

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: Najlepsze Polki

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	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		3:33	16.9 (100%)
2	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	+00:00:07 (0.4%)	3:34	16.8 (99.4%)
3	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	+00:00:54 (2.5%)	3:38	16.5 (97.6%)
4	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	+00:01:00 (2.8%)	3:39	16.4 (97.0%)
5	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	+00:03:40 (9.4%)	3:55	15.3 (90.5%)
6	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	+00:03:40 (9.4%)	3:55	15.3 (90.5%)
7	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	+00:03:54 (9.9%)	3:56	15.2 (89.9%)
8	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	+00:04:13 (10.6%)	3:58	15.1 (89.3%)
9	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	+00:04:38 (11.5%)	4:01	14.9 (88.2%)
10	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	+00:05:23 (13.2%)	4:05	14.7 (87.0%)
11	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	+00:05:31 (13.4%)	4:06	14.6 (86.4%)
12	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	+00:05:49 (14.1%)	4:08	14.5 (85.8%)
13	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	+00:06:07 (14.7%)	4:10	14.4 (85.2%)
14	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	+00:06:13 (14.9%)	4:10	14.4 (85.2%)
15	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	+00:06:52 (16.2%)	4:14	14.1 (83.4%)

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	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	+00:06:55 (16.3%)	4:14	14.1 (83.4%)
17	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	+00:07:08 (16.7%)	4:16	14.1 (83.4%)
18	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	+00:07:21 (17.1%)	4:17	14 (82.8%)
19	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	+00:08:04 (18.5%)	4:21	13.8 (81.7%)
20	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	+00:08:13 (18.8%)	4:22	13.7 (81.1%)
21	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	+00:08:37 (19.5%)	4:25	13.6 (80.5%)
22	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	+00:10:11 (22.3%)	4:34	13.1 (77.5%)
23	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	+00:10:40 (23.1%)	4:37	13 (76.9%)
24	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	+00:10:50 (23.4%)	4:38	12.9 (76.3%)
25	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	+00:11:05 (23.8%)	4:39	12.9 (76.3%)
26	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	+00:11:10 (23.9%)	4:40	12.8 (75.7%)
27	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	+00:11:32 (24.5%)	4:42	12.7 (75.1%)
28	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	+00:11:55 (25.1%)	4:44	12.6 (74.6%)
29	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	+00:12:02 (25.3%)	4:45	12.6 (74.6%)
30	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	+00:12:10 (25.5%)	4:46	12.6 (74.6%)
31	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	+00:12:10 (25.5%)	4:46	12.6 (74.6%)
32	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	+00:12:26 (25.9%)	4:47	12.5 (74.0%)
33	POŁOMSKA Edyta	48		K40-49	4		00:00:00					00:48:03.95	00:48:03.95	+00:12:31 (26.0%)	4:48	12.5 (74.0%)
34	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	+00:12:41 (26.3%)	4:49	12.4 (73.4%)
35	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	+00:12:43 (26.4%)	4:49	12.4 (73.4%)
36	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	+00:12:58 (26.7%)	4:51	12.4 (73.4%)
37	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	+00:12:59 (26.8%)	4:51	12.4 (73.4%)
38	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	+00:12:59 (26.8%)	4:51	12.4 (73.4%)

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
39	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	+00:13:04 (26.9%)	4:51	12.3 (72.8%)
40	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	+00:13:13 (27.1%)	4:52	12.3 (72.8%)
41	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	+00:13:13 (27.1%)	4:52	12.3 (72.8%)
42	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	+00:13:30 (27.5%)	4:54	12.2 (72.2%)
43	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	+00:13:41 (27.8%)	4:55	12.2 (72.2%)
44	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	+00:13:47 (28.0%)	4:56	12.2 (72.2%)
45	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	+00:13:56 (28.2%)	4:56	12.1 (71.6%)
46	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	+00:13:59 (28.2%)	4:57	12.1 (71.6%)
47	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	+00:14:07 (28.4%)	4:58	12.1 (71.6%)
48	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	+00:14:20 (28.7%)	4:59	12 (71.0%)
49	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	+00:14:23 (28.8%)	4:59	12 (71.0%)
50	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	+00:14:27 (28.9%)	5:00	12 (71.0%)
51	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	+00:14:30 (29.0%)	5:00	12 (71.0%)
52	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	+00:14:31 (29.0%)	5:00	12 (71.0%)
53	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	+00:14:40 (29.2%)	5:01	11.9 (70.4%)
54	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	+00:14:46 (29.4%)	5:02	11.9 (70.4%)
55	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	+00:14:58 (29.6%)	5:03	11.9 (70.4%)
56	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	+00:15:18 (30.1%)	5:05	11.8 (69.8%)
57	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	+00:15:23 (30.2%)	5:05	11.8 (69.8%)
58	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	+00:15:29 (30.4%)	5:06	11.8 (69.8%)
59	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	+00:15:37 (30.5%)	5:07	11.7 (69.2%)
60	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	+00:15:37 (30.5%)	5:07	11.7 (69.2%)
61	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	+00:15:56 (31.0%)	5:08	11.7 (69.2%)

