



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-05-26
Jastrzębie-Zdrój
5.3 km



Klasyfikacja: 50-59 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	ADAMCZYK-NOWAK Beata	307	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	1	Miechowska Grupa Biegowa	Kwiat Miechowic	00:00:02	00:09:07	00:21:10.48	00:21:13.05		3:59	15 (100%)
2	MALEJKA Katarzyna	740		50-59 lat	2	Huragan Ligota	E&K	00:00:13	00:10:05	00:23:30.05	00:23:43.53	+00:02:19 (9.9%)	4:26	13.5 (90.0%)
3	NOWAK Beata	374	ZZOZOLKI	50-59 lat	3	ZZOZOLKI		00:00:03	00:10:00	00:23:57.25	00:24:00.43	+00:02:46 (11.6%)	4:31	13.3 (88.7%)
4	CZYŻ Leonarda	366	ZZOZOLKI	50-59 lat	4	ZZOZOLKI		00:00:03	00:10:11	00:24:05.69	00:24:09.22	+00:02:55 (12.1%)	4:32	13.2 (88.0%)
5	NOWAK Ewa	477		50-59 lat	5		E&K	00:00:13	00:10:52	00:24:46.97	00:25:00.66	+00:03:36 (14.6%)	4:40	12.8 (85.3%)
6	PAWŁOWSKA Beata	178	RADLINIOKI W BIEGU	50-59 lat	6			00:00:06	00:10:18	00:24:49.51	00:24:55.62	+00:03:39 (14.7%)	4:40	12.8 (85.3%)
7	BROCKA Anita	431	SILESIAN TRIATHLON TEAM	50-59 lat	7	Silesian Triathlon Team	M i A	00:00:05	00:11:09	00:26:23.92	00:26:29.89	+00:05:13 (19.8%)	4:58	12.1 (80.7%)
8	POPEK Barbara	59	SOBIESKI 6	50-59 lat	8	Sobieski 6	Sobieski 6	00:00:05	00:11:02	00:26:34.48	00:26:39.57	+00:05:24 (20.3%)	5:00	12 (80.0%)
9	SLISZ Maria	189	DECATHLON I PRZYJACIELE	50-59 lat	9		M&M	00:00:09	00:11:38	00:27:24.78	00:27:33.91	+00:06:14 (22.8%)	5:10	11.6 (77.3%)
10	WERNIK Katarzyna	268		50-59 lat	10			00:00:07	00:12:02	00:28:14.99	00:28:22.17	+00:07:04 (25.0%)	5:19	11.3 (75.3%)
11	RAŹNIAK Beata	172		50-59 lat	11	Kobiety na 5+		00:00:06	00:12:19	00:28:24.70	00:28:30.86	+00:07:14 (25.5%)	5:21	11.2 (74.7%)
12	PŁASKA Barbara	15	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:11	00:11:57	00:28:30.05	00:28:41.47	+00:07:19 (25.7%)	5:22	11.2 (74.7%)
13	PROKOP Iwona	986		50-59 lat	13			00:00:15	00:12:34	00:28:37.52	00:28:52.56	+00:07:27 (26.0%)	5:23	11.1 (74.0%)
14	ŁATKA Dorota	729		50-59 lat	14			00:00:12	00:12:05	00:28:51.93	00:29:04.26	+00:07:41 (26.6%)	5:26	11 (73.3%)
15	SKRZYPOSZEK Małgorzata	320	WARTKIE PIERONY	50-59 lat	15	Wartkie Pieronice		00:00:48	00:12:34	00:28:54.04	00:29:42.21	+00:07:43 (26.7%)	5:27	11 (73.3%)

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16	MAZGAJ Grażyna	745		50-59 lat	16			00:00:19	00:12:18	00:28:58.03	00:29:17.97	+00:07:47 (26.9%)	5:27	11 (73.3%)
17	PYTEL Renata	248		50-59 lat	17	Sobieski 6	Sobieski 6	00:00:06	00:11:52	00:28:59.18	00:29:05.89	+00:07:48 (26.9%)	5:28	11 (73.3%)
