# KOBIETY NA 5+ :: BIEG 

## Event: "Kobiety na 5+" Jastrzębski Bieg Kobiet

## Organiser:

Date:
Place:
Distance:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój 2019-05-26
Jastrzębie-Zdrój
5.3 km

B 4 SP ©

Classification: Najlepsza Jastrzębianka

| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time 5.3km | Czas brutto 5.3 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | SUWAJ Aneta | 1 | AZS-AWF KATOWICE/ALPINSPORT TEAM | 30-39 | 2 | 00:00:00 | 00:08:34 | 00:19:15.10 | 00:19:15.85 |  | 3:37 | $\begin{aligned} & 16.5 \\ & (100 \%) \end{aligned}$ |
| 2 | KANCLERZ-JANUSZEWSKA Katarzyna | 676 | KOBIETY NA 5+ | 50-59 | 1 | 00:00:01 | 00:09:07 | 00:21:06.90 | 00:21:08.30 | $\begin{aligned} & +00: 01: 51 \\ & (8.8 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15.1 \\ & \text { (91.5\%) } \end{aligned}$ |
| 3 | RYBICA Eliza | 845 | KRYTA PŁYWALNIA LAGUNA | 30-39 | 13 | 00:00:01 | 00:09:31 | 00:23:02.75 | 00:23:04.20 | $\begin{aligned} & +00: 03: 47 \\ & (16.5 \%) \end{aligned}$ | 4:20 | $\begin{aligned} & 13.8 \\ & \text { (83.6\%) } \end{aligned}$ |
| 4 | PIWISZKIS Barbara | 149 | KOBIETY NA 5+ | 30-39 | 15 | 00:00:02 | 00:09:39 | 00:23:32.55 | 00:23:34.55 | $\begin{aligned} & +00: 04: 17 \\ & (18.2 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & (81.8 \%) \end{aligned}$ |
| 5 | LEGIERSKA Natalia | 972 | KB MOSIR JASTRZĘBIE | 30-39 | 16 | 00:00:01 | 00:10:24 | 00:23:39.00 | 00:23:40.50 | $\begin{aligned} & +00: 04: 23 \\ & \text { (18.6\%) } \end{aligned}$ | 4:27 | $\begin{aligned} & 13.4 \\ & \text { (81.2\%) } \end{aligned}$ |
| 6 | KWAPISZ-BONUSIAK Dorota | 456 |  | 30-39 | 18 | 00:00:04 | 00:10:29 | 00:24:00.65 | 00:24:05.60 | $\begin{aligned} & +00: 04: 45 \\ & \text { (19.8\%) } \end{aligned}$ | 4:31 | $\begin{aligned} & 13.2 \\ & \text { (80.0\%) } \end{aligned}$ |
| 7 | LERCH Bożena | 740 | RUNTEAM PAWŁOWICE | 30-39 | 21 | 00:00:04 | 00:10:23 | 00:24:11.85 | 00:24:16.35 | $\begin{aligned} & +00: 04: 56 \\ & (20.4 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.1 \\ & \text { (79.4\%) } \end{aligned}$ |
| 8 | STANULA Karolina | 958 | ŻORY | 40-49 | 14 | 00:00:08 | 00:10:50 | 00:24:24.30 | 00:24:32.70 | $\begin{aligned} & +00: 05: 09 \\ & (21.1 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (78.8 \%) \end{aligned}$ |
| 9 | BORKOWSKA Paulina | 830 |  | 30-39 | 30 | 00:00:04 | 00:10:38 | 00:24:52.65 | 00:24:57.20 | $\begin{aligned} & +00: 05: 37 \\ & (22.6 \%) \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (77.6 \%) \end{aligned}$ |
| 10 | NIESŁAŃCZYK Małgorzata | 161 |  | 40-49 | 18 | 00:00:02 | 00:10:30 | 00:25:06.65 | 00:25:09.55 | $\begin{aligned} & +00: 05: 51 \\ & (23.3 \%) \end{aligned}$ | 4:44 | $\begin{aligned} & 12.7 \\ & (77.0 \%) \end{aligned}$ |
| 11 | KUŁAKOWSKA Patrycja | 108 |  | 20-29 | 11 | 00:00:03 | 00:10:28 | 00:25:07.85 | 00:25:10.95 | $\begin{aligned} & +00: 05: 52 \\ & (23.4 \%) \end{aligned}$ | 4:44 | $\begin{aligned} & 12.7 \\ & (77.0 \%) \end{aligned}$ |
| 12 | DOMIN-ZBYL Agnieszka | 1035 |  | 40-49 | 21 | 00:00:04 | 00:10:38 | 00:25:22.50 | 00:25:27.00 | $\begin{aligned} & +00: 06: 07 \\ & (24.1 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (75.8\%) } \end{aligned}$ |
| 13 | PASŁAWSKA Katarzyna | 105 | KOBIETY NA $5+$ | 40-49 | 22 | 00:00:03 | 00:10:44 | 00:25:23.50 | 00:25:27.35 | $\begin{aligned} & +00: 06: 08 \\ & (24.2 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (75.8 \%) \end{aligned}$ |
| 14 | GORZELAK Joanna | 753 | KOBIETY NA 5+ | 30-39 | 37 | 00:00:06 | 00:10:48 | 00:25:24.00 | 00:25:30.60 | $\begin{aligned} & +00: 06: 08 \\ & (24.2 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (75.8\%) } \end{aligned}$ |
