



# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELEGENTNE 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**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: 40-49 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 Joanna</b>	<b>205</b>	MOJŻYSZ TEAM/ERIGO	40-49 lat	1	PĘDZIWIATRY		00:00:00	00:08:23	<b>00:19:27.55</b>	<b>00:19:27.55</b>		3:40	16.3
2	<b>REDZIK Dorota</b>	<b>647</b>	NEVER TOO LATE	40-49 lat	2		Dorota i Monika	00:00:00	00:08:56	<b>00:20:30.55</b>	<b>00:20:30.55</b>	+00:01:03	3:52	15.5
3	<b>ADAMCZYK-NOWAK Beata</b>	<b>4</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	3	Miechowicka Grupa Biegowa		00:00:00	00:09:05	<b>00:20:54.50</b>	<b>00:20:54.50</b>	+00:01:26	3:56	15.2
4	<b>BIELIŃSKA Monika</b>	<b>39</b>		40-49 lat	4	PĘDZIWIATRY	Dorota i Monika	00:00:00	00:09:11	<b>00:21:33.50</b>	<b>00:21:33.50</b>	+00:02:05	4:03	14.8
5	<b>NENKO Barbara</b>	<b>533</b>	TEACHERS	40-49 lat	5		Teachers	00:00:00	00:09:29	<b>00:22:00.15</b>	<b>00:22:00.15</b>	+00:02:32	4:09	14.5
6	<b>TANISTRA - SŁOWIK Katarzyna</b>	<b>774</b>	HURAGAN LIGOTA	40-49 lat	6	HURAGAN LIGOTA		00:00:00	00:09:15	<b>00:22:00.95</b>	<b>00:22:00.95</b>	+00:02:33	4:09	14.5
7	<b>ANDROSZ Beata</b>	<b>7</b>	BBL RUDA ŚLĄSKA	40-49 lat	7			00:00:00	00:09:18	<b>00:22:03.25</b>	<b>00:22:03.25</b>	+00:02:35	4:09	14.4
8	<b>LEWICKA Elżbieta</b>	<b>427</b>		40-49 lat	8		Biegające Wirusy	00:00:00	00:09:26	<b>00:22:13.35</b>	<b>00:22:13.35</b>	+00:02:45	4:11	14.3
9	<b>PARZYCH Katarzyna</b>	<b>590</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49 lat	9	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:09:38	<b>00:22:31.70</b>	<b>00:22:31.70</b>	+00:03:04	4:14	14.1
10	<b>SUSZCZYK Monika</b>	<b>740</b>		40-49 lat	10	Mors Hubertus	Mysłowickie Frele	00:00:00	00:09:56	<b>00:22:45.70</b>	<b>00:22:45.70</b>	+00:03:18	4:17	14
11	<b>DOBRENKO Edyta</b>	<b>961</b>		40-49 lat	11			00:00:00	00:10:01	<b>00:23:05.90</b>	<b>00:23:05.90</b>	+00:03:38	4:21	13.8
12	<b>JANEK Weronika</b>	<b>248</b>		40-49 lat	12			00:00:00	00:09:52	<b>00:23:09.40</b>	<b>00:23:09.40</b>	+00:03:41	4:22	13.7
13	<b>OPIEKULSKA Renata</b>	<b>566</b>		40-49 lat	13			00:00:00	00:09:55	<b>00:23:20.50</b>	<b>00:23:20.50</b>	+00:03:52	4:24	13.6
14	<b>KOPIEC Izabela</b>	<b>347</b>		40-49 lat	14	Matki żony i biegaczki		00:00:00	00:10:02	<b>00:23:33.75</b>	<b>00:23:33.75</b>	+00:04:06	4:26	13.5
15	<b>PASŁAWSKA Katarzyna</b>	<b>591</b>	KOBIETY NA 5+	40-49 lat	15	Kobiety na 5+		00:00:00	00:10:10	<b>00:24:02.45</b>	<b>00:24:02.45</b>	+00:04:34	4:32	13.2
16	<b>NIESŁAŃCZYK Małgorzata</b>	<b>540</b>	WATAHA	40-49 lat	16	WATAHA		00:00:00	00:10:09	<b>00:24:21.10</b>	<b>00:24:21.10</b>	+00:04:53	4:35	13.1

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
17	<b>KANDORA Joanna</b>	<b>293</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	17	Miechowicka Grupa Biegowa		00:00:00	00:10:31	<b>00:24:29.20</b>	<b>00:24:29.20</b>	+00:05:01	4:37	13
18	<b>WYPIÓR Ewa</b>	<b>836</b>		40-49 lat	18			00:00:00	00:10:20	<b>00:24:30.80</b>	<b>00:24:30.80</b>	+00:05:03	4:37	13
19	<b>JUTKA Kasia</b>	<b>1192</b>		40-49 lat	19			00:00:00	00:11:33	<b>00:25:05.45</b>	<b>00:25:05.45</b>	+00:05:37	4:43	12.7
20	<b>WOWRY Sylwia</b>	<b>825</b>	OLZA CIESZYN	40-49 lat	20	Olza Cieszyn	BiS	00:00:00	00:10:35	<b>00:25:10.00</b>	<b>00:25:10.00</b>	+00:05:42	4:44	12.6
21	<b>GÓRSKA Agnieszka</b>	<b>201</b>	BDB TEAM	40-49 lat	21	BDB Team		00:00:00	00:11:06	<b>00:25:22.95</b>	<b>00:25:22.95</b>	+00:05:55	4:47	12.5
22	<b>SOCHORKOVÁ Aneta</b>	<b>710</b>		40-49 lat	22			00:00:00	00:10:59	<b>00:25:27.15</b>	<b>00:25:27.15</b>	+00:05:59	4:48	12.5
23	<b>CZERWIŃSKA Sonia</b>	<b>98</b>		40-49 lat	23			00:00:00	00:10:49	<b>00:25:32.15</b>	<b>00:25:32.15</b>	+00:06:04	4:49	12.5
24	<b>PIWOŃSKA Ada</b>	<b>617</b>	PIRATKI Z SZARLOTY	40-49 lat	24	Piratki z Szarloty	Piratki z Szarloty	00:00:00	00:10:48	<b>00:25:43.85</b>	<b>00:25:43.85</b>	+00:06:16	4:51	12.4
25	<b>UNGEHOJER Małgorzata</b>	<b>787</b>		40-49 lat	25			00:00:00	00:10:45	<b>00:26:07.45</b>	<b>00:26:07.45</b>	+00:06:39	4:55	12.2
26	<b>LOSKOT Monika</b>	<b>436</b>	J&M	40-49 lat	26		J&M	00:00:00	00:10:49	<b>00:26:08.75</b>	<b>00:26:08.75</b>	+00:06:41	4:55	12.2
27	<b>HELIOSZ Agnieszka</b>	<b>229</b>	PIRATKI Z SZARLOTY	40-49 lat	27	Piratki z Szarloty		00:00:00	00:10:57	<b>00:26:09.15</b>	<b>00:26:09.15</b>	+00:06:41	4:56	12.2
28	<b>SOŁTYSEK Barbara</b>	<b>713</b>	JUSTFEELFITTEAM	40-49 lat	28	JustfeelfitTEAM	MOBILITY GIRLS	00:00:00	00:11:30	<b>00:26:09.75</b>	<b>00:26:09.75</b>	+00:06:42	4:56	12.2
29	<b>KWARCIŃSKA Maria</b>	<b>414</b>	BDB TEAM	40-49 lat	29	BDB Team		00:00:00	00:11:37	<b>00:26:11.55</b>	<b>00:26:11.55</b>	+00:06:44	4:56	12.1
30	<b>MENŻYK Joanna</b>	<b>491</b>	MORS HUBERTUS MYŚŁOWICE	40-49 lat	30	Mors Hubertus	Myśłowickie Frele	00:00:00	00:11:07	<b>00:26:13.50</b>	<b>00:26:13.50</b>	+00:06:45	4:56	12.1
31	<b>GREENE Agnieszka</b>	<b>204</b>	HÓNYM DO METY	40-49 lat	31	JUST FOR FUN		00:00:00	00:11:59	<b>00:26:23.00</b>	<b>00:26:23.00</b>	+00:06:55	4:58	12.1
32	<b>PAJESTKA Katarzyna</b>	<b>579</b>		40-49 lat	32			00:00:00	00:11:32	<b>00:26:28.65</b>	<b>00:26:28.65</b>	+00:07:01	4:59	12
33	<b>SLISZ Maria</b>	<b>691</b>	DECATHLON & PRZYJACIELE	40-49 lat	33		M&M	00:00:00	00:11:35	<b>00:26:32.65</b>	<b>00:26:32.65</b>	+00:07:05	5:00	12
34	<b>MAZUR Małgorzata</b>	<b>484</b>		40-49 lat	34			00:00:00	00:11:27	<b>00:26:36.00</b>	<b>00:26:36.00</b>	+00:07:08	5:01	12
35	<b>SICH-ŚWITAŁA Małgorzata</b>	<b>676</b>		40-49 lat	35	Matki żony i biegaczki		00:00:00	00:11:46	<b>00:26:38.70</b>	<b>00:26:38.70</b>	+00:07:11	5:01	11.9
36	<b>PIWKO Anna</b>	<b>616</b>		40-49 lat	36			00:00:00	00:11:50	<b>00:27:09.05</b>	<b>00:27:09.05</b>	+00:07:41	5:07	11.7
