

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie: Jastrzębska Dziesiątka 2019
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-09-21
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 1 fala

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHEMUTAI Joyline	984	K20-29	1		00:00:00	00:09:40	00:16:30	00:24:42		00:33:32.20	00:33:33.10		3:21	17.9 (100%)
2	MBATHA Ruth Nundu	985	K20-29	2		00:00:00	00:09:54	00:16:51	00:24:57	00:32:02	00:34:08.10	00:34:09.00	+00:00:35 (1.8%)	3:24	17.6 (98.3%)
3	MACH Angelika	2	K20-29	3	1 Second Team	00:00:00	00:10:08	00:17:17	00:25:45	00:33:19	00:35:32.85	00:35:33.70	+00:02:00 (5.7%)	3:33	16.9 (94.4%)
4	BRONIATOWSKA Katarzyna	1	K20-29	4		00:00:00	00:09:58	00:17:21	00:26:02	00:33:35	00:35:40.80	00:35:41.45	+00:02:08 (6.0%)	3:34	16.8 (93.9%)
5	GOLBA Kasia	6	K30-39	1	1 Second Team	00:00:01	00:10:40	00:18:11	00:26:44	00:34:15	00:36:27.45	00:36:28.65	+00:02:55 (8.0%)	3:38	16.5 (92.2%)
6	MICHALAK Sandra	7	K30-39	2	Biegacze	00:00:00	00:10:41	00:18:13	00:26:53	00:34:30	00:36:33.30	00:36:34.20	+00:03:01 (8.3%)	3:39	16.4 (91.6%)
7	GRIMAN Joanna	17	K30-39	3		00:00:01	00:11:27	00:19:30	00:28:54	00:36:57	00:39:13.50	00:39:15.20	+00:05:41 (14.5%)	3:55	15.3 (85.5%)
8	ŚLĘZAK Sylwia	4	K20-29	5	1 Second Team	00:00:01	00:10:48	00:18:40	00:28:09	00:36:43	00:39:13.75	00:39:15.25	+00:05:41 (14.5%)	3:55	15.3 (85.5%)
9	PATAS Magdalena	12	K20-29	6	FORMA Wodzisław Śląski	00:00:01	00:11:16	00:19:21	00:28:52	00:37:03	00:39:27.65	00:39:29.00	+00:05:55 (15.0%)	3:56	15.2 (84.9%)
10	MENDECKA-ZEJDLER Michalina	8	K20-29	7	1 Second Team	00:00:01	00:11:25	00:19:34	00:29:06	00:37:21	00:39:46.35	00:39:47.65	+00:06:14 (15.7%)	3:58	15.1 (84.4%)
11	GAJ Paulina	10	K20-29	8	KB MCKIS Jaworzno	00:00:00	00:11:52	00:20:04	00:29:43	00:37:59	00:40:11.35	00:40:12.25	+00:06:39 (16.6%)	4:01	14.9 (83.2%)
12	LASKOWSKA Katarzyna	21	K40-49	1	Inżynieria biegania Team	00:00:02	00:12:07	00:20:33	00:30:12	00:38:31	00:40:56.45	00:40:58.70	+00:07:24 (18.1%)	4:05	14.7 (82.1%)
13	DYBCZYŃSKA Jadwiga	16	K30-39	4	Biegający w Brennej	00:00:02	00:11:51	00:20:08	00:30:09	00:38:38	00:41:04.05	00:41:06.10	+00:07:31 (18.3%)	4:06	14.6 (81.6%)
14	MENDECKA Daria	11	K20-29	9	1 Second Team	00:00:00	00:11:51	00:20:20	00:30:11	00:38:51	00:41:21.85	00:41:22.45	+00:07:49 (18.9%)	4:08	14.5 (81.0%)
15	STOLORZ Katarzyna	55	K30-39	5	Inżynieria biegania Team	00:00:04	00:12:31	00:21:01	00:30:50	00:39:18	00:41:40.50	00:41:44.80	+00:08:08 (19.5%)	4:10	14.4 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	MROWIEC Kinga	44		K16-19	1		00:00:02	00:12:35	00:21:23	00:31:09	00:39:23	00:41:46.15	00:41:48.60	+00:08:13 (19.7%)	4:10	14.4 (80.4%)
17	CHROMIK Julia	15		K16-19	2		00:00:01	00:12:01	00:20:36	00:30:52	00:39:53	00:42:25.05	00:42:26.85	+00:08:52 (20.9%)	4:14	14.1 (78.8%)
18	RENCZ Małgorzata	29		K40-49	2		00:00:01	00:12:07	00:20:46	00:31:08	00:39:54	00:42:28.50	00:42:29.85	+00:08:56 (21.0%)	4:14	14.1 (78.8%)
19	JANKO Anna	18		K20-29	10	Niewybiegani	00:00:02	00:12:44	00:21:28	00:31:33	00:40:08	00:42:41.20	00:42:43.35	+00:09:09 (21.4%)	4:16	14.1 (78.8%)
20	MALINA Michalina	9		K16-19	3		00:00:01	00:12:10	00:21:02	00:31:24	00:40:18	00:42:54.10	00:42:55.60	+00:09:21 (21.8%)	4:17	14 (78.2%)
21	BIELIŃSKA Monika	13		K30-39	6		00:00:02	00:12:15	00:21:10	00:31:47	00:40:55	00:43:37.75	00:43:40.05	+00:10:05 (23.1%)	4:21	13.8 (77.1%)
22	PACAK Dominika	26		K30-39	7	Klub Biegam Bo Lubię Racibórz	00:00:03	00:12:58	00:21:52	00:32:19	00:41:12	00:43:46.80	00:43:50.75	+00:10:14 (23.4%)	4:22	13.7 (76.5%)
23	KANCLERZ-JANUSZEWSKA Katarzyna	19		K50-59	1	Kobiety na 5+	00:00:02	00:12:42	00:21:43	00:32:17	00:41:30	00:44:10.10	00:44:12.35	+00:10:37 (24.1%)	4:25	13.6 (76.0%)
24	BODNAR Anna	14		K30-39	8	Endure team	00:00:02	00:13:18	00:22:46	00:33:41	00:43:04	00:45:44.75	00:45:46.80	+00:12:12 (26.7%)	4:34	13.1 (73.2%)
25	WOJNAROWICZ Iza	56		K20-29	11		00:00:02	00:13:12	00:22:45	00:33:54	00:43:28	00:46:13.60	00:46:16.25	+00:12:41 (27.5%)	4:37	13 (72.6%)
26	KARLIK-KAŁUSEK Agnieszka	77		K30-39	9		00:00:04	00:13:33	00:23:06	00:34:10	00:43:44	00:46:23.65	00:46:28.20	+00:12:51 (27.7%)	4:38	12.9 (72.1%)
27	PIWISZKIS Barbara	28		K30-39	10	Kobiety na 5+	00:00:01	00:13:03	00:22:44	00:34:14	00:43:57	00:46:38.65	00:46:40.45	+00:13:06 (28.1%)	4:39	12.9 (72.1%)
28	JURASZEK Elzbieta	76		K30-39	11		00:00:02	00:13:57	00:23:37	00:34:43	00:44:06	00:46:43.30	00:46:45.60	+00:13:11 (28.2%)	4:40	12.8 (71.5%)
29	PAPUGA Iwona	46		K50-59	2	Zadyszka Oświęcim	00:00:05	00:13:42	00:23:29	00:34:49	00:44:21	00:47:04.95	00:47:10.75	+00:13:32 (28.8%)	4:42	12.7 (70.9%)
30	KOPIEC Izabela	36		K30-39	12	Koszulka Hynia	00:00:01	00:13:52	00:23:30	00:34:54	00:44:44	00:47:28.75	00:47:30.50	+00:13:56 (29.4%)	4:44	12.6 (70.4%)
31	MENŻYK Joanna	43		K40-49	3	Mors Hubertus Mysłowice	00:00:03	00:13:54	00:23:36	00:35:08	00:44:58	00:47:35.10	00:47:39.00	+00:14:02 (29.5%)	4:45	12.6 (70.4%)