| 15 | LEDNIOWSKA Weronika | 1103 |  | 16-19 | 4 | 00:00:06 | 00:10:41 | 00:25:31.85 | 00:25:38.50 | $\begin{aligned} & +00: 06: 16 \\ & (24.6 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.5 \\ & \text { (75.8\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time 5.3 km | Czas brutto <br> 5.3 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 16 | LORENZ Agnieszka | 994 | GALOPUJACE ŚLIMAKI | 40-49 | 31 | 00:00:07 | 00:10:53 | 00:25:52.35 | 00:25:59.45 | $\begin{aligned} & +00: 06: 37 \\ & (25.6 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (74.5 \%) \end{aligned}$ |
| 17 | GNAŚ Anna | 116 | KOBIETY NA 5+ | 30-39 | 47 | 00:00:03 | 00:10:57 | 00:26:21.00 | 00:26:24.85 | $\begin{aligned} & +00: 07: 05 \\ & (26.9 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & \text { (73.3\%) } \end{aligned}$ |
| 18 | LERCH Ewa | 833 | RUNTEAM PAWŁOWICE | 20-29 | 19 | 00:00:10 | 00:11:12 | 00:26:24.50 | 00:26:35.05 | $\begin{aligned} & +00: 07: 09 \\ & (27.1 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & \text { (72.7\%) } \end{aligned}$ |
| 19 | GARUS Magdalena | 904 |  | 40-49 | 44 | 00:00:01 | 00:11:05 | 00:26:26.50 | 00:26:28.45 | $\begin{aligned} & +00: 07: 11 \\ & (27.2 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (72.7 \%) \end{aligned}$ |
| 20 | BANASZEWSKA Aleksandra | 118 | KS M.E.T.A | 30-39 | 56 | 00:00:13 | 00:10:49 | 00:26:53.80 | 00:27:07.35 | $\begin{aligned} & +00: 07: 38 \\ & (28.4 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (71.5 \%) \end{aligned}$ |
| 21 | GÓRA Marta | 496 |  | 30-39 | 60 | 00:00:05 | 00:11:12 | 00:27:00.00 | 00:27:05.10 | $\begin{aligned} & +00: 07: 44 \\ & \text { (28.7\%) } \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & (71.5 \%) \end{aligned}$ |
| 22 | PYTEL Renata | 960 |  | 50-59 | 10 | 00:00:05 | 00:11:10 | 00:27:10.05 | 00:27:15.30 | $\begin{aligned} & +00: 07: 54 \\ & \text { (29.1\%) } \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (70.9 \%) \end{aligned}$ |
| 23 | GWIZDAŁA Joanna | 23 |  | 30-39 | 65 | 00:00:26 | 00:12:07 | 00:27:10.65 | 00:27:37.05 | $\begin{aligned} & +00: 07: 55 \\ & \text { (29.2\%) } \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & \text { (70.9\%) } \end{aligned}$ |
| 24 | BRODA Katarzyna | 379 |  | 40-49 | 59 | 00:00:06 | 00:11:14 | 00:27:22.75 | 00:27:29.35 | $\begin{aligned} & +00: 08: 07 \\ & (29.7 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (70.3 \%) \end{aligned}$ |
| 25 | SAGAN Izabela | 1298 | BANK SPÓŁDZIELCZY | 40-49 | 60 | 00:00:23 | 00:11:31 | 00:27:25.10 | 00:27:48.85 | $\begin{aligned} & +00: 08: 10 \\ & \text { (29.8\%) } \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (70.3 \%) \end{aligned}$ |
| 26 | BURDZIK Katarzyna | 355 |  | 20-29 | 25 | 00:00:00 | 00:12:13 | 00:27:25.75 | 00:27:25.75 | $\begin{aligned} & +00: 08: 10 \\ & (29.8 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (70.3 \%) \end{aligned}$ |
| 27 | SPYRKA Monika | 187 | KLUB BIEGACZA FARTLEK | 20-29 | 26 | 00:00:09 | 00:11:24 | 00:27:30.65 | 00:27:40.15 | $\begin{aligned} & +00: 08: 15 \\ & (30.0 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (70.3 \%) \end{aligned}$ |
| 28 | SŁODZIŃSKA Magdalena | 699 |  | 20-29 | 27 | 00:00:10 | 00:11:17 | 00:27:31.85 | 00:27:42.40 | $\begin{aligned} & +00: 08: 16 \\ & (30.1 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.5 \\ & (69.7 \%) \end{aligned}$ |