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
62	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	+00:15:57 (31.0%)	5:09	11.7 (69.2%)
63	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	+00:15:59 (31.0%)	5:09	11.6 (68.6%)
64	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	+00:16:07 (31.2%)	5:10	11.6 (68.6%)
65	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	+00:16:13 (31.3%)	5:10	11.6 (68.6%)
66	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	+00:16:26 (31.6%)	5:11	11.5 (68.0%)
67	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	+00:16:35 (31.8%)	5:12	11.5 (68.0%)
68	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	+00:16:42 (32.0%)	5:13	11.5 (68.0%)
69	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	+00:16:50 (32.1%)	5:14	11.5 (68.0%)
70	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	+00:16:50 (32.2%)	5:14	11.5 (68.0%)
71	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	+00:16:56 (32.3%)	5:14	11.4 (67.5%)
72	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	+00:17:05 (32.5%)	5:15	11.4 (67.5%)
73	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	+00:17:05 (32.5%)	5:15	11.4 (67.5%)
74	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	+00:17:08 (32.5%)	5:16	11.4 (67.5%)
75	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	+00:17:10 (32.6%)	5:16	11.4 (67.5%)
76	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	+00:17:11 (32.6%)	5:16	11.4 (67.5%)
77	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	+00:17:12 (32.6%)	5:16	11.4 (67.5%)
78	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	+00:17:13 (32.6%)	5:16	11.4 (67.5%)
79	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	+00:17:13 (32.6%)	5:16	11.4 (67.5%)
80	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	+00:17:24 (32.9%)	5:17	11.3 (66.9%)
81	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	+00:17:28 (33.0%)	5:18	11.3 (66.9%)
82	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	+00:17:35 (33.1%)	5:18	11.3 (66.9%)
83	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	+00:17:48 (33.4%)	5:20	11.2 (66.3%)
84	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	+00:17:49 (33.4%)	5:20	11.2 (66.3%)

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
85	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	+00:17:50 (33.4%)	5:20	11.2 (66.3%)
86	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	+00:18:36 (34.4%)	5:24	11.1 (65.7%)
87	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	+00:18:41 (34.5%)	5:25	11.1 (65.7%)
88	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	+00:18:42 (34.5%)	5:25	11.1 (65.7%)
89	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	+00:18:48 (34.6%)	5:26	11 (65.1%)
90	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	+00:18:53 (34.7%)	5:26	11 (65.1%)
91	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	+00:18:55 (34.7%)	5:26	11 (65.1%)
92	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	+00:18:55 (34.7%)	5:26	11 (65.1%)
93	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	+00:18:55 (34.7%)	5:26	11 (65.1%)
94	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	+00:18:58 (34.8%)	5:27	11 (65.1%)
95	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	+00:18:59 (34.8%)	5:27	11 (65.1%)
96	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	+00:18:59 (34.8%)	5:27	11 (65.1%)
97	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	+00:19:02 (34.9%)	5:27	11 (65.1%)
98	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	+00:19:05 (34.9%)	5:27	11 (65.1%)
99	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	+00:19:05 (34.9%)	5:27	11 (65.1%)
100	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	+00:19:07 (35.0%)	5:28	11 (65.1%)
101	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	+00:19:07 (35.0%)	5:28	11 (65.1%)
102	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	+00:19:08 (35.0%)	5:28	11 (65.1%)
103	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	+00:19:10 (35.0%)	5:28	11 (65.1%)
104	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	+00:19:12 (35.1%)	5:28	11 (65.1%)
105	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	+00:19:21 (35.2%)	5:29	10.9 (64.5%)
106	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	+00:19:25 (35.3%)	5:29	10.9 (64.5%)
107	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	+00:19:37 (35.6%)	5:31	10.9 (64.5%)