32	STUCHLIK Magdalena	105		K30-39	13	Aktywna Pszczyna Runners Team	00:00:02	00:14:18	00:24:05	00:35:23	00:45:04	00:47:43.70	00:47:46.05	+00:14:11 (29.7%)	4:46	12.6 (70.4%)
33	KOŹMIENKO Beata	37		K30-39	14	KB MCKIS Jaworzno	00:00:02	00:13:43	00:23:41	00:35:13	00:45:01	00:47:43.75	00:47:45.95	+00:14:11 (29.7%)	4:46	12.6 (70.4%)
34	ZAJĄC Anna	109		K30-39	15		00:00:01	00:14:16	00:24:06	00:35:54	00:45:27	00:47:58.90	00:48:00.45	+00:14:26 (30.1%)	4:47	12.5 (69.8%)
35	POŁOMSKA Edyta	48		K40-49	4		00:00:00					00:48:03.95	00:48:03.95	+00:14:31 (30.2%)	4:48	12.5 (69.8%)
36	WOWRY Sylwia	108		K30-39	16	Olza Cieszyn	00:00:03	00:13:57	00:23:40	00:35:14	00:45:19	00:48:13.85	00:48:16.90	+00:14:41 (30.5%)	4:49	12.4 (69.3%)
37	KONDZIELNIK Magdalena	81		K40-49	5		00:00:05	00:14:18	00:24:08	00:35:36	00:45:24	00:48:16.60	00:48:21.60	+00:14:44 (30.5%)	4:49	12.4 (69.3%)
38	CIEZAK-RAUSZER Magdalena	63		K30-39	17	KB MCKIS Jaworzno	00:00:05	00:14:21	00:24:17	00:35:50	00:45:44	00:48:31.60	00:48:37.50	+00:14:59 (30.9%)	4:51	12.4 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	MACHAJSKA Patrycja	41		K20-29	12		00:00:02	00:13:49	00:23:54	00:35:36	00:45:33	00:48:32.05	00:48:34.70	+00:14:59 (30.9%)	4:51	12.4 (69.3%)
40	SIKORA Magdalena	177		K30-39	18		00:00:06	00:14:10	00:24:02	00:35:48	00:45:41	00:48:32.50	00:48:39.40	+00:15:00 (30.9%)	4:51	12.4 (69.3%)
41	MAZUREK Anna	92		K30-39	19		00:00:06	00:14:01	00:23:59	00:35:42	00:45:46	00:48:37.10	00:48:43.60	+00:15:04 (31.0%)	4:51	12.3 (68.7%)
42	PAWLOK Anna	47		K30-39	20		00:00:02	00:14:27	00:24:20	00:36:09	00:46:05	00:48:46.00	00:48:48.85	+00:15:13 (31.2%)	4:52	12.3 (68.7%)
43	LORENZ Agnieszka	87		K40-49	6	Galopujące Ślimaki	00:00:05	00:14:25	00:24:16	00:35:54	00:45:53	00:48:46.40	00:48:52.35	+00:15:14 (31.2%)	4:52	12.3 (68.7%)
44	SIKORA Alicja	53		K60-69	1		00:00:02	00:14:26	00:24:23	00:36:07	00:46:07	00:49:03.70	00:49:06.65	+00:15:31 (31.6%)	4:54	12.2 (68.2%)
45	WOJAKOWSKA Katarzyna	31		K40-49	7		00:00:02	00:14:27	00:24:38	00:36:24	00:46:28	00:49:13.85	00:49:15.90	+00:15:41 (31.9%)	4:55	12.2 (68.2%)
46	DOMAGAŁA Kornelia	64		K30-39	21		00:00:03	00:14:13	00:24:09	00:36:04	00:46:18	00:49:20.35	00:49:24.05	+00:15:48 (32.0%)	4:56	12.2 (68.2%)
47	LERCH Bożena	86		K30-39	22	RUNTEAM Pawłowice	00:00:05	00:14:31	00:24:43	00:36:32	00:46:41	00:49:29.15	00:49:34.70	+00:15:56 (32.2%)	4:56	12.1 (67.6%)
48	HARAZIN Anna	35		K20-29	13		00:00:05	00:14:34	00:24:46	00:36:45	00:46:49	00:49:32.20	00:49:37.95	+00:16:00 (32.3%)	4:57	12.1 (67.6%)
49	LEISZNER Izabela	38		K30-39	23		00:00:01	00:14:09	00:24:16	00:36:18	00:46:41	00:49:40.65	00:49:42.10	+00:16:08 (32.5%)	4:58	12.1 (67.6%)
50	BRZOZOWSKA Teresa	60		K50-59	3	KB MCKIS Jaworzno	00:00:06	00:15:23	00:25:28	00:37:15	00:47:07	00:49:53.05	00:49:59.80	+00:16:20 (32.8%)	4:59	12 (67.0%)
51	BORKOWSKA Paulina	59		K30-39	24	ZS6 Sobieski	00:00:09	00:15:06	00:25:22	00:37:17	00:47:11	00:49:56.50	00:50:06.15	+00:16:24 (32.8%)	4:59	12 (67.0%)
52	WÓJCIK-KRZYŻOWSKA Barbara	198		K30-39	25	GB Galopujące Ślimaki	00:00:06	00:14:43	00:24:52	00:36:51	00:47:04	00:50:00.65	00:50:07.45	+00:16:28 (32.9%)	5:00	12 (67.0%)
53	ZELENT Karolina	201		K20-29	14		00:00:10	00:14:33	00:24:41	00:36:46	00:47:07	00:50:02.95	00:50:13.20	+00:16:30 (33.0%)	5:00	12 (67.0%)
54	FLASZ Anna	66		K30-39	26		00:00:03	00:14:21	00:24:37	00:36:42	00:47:10	00:50:04.25	00:50:07.95	+00:16:32 (33.0%)	5:00	12 (67.0%)
55	JAKUBOWSKA Małgorzata	134		K30-39	27		00:00:06	00:14:52	00:25:18	00:37:28	00:47:31	00:50:13.20	00:50:19.75	+00:16:41 (33.2%)	5:01	11.9 (66.5%)
56	BUDKA Agata	61		K40-49	8	KB MCKIS Jaworzno	00:00:02	00:14:38	00:25:02	00:37:10	00:47:12	00:50:19.35	00:50:22.30	+00:16:47 (33.4%)	5:02	11.9 (66.5%)
57	KAZIMIERCZUK Monika	78		K30-39	28		00:00:05	00:15:23	00:25:26	00:37:30	00:47:33	00:50:31.35	00:50:36.50	+00:16:59 (33.6%)	5:03	11.9 (66.5%)
58	GWIZDAŁA Joanna	129		K30-39	29		00:00:09	00:15:13	00:25:27	00:37:34	00:47:59	00:50:50.95	00:51:00.60	+00:17:18 (34.0%)	5:05	11.8 (65.9%)
59	GNAŚ Anna	71		K30-39	30	Kobiety na 5+	00:00:03	00:14:40	00:25:05	00:37:29	00:47:58	00:50:56.30	00:50:59.55	+00:17:24 (34.2%)	5:05	11.8 (65.9%)
60	ZHABOTYNSKA Marina	202		K30-39	31	FitAquaMarin	00:00:02	00:14:43	00:25:09	00:37:32	00:48:09	00:51:02.80	00:51:05.45	+00:17:30 (34.3%)	5:06	11.8 (65.9%)
61	SOLICH Ola	104		K30-39	32		00:00:04	00:14:45	00:24:59	00:37:25	00:48:06	00:51:10.15	00:51:14.95	+00:17:37 (34.5%)	5:07	11.7 (65.4%)

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62	HELIOSZ Agnieszka	72		K40-49	9	Koszulka Hynia	00:00:01	00:14:38	00:25:00	00:37:26	00:48:04	00:51:10.75	00:51:12.45	+00:17:38 (34.5%)	5:07	11.7 (65.4%)
63	MAREK-WRÓBEL Edyta	90		K60-69	2		00:00:05	00:15:04	00:25:25	00:37:46	00:48:21	00:51:29.25	00:51:34.35	+00:17:57 (34.9%)	5:08	11.7 (65.4%)