37	<b>KASPERCZYK Aleksandra</b>	<b>299</b>	WARTKIE PIERONY	40-49 lat	37	Wartkie Pierony		00:00:00	00:11:57	<b>00:27:10.25</b>	<b>00:27:10.25</b>	+00:07:42	5:07	11.7
38	<b>PIOTROWSKA Anna</b>	<b>612</b>	HURAGAN LIGOTA	40-49 lat	38	HURAGAN LIGOTA		00:00:00	00:11:30	<b>00:27:11.00</b>	<b>00:27:11.00</b>	+00:07:43	5:07	11.7
39	<b>KRAKOWCZYK Tatiana</b>	<b>370</b>		40-49 lat	39	Wiewiórki Zimnokrwiste		00:00:00	00:12:03	<b>00:27:12.40</b>	<b>00:27:12.40</b>	+00:07:44	5:07	11.7
40	<b>ROLNIK Monika</b>	<b>655</b>		40-49 lat	40		M&K	00:00:00	00:11:45	<b>00:27:13.40</b>	<b>00:27:13.40</b>	+00:07:45	5:08	11.7
41	<b>HANDZLIK-STARZYK Anna</b>	<b>225</b>		40-49 lat	41	Wiewiórki Zimnokrwiste		00:00:00	00:11:53	<b>00:27:15.10</b>	<b>00:27:15.10</b>	+00:07:47	5:08	11.7
42	<b>MYSIAK Beata</b>	<b>522</b>	BDB TEAM	40-49 lat	42	BDB Team		00:00:00	00:11:41	<b>00:27:18.55</b>	<b>00:27:18.55</b>	+00:07:51	5:09	11.6
43	<b>PUSTELNIK Justyna</b>	<b>637</b>		40-49 lat	43			00:00:00	00:11:27	<b>00:27:19.05</b>	<b>00:27:19.05</b>	+00:07:51	5:09	11.6
44	<b>MUSIAŁ Wioletta</b>	<b>519</b>	SZARE MORSY	40-49 lat	44	Szare Morsy		00:00:00	00:11:34	<b>00:27:20.15</b>	<b>00:27:20.15</b>	+00:07:52	5:09	11.6

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
45	<b>SKWORC Ilona</b>	<b>690</b>	WARTKIE PIERONY	40-49 lat	45	Wartkie Pierony		00:00:00	00:12:04	<b>00:27:27.95</b>	<b>00:27:27.95</b>	+00:08:00	5:10	11.6
46	<b>NOWACZEK Ela</b>	<b>547</b>	WARTKIE PIERONY	40-49 lat	46	Wartkie Pierony	Wartkie Pieronice	00:00:00	00:11:56	<b>00:27:28.25</b>	<b>00:27:28.25</b>	+00:08:00	5:10	11.6
47	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>712</b>	TEAM ŻORY	40-49 lat	47			00:00:00	00:12:10	<b>00:27:30.20</b>	<b>00:27:30.20</b>	+00:08:02	5:11	11.6
48	<b>KUSTRA-POLAK Monika</b>	<b>404</b>	JEJKOWICE KOBIETKI	40-49 lat	48	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:11:52	<b>00:27:32.20</b>	<b>00:27:32.20</b>	+00:08:04	5:11	11.5
49	<b>KOTOWICZ Anna</b>	<b>356</b>		40-49 lat	49			00:00:00	00:11:40	<b>00:27:42.75</b>	<b>00:27:42.75</b>	+00:08:15	5:13	11.5
50	<b>FILIPIAK Beata</b>	<b>142</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	50			00:00:00	00:11:23	<b>00:27:43.10</b>	<b>00:27:43.10</b>	+00:08:15	5:13	11.5
51	<b>FRANEK Agata</b>	<b>150</b>		40-49 lat	51			00:00:00	00:11:22	<b>00:27:43.75</b>	<b>00:27:43.75</b>	+00:08:16	5:13	11.5
52	<b>JASEK Wioletta</b>	<b>262</b>	KOBIETY WATAHY	40-49 lat	52			00:00:00	00:11:49	<b>00:27:49.85</b>	<b>00:27:49.85</b>	+00:08:22	5:14	11.4
53	<b>PROKOP Iwona</b>	<b>634</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49 lat	53		Teachers	00:00:00	00:12:08	<b>00:27:56.65</b>	<b>00:27:56.65</b>	+00:08:29	5:16	11.4
54	<b>GORZELAK Joanna</b>	<b>194</b>	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:00	00:11:57	<b>00:27:58.00</b>	<b>00:27:58.00</b>	+00:08:30	5:16	11.4
55	<b>GÓRECKA Iwona</b>	<b>197</b>		40-49 lat	55			00:00:00	00:12:32	<b>00:28:05.30</b>	<b>00:28:05.30</b>	+00:08:37	5:17	11.3
56	<b>KLOZIK Agnieszka</b>	<b>316</b>		40-49 lat	56			00:00:00	00:11:31	<b>00:28:12.40</b>	<b>00:28:12.40</b>	+00:08:44	5:19	11.3
57	<b>WINIARSKA Monika</b>	<b>807</b>	YNO ULTRA	40-49 lat	57			00:00:00	00:12:05	<b>00:28:14.00</b>	<b>00:28:14.00</b>	+00:08:46	5:19	11.3
58	<b>CEGLARSKA Sonia</b>	<b>78</b>	JEJKOWICE BIEGAJĄ	40-49 lat	58	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:12:30	<b>00:28:15.25</b>	<b>00:28:15.25</b>	+00:08:47	5:19	11.3
59	<b>LACH Ewelina</b>	<b>417</b>		40-49 lat	59			00:00:00	00:12:06	<b>00:28:26.10</b>	<b>00:28:26.10</b>	+00:08:58	5:21	11.2
60	<b>ADAMUS Anna</b>	<b>405</b>	WARTKIE PIERONY	40-49 lat	60	Wartkie Pierony		00:00:00	00:12:05	<b>00:28:31.40</b>	<b>00:28:31.40</b>	+00:09:03	5:22	11.2
61	<b>GIEROŃ Katarzyna</b>	<b>179</b>	DYSTANS LUBOMIA	40-49 lat	61		KK	00:00:00	00:12:21	<b>00:28:33.15</b>	<b>00:28:33.15</b>	+00:09:05	5:23	11.1
62	<b>KORDEK Dorota</b>	<b>350</b>		40-49 lat	62			00:00:00	00:12:07	<b>00:28:35.85</b>	<b>00:28:35.85</b>	+00:09:08	5:23	11.1
63	<b>GENSTY Klaudia</b>	<b>176</b>	DYSTANS LUBOMIA	40-49 lat	63		KK	00:00:00	00:12:37	<b>00:28:43.45</b>	<b>00:28:43.45</b>	+00:09:15	5:25	11.1
64	<b>SZŁAPA Urszula</b>	<b>756</b>	SPOT PSZCZYNA	40-49 lat	64	SPOT Pszczyna		00:00:00	00:11:13	<b>00:28:45.40</b>	<b>00:28:45.40</b>	+00:09:17	5:25	11.1
65	<b>BORUTA Wioletta</b>	<b>57</b>		40-49 lat	65			00:00:00	00:12:04	<b>00:28:50.70</b>	<b>00:28:50.70</b>	+00:09:23	5:26	11
66	<b>DOBRENKO Edyta</b>	<b>116</b>		40-49 lat	66			00:00:00	00:12:32	<b>00:28:51.90</b>	<b>00:28:51.90</b>	+00:09:24	5:26	11
67	<b>KĘKUŚ Dorota</b>	<b>304</b>	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	40-49 lat	67			00:00:00	00:12:15	<b>00:29:01.45</b>	<b>00:29:01.45</b>	+00:09:33	5:28	11
68	<b>TERESZYŃSKA Anna</b>	<b>776</b>		40-49 lat	68			00:00:00	00:11:38	<b>00:29:01.80</b>	<b>00:29:01.80</b>	+00:09:34	5:28	11
69	<b>GATNER Agnieszka</b>	<b>171</b>		40-49 lat	69			00:00:00	00:12:19	<b>00:29:05.10</b>	<b>00:29:05.10</b>	+00:09:37	5:29	10.9
69	<b>ŁASA Izabela</b>	<b>443</b>		40-49 lat	70			00:00:00	00:12:30	<b>00:29:05.10</b>	<b>00:29:05.10</b>	+00:09:37	5:29	10.9
71	<b>KĄKOL-WOJTAS Katarzyna</b>	<b>303</b>	POWOLI DO CELU	40-49 lat	71	PoWoli do Celu		00:00:00	00:12:45	<b>00:29:10.25</b>	<b>00:29:10.25</b>	+00:09:42	5:30	10.9
72	<b>PLESZCZYŃSKA Iwona</b>	<b>619</b>		40-49 lat	72		Izolda&lwi	00:00:00	00:12:33	<b>00:29:28.70</b>	<b>00:29:28.70</b>	+00:10:01	5:33	10.8
73	<b>ŁATKA Dorota</b>	<b>444</b>		40-49 lat	73			00:00:00	00:12:24	<b>00:29:36.45</b>	<b>00:29:36.45</b>	+00:10:08	5:35	10.7
74	<b>HALSZKA Joanna</b>	<b>222</b>		40-49 lat	74		funfelki	00:00:00	00:12:59	<b>00:29:38.85</b>	<b>00:29:38.85</b>	+00:10:11	5:35	10.7