| 29 | RAŹNIAK Beatka | 280 | KOBIETY NA 5+ | 40-49 | 63 | 00:00:04 | 00:11:55 | 00:27:40.80 | 00:27:45.55 | $\begin{aligned} & +00: 08: 25 \\ & (30.4 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (69.7 \%) \end{aligned}$ |
| 30 | SITKO Dagmara | 793 |  | 30-39 | 77 | 00:00:29 | 00:11:56 | 00:28:01.50 | 00:28:31.05 | $\begin{aligned} & +00: 08: 46 \\ & (31.3 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (68.5 \%) \end{aligned}$ |
| 31 | NALEWAJKA Wioleta | 181 | KOBIETY NA 5+ | 40-49 | 72 | 00:00:07 | 00:11:08 | 00:28:03.55 | 00:28:10.75 | $\begin{aligned} & +00: 08: 48 \\ & \text { (31.4\%) } \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & \text { (68.5\%) } \end{aligned}$ |
| 32 | KIEŁKOWSKA Agnieszka | 570 | KOBIETY NA 5+ | 40-49 | 73 | 00:00:22 | 00:11:56 | 00:28:03.70 | 00:28:26.50 | $\begin{aligned} & +00: 08: 48 \\ & \text { (31.4\%) } \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (68.5 \%) \end{aligned}$ |
| 33 | KUŁAKOWSKA- ZAGÓRSKA Justyna | 662 |  | 30-39 | 78 | 00:00:12 | 00:12:14 | 00:28:05.95 | 00:28:18.10 | $\begin{aligned} & +00: 08: 50 \\ & \text { (31.5\%) } \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (68.5 \%) \end{aligned}$ |
| 34 | KUTYŁA Agnieszka | 686 |  | 30-39 | 79 | 00:00:11 | 00:12:15 | 00:28:06.05 | 00:28:17.90 | $\begin{aligned} & +00: 08: 50 \\ & (31.5 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & \text { (68.5\%) } \end{aligned}$ |
| 35 | PORĘBSKA Karolina | 1148 | KOBIETY NA 5+ | 20-29 | 29 | 00:00:03 | 00:11:14 | 00:28:06.95 | 00:28:10.55 | $\begin{aligned} & +00: 08: 51 \\ & (31.5 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (68.5 \%) \end{aligned}$ |
| 36 | MROZEK Aleksandra | 1117 |  | 20-29 | 31 | 00:00:33 | 00:11:55 | 00:28:11.55 | 00:28:45.40 | $\begin{aligned} & +00: 08: 56 \\ & (31.7 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (68.5 \%) \end{aligned}$ |
| 37 | OŚLIZŁO Justyna | 1210 |  | 30-39 | 81 | 00:00:34 | 00:12:35 | 00:28:34.75 | 00:29:09.15 | $\begin{aligned} & +00: 09: 19 \\ & (32.6 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |
| 38 | GRABARCZYK-TIERIENTIEW Agnieszka | 675 |  | 30-39 | 83 | 00:00:23 | 00:12:41 | 00:28:38.15 | 00:29:01.90 | $\begin{aligned} & +00: 09: 23 \\ & \text { (32.8\%) } \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time 5.3 km | Czas brutto $5.3 \mathrm{~km}$ | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 39 | DABROWSKA Emilia | 147 |  | 40-49 | 87 | 00:00:14 | 00:12:04 | 00:28:40.10 | 00:28:54.80 | $\begin{aligned} & +00: 09: 25 \\ & \text { (32.8\%) } \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |
| 40 | JĘDRYKA Patrycja | 1238 |  | 30-39 | 87 | 00:00:07 | 00:11:35 | 00:28:42.75 | 00:28:50.05 | $\begin{aligned} & +00: 09: 27 \\ & (33.0 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |
| 41 | ZIELIŃSKA Karolina | 747 |  | 20-29 | 33 | 00:00:07 | 00:12:19 | 00:28:43.55 | 00:28:51.50 | $\begin{aligned} & +00: 09: 28 \\ & (33.0 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |
| 42 | MUSIAL Maria | 877 |  | 50-59 | 14 | 00:00:24 | 00:12:35 | 00:28:45.55 | 00:29:10.30 | $\begin{aligned} & +00: 09: 30 \\ & (33.1 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (67.3 \%) \end{aligned}$ |
| 43 | POŁEDNIOK Aleksandra | 249 |  | 30-39 | 91 | 00:00:04 | 00:11:31 | 00:28:48.60 | 00:28:53.55 | $\begin{aligned} & +00: 09: 33 \\ & (33.2 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & \text { (66.7\%) } \end{aligned}$ |
| 44 | MIŚKOWIEC Agnieszka | 51 | KB FARTLEK | 40-49 | 91 | 00:00:11 | 00:11:59 | 00:28:52.55 | 00:29:04.00 | $\begin{aligned} & +00: 09: 37 \\ & (33.3 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (66.7 \%) \end{aligned}$ |