64	CANIBOŁ Anna	32		K20-29	15	RUNTEAM Pawłowice	00:00:06	00:15:09	00:25:29	00:38:03	00:48:45	00:51:30.20	00:51:36.75	+00:17:58 (34.9%)	5:09	11.7 (65.4%)
65	NOWAK Agnieszka	96		K30-39	33	KB MCKIS Jaworzno	00:00:07	00:14:57	00:25:27	00:38:27	00:48:47	00:51:32.20	00:51:39.70	+00:18:00 (34.9%)	5:09	11.6 (64.8%)
66	SICH-ŚWITAŁA Małgorzata	52		K40-49	10	Koszulka Hynia	00:00:02	00:15:26	00:25:57	00:38:19	00:48:45	00:51:40.00	00:51:42.05	+00:18:07 (35.1%)	5:10	11.6 (64.8%)
67	MALIK Alicja	89		K20-29	16		00:00:04	00:15:10	00:25:44	00:38:05	00:48:44	00:51:46.30	00:51:50.55	+00:18:14 (35.2%)	5:10	11.6 (64.8%)
68	KIPPING Magdalena	140		K40-49	11		00:00:13	00:15:23	00:26:05	00:38:20	00:48:54	00:51:59.30	00:52:12.45	+00:18:27 (35.5%)	5:11	11.5 (64.2%)
69	PROKOP Elżbieta	168		K50-59	4		00:00:09	00:15:42	00:26:13	00:38:44	00:49:07	00:52:07.90	00:52:17.45	+00:18:35 (35.7%)	5:12	11.5 (64.2%)
70	RUTYNA Jennifer	175		K20-29	17	Eko-Okna Runners	00:00:07	00:14:49	00:25:08	00:37:45	00:49:01	00:52:15.80	00:52:23.10	+00:18:43 (35.8%)	5:13	11.5 (64.2%)
71	KRAUSE Sylwia	82		K40-49	12	Radlinioki w biegu	00:00:11	00:15:59	00:26:42	00:38:57	00:49:25	00:52:23.40	00:52:35.25	+00:18:51 (36.0%)	5:14	11.5 (64.2%)
72	PASŁAWSKA Katarzyna	795		K40-49	13	Kobiety na 5+	00:00:03	00:14:55	00:25:21	00:38:18	00:49:15	00:52:23.80	00:52:27.70	+00:18:51 (36.0%)	5:14	11.5 (64.2%)
73	KIELKOWSKA Maria	79		K30-39	34	Aktywna Pszczyna Runners Team	00:00:04	00:15:19	00:25:53	00:38:36	00:49:26	00:52:29.70	00:52:33.95	+00:18:57 (36.1%)	5:14	11.4 (63.7%)
74	SPYRKA Monika	305		K20-29	18	Klub Biegacza Fartlek	00:00:03	00:15:18	00:26:09	00:38:57	00:49:42	00:52:37.85	00:52:41.05	+00:19:05 (36.3%)	5:15	11.4 (63.7%)
75	POPEK Barbara	49		K40-49	14	ZS6 Sobieski	00:00:06	00:15:14	00:26:01	00:38:45	00:49:30	00:52:38.15	00:52:44.40	+00:19:05 (36.3%)	5:15	11.4 (63.7%)
76	STOCHNIJ Katarzyna	183		K30-39	35		00:00:09	00:15:51	00:26:28	00:39:02	00:49:40	00:52:40.90	00:52:50.10	+00:19:08 (36.3%)	5:16	11.4 (63.7%)
77	GORZELAK Joanna	125		K30-39	36	Kobiety na 5+	00:00:03	00:15:20	00:26:08	00:38:43	00:49:39	00:52:43.55	00:52:47.20	+00:19:11 (36.4%)	5:16	11.4 (63.7%)
78	CHROBOK Józefa	114		K40-49	15	Olza Cieszyn	00:00:06	00:15:18	00:25:59	00:38:43	00:49:36	00:52:44.55	00:52:51.25	+00:19:12 (36.4%)	5:16	11.4 (63.7%)
79	STACHAŃCZYK Dorota	306		K40-49	16		00:00:15	00:16:07	00:26:43	00:39:26	00:49:41	00:52:45.55	00:53:01.10	+00:19:13 (36.4%)	5:16	11.4 (63.7%)
80	OBROK Marta	164		K40-49	17		00:00:04	00:15:11	00:25:52	00:38:36	00:49:46	00:52:46.15	00:52:50.20	+00:19:13 (36.4%)	5:16	11.4 (63.7%)
81	KLEJNOWSKA Katarzyna	80		K30-39	37	SOCIOS SILESIA	00:00:04	00:14:47	00:25:38	00:38:57	00:49:46	00:52:46.65	00:52:50.90	+00:19:14 (36.5%)	5:16	11.4 (63.7%)
82	PAJESTKA Katarzyna	97		K40-49	18	WRM MC POLAND	00:00:04	00:15:32	00:26:23	00:39:02	00:49:55	00:52:57.55	00:53:01.85	+00:19:25 (36.7%)	5:17	11.3 (63.1%)
83	DURAJ Magdalena	119		K30-39	38		00:00:13	00:15:24	00:26:05	00:38:42	00:49:52	00:53:01.15	00:53:14.20	+00:19:28 (36.7%)	5:18	11.3 (63.1%)
84	PYTEL Renata	100		K50-59	5		00:00:05	00:15:24	00:26:12	00:38:59	00:49:55	00:53:08.15	00:53:13.80	+00:19:35 (36.9%)	5:18	11.3 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	BURAKOWSKA Małgorzata	62		K40-49	19	Zabiegani Nauczyciele	00:00:03	00:15:36	00:26:27	00:39:22	00:50:13	00:53:20.95	00:53:24.70	+00:19:48 (37.1%)	5:20	11.2 (62.6%)
86	LYSKO Agnieszka	88		K30-39	39		00:00:09	00:15:57	00:26:58	00:39:40	00:50:15	00:53:21.90	00:53:31.60	+00:19:49 (37.2%)	5:20	11.2 (62.6%)
87	BOROWSKA Aneta	215		K30-39	40		00:00:08	00:16:06	00:27:02	00:39:40	00:50:24	00:53:23.65	00:53:32.25	+00:19:51 (37.2%)	5:20	11.2 (62.6%)
88	GATNER Agnieszka	237		K40-49	20		00:00:02	00:15:02	00:25:55	00:39:49	00:51:04	00:54:09.00	00:54:11.90	+00:20:36 (38.1%)	5:24	11.1 (62.0%)
89	HERUD Magdalena	73		K30-39	41		00:00:07	00:15:32	00:27:01	00:40:11	00:51:12	00:54:14.30	00:54:21.60	+00:20:42 (38.2%)	5:25	11.1 (62.0%)
90	PRZYBYSZ Kinga	170		K20-29	19		00:00:09	00:16:14	00:27:18	00:40:13	00:51:12	00:54:15.00	00:54:24.35	+00:20:42 (38.2%)	5:25	11.1 (62.0%)
91	ŁATKA Dorota	264		K40-49	21		00:00:11	00:15:35	00:26:27	00:39:43	00:51:03	00:54:20.95	00:54:32.00	+00:20:48 (38.3%)	5:26	11 (61.5%)
92	RYBKA Sonia	297		K30-39	42		00:00:09	00:15:40	00:26:48	00:40:09	00:51:11	00:54:26.80	00:54:36.75	+00:20:54 (38.4%)	5:26	11 (61.5%)
93	BRZUSKA Kasia	113		K40-49	22	Olza Cieszyn	00:00:12	00:16:32	00:27:44	00:40:33	00:51:28	00:54:27.95	00:54:40.20	+00:20:55 (38.4%)	5:26	11 (61.5%)
94	DONOCIK Bogusława	230		K40-49	23	Olza Cieszyn	00:00:12	00:16:32	00:27:46	00:40:37	00:51:27	00:54:28.15	00:54:40.20	+00:20:55 (38.4%)	5:26	11 (61.5%)
95	MRÓGAŁA Ewa	158		K30-39	43		00:00:11	00:16:14	00:27:20	00:40:18	00:51:21	00:54:28.20	00:54:39.65	+00:20:56 (38.4%)	5:26	11 (61.5%)
96	LIPKA Edyta	39		K30-39	44		00:00:04	00:15:33	00:26:40	00:39:48	00:51:17	00:54:31.50	00:54:36.30	+00:20:59 (38.5%)	5:27	11 (61.5%)