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
108	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	+00:19:37 (35.6%)	5:31	10.9 (64.5%)
109	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	+00:19:41 (35.7%)	5:31	10.9 (64.5%)
110	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	+00:19:46 (35.7%)	5:32	10.8 (63.9%)
111	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	+00:19:53 (35.9%)	5:32	10.8 (63.9%)
112	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	+00:19:54 (35.9%)	5:32	10.8 (63.9%)
113	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	+00:19:55 (35.9%)	5:32	10.8 (63.9%)
114	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	+00:19:56 (35.9%)	5:32	10.8 (63.9%)
115	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	+00:20:11 (36.2%)	5:34	10.8 (63.9%)
116	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	+00:20:11 (36.2%)	5:34	10.8 (63.9%)
117	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	+00:20:17 (36.3%)	5:34	10.7 (63.3%)
118	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	+00:20:22 (36.4%)	5:35	10.7 (63.3%)
119	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	+00:20:26 (36.5%)	5:36	10.7 (63.3%)
120	NIEŚLAŃCZYK 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	+00:20:35 (36.7%)	5:36	10.7 (63.3%)
121	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	+00:20:35 (36.7%)	5:36	10.7 (63.3%)
122	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	+00:20:36 (36.7%)	5:37	10.7 (63.3%)
123	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	+00:20:42 (36.8%)	5:37	10.7 (63.3%)
124	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	+00:20:45 (36.9%)	5:37	10.7 (63.3%)
125	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	+00:20:47 (36.9%)	5:38	10.7 (63.3%)
126	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	+00:20:50 (37.0%)	5:38	10.6 (62.7%)
127	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	+00:20:50 (37.0%)	5:38	10.6 (62.7%)
128	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	+00:20:52 (37.0%)	5:38	10.6 (62.7%)
129	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	+00:20:52 (37.0%)	5:38	10.6 (62.7%)
130	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	+00:20:57 (37.1%)	5:39	10.6 (62.7%)

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	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	+00:21:00 (37.2%)	5:39	10.6 (62.7%)
132	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	+00:21:07 (37.3%)	5:40	10.6 (62.7%)
133	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	+00:21:14 (37.4%)	5:40	10.6 (62.7%)
134	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	+00:21:18 (37.5%)	5:41	10.6 (62.7%)
135	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	+00:21:18 (37.5%)	5:41	10.6 (62.7%)
136	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	+00:21:20 (37.5%)	5:41	10.5 (62.1%)
137	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	+00:21:21 (37.5%)	5:41	10.5 (62.1%)
138	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	+00:21:25 (37.6%)	5:41	10.5 (62.1%)
139	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	+00:21:28 (37.7%)	5:42	10.5 (62.1%)
140	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	+00:21:30 (37.7%)	5:42	10.5 (62.1%)
141	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	+00:21:36 (37.8%)	5:43	10.5 (62.1%)
142	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	+00:21:40 (37.9%)	5:43	10.5 (62.1%)
143	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	+00:21:51 (38.1%)	5:44	10.5 (62.1%)
144	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	+00:21:52 (38.1%)	5:44	10.4 (61.5%)
145	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	+00:21:57 (38.2%)	5:44	10.4 (61.5%)
146	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	+00:21:58 (38.2%)	5:45	10.4 (61.5%)
147	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	+00:22:03 (38.3%)	5:45	10.4 (61.5%)
148	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	+00:22:06 (38.3%)	5:45	10.4 (61.5%)
149	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	+00:22:06 (38.3%)	5:46	10.4 (61.5%)
150	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	+00:22:08 (38.4%)	5:46	10.4 (61.5%)
151	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	+00:22:10 (38.4%)	5:46	10.4 (61.5%)
152	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	+00:22:14 (38.5%)	5:46	10.4 (61.5%)
152	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	+00:22:14 (38.5%)	5:46	10.4 (61.5%)