| 45 | KAMIŃSKA Natalia | 155 |  | 20-29 | 34 | 00:00:45 | 00:12:38 | 00:28:53.35 | 00:29:39.10 | $\begin{aligned} & +00: 09: 38 \\ & (33.4 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (66.7\%) } \end{aligned}$ |
| 46 | PŁASKA Barbara | 170 | KOBIETY NA 5+ | 40-49 | 94 | 00:00:06 | 00:11:36 | 00:28:56.95 | 00:29:03.50 | $\begin{aligned} & +00: 09: 41 \\ & (33.5 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (66.7\%) } \end{aligned}$ |
| 47 | SZENDERA-ORSZULIK Zofia | 579 |  | 30-39 | 95 | 00:00:05 | 00:12:23 | 00:28:57.30 | 00:29:02.45 | $\begin{aligned} & +00: 09: 42 \\ & (33.5 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (66.7\%) } \end{aligned}$ |
| 48 | BIELA Małgorzata | 993 | KOBIETY NA 5+ | 40-49 | 98 | 00:00:23 | 00:12:21 | 00:29:09.45 | 00:29:33.05 | $\begin{aligned} & +00: 09: 54 \\ & (34.0 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (66.1 \%) \end{aligned}$ |
| 49 | NIEDZIELA Barbara | 854 | 50 LAT SP5 | 30-39 | 100 | 00:00:09 | 00:12:24 | 00:29:16.30 | 00:29:26.15 | $\begin{aligned} & +00: 10: 01 \\ & (34.2 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.9 \\ & \text { ( } 66.1 \% \text { ) } \end{aligned}$ |
| 50 | WRUCHA Sylwia | 1228 |  | 40-49 | 104 | 00:00:29 | 00:13:03 | 00:29:17.85 | 00:29:47.55 | $\begin{aligned} & +00: 10: 02 \\ & (34.3 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.9 \\ & \text { ( } 66.1 \% \text { ) } \end{aligned}$ |
| 51 | JAKUBIK Edyta | 19 |  | 30-39 | 102 | 00:00:40 | 00:12:21 | 00:29:20.20 | 00:30:00.60 | $\begin{aligned} & +00: 10: 05 \\ & (34.4 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { ( } 65.5 \% \text { ) } \end{aligned}$ |
| 52 | BEDKA Daria | 510 |  | 30-39 | 103 | 00:00:08 | 00:12:25 | 00:29:20.55 | 00:29:28.90 | $\begin{aligned} & +00: 10: 05 \\ & (34.4 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { ( } 65.5 \% \text { ) } \end{aligned}$ |
| 53 | WIĘSEK Judyta | 1030 | GWARKOWE DZIEWCZYNY | 30-39 | 104 | 00:00:08 | 00:12:25 | 00:29:20.90 | 00:29:29.50 | $\begin{aligned} & +00: 10: 05 \\ & (34.4 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { ( } 65.5 \% \text { ) } \end{aligned}$ |
| 54 | HETMANIOK Agnieszka | 289 |  | 20-29 | 40 | 00:00:29 | 00:12:54 | 00:29:23.70 | 00:29:52.85 | $\begin{aligned} & +00: 10: 08 \\ & (34.5 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { ( } 65.5 \% \text { ) } \end{aligned}$ |
| 55 | LISZOK Iwona | 192 |  | 30-39 | 106 | 00:00:13 | 00:12:22 | 00:29:25.40 | 00:29:39.15 | $\begin{aligned} & +00: 10: 10 \\ & (34.6 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { ( } 65.5 \% \text { ) } \end{aligned}$ |
| 56 | NIESŁAŃCZYK Barbara | 1186 | BZIEGACZE | 30-39 | 111 | 00:00:14 | 00:12:24 | 00:29:40.45 | 00:29:55.15 | $\begin{aligned} & +00: 10: 25 \\ & \text { (35.1\%) } \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & \text { (64.8\%) } \end{aligned}$ |
| 57 | KOBA Natalia | 526 |  | 20-29 | 45 | 00:00:32 | 00:12:56 | 00:29:58.15 | 00:30:30.15 | $\begin{aligned} & +00: 10: 43 \\ & (35.8 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { ( } 64.2 \% \text { ) } \end{aligned}$ |
| 58 | SZYNAL-BENSZ Magdalena | 962 |  | 30-39 | 121 | 00:00:15 | 00:12:21 | 00:29:59.40 | 00:30:14.70 | $\begin{aligned} & +00: 10: 44 \\ & (35.8 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { ( } 64.2 \% \text { ) } \end{aligned}$ |
| 59 | OSTROWSKA Izabela | 122 | KOBIETY NA 5+ | 40-49 | 120 | 00:00:23 | 00:12:11 | 00:30:05.10 | 00:30:28.45 | $\begin{aligned} & +00: 10: 50 \\ & (36.0 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & \text { (64.2\%) } \end{aligned}$ |