75	<b>PIECHA-ŁACHAJCZYK Hanna</b>	<b>602</b>		40-49 lat	75			00:00:00	00:12:55	<b>00:29:41.00</b>	<b>00:29:41.00</b>	+00:10:13	5:36	10.7
76	<b>KAMIŃSKA Agnieszka</b>	<b>292</b>		40-49 lat	76			00:00:00	00:12:36	<b>00:29:43.05</b>	<b>00:29:43.05</b>	+00:10:15	5:36	10.7
77	<b>BUREK Alina</b>	<b>72</b>		40-49 lat	77			00:00:00	00:12:26	<b>00:29:49.40</b>	<b>00:29:49.40</b>	+00:10:21	5:37	10.7

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
78	<b>FRAJHOFER Ewka</b>	<b>149</b>		40-49 lat	78	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:12:19	<b>00:29:58.85</b>	<b>00:29:58.85</b>	+00:10:31	5:39	10.6
79	<b>BITNER-RYSZKA Natalia</b>	<b>43</b>		40-49 lat	79			00:00:00	00:13:12	<b>00:30:00.55</b>	<b>00:30:00.55</b>	+00:10:33	5:39	10.6
80	<b>ŻBEL Ania</b>	<b>862</b>		40-49 lat	80			00:00:00	00:13:12	<b>00:30:00.80</b>	<b>00:30:00.80</b>	+00:10:33	5:39	10.6
81	<b>WIDERA Elżbieta</b>	<b>801</b>		40-49 lat	81	HRmax dziólszki		00:00:00	00:13:15	<b>00:30:02.35</b>	<b>00:30:02.35</b>	+00:10:34	5:40	10.6
82	<b>SAJNAJ Izabela</b>	<b>669</b>		40-49 lat	82		Izolda&lwi	00:00:00	00:12:46	<b>00:30:06.45</b>	<b>00:30:06.45</b>	+00:10:38	5:40	10.6
83	<b>KUŚNIERZ Ewelina Dąbrowska</b>	<b>411</b>	MIRAZ RACE TEAM	40-49 lat	83	Miraz Race Team		00:00:00	00:13:20	<b>00:30:13.95</b>	<b>00:30:13.95</b>	+00:10:46	5:42	10.5
84	<b>MUSIOŁ Bożena</b>	<b>521</b>		40-49 lat	84			00:00:00	00:11:54	<b>00:30:14.75</b>	<b>00:30:14.75</b>	+00:10:47	5:42	10.5
85	<b>DĄBROWSKA Agata</b>	<b>106</b>	NESSI TIME ŻORY	40-49 lat	85			00:00:00	00:13:14	<b>00:30:15.85</b>	<b>00:30:15.85</b>	+00:10:48	5:42	10.5
86	<b>JAKUBOWSKA Agnieszka</b>	<b>243</b>	HRMAX DZIOŁSZKI	40-49 lat	86	HRmax dziólszki		00:00:00	00:13:15	<b>00:30:16.20</b>	<b>00:30:16.20</b>	+00:10:48	5:42	10.5
87	<b>KACZOREK Anna</b>	<b>283</b>	HRMAX DZIOŁSZKI	40-49 lat	87	HRmax dziólszki		00:00:00	00:13:15	<b>00:30:16.30</b>	<b>00:30:16.30</b>	+00:10:48	5:42	10.5
88	<b>JAROŃ Katarzyna</b>	<b>259</b>		40-49 lat	88			00:00:00	00:12:03	<b>00:30:19.25</b>	<b>00:30:19.25</b>	+00:10:51	5:43	10.5
89	<b>ZIELOSKO Beata</b>	<b>854</b>		40-49 lat	89			00:00:00	00:13:10	<b>00:30:20.25</b>	<b>00:30:20.25</b>	+00:10:52	5:43	10.5
90	<b>LISOWSKA Agnieszka</b>	<b>432</b>		40-49 lat	90			00:00:00	00:12:50	<b>00:30:21.80</b>	<b>00:30:21.80</b>	+00:10:54	5:43	10.5
91	<b>ŚLUSARCYK Wioletta</b>	<b>771</b>	BIEGAMY/MORSUJEMY	40-49 lat	91			00:00:00	00:12:36	<b>00:30:25.05</b>	<b>00:30:25.05</b>	+00:10:57	5:44	10.5
92	<b>WIECHOWSKA Sabina</b>	<b>802</b>	MONSUN SPORT	40-49 lat	92			00:00:00	00:12:20	<b>00:30:25.10</b>	<b>00:30:25.10</b>	+00:10:57	5:44	10.5
93	<b>MARZAŁKOWSKA Daria</b>	<b>471</b>		40-49 lat	93			00:00:00	00:13:57	<b>00:30:25.45</b>	<b>00:30:25.45</b>	+00:10:57	5:44	10.5
94	<b>GAŁKIEWICZ Monika</b>	<b>162</b>	BDB TEAM	40-49 lat	94	BDB Team		00:00:00	00:13:00	<b>00:30:27.05</b>	<b>00:30:27.05</b>	+00:10:59	5:44	10.4
95	<b>MADEJA Zofia</b>	<b>454</b>	POWOLIDOCELU	40-49 lat	95	PoWoli do Celu		00:00:00	00:13:32	<b>00:30:29.35</b>	<b>00:30:29.35</b>	+00:11:01	5:45	10.4
96	<b>BIZOŃ Monika</b>	<b>44</b>		40-49 lat	96			00:00:00	00:12:57	<b>00:30:38.20</b>	<b>00:30:38.20</b>	+00:11:10	5:46	10.4
97	<b>SOBINA Roksana</b>	<b>707</b>	KLUB BIEGACZA FARTLEK	40-49 lat	97	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	<b>00:30:39.15</b>	<b>00:30:39.15</b>	+00:11:11	5:46	10.4
98	<b>SZTABLA Liliana</b>	<b>760</b>	KLUB BIEGACZA FARTLEK	40-49 lat	98	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	<b>00:30:39.85</b>	<b>00:30:39.85</b>	+00:11:12	5:46	10.4
99	<b>TYRYTKO Sylwia</b>	<b>783</b>	WATAHA	40-49 lat	99	WATAHA		00:00:00	00:13:20	<b>00:30:43.35</b>	<b>00:30:43.35</b>	+00:11:15	5:47	10.4
100	<b>GOLASIK Katarzyna</b>	<b>188</b>	JUSTFEELFITTEAM	40-49 lat	100	justfeelfitTEAM		00:00:00	00:13:40	<b>00:30:43.50</b>	<b>00:30:43.50</b>	+00:11:15	5:47	10.4
101	<b>OLSZAK Joanna</b>	<b>564</b>	JUST FOR FAN	40-49 lat	101	JUST FOR FUN		00:00:00	00:13:23	<b>00:30:48.35</b>	<b>00:30:48.35</b>	+00:11:20	5:48	10.3
102	<b>DZIEWIRZ Aurelia</b>	<b>134</b>		40-49 lat	102			00:00:00	00:12:45	<b>00:30:49.65</b>	<b>00:30:49.65</b>	+00:11:22	5:48	10.3
103	<b>NOSAL Maria</b>	<b>546</b>		40-49 lat	103			00:00:00	00:12:49	<b>00:30:50.20</b>	<b>00:30:50.20</b>	+00:11:22	5:49	10.3
104	<b>GÓRKA Barbara</b>	<b>199</b>	RUNTEAM PAWŁOWICE	40-49 lat	104	RUNTEAM Pawłowice		00:00:00	00:13:35	<b>00:30:52.15</b>	<b>00:30:52.15</b>	+00:11:24	5:49	10.3
105	<b>FRANICZEK Bożena</b>	<b>151</b>		40-49 lat	105			00:00:00	00:12:46	<b>00:30:52.45</b>	<b>00:30:52.45</b>	+00:11:24	5:49	10.3
106	<b>PARKITA Justyna</b>	<b>588</b>	BDB TEAM	40-49 lat	106	BDB Team		00:00:00	00:13:01	<b>00:30:56.20</b>	<b>00:30:56.20</b>	+00:11:28	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
107	<b>KUŚ Elżbieta</b>	<b>408</b>		40-49 lat	107		rude ze śląska	00:00:00	00:13:52	<b>00:30:58.05</b>	<b>00:30:58.05</b>	+00:11:30	5:50	10.3
108	<b>LIPKA Edyta</b>	<b>429</b>		40-49 lat	108			00:00:00	00:12:52	<b>00:30:58.50</b>	<b>00:30:58.50</b>	+00:11:30	5:50	10.3
109	<b>BOŁOTIUCH Katarzyna</b>	<b>54</b>	POWOLI DO CELU	40-49 lat	109	PoWoli do Celu		00:00:00	00:13:04	<b>00:30:59.75</b>	<b>00:30:59.75</b>	+00:11:32	5:50	10.3
110	<b>MALINOWSKA Aneta</b>	<b>461</b>	OLZA CIESZYN	40-49 lat	110	Olza Cieszyn		00:00:00	00:13:11	<b>00:31:08.40</b>	<b>00:31:08.40</b>	+00:11:40	5:52	10.2
111	<b>BOMBOR Antonina</b>	<b>55</b>		40-49 lat	111			00:00:00	00:13:33	<b>00:31:10.05</b>	<b>00:31:10.05</b>	+00:11:42	5:52	10.2
112	<b>SZAROWICZ Joanna</b>	<b>743</b>		40-49 lat	112	Miechowicka Grupa Biegowa		00:00:00	00:13:09	<b>00:31:15.65</b>	<b>00:31:15.65</b>	+00:11:48	5:53	10.2
