KOBIETY NA 5+ :: BIEG

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-05-27
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

Klasyfikacja: 20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**MENDECKA Michalina**	**1093**	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	20-29	1	00:00:01	00:08:11	**00:19:20.95**	**00:19:22.65**		3:52	15.5 (100%)
2	**PATAS Magdalena**	**192**	FORMA WODZISŁAW ŚLĄSKI	20-29	2	00:00:01	00:08:25	**00:20:28.85**	**00:20:30.15**	+00:01:07 (5.5%)	4:05	14.6 (94.2%)
3	**DYRLAGA Justyna**	**975**		20-29	3	00:00:02	00:08:59	**00:20:43.20**	**00:20:45.90**	+00:01:22 (6.6%)	4:08	14.5 (93.5%)
4	**SZOJDA Karolina**	**903**	NIEDOŚCIGNIONE	20-29	4	00:00:01	00:09:12	**00:21:05.25**	**00:21:06.55**	+00:01:44 (8.2%)	4:13	14.2 (91.6%)
5	**JANKO Anna**	**542**	HRMAX ŻORY	20-29	5	00:00:01	00:09:09	**00:21:47.05**	**00:21:48.95**	+00:02:26 (11.2%)	4:21	13.8 (89.0%)
6	**SZAFARCZYK Kinga**	**271**	RUNSZ- TEAM	20-29	6	00:00:01	00:09:23	**00:21:53.75**	**00:21:55.55**	+00:02:32 (11.6%)	4:22	13.7 (88.4%)
7	**MENDECKA Daria**	**157**	MOSIR ŁAZISKA GÓRNE	20-29	7	00:00:01	00:09:18	**00:22:41.50**	**00:22:42.80**	+00:03:20 (14.7%)	4:32	13.2 (85.2%)
8	**JANKO Joanna**	**385**		20-29	8	00:00:02	00:09:51	**00:23:04.20**	**00:23:06.55**	+00:03:43 (16.1%)	4:36	13 (83.9%)
9	**DZIEKAN Anna**	**1011**		20-29	9	00:00:07	00:09:41	**00:23:11.45**	**00:23:18.70**	+00:03:50 (16.6%)	4:38	12.9 (83.2%)
10	**CANIBOŁ Anna**	**590**	RUNTEAM PAWŁOWICE	20-29	10	00:00:04	00:10:04	**00:23:43.85**	**00:23:48.75**	+00:04:22 (18.5%)	4:44	12.6 (81.3%)
11	**PAWLOK Anna**	**601**		20-29	11	00:00:08	00:10:27	**00:23:51.55**	**00:24:00.05**	+00:04:30 (18.9%)	4:46	12.6 (81.3%)
12	**KELLER-MISIARZ Natalia**	**598**		20-29	12	00:00:05	00:09:48	**00:24:08.30**	**00:24:13.85**	+00:04:47 (19.8%)	4:49	12.4 (80.0%)
13	**CHORCHOS Magda**	**651**		20-29	13	00:00:00	00:09:44	**00:24:13.65**	**00:24:13.65**	+00:04:52 (20.1%)	4:50	12.4 (80.0%)
14	**PASTUCHA Katarzyna**	**988**	CROSS KRAPKOWICE	20-29	14	00:00:08	00:10:28	**00:24:27.95**	**00:24:36.75**	+00:05:07 (20.9%)	4:53	12.3 (79.4%)
15	**PAWŁOWSKA Małgorzata**	**914**	STS BIEGATON MIKOŁÓW	20-29	15	00:00:03	00:10:15	**00:24:38.70**	**00:24:41.75**	+00:05:17 (21.5%)	4:55	12.2 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	**ŻAK Sonia**	**369**		20-29	16	00:00:06	00:10:28	**00:24:58.35**	**00:25:05.10**	+00:05:37 (22.5%)	4:59	12 (77.4%)
17	**DŁUGOSZ Patrycja**	**962**	ADS MASNA	20-29	17	00:00:09	00:10:47	**00:25:15.15**	**00:25:24.25**	+00:05:54 (23.4%)	5:03	11.9 (76.8%)