18	SOKÓŁ-OLEŚ Ewelina	254		50-59 lat	18	RUNTEAM PAWŁOWICE		00:00:53	00:13:00	00:29:05.24	00:29:59.21	+00:07:54 (27.2%)	5:29	10.9 (72.7%)
19	ROZMUS Marzena	971	STS BIEGATON MIKOŁÓW	50-59 lat	19		NAJLEPSZE	00:00:42	00:12:54	00:29:19.18	00:30:02.14	+00:08:08 (27.8%)	5:31	10.8 (72.0%)
20	PUDA Dorota	981	KOBIETY NA 5+	50-59 lat	20	Kobiety na 5+		00:00:13	00:12:18	00:29:20.13	00:29:33.58	+00:08:09 (27.8%)	5:32	10.8 (72.0%)
21	BURDA Renata	474	AKTYWNI RYDUŁTOWY	50-59 lat	21			00:00:34	00:12:47	00:29:33.25	00:30:08.06	+00:08:22 (28.4%)	5:34	10.8 (72.0%)
22	ZARAŃSKA Izabela	486	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	22	MIECHOWICKA GRUPA BIEGOWA	Miechowicka Grupa Biegowa	00:00:33	00:12:52	00:29:40.04	00:30:13.48	+00:08:29 (28.6%)	5:35	10.7 (71.3%)
23	KUBECKA Jolanta	356	ZZOZOLKI	50-59 lat	23	ZZOZOLKI		00:00:18	00:12:36	00:29:43.51	00:30:01.69	+00:08:33 (28.8%)	5:36	10.7 (71.3%)
24	SOCHA Marlena	82	WARTKIE PIERONY	50-59 lat	24	Wartkie Pieronice		00:00:57	00:13:02	00:29:52.38	00:30:49.49	+00:08:41 (29.1%)	5:38	10.6 (70.7%)
25	BUCHHOLZ Majka	412		50-59 lat	25			00:00:03	00:12:33	00:30:00.45	00:30:04.06	+00:08:49 (29.4%)	5:39	10.6 (70.7%)
26	NATKANIEC Dorota	851		50-59 lat	26			00:00:31	00:13:31	00:30:16.95	00:30:48.03	+00:09:06 (30.1%)	5:42	10.5 (70.0%)
27	RANSZ Beata	79	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	27		Przyjaciółki	00:00:13	00:12:53	00:30:17.76	00:30:31.51	+00:09:07 (30.1%)	5:42	10.5 (70.0%)
28	NYKIEL Małgorzata	273	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	28	Miechowicka Grupa Biegowa	Miechowicka Grupa Biegowa	00:00:39	00:14:08	00:30:28.08	00:31:07.11	+00:09:17 (30.5%)	5:44	10.4 (69.3%)
29	JASTRZĘBSKA Ewa	199		50-59 lat	29			00:00:21	00:12:56	00:30:29.94	00:30:51.85	+00:09:19 (30.6%)	5:45	10.4 (69.3%)
30	BURCZYK Celina	309	HURAGAN LIGOTA	50-59 lat	30	Huragan Ligota		00:00:10	00:12:27	00:30:32.36	00:30:43.26	+00:09:21 (30.7%)	5:45	10.4 (69.3%)
31	CELER Iwona	232		50-59 lat	31			00:00:27	00:12:54	00:30:33.86	00:31:00.89	+00:09:23 (30.7%)	5:45	10.4 (69.3%)
32	TRZEWIK Beata	920	ZIMNOKRWISTE WIEWIÓRKI	50-59 lat	32	Wiewiórki Zimnokrwiste		00:00:29	00:13:21	00:30:41.06	00:31:11.04	+00:09:30 (31.0%)	5:47	10.4 (69.3%)
33	GENSTY Klaudia	259	DYSTANS LUBOMIA	50-59 lat	33			00:00:20	00:13:36	00:30:42.27	00:31:02.39	+00:09:31 (31.0%)	5:47	10.4 (69.3%)
34	BUGLA Weronika	298	DYSTANS LUBOMIA	50-59 lat	34			00:00:05	00:12:44	00:31:01.16	00:31:06.50	+00:09:50 (31.7%)	5:51	10.3 (68.7%)