97	MALINOWSKA Aneta	153		K40-49	24	Olza Cieszyn	00:00:12	00:16:43	00:27:44	00:40:40	00:51:28	00:54:32.25	00:54:44.30	+00:21:00 (38.5%)	5:27	11 (61.5%)
98	MARCZAK-OLEJNICZAK Anna	154		K30-39	45		00:00:12	00:15:53	00:26:43	00:40:04	00:51:19	00:54:32.55	00:54:44.60	+00:21:00 (38.5%)	5:27	11 (61.5%)
99	JĘDRYKA Patrycja	246		K30-39	46		00:00:12	00:16:55	00:27:40	00:40:28	00:51:36	00:54:35.80	00:54:48.65	+00:21:03 (38.6%)	5:27	11 (61.5%)
100	NALEWAJKA Wioleta	45		K40-49	25	Kobiety na 5+	00:00:05	00:16:06	00:27:18	00:40:23	00:51:35	00:54:38.00	00:54:43.30	+00:21:05 (38.6%)	5:27	11 (61.5%)
101	KIEŁKOWSKA Agnieszka	138		K40-49	26	Kobiety na 5+	00:00:03	00:16:08	00:27:15	00:40:17	00:51:26	00:54:38.20	00:54:41.85	+00:21:06 (38.6%)	5:27	11 (61.5%)
102	MUSIAŁ Maria	159		K50-59	6		00:00:07	00:15:52	00:27:00	00:40:25	00:51:35	00:54:40.15	00:54:47.80	+00:21:07 (38.7%)	5:28	11 (61.5%)
103	DĄBROWSKA Emilia	33		K40-49	27	Klub Biegacza Fartlek	00:00:09	00:16:14	00:27:16	00:40:20	00:51:25	00:54:40.45	00:54:49.90	+00:21:08 (38.7%)	5:28	11 (61.5%)
104	GENSTY Klaudia	69		K40-49	28	Dystans Lubomia	00:00:14	00:16:22	00:27:31	00:40:34	00:51:35	00:54:41.35	00:54:55.95	+00:21:09 (38.7%)	5:28	11 (61.5%)
105	URBAINSKA Ilona	190		K30-39	47		00:00:07	00:15:42	00:27:21	00:40:40	00:51:31	00:54:42.90	00:54:49.95	+00:21:10 (38.7%)	5:28	11 (61.5%)
106	GÓRA Marta	126		K30-39	48		00:00:10	00:15:49	00:26:58	00:40:19	00:51:35	00:54:45.55	00:54:55.60	+00:21:13 (38.8%)	5:28	11 (61.5%)
107	PRZESÓR Barbara	169		K30-39	49	Zadyszka Oświęcim	00:00:06	00:15:53	00:27:02	00:40:25	00:51:46	00:54:53.90	00:55:00.25	+00:21:21 (38.9%)	5:29	10.9 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	CHYTROSZEK Eleonora	115		K40-49	29		00:00:14	00:15:57	00:27:10	00:40:30	00:51:38	00:54:58.70	00:55:13.65	+00:21:26 (39.0%)	5:29	10.9 (60.9%)
109	GOJOWY Marlena	242		K20-29	20		00:00:14	00:15:49	00:27:00	00:40:22	00:51:52	00:55:10.15	00:55:24.80	+00:21:37 (39.2%)	5:31	10.9 (60.9%)
110	DOMAŃSKA Joanna	229		K30-39	50		00:00:14	00:15:49	00:27:00	00:40:23	00:51:53	00:55:10.40	00:55:25.00	+00:21:38 (39.2%)	5:31	10.9 (60.9%)
111	SZOZDA Teresa	313		K50-59	7		00:00:13	00:16:16	00:27:21	00:40:27	00:51:47	00:55:14.60	00:55:27.85	+00:21:42 (39.3%)	5:31	10.9 (60.9%)
112	JURKIEWICZ-FILIKS Basia	248		K40-49	30		00:00:12	00:16:50	00:28:00	00:41:01	00:52:10	00:55:19.25	00:55:32.10	+00:21:47 (39.4%)	5:32	10.8 (60.3%)
113	RAŻNIAK Beata	171		K40-49	31	Kobiety na 5+	00:00:03	00:16:06	00:27:21	00:40:36	00:52:07	00:55:26.80	00:55:30.20	+00:21:54 (39.5%)	5:32	10.8 (60.3%)
114	CZOPEK Agnieszka	116		K40-49	32	KB MCKIS Jaworzno	00:00:05	00:15:42	00:27:03	00:40:47	00:52:12	00:55:27.40	00:55:32.90	+00:21:55 (39.5%)	5:32	10.8 (60.3%)
115	PIECYK Ada	286		K40-49	33		00:00:08	00:15:42	00:26:54	00:40:47	00:52:13	00:55:27.90	00:55:36.75	+00:21:55 (39.5%)	5:32	10.8 (60.3%)
116	LERCH Ewa	149		K20-29	21	RUNTEAM Pawłowice	00:00:11	00:16:18	00:27:19	00:40:20	00:52:25	00:55:29.45	00:55:40.55	+00:21:57 (39.6%)	5:32	10.8 (60.3%)
117	DĄBROWSKA-PALUCH Anna	227		K30-39	51		00:00:15	00:17:13	00:28:43	00:41:55	00:52:39	00:55:43.95	00:55:59.05	+00:22:11 (39.8%)	5:34	10.8 (60.3%)
118	MELER Ewelina	155		K30-39	52		00:00:02	00:15:48	00:27:02	00:40:54	00:52:24	00:55:44.00	00:55:46.45	+00:22:11 (39.8%)	5:34	10.8 (60.3%)
119	JAGODZIŃSKA Magdalena	133		K30-39	53		00:00:14	00:15:41	00:27:01	00:40:57	00:52:36	00:55:49.90	00:56:03.95	+00:22:17 (39.9%)	5:34	10.7 (59.8%)
120	GAŁKIEWICZ Monika	236		K40-49	34		00:00:07	00:15:54	00:27:12	00:40:53	00:52:43	00:55:55.80	00:56:03.75	+00:22:23 (40.0%)	5:35	10.7 (59.8%)
121	KWAŚNY Ewa	259		K40-49	35		00:00:12	00:16:20	00:27:49	00:41:10	00:52:37	00:55:59.40	00:56:12.05	+00:22:27 (40.1%)	5:36	10.7 (59.8%)
122	NIESŁAŃCZYK Barbara	163		K30-39	54	Bziegacze	00:00:07	00:16:07	00:27:31	00:41:02	00:52:46	00:56:08.25	00:56:16.00	+00:22:36 (40.3%)	5:36	10.7 (59.8%)
123	LERCH Maria	148		K30-39	55	RUNTEAM Pawłowice	00:00:09	00:15:21	00:26:34	00:40:29	00:52:32	00:56:08.75	00:56:18.20	+00:22:36 (40.3%)	5:36	10.7 (59.8%)
124	WACHTARCZYK Dominika	320		K20-29	22		00:00:15	00:16:40	00:28:19	00:42:01	00:53:15	00:56:09.50	00:56:25.05	+00:22:37 (40.3%)	5:37	10.7 (59.8%)
125	WILSZ Ewa	196		K40-49	36		00:00:09	00:16:29	00:27:59	00:41:34	00:53:01	00:56:15.05	00:56:24.80	+00:22:42 (40.4%)	5:37	10.7 (59.8%)
126	DANKIEWICZ Magdalena	117		K16-19	4	RUNTEAM Pawłowice	00:00:07	00:15:52	00:27:15	00:40:57	00:53:08	00:56:18.55	00:56:25.85	+00:22:46 (40.4%)	5:37	10.7 (59.8%)
127	MALISZEWSKA Beata	268		K30-39	56		00:00:07	00:16:24	00:28:26	00:42:01	00:53:04	00:56:20.05	00:56:27.40	+00:22:47 (40.5%)	5:38	10.7 (59.8%)
128	MROZEK Aleksandra	157		K20-29	23		00:00:09	00:15:06	00:26:55	00:41:28	00:53:06	00:56:23.70	00:56:32.85	+00:22:51 (40.5%)	5:38	10.6 (59.2%)
129	ZAKRZEWSKA Sabina	200		K30-39	57		00:00:11	00:16:10	00:27:54	00:41:46	00:53:07	00:56:23.80	00:56:35.35	+00:22:51 (40.5%)	5:38	10.6 (59.2%)
