



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
2023-09-09  
Jastrzębie-Zdrój  
10 km

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

| Msc | Zawodnik               | Numer | Klub                                                | Kategoria | Mkat | Drużyna 1               | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-----------------------------------------------------|-----------|------|-------------------------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | SUWAJ Aneta            | 4     | TL ATHLETIC JASTRZĘBIE/ALPIN SPORT                  | K30-39    | 3    | TL Athletics Jastrzębie | 00:00:02    | 00:39:19.25     | 00:39:21.90      |                   | 3:55         | 15.3 (100%)  |
| 2   | WRÓBLEWSKA Judyta      | 49    | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | K30-39    | 7    | TL Athletics Jastrzębie | 00:00:04    | 00:44:53.55     | 00:44:57.95      | +00:05:34 (12.4%) | 4:29         | 13.4 (87.6%) |
| 3   | OPIEKULSKA Renata      | 153   |                                                     | K40-49    | 9    |                         | 00:00:10    | 00:47:20.00     | 00:47:30.75      | +00:08:00 (16.9%) | 4:44         | 12.7 (83.0%) |
| 4   | PERKOWSKA Daria        | 234   | KOBIETY NA 5+                                       | K40-49    | 12   | Kobiety na 5+           | 00:00:08    | 00:49:12.50     | 00:49:20.70      | +00:09:53 (20.1%) | 4:55         | 12.2 (79.7%) |
| 5   | NIESŁAŃCZYK Małgorzata | 332   | WATAHA                                              | K40-49    | 15   | WATAHA                  | 00:00:12    | 00:49:43.00     | 00:49:55.85      | +00:10:23 (20.9%) | 4:58         | 12.1 (79.1%) |
| 6   | MAZUR Małgorzata       | 385   |                                                     | K40-49    | 16   |                         | 00:00:06    | 00:51:23.30     | 00:51:29.75      | +00:12:04 (23.5%) | 5:08         | 11.7 (76.5%) |
| 7   | MUSIAŁ Wioletta        | 241   |                                                     | K40-49    | 17   | Galopujące Ślimaki      | 00:00:15    | 00:52:02.30     | 00:52:18.20      | +00:12:43 (24.4%) | 5:12         | 11.5 (75.2%) |
| 8   | KONSEK Anna            | 314   |                                                     | K30-39    | 19   |                         | 00:00:20    | 00:53:20.25     | 00:53:40.30      | +00:14:01 (26.3%) | 5:20         | 11.3 (73.9%) |
| 9   | LORENZ Agnieszka       | 335   | GB GALOPUJĄCE ŚLIMAKI                               | K40-49    | 22   | GB Galopujące Ślimaki   | 00:00:15    | 00:54:06.55     | 00:54:22.25      | +00:14:47 (27.3%) | 5:24         | 11.1 (72.5%) |
| 10  | BAC Małgorzata         | 165   |                                                     | K16-19    | 3    |                         | 00:00:11    | 00:54:46.50     | 00:54:58.35      | +00:15:27 (28.2%) | 5:28         | 11 (71.9%)   |
| 11  | POPEK Barbara          | 64    | SOBIESKI6                                           | K50-59    | 4    | Sobieski6               | 00:00:24    | 00:55:13.40     | 00:55:37.80      | +00:15:54 (28.8%) | 5:31         | 10.9 (71.2%) |
| 12  | MIKULAK Natalia        | 412   |                                                     | K20-29    | 7    |                         | 00:00:25    | 00:55:23.55     | 00:55:49.10      | +00:16:04 (29.0%) | 5:32         | 10.8 (70.6%) |
| 13  | LERCH-HENCZKO Maria    | 360   | AKTYWNIENAKRĘCENI                                   | K30-39    | 28   |                         | 00:00:22    | 00:57:57.65     | 00:58:20.55      | +00:18:38 (32.2%) | 5:47         | 10.4 (68.0%) |
| 14  | PŁASKA Barbara         | 452   | KOBIETY NA 5+                                       | K50-59    | 8    | Kobiety na 5+           | 00:00:11    | 00:58:24.50     | 00:58:36.05      | +00:19:05 (32.7%) | 5:50         | 10.3 (67.3%) |
| 15  | GORZELAK Joanna        | 580   | KOBIETY NA 5+                                       | K40-49    | 33   | Kobiety na 5+           | 00:00:16    | 00:59:18.50     | 00:59:35.25      | +00:19:59 (33.7%) | 5:55         | 10.1 (66.0%) |