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
154	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	+00:22:15 (38.5%)	5:46	10.4 (61.5%)
155	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	+00:22:26 (38.7%)	5:47	10.3 (60.9%)
156	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	+00:22:27 (38.7%)	5:48	10.3 (60.9%)
157	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	+00:22:32 (38.8%)	5:48	10.3 (60.9%)
158	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	+00:22:47 (39.1%)	5:50	10.3 (60.9%)
159	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	+00:22:49 (39.1%)	5:50	10.3 (60.9%)
160	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	+00:22:50 (39.1%)	5:50	10.3 (60.9%)
161	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	+00:23:03 (39.3%)	5:51	10.2 (60.4%)
161	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	+00:23:03 (39.3%)	5:51	10.2 (60.4%)
163	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	+00:23:13 (39.5%)	5:52	10.2 (60.4%)
164	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	+00:23:15 (39.5%)	5:52	10.2 (60.4%)
165	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	+00:23:19 (39.6%)	5:53	10.2 (60.4%)
165	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	+00:23:19 (39.6%)	5:53	10.2 (60.4%)
167	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	+00:23:22 (39.7%)	5:53	10.2 (60.4%)
168	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	+00:23:29 (39.8%)	5:54	10.2 (60.4%)
169	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	+00:23:29 (39.8%)	5:54	10.2 (60.4%)
170	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	+00:23:32 (39.8%)	5:54	10.2 (60.4%)
171	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	+00:23:33 (39.9%)	5:54	10.2 (60.4%)
172	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	+00:23:36 (39.9%)	5:55	10.1 (59.8%)
173	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	+00:23:36 (39.9%)	5:54	10.1 (59.8%)
174	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	+00:23:36 (39.9%)	5:55	10.1 (59.8%)
175	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	+00:23:37 (39.9%)	5:55	10.1 (59.8%)
176	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	+00:23:37 (39.9%)	5:55	10.1 (59.8%)

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
177	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	+00:23:40 (40.0%)	5:55	10.1 (59.8%)
178	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	+00:23:48 (40.1%)	5:56	10.1 (59.8%)
179	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	+00:23:53 (40.2%)	5:56	10.1 (59.8%)
180	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	+00:23:59 (40.3%)	5:57	10.1 (59.8%)
181	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	+00:24:21 (40.7%)	5:59	10 (59.2%)
182	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	+00:24:26 (40.7%)	5:59	10 (59.2%)
183	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	+00:24:31 (40.8%)	6:00	10 (59.2%)
184	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	+00:24:43 (41.0%)	6:01	10 (59.2%)
185	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	+00:24:47 (41.1%)	6:02	9.9 (58.6%)
186	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	+00:24:57 (41.2%)	6:03	9.9 (58.6%)
187	KAŁUS 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	+00:25:12 (41.5%)	6:04	9.9 (58.6%)
188	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	+00:25:23 (41.7%)	6:05	9.8 (58.0%)
189	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	+00:25:27 (41.7%)	6:06	9.8 (58.0%)
190	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	+00:25:34 (41.8%)	6:06	9.8 (58.0%)
191	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	+00:26:05 (42.3%)	6:09	9.7 (57.4%)
192	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	+00:26:07 (42.4%)	6:10	9.7 (57.4%)
193	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	+00:26:08 (42.4%)	6:10	9.7 (57.4%)
194	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	+00:26:17 (42.5%)	6:11	9.7 (57.4%)
195	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	+00:26:18 (42.5%)	6:11	9.7 (57.4%)
196	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	+00:26:23 (42.6%)	6:11	9.7 (57.4%)
197	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	+00:26:42 (42.9%)	6:13	9.6 (56.8%)
198	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	+00:26:48 (43.0%)	6:14	9.6 (56.8%)
199	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	+00:26:57 (43.1%)	6:15	9.6 (56.8%)

