



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELLIGENTNE 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
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

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	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		3:48	15.8
2	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	+00:02:13	4:13	14.2
3	OPIEKULSKA Renata	566		40-49 lat	13			00:00:00	00:09:55	00:23:20.50	00:23:20.50	+00:03:09	4:24	13.6
4	PASŁAWSKA Katarzyna	591	KOBIETY NA 5+	40-49 lat	15	Kobiety na 5+		00:00:00	00:10:10	00:24:02.45	00:24:02.45	+00:03:51	4:32	13.2
5	NIEŚLAŃCZYK Małgorzata	540	WATAHA	40-49 lat	16	WATAHA		00:00:00	00:10:09	00:24:21.10	00:24:21.10	+00:04:09	4:35	13.1
6	KWAPISZ-BONUSIAK Dorota	413		30-39 lat	24			00:00:00	00:10:25	00:25:12.05	00:25:12.05	+00:05:00	4:45	12.6
7	KUPCZAK Dominika	396		16-19 lat	4			00:00:00	00:11:05	00:25:48.55	00:25:48.55	+00:05:37	4:52	12.3
8	MATUSZCZAK Wioleta	479	TL ATHLETICS JASTRZĘBIE	16-19 lat	5	TL Athletics Jastrzębie		00:00:00	00:11:09	00:25:55.95	00:25:55.95	+00:05:44	4:53	12.3
9	BURZYŃSKA-GÓRKA Aleksandra	75		30-39 lat	30			00:00:00	00:11:18	00:26:12.35	00:26:12.35	+00:06:00	4:56	12.1
10	POPEK Barbara	626	SOBIESKI6	50-59 lat	8	Sobieski6	Sobieski6	00:00:00	00:10:40	00:26:12.65	00:26:12.65	+00:06:01	4:56	12.1
11	MAZUR Małgorzata	484		40-49 lat	34			00:00:00	00:11:27	00:26:36.00	00:26:36.00	+00:06:24	5:01	12
12	MIKULAK Natalia	498		20-29 lat	8			00:00:00	00:11:37	00:26:46.35	00:26:46.35	+00:06:34	5:03	11.9
13	RAŻNIAK Beata	646	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:00	00:11:40	00:27:01.05	00:27:01.05	+00:06:49	5:05	11.8
14	MUSIAŁ Wioletta	519	SZARE MORSY	40-49 lat	44	Szare Morsy		00:00:00	00:11:34	00:27:20.15	00:27:20.15	+00:07:08	5:09	11.6
15	LERCH-HENCZKO Maria	425		30-39 lat	41			00:00:00	00:11:07	00:27:25.95	00:27:25.95	+00:07:14	5:10	11.6
16	PŁASKA Barbara	620	KOBIETY NA 5+	50-59 lat	14	Kobiety na 5+		00:00:00	00:11:43	00:27:37.65	00:27:37.65	+00:07:26	5:12	11.5
17	GORZELAK Joanna	194	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:00	00:11:57	00:27:58.00	00:27:58.00	+00:07:46	5:16	11.4
18	CHORCHOS Magdalena	84		30-39 lat	49			00:00:00	00:12:48	00:28:32.05	00:28:32.05	+00:08:20	5:23	11.1
19	JASIŃSKA-DUDEK Barbara	264		30-39 lat	51			00:00:00	00:11:58	00:28:42.55	00:28:42.55	+00:08:31	5:24	11.1
20	BORUTA Wioletta	57		40-49 lat	65			00:00:00	00:12:04	00:28:50.70	00:28:50.70	+00:08:39	5:26	11

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