| Msc | Zawodnik                | Numer | Klub                   | Kategoria | Mkat | Drużyna 1     | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------|-------|------------------------|-----------|------|---------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 16  | KOLORZ-STYLOK Katarzyna | 582   |                        | K40-49    | 35   |               | 00:00:30    | 01:00:16.10     | 01:00:46.80      | +00:20:56 (34.8%) | 6:01         | 10 (65.4%)  |
| 17  | RANSZ Beata             | 359   | PRZYJACIÓŁKI DO SPÓŁKI | K50-59    | 9    |               | 00:00:32    | 01:00:22.35     | 01:00:54.75      | +00:21:03 (34.9%) | 6:02         | 9.9 (64.7%) |
| 18  | TURCZYN Iwona           | 568   |                        | K20-29    | 10   |               | 00:00:35    | 01:02:06.50     | 01:02:41.90      | +00:22:47 (36.7%) | 6:12         | 9.7 (63.4%) |
| 19  | MARCZYŃSKA Izabela      | 418   | RODZINKA.PL            | K30-39    | 32   |               | 00:00:31    | 01:02:19.10     | 01:02:50.55      | +00:22:59 (36.9%) | 6:13         | 9.6 (62.7%) |
| 20  | SZPYRA Anieli           | 261   |                        | K16-19    | 4    |               | 00:00:19    | 01:02:37.95     | 01:02:57.70      | +00:23:18 (37.2%) | 6:15         | 9.6 (62.7%) |
| 21  | SKOTNICKA Urszula       | 264   | NIE ZRZESZONA          | K50-59    | 13   |               | 00:00:25    | 01:03:41.65     | 01:04:06.65      | +00:24:22 (38.3%) | 6:22         | 9.4 (61.4%) |
| 22  | BORDA Grażyna           | 460   | KOBIETYNA5+            | K40-49    | 43   |               | 00:00:09    | 01:03:43.00     | 01:03:52.90      | +00:24:23 (38.3%) | 6:22         | 9.4 (61.4%) |
| 23  | FIJAŁKOWSKA Angelika    | 375   |                        | K20-29    | 12   |               | 00:00:35    | 01:04:26.85     | 01:05:02.60      | +00:25:07 (39.0%) | 6:26         | 9.3 (60.8%) |
| 24  | FECZKO Lucyna           | 577   |                        | K40-49    | 45   |               | 00:00:12    | 01:04:34.05     | 01:04:46.20      | +00:25:14 (39.1%) | 6:27         | 9.3 (60.8%) |
| 25  | DROBIAK Kornelia        | 455   | KOBIETY NA 5+          | K30-39    | 37   | Kobiety na 5+ | 00:00:08    | 01:04:57.70     | 01:05:06.50      | +00:25:38 (39.5%) | 6:29         | 9.2 (60.1%) |
| 26  | JASTRZĘBSKA Ewa         | 506   |                        | K50-59    | 15   |               | 00:00:14    | 01:06:28.50     | 01:06:43.30      | +00:27:09 (40.8%) | 6:38         | 9 (58.8%)   |
| 27  | PIDANTY Milena          | 42    |                        | K30-39    | 41   |               | 00:00:29    | 01:06:28.85     | 01:06:58.80      | +00:27:09 (40.9%) | 6:38         | 9 (58.8%)   |
| 28  | SZPYRA Sonia            | 388   |                        | K40-49    | 52   |               | 00:00:24    | 01:06:52.00     | 01:07:16.80      | +00:27:32 (41.2%) | 6:41         | 9 (58.8%)   |
| 29  | MICHALAK Nikola         | 472   |                        | K20-29    | 13   |               | 00:00:29    | 01:07:01.90     | 01:07:31.10      | +00:27:42 (41.3%) | 6:42         | 9 (58.8%)   |
| 30  | BOGACZ-BUCHTA Anna      | 566   |                        | K40-49    | 55   |               | 00:00:33    | 01:08:30.00     | 01:09:03.60      | +00:29:10 (42.6%) | 6:51         | 8.8 (57.5%) |
| 31  | HETMANIOK Agnieszka     | 560   |                        | K30-39    | 45   |               | 00:00:29    | 01:11:22.55     | 01:11:52.15      | +00:32:03 (44.9%) | 7:08         | 8.4 (54.9%) |
| 32  | GŁÓWCZYK Izabella       | 525   | KOBIETY NA 5+          | K40-49    | 58   | Kobiety na 5+ | 00:00:11    | 01:11:46.50     | 01:11:58.05      | +00:32:27 (45.2%) | 7:10         | 8.4 (54.9%) |
| 33  | KOLAT Jadzia            | 454   | KOBIETY NA 5+          | K40-49    | 59   | Kobiety na 5+ | 00:00:08    | 01:11:46.95     | 01:11:55.60      | +00:32:27 (45.2%) | 7:10         | 8.4 (54.9%) |
| 34  | GAŃKO Grażyna           | 393   |                        | K60-69    | 3    |               | 00:00:17    | 01:12:37.75     | 01:12:55.70      | +00:33:18 (45.9%) | 7:15         | 8.3 (54.2%) |
| 35  | OLCZYK Wioletta         | 456   |                        | K50-59    | 17   | Kobiety na 5+ | 00:00:11    | 01:13:32.15     | 01:13:43.20      | +00:34:12 (46.5%) | 7:21         | 8.2 (53.6%) |
| 36  | RATAJCZAK Ewa           | 463   | PRZYJACIÓŁKI DO SPÓŁKI | K40-49    | 60   |               | 00:00:34    | 01:13:46.20     | 01:14:20.20      | +00:34:26 (46.7%) | 7:22         | 8.1 (52.9%) |
| 37  | ANIOŁ-BARLIK Agnieszka  | 453   |                        | K40-49    | 61   |               | 00:00:17    | 01:15:56.20     | 01:16:13.20      | +00:36:36 (48.2%) | 7:35         | 7.9 (51.6%) |
| 38  | ROTTER Hanna            | 381   |                        | K60-69    | 4    |               | 00:00:10    | 01:16:44.40     | 01:16:55.15      | +00:37:25 (48.8%) | 7:40         | 7.8 (51.0%) |