| 60 | RANSZ Beata | 872 |  | 40-49 | 124 | 00:00:03 | 00:12:23 | 00:30:10.80 | 00:30:14.55 | $\begin{aligned} & +00: 10: 55 \\ & (36.2 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & \text { ( } 63.6 \% \text { ) } \end{aligned}$ |
| 61 | WALA Anna | 314 |  | 30-39 | 129 | 00:00:27 | 00:12:57 | 00:30:12.00 | 00:30:39.75 | $\begin{aligned} & +00: 10: 56 \\ & (36.3 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time <br> 5.3 km | Czas brutto <br> 5.3 km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 62 | PRÓSZYŃSKA Agnieszka | 968 |  | 30-39 | 130 | 00:00:25 | 00:13:02 | 00:30:12.60 | 00:30:38.15 | $\begin{aligned} & +00: 10: 57 \\ & (36.3 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |
| 63 | SKOTNICKA Urszula | 524 |  | 50-59 | 20 | 00:00:10 | 00:12:14 | 00:30:17.30 | 00:30:27.65 | $\begin{aligned} & +00: 11: 02 \\ & (36.4 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |
| 64 | GIŻYŃSKA Katarzyna | 620 | KOBIETY NA 5+ | 30-39 | 135 | 00:00:09 | 00:12:33 | 00:30:20.15 | 00:30:29.85 | $\begin{aligned} & +00: 11: 05 \\ & (36.5 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |
| 65 | STOPYRA Agnieszka | 497 |  | 40-49 | 131 | 00:00:16 | 00:13:18 | 00:30:20.25 | 00:30:36.25 | $\begin{aligned} & +00: 11: 05 \\ & (36.5 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |
| 66 | PIETROSZEK Władysława | 270 |  | 40-49 | 132 | 00:00:05 | 00:12:24 | 00:30:20.70 | 00:30:26.65 | $\begin{aligned} & +00: 11: 05 \\ & (36.6 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (63.6 \%) \end{aligned}$ |
| 67 | GAJDA Magdalena | 538 | 50 LAT SP5 | 20-29 | 49 | 00:00:23 | 00:13:32 | 00:30:21.90 | 00:30:45.75 | $\begin{aligned} & +00: 11: 06 \\ & (36.6 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (63.6 \%) \end{aligned}$ |
| 68 | FECZKO Lucyna | 700 |  | 40-49 | 134 | 00:00:16 | 00:13:08 | 00:30:25.05 | 00:30:41.20 | $\begin{aligned} & +00: 11: 09 \\ & (36.7 \%) \end{aligned}$ | 5:44 | $\begin{aligned} & 10.5 \\ & \text { (63.6\%) } \end{aligned}$ |
| 69 | IDZIKOWSKA Elżbieta | 1241 |  | 40-49 | 136 | 00:00:53 | 00:13:05 | 00:30:26.40 | 00:31:20.15 | $\begin{aligned} & +00: 11: 11 \\ & (36.8 \%) \end{aligned}$ | 5:44 | $\begin{aligned} & 10.4 \\ & (63.0 \%) \end{aligned}$ |
| 70 | ZIĘTARA Agata | 1045 |  | 40-49 | 142 | 00:00:22 | 00:13:07 | 00:30:35.70 | 00:30:58.25 | $\begin{aligned} & +00: 11: 20 \\ & (37.1 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (63.0 \%) \end{aligned}$ |
| 71 | JĘDRZEJEWSKA Beata | 212 | WATAHA | 40-49 | 143 | 00:00:36 | 00:13:15 | 00:30:35.70 | 00:31:11.85 | $\begin{aligned} & +00: 11: 20 \\ & (37.1 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (63.0\%) } \end{aligned}$ |
| 72 | JAKACKA Agata | 351 |  | 20-29 | 52 | 00:00:35 | 00:14:33 | 00:30:36.35 | 00:31:11.80 | $\begin{aligned} & +00: 11: 21 \\ & (37.1 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (63.0 \%) \end{aligned}$ |
| 73 | SZTABLA Liliana | 698 |  | 40-49 | 149 | 00:00:35 | 00:14:01 | 00:30:49.65 | 00:31:24.80 | $\begin{aligned} & +00: 11: 34 \\ & (37.6 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & (62.4 \%) \end{aligned}$ |
| 74 | GAŃKO Grażyna | 1286 |  | 50-59 | 23 | 00:00:17 | 00:13:21 | 00:30:51.75 | 00:31:09.20 | $\begin{aligned} & +00: 11: 36 \\ & (37.6 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (62.4 \%) \end{aligned}$ |
| 75 | BETAŃSKA Aneta | $292$ | KOBIETY NA 5+ | 40-49 | 152 | 00:00:21 | 00:13:04 | 00:30:53.10 | 00:31:14.65 | $\begin{aligned} & +00: 11: 38 \\ & (37.7 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { (62.4\%) } \end{aligned}$ |