21	RANSZ Beata	643	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	21			00:00:00	00:12:17	00:28:54.90	00:28:54.90	+00:08:43	5:27	11
22	GATNER Agnieszka	171		40-49 lat	69			00:00:00	00:12:19	00:29:05.10	00:29:05.10	+00:08:53	5:29	10.9
23	RATAJCZYK Dominika	1191		20-29 lat	15			00:00:00	00:11:35	00:29:06.80	00:29:06.80	+00:08:55	5:29	10.9
24	KONOPKA Magdalena	343		30-39 lat	54		Magda i Ola	00:00:00	00:13:01	00:29:09.50	00:29:09.50	+00:08:58	5:30	10.9
25	KRAWCZYK Urszula	371		20-29 lat	16			00:00:00	00:11:38	00:29:11.35	00:29:11.35	+00:08:59	5:30	10.9
26	SZYPUŁA Ola	766	-	16-19 lat	7		Magda i Ola	00:00:00	00:13:02	00:29:23.50	00:29:23.50	+00:09:12	5:32	10.8
27	MUSIAŁ Maria	518		60+	5			00:00:00	00:13:09	00:29:43.85	00:29:43.85	+00:09:32	5:36	10.7
28	KUSA Aleksandra	403		50-59 lat	30			00:00:00	00:12:37	00:29:55.15	00:29:55.15	+00:09:43	5:38	10.6
29	FRAJHOFER Ewka	149		40-49 lat	78	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:12:19	00:29:58.85	00:29:58.85	+00:09:47	5:39	10.6
30	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	+00:10:04	5:42	10.5
31	SKOTNICKA Urszula	685	NIE ZRZESZONA	50-59 lat	32			00:00:00	00:12:33	00:30:21.00	00:30:21.00	+00:10:09	5:43	10.5
32	MARSZAŁKOWSKA Daria	471		40-49 lat	93			00:00:00	00:13:57	00:30:25.45	00:30:25.45	+00:10:14	5:44	10.5
33	SOBINA Roksana	707	KLUB BIEGACZA FARTLEK	40-49 lat	97	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.15	00:30:39.15	+00:10:27	5:46	10.4
34	SZTABLA Liliana	760	KLUB BIEGACZA FARTLEK	40-49 lat	98	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.85	00:30:39.85	+00:10:28	5:46	10.4
35	WARLEWSKA Joanna	792		30-39 lat	71			00:00:00	00:12:48	00:30:58.25	00:30:58.25	+00:10:46	5:50	10.3
36	LIPKA Edyta	429		40-49 lat	108			00:00:00	00:12:52	00:30:58.50	00:30:58.50	+00:10:47	5:50	10.3
37	KONIECZNY Marta	341		20-29 lat	23			00:00:00	00:13:05	00:31:04.10	00:31:04.10	+00:10:52	5:51	10.2
38	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	+00:10:53	5:51	10.2
39	RADWAŃSKA Agata	640		20-29 lat	24			00:00:00	00:13:37	00:31:05.75	00:31:05.75	+00:10:54	5:51	10.2
40	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	+00:11:15	5:56	10.1
41	PIETROSZEK Władysława	607		40-49 lat	118			00:00:00	00:13:04	00:31:31.00	00:31:31.00	+00:11:19	5:56	10.1
42	JASTRZĘBSKA Ewa	266		50-59 lat	39			00:00:00	00:13:31	00:31:33.95	00:31:33.95	+00:11:22	5:57	10.1
43	GIŻYŃSKA Katarzyna	181		30-39 lat	83	Kobiety na 5+		00:00:00	00:13:10	00:31:38.90	00:31:38.90	+00:11:27	5:58	10.1
