

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: K30-39

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	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		3:38	16.5 (100%)
2	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	+00:00:05 (0.3%)	3:39	16.4 (99.4%)
3	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	+00:02:46 (7.1%)	3:55	15.3 (92.7%)
4	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	+00:04:36 (11.2%)	4:06	14.6 (88.5%)
5	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	+00:05:13 (12.5%)	4:10	14.4 (87.3%)
6	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	+00:07:10 (16.4%)	4:21	13.8 (83.6%)
7	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	+00:07:19 (16.7%)	4:22	13.7 (83.0%)
8	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	+00:09:17 (20.3%)	4:34	13.1 (79.4%)
9	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	+00:09:56 (21.4%)	4:38	12.9 (78.2%)
10	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	+00:10:11 (21.8%)	4:39	12.9 (78.2%)
11	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	+00:10:15 (22.0%)	4:40	12.8 (77.6%)
12	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	+00:11:01 (23.2%)	4:44	12.6 (76.4%)
13	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	+00:11:16 (23.6%)	4:46	12.6 (76.4%)
14	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	+00:11:16 (23.6%)	4:46	12.6 (76.4%)
15	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	+00:11:31 (24.0%)	4:47	12.5 (75.8%)

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
16	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	+00:11:46 (24.4%)	4:49	12.4 (75.2%)
17	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	+00:12:04 (24.9%)	4:51	12.4 (75.2%)
18	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	+00:12:05 (24.9%)	4:51	12.4 (75.2%)
19	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	+00:12:09 (25.0%)	4:51	12.3 (74.5%)
20	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	+00:12:18 (25.2%)	4:52	12.3 (74.5%)
21	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	+00:12:52 (26.1%)	4:56	12.2 (73.9%)
22	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	+00:13:01 (26.3%)	4:56	12.1 (73.3%)
23	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	+00:13:13 (26.6%)	4:58	12.1 (73.3%)
24	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	+00:13:29 (27.0%)	4:59	12 (72.7%)
25	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	+00:13:33 (27.1%)	5:00	12 (72.7%)
26	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	+00:13:36 (27.2%)	5:00	12 (72.7%)
27	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	+00:13:45 (27.4%)	5:01	11.9 (72.1%)
28	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	+00:14:03 (27.8%)	5:03	11.9 (72.1%)
29	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	+00:14:23 (28.3%)	5:05	11.8 (71.5%)
30	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	+00:14:28 (28.4%)	5:05	11.8 (71.5%)
31	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	+00:14:35 (28.6%)	5:06	11.8 (71.5%)
32	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	+00:14:42 (28.8%)	5:07	11.7 (70.9%)
33	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	+00:15:04 (29.3%)	5:09	11.6 (70.3%)
34	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	+00:16:02 (30.6%)	5:14	11.4 (69.1%)
35	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	+00:16:13 (30.8%)	5:16	11.4 (69.1%)
36	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	+00:16:16 (30.9%)	5:16	11.4 (69.1%)
37	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	+00:16:19 (30.9%)	5:16	11.4 (69.1%)
38	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	+00:16:33 (31.2%)	5:18	11.3 (68.5%)

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	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	+00:16:54 (31.7%)	5:20	11.2 (67.9%)
40	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	+00:16:56 (31.7%)	5:20	11.2 (67.9%)
41	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	+00:17:46 (32.8%)	5:25	11.1 (67.3%)
42	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	+00:17:59 (33.0%)	5:26	11 (66.7%)
43	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	+00:18:00 (33.1%)	5:26	11 (66.7%)
44	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	+00:18:04 (33.1%)	5:27	11 (66.7%)
45	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	+00:18:05 (33.2%)	5:27	11 (66.7%)
46	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	+00:18:08 (33.2%)	5:27	11 (66.7%)
47	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	+00:18:15 (33.4%)	5:28	11 (66.7%)
48	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	+00:18:18 (33.4%)	5:28	11 (66.7%)
49	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	+00:18:26 (33.6%)	5:29	10.9 (66.1%)
50	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	+00:18:42 (33.9%)	5:31	10.9 (66.1%)
51	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	+00:19:16 (34.6%)	5:34	10.8 (65.5%)
52	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	+00:19:16 (34.6%)	5:34	10.8 (65.5%)
53	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	+00:19:22 (34.7%)	5:34	10.7 (64.8%)
54	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	+00:19:40 (35.1%)	5:36	10.7 (64.8%)
55	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	+00:19:41 (35.1%)	5:36	10.7 (64.8%)
56	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	+00:19:52 (35.3%)	5:38	10.7 (64.8%)
57	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	+00:19:56 (35.4%)	5:38	10.6 (64.2%)
58	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	+00:19:57 (35.4%)	5:38	10.6 (64.2%)
59	GAWEŁCZYK 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	+00:19:58 (35.4%)	5:38	10.6 (64.2%)
60	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	+00:20:23 (35.9%)	5:41	10.6 (64.2%)
61	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	+00:20:25 (35.9%)	5:41	10.5 (63.6%)