18	**DYCZEK Basia**	**669**	DYCZUŚ TEAM	20-29	18	00:00:09	00:10:52	**00:25:36.70**	**00:25:45.70**	+00:06:15 (24.5%)	5:07	11.7 (75.5%)
19	**KOT Oliwia**	**475**	MORSY NA KOKSIE	20-29	19	00:00:10	00:10:52	**00:25:40.10**	**00:25:51.00**	+00:06:19 (24.6%)	5:08	11.7 (75.5%)
20	**BURZYŃSKA Żaneta**	**224**		20-29	20	00:00:06	00:10:25	**00:25:50.85**	**00:25:57.35**	+00:06:29 (25.1%)	5:10	11.6 (74.8%)
21	**LUBSZCZYK Justyna**	**99**		20-29	21	00:00:09	00:10:41	**00:25:51.85**	**00:26:01.35**	+00:06:30 (25.2%)	5:10	11.6 (74.8%)
22	**KAMINSKA Dorota**	**689**		20-29	22	00:00:03	00:10:13	**00:25:53.25**	**00:25:57.05**	+00:06:32 (25.3%)	5:10	11.6 (74.8%)
23	**IWANEK Gabriela**	**1032**	JUSTFEELFIT TEAM	20-29	23	00:00:07	00:10:22	**00:26:00.30**	**00:26:07.40**	+00:06:39 (25.6%)	5:12	11.5 (74.2%)
24	**LERCH Ewa**	**798**	RUNTEAM PAWŁOWICE	20-29	24	00:00:07	00:10:32	**00:26:02.25**	**00:26:09.85**	+00:06:41 (25.7%)	5:12	11.5 (74.2%)
25	**BOROWICZ Roksana**	**374**	NIGHT RUNNERS GLIWICE	20-29	25	00:00:06	00:10:47	**00:26:05.65**	**00:26:12.00**	+00:06:44 (25.8%)	5:13	11.5 (74.2%)
26	**DZIĘDZIEL Ewelina**	**603**		20-29	26	00:00:11	00:10:43	**00:26:12.90**	**00:26:24.10**	+00:06:51 (26.2%)	5:14	11.4 (73.5%)
27	**PŁASZCZYMĄKA Justyna**	**220**	MIECHOWICKA GRUPA BIEGOWA	20-29	27	00:00:30	00:11:25	**00:26:16.70**	**00:26:47.35**	+00:06:55 (26.4%)	5:15	11.4 (73.5%)
28	**WOJAK Aleksandra**	**764**		20-29	28	00:00:07	00:11:37	**00:26:20.70**	**00:26:28.30**	+00:06:59 (26.6%)	5:16	11.4 (73.5%)
29	**MAŃCZAK Magdalena**	**1102**		20-29	29	00:00:14	00:11:23	**00:26:32.35**	**00:26:46.50**	+00:07:11 (27.1%)	5:18	11.3 (72.9%)
30	**OLSZEWSKA Sylwia**	**534**	MORSY NA KOKSIE	20-29	30	00:00:12	00:11:33	**00:26:41.70**	**00:26:54.05**	+00:07:20 (27.5%)	5:20	11.2 (72.3%)
31	**BANASZEWSKA Aleksandra**	**663**		20-29	31	00:00:08	00:10:34	**00:26:42.45**	**00:26:50.85**	+00:07:21 (27.6%)	5:20	11.2 (72.3%)
32	**ZIELIŃSKA Karolina**	**256**		20-29	32	00:00:09	00:11:06	**00:27:11.10**	**00:27:20.70**	+00:07:50 (28.8%)	5:26	11 (71.0%)
33	**SEBEROVA Kler**	**1164**		20-29	33	00:00:09	00:11:09	**00:27:11.50**	**00:27:21.15**	+00:07:50 (28.8%)	5:26	11 (71.0%)
34	**BRODA Kamila**	**22**		20-29	34	00:00:15	00:11:16	**00:27:14.90**	**00:27:30.00**	+00:07:53 (29.0%)	5:27	11 (71.0%)
35	**KONIECZNY Sandra**	**682**	DYCZUŚ TEAM	20-29	35	00:00:30	00:12:01	**00:27:17.55**	**00:27:47.85**	+00:07:56 (29.1%)	5:27	11 (71.0%)
36	**PAWLIK Agata**	**388**		20-29	36	00:00:03	00:10:58	**00:27:23.75**	**00:27:27.65**	+00:08:02 (29.4%)	5:28	10.9 (70.3%)
37	**KAMIŃSKA Natalia**	**563**		20-29	37	00:00:39	00:12:20	**00:27:46.10**	**00:28:25.90**	+00:08:25 (30.3%)	5:33	10.8 (69.7%)