44	SZPYRA Aniela	759		16-19 lat	11			00:00:00	00:12:29	00:31:39.75	00:31:39.75	+00:11:28	5:58	10
45	PIWISZKIS Barbara	615	KOBIETY NA 5+	40-49 lat	124	Kobiety na 5+	AnadoBara	00:00:00	00:13:06	00:31:44.80	00:31:44.80	+00:11:33	5:59	10
46	FECZKO Monika	140		20-29 lat	26			00:00:00	00:12:51	00:31:45.85	00:31:45.85	+00:11:34	5:59	10
47	UKLEJA Ela	786		40-49 lat	126			00:00:00	00:14:18	00:31:46.60	00:31:46.60	+00:11:35	5:59	10
48	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	+00:11:39	6:00	10
49	BAŁA Justyna	14	KOBIETY NA 5+	40-49 lat	129	Kobiety na 5+		00:00:00	00:13:36	00:31:51.85	00:31:51.85	+00:11:40	6:00	10

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50	ANIOŁ-BARLIK Agnieszka	8		40-49 lat	132			00:00:00	00:13:20	00:31:54.90	00:31:54.90	+00:11:43	6:01	10
51	DĄBROWSKA Katarzyna	105		30-39 lat	87			00:00:00	00:13:52	00:31:56.35	00:31:56.35	+00:11:44	6:01	10
52	KŁEK Marzena	322		40-49 lat	134			00:00:00	00:13:53	00:32:00.70	00:32:00.70	+00:11:49	6:02	9.9
53	MATUSZEK Anna	481		30-39 lat	88			00:00:00	00:13:05	00:32:08.95	00:32:08.95	+00:11:57	6:03	9.9
54	DZIUK Jolanta	136		50-59 lat	47			00:00:00	00:12:55	00:32:10.25	00:32:10.25	+00:11:58	6:04	9.9
55	SZPYRA Sonia	758		40-49 lat	136			00:00:00	00:13:22	00:32:11.60	00:32:11.60	+00:12:00	6:04	9.9
56	ROŚCZAK Sylwia	659		40-49 lat	139			00:00:00	00:13:48	00:32:17.85	00:32:17.85	+00:12:06	6:05	9.9
57	SOSNA Iwona	715		40-49 lat	148			00:00:00	00:13:53	00:32:34.05	00:32:34.05	+00:12:22	6:08	9.8
58	FECZKO Lucyna	139		40-49 lat	154			00:00:00	00:12:56	00:32:48.90	00:32:48.90	+00:12:37	6:11	9.7
59	BOBER Alicja	50		40-49 lat	157			00:00:00	00:14:19	00:32:58.00	00:32:58.00	+00:12:46	6:13	9.6
60	KARAŚ Daria	296		30-39 lat	94		MyDwie	00:00:00	00:13:19	00:33:02.45	00:33:02.45	+00:12:51	6:13	9.6
61	NALEWAJKA Wioleta	526	KOBIETY NA 5+	50-59 lat	53	Kobiety na 5+		00:00:00	00:13:05	00:33:22.30	00:33:22.30	+00:13:10	6:17	9.5
62	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	+00:13:16	6:18	9.5
63	MAZUR Aleksandra	483		40-49 lat	171			00:00:00	00:14:20	00:33:30.65	00:33:30.65	+00:13:19	6:19	9.5
64	OZIMEK Aldona	572		40-49 lat	172			00:00:00	00:14:37	00:33:30.75	00:33:30.75	+00:13:19	6:19	9.5
65	STOPYRA Agnieszka	728		40-49 lat	174			00:00:00	00:13:54	00:33:35.55	00:33:35.55	+00:13:24	6:20	9.5
66	SPYRKA Monika	717		30-39 lat	102	Klub Biegacza Fartlek		00:00:00	00:13:45	00:33:41.55	00:33:41.55	+00:13:30	6:21	9.4
67	NIESŁANCZYK Barbara	541	MYDWIE	30-39 lat	104		MyDwie	00:00:00	00:14:29	00:33:45.25	00:33:45.25	+00:13:33	6:22	9.4