113	<b>DOBRENIUK Aurelia</b>	<b>115</b>		40-49 lat	113			00:00:00	00:12:59	<b>00:31:16.80</b>	<b>00:31:16.80</b>	+00:11:49	5:53	10.2
114	<b>MADEJA Aleksandra</b>	<b>453</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	114	Miechowicka Grupa Biegowa		00:00:00	00:13:25	<b>00:31:26.40</b>	<b>00:31:26.40</b>	+00:11:58	5:55	10.1
115	<b>MUSIOŁ Helena</b>	<b>520</b>		40-49 lat	115			00:00:00	00:12:51	<b>00:31:27.85</b>	<b>00:31:27.85</b>	+00:12:00	5:56	10.1
116	<b>JURASZEK Agnieszka</b>	<b>276</b>	JUSTFEELFIT TEAM	40-49 lat	116	JustfeelfitTEAM		00:00:00	00:13:49	<b>00:31:29.95</b>	<b>00:31:29.95</b>	+00:12:02	5:56	10.1
117	<b>GROMADZKA Justyna</b>	<b>208</b>	KOBIETYWATAHY	40-49 lat	117			00:00:00	00:12:55	<b>00:31:30.25</b>	<b>00:31:30.25</b>	+00:12:02	5:56	10.1
118	<b>PIETROSZEK Władysława</b>	<b>607</b>		40-49 lat	118			00:00:00	00:13:04	<b>00:31:31.00</b>	<b>00:31:31.00</b>	+00:12:03	5:56	10.1
119	<b>BODZIANOWSKA Joanna</b>	<b>51</b>	GOLDENTEAM	40-49 lat	119		Golden Team	00:00:00	00:12:39	<b>00:31:33.45</b>	<b>00:31:33.45</b>	+00:12:05	5:57	10.1
120	<b>GAJ Monika</b>	<b>158</b>	DAR-BUD TEAM	40-49 lat	120			00:00:00	00:13:49	<b>00:31:34.30</b>	<b>00:31:34.30</b>	+00:12:06	5:57	10.1
121	<b>MOSZ Weronika</b>	<b>509</b>		40-49 lat	121			00:00:00	00:13:46	<b>00:31:38.15</b>	<b>00:31:38.15</b>	+00:12:10	5:58	10.1
122	<b>KUŚ Joanna</b>	<b>407</b>		40-49 lat	122	Rzbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:13:57	<b>00:31:40.10</b>	<b>00:31:40.10</b>	+00:12:12	5:58	10
123	<b>KLIMEK-KARAS Sylwia</b>	<b>315</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49 lat	123	Rzbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:13:57	<b>00:31:41.20</b>	<b>00:31:41.20</b>	+00:12:13	5:58	10
124	<b>PIWISZKIS Barbara</b>	<b>615</b>	KOBIETY NA 5+	40-49 lat	124	Kobiety na 5+	AnadoBara	00:00:00	00:13:06	<b>00:31:44.80</b>	<b>00:31:44.80</b>	+00:12:17	5:59	10
124	<b>KUFIETA Ewelina Ina</b>	<b>390</b>		40-49 lat	125		Blond rakiety	00:00:00	00:13:08	<b>00:31:44.80</b>	<b>00:31:44.80</b>	+00:12:17	5:59	10
126	<b>UKLEJA Ela</b>	<b>786</b>		40-49 lat	126			00:00:00	00:14:18	<b>00:31:46.60</b>	<b>00:31:46.60</b>	+00:12:19	5:59	10
127	<b>ROSGA Anna</b>	<b>658</b>		40-49 lat	127			00:00:00	00:12:44	<b>00:31:48.90</b>	<b>00:31:48.90</b>	+00:12:21	6:00	10
128	<b>CZYRNEK Ewa</b>	<b>100</b>	SMAKI BIEGANIA	40-49 lat	128	Smaki biegania	siostry	00:00:00	00:13:10	<b>00:31:49.90</b>	<b>00:31:49.90</b>	+00:12:22	6:00	10
129	<b>BAŁA Justyna</b>	<b>14</b>	KOBIETY NA 5+	40-49 lat	129	Kobiety na 5+		00:00:00	00:13:36	<b>00:31:51.85</b>	<b>00:31:51.85</b>	+00:12:24	6:00	10
130	<b>LIPKO Izabela</b>	<b>430</b>		40-49 lat	130			00:00:00	00:15:11	<b>00:31:52.35</b>	<b>00:31:52.35</b>	+00:12:24	6:00	10
131	<b>GRUSZKIEWICZ Sylwia</b>	<b>210</b>	BORKO TEAM	40-49 lat	131		Borko Team	00:00:00	00:14:52	<b>00:31:53.60</b>	<b>00:31:53.60</b>	+00:12:26	6:00	10
132	<b>ANIÓŁ-BARLIK Agnieszka</b>	<b>8</b>		40-49 lat	132			00:00:00	00:13:20	<b>00:31:54.90</b>	<b>00:31:54.90</b>	+00:12:27	6:01	10

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
133	JANIK Izabela	251		40-49 lat	133	JUST FOR FUN		00:00:00	00:13:12	00:31:58.85	00:31:58.85	+00:12:31	6:01	9.9
134	KŁEK Marzena	322		40-49 lat	134			00:00:00	00:13:53	00:32:00.70	00:32:00.70	+00:12:33	6:02	9.9
135	JAWORSKA Ewa	269		40-49 lat	135			00:00:00	00:13:56	00:32:10.30	00:32:10.30	+00:12:42	6:04	9.9
136	SZPYRA Sonia	758		40-49 lat	136			00:00:00	00:13:22	00:32:11.60	00:32:11.60	+00:12:44	6:04	9.9
137	SOBOL Ewa	708		40-49 lat	137		funfelki	00:00:00	00:13:33	00:32:11.80	00:32:11.80	+00:12:44	6:04	9.9
138	ZACZYŃSKA-POZNIAK Jarosława	840		40-49 lat	138			00:00:00	00:13:56	00:32:15.20	00:32:15.20	+00:12:47	6:05	9.9
139	ROŚCZAK Sylwia	659		40-49 lat	139			00:00:00	00:13:48	00:32:17.85	00:32:17.85	+00:12:50	6:05	9.9
140	DONOCIK Bogusława	120		40-49 lat	140			00:00:00	00:14:21	00:32:19.95	00:32:19.95	+00:12:52	6:05	9.8
141	WOSIŃSKA Helena	822	RUNTEAM PAWŁOWICE	40-49 lat	141	RUNTEAM Pawłowice		00:00:00	00:13:36	00:32:20.85	00:32:20.85	+00:12:53	6:06	9.8
142	MASZCZYŃSKA-SKALIK Anna	475		40-49 lat	142			00:00:00	00:14:38	00:32:22.70	00:32:22.70	+00:12:55	6:06	9.8
143	BROLL Agnieszka	63		40-49 lat	143			00:00:00	00:13:48	00:32:25.95	00:32:25.95	+00:12:58	6:06	9.8
144	GAJOS Agnieszka	161	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	144	Miechowicka Grupa Biegowa		00:00:00	00:14:14	00:32:26.35	00:32:26.35	+00:12:58	6:07	9.8
145	JAWOREK Monika	268		40-49 lat	145			00:00:00	00:13:56	00:32:27.25	00:32:27.25	+00:12:59	6:07	9.8
146	WOŹNIAK Aleksandra	826		40-49 lat	146			00:00:00	00:13:37	00:32:28.45	00:32:28.45	+00:13:00	6:07	9.8
147	WYSOCKA Magdalena	838		40-49 lat	147			00:00:00	00:13:48	00:32:33.50	00:32:33.50	+00:13:05	6:08	9.8
148	SOSNA Iwona	715		40-49 lat	148			00:00:00	00:13:53	00:32:34.05	00:32:34.05	+00:13:06	6:08	9.8
149	BRZÓZKA Beata	66		40-49 lat	149			00:00:00	00:13:45	00:32:36.05	00:32:36.05	+00:13:08	6:09	9.8
150	SZEWERDA Hanna	755		40-49 lat	150			00:00:00	00:13:41	00:32:37.65	00:32:37.65	+00:13:10	6:09	9.7
151	KONIECZNA Magdalena	340		40-49 lat	151			00:00:00	00:13:29	00:32:38.30	00:32:38.30	+00:13:10	6:09	9.7
152	MATUĆ Aleksandra	478	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	152	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:40.25	00:32:40.25	+00:13:12	6:09	9.7
153	BURZYŃSKA Beata	74		40-49 lat	153			00:00:00	00:13:24	00:32:45.85	00:32:45.85	+00:13:18	6:10	9.7
154	FECZKO Lucyna	139		40-49 lat	154			00:00:00	00:12:56	00:32:48.90	00:32:48.90	+00:13:21	6:11	9.7
155	KUCHMISTRZ Izabela	384		40-49 lat	155			00:00:00	00:14:16	00:32:51.50	00:32:51.50	+00:13:23	6:11	9.7
156	UTRATA Jolanta	789	BESTIE	40-49 lat	156	BESTie	BESTie	00:00:00	00:13:55	00:32:55.85	00:32:55.85	+00:13:28	6:12	9.7