38	**TRZYBULSKA Klaudia**	**237**	DRUŻYNA ING	20-29	38	00:00:07	00:11:14	**00:27:48.85**	**00:27:56.60**	+00:08:27 (30.4%)	5:33	10.8 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	**SKORUPA Magdalena**	**154**		20-29	39	00:00:24	00:12:19	**00:27:49.40**	**00:28:13.65**	+00:08:28 (30.5%)	5:33	10.8 (69.7%)
40	**WIENCEK Ania**	**300**	LET'S GO SUSZECKA GRUPA BIEGOWA	20-29	40	00:00:22	00:12:26	**00:27:50.30**	**00:28:12.95**	+00:08:29 (30.5%)	5:34	10.8 (69.7%)
41	**SZEWCZYK Agnieszka**	**1185**		20-29	41	00:00:02	00:11:42	**00:27:58.10**	**00:28:00.75**	+00:08:37 (30.8%)	5:35	10.7 (69.0%)
42	**KONIOR Basia**	**745**		20-29	42	00:00:26	00:12:05	**00:28:05.40**	**00:28:32.20**	+00:08:44 (31.1%)	5:37	10.7 (69.0%)
43	**BURDZIK Katarzyna**	**176**		20-29	43	00:00:07	00:11:51	**00:28:07.30**	**00:28:14.30**	+00:08:46 (31.2%)	5:37	10.7 (69.0%)
44	**FILIK Anna**	**282**	#CZELADZBIEGA	20-29	44	00:00:30	00:11:44	**00:28:15.00**	**00:28:45.70**	+00:08:54 (31.5%)	5:39	10.6 (68.4%)
45	**KOBA Natalia**	**1264**		20-29	45	00:00:20	00:12:07	**00:28:26.80**	**00:28:47.40**	+00:09:05 (32.0%)	5:41	10.5 (67.7%)
46	**ZELENT Karolina**	**147**		20-29	46	00:00:21	00:12:11	**00:28:37.55**	**00:28:59.50**	+00:09:16 (32.4%)	5:43	10.5 (67.7%)
47	**RAJWA Magdalena**	**1005**		20-29	47	00:00:08	00:11:24	**00:28:42.05**	**00:28:50.15**	+00:09:21 (32.6%)	5:44	10.5 (67.7%)
48	**GWIZDAŁA Dominika**	**140**		20-29	48	00:00:30	00:12:39	**00:29:02.15**	**00:29:32.40**	+00:09:41 (33.4%)	5:48	10.3 (66.5%)
49	**PORĘBSKA Karolina**	**11**		20-29	49	00:00:06	00:11:14	**00:29:06.95**	**00:29:13.75**	+00:09:46 (33.5%)	5:49	10.3 (66.5%)
50	**JUSZCZYK Izabela**	**459**		20-29	50	00:00:29	00:12:13	**00:29:09.45**	**00:29:38.50**	+00:09:48 (33.6%)	5:49	10.3 (66.5%)
51	**NOWAK Magdalena**	**665**	BWM	20-29	51	00:00:13	00:12:26	**00:29:10.45**	**00:29:24.40**	+00:09:49 (33.7%)	5:50	10.3 (66.5%)
52	**KUBIAK Edyta**	**1230**		20-29	52	00:00:03	00:12:22	**00:29:11.05**	**00:29:14.05**	+00:09:50 (33.7%)	5:50	10.3 (66.5%)
53	**KRÓL Barbara**	**18**	DECATHLON ŻORY	20-29	53	00:00:24	00:12:55	**00:29:12.00**	**00:29:36.75**	+00:09:51 (33.7%)	5:50	10.3 (66.5%)
54	**GLANOWSKA Kamila**	**446**	BB BIELSZCZANKI BIEGAJĄ	20-29	54	00:00:30	00:12:26	**00:29:14.85**	**00:29:45.60**	+00:09:53 (33.8%)	5:51	10.3 (66.5%)
55	**HETMANIOK Agnieszka**	**1226**		20-29	55	00:00:11	00:11:58	**00:29:19.90**	**00:29:31.70**	+00:09:58 (34.0%)	5:52	10.2 (65.8%)
56	**MAZUR Beata**	**621**	FANTASTIC ANIA SIKORA	20-29	56	00:00:00	00:12:43	**00:29:19.95**	**00:29:19.95**	+00:09:59 (34.0%)	5:51	10.2 (65.8%)