35	TULKO Iwona	277		50-59 lat	35			00:00:03	00:12:28	00:31:02.04	00:31:05.34	+00:09:51 (31.8%)	5:51	10.2 (68.0%)
36	HORAK Alina	795	-----	50-59 lat	36			00:00:39	00:13:31	00:31:03.00	00:31:42.81	+00:09:52 (31.8%)	5:51	10.2 (68.0%)
37	GABRUŚ Iwona	418	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59 lat	37			00:00:29	00:13:12	00:31:03.39	00:31:32.78	+00:09:52 (31.8%)	5:51	10.2 (68.0%)
38	OZDARSKA Beata	252	WARTKIE PIERONY	50-59 lat	38	Wartkie Pieronice		00:00:35	00:13:22	00:31:04.53	00:31:39.91	+00:09:54 (31.9%)	5:51	10.2 (68.0%)

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39	DOBOSZ Ilona	54		50-59 lat	39			00:00:07	00:13:06	00:31:04.92	00:31:12.46	+00:09:54 (31.9%)	5:51	10.2 (68.0%)
40	KMIECIAK Grażyna	827		50-59 lat	40			00:00:30	00:13:31	00:31:09.98	00:31:40.55	+00:09:59 (32.1%)	5:52	10.2 (68.0%)
41	ŁEPEK Bożena	343		50-59 lat	41			00:00:51	00:13:38	00:31:15.95	00:32:07.93	+00:10:05 (32.3%)	5:53	10.2 (68.0%)
42	FURMANEK Ela	65	HURAGAN LIGOTA	50-59 lat	42	Huragan Ligota		00:00:23	00:14:31	00:31:18.06	00:31:41.75	+00:10:07 (32.4%)	5:54	10.2 (68.0%)
43	BAJCAR Beata	552	KOBIETY NA 5+	50-59 lat	43	Kobiety na 5+		00:00:12	00:13:09	00:31:19.37	00:31:32.29	+00:10:08 (32.4%)	5:54	10.2 (68.0%)
44	GOLDA Ewa	903	SPECIALTEAM	50-59 lat	44	SpecialTeam	EwAnka	00:00:17	00:14:11	00:31:23.87	00:31:41.38	+00:10:13 (32.6%)	5:55	10.1 (67.3%)
45	ŚLUCZKA Kinga	697		50-59 lat	45			00:00:19	00:13:43	00:31:27.46	00:31:46.60	+00:10:16 (32.7%)	5:56	10.1 (67.3%)
46	KUSA Aleksandra	1320		50-59 lat	46			00:00:36	00:13:24	00:31:27.78	00:32:03.89	+00:10:17 (32.7%)	5:56	10.1 (67.3%)
47	SKOTNICKA Urszula	193	NIE ZRZESZONA	50-59 lat	47			00:00:07	00:13:07	00:31:59.82	00:32:07.43	+00:10:49 (33.8%)	6:02	9.9 (66.0%)
48	MATUĆ Aleksandra	45	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	48	MIECHOWICKA GRUPA BIEGOWA		00:00:31	00:13:59	00:32:10.57	00:32:41.85	+00:11:00 (34.2%)	6:04	9.9 (66.0%)
49	GRABOWSKA Katarzyna	286		50-59 lat	49			00:00:50	00:14:14	00:32:13.93	00:33:04.78	+00:11:03 (34.3%)	6:04	9.9 (66.0%)
50	WALUSZ Jolanta	588	SZOMBIERKI DREAM TEAM	50-59 lat	50			00:00:32	00:13:43	00:32:16.88	00:32:49.15	+00:11:06 (34.4%)	6:05	9.9 (66.0%)
51	KRAUSE Sylwia	33	RADLINIOKI W BIEGU	50-59 lat	51	Radlinioki w biegu		00:00:46	00:14:37	00:32:25.07	00:33:11.50	+00:11:14 (34.7%)	6:06	9.8 (65.3%)
52	HEJNA Izabela	860	RADLINIOKI W BIEGU	50-59 lat	52	Radlinioki w biegu		00:00:46	00:14:37	00:32:25.28	00:33:11.43	+00:11:14 (34.7%)	6:06	9.8 (65.3%)