| 76 | BARAN Irena | $445$ | SZARE MORSY | 50-59 | 25 | 00:00:20 | 00:13:00 | 00:31:03.45 | 00:31:24.00 | $\begin{aligned} & +00: 11: 48 \\ & (38.0 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & \text { (61.8\%) } \end{aligned}$ |
| 77 | WANIEK Justyna | 540 |  | 20-29 | 59 | 00:00:52 | 00:13:59 | 00:31:03.95 | 00:31:56.40 | $\begin{aligned} & +00: 11: 48 \\ & (38.0 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & (61.8 \%) \end{aligned}$ |
| 78 | PEPEK Aneta | 490 |  | 40-49 | 160 | 00:00:16 | 00:13:09 | 00:31:11.60 | 00:31:28.05 | $\begin{aligned} & +00: 11: 56 \\ & \text { (38.3\%) } \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & \text { (61.8\%) } \end{aligned}$ |
| 79 | RUSEK Aleksandra | 991 |  | 20-29 | 64 | 00:00:41 | 00:13:54 | 00:31:17.90 | 00:31:59.35 | $\begin{aligned} & +00: 12: 02 \\ & (38.5 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.2 \\ & (61.8 \%) \end{aligned}$ |
| 80 | JĘDRZEJAK Małgorzata | 932 |  | 20-29 | 65 | 00:00:53 | 00:13:58 | 00:31:20.05 | 00:32:13.10 | $\begin{aligned} & +00: 12: 04 \\ & (38.6 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.1 \\ & (61.2 \%) \end{aligned}$ |
| 81 | WACHTARCZYK Dominika | 581 |  | 20-29 | 66 | 00:00:34 | 00:14:24 | 00:31:22.70 | 00:31:56.95 | $\begin{aligned} & +00: 12: 07 \\ & (38.6 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (61.2 \%) \end{aligned}$ |
| 82 | WIRTH Agnieszka | 863 |  | 30-39 | 162 | 00:00:22 | 00:13:45 | 00:31:22.80 | 00:31:44.85 | $\begin{aligned} & +00: 12: 07 \\ & (38.6 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (61.2 \%) \end{aligned}$ |
| 83 | SZCZOT Dagmara | 843 |  | 16-19 | 8 | 00:00:46 | 00:12:45 | 00:31:31.40 | 00:32:17.60 | $\begin{aligned} & +00: 12: 16 \\ & (38.9 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (61.2 \%) \end{aligned}$ |
| 84 | NYKIEL Joanna | 924 |  | 40-49 | 172 | 00:00:45 | 00:13:44 | 00:31:34.85 | 00:32:20.25 | $\begin{aligned} & +00: 12: 19 \\ & (39.0 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (61.2 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\left\lvert\, \begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}\right.$ | Net time 5.3 km | Czas brutto <br> 5.3 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 85 | SZUŚCIK Dagmara Bartosiak | 348 |  | 30-39 | 171 | 00:00:30 | 00:13:14 | 00:31:36.30 | 00:32:06.90 | $\begin{aligned} & +00: 12: 21 \\ & (39.1 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & \text { (61.2\%) } \end{aligned}$ |
| 86 | WAWOCZNY Anita | 502 | KOBIETY NA 5+ | 30-39 | 174 | 00:00:24 | 00:13:48 | 00:31:39.30 | 00:32:03.80 | $\begin{aligned} & +00: 12: 24 \\ & \text { (39.2\%) } \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & (60.6 \%) \end{aligned}$ |
| 87 | BORUTA Wioletta | 1252 |  | 30-39 | 185 | 00:00:47 | 00:14:11 | 00:32:11.25 | 00:32:59.05 | $\begin{aligned} & +00: 12: 56 \\ & (40.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 88 | TRZCIŃSKA Joanna | 1102 | KOBIETY NA 5+ | 20-29 | 73 | 00:00:07 | 00:12:53 | 00:32:11.95 | 00:32:19.25 | $\begin{aligned} & +00: 12: 56 \\ & (40.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 89 | HUBA Agnieszka | 851 | KOBIETY 5+ | 30-39 | 186 | 00:00:07 | 00:12:53 | 00:32:12.45 | 00:32:19.65 | $\begin{aligned} & +00: 12: 57 \\ & (40.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 90 | TATARCZYK Justyna | 340 |  | 30-39 | 187 | 00:00:17 | 00:13:51 | 00:32:12.45 | 00:32:29.60 | $\begin{aligned} & +00: 12: 57 \\ & (40.