57	**PARCHAŃSKA Iwona**	**909**		20-29	57	00:00:16	00:12:37	**00:29:26.80**	**00:29:43.05**	+00:10:05 (34.3%)	5:53	10.2 (65.8%)
58	**CIMAŁA Katarzyna**	**306**		20-29	58	00:00:12	00:11:51	**00:29:32.25**	**00:29:44.35**	+00:10:11 (34.5%)	5:54	10.2 (65.8%)
59	**KUŹNIK Ewa**	**1268**		20-29	59	00:00:13	00:12:24	**00:29:36.35**	**00:29:49.40**	+00:10:15 (34.6%)	5:55	10.1 (65.2%)
60	**TRZCIŃSKA Joanna**	**115**	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	**00:29:41.65**	**00:30:02.35**	+00:10:20 (34.8%)	5:56	10.1 (65.2%)
61	**GORAUS-GŁOWANIA Daria**	**110**	ADS MASNA	20-29	61	00:00:23	00:13:22	**00:29:50.95**	**00:30:14.35**	+00:10:30 (35.2%)	5:58	10.1 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	**VLTAVSKÁ Zuzana**	**576**	SK ČERNÉ PLÍCE	20-29	62	00:00:19	00:12:52	**00:29:59.00**	**00:30:18.80**	+00:10:38 (35.5%)	5:59	10 (64.5%)
63	**NOWAK Anna**	**15**	DECATHLON ŻORY	20-29	63	00:00:00	00:13:19	**00:30:06.15**	**00:30:06.15**	+00:10:45 (35.7%)	6:01	10 (64.5%)
64	**MIŚ Ela**	**993**	JUSTFEELFIT TEAM	20-29	64	00:00:07	00:12:22	**00:30:06.65**	**00:30:13.75**	+00:10:45 (35.7%)	6:01	10 (64.5%)
65	**RYBARSKA Dorota**	**808**		20-29	65	00:00:26	00:13:40	**00:30:10.30**	**00:30:36.50**	+00:10:49 (35.9%)	6:02	9.9 (63.9%)
66	**KUŹNIK Edyta**	**844**		20-29	66	00:00:30	00:13:06	**00:30:16.75**	**00:30:47.60**	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
67	**PIECHA Klaudia**	**1197**	DECATHLON RYBNIK	20-29	67	00:00:00	00:13:18	**00:30:22.90**	**00:30:22.90**	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
68	**GÓRKIEWICZ Magdalena**	**784**		20-29	68	00:00:34	00:13:35	**00:30:37.80**	**00:31:11.95**	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
69	**CYRULIK Ania**	**948**		20-29	69	00:00:16	00:13:10	**00:30:39.45**	**00:30:55.70**	+00:11:18 (36.9%)	6:07	9.8 (63.2%)
70	**WIECZOREK Klaudia**	**338**	KOBIEY NA 5+	20-29	70	00:00:32	00:13:27	**00:30:51.25**	**00:31:23.65**	+00:11:30 (37.3%)	6:10	9.7 (62.6%)
71	**FECZKO Monika**	**1170**		20-29	71	00:00:16	00:12:33	**00:30:55.70**	**00:31:11.75**	+00:11:34 (37.4%)	6:11	9.7 (62.6%)
72	**PRZYBYŁA Magdalena**	**290**		20-29	72	00:00:29	00:13:09	**00:31:00.35**	**00:31:30.05**	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
73	**SOJKA Ania**	**670**		20-29	73	00:00:33	00:14:00	**00:31:00.45**	**00:31:33.60**	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
74	**JEWUŁA Karolina**	**445**	KOBIETA NA 5+	20-29	74	00:00:29	00:12:25	**00:31:06.30**	**00:31:36.15**	+00:11:45 (37.8%)	6:13	9.6 (61.9%)
75	**ADAMCZYK Sandra**	**1013**		20-29	75	00:00:28	00:12:48	**00:31:40.70**	**00:32:08.70**	+00:12:19 (38.9%)	6:20	9.5 (61.3%)