53	MAĆKÓW Agnieszka	437		50-59 lat	53			00:00:36	00:13:47	00:32:27.19	00:33:03.54	+00:11:16 (34.8%)	6:07	9.8 (65.3%)
54	MAŚLANKA Sabina	223		50-59 lat	54	Wartkie Pieronice		00:00:38	00:14:22	00:32:39.76	00:33:17.97	+00:11:29 (35.2%)	6:09	9.7 (64.7%)
55	SZUBARSKA Katarzyna	840	ZZOZOLKI	50-59 lat	55	ZZOZOLKI		00:00:24	00:14:00	00:32:40.50	00:33:05.29	+00:11:30 (35.2%)	6:09	9.7 (64.7%)
56	KADŁUBEK Magdalena	1087		50-59 lat	56			00:00:50	00:14:19	00:32:55.40	00:33:46.29	+00:11:44 (35.7%)	6:12	9.7 (64.7%)
57	KĘPKA Joanna	839		50-59 lat	57			00:00:21	00:13:52	00:33:09.36	00:33:30.67	+00:11:58 (36.1%)	6:15	9.6 (64.0%)
58	DZIUK Jolanta	493		50-59 lat	58			00:00:32	00:14:06	00:33:11.83	00:33:44.47	+00:12:01 (36.2%)	6:15	9.6 (64.0%)
59	CZARNOTA Bożena	448		50-59 lat	59			00:00:16	00:14:04	00:33:17.98	00:33:34.54	+00:12:07 (36.4%)	6:16	9.6 (64.0%)
60	ŚLEZIAK Ewa	746		50-59 lat	60			00:00:22	00:14:27	00:33:21.51	00:33:43.82	+00:12:11 (36.5%)	6:17	9.5 (63.3%)
61	BADACH Agnieszka	7	KOBIETY NA 5+	50-59 lat	61	Kobiety na 5+		00:00:12	00:14:03	00:33:29.80	00:33:42.48	+00:12:19 (36.8%)	6:19	9.5 (63.3%)

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62	ŁUSZCZ Magdalena	455	SILESIA MARATHON CLUB	50-59 lat	62			00:00:29	00:14:02	00:33:31.16	00:34:00.42	+00:12:20 (36.8%)	6:19	9.5 (63.3%)
63	SZPYRA Sonia	244		50-59 lat	63			00:00:05	00:13:41	00:33:39.12	00:33:44.91	+00:12:28 (37.1%)	6:20	9.5 (63.3%)
64	MAJER Marzena	631	TEAM AERO ŻÓŁEIKI	50-59 lat	64			00:00:45	00:16:06	00:33:40.08	00:34:25.27	+00:12:29 (37.1%)	6:21	9.4 (62.7%)
65	STOPYRA Agnieszka	526		50-59 lat	65			00:00:50	00:14:38	00:33:56.21	00:34:46.40	+00:12:45 (37.6%)	6:24	9.4 (62.7%)
66	SOSNA Agata	266		50-59 lat	66			00:00:52	00:14:27	00:34:06.99	00:34:59.20	+00:12:56 (37.9%)	6:26	9.3 (62.0%)
67	GWÓZDŹ Jolanta	476	PO WOLI DO CELU	50-59 lat	67	PoWoli doCelu		00:00:19	00:15:02	00:34:20.53	00:34:39.89	+00:13:10 (38.3%)	6:28	9.3 (62.0%)
68	WESOŁOWSKA Katarzyna	444		50-59 lat	68	ZZOZOLKI		00:00:15	00:14:52	00:34:37.01	00:34:52.85	+00:13:26 (38.8%)	6:31	9.2 (61.3%)
69	DELEWSKA Dorota	816	NIGHT RUNNERS ZABRZE	50-59 lat	69			00:00:27	00:15:29	00:34:43.32	00:35:10.72	+00:13:32 (39.0%)	6:33	9.2 (61.3%)
70	STOCZEK Agnieszka	922	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	70	Wiewiórki Zimnokrwiste		00:00:32	00:15:17	00:34:55.23	00:35:27.28	+00:13:44 (39.4%)	6:35	9.1 (60.7%)