130	KAFKA Magdalena	137		K30-39	58	CE PROGRESS	00:00:11	00:17:04	00:28:29	00:42:02	00:53:20	00:56:25.10	00:56:36.90	+00:22:52 (40.6%)	5:38	10.6 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	GAWĘŁCZYK Marta	124		K30-39	59	CE PROGRESS	00:00:12	00:17:03	00:28:28	00:42:01	00:53:19	00:56:25.45	00:56:37.50	+00:22:53 (40.6%)	5:38	10.6 (59.2%)
132	PŁASKA Barbara	288		K40-49	37	Kobiety na 5+	00:00:03	00:16:04	00:27:30	00:41:21	00:53:11	00:56:30.65	00:56:34.05	+00:22:58 (40.7%)	5:39	10.6 (59.2%)
133	PAŃTAK Liwia	284		K20-29	24		00:00:12	00:17:03	00:28:28	00:42:01	00:53:19	00:56:33.70	00:56:45.95	+00:23:01 (40.7%)	5:39	10.6 (59.2%)
134	MANDERA Patrycja	42		K16-19	5		00:00:07	00:16:20	00:27:51	00:41:31	00:53:13	00:56:40.25	00:56:47.90	+00:23:08 (40.8%)	5:40	10.6 (59.2%)
135	TROJSZCZAK Joanna	318		K40-49	38		00:00:02	00:16:00	00:27:27	00:41:17	00:53:27	00:56:47.75	00:56:50.70	+00:23:15 (41.0%)	5:40	10.6 (59.2%)
136	ZAGÓRSKA Ania	328		K30-39	60		00:00:12	00:16:48	00:28:37	00:42:05	00:53:37	00:56:51.10	00:57:03.20	+00:23:18 (41.0%)	5:41	10.6 (59.2%)
137	FOJCIK Katarzyna	67		K20-29	25	Yno Ultra	00:00:05	00:16:02	00:27:51	00:42:05	00:53:29	00:56:51.80	00:56:56.95	+00:23:19 (41.0%)	5:41	10.6 (59.2%)
138	SZOJDA Paulina	186		K30-39	61		00:00:12	00:16:23	00:27:56	00:41:49	00:53:32	00:56:53.20	00:57:05.45	+00:23:21 (41.0%)	5:41	10.5 (58.7%)
139	MISZCZAK Katarzyna	156		K40-49	39		00:00:14	00:16:45	00:28:29	00:42:12	00:53:32	00:56:54.70	00:57:09.05	+00:23:22 (41.1%)	5:41	10.5 (58.7%)
140	DOBRENIUK Aurelia	118		K40-49	40		00:00:09	00:16:15	00:27:51	00:41:45	00:53:33	00:56:58.00	00:57:07.85	+00:23:25 (41.1%)	5:41	10.5 (58.7%)
141	NOWAK Magdalena	278		K30-39	62		00:00:08	00:16:49	00:28:22	00:42:03	00:53:42	00:57:01.45	00:57:09.50	+00:23:29 (41.2%)	5:42	10.5 (58.7%)
142	PROKURAT Agnieszka	293		K30-39	63		00:00:02	00:16:00	00:28:08	00:41:46	00:53:35	00:57:02.90	00:57:05.25	+00:23:30 (41.2%)	5:42	10.5 (58.7%)
143	DOBRA SZ Basia	228		K30-39	64		00:00:14	00:17:20	00:28:57	00:42:22	00:53:48	00:57:09.70	00:57:24.25	+00:23:37 (41.3%)	5:43	10.5 (58.7%)
144	CIEŚLAR Ewa	222		K30-39	65		00:00:12	00:16:29	00:27:58	00:41:45	00:53:48	00:57:13.00	00:57:25.65	+00:23:40 (41.4%)	5:43	10.5 (58.7%)
145	ADAMIAK Edyta	110		K40-49	41		00:00:05	00:16:29	00:28:06	00:42:09	00:54:04	00:57:23.90	00:57:29.85	+00:23:51 (41.6%)	5:44	10.5 (58.7%)
146	FRAJHOFER Ewa	68		K30-39	66	Bank Spółdzielczy Jastrzębie	00:00:11	00:16:19	00:28:06	00:42:13	00:54:19	00:57:25.20	00:57:36.35	+00:23:53 (41.6%)	5:44	10.4 (58.1%)
147	BAJCAR Beata	206		K40-49	42	Kobiety na 5+	00:00:04	00:16:44	00:28:26	00:42:23	00:54:14	00:57:29.85	00:57:33.85	+00:23:57 (41.7%)	5:44	10.4 (58.1%)
148	CZARNOWSKA Beata	224		K40-49	43		00:00:09	00:17:09	00:29:17	00:42:57	00:54:14	00:57:31.00	00:57:40.10	+00:23:58 (41.7%)	5:45	10.4 (58.1%)
149	HYŁA Aleksandra	132		K20-29	26		00:00:08	00:16:41	00:28:07	00:41:59	00:53:58	00:57:36.05	00:57:44.45	+00:24:03 (41.8%)	5:45	10.4 (58.1%)
150	ĆWIOK Barbara	226		K40-49	44		00:00:10	00:16:41	00:28:31	00:42:19	00:54:17	00:57:39.40	00:57:49.45	+00:24:07 (41.8%)	5:45	10.4 (58.1%)
151	HEJNA Izabela	243		K40-49	45	Radlinioki w biegu	00:00:11	00:17:29	00:29:06	00:42:54	00:54:29	00:57:39.45	00:57:51.25	+00:24:07 (41.8%)	5:46	10.4 (58.1%)
152	KUBICA Patrycja	84		K30-39	67	Olza Cieszyn	00:00:07	00:16:50	00:28:41	00:43:06	00:54:50	00:57:41.65	00:57:48.65	+00:24:09 (41.9%)	5:46	10.4 (58.1%)
153	PIECHOCKA Jadwiga	285		K40-49	46		00:00:15	00:17:13	00:28:45	00:42:35	00:54:18	00:57:43.65	00:57:58.90	+00:24:11 (41.9%)	5:46	10.4 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	BOŚ Natalia	216		K30-39	68	KB MCKIS Jaworzno	00:00:07	00:16:59	00:28:36	00:42:28	00:54:24	00:57:47.05	00:57:54.90	+00:24:14 (42.0%)	5:46	10.4 (58.1%)
154	CHOLAJDA Monika	220		K30-39	69		00:00:12	00:16:53	00:28:34	00:42:32	00:54:25	00:57:47.05	00:57:59.65	+00:24:14 (42.0%)	5:46	10.4 (58.1%)
156	KOSOWSKA Grażyna	254		K50-59	8		00:00:05	00:16:47	00:28:40	00:42:30	00:54:27	00:57:48.05	00:57:53.50	+00:24:15 (42.0%)	5:46	10.4 (58.1%)
157	NICER-OSIEWACZ Monika	161		K20-29	27		00:00:08	00:17:30	00:29:12	00:43:06	00:54:45	00:57:59.25	00:58:07.75	+00:24:27 (42.2%)	5:47	10.3 (57.5%)
158	SIENIAWSKA Janina	300		K60-69	3		00:00:05	00:16:43	00:28:28	00:42:18	00:54:26	00:58:00.15	00:58:05.25	+00:24:27 (42.2%)	5:48	10.3 (57.5%)
159	JESIONEK Małgorzata	136		K30-39	70		00:00:13	00:16:58	00:28:39	00:42:39	00:54:41	00:58:05.50	00:58:18.75	+00:24:33 (42.3%)	5:48	10.3 (57.5%)
160	KOŁAK Alicja	252		K30-39	71		00:00:14	00:17:09	00:28:50	00:42:41	00:54:52	00:58:20.60	00:58:34.85	+00:24:48 (42.5%)	5:50	10.3 (57.5%)
161	SAWICKA Agnieszka	298		K40-49	47	Klub Biegacza Fartlek	00:00:09	00:16:58	00:28:52	00:43:03	00:54:54	00:58:21.85	00:58:31.80	+00:24:49 (42.5%)	5:50	10.3 (57.5%)