157	BOBER Alicja	50		40-49 lat	157			00:00:00	00:14:19	00:32:58.00	00:32:58.00	+00:13:30	6:13	9.6
158	STABLA Agata	719	RADLINIOKI W BIEGU	40-49 lat	158		Kaktusiary	00:00:00	00:13:16	00:33:02.30	00:33:02.30	+00:13:34	6:13	9.6
159	ZIMNY Cecylia	856	SMAKI BIEGANIA	40-49 lat	159	Smaki bieganania	siostry	00:00:00	00:13:15	00:33:04.80	00:33:04.80	+00:13:37	6:14	9.6
160	KAŁUS Joanna	290		40-49 lat	160			00:00:00	00:13:18	00:33:06.55	00:33:06.55	+00:13:39	6:14	9.6
161	PILCH Mirosława	610	NESSI TIME ŻORY	40-49 lat	161			00:00:00	00:13:57	00:33:06.60	00:33:06.60	+00:13:39	6:14	9.6
162	ŚLEBODA Bożena	769	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	162	Miechowicka Grupa Biegowa		00:00:00	00:15:01	00:33:06.70	00:33:06.70	+00:13:39	6:14	9.6
163	KWIATKOWSKA Elwira	416		40-49 lat	163			00:00:00	00:13:35	00:33:11.30	00:33:11.30	+00:13:43	6:15	9.6

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
164	<b>WIECZOREK Małgorzata</b>	<b>804</b>		40-49 lat	164			00:00:00	00:14:35	<b>00:33:15.50</b>	<b>00:33:15.50</b>	+00:13:47	6:16	9.6
165	<b>PAINTA Jadzia</b>	<b>576</b>	SPOT	40-49 lat	165	SPOT Pszczyna		00:00:00	00:14:18	<b>00:33:15.60</b>	<b>00:33:15.60</b>	+00:13:48	6:16	9.6
166	<b>ZAGÓRSKA Beata</b>	<b>841</b>		40-49 lat	166			00:00:00	00:14:01	<b>00:33:16.45</b>	<b>00:33:16.45</b>	+00:13:48	6:16	9.6
167	<b>SZYPUŁA Ewa</b>	<b>767</b>		40-49 lat	167			00:00:00	00:14:08	<b>00:33:21.80</b>	<b>00:33:21.80</b>	+00:13:54	6:17	9.5
168	<b>SIKORA Agnieszka</b>	<b>677</b>		40-49 lat	168			00:00:00	00:14:06	<b>00:33:22.00</b>	<b>00:33:22.00</b>	+00:13:54	6:17	9.5
169	<b>KLYSZCZ Honorata</b>	<b>320</b>	PIRATKI Z SZALOTY	40-49 lat	169	Piratki z Szarloty		00:00:00	00:12:58	<b>00:33:24.90</b>	<b>00:33:24.90</b>	+00:13:57	6:18	9.5
170	<b>BAK-ŚCIERSKA Beata</b>	<b>24</b>	BESTIE	40-49 lat	170			00:00:00	00:14:05	<b>00:33:29.45</b>	<b>00:33:29.45</b>	+00:14:01	6:19	9.5
171	<b>MAZUR Aleksandra</b>	<b>483</b>		40-49 lat	171			00:00:00	00:14:20	<b>00:33:30.65</b>	<b>00:33:30.65</b>	+00:14:03	6:19	9.5
172	<b>OZIMEK Aldona</b>	<b>572</b>		40-49 lat	172			00:00:00	00:14:37	<b>00:33:30.75</b>	<b>00:33:30.75</b>	+00:14:03	6:19	9.5
173	<b>SOŁTYSIK Zdzisia</b>	<b>714</b>	PIRATKI Z SZARLOTY	40-49 lat	173	Piratki z Szarloty		00:00:00	00:13:40	<b>00:33:35.50</b>	<b>00:33:35.50</b>	+00:14:07	6:20	9.5
174	<b>STOPYRA Agnieszka</b>	<b>728</b>		40-49 lat	174			00:00:00	00:13:54	<b>00:33:35.55</b>	<b>00:33:35.55</b>	+00:14:08	6:20	9.5
175	<b>NOGA Joanna</b>	<b>543</b>		40-49 lat	175			00:00:00	00:14:36	<b>00:33:38.70</b>	<b>00:33:38.70</b>	+00:14:11	6:20	9.5
176	<b>WESOŁOWSKA Katarzyna</b>	<b>800</b>		40-49 lat	176			00:00:00	00:14:44	<b>00:33:40.05</b>	<b>00:33:40.05</b>	+00:14:12	6:21	9.4
177	<b>KOLAT Jadzia</b>	<b>334</b>	KOBIETY NA 5+	40-49 lat	177	Kobiety na 5+		00:00:00	00:14:02	<b>00:33:48.35</b>	<b>00:33:48.35</b>	+00:14:20	6:22	9.4
178	<b>SZELIGA Ola</b>	<b>753</b>	BDB TEAM	40-49 lat	178	BDB Team		00:00:00	00:15:10	<b>00:33:49.45</b>	<b>00:33:49.45</b>	+00:14:21	6:22	9.4
179	<b>SZWEDA-KUBOSZEK Katarzyna</b>	<b>763</b>		40-49 lat	179			00:00:00	00:14:35	<b>00:33:49.65</b>	<b>00:33:49.65</b>	+00:14:22	6:22	9.4
180	<b>HRYNKIEWICZ Izabela</b>	<b>235</b>		40-49 lat	180			00:00:00	00:14:13	<b>00:33:52.65</b>	<b>00:33:52.65</b>	+00:14:25	6:23	9.4
181	<b>BATKO Agnieszka</b>	<b>21</b>		40-49 lat	181			00:00:00	00:14:16	<b>00:33:54.00</b>	<b>00:33:54.00</b>	+00:14:26	6:23	9.4
182	<b>PANFIL Beata</b>	<b>585</b>		40-49 lat	182			00:00:00	00:13:13	<b>00:33:56.15</b>	<b>00:33:56.15</b>	+00:14:28	6:24	9.4
183	<b>KUREK Joanna</b>	<b>401</b>		40-49 lat	183	INCOLA TEAM		00:00:00	00:14:59	<b>00:33:57.80</b>	<b>00:33:57.80</b>	+00:14:30	6:24	9.4
184	<b>DERECHOWSKA Agnieszka</b>	<b>110</b>		40-49 lat	184			00:00:00	00:15:01	<b>00:34:02.75</b>	<b>00:34:02.75</b>	+00:14:35	6:25	9.3
185	<b>MORGAŁA Daria</b>	<b>508</b>		40-49 lat	185			00:00:00	00:15:01	<b>00:34:03.10</b>	<b>00:34:03.10</b>	+00:14:35	6:25	9.3
186	<b>SARZYŃSKA Iwona</b>	<b>670</b>		40-49 lat	186			00:00:00	00:13:46	<b>00:34:09.90</b>	<b>00:34:09.90</b>	+00:14:42	6:26	9.3
187	<b>TYTKO-HAŁADA Małgorzata</b>	<b>785</b>		40-49 lat	187			00:00:00	00:14:08	<b>00:34:10.05</b>	<b>00:34:10.05</b>	+00:14:42	6:26	9.3
188	<b>SUCHY Katarzyna</b>	<b>735</b>		40-49 lat	188			00:00:00	00:14:25	<b>00:34:12.40</b>	<b>00:34:12.40</b>	+00:14:44	6:27	9.3
189	<b>CEGLARSKA Alicja</b>	<b>79</b>	JEJKOWICE BIEGAJĄ	40-49 lat	189	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:14:56	<b>00:34:13.90</b>	<b>00:34:13.90</b>	+00:14:46	6:27	9.3
190	<b>ZDEB Basia</b>	<b>849</b>		40-49 lat	190		Fit Bezy	00:00:00	00:14:33	<b>00:34:17.85</b>	<b>00:34:17.85</b>	+00:14:50	6:28	9.3
191	<b>BEDNAREK Anita</b>	<b>26</b>		40-49 lat	191			00:00:00	00:13:50	<b>00:34:18.00</b>	<b>00:34:18.00</b>	+00:14:50	6:28	9.3
192	<b>SZCZUKA Joanna</b>	<b>752</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	192	Miechowicka Grupa Biegowa		00:00:00	00:14:26	<b>00:34:19.65</b>	<b>00:34:19.65</b>	+00:14:52	6:28	9.3
193	<b>ŁAPA Aleksandra</b>	<b>441</b>	4A	40-49 lat	193			00:00:00	00:14:47	<b>00:34:21.20</b>	<b>00:34:21.20</b>	+00:14:53	6:28	9.3
194	<b>ŁEPEK Bożena</b>	<b>445</b>		40-49 lat	194			00:00:00	00:14:23	<b>00:34:26.60</b>	<b>00:34:26.60</b>	+00:14:59	6:29	9.2
195	<b>HOŁDA Sabina</b>	<b>232</b>		40-49 lat	195			00:00:00	00:15:34	<b>00:34:29.65</b>	<b>00:34:29.65</b>	+00:15:02	6:30	9.2

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
196	<b>MARCOL-WUTZKE Ewelina</b>	<b>465</b>		40-49 lat	196			00:00:00	00:14:21	<b>00:34:34.55</b>	<b>00:34:34.55</b>	+00:15:07	6:31	9.2
197	<b>JORDAN Monika</b>	<b>274</b>		40-49 lat	197			00:00:00	00:13:43	<b>00:34:35.80</b>	<b>00:34:35.80</b>	+00:15:08	6:31	9.2