71	ZIĘTARA Agata	516		50-59 lat	71			00:00:50	00:15:21	00:35:10.90	00:36:01.76	+00:14:00 (39.8%)	6:38	9 (60.0%)
72	ADAMCZAK Renata	25		50-59 lat	72			00:00:34	00:15:11	00:35:21.19	00:35:55.45	+00:14:10 (40.1%)	6:40	9 (60.0%)
73	DĘBOWSKA Beata	101		50-59 lat	73			00:00:47	00:15:03	00:35:22.42	00:36:09.61	+00:14:11 (40.1%)	6:40	9 (60.0%)
74	MAZUR-ŁAGODA Daria	53	BIEGOWA KUŹNIA	50-59 lat	74			00:00:36	00:15:53	00:35:28.46	00:36:04.58	+00:14:17 (40.3%)	6:41	9 (60.0%)
75	GOJ Hania	700	MORS HUBERTUS MYŚŁOWICE	50-59 lat	75		Mors Hubertus Myslowice	00:00:49	00:14:38	00:35:35.28	00:36:24.60	+00:14:24 (40.5%)	6:42	8.9 (59.3%)
76	KOŁODZIEJ Ewa	341		50-59 lat	76			00:00:31	00:16:27	00:35:56.07	00:36:27.09	+00:14:45 (41.1%)	6:46	8.8 (58.7%)
77	MATUSZEK Dorota	460	KĄTY BIEGAJĄ	50-59 lat	77			00:00:43	00:15:43	00:36:00.29	00:36:44.19	+00:14:49 (41.2%)	6:47	8.8 (58.7%)
78	BUNIEWICZ-KULLAS Małgorzata	507	VIKING TRAINING CENTER	50-59 lat	78	Viking Training Center		00:00:20	00:15:32	00:36:22.03	00:36:42.07	+00:15:11 (41.8%)	6:51	8.7 (58.0%)
79	ROGÓŹ Sonia	577	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	50-59 lat	79			00:00:44	00:15:51	00:36:25.24	00:37:09.34	+00:15:14 (41.9%)	6:52	8.7 (58.0%)
80	WOJTOŃ-STAWICKA Małgorzata	438	RUNTEAM PAWŁOWICE	50-59 lat	80	RUNTEAM PAWŁOWICE		00:00:58	00:16:02	00:36:27.63	00:37:26.18	+00:15:17 (41.9%)	6:52	8.7 (58.0%)
81	RATAJSZCZAK-MAŁYS Ewa	315	BBL RACIBÓRZ	50-59 lat	81			00:00:47	00:15:55	00:36:32.86	00:37:20.64	+00:15:22 (42.1%)	6:53	8.7 (58.0%)
82	ŻEBROWSKA Matylda	66	MORS HUBERTUS MYŚŁOWICE	50-59 lat	82	Mors Hubertus		00:00:49	00:15:07	00:36:37.67	00:37:27.52	+00:15:27 (42.2%)	6:54	8.7 (58.0%)
83	KAMECKA Agnieszka	531	VIKING TRAINING CENTER	50-59 lat	83	Viking Training Center		00:00:20	00:16:02	00:37:00.35	00:37:21.22	+00:15:49 (42.8%)	6:58	8.6 (57.3%)

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84	MENDROCH Joanna	146	ZZOZOLKI	50-59 lat	84	ZZOZOLKI		00:00:32	00:15:41	00:37:08.90	00:37:41.00	+00:15:58 (43.0%)	7:00	8.6 (57.3%)
85	POPCZYK Ewa	409	BIEGOWA KUŹNIA	50-59 lat	85			00:00:36	00:15:55	00:37:22.33	00:37:59.06	+00:16:11 (43.3%)	7:03	8.5 (56.7%)
86	MODZELEWSKA Lidia	806	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	86	Wiewiórki Zimnokrwiste		00:00:13	00:15:37	00:37:25.35	00:37:38.41	+00:16:14 (43.4%)	7:03	8.5 (56.7%)
87	OBERSKA Sylwia	236	NORDIKOWE FRELKI	50-59 lat	87	Nordicowe Frelki		00:00:29	00:15:40	00:37:26.03	00:37:55.71	+00:16:15 (43.4%)	7:03	8.5 (56.7%)