162	SZEFER Sylwia	312		K40-49	48		00:00:14	00:17:15	00:29:20	00:43:18	00:55:14	00:58:23.60	00:58:38.20	+00:24:51 (42.6%)	5:50	10.3 (57.5%)
163	LACHOWICZ Izabela	260		K20-29	28		00:00:10	00:16:17	00:28:00	00:42:26	00:54:56	00:58:36.00	00:58:46.55	+00:25:03 (42.8%)	5:51	10.2 (57.0%)
163	SITKO Dagmara	302		K30-39	72		00:00:15	00:17:17	00:29:07	00:43:16	00:55:13	00:58:36.00	00:58:51.75	+00:25:03 (42.8%)	5:51	10.2 (57.0%)
165	ŚLEZIAK Paulina	316		K16-19	6		00:00:13	00:17:32	00:29:25	00:43:30	00:55:29	00:58:46.80	00:59:00.60	+00:25:14 (42.9%)	5:52	10.2 (57.0%)
166	SZYMURA Monika	314		K20-29	29		00:00:13	00:16:46	00:28:54	00:43:27	00:55:16	00:58:47.95	00:59:01.15	+00:25:15 (43.0%)	5:52	10.2 (57.0%)
167	KRAUZ Sandra	146		K30-39	73		00:00:09	00:16:43	00:28:30	00:42:42	00:55:13	00:58:52.50	00:59:01.55	+00:25:20 (43.0%)	5:53	10.2 (57.0%)
167	TRZCIŃSKA Joanna	189		K20-29	30	Kobiety na 5+	00:00:03	00:16:49	00:29:07	00:43:46	00:55:38	00:58:52.50	00:58:55.70	+00:25:20 (43.0%)	5:53	10.2 (57.0%)
169	ŻEBROWSKA Matylda	333		K40-49	49		00:00:13	00:17:02	00:29:16	00:43:28	00:55:26	00:58:54.95	00:59:08.65	+00:25:22 (43.1%)	5:53	10.2 (57.0%)
170	MUSIOŁ Helena	94		K40-49	50		00:00:11	00:16:55	00:29:01	00:43:21	00:55:39	00:59:02.10	00:59:13.75	+00:25:29 (43.2%)	5:54	10.2 (57.0%)
171	ROZMUS Ewa	174		K40-49	51	PoWoli do Celu	00:00:10	00:17:29	00:29:20	00:43:32	00:55:39	00:59:02.50	00:59:13.05	+00:25:30 (43.2%)	5:54	10.2 (57.0%)
172	STOPYRA Agnieszka	184		K40-49	52		00:00:08	00:17:25	00:29:26	00:43:40	00:55:37	00:59:05.40	00:59:14.15	+00:25:33 (43.2%)	5:54	10.2 (57.0%)
173	GIERON Syntia	70		K20-29	31		00:00:10	00:16:59	00:28:58	00:43:11	00:55:32	00:59:06.10	00:59:16.45	+00:25:33 (43.3%)	5:54	10.2 (57.0%)
174	OSTROWSKA Izabela	281		K40-49	53	Kobiety na 5+	00:00:03	00:16:47	00:29:01	00:43:36	00:55:49	00:59:09.35	00:59:13.05	+00:25:37 (43.3%)	5:55	10.1 (56.4%)
175	JAKUBOWSKA Agnieszka	245		K40-49	54	HRmax Żory	00:00:08	00:17:26	00:29:32	00:43:45	00:55:42	00:59:09.45	00:59:17.75	+00:25:37 (43.3%)	5:54	10.1 (56.4%)
176	SUBIK Edyta	106		K30-39	74		00:00:06	00:16:04	00:28:30	00:43:05	00:55:39	00:59:09.75	00:59:16.40	+00:25:37 (43.3%)	5:55	10.1 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	KUKLA Agata	258		K30-39	75	PoWoli do Celu	00:00:11	00:17:28	00:29:20	00:43:31	00:55:40	00:59:09.85	00:59:21.00	+00:25:37 (43.3%)	5:55	10.1 (56.4%)
178	HANDY Samanta	34		K30-39	76	PoWoli do Celu	00:00:10	00:17:29	00:29:21	00:43:32	00:55:39	00:59:10.15	00:59:21.00	+00:25:37 (43.3%)	5:55	10.1 (56.4%)
179	HETMANIOK Agnieszka	131		K20-29	32		00:00:06	00:16:56	00:29:20	00:44:06	00:55:54	00:59:13.05	00:59:19.95	+00:25:40 (43.4%)	5:55	10.1 (56.4%)
180	WIŚNIEWSKA Justyna	323		K30-39	77	Kobiety na 5+	00:00:04	00:16:47	00:29:00	00:43:27	00:55:54	00:59:21.80	00:59:26.00	+00:25:49 (43.5%)	5:56	10.1 (56.4%)
181	MROWIEC Edyta	274		K20-29	33		00:00:08	00:18:12	00:30:50	00:45:09	00:56:33	00:59:26.75	00:59:35.65	+00:25:54 (43.6%)	5:56	10.1 (56.4%)
182	LISZOK Iwona	262		K30-39	78		00:00:09	00:17:09	00:29:18	00:43:39	00:55:58	00:59:32.60	00:59:41.75	+00:26:00 (43.7%)	5:57	10.1 (56.4%)
183	GAŃKO Grażyna	123		K50-59	9		00:00:06	00:17:53	00:29:57	00:44:20	00:56:23	00:59:54.50	01:00:00.65	+00:26:22 (44.0%)	5:59	10 (55.9%)
184	GIŻYŃSKA Katarzyna	238		K30-39	79		00:00:04	00:16:54	00:29:11	00:44:01	00:56:29	00:59:58.95	01:00:03.00	+00:26:26 (44.1%)	5:59	10 (55.9%)
185	ORŁOWSKA Joanna	165		K30-39	80		00:00:13	00:17:51	00:30:08	00:44:27	00:56:41	01:00:03.90	01:00:17.85	+00:26:31 (44.2%)	6:00	10 (55.9%)
186	SŁODZIŃSKA Magdalena	179		K20-29	34		00:00:08	00:16:47	00:29:11	00:44:33	00:56:41	01:00:16.15	01:00:24.70	+00:26:43 (44.4%)	6:01	10 (55.9%)
187	FECZKO Lucyna	121		K40-49	55		00:00:05	00:17:08	00:29:36	00:44:40	00:56:50	01:00:20.10	01:00:26.00	+00:26:47 (44.4%)	6:02	9.9 (55.3%)
188	SZKATUŁA Jadwiga	185		K20-29	35		00:00:10	00:17:38	00:29:46	00:44:16	00:56:54	01:00:30.30	01:00:40.95	+00:26:58 (44.6%)	6:03	9.9 (55.3%)
189	KĄŁUS Joanna	250		K40-49	56		00:00:11	00:16:58	00:29:22	00:44:17	00:56:59	01:00:45.70	01:00:56.75	+00:27:13 (44.8%)	6:04	9.9 (55.3%)
190	BARAN Irena	58		K50-59	10		00:00:06	00:16:57	00:29:16	00:44:26	00:57:13	01:00:55.90	01:01:02.00	+00:27:23 (45.0%)	6:05	9.8 (54.7%)
191	GABRUŚ Iwona	234		K40-49	57		00:00:10	00:17:26	00:29:34	00:44:24	00:57:11	01:01:00.10	01:01:10.80	+00:27:27 (45.0%)	6:06	9.8 (54.7%)
192	WALA Anna	191		K30-39	81		00:00:06	00:16:56	00:29:20	00:44:18	00:57:23	01:01:07.50	01:01:14.15	+00:27:35 (45.1%)	6:06	9.8 (54.7%)
193	GOIK Agnieszka	241		K40-49	58	Radlinioki w biegu	00:00:12	00:18:12	00:31:02	00:45:50	00:58:06	01:01:38.40	01:01:50.45	+00:28:06 (45.6%)	6:09	9.7 (54.2%)
194	WIECZOREK Klaudia	194		K30-39	82	Alkoteam Rybnik	00:00:09	00:18:25	00:31:11	00:46:08	00:58:19	01:01:40.60	01:01:49.70	+00:28:08 (45.6%)	6:10	9.7 (54.2%)