68	KOLAT Jadzia	334	KOBIETY NA 5+	40-49 lat	177	Kobiety na 5+		00:00:00	00:14:02	00:33:48.35	00:33:48.35	+00:13:36	6:22	9.4
69	MALISZEWSKA Beata	462		30-39 lat	108			00:00:00	00:14:48	00:34:08.70	00:34:08.70	+00:13:57	6:26	9.3
70	PIĄTKOWSKA Aleksandra	601		20-29 lat	35			00:00:00	00:14:32	00:34:11.60	00:34:11.60	+00:14:00	6:26	9.3
71	BEDNAREK Anita	26		40-49 lat	191			00:00:00	00:13:50	00:34:18.00	00:34:18.00	+00:14:06	6:28	9.3
72	ADAMCZAK Renata	3		50-59 lat	61			00:00:00	00:14:42	00:34:21.00	00:34:21.00	+00:14:09	6:28	9.3
73	DĘBOWSKA Beata	111		50-59 lat	62			00:00:00	00:14:11	00:34:27.40	00:34:27.40	+00:14:15	6:30	9.2
74	PYZIK Barbara	639	SZARE MORSY	40-49 lat	198	Szare Morsy		00:00:00	00:14:05	00:34:36.50	00:34:36.50	+00:14:25	6:31	9.2
75	JANCZAR Angelika	244		30-39 lat	115			00:00:00	00:14:38	00:34:40.15	00:34:40.15	+00:14:28	6:32	9.2
76	BEDNAREK Jolanta	25		50-59 lat	63			00:00:00	00:14:32	00:34:40.20	00:34:40.20	+00:14:28	6:32	9.2
77	BOGACZ-BUCHTA Anna	53		40-49 lat	201			00:00:00	00:14:47	00:34:43.05	00:34:43.05	+00:14:31	6:33	9.2
78	TATARCZYK Justyna	775		40-49 lat	204			00:00:00	00:14:45	00:34:47.20	00:34:47.20	+00:14:35	6:33	9.1
79	CHRZĄSTEK Magdalena	86		30-39 lat	118			00:00:00	00:14:20	00:35:02.35	00:35:02.35	+00:14:50	6:36	9.1
80	REYMANN Milena	650		40-49 lat	211	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:15:29	00:35:08.55	00:35:08.55	+00:14:57	6:37	9.1

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81	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	+00:15:05	6:39	9
82	MARON Honorata	466		20-29 lat	38			00:00:00	00:15:42	00:35:24.85	00:35:24.85	+00:15:13	6:40	9
83	SMOZIK Mariola	701		40-49 lat	217			00:00:00	00:14:53	00:35:28.40	00:35:28.40	+00:15:16	6:41	9
84	NOWROT Ewa	555		40-49 lat	218			00:00:00	00:14:39	00:35:30.45	00:35:30.45	+00:15:19	6:41	9
85	BANASZEWSKA Aleksandra	16		30-39 lat	127			00:00:00	00:14:19	00:35:30.75	00:35:30.75	+00:15:19	6:41	9
86	SZYMCZAK Mariola	765		60+	11			00:00:00	00:15:18	00:35:40.25	00:35:40.25	+00:15:28	6:43	8.9
87	BIELA Małgorzata	38	KOBIETY NA 5+	50-59 lat	65	Kobiety na 5+		00:00:00	00:14:48	00:35:48.30	00:35:48.30	+00:15:36	6:45	8.9
88	BORDA Grażyna	56	KOBIETY NA 5+	40-49 lat	225	Kobiety na 5+		00:00:00	00:14:35	00:36:05.65	00:36:05.65	+00:15:54	6:48	8.8
89	GAŃKO Grażyna	165		60+	12			00:00:00	00:15:29	00:36:06.35	00:36:06.35	+00:15:54	6:48	8.8
90	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	+00:15:55	6:48	8.8