88	LAKSA Marlena	60	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	88	Miechowicka Grupa Biegowa		00:00:44	00:16:06	00:37:29.37	00:38:13.57	+00:16:18 (43.5%)	7:04	8.5 (56.7%)
89	STALMACH Iza	658	BIEGOWA KUŹNIA	50-59 lat	89			00:00:24	00:15:34	00:37:34.94	00:37:59.03	+00:16:24 (43.7%)	7:05	8.5 (56.7%)
90	CIEŚLA Edyta	537		50-59 lat	90			00:00:28	00:16:15	00:37:35.29	00:38:03.67	+00:16:24 (43.7%)	7:05	8.5 (56.7%)
91	PRZYŁUCKA Grażyna	370	BIEGOWA KUŹNIA	50-59 lat	91			00:00:23	00:15:35	00:37:35.72	00:37:59.25	+00:16:25 (43.7%)	7:05	8.5 (56.7%)
92	KLUSKA Sylwia	81	HURAGAN LIGOTA	50-59 lat	92	Huragan Ligota		00:00:17	00:15:49	00:37:37.96	00:37:55.59	+00:16:27 (43.7%)	7:05	8.5 (56.7%)
93	MICHALSKA Beata	169	WARTKIE PIERONY	50-59 lat	93	Wartkie Pieronice		00:00:34	00:15:53	00:37:43.21	00:38:17.69	+00:16:32 (43.9%)	7:06	8.4 (56.0%)
94	KRZYKAŁA Zdzisława	841		50-59 lat	94			00:00:21	00:15:58	00:37:46.17	00:38:07.44	+00:16:35 (43.9%)	7:07	8.4 (56.0%)
95	GUŚCIORA Justyna	108		50-59 lat	95			00:00:12	00:14:45	00:37:57.98	00:38:10.79	+00:16:47 (44.2%)	7:09	8.4 (56.0%)
96	BURNAGIEL Agata	191	HRMAX DZIOŁSZKI	50-59 lat	96	HRmax Dziołszki		00:00:39	00:16:17	00:38:00.90	00:38:40.72	+00:16:50 (44.3%)	7:10	8.4 (56.0%)
97	HABER Katarzyna	203	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	97	Miechowicka Grupa Biegowa		00:00:38	00:16:34	00:38:01.60	00:38:39.84	+00:16:51 (44.3%)	7:10	8.4 (56.0%)
98	BASEK Marta	328	HRMAX DZIOŁSZKI	50-59 lat	98	HRmax Dziołszki		00:00:33	00:16:22	00:38:06.33	00:38:40.14	+00:16:55 (44.4%)	7:11	8.3 (55.3%)
99	KOGUT Edyta	718		50-59 lat	99	HRmax Dziołszki		00:00:36	00:16:25	00:38:07.95	00:38:44.20	+00:16:57 (44.5%)	7:11	8.3 (55.3%)
100	MACURA Ewa	417	HRMAX DZIOŁSZKI	50-59 lat	100	HRmax Dziołszki		00:00:31	00:16:24	00:38:10.21	00:38:41.85	+00:16:59 (44.5%)	7:12	8.3 (55.3%)
101	OLCZYK Wioletta	560		50-59 lat	101	Kobiety na 5+		00:00:09	00:15:00	00:38:12.68	00:38:22.62	+00:17:02 (44.6%)	7:12	8.3 (55.3%)
102	MACHEJ Małgorzata	504		50-59 lat	102			00:00:36	00:16:33	00:38:13.59	00:38:50.54	+00:17:03 (44.6%)	7:12	8.3 (55.3%)
103	ROSTAŁSKA Barbara	966		50-59 lat	103	55-lat SP5		00:00:52	00:16:24	00:38:14.36	00:39:06.98	+00:17:03 (44.6%)	7:12	8.3 (55.3%)
104	ROŻEK Mirosława	397		50-59 lat	104			00:00:43	00:16:22	00:38:17.51	00:39:00.98	+00:17:07 (44.7%)	7:13	8.3 (55.3%)
105	RUSINEK Joanna	923	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	105	Wiewiórki Zimnokrwiste		00:00:31	00:15:44	00:38:21.36	00:38:53.05	+00:17:10 (44.8%)	7:14	8.3 (55.3%)