76	**ZIELINA Katarzyna**	**732**		20-29	76	00:00:49	00:14:24	**00:31:46.65**	**00:32:36.10**	+00:12:25 (39.1%)	6:21	9.4 (60.6%)
77	**POLIWKA-FILIPOWSKA Karolina**	**858**		20-29	77	00:00:53	00:14:23	**00:32:17.95**	**00:33:11.00**	+00:12:57 (40.1%)	6:27	9.3 (60.0%)
78	**VAIDYAN Vimala**	**828**		20-29	78	00:00:03	00:13:14	**00:32:20.05**	**00:32:23.05**	+00:12:59 (40.2%)	6:28	9.3 (60.0%)
79	**PIECHOTA Hanna**	**17**	DECATHLON ŻORY	20-29	79	00:00:25	00:13:55	**00:32:24.00**	**00:32:49.25**	+00:13:03 (40.3%)	6:28	9.3 (60.0%)
80	**JASZCZAK Małgorzata**	**134**		20-29	80	00:00:17	00:13:38	**00:32:25.15**	**00:32:42.80**	+00:13:04 (40.3%)	6:29	9.3 (60.0%)
81	**WRZOSEK Karolina**	**35**	#CZELADZBIEGA	20-29	81	00:00:29	00:13:15	**00:32:28.85**	**00:32:58.55**	+00:13:07 (40.4%)	6:29	9.2 (59.4%)
82	**JAKACKA Agata**	**1048**		20-29	82	00:00:49	00:15:18	**00:32:37.35**	**00:33:27.05**	+00:13:16 (40.7%)	6:31	9.2 (59.4%)
83	**STEKLA-MAJER Anna**	**1096**		20-29	83	00:00:27	00:13:47	**00:32:45.20**	**00:33:12.75**	+00:13:24 (40.9%)	6:33	9.2 (59.4%)
84	**NĘDZA Luiza**	**816**		20-29	84	00:00:41	00:14:31	**00:32:47.55**	**00:33:28.95**	+00:13:26 (41.0%)	6:33	9.2 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	**MIKA Emilia**	**646**		20-29	85	00:00:39	00:13:41	**00:32:47.70**	**00:33:27.65**	+00:13:26 (41.0%)	6:33	9.1 (58.7%)
86	**SKRZYPCZAK Edyta**	**877**		20-29	86	00:00:05	00:15:01	**00:33:01.85**	**00:33:07.15**	+00:13:40 (41.4%)	6:36	9.1 (58.7%)
87	**HALSZKA Dominika**	**996**		20-29	87	00:00:24	00:14:02	**00:33:04.55**	**00:33:28.95**	+00:13:43 (41.5%)	6:36	9.1 (58.7%)
88	**SZKATUŁA Jadwiga**	**953**		20-29	88	00:00:26	00:13:53	**00:33:13.70**	**00:33:39.85**	+00:13:52 (41.8%)	6:38	9 (58.1%)
89	**SERWIN Asia**	**532**		20-29	89	00:00:20	00:12:55	**00:33:15.20**	**00:33:35.70**	+00:13:54 (41.8%)	6:39	9 (58.1%)
90	**ARASZCZUK Magdalena**	**19**	DECATHLON ŻORY	20-29	90	00:00:00	00:13:31	**00:33:34.00**	**00:33:34.00**	+00:14:13 (42.4%)	6:42	8.9 (57.4%)
91	**CZECH Marta**	**878**		20-29	91	00:00:35	00:14:21	**00:33:35.55**	**00:34:11.25**	+00:14:14 (42.4%)	6:43	8.9 (57.4%)
92	**WIŚNIECKA Ania**	**882**		20-29	92	00:00:35	00:14:20	**00:33:35.75**	**00:34:11.25**	+00:14:14 (42.4%)	6:43	8.9 (57.4%)
93	**KLIMCZAK Ewa**	**935**		20-29	93	00:00:21	00:13:57	**00:33:40.90**	**00:34:02.45**	+00:14:19 (42.6%)	6:44	8.9 (57.4%)
94	**RUTKA Magdalena**	**1274**		20-29	94	00:00:39	00:13:41	**00:33:42.15**	**00:34:21.90**	+00:14:21 (42.6%)	6:44	8.9 (57.4%)
95	**PAWLIK Natalia**	**422**		20-29	95	00:00:24	00:13:35	**00:33:51.95**	**00:34:16.75**	+00:14:31 (42.9%)	6:46	8.9 (57.4%)