91	PAJĄK Małgorzata	578	KOBIETY NA 5+	50-59 lat	70	Kobiety na 5+		00:00:00	00:14:37	00:36:07.10	00:36:07.10	+00:15:55	6:48	8.8
92	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	+00:15:55	6:48	8.8
93	LORENZ Hanna	435		16-19 lat	17			00:00:00	00:14:53	00:36:09.65	00:36:09.65	+00:15:58	6:49	8.8
94	NAPIERAŁA Marta	528		30-39 lat	138			00:00:00	00:15:28	00:36:14.80	00:36:14.80	+00:16:03	6:50	8.8
95	BIAŁEK Sonia	32	UZDROWISKO	30-39 lat	141	UZDROWISKO		00:00:00	00:15:44	00:36:20.65	00:36:20.65	+00:16:09	6:51	8.8
96	BOŻEK Dagmara	58		40-49 lat	227			00:00:00	00:15:11	00:36:22.50	00:36:22.50	+00:16:11	6:51	8.7
97	LORENZ Agnieszka	434	GB GALOPUJĄCE ŚLIMAKI	40-49 lat	230			00:00:00	00:15:10	00:36:27.05	00:36:27.05	+00:16:15	6:52	8.7
98	TOMALA Beata	779		40-49 lat	231			00:00:00	00:15:32	00:36:28.35	00:36:28.35	+00:16:16	6:52	8.7
99	DRANICZAREK Anna	121		30-39 lat	143			00:00:00	00:15:02	00:36:29.05	00:36:29.05	+00:16:17	6:53	8.7
100	ABRACHAMCZYK Agnieszka	1		20-29 lat	42			00:00:00	00:16:14	00:36:31.80	00:36:31.80	+00:16:20	6:53	8.7
101	LESZCZYŃSKA Violetta	426		50-59 lat	76			00:00:00	00:16:36	00:36:42.25	00:36:42.25	+00:16:30	6:55	8.7
102	KRYSIAK Marcelina	375		20-29 lat	43			00:00:00	00:15:05	00:36:49.20	00:36:49.20	+00:16:37	6:56	8.6
103	DRÓZDŹ Monika	124		40-49 lat	242			00:00:00	00:15:48	00:37:03.80	00:37:03.80	+00:16:52	6:59	8.6
104	DAMIS Daria	103		30-39 lat	151			00:00:00	00:15:27	00:37:16.70	00:37:16.70	+00:17:05	7:01	8.5
105	STEFANIK Katarzyna	725		30-39 lat	152			00:00:00	00:15:27	00:37:17.05	00:37:17.05	+00:17:05	7:02	8.5
106	POŁEDNIOK Aleksandra	625		40-49 lat	248			00:00:00	00:16:24	00:37:40.40	00:37:40.40	+00:17:28	7:06	8.4
107	OLCZYK Wioletta	558	KOBIETY NA 5+	50-59 lat	79	Kobiety na 5+		00:00:00	00:14:30	00:37:40.60	00:37:40.60	+00:17:29	7:06	8.4
108	WACHTARCZYK Dominika	790		30-39 lat	155			00:00:00	00:15:51	00:37:41.40	00:37:41.40	+00:17:29	7:06	8.4
109	ZIEJA Martyna	852		20-29 lat	46	Sądówki		00:00:00	00:16:04	00:37:42.25	00:37:42.25	+00:17:30	7:06	8.4
110	IDZIKOWSKA Elżbieta	237		40-49 lat	249	Oribanda		00:00:00	00:16:04	00:37:44.55	00:37:44.55	+00:17:33	7:07	8.4
111	IDZIKOWSKA Urszula	236		20-29 lat	47	Oribanda		00:00:00	00:16:05	00:37:44.80	00:37:44.80	+00:17:33	7:07	8.4
112	NIEDŹWIEDŹ Maja	538		40-49 lat	250			00:00:00	00:14:47	00:37:45.95	00:37:45.95	+00:17:34	7:07	8.4
113	KOWALSKA Małgorzata	361		50-59 lat	81			00:00:00	00:15:59	00:37:47.45	00:37:47.45	+00:17:36	7:07	8.4