195	WYSZYŃSKA Karina	326		K30-39	83		00:00:13	00:18:25	00:30:52	00:45:33	00:58:07	01:01:40.85	01:01:54.10	+00:28:08 (45.6%)	6:10	9.7 (54.2%)
196	CIEŚLA Edyta	221		K40-49	59		00:00:11	00:18:19	00:30:55	00:45:36	00:58:13	01:01:50.60	01:02:01.65	+00:28:18 (45.8%)	6:11	9.7 (54.2%)
197	FOJCIK Gabriela	233		K50-59	11		00:00:11	00:18:20	00:30:55	00:45:36	00:58:13	01:01:50.95	01:02:02.05	+00:28:18 (45.8%)	6:11	9.7 (54.2%)
198	ZIĘTARA Agata	330		K40-49	60		00:00:08	00:17:28	00:30:02	00:45:22	00:58:11	01:01:56.65	01:02:05.10	+00:28:24 (45.9%)	6:11	9.7 (54.2%)
199	WAWRZYK Iwona	322		K50-59	12	Olza Cieszyn	00:00:12	00:17:45	00:30:09	00:45:09	00:58:18	01:02:15.80	01:02:27.90	+00:28:43 (46.1%)	6:13	9.6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	PODLEŚNY Justyna	290		K40-49	61		00:00:08	00:17:48	00:30:21	00:45:33	00:58:29	01:02:20.95	01:02:29.15	+00:28:48 (46.2%)	6:14	9.6 (53.6%)
201	OLSZEWSKA Dorota	280		K40-49	62	Kobiety na 5+	00:00:07	00:18:00	00:30:28	00:45:59	00:58:59	01:02:30.60	01:02:38.30	+00:28:58 (46.3%)	6:15	9.6 (53.6%)
202	PIPIRO Grażyna	287		K60-69	4	Kobiety na 5+	00:00:04	00:18:40	00:31:13	00:46:20	00:59:01	01:02:36.25	01:02:40.75	+00:29:04 (46.4%)	6:15	9.6 (53.6%)
203	REYMANN Milena	172		K30-39	84	Bank Spółdzielczy Jastrzębie	00:00:13	00:17:41	00:30:24	00:45:40	00:58:49	01:02:37.85	01:02:50.90	+00:29:05 (46.5%)	6:15	9.6 (53.6%)
204	NIEDZIOŁKO Bożena	162		K50-59	13	Kobiety na 5+	00:00:04	00:18:06	00:30:31	00:46:02	00:59:02	01:02:40.05	01:02:44.40	+00:29:07 (46.5%)	6:16	9.6 (53.6%)
205	ADAMCZAK Renata	203		K40-49	63	Yno Ultra	00:00:05	00:17:52	00:30:52	00:46:05	00:59:02	01:02:47.70	01:02:52.95	+00:29:15 (46.6%)	6:16	9.6 (53.6%)
206	GÓRNY Jola	127		K40-49	64		00:00:07	00:18:12	00:30:56	00:46:29	00:59:19	01:02:49.70	01:02:57.50	+00:29:17 (46.6%)	6:17	9.5 (53.1%)
207	TORZEWSKA Sandra	188		K20-29	36		00:00:11	00:17:45	00:30:25	00:46:07	00:59:27	01:03:14.75	01:03:25.80	+00:29:42 (47.0%)	6:19	9.5 (53.1%)
208	HERDUŚ Lucyna	130		K30-39	85		00:00:11	00:18:04	00:30:39	00:45:35	00:59:21	01:03:18.65	01:03:30.10	+00:29:46 (47.0%)	6:19	9.5 (53.1%)
209	KALETA Agnieszka	249		K30-39	86	PoWoli do Celu	00:00:11	00:18:30	00:31:55	00:47:13	01:00:03	01:03:22.70	01:03:33.75	+00:29:50 (47.1%)	6:20	9.5 (53.1%)
210	WALESZ Joanna	321		K40-49	65	KB MCKIS Jaworzno	00:00:08	00:18:20	00:31:14	00:46:46	00:59:51	01:03:31.00	01:03:39.10	+00:29:58 (47.2%)	6:21	9.4 (52.5%)
211	BARTNIK Joanna	208		K40-49	66		00:00:05	00:18:38	00:31:34	00:47:00	01:00:08	01:03:33.90	01:03:39.00	+00:30:01 (47.2%)	6:21	9.4 (52.5%)
212	BRYCHCY Estera	112		K30-39	87	RUNTEAM Pawłowice	00:00:14	00:18:49	00:31:50	00:47:17	01:00:10	01:03:46.95	01:04:00.95	+00:30:14 (47.4%)	6:22	9.4 (52.5%)
213	WIDENKA Joanna	193		K20-29	37		00:00:08	00:18:48	00:31:31	00:46:57	01:00:16	01:04:16.25	01:04:25.10	+00:30:44 (47.8%)	6:25	9.3 (52.0%)
214	PAJĄK Małgorzata	283		K50-59	14		00:00:06	00:18:38	00:31:11	00:47:12	01:00:31	01:04:21.30	01:04:28.25	+00:30:49 (47.9%)	6:26	9.3 (52.0%)
215	BOŻEK Dagmara	217		K40-49	67		00:00:06	00:18:13	00:31:12	00:46:59	01:00:27	01:04:28.15	01:04:34.50	+00:30:55 (48.0%)	6:26	9.3 (52.0%)
216	KUBAS Alina	256		K40-49	68	Klub Biegacza Fartlek	00:00:09	00:18:35	00:31:34	00:47:35	01:00:59	01:04:49.65	01:04:59.60	+00:31:17 (48.3%)	6:29	9.3 (52.0%)
217	STEKLA-MAJER Anna	309		K20-29	38		00:00:12	00:17:41	00:30:38	00:47:10	01:01:08	01:05:08.20	01:05:20.60	+00:31:36 (48.5%)	6:30	9.2 (51.4%)
218	STEKLA Joanna	308		K50-59	15	Steklowki	00:00:12	00:17:47	00:30:55	00:47:09	01:01:15	01:05:12.80	01:05:25.15	+00:31:40 (48.6%)	6:31	9.2 (51.4%)
219	MOKRZYCKA Justyna	273		K30-39	88		00:00:15	00:19:03	00:32:10	00:48:21	01:01:59	01:05:33.70	01:05:49.30	+00:32:01 (48.8%)	6:33	9.2 (51.4%)
220	MULKA Ula	276		K30-39	89		00:00:13	00:19:11	00:32:26	00:48:22	01:01:52	01:05:34.80	01:05:48.25	+00:32:02 (48.9%)	6:33	9.1 (50.8%)
221	WOJTOŃ-STAWICKA Małgorzata	324		K50-59	16	RUNTEAM Pawłowice	00:00:14	00:18:50	00:31:51	00:47:41	01:01:48	01:05:50.00	01:06:04.45	+00:32:17 (49.1%)	6:35	9.1 (50.8%)
222	ŁUKASIK Aldona	151		K30-39	90		00:00:15	00:19:03	00:32:17	00:48:28	01:02:10	01:05:59.75	01:06:15.45	+00:32:27 (49.2%)	6:36	9.1 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	GŁÓWCZYK Izabella	240		K40-49	69		00:00:05	00:17:45	00:31:07	00:47:22	01:02:06	01:06:10.60	01:06:16.55	+00:32:38 (49.3%)	6:37	9.1 (50.8%)
224	SURY-WOLNIEWICZ Kamila	310		K40-49	70	Kobiety na 5+	00:00:04	00:19:15	00:32:49	00:48:53	01:02:34	01:06:12.55	01:06:16.60	+00:32:40 (49.3%)	6:37	9.1 (50.8%)
225	ZAGÓRSKA Beata	327		K30-39	91	Olza Cieszyn	00:00:11	00:19:14	00:32:49	00:49:04	01:02:45	01:06:12.65	01:06:24.20	+00:32:40 (49.3%)	6:37	9.1 (50.8%)
226	STANULA Kinga	307		K50-59	17		00:00:13	00:19:42	00:33:08	00:49:10	01:02:38	01:06:17.75	01:06:31.10	+00:32:45 (49.4%)	6:37	9 (50.3%)
227	BETLEJ Dorota	212		K30-39	92		00:00:14	00:18:29	00:31:53	00:48:17	01:02:23	01:06:21.10	01:06:36.05	+00:32:48 (49.5%)	6:38	9 (50.3%)
