Marlena	618		30-39 lat	183			00:00:00	00:16:49	00:40:54.95	00:40:54.95	+00:21:39	7:43	7.8
184	SCHMIDT Magdalena	672		30-39 lat	184			00:00:00	00:17:04	00:41:05.20	00:41:05.20	+00:21:49	7:45	7.7
185	STELMACH Marta	726		30-39 lat	185			00:00:00	00:16:29	00:41:08.15	00:41:08.15	+00:21:52	7:45	7.7
186	ZAJĄCZKOWSKA Emilia	842	KOBIETY NA 5+	30-39 lat	186	Kobiety na 5+		00:00:00	00:17:09	00:41:08.95	00:41:08.95	+00:21:53	7:45	7.7
187	PATAŁĄG Katarzyna	594		30-39 lat	187			00:00:00	00:16:01	00:41:44.70	00:41:44.70	+00:22:28	7:52	7.6
188	CZERWIŃSKA Klaudyna	99		30-39 lat	188	OPEL FIJAŁKOWSKI		00:00:00	00:17:44	00:42:05.30	00:42:05.30	+00:22:49	7:56	7.6
189	MILCUSZEK Magdalena	499		30-39 lat	189			00:00:00	00:18:02	00:42:07.20	00:42:07.20	+00:22:51	7:56	7.6
190	KLARENBACH Agnieszka	311		30-39 lat	190			00:00:00	00:18:05	00:42:42.35	00:42:42.35	+00:23:26	8:03	7.4
191	GLICA Katarzyna	183		30-39 lat	191			00:00:00	00:17:34	00:42:43.40	00:42:43.40	+00:23:27	8:03	7.4
192	FABIN Marta	137		30-39 lat	192			00:00:00	00:17:27	00:42:45.05	00:42:45.05	+00:23:29	8:03	7.4
193	GORGON-PASZEK Honorata	192		30-39 lat	193	Bella's Figther		00:00:00	00:17:43	00:44:23.75	00:44:23.75	+00:25:08	8:22	7.2
194	KOZOK Barbara	367	VIKING TRAINING CENTER	30-39 lat	194			00:00:00	00:19:05	00:44:33.35	00:44:33.35	+00:25:17	8:24	7.1
195	SZCZEGODZIŃSKA Kasia	745		30-39 lat	195			00:00:00	00:18:29	00:44:43.20	00:44:43.20	+00:25:27	8:26	7.1
196	DAMIS Jessica	104		30-39 lat	196			00:00:00	00:18:03	00:45:05.15	00:45:05.15	+00:25:49	8:30	7.1
197	MAGIELEK Magdalena	485		30-39 lat	197			00:00:00	00:18:04	00:45:05.45	00:45:05.45	+00:25:49	8:30	7.1
198	NOWORYTA-RYGUŁA Maria	554		30-39 lat	198			00:00:00	00:18:58	00:45:23.50	00:45:23.50	+00:26:07	8:33	7
199	DĘBSKA Olga	112		30-39 lat	199	EKIPA PP19		00:00:00	00:19:07	00:45:35.25	00:45:35.25	+00:26:19	8:36	7
200	MULLER-KOCZOR Aleksandra	516		30-39 lat	200	EKIPA PP19		00:00:00	00:19:07	00:45:35.55	00:45:35.55	+00:26:19	8:36	7
201	SKRZYPIEC Martyna	688		30-39 lat	201			00:00:00	00:17:09	00:47:18.00	00:47:18.00	+00:28:02	8:55	6.7
202	JAWORSKA Monika	270		30-39 lat	202		Byle do mety	00:00:00	00:21:04	00:50:41.40	00:50:41.40	+00:31:25	9:33	6.3

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
203	KANTOROWSKA Ania	295	POWOLI DO CELU	30-39 lat	203	PoWoli do Celu		00:00:00	00:22:05	00:51:10.35	00:51:10.35	+00:31:54	9:39	6.2
204	JURKOWSKA Monika	279	KOBIETY NA 5+	30-39 lat	204	Kobiety na 5+		00:00:00	00:21:47	00:51:21.80	00:51:21.80	+00:32:06	9:41	6.2
205	BUJAK Magdalena	69	VIKING TRAINING CENTER	30-39 lat	205			00:00:00	00:24:34	00:56:22.25	00:56:22.25	+00:37:06	10:38	5.6
206	KOPICZKO Ewelina	345	INCOLA TEAM	30-39 lat	206	INCOLA TEAM		00:00:00	00:26:06	01:00:17.50	01:00:17.50	+00:41:01	11:22	5.3

Znaleziono 206 wynik(ów)