198	<b>PYZIK Barbara</b>	<b>639</b>	SZARE MORSY	40-49 lat	198	Szare Morsy		00:00:00	00:14:05	<b>00:34:36.50</b>	<b>00:34:36.50</b>	+00:15:08	6:31	9.2
199	<b>KOKOT Justyna</b>	<b>333</b>		40-49 lat	199			00:00:00	00:14:35	<b>00:34:39.80</b>	<b>00:34:39.80</b>	+00:15:12	6:32	9.2
200	<b>WRÓBEL Ewa</b>	<b>830</b>		40-49 lat	200			00:00:00	00:14:50	<b>00:34:41.70</b>	<b>00:34:41.70</b>	+00:15:14	6:32	9.2
201	<b>BOGACZ-BUCHTA Anna</b>	<b>53</b>		40-49 lat	201			00:00:00	00:14:47	<b>00:34:43.05</b>	<b>00:34:43.05</b>	+00:15:15	6:33	9.2
202	<b>MAROSZEK Aleksandra</b>	<b>467</b>		40-49 lat	202			00:00:00	00:14:13	<b>00:34:43.85</b>	<b>00:34:43.85</b>	+00:15:16	6:33	9.2
203	<b>BLANIK Agnieszka</b>	<b>46</b>		40-49 lat	203			00:00:00	00:14:29	<b>00:34:45.25</b>	<b>00:34:45.25</b>	+00:15:17	6:33	9.2
204	<b>TATARCZYK Justyna</b>	<b>775</b>		40-49 lat	204			00:00:00	00:14:45	<b>00:34:47.20</b>	<b>00:34:47.20</b>	+00:15:19	6:33	9.1
205	<b>BEDNARSKA Anna</b>	<b>27</b>		40-49 lat	205	BESTie		00:00:00	00:14:43	<b>00:34:56.40</b>	<b>00:34:56.40</b>	+00:15:28	6:35	9.1
206	<b>KOWALIK-STANIA Agnieszka</b>	<b>359</b>	BESTIE	40-49 lat	206			00:00:00	00:14:44	<b>00:34:56.95</b>	<b>00:34:56.95</b>	+00:15:29	6:35	9.1
207	<b>ROMBERG Agnieszka</b>	<b>657</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	207	Miechowicka Grupa Biegowa		00:00:00	00:15:03	<b>00:35:04.40</b>	<b>00:35:04.40</b>	+00:15:36	6:36	9.1
208	<b>SMAGA Ewelina</b>	<b>699</b>		40-49 lat	208	Sądówki	Biegające Sądówki	00:00:00	00:13:45	<b>00:35:06.05</b>	<b>00:35:06.05</b>	+00:15:38	6:37	9.1
209	<b>RUSZCZYŃSKA Anna</b>	<b>663</b>		40-49 lat	209			00:00:00	00:15:22	<b>00:35:08.15</b>	<b>00:35:08.15</b>	+00:15:40	6:37	9.1
210	<b>KLEPACKA Edyta</b>	<b>312</b>		40-49 lat	210			00:00:00	00:15:22	<b>00:35:08.30</b>	<b>00:35:08.30</b>	+00:15:40	6:37	9.1
211	<b>REYMANN Milena</b>	<b>650</b>		40-49 lat	211	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:15:29	<b>00:35:08.55</b>	<b>00:35:08.55</b>	+00:15:41	6:37	9.1
212	<b>ŻEBROWSKA Matylda</b>	<b>864</b>	MORS HUBERTUS MYSŁOWICE	40-49 lat	212	Mors Hubertus		00:00:00	00:13:52	<b>00:35:11.50</b>	<b>00:35:11.50</b>	+00:15:43	6:38	9
213	<b>KIDOŃ Joanna</b>	<b>306</b>		40-49 lat	213			00:00:00	00:14:27	<b>00:35:14.60</b>	<b>00:35:14.60</b>	+00:15:47	6:38	9
214	<b>KOSTKA Karolina</b>	<b>355</b>	SRS CZANTORIA	40-49 lat	214	JUST FOR FUN		00:00:00	00:14:26	<b>00:35:15.55</b>	<b>00:35:15.55</b>	+00:15:48	6:39	9
215	<b>PIETRUSZEWSKA Magdalena</b>	<b>608</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	215	Miechowicka Grupa Biegowa		00:00:00	00:14:56	<b>00:35:15.70</b>	<b>00:35:15.70</b>	+00:15:48	6:39	9
216	<b>PANEK Ela</b>	<b>584</b>	BIEGAMY/MORSUJEMY	40-49 lat	216			00:00:00	00:14:08	<b>00:35:17.70</b>	<b>00:35:17.70</b>	+00:15:50	6:39	9
217	<b>SMOZIK Mariola</b>	<b>701</b>		40-49 lat	217			00:00:00	00:14:53	<b>00:35:28.40</b>	<b>00:35:28.40</b>	+00:16:00	6:41	9
218	<b>NOWROT Ewa</b>	<b>555</b>		40-49 lat	218			00:00:00	00:14:39	<b>00:35:30.45</b>	<b>00:35:30.45</b>	+00:16:02	6:41	9
219	<b>DUSZA Jolka</b>	<b>126</b>	SMAKI BIEGANIA	40-49 lat	219			00:00:00	00:14:46	<b>00:35:40.95</b>	<b>00:35:40.95</b>	+00:16:13	6:43	8.9
220	<b>POWALA. Karina</b>	<b>629</b>	KS FORMA WODZISŁAW ŚLĄSKI	40-49 lat	220			00:00:00	00:14:39	<b>00:35:41.45</b>	<b>00:35:41.45</b>	+00:16:13	6:43	8.9
221	<b>BALICKA Magdalena</b>	<b>13</b>		40-49 lat	221			00:00:00	00:15:21	<b>00:35:48.95</b>	<b>00:35:48.95</b>	+00:16:21	6:45	8.9
222	<b>BIEGUN Iwona</b>	<b>36</b>	JUSTFEELFITTEAM	40-49 lat	222	JustfeelfitTEAM		00:00:00	00:15:05	<b>00:35:58.05</b>	<b>00:35:58.05</b>	+00:16:30	6:47	8.8
223	<b>SOBEL Beata</b>	<b>704</b>		40-49 lat	223			00:00:00	00:15:05	<b>00:36:04.75</b>	<b>00:36:04.75</b>	+00:16:37	6:48	8.8
224	<b>DUTKA-BĘBEN Kinga</b>	<b>127</b>	ROZBIEGAMY TO MIASTO-CZECHOWICE DZIEDZICE	40-49 lat	224	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:53	<b>00:36:05.45</b>	<b>00:36:05.45</b>	+00:16:37	6:48	8.8
225	<b>BORDA Grażyna</b>	<b>56</b>	KOBIETY NA 5+	40-49 lat	225	Kobiety na 5+		00:00:00	00:14:35	<b>00:36:05.65</b>	<b>00:36:05.65</b>	+00:16:38	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
226	DYNIA Magdalena	130	DYŃKI TEAM	40-49 lat	226	Dyńki Team		00:00:00	00:15:25	00:36:07.35	00:36:07.35	+00:16:39	6:48	8.8
227	BOŹEK Dagmara	58		40-49 lat	227			00:00:00	00:15:11	00:36:22.50	00:36:22.50	+00:16:54	6:51	8.7
228	KUJAWA Marzena	392		40-49 lat	228			00:00:00	00:15:12	00:36:23.05	00:36:23.05	+00:16:55	6:51	8.7
229	BUGAŃSKA Edyta	68		40-49 lat	229	Wiewiórki Zimnokrwiste		00:00:00	00:15:04	00:36:26.80	00:36:26.80	+00:16:59	6:52	8.7
230	LORENZ Agnieszka	434	GB GALOPUJĄCE ŚLIMAKI	40-49 lat	230			00:00:00	00:15:10	00:36:27.05	00:36:27.05	+00:16:59	6:52	8.7
231	TOMALA Beata	779		40-49 lat	231			00:00:00	00:15:32	00:36:28.35	00:36:28.35	+00:17:00	6:52	8.7
232	MILDNER Grażyna	500	VIKINGI TRAINING CENTER	40-49 lat	232			00:00:00	00:15:27	00:36:32.40	00:36:32.40	+00:17:04	6:53	8.7
233	GABER Magdalena	155	#JUSTFEELFITTEAM	40-49 lat	233	JustfeelfitTEAM		00:00:00	00:10:08	00:36:34.00	00:36:34.00	+00:17:06	6:53	8.7
234	GROSIAK Marta	209		40-49 lat	234			00:00:00	00:15:28	00:36:35.00	00:36:35.00	+00:17:07	6:54	8.7
235	BIAŁEK Daria	33	BDB TEAM	40-49 lat	235	BDB Team		00:00:00	00:15:46	00:36:45.60	00:36:45.60	+00:17:18	6:56	8.7
236	KUŚ Małgorzata	406	BDB TEAM	40-49 lat	236	BDB Team		00:00:00	00:15:46	00:36:45.90	00:36:45.90	+00:17:18	6:56	8.7
237	ŻYWICA Dorota	868	HURAGAN LIGOTA	40-49 lat	237	Huragan Ligota		00:00:00	00:15:33	00:36:49.95	00:36:49.95	+00:17:22	6:56	8.6
238	KUCZEK Elwira	387		40-49 lat	238			00:00:00	00:15:44	00:36:51.85	00:36:51.85	+00:17:24	6:57	8.6