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
200	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	+00:27:03 (43.2%)	6:15	9.6 (56.8%)
201	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	+00:27:05 (43.2%)	6:15	9.6 (56.8%)
202	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	+00:27:07 (43.3%)	6:16	9.6 (56.8%)
203	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	+00:27:14 (43.4%)	6:16	9.6 (56.8%)
204	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	+00:27:16 (43.4%)	6:17	9.5 (56.2%)
205	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	+00:27:41 (43.8%)	6:19	9.5 (56.2%)
206	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	+00:27:45 (43.9%)	6:19	9.5 (56.2%)
207	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	+00:27:49 (43.9%)	6:20	9.5 (56.2%)
208	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	+00:27:58 (44.0%)	6:21	9.4 (55.6%)
209	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	+00:28:01 (44.1%)	6:21	9.4 (55.6%)
210	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	+00:28:14 (44.3%)	6:22	9.4 (55.6%)
211	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	+00:28:43 (44.7%)	6:25	9.3 (55.0%)
212	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	+00:28:48 (44.8%)	6:26	9.3 (55.0%)
213	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	+00:28:55 (44.9%)	6:26	9.3 (55.0%)
214	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	+00:29:16 (45.2%)	6:29	9.3 (55.0%)
215	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	+00:29:35 (45.4%)	6:30	9.2 (54.4%)
216	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	+00:29:39 (45.5%)	6:31	9.2 (54.4%)
217	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	+00:30:00 (45.8%)	6:33	9.2 (54.4%)
218	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	+00:30:01 (45.8%)	6:33	9.1 (53.8%)
219	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	+00:30:17 (46.0%)	6:35	9.1 (53.8%)
220	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	+00:30:26 (46.1%)	6:36	9.1 (53.8%)
221	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	+00:30:37 (46.3%)	6:37	9.1 (53.8%)
222	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	+00:30:39 (46.3%)	6:37	9.1 (53.8%)

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	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	+00:30:39 (46.3%)	6:37	9.1 (53.8%)
224	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	+00:30:44 (46.4%)	6:37	9 (53.3%)
225	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	+00:30:48 (46.4%)	6:38	9 (53.3%)
225	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	+00:30:48 (46.4%)	6:38	9 (53.3%)
227	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	+00:30:49 (46.4%)	6:38	9 (53.3%)
228	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	+00:30:49 (46.4%)	6:38	9 (53.3%)
229	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	+00:30:49 (46.4%)	6:38	9 (53.3%)
230	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	+00:31:03 (46.6%)	6:39	9 (53.3%)
231	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	+00:31:19 (46.8%)	6:41	9 (53.3%)
232	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	+00:31:31 (47.0%)	6:42	8.9 (52.7%)
233	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	+00:32:07 (47.5%)	6:46	8.9 (52.7%)
234	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	+00:32:07 (47.5%)	6:46	8.9 (52.7%)
235	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	+00:32:54 (48.1%)	6:50	8.8 (52.1%)
236	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	+00:33:37 (48.6%)	6:55	8.7 (51.5%)
237	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	+00:34:02 (48.9%)	6:57	8.6 (50.9%)
238	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	+00:34:03 (48.9%)	6:57	8.6 (50.9%)
239	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	+00:35:12 (49.8%)	7:04	8.5 (50.3%)
240	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	+00:35:44 (50.1%)	7:07	8.4 (49.7%)
241	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	+00:35:52 (50.2%)	7:08	8.4 (49.7%)
242	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	+00:36:22 (50.6%)	7:11	8.3 (49.1%)
243	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	+00:36:31 (50.7%)	7:12	8.3 (49.1%)
244	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	+00:36:45 (50.8%)	7:13	8.3 (49.1%)
245	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	+00:36:46 (50.9%)	7:14	8.3 (49.1%)

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
246	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	+00:36:48 (50.9%)	7:14	8.3 (49.1%)
247	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	+00:37:03 (51.0%)	7:15	8.3 (49.1%)
248	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	+00:38:23 (51.9%)	7:23	8.1 (47.9%)
249	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	+00:38:35 (52.1%)	7:24	8.1 (47.9%)
250	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	+00:38:41 (52.1%)	7:25	8.1 (47.9%)
251	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	+00:39:07 (52.4%)	7:28	8 (47.3%)
252	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	+00:39:23 (52.6%)	7:29	8 (47.3%)
253	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	+00:41:30 (53.9%)	7:42	7.8 (46.2%)
254	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	+00:43:17 (54.9%)	7:53	7.6 (45.0%)
255	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	+00:44:41 (55.7%)	8:01	7.5 (44.4%)
256	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	+00:54:49 (60.7%)	9:02	6.6 (39.1%)
257	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	+00:55:13 (60.8%)	9:04	6.6 (39.1%)
258	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 (59.2%)
259	ZIĘTARA Paulina	331		K20-29	47		00:00:13									(0.0%)

Znaleziono 259 wynik(ów)