114	KNAP Beata	326		50-59 lat	83			00:00:00	00:15:49	00:37:53.00	00:37:53.00	+00:17:41	7:08	8.4

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
115	SERAFIN-CHWAŁEK Joanna	673		40-49 lat	253			00:00:00	00:15:20	00:37:57.70	00:37:57.70	+00:17:46	7:09	8.4
116	JAKUBIK Edyta	242		30-39 lat	157			00:00:00	00:15:28	00:38:01.15	00:38:01.15	+00:17:49	7:10	8.4
117	JANCZARA Ewa	245		40-49 lat	258			00:00:00	00:15:47	00:38:09.50	00:38:09.50	+00:17:58	7:11	8.3
118	SŁYSZ Natalia	698		30-39 lat	160	Byle Do Mety		00:00:00	00:15:56	00:38:11.00	00:38:11.00	+00:17:59	7:12	8.3
119	KOWALCZYK Barbara	358		40-49 lat	260			00:00:00	00:15:59	00:38:13.85	00:38:13.85	+00:18:02	7:12	8.3
120	BARTNIK Joanna	19	STREET SPIRIT	40-49 lat	261			00:00:00	00:15:56	00:38:14.00	00:38:14.00	+00:18:02	7:12	8.3
121	KLUZ Justyna	319		30-39 lat	163		Frelki	00:00:00	00:16:10	00:38:15.50	00:38:15.50	+00:18:04	7:13	8.3
122	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	+00:18:13	7:14	8.3
123	DACENKO Joanna	101		40-49 lat	266			00:00:00	00:16:53	00:38:41.50	00:38:41.50	+00:18:30	7:17	8.2
124	ROJEK Natalia	652		20-29 lat	49			00:00:00	00:16:25	00:38:47.75	00:38:47.75	+00:18:36	7:19	8.2
125	WAGNER Natalia	791		30-39 lat	167		Frelki	00:00:00	00:16:36	00:38:48.00	00:38:48.00	+00:18:36	7:19	8.2
126	KACZOREK Malwina	282		30-39 lat	168			00:00:00	00:16:02	00:38:51.55	00:38:51.55	+00:18:40	7:19	8.2
127	ROTTER Hanna	660		60+	13			00:00:00	00:16:11	00:38:51.60	00:38:51.60	+00:18:40	7:19	8.2
128	SOKÓŁ-OLEŚ Ewelina	711	RUNTEAM PAWŁOWICE	50-59 lat	91	RUNTEAM Pawłowice	RUNTEAM...ówki	00:00:00	00:17:09	00:38:55.25	00:38:55.25	+00:18:43	7:20	8.2
129	SZCZEPANIK Aleksandra	746		30-39 lat	171			00:00:00	00:16:12	00:38:59.80	00:38:59.80	+00:18:48	7:21	8.2
130	NIEDZIOŁKO Bożena	537	KOBIETY NA 5+	50-59 lat	92	Kobiety na 5+		00:00:00	00:16:11	00:39:00.50	00:39:00.50	+00:18:49	7:21	8.2
131	CIESLA Liliana	91		60+	16			00:00:00	00:15:31	00:39:03.20	00:39:03.20	+00:18:51	7:22	8.1
132	GARUS Angelika	169		40-49 lat	271			00:00:00	00:16:23	00:39:06.55	00:39:06.55	+00:18:55	7:22	8.1
133	SZEWCZUK Agnieszka	754		40-49 lat	272	Byle Do Mety		00:00:00	00:15:57	00:39:08.85	00:39:08.85	+00:18:57	7:23	8.1
134	GŁUSZAK Aleksandra	186	KOBIETY NA 5+	40-49 lat	274	Kobiety na 5+		00:00:00	00:16:07	00:39:14.35	00:39:14.35	+00:19:02	7:24	8.1
135	MYŚLIWIEC Monika	523	KOBIETY NA 5+	40-49 lat	275	Kobiety na 5+		00:00:00	00:16:07	00:39:14.70	00:39:14.70	+00:19:03	7:24	8.1
136	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	+00:19:05	7:24	8.1