106	STYRNOL Beata	194		50-59 lat	106			00:00:47	00:17:22	00:38:59.43	00:39:47.04	+00:17:48 (45.7%)	7:21	8.2 (54.7%)

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
107	NAWARYŃSKA Ewa	176		50-59 lat	107			00:00:46	00:17:22	00:38:59.67	00:39:46.37	+00:17:49 (45.7%)	7:21	8.2 (54.7%)
108	ZACZYŃSKA-POZNIAK Jarosława	411		50-59 lat	108			00:00:49	00:16:02	00:39:03.08	00:39:52.82	+00:17:52 (45.8%)	7:22	8.1 (54.0%)
109	MARUSZCZAK Justyna	186	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	109	Miechowska Grupa Biegowa		00:00:41	00:16:15	00:39:08.32	00:39:50.27	+00:17:57 (45.9%)	7:23	8.1 (54.0%)
110	KOWALSKA Małgorzata	441		50-59 lat	110			00:00:40	00:15:53	00:39:16.80	00:39:57.00	+00:18:06 (46.1%)	7:24	8.1 (54.0%)
111	NAWROCKA Agnieszka	84		50-59 lat	111			00:00:33	00:16:41	00:39:18.09	00:39:51.55	+00:18:07 (46.1%)	7:24	8.1 (54.0%)
112	BANACH Monika	450	ZIMNOKRWISTE WIEWIÓRKI	50-59 lat	112	Wiewiórki Zimnokrwiste		00:00:13	00:15:40	00:39:22.46	00:39:35.52	+00:18:11 (46.2%)	7:25	8.1 (54.0%)
113	DZIENDZIEL Renata	75		50-59 lat	113	TEAM MAŁYCH BOHATERÓW :-)		00:02:46	00:17:17	00:39:23.90	00:42:10.13	+00:18:13 (46.3%)	7:25	8.1 (54.0%)
114	ZWOREK ROTKEGEL Anna	583		50-59 lat	114	MIECHOWICKA GRUPA BIEGOWA		00:00:33	00:16:43	00:39:29.40	00:40:02.54	+00:18:18 (46.4%)	7:26	8.1 (54.0%)
115	BRODA Beata	240		50-59 lat	115			00:00:36	00:16:38	00:40:00.00	00:40:36.86	+00:18:49 (47.1%)	7:32	8 (53.3%)
116	DUBIEL Joanna	20	DUBIEL CLUB	50-59 lat	116			00:00:04	00:16:47	00:40:09.76	00:40:14.39	+00:18:59 (47.3%)	7:34	7.9 (52.7%)
117	CHOLEWIŃSKA Katarzyna	717		50-59 lat	117			00:00:26	00:17:22	00:40:19.97	00:40:46.56	+00:19:09 (47.5%)	7:36	7.9 (52.7%)
118	KALITA Anna	773		50-59 lat	118	INCOLA TEAM		00:00:53	00:17:52	00:40:20.42	00:41:13.52	+00:19:09 (47.5%)	7:36	7.9 (52.7%)
119	PIETRASZEK Ewa	234	KOBIETY WATAHY	50-59 lat	119			00:00:47	00:17:40	00:40:54.25	00:41:41.63	+00:19:43 (48.2%)	7:43	7.8 (52.0%)
120	KRZACZEK Aleksandra	87	RADLINIOKI W BIEGU	50-59 lat	120	Radlinioki w biegu		00:00:45	00:17:35	00:41:43.37	00:42:29.31	+00:20:32 (49.2%)	7:52	7.6 (50.7%)
121	DOBOSZ Kasia	753	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	121	Miechowska Grupa Biegowa		00:00:37	00:17:47	00:42:11.53	00:42:49.45	+00:21:01 (49.8%)	7:57	7.5 (50.0%)
122	POCENTAJŁO Beata	143	BIEGAM BO LUBIĘ RACIBÓRZ	50-59 lat	122			00:00:48	00:17:59	00:42:33.32	00:43:21.42	+00:21:22 (50.2%)	8:01	7.5 (50.0%)