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 91 | JASZCZAK Małgorzata | 199 |  | 20-29 | 74 | 00:00:13 | 00:13:52 | 00:32:12.75 | 00:32:25.75 | $\begin{aligned} & +00: 12: 57 \\ & (40.2 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 92 | KUBAS Alina | 905 | KLUB BIEGACZA FARTLEK | 40-49 | 190 | 00:00:35 | 00:14:01 | 00:32:15.50 | 00:32:51.35 | $\begin{aligned} & +00: 13: 00 \\ & (40.3 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 93 | SĘDKOWSKA Kinga | 435 |  | 30-39 | 192 | 00:00:27 | 00:13:29 | 00:32:16.30 | 00:32:43.40 | $\begin{aligned} & +00: 13: 01 \\ & (40.3 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.9 \\ & (60.0 \%) \end{aligned}$ |
| 94 | GŁÓWCZYK Izabela | 1294 | KOBIETY NA 5+ | 40-49 | 192 | 00:00:39 | 00:14:24 | 00:32:19.35 | 00:32:59.30 | $\begin{aligned} & +00: 13: 04 \\ & (40.4 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 95 | KOSOWSKA Grażyna | 1031 | KOBIETY NA 5+ | 50-59 | 28 | 00:00:40 | 00:14:22 | 00:32:19.55 | 00:32:59.60 | $\begin{aligned} & +00: 13: 04 \\ & (40.4 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 96 | TOKAREWICZ Justyna | $95$ |  | 30-39 | 195 | 00:00:17 | 00:13:37 | 00:32:20.35 | 00:32:38.25 | $\begin{aligned} & +00: 13: 05 \\ & (40.5 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 97 | PIECHACZEK Kinga | 521 |  | 40-49 | 198 | 00:00:14 | 00:13:33 | 00:32:26.20 | 00:32:40.50 | $\begin{aligned} & +00: 13: 11 \\ & (40.6 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 98 | ZAWADA Teresa | 674 |  | 50-59 | 29 | 00:00:15 | 00:13:23 | 00:32:27.95 | 00:32:43.30 | $\begin{aligned} & +00: 13: 12 \\ & (40.7 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 99 | FECZKO Monika | 714 |  | 20-29 | 78 | 00:00:15 | 00:13:10 | 00:32:30.80 | 00:32:46.55 | $\begin{aligned} & +00: 13: 15 \\ & (40.8 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & \text { (59.4\%) } \end{aligned}$ |
| 100 | WROŻYNA Patrycja | 1248 |  | 30-39 | 203 | 00:00:45 | 00:14:17 | 00:32:36.35 | 00:33:21.45 | $\begin{aligned} & +00: 13: 21 \\ & (41.0 \%) \end{aligned}$ | 6:09 | $\begin{aligned} & 9.8 \\ & (59.4 \%) \end{aligned}$ |
| 101 | BARTNIK Joanna | 231 | STREET SPIRIT | 40-49 | 207 | 00:00:29 | 00:14:07 | 00:32:43.45 | 00:33:12.90 | $\begin{aligned} & +00: 13: 28 \\ & (41.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 102 | PIPIRO Grażyna | 657 | KOBIETY 5+ | 60+ | 8 | 00:00:11 | 00:13:35 | 00:32:44.00 | 00:32:55.65 | $\begin{aligned} & +00: 13: 28 \\ & (41.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 103 | REYMANN Milena | 1297 | BANK SPÓŁDZIELNY | 30-39 | 214 | 00:00:25 | 00:13:12 | 00:32:55.80 | 00:33:21.45 | $\begin{aligned} & +00: 13: 40 \\ & (41.5 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 104 | SKRZYPCZAK Edyta | 1146 |  | 20-29 | 82 | 00:00:55 | 00:15:00 | 00:32:57.60 | 00:33:52.85 | $\begin{aligned} & +00: 13: 42 \\ & (41.6 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 105 | JARCZOK Agnieszka | 1049 |  | 20-29 | 83 | 00:00:03 | 00:13:42 | 00:33:00.85 | 00:33:04.25 | $\begin{aligned} & +00: 13: 45 \\ & (41.7 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & \text { (58.2\%) } \end{aligned}$ |
| 106 | BURDZIK Weronika | 1164 |  | 20-29 | 85 | 00:00:11 | 00:13:17 | 00:33:08.40 | 00:33:19.40 | $\begin{aligned} & +00: 13: 53 \\ & (41.9 \%) \end{aligned}$ | 6:15 | $\begin{aligned} & 9.6 \\ & \text { (58.2\%) } \end{aligned}$ |