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
62	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	+00:20:34 (36.1%)	5:42	10.5 (63.6%)
63	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	+00:20:35 (36.1%)	5:42	10.5 (63.6%)
64	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	+00:20:42 (36.2%)	5:43	10.5 (63.6%)
65	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	+00:20:45 (36.3%)	5:43	10.5 (63.6%)
66	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	+00:20:57 (36.5%)	5:44	10.4 (63.0%)
67	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	+00:21:14 (36.8%)	5:46	10.4 (63.0%)
68	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	+00:21:19 (36.9%)	5:46	10.4 (63.0%)
68	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	+00:21:19 (36.9%)	5:46	10.4 (63.0%)
70	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	+00:21:38 (37.2%)	5:48	10.3 (62.4%)
71	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	+00:21:53 (37.5%)	5:50	10.3 (62.4%)
72	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	+00:22:08 (37.8%)	5:51	10.2 (61.8%)
73	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	+00:22:25 (38.1%)	5:53	10.2 (61.8%)
74	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	+00:22:42 (38.4%)	5:55	10.1 (61.2%)
75	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	+00:22:42 (38.4%)	5:55	10.1 (61.2%)
76	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	+00:22:42 (38.4%)	5:55	10.1 (61.2%)
77	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	+00:22:54 (38.6%)	5:56	10.1 (61.2%)
78	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	+00:23:05 (38.8%)	5:57	10.1 (61.2%)
79	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	+00:23:31 (39.2%)	5:59	10 (60.6%)
80	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	+00:23:36 (39.3%)	6:00	10 (60.6%)
81	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	+00:24:40 (40.4%)	6:06	9.8 (59.4%)
82	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	+00:25:13 (40.9%)	6:10	9.7 (58.8%)
83	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	+00:25:13 (40.9%)	6:10	9.7 (58.8%)
84	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	+00:26:10 (41.8%)	6:15	9.6 (58.2%)

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
85	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	+00:26:51 (42.4%)	6:19	9.5 (57.6%)
86	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	+00:26:55 (42.5%)	6:20	9.5 (57.6%)
87	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	+00:27:19 (42.8%)	6:22	9.4 (57.0%)
88	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	+00:29:06 (44.4%)	6:33	9.2 (55.8%)
89	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	+00:29:07 (44.4%)	6:33	9.1 (55.2%)
90	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	+00:29:32 (44.8%)	6:36	9.1 (55.2%)
91	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	+00:29:45 (44.9%)	6:37	9.1 (55.2%)
92	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	+00:29:53 (45.1%)	6:38	9 (54.5%)
92	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	+00:29:53 (45.1%)	6:38	9 (54.5%)
94	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	+00:30:08 (45.3%)	6:39	9 (54.5%)
95	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	+00:30:25 (45.5%)	6:41	9 (54.5%)
96	BAK 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	+00:32:00 (46.7%)	6:50	8.8 (53.3%)
97	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	+00:33:07 (47.6%)	6:57	8.6 (52.1%)
98	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	+00:33:08 (47.6%)	6:57	8.6 (52.1%)
99	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	+00:34:17 (48.5%)	7:04	8.5 (51.5%)
100	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	+00:35:27 (49.3%)	7:11	8.3 (50.3%)
101	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	+00:35:36 (49.4%)	7:12	8.3 (50.3%)
102	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	+00:35:53 (49.6%)	7:14	8.3 (50.3%)
103	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	+00:37:28 (50.7%)	7:23	8.1 (49.1%)
104	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	+00:43:47 (54.6%)	8:01	7.5 (45.5%)
105	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 (60.6%)