96	**MORAWIEC Magdalena**	**1254**	BTM RUNNERS	20-29	96	00:00:27	00:13:35	**00:34:27.25**	**00:34:54.65**	+00:15:06 (43.8%)	6:53	8.7 (56.1%)
97	**PARSZEWSKA Ola**	**359**	BTM RUNNERS	20-29	97	00:00:26	00:13:37	**00:34:27.35**	**00:34:54.05**	+00:15:06 (43.8%)	6:53	8.7 (56.1%)
98	**ROSA Aśka**	**197**		20-29	98	00:00:06	00:13:40	**00:34:27.65**	**00:34:34.15**	+00:15:06 (43.9%)	6:53	8.7 (56.1%)
99	**MROZEK Karolina**	**1123**		20-29	99	00:00:45	00:14:55	**00:34:37.15**	**00:35:23.10**	+00:15:16 (44.1%)	6:55	8.7 (56.1%)
100	**NOSOL Karolina**	**1256**	PW RAFI	20-29	100	00:00:36	00:14:03	**00:34:48.80**	**00:35:24.80**	+00:15:27 (44.4%)	6:57	8.6 (55.5%)
101	**ITCZAK Mirella**	**667**		20-29	101	00:00:50	00:15:44	**00:34:57.10**	**00:35:47.65**	+00:15:36 (44.6%)	6:59	8.6 (55.5%)
102	**KONIOR Katarzyna**	**743**		20-29	102	00:00:36	00:14:20	**00:35:03.85**	**00:35:39.95**	+00:15:42 (44.8%)	7:00	8.6 (55.5%)
103	**TRACZ Adrianna**	**755**		20-29	103	00:00:34	00:14:22	**00:35:04.50**	**00:35:39.40**	+00:15:43 (44.8%)	7:01	8.6 (55.5%)
104	**ĆWIKLAK Weronika**	**746**		20-29	104	00:00:17	00:14:41	**00:35:07.30**	**00:35:24.95**	+00:15:46 (44.9%)	7:01	8.5 (54.8%)
105	**KAŁA Anna**	**1223**		20-29	105	00:01:08	00:14:10	**00:35:16.85**	**00:36:24.85**	+00:15:55 (45.2%)	7:03	8.5 (54.8%)
106	**MAJER Justyna**	**952**		20-29	106	00:00:15	00:14:21	**00:35:18.40**	**00:35:33.85**	+00:15:57 (45.2%)	7:03	8.5 (54.8%)
107	**PROCEK Dominika**	**334**		20-29	107	00:00:37	00:14:19	**00:35:22.05**	**00:35:59.60**	+00:16:01 (45.3%)	7:04	8.5 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	**GĄSIOR Katarzyna**	**1019**		20-29	108	00:00:42	00:14:10	**00:35:26.70**	**00:36:09.45**	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
109	**CHUCZ Agnieszka**	**166**		20-29	109	00:00:38	00:14:32	**00:35:28.10**	**00:36:06.20**	+00:16:07 (45.4%)	7:05	8.5 (54.8%)
110	**MATERNOWSKA Sandra**	**1041**		20-29	110	00:00:16	00:13:39	**00:35:37.85**	**00:35:54.40**	+00:16:16 (45.7%)	7:07	8.4 (54.2%)
111	**SZEWCZYK Agnieszka**	**1257**		20-29	111	00:00:37	00:14:51	**00:35:39.40**	**00:36:16.95**	+00:16:18 (45.7%)	7:07	8.4 (54.2%)
112	**WRONA Aleksandra**	**774**		20-29	112	00:00:55	00:15:16	**00:35:47.50**	**00:36:42.85**	+00:16:26 (45.9%)	7:09	8.4 (54.2%)
113	**JEZIOROWSKA-CAPANDA Patrycja**	**160**		20-29	113	00:00:00	00:15:10	**00:36:05.95**	**00:36:05.95**	+00:16:45 (46.4%)	7:13	8.3 (53.5%)
114	**STĘPIŃSKA Patrycja**	**963**		20-29	114	00:00:21	00:14:32	**00:36:21.60**	**00:36:43.50**	+00:17:00 (46.8%)	7:16	8.2 (52.9%)
115	**FABIA Sylwia**	**454**		20-29	115	00:00:48	00:15:42	**00:36:50.30**	**00:37:38.60**	+00:17:29 (47.5%)	7:22	8.1 (52.3%)