239	KUCZEK Katarzyna	386	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49 lat	239			00:00:00	00:15:44	00:36:52.45	00:36:52.45	+00:17:24	6:57	8.6
240	OSZEK Karolina	569		40-49 lat	240	Oczek Tean		00:00:00	00:15:39	00:37:00.10	00:37:00.10	+00:17:32	6:58	8.6
241	DREWNIAK Magdalena	122	#JUSTFEELFITTEAM	40-49 lat	241	JustfeelfitTEAM		00:00:00	00:16:25	00:37:00.70	00:37:00.70	+00:17:33	6:58	8.6
242	DRÓŹDŹ Monika	124		40-49 lat	242			00:00:00	00:15:48	00:37:03.80	00:37:03.80	+00:17:36	6:59	8.6
243	KRÓL Justyna	373		40-49 lat	243			00:00:00	00:16:05	00:37:12.75	00:37:12.75	+00:17:45	7:01	8.5
244	MARSZALIK Ania	469		40-49 lat	244			00:00:00	00:15:05	00:37:13.70	00:37:13.70	+00:17:46	7:01	8.5
245	FLAK Ewa	145		40-49 lat	245			00:00:00	00:15:37	00:37:15.30	00:37:15.30	+00:17:47	7:01	8.5
246	MIKOŁAJCZYK Magdalena	289	HRMAX ŻORY	40-49 lat	246	HRmax dziólszki		00:00:00	00:15:30	00:37:17.20	00:37:17.20	+00:17:49	7:02	8.5
247	KOZŁOWSKA Barbara	366	GEPARDY ŻORY	40-49 lat	247			00:00:00	00:15:42	00:37:35.00	00:37:35.00	+00:18:07	7:05	8.5
248	POŁEDNIOK Aleksandra	625		40-49 lat	248			00:00:00	00:16:24	00:37:40.40	00:37:40.40	+00:18:12	7:06	8.4
249	IDZIKOWSKA Elżbieta	237		40-49 lat	249	Oribanda		00:00:00	00:16:04	00:37:44.55	00:37:44.55	+00:18:17	7:07	8.4
250	NIEDŹWIEDŹ Maja	538		40-49 lat	250			00:00:00	00:14:47	00:37:45.95	00:37:45.95	+00:18:18	7:07	8.4
251	SOBEL Izabela	705		40-49 lat	251			00:00:00	00:15:16	00:37:54.00	00:37:54.00	+00:18:26	7:09	8.4
252	KĘPKA Joanna	305		40-49 lat	252			00:00:00	00:15:24	00:37:56.20	00:37:56.20	+00:18:28	7:09	8.4
253	SERAFIN-CHWAŁEK Joanna	673		40-49 lat	253			00:00:00	00:15:20	00:37:57.70	00:37:57.70	+00:18:30	7:09	8.4
254	GŁĄB Agnieszka	185	SPOT PSZCZYNA	40-49 lat	254	SPOT Pszczyna		00:00:00	00:14:27	00:38:02.05	00:38:02.05	+00:18:34	7:10	8.4
255	STEBEL Marzena	723	SPOT PSZCZYNA	40-49 lat	255	SPOT Pszczyna		00:00:00	00:14:28	00:38:02.25	00:38:02.25	+00:18:34	7:10	8.4
256	KOCZY-GAŁUSZKA Edyta	330	SPOT	40-49 lat	256			00:00:00	00:14:18	00:38:02.80	00:38:02.80	+00:18:35	7:10	8.4
257	SŁABOŃ-SIKORA Aneta	692	STOWARZYSZENIE POGORIA BIEGA	40-49 lat	257			00:00:00	00:15:53	00:38:03.80	00:38:03.80	+00:18:36	7:10	8.4
258	JANCZARA Ewa	245		40-49 lat	258			00:00:00	00:15:47	00:38:09.50	00:38:09.50	+00:18:41	7:11	8.3
259	CICHOŃ Iwona	89	HURAGAN LIGOTA	40-49 lat	259	HURAGAN LIGOTA		00:00:00	00:16:20	00:38:11.10	00:38:11.10	+00:18:43	7:12	8.3
260	KOWALCZYK Barbara	358		40-49 lat	260			00:00:00	00:15:59	00:38:13.85	00:38:13.85	+00:18:46	7:12	8.3

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
261	<b>BARTNIK Joanna</b>	<b>19</b>	STREET SPIRIT	40-49 lat	261			00:00:00	00:15:56	<b>00:38:14.00</b>	<b>00:38:14.00</b>	+00:18:46	7:12	8.3
262	<b>ANDROSZ Joanna</b>	<b>6</b>		40-49 lat	262			00:00:00	00:15:39	<b>00:38:15.20</b>	<b>00:38:15.20</b>	+00:18:47	7:13	8.3
263	<b>KOBIELA Bogna</b>	<b>327</b>	HURAGA LIGOTA	40-49 lat	263			00:00:00	00:16:20	<b>00:38:17.35</b>	<b>00:38:17.35</b>	+00:18:49	7:13	8.3
264	<b>SZOJDA Paulina</b>	<b>757</b>	VIKING TRAINING CENTER	40-49 lat	264			00:00:00	00:15:35	<b>00:38:23.35</b>	<b>00:38:23.35</b>	+00:18:55	7:14	8.3
265	<b>SZWED Anna</b>	<b>693</b>		40-49 lat	265	Miechowicka Grupa Biegowa		00:00:00	00:16:25	<b>00:38:32.35</b>	<b>00:38:32.35</b>	+00:19:04	7:16	8.3
266	<b>DACENKO Joanna</b>	<b>101</b>		40-49 lat	266			00:00:00	00:16:53	<b>00:38:41.50</b>	<b>00:38:41.50</b>	+00:19:13	7:17	8.2
267	<b>KUCHARSKA Anna</b>	<b>383</b>		40-49 lat	267	Lecymy Durś	Defibrylator	00:00:00	00:15:11	<b>00:38:55.50</b>	<b>00:38:55.50</b>	+00:19:27	7:20	8.2
268	<b>DZIENDZIEL Renia</b>	<b>132</b>		40-49 lat	268			00:00:00	00:16:15	<b>00:38:55.65</b>	<b>00:38:55.65</b>	+00:19:28	7:20	8.2
269	<b>ORDZOWIAŁA Karolina</b>	<b>568</b>		40-49 lat	269			00:00:00	00:15:52	<b>00:38:56.25</b>	<b>00:38:56.25</b>	+00:19:28	7:20	8.2
270	<b>PALARZ Jolanta</b>	<b>580</b>	...	40-49 lat	270	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:54	<b>00:38:58.85</b>	<b>00:38:58.85</b>	+00:19:31	7:21	8.2
271	<b>GARUS Angelika</b>	<b>169</b>		40-49 lat	271			00:00:00	00:16:23	<b>00:39:06.55</b>	<b>00:39:06.55</b>	+00:19:39	7:22	8.1
272	<b>SZEWCUK Agnieszka</b>	<b>754</b>		40-49 lat	272	Byle Do Mety		00:00:00	00:15:57	<b>00:39:08.85</b>	<b>00:39:08.85</b>	+00:19:41	7:23	8.1
273	<b>WYRWICH Angelika</b>	<b>837</b>		40-49 lat	273			00:00:00	00:16:44	<b>00:39:09.00</b>	<b>00:39:09.00</b>	+00:19:41	7:23	8.1
274	<b>GŁUSZAK Aleksandra</b>	<b>186</b>	KOBIETY NA 5+	40-49 lat	274	Kobiety na 5+		00:00:00	00:16:07	<b>00:39:14.35</b>	<b>00:39:14.35</b>	+00:19:46	7:24	8.1
275	<b>MYŚLIWIEC Monika</b>	<b>523</b>	KOBIETY NA 5+	40-49 lat	275	Kobiety na 5+		00:00:00	00:16:07	<b>00:39:14.70</b>	<b>00:39:14.70</b>	+00:19:47	7:24	8.1
276	<b>KOŁODZIEJCZYK Aleksandra</b>	<b>336</b>	RADLINIOKI W BIEGU	40-49 lat	276			00:00:00	00:16:21	<b>00:39:15.75</b>	<b>00:39:15.75</b>	+00:19:48	7:24	8.1
277	<b>NAWROCKA Agnieszka</b>	<b>531</b>	KS M.E.T.A	40-49 lat	277			00:00:00	00:16:31	<b>00:39:26.00</b>	<b>00:39:26.00</b>	+00:19:58	7:26	8.1
278	<b>KUBIS Barbara</b>	<b>381</b>		40-49 lat	278			00:00:00	00:16:29	<b>00:39:35.60</b>	<b>00:39:35.60</b>	+00:20:08	7:28	8
279	<b>ROJEK CZEKAJ Patrycja</b>	<b>654</b>		40-49 lat	279			00:00:00	00:17:50	<b>00:39:37.40</b>	<b>00:39:37.40</b>	+00:20:09	7:28	8
280	<b>SZCZUCHNIAK Adriana</b>	<b>751</b>		40-49 lat	280			00:00:00	00:16:33	<b>00:39:37.90</b>	<b>00:39:37.90</b>	+00:20:10	7:28	8
281	<b>REK Katarzyna</b>	<b>648</b>	RADLINIOKI W BIEGU	40-49 lat	281	Radlinioki w biegu		00:00:00	00:16:15	<b>00:39:43.00</b>	<b>00:39:43.00</b>	+00:20:15	7:29	8
282	<b>KUCIEJ Justyna</b>	<b>385</b>	SZARE MORSY	40-49 lat	282	Szare Morsy		00:00:00	00:16:54	<b>00:39:44.05</b>	<b>00:39:44.05</b>	+00:20:16	7:29	8