137	SZCZUCHNIAK Adriana	751		40-49 lat	280			00:00:00	00:16:33	00:39:37.90	00:39:37.90	+00:19:26	7:28	8
138	NOWAK Malwina	549		30-39 lat	177			00:00:00	00:17:48	00:39:43.15	00:39:43.15	+00:19:31	7:29	8
139	KUCIEJ Justyna	385	SZARE MORSY	40-49 lat	282	Szare Morsy		00:00:00	00:16:54	00:39:44.05	00:39:44.05	+00:19:32	7:29	8
140	JAROSZEWSKA Justyna	260	BZIEGACZE	40-49 lat	283			00:00:00	00:15:50	00:40:02.85	00:40:02.85	+00:19:51	7:33	7.9
141	ZIEJA Iza	853		50-59 lat	94	Sądówki		00:00:00	00:16:55	00:40:24.15	00:40:24.15	+00:20:12	7:37	7.9
142	ZALEWSKA Barbara	844	KOBIETY NA 5+	40-49 lat	287	Kobiety na 5+		00:00:00	00:17:02	00:40:37.35	00:40:37.35	+00:20:25	7:39	7.8
143	OLEŚ Ula	561		30-39 lat	182			00:00:00	00:16:43	00:40:50.90	00:40:50.90	+00:20:39	7:42	7.8
144	GAPIŃSKA Agata	167		50-59 lat	97			00:00:00	00:16:49	00:40:55.60	00:40:55.60	+00:20:44	7:43	7.8
145	SCHMIDT Magdalena	672		30-39 lat	184			00:00:00	00:17:04	00:41:05.20	00:41:05.20	+00:20:53	7:45	7.7
146	STELMACH Marta	726		30-39 lat	185			00:00:00	00:16:29	00:41:08.15	00:41:08.15	+00:20:56	7:45	7.7
147	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	+00:20:57	7:45	7.7
148	GROCHOWSKA Oliwia	207		16-19 lat	18			00:00:00	00:16:37	00:41:22.60	00:41:22.60	+00:21:11	7:48	7.7

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
149	ŁANUCHA Mariola	440	KOBIETY NA 5+	60+	17	Kobiety na 5+		00:00:00	00:16:55	00:41:36.90	00:41:36.90	+00:21:25	7:50	7.6
150	MIŚKOWIEC Agnieszka	505		40-49 lat	292			00:00:00	00:16:32	00:41:49.10	00:41:49.10	+00:21:37	7:53	7.6
151	SUJEWICZ Klaudia	736		20-29 lat	55			00:00:00	00:18:20	00:41:53.90	00:41:53.90	+00:21:42	7:54	7.6
152	SURY-WOLNIEWICZ Kamila	738	KOBIETY NA 5+	40-49 lat	293	Kobiety na 5+		00:00:00	00:17:36	00:42:02.45	00:42:02.45	+00:21:51	7:55	7.6
153	KOSOWSKA Grażyna	354	KOBIETY NA 5+	50-59 lat	100	Kobiety na 5+		00:00:00	00:18:39	00:42:06.85	00:42:06.85	+00:21:55	7:56	7.6
154	MILCUSZEK Magdalena	499		30-39 lat	189			00:00:00	00:18:02	00:42:07.20	00:42:07.20	+00:21:55	7:56	7.6
155	BROCKA Joanna	60		40-49 lat	296			00:00:00	00:17:52	00:42:27.35	00:42:27.35	+00:22:15	8:00	7.5
156	KOCIK Krystyna	329		60+	20			00:00:00	00:18:03	00:42:30.40	00:42:30.40	+00:22:18	8:01	7.5
157	JARZABEK Monika	261		40-49 lat	298			00:00:00	00:17:06	00:42:37.20	00:42:37.20	+00:22:25	8:02	7.5
158	GARAJ Magdalena	168		40-49 lat	299			00:00:00	00:17:37	00:42:37.60	00:42:37.60	+00:22:26	8:02	7.5
159	STAŚKIEWICZ Beata	721	SOCJAL CORPO GROUP	40-49 lat	302		Socjal Corpo Group	00:00:00	00:18:20	00:43:20.25	00:43:20.25	+00:23:08	8:10	7.3