116	**HABER Karolina**	**856**		20-29	116	00:00:25	00:14:43	**00:36:54.20**	**00:37:19.60**	+00:17:33 (47.6%)	7:22	8.1 (52.3%)
117	**GUBAŁA Monika**	**243**	W POGONI ZA MOTYLEM	20-29	117	00:00:48	00:16:09	**00:37:03.05**	**00:37:51.25**	+00:17:42 (47.8%)	7:24	8.1 (52.3%)
118	**BRZANA Klaudia**	**791**		20-29	118	00:00:46	00:16:03	**00:37:08.75**	**00:37:54.95**	+00:17:47 (47.9%)	7:25	8.1 (52.3%)
119	**NAWARYŃSKA Katarzyna**	**1120**	STRONG WOMEN	20-29	119	00:00:44	00:16:36	**00:37:15.85**	**00:38:00.55**	+00:17:54 (48.1%)	7:27	8.1 (52.3%)
120	**PŁAZA Monika**	**1186**		20-29	120	00:00:51	00:16:12	**00:37:24.95**	**00:38:16.10**	+00:18:04 (48.3%)	7:29	8 (51.6%)
121	**GOLDA Joanna**	**645**		20-29	121	00:00:46	00:16:03	**00:37:26.70**	**00:38:13.25**	+00:18:05 (48.3%)	7:29	8 (51.6%)
122	**PŁAZA Agnieszka**	**1184**		20-29	122	00:00:51	00:16:12	**00:37:29.25**	**00:38:20.45**	+00:18:08 (48.4%)	7:29	8 (51.6%)
123	**NIKSA Anita**	**1154**		20-29	123	00:00:13	00:14:52	**00:38:03.90**	**00:38:17.50**	+00:18:42 (49.2%)	7:36	7.9 (51.0%)
124	**PUDA Patrycja**	**617**	STACJAFITNESS	20-29	124	00:00:51	00:16:07	**00:38:09.15**	**00:39:00.90**	+00:18:48 (49.3%)	7:37	7.9 (51.0%)
125	**FOKS Agnieszka**	**333**	RUNTEAM PAWŁOWICE	20-29	125	00:00:44	00:14:48	**00:38:10.10**	**00:38:54.45**	+00:18:49 (49.3%)	7:38	7.9 (51.0%)
126	**MYŚLIWIEC Barbara**	**27**	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	**00:38:10.95**	**00:38:26.85**	+00:18:50 (49.3%)	7:38	7.9 (51.0%)
127	**CEBULA Marta**	**432**		20-29	127	00:00:15	00:16:03	**00:38:11.20**	**00:38:26.65**	+00:18:50 (49.3%)	7:38	7.9 (51.0%)
128	**SKOWROŃSKA Patrycja**	**811**	BB BIELSZCZANKI BIEGAJĄ	20-29	128	00:00:05	00:15:12	**00:38:27.25**	**00:38:33.15**	+00:19:06 (49.7%)	7:41	7.8 (50.3%)
129	**COFALIK Hanna**	**1026**	AKADEMIA BIEGANIA ŚWIERKLANY	20-29	129	00:00:34	00:15:24	**00:38:42.55**	**00:39:16.95**	+00:19:21 (50.0%)	7:44	7.8 (50.3%)
130	**DAMIS Daria**	**1193**	-	20-29	130	00:01:01	00:16:11	**00:38:59.00**	**00:40:00.85**	+00:19:38 (50.4%)	7:47	7.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	**KŁAK Natalia**	**1129**		20-29	131	00:00:50	00:15:37	**00:39:03.90**	**00:39:54.10**	+00:19:42 (50.5%)	7:48	7.7 (49.7%)
132	**KIERMASZEK Paulina**	**916**	J TEAM	20-29	132	00:00:15	00:17:15	**00:39:16.45**	**00:39:31.90**	+00:19:55 (50.7%)	7:51	7.6 (49.0%)
133	**ŻYŁA Katarzyna**	**947**		20-29	133	00:00:15	00:16:10	**00:39:26.70**	**00:39:42.25**	+00:20:05 (50.9%)	7:53	7.6 (49.0%)
134	**KOSZEWSKA Natalia**	**163**		20-29	134	00:00:07	00:14:50	**00:39:27.95**	**00:39:35.35**	+00:20:07 (51.0%)	7:53	7.6 (49.0%)