283	<b>JAROSZEWSKA Justyna</b>	<b>260</b>	BZIEGACZE	40-49 lat	283			00:00:00	00:15:50	<b>00:40:02.85</b>	<b>00:40:02.85</b>	+00:20:35	7:33	7.9
284	<b>HAJZYK Eveline</b>	<b>221</b>		40-49 lat	284			00:00:00	00:16:43	<b>00:40:19.35</b>	<b>00:40:19.35</b>	+00:20:51	7:36	7.9
285	<b>BRZANA Anna</b>	<b>64</b>		40-49 lat	285		Kolonie	00:00:00	00:16:27	<b>00:40:29.10</b>	<b>00:40:29.10</b>	+00:21:01	7:38	7.9
286	<b>BIAŁAS Joanna</b>	<b>31</b>		40-49 lat	286			00:00:00	00:16:38	<b>00:40:32.45</b>	<b>00:40:32.45</b>	+00:21:04	7:38	7.8
287	<b>ZALEWSKA Barbara</b>	<b>844</b>	KOBIETY NA 5+	40-49 lat	287	Kobiety na 5+		00:00:00	00:17:02	<b>00:40:37.35</b>	<b>00:40:37.35</b>	+00:21:09	7:39	7.8
288	<b>PODESZWA Katarzyna</b>	<b>624</b>		40-49 lat	288			00:00:00	00:17:02	<b>00:40:38.25</b>	<b>00:40:38.25</b>	+00:21:10	7:40	7.8
289	<b>LIPIŃSKA Iza</b>	<b>428</b>		40-49 lat	289		SISITERS	00:00:00	00:16:19	<b>00:40:39.35</b>	<b>00:40:39.35</b>	+00:21:11	7:40	7.8
290	<b>WRÓBEL Barbara</b>	<b>831</b>		40-49 lat	290		SISITERS	00:00:00	00:16:19	<b>00:40:39.60</b>	<b>00:40:39.60</b>	+00:21:12	7:40	7.8
291	<b>GAJDA Aleksandra</b>	<b>159</b>		40-49 lat	291			00:00:00	00:17:08	<b>00:41:41.75</b>	<b>00:41:41.75</b>	+00:22:14	7:51	7.6

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
292	<b>MIŚKOWIEC Agnieszka</b>	<b>505</b>		40-49 lat	292			00:00:00	00:16:32	<b>00:41:49.10</b>	<b>00:41:49.10</b>	+00:22:21	7:53	7.6
293	<b>SURY-WOLNIEWICZ Kamila</b>	<b>738</b>	KOBIETY NA 5+	40-49 lat	293	Kobiety na 5+		00:00:00	00:17:36	<b>00:42:02.45</b>	<b>00:42:02.45</b>	+00:22:34	7:55	7.6
294	<b>DOBOSZ Katarzyna</b>	<b>113</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	294	Miechowicka Grupa Biegowa		00:00:00	00:18:07	<b>00:42:22.05</b>	<b>00:42:22.05</b>	+00:22:54	7:59	7.5
295	<b>JANCZURA Marzena</b>	<b>246</b>		40-49 lat	295			00:00:00	00:17:20	<b>00:42:22.75</b>	<b>00:42:22.75</b>	+00:22:55	7:59	7.5
296	<b>BROCKA Joanna</b>	<b>60</b>		40-49 lat	296			00:00:00	00:17:52	<b>00:42:27.35</b>	<b>00:42:27.35</b>	+00:22:59	8:00	7.5
297	<b>PALUCH Agnieszka</b>	<b>581</b>		40-49 lat	297			00:00:00	00:17:50	<b>00:42:35.00</b>	<b>00:42:35.00</b>	+00:23:07	8:02	7.5
298	<b>JARZABEK Monika</b>	<b>261</b>		40-49 lat	298			00:00:00	00:17:06	<b>00:42:37.20</b>	<b>00:42:37.20</b>	+00:23:09	8:02	7.5
299	<b>GARAJ Magdalena</b>	<b>168</b>		40-49 lat	299			00:00:00	00:17:37	<b>00:42:37.60</b>	<b>00:42:37.60</b>	+00:23:10	8:02	7.5
300	<b>WOWRA Beata</b>	<b>824</b>		40-49 lat	300			00:00:00	00:18:07	<b>00:42:47.55</b>	<b>00:42:47.55</b>	+00:23:20	8:04	7.4
301	<b>ZAWADZKA Beba Beata</b>	<b>846</b>	FIT BEZY	40-49 lat	301		Fit Bezy	00:00:00	00:18:07	<b>00:42:47.85</b>	<b>00:42:47.85</b>	+00:23:20	8:04	7.4
302	<b>STAŚKIEWICZ Beata</b>	<b>721</b>	SOCJAL CORPO GROUP	40-49 lat	302		Socjal Corpo Group	00:00:00	00:18:20	<b>00:43:20.25</b>	<b>00:43:20.25</b>	+00:23:52	8:10	7.3
303	<b>RATAJCZAK Ewa</b>	<b>644</b>	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	303			00:00:00	00:17:34	<b>00:43:27.40</b>	<b>00:43:27.40</b>	+00:23:59	8:11	7.3
304	<b>STAŚKIEWICZ Monika</b>	<b>722</b>		40-49 lat	304			00:00:00	00:17:28	<b>00:43:31.60</b>	<b>00:43:31.60</b>	+00:24:04	8:12	7.3
305	<b>HEKIERT Wioleta</b>	<b>228</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	305	Miechowicka Grupa Biegowa		00:00:00	00:18:32	<b>00:43:51.25</b>	<b>00:43:51.25</b>	+00:24:23	8:16	7.3
306	<b>GURCZYŃSKA Monika</b>	<b>218</b>		40-49 lat	306			00:00:00	00:19:39	<b>00:44:19.35</b>	<b>00:44:19.35</b>	+00:24:51	8:21	7.2
307	<b>SŁUPECKA Beata</b>	<b>697</b>		40-49 lat	307			00:00:00	00:17:30	<b>00:44:32.95</b>	<b>00:44:32.95</b>	+00:25:05	8:24	7.1
308	<b>BUCZAK Jolanta</b>	<b>67</b>		40-49 lat	308			00:00:00	00:18:28	<b>00:44:42.45</b>	<b>00:44:42.45</b>	+00:25:14	8:26	7.1
309	<b>JEZUITA Ewa</b>	<b>273</b>	WATAHA	40-49 lat	309	WATAHA		00:00:00	00:18:51	<b>00:46:22.45</b>	<b>00:46:22.45</b>	+00:26:54	8:44	6.9
310	<b>GIBAS Amanda</b>	<b>178</b>		40-49 lat	310			00:00:00	00:18:49	<b>00:46:45.45</b>	<b>00:46:45.45</b>	+00:27:17	8:49	6.8
311	<b>MAJKOWSKA Agnieszka</b>	<b>458</b>		40-49 lat	311			00:00:00	00:17:13	<b>00:47:18.55</b>	<b>00:47:18.55</b>	+00:27:51	8:55	6.7
312	<b>STEFANIAK Justyna</b>	<b>724</b>	POGORIA BIEGA	40-49 lat	312			00:00:00	00:21:09	<b>00:47:35.40</b>	<b>00:47:35.40</b>	+00:28:07	8:58	6.7
313	<b>LEJTAN Joanna</b>	<b>423</b>		40-49 lat	313			00:00:00	00:19:46	<b>00:48:02.45</b>	<b>00:48:02.45</b>	+00:28:34	9:03	6.6
314	<b>DĄBROWSKA Justyna</b>	<b>107</b>		40-49 lat	314			00:00:00	00:20:04	<b>00:48:21.00</b>	<b>00:48:21.00</b>	+00:28:53	9:07	6.6
315	<b>NALEPKA Katarzyna</b>	<b>525</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	315	Miechowicka Grupa Biegowa		00:00:00	00:21:39	<b>00:50:25.10</b>	<b>00:50:25.10</b>	+00:30:57	9:30	6.3
316	<b>PRASAK Sabina</b>	<b>632</b>	POGORIA BOEGA	40-49 lat	316	Pogoria Biega		00:00:00	00:21:11	<b>00:50:30.85</b>	<b>00:50:30.85</b>	+00:31:03	9:31	6.3
317	<b>BOGACKA Joanna</b>	<b>52</b>		40-49 lat	317		Byle do mety	00:00:00	00:21:05	<b>00:50:42.05</b>	<b>00:50:42.05</b>	+00:31:14	9:33	6.3
318	<b>NOWOK Katarzyna</b>	<b>553</b>		40-49 lat	318			00:00:00	00:22:20	<b>00:52:57.00</b>	<b>00:52:57.00</b>	+00:33:29	9:59	6
319	<b>WAWOCZNY Anita</b>	<b>795</b>	KOBIETY NA 5+	40-49 lat	319	Kobiety na 5+		00:00:00	00:24:43	<b>00:54:12.05</b>	<b>00:54:12.05</b>	+00:34:44	10:13	5.9

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
320	<b>SAWICKA Marta</b>	<b>671</b>		KOBIETY NA 5+	320	Kobiety na 5+		00:00:00	00:24:44	<b>00:54:13.40</b>	<b>00:54:13.40</b>	+00:34:45	10:13	5.9
321	<b>PERKOWSKA Daria</b>	<b>599</b>		KOBIETY NA 5+	321	Kobiety na 5+		00:00:00	00:09:26			+00:01:03	3:46	15.9

Znaleziono 321 wynik(ów)