160	RATAJCZAK Ewa	644	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	303			00:00:00	00:17:34	00:43:27.40	00:43:27.40	+00:23:15	8:11	7.3
161	STAŚKIEWICZ Monika	722		40-49 lat	304			00:00:00	00:17:28	00:43:31.60	00:43:31.60	+00:23:20	8:12	7.3
162	SŁUPECKA Beata	697		40-49 lat	307			00:00:00	00:17:30	00:44:32.95	00:44:32.95	+00:24:21	8:24	7.1
163	BUCZAK Jolanta	67		40-49 lat	308			00:00:00	00:18:28	00:44:42.45	00:44:42.45	+00:24:31	8:26	7.1
164	SZCZEGODZIŃSKA Kasia	745		30-39 lat	195			00:00:00	00:18:29	00:44:43.20	00:44:43.20	+00:24:31	8:26	7.1
165	WOJTAL Danuta	816		50-59 lat	102			00:00:00	00:18:53	00:44:44.95	00:44:44.95	+00:24:33	8:26	7.1
166	DAMIS Jessica	104		30-39 lat	196			00:00:00	00:18:03	00:45:05.15	00:45:05.15	+00:24:53	8:30	7.1
167	MAGIELEK Magdalena	485		30-39 lat	197			00:00:00	00:18:04	00:45:05.45	00:45:05.45	+00:24:54	8:30	7.1
168	SZCZEPANOWSKA Grażyna	748		60+	21			00:00:00	00:20:26	00:45:23.10	00:45:23.10	+00:25:11	8:33	7
169	DĘBSKA Olga	112		30-39 lat	199	EKIPA PP19		00:00:00	00:19:07	00:45:35.25	00:45:35.25	+00:25:23	8:36	7
170	BIAŁEK Maria	34		20-29 lat	61			00:00:00	00:19:06	00:45:45.95	00:45:45.95	+00:25:34	8:37	7
171	GIBAS Amanda	178		40-49 lat	310			00:00:00	00:18:49	00:46:45.45	00:46:45.45	+00:26:34	8:49	6.8
172	KUŚMIRSKA-KUBAS Alina	410	KLUB BIEGACZA FARTLEK	50-59 lat	106	Klub Biegacza Fartlek		00:00:00	00:18:52	00:46:48.05	00:46:48.05	+00:26:36	8:49	6.8
173	WIŚNIEWSKA Janina	809		50-59 lat	107			00:00:00	00:19:59	00:47:08.60	00:47:08.60	+00:26:57	8:53	6.7
174	NIEDŹWIEDŹ Julia	539		20-29 lat	62			00:00:00	00:18:38	00:47:26.55	00:47:26.55	+00:27:15	8:56	6.7
175	JAWORSKA Monika	270		30-39 lat	202		Byle do mety	00:00:00	00:21:04	00:50:41.40	00:50:41.40	+00:30:29	9:33	6.3
176	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	+00:31:10	9:41	6.2
177	ABRACHAMCZYK Barbara	2		60+	23			00:00:00	00:21:47	00:51:21.90	00:51:21.90	+00:31:10	9:41	6.2
178	WAWOCZNY Anita	795	KOBIETY NA 5+	40-49 lat	319	Kobiety na 5+		00:00:00	00:24:43	00:54:12.05	00:54:12.05	+00:34:00	10:13	5.9
179	SAWICKA Marta	671	KOBIETY NA 5+	40-49 lat	320	Kobiety na 5+		00:00:00	00:24:44	00:54:13.40	00:54:13.40	+00:34:01	10:13	5.9
180	ZALEWSKA Marianna	843		60+	24			00:00:00	00:24:01	00:54:26.40	00:54:26.40	+00:34:14	10:16	5.8

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
181	PERKOWSKA Daria	599	KOBIETY NA 5+	40-49 lat	321	Kobiety na 5+		00:00:00	00:09:26			+	3:46	15.9

Znaleziono 181 wynik(ów)