123	FRANKOWSKA Ania	636	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	123	Miechowska Grupa Biegowa		00:00:32	00:17:31	00:42:34.97	00:43:07.43	+00:21:24 (50.3%)	8:01	7.5 (50.0%)
124	PAJĄK Małgorzata	291	KOBIETY NA 5+	50-59 lat	124	Kobiety na 5+		00:00:09	00:17:03	00:42:44.82	00:42:54.13	+00:21:34 (50.5%)	8:03	7.4 (49.3%)
125	STAŚKIEWICZ Monika	509		50-59 lat	125			00:00:43	00:18:16	00:42:58.09	00:43:41.39	+00:21:47 (50.7%)	8:06	7.4 (49.3%)
126	KOWALSKA Dorota	539	SBD ENERGETYK RYBNIK	50-59 lat	126			00:00:29	00:17:32	00:43:07.68	00:43:37.54	+00:21:57 (50.9%)	8:08	7.4 (49.3%)
127	POPOWSKA Agnieszka	960		50-59 lat	127			00:00:37	00:18:55	00:43:08.35	00:43:45.67	+00:21:57 (50.9%)	8:08	7.4 (49.3%)

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
128	NAMIELSKA Justyna	880		50-59 lat	128			00:02:50	00:18:46	00:44:10.33	00:47:01.16	+00:22:59 (52.1%)	8:20	7.2 (48.0%)
129	NIEDZIOŁKO Bożena	208	KOBIETY NA 5+	50-59 lat	129	Kobiety na 5+		00:00:15	00:18:42	00:45:30.88	00:45:46.22	+00:24:20 (53.5%)	8:35	7 (46.7%)
130	NALEWAJKA Wioleta	443	KOBIETY NA 5+	50-59 lat	130	Kobiety na 5+		00:00:14	00:18:44	00:45:31.41	00:45:45.52	+00:24:20 (53.5%)	8:35	7 (46.7%)
131	KUCZEK Jolanta	545		50-59 lat	131			00:02:36	00:21:14	00:46:29.90	00:49:06.69	+00:25:19 (54.5%)	8:46	6.8 (45.3%)
132	SAGAN Małgorzata	967		50-59 lat	132	TEAM MAŁYCH BOHATERÓW :-)		00:00:25	00:19:44	00:48:08.86	00:48:34.64	+00:26:58 (56.0%)	9:04	6.6 (44.0%)
133	KUŚMIERSKA-KUBAS Alina	933		50-59 lat	133			00:00:22	00:19:38	00:48:29.01	00:48:51.65	+00:27:18 (56.3%)	9:08	6.6 (44.0%)
134	KANIA Grażyna	852		50-59 lat	134			00:02:30	00:21:53	00:49:00.67	00:51:31.15	+00:27:50 (56.8%)	9:14	6.5 (43.3%)
135	WOJTAL Danuta	801		50-59 lat	135			00:00:37	00:20:18	00:49:15.56	00:49:52.84	+00:28:05 (57.0%)	9:17	6.5 (43.3%)
136	ŚWITA Anna	214	FORMA WODZISŁAW	50-59 lat	136			00:02:35	00:22:01	00:51:02.03	00:53:37.89	+00:29:51 (58.5%)	9:37	6.2 (41.3%)
137	PIĄTKOWSKA Romana	154		50-59 lat	137			00:00:40	00:21:09	00:51:04.76	00:51:45.56	+00:29:54 (58.5%)	9:38	6.2 (41.3%)
138	HASIOR Dorota	185		50-59 lat	138			00:00:40	00:21:09	00:51:04.89	00:51:45.36	+00:29:54 (58.5%)	9:38	6.2 (41.3%)
139	JANKOWSKA Anita	112		50-59 lat	139			00:00:42	00:22:01	00:51:13.63	00:51:55.93	+00:30:03 (58.7%)	9:39	6.2 (41.3%)
140	RUTKOWSKA Ania	953		50-59 lat	140	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:41	00:54:33.44	00:57:25.40	+00:33:22 (61.2%)	10:17	5.8 (38.7%)

Znaleziono 140 wynik(ów)