| 107 | FRANKE Barbara | 1028 |  | 40-49 | 211 | 00:00:22 | 00:13:18 | 00:33:10.50 | 00:33:32.95 | $\begin{aligned} & +00: 13: 55 \\ & (42.0 \%) \end{aligned}$ | 6:15 | $\begin{aligned} & 9.6 \\ & \text { (58.2\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time 5.3 km | Czas brutto <br> 5.3 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 108 | LIPIŃSKA Monika | 1019 |  | 30-39 | 225 | 00:00:31 | 00:14:18 | 00:33:11.10 | 00:33:42.35 | $\begin{aligned} & +00: 13: 56 \\ & (42.0 \%) \end{aligned}$ | 6:15 | $\begin{aligned} & 9.6 \\ & \text { (58.2\%) } \end{aligned}$ |
| 109 | KOWALCZYK Basia | 1099 |  | 30-39 | 226 | 00:00:52 | 00:14:00 | 00:33:21.35 | 00:34:13.90 | $\begin{aligned} & +00: 14: 06 \\ & (42.3 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & \text { (57.6\%) } \end{aligned}$ |
| 110 | ŚNIETKA Anna | 1257 |  | 30-39 | 227 | 00:00:51 | 00:13:59 | 00:33:21.80 | 00:34:13.25 | $\begin{aligned} & +00: 14: 06 \\ & (42.3 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & \text { (57.6\%) } \end{aligned}$ |
| 111 | JUNKA Marta | 1073 |  | 30-39 | 234 | 00:00:27 | 00:13:47 | 00:33:33.20 | 00:34:00.70 | $\begin{aligned} & +00: 14: 18 \\ & (42.6 \%) \end{aligned}$ | 6:19 | $\begin{aligned} & 9.5 \\ & (57.6 \%) \end{aligned}$ |
| 112 | WIŚNIEWSKA Justyna | 227 | KOBIETY NA 5+ | 30-39 | 236 | 00:00:22 | 00:13:36 | 00:33:36.50 | 00:33:58.65 | $\begin{aligned} & +00: 14: 21 \\ & (42.7 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (57.6 \%) \end{aligned}$ |
| 113 | BOŻEK Dagmara | 335 |  | 40-49 | 220 | 00:00:19 | 00:13:31 | 00:33:37.90 | 00:33:57.75 | $\begin{aligned} & +00: 14: 22 \\ & (42.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (57.6 \%) \end{aligned}$ |
| 114 | ĆWIKLIŃSKA-SŁOWIK Magdalena | 1076 |  | 30-39 | 241 | 00:00:00 | 00:13:38 | 00:33:46.65 | 00:33:46.65 | $\begin{aligned} & +00: 14: 31 \\ & (43.0 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & \text { (57.0\%) } \end{aligned}$ |
| 115 | KOWALSKA Małgorzata | 459 |  | 50-59 | 33 | 00:00:24 | 00:14:17 | 00:33:49.00 | 00:34:13.85 | $\begin{aligned} & +00: 14: 33 \\ & (43.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & \text { (57.0\%) } \end{aligned}$ |
| 116 | DZIĘCIELEWSKA Sylwia | 436 | BYLE DO METY | 40-49 | 228 | 00:00:48 | 00:14:33 | 00:33:54.95 | 00:34:43.80 | $\begin{aligned} & +00: 14: 39 \\ & (43.2 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & (57.0 \%) \end{aligned}$ |
| 117 | MYŚLIWIEC Monika | 110 | KOBIETY NA 5+ | 40-49 | 229 | 00:00:09 | 00:14:27 | 00:33:57.30 | 00:34:06.45 | $\begin{aligned} & +00: 14: 42 \\ & (43.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (57.0 \%) \end{aligned}$ |
| 118 | WIECZOREK Klaudia | 652 |  | 30-39 | 244 | 00:00:25 | 00:14:33 | 00:33:57.35 | 00:34:23.10 | $\begin{aligned} & +00: 14: 42 \\ & (43.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (57.0 \%) \end{aligned}$ |
| 119 | AUGUŚCIK Ewelina | 917 |  | 30-39 | 245 | 00:00:09 | 00:14:27 | 00:33:57.65 | 00:34:06.80 | $\begin{aligned} & +00: 14: 42 \\ & (43.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (57.0\%) } \end{aligned}$ |
| $120$ | SZEFER Sylwia | 123 |  | 40-49 | 230 | 00:00:05 | 00:13:41 | 00:33:58.75 | 00:34:04.40 | $\begin{aligned} & +00: 14: 43 \\ & (43.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (57.0 \%) \end{aligned}$ |
| $121$ | SZEFER Wioleta | 334 |  | 30-39 | 246 | 00:00:05 | 00:13:42 | 00:33:59.65 | 00:34:05.15 | $\begin{aligned} & +00: 14: 44 \\ & (43.4 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (57.0 \%) \end{aligned}$ |
| $122$ | KANIA Bożena | $407$ | 50 LAT SP5 | 40-49 | 233 | 00:00:09 | 00:13:42 | 00:34:03.90 | 00:34:13.55 | $\begin{aligned} & +00: 14: 48 \\ & (43.5 \%) \end{aligned}$ | 6:25 | $\begin{aligned} & 9.3 \\ & \text { (56.4\%) } \end{aligned}$ |
| 123