135	**ZALEWSKA Wiola**	**826**	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	**00:39:33.05**	**00:39:49.95**	+00:20:12 (51.1%)	7:54	7.6 (49.0%)
136	**SZYMAŃSKA Katarzyna**	**412**		20-29	136	00:00:54	00:17:10	**00:39:54.20**	**00:40:48.85**	+00:20:33 (51.5%)	7:58	7.5 (48.4%)
137	**SURMA Adrianna**	**862**	RADLINIOKI W BIEGU	20-29	137	00:00:28	00:16:00	**00:39:59.70**	**00:40:28.55**	+00:20:38 (51.6%)	8:00	7.5 (48.4%)
138	**ŻUROWSKA Aleksandra**	**686**		20-29	138	00:00:44	00:17:03	**00:40:02.60**	**00:40:47.50**	+00:20:41 (51.7%)	8:00	7.5 (48.4%)
139	**NOWAK Malwina**	**1044**	KOBIETY NA 5+	20-29	139	00:00:51	00:17:59	**00:40:21.80**	**00:41:13.25**	+00:21:00 (52.1%)	8:04	7.4 (47.7%)
140	**ZIEJA Martyna**	**569**		20-29	140	00:00:05	00:16:26	**00:40:31.85**	**00:40:37.10**	+00:21:10 (52.3%)	8:06	7.4 (47.7%)
141	**KORDOŃ Żaneta**	**350**	SUSZECKA GRUPA BIEGOWA LET'S GO	20-29	141	00:00:49	00:16:59	**00:40:44.35**	**00:41:33.65**	+00:21:23 (52.5%)	8:08	7.4 (47.7%)
142	**FILIPIAK Angelika**	**33**	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:00:51	00:17:03	**00:40:51.30**	**00:41:43.10**	+00:21:30 (52.6%)	8:10	7.3 (47.1%)
143	**MACHETA Sabina**	**636**	DYSTANS LUBOMIA	20-29	143	00:00:49	00:16:20	**00:40:51.60**	**00:41:41.05**	+00:21:30 (52.6%)	8:10	7.3 (47.1%)
144	**KAROLIK Daria**	**64**		20-29	144	00:00:55	00:16:47	**00:42:05.05**	**00:43:00.85**	+00:22:44 (54.0%)	8:25	7.1 (45.8%)
145	**MATUĆ Karolina**	**104**	MIECHOWICKA GRUPA BIEGOWA	20-29	145	00:00:53	00:17:52	**00:43:22.10**	**00:44:15.25**	+00:24:01 (55.4%)	8:40	6.9 (44.5%)
146	**MUSIAŁ Paulina**	**913**		20-29	146	00:00:41	00:18:17	**00:43:26.60**	**00:44:07.95**	+00:24:05 (55.5%)	8:41	6.9 (44.5%)
147	**SKORUPKA Alina**	**1301**		20-29	147	00:00:50	00:18:36	**00:45:10.25**	**00:46:01.05**	+00:25:49 (57.2%)	9:02	6.6 (42.6%)
148	**ŻEBROWSKA Weronika**	**266**	MYSŁOWICKI KLUB BIEGACZA NO I	20-29	148	00:00:45	00:19:03	**00:47:08.05**	**00:47:53.35**	+00:27:47 (58.9%)	9:25	6.4 (41.3%)
149	**KWAPISZ-BONUSIAK Dorota**	**490**		20-29	149	00:00:51	00:20:33	**00:47:13.30**	**00:48:04.60**	+00:27:52 (59.0%)	9:26	6.4 (41.3%)
150	**SZCZEPANIK Weronika**	**1272**	KOLOROWA DRUŻYNA NESSI	20-29	150	00:01:24	00:20:27	**00:48:07.90**	**00:49:32.10**	+00:28:46 (59.8%)	9:37	6.2 (40.0%)
151	**FIGUROWICZ Dominika**	**861**	MIECHOWICKA GRUPA BIEGOWA	20-29	151	00:03:22	00:22:31	**00:50:17.85**	**00:53:40.75**	+00:30:56 (61.5%)	10:03	6 (38.7%)
152	**BAGIŃSKA Paulina**	**1238**		20-29	152	00:00:52	00:19:50			+00:11:40	7:56	7.6 (49.0%)
153	**REDLIN-KASELA Roksana**	**595**	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

Znaleziono 153 wynik(ów)