227	GAJ Monika	235		K30-39	93		00:00:13	00:19:03	00:32:31	00:48:32	01:02:31	01:06:21.10	01:06:34.45	+00:32:48 (49.5%)	6:38	9 (50.3%)
229	BETAŃSKA Aneta	211		K40-49	71	Kobiety na 5+	00:00:04	00:18:59	00:32:39	00:48:51	01:02:34	01:06:22.30	01:06:27.00	+00:32:50 (49.5%)	6:38	9 (50.3%)
230	MAĆKÓW Agnieszka	265		K40-49	72		00:00:09	00:19:02	00:32:15	00:48:23	01:02:24	01:06:22.60	01:06:32.55	+00:32:50 (49.5%)	6:38	9 (50.3%)
231	MYŚLIWIEC Kulczykowa	160		K40-49	73		00:00:04	00:18:59	00:32:39	00:48:51	01:02:34	01:06:22.70	01:06:27.50	+00:32:50 (49.5%)	6:38	9 (50.3%)
232	BALICKA Magdalena	207		K30-39	94		00:00:14	00:19:27	00:32:54	00:49:05	01:03:01	01:06:36.05	01:06:50.50	+00:33:03 (49.6%)	6:39	9 (50.3%)
233	JANCZARA Ewa	135		K30-39	95		00:00:09	00:18:46	00:32:17	00:48:36	01:02:46	01:06:52.75	01:07:01.90	+00:33:20 (49.9%)	6:41	9 (50.3%)
234	ŻALIŃSKA Teresa	332		K50-59	18		00:00:14	00:19:58	00:33:36	00:49:46	01:03:17	01:07:04.55	01:07:18.60	+00:33:32 (50.0%)	6:42	8.9 (49.7%)
235	ŚLEDŹ Dorota	315		K20-29	39		00:00:14	00:19:50	00:33:51	00:50:11	01:04:03	01:07:40.10	01:07:54.20	+00:34:07 (50.4%)	6:46	8.9 (49.7%)
236	KOWALSKA Dorota	144		K50-59	19		00:00:10	00:19:10	00:32:57	00:49:40	01:03:47	01:07:40.60	01:07:51.45	+00:34:08 (50.4%)	6:46	8.9 (49.7%)
237	BĄK Karina	111		K30-39	96	Radlinioki w biegu	00:00:11	00:18:50	00:32:54	00:49:37	01:04:25	01:08:27.75	01:08:39.40	+00:34:55 (51.0%)	6:50	8.8 (49.2%)
238	DZIĘCIOŁ Wanda	231		K40-49	74		00:00:11	00:18:59	00:32:54	00:50:05	01:04:53	01:09:10.75	01:09:22.60	+00:35:38 (51.5%)	6:55	8.7 (48.6%)
239	SLADECZEK Iza	178		K30-39	97		00:00:07	00:19:16	00:33:16	00:50:32	01:05:14	01:09:35.40	01:09:42.85	+00:36:03 (51.8%)	6:57	8.6 (48.0%)
240	URBAŚ Monika	319		K30-39	98		00:00:06	00:19:17	00:33:18	00:50:33	01:05:15	01:09:36.00	01:09:42.85	+00:36:03 (51.8%)	6:57	8.6 (48.0%)
241	SŁOWIK Kornelia	303		K30-39	99	PoWoli do Celu	00:00:10	00:20:13	00:34:23	00:51:51	01:06:35	01:10:45.25	01:10:55.90	+00:37:13 (52.6%)	7:04	8.5 (47.5%)
242	MAĆKÓW Klaudia	266		K20-29	40		00:00:10	00:20:34	00:35:19	00:52:28	01:07:06	01:11:17.20	01:11:27.35	+00:37:45 (53.0%)	7:07	8.4 (46.9%)
243	ZALEWSKA Barbara	329		K40-49	75	Kobiety na 5+	00:00:05	00:20:13	00:34:38	00:52:19	01:06:59	01:11:25.65	01:11:30.90	+00:37:53 (53.0%)	7:08	8.4 (46.9%)
244	POKORA Izabela	291		K30-39	100		00:00:14	00:20:11	00:34:49	00:52:35	01:07:45	01:11:55.35	01:12:10.20	+00:38:23 (53.4%)	7:11	8.3 (46.4%)
245	PYZIK Barbara	296		K30-39	101	Klub Biegacza Fartlek	00:00:10	00:19:21	00:34:11	00:52:39	01:08:00	01:12:04.05	01:12:14.50	+00:38:31 (53.5%)	7:12	8.3 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	ROTTER Hanna	173		K50-59	20		00:00:09	00:19:48	00:33:45	00:52:22	01:07:57	01:12:17.90	01:12:27.25	+00:38:45 (53.6%)	7:13	8.3 (46.4%)
247	KIERMASZEK Barbara	139		K50-59	21		00:00:08	00:19:49	00:33:54	00:52:24	01:07:59	01:12:19.70	01:12:28.45	+00:38:47 (53.6%)	7:14	8.3 (46.4%)
248	GŁĄB Mariola	239		K30-39	102		00:00:06	00:19:41	00:34:30	00:53:22	01:08:25	01:12:20.85	01:12:27.10	+00:38:48 (53.6%)	7:14	8.3 (46.4%)
249	KLACZEK Anna	251		K40-49	76		00:00:13	00:19:50	00:34:45	00:52:47	01:08:18	01:12:36.50	01:12:50.05	+00:39:04 (53.8%)	7:15	8.3 (46.4%)
250	MŁOCEK Ewelina	271		K30-39	103		00:00:13	00:21:34	00:36:40	00:54:18	01:09:33	01:13:56.10	01:14:09.55	+00:40:23 (54.6%)	7:23	8.1 (45.3%)
251	URBACZKA Karolina	107		K20-29	41		00:00:14	00:21:26	00:36:53	00:54:56	01:10:10	01:14:08.10	01:14:22.55	+00:40:35 (54.8%)	7:24	8.1 (45.3%)
252	MAĆZKA Małgorzata	269		K40-49	77		00:00:13	00:20:50	00:35:46	00:54:10	01:09:52	01:14:13.95	01:14:27.75	+00:40:41 (54.8%)	7:25	8.1 (45.3%)
253	MYŚLIWIEC Barbara	277		K20-29	42	Kobiety na 5+	00:00:04	00:21:14	00:36:24	00:54:33	01:10:21	01:14:40.75	01:14:45.25	+00:41:08 (55.1%)	7:28	8 (44.7%)
254	FELSKA Weronika	232		K20-29	43		00:00:13	00:20:31	00:36:11	00:54:55	01:10:34	01:14:56.10	01:15:09.15	+00:41:23 (55.2%)	7:29	8 (44.7%)
255	PRZYGODA Sylwia	294		K20-29	44	Morświny	00:00:12	00:22:28	00:38:48	00:57:52	01:12:51	01:17:02.85	01:17:15.60	+00:43:30 (56.5%)	7:42	7.8 (43.6%)
256	ŻEBROWSKA Weronika	334		K20-29	45		00:00:13	00:21:10	00:37:13	00:56:57	01:14:21	01:18:50.45	01:19:04.30	+00:45:18 (57.5%)	7:53	7.6 (42.5%)
257	SZCZEGODZINSKA Kasia	311		K30-39	104	Morświny	00:00:12	00:22:32	00:38:52	00:58:04	01:15:20	01:20:14.45	01:20:27.05	+00:46:42 (58.2%)	8:01	7.5 (41.9%)
258	WOLNIK Jolka	325		K40-49	78		00:00:07	00:24:08	00:41:11	01:07:28	01:25:01	01:30:21.95	01:30:29.00	+00:56:49 (62.9%)	9:02	6.6 (36.9%)
259	SIKORA Sara	301		K20-29	46		00:00:10	00:24:40	00:41:39	01:07:40	01:25:44	01:30:46.20	01:30:56.75	+00:57:14 (63.1%)	9:04	6.6 (36.9%)
260	HUBA Agnieszka	244		K30-39	105	Kobiety na 5+	00:00:00	00:16:51	00:29:11	00:43:49	00:56:31				6:00	10 (55.9%)
261	ZIĘTARA Paulina	331		K20-29	47		00:00:13									(0.0%)

Znaleziono 261 wynik(ów)