| Msc | Zawodnik              | Numer | Klub                  | Kategoria | Mkat | Drużyna 1             | Czas startu | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|-----------------------|-----------|------|-----------------------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 39  | IDZIKOWSKA Urszula    | 502   |                       | K20-29    | 17   |                       | 00:00:23    | 01:17:23.20     | 01:17:46.45      | +00:38:03 (49.2%) | 7:44         | 7.8 (51.0%) |
| 40  | IDZIKOWSKA Elżbieta   | 503   |                       | K40-49    | 62   |                       | 00:00:22    | 01:17:23.35     | 01:17:46.25      | +00:38:04 (49.2%) | 7:44         | 7.8 (51.0%) |
| 41  | ZAJĄCZKOWSKA Emilia   | 533   | KOBIETY NA 5+         | K30-39    | 49   | Kobiety na 5+         | 00:00:09    | 01:17:45.15     | 01:17:54.55      | +00:38:25 (49.4%) | 7:46         | 7.7 (50.3%) |
| 42  | ZALEWSKA Barbara      | 481   |                       | K40-49    | 63   | Kobiety na 5+         | 00:00:10    | 01:18:45.00     | 01:18:55.85      | +00:39:25 (50.1%) | 7:52         | 7.6 (49.7%) |
| 43  | PAJĄK Małgorzata      | 231   | KOBIETY NA5+          | K50-59    | 18   | Kobiety na 5+         | 00:00:09    | 01:18:46.20     | 01:18:56.05      | +00:39:26 (50.1%) | 7:52         | 7.6 (49.7%) |
| 44  | MYŚLIWIEC Barbara     | 450   | KOBIETY NA 5+         | K20-29    | 18   | Kobiety na 5+         | 00:00:08    | 01:18:47.95     | 01:18:56.30      | +00:39:28 (50.1%) | 7:52         | 7.6 (49.7%) |
| 45  | WIŚNIEWSKA Janina     | 490   |                       | K50-59    | 19   |                       | 00:00:10    | 01:25:40.20     | 01:25:50.65      | +00:46:20 (54.1%) | 8:34         | 7 (45.8%)   |
| 46  | KUŚMIRSKA-KUBAS Alina | 494   | KLUB BIEGACZA FARTLEK | K50-59    | 20   | Klub Biegacza Fartlek | 00:00:37    | 01:26:45.80     | 01:27:23.25      | +00:47:26 (54.7%) | 8:40         | 6.9 (45.1%) |

Znaleziono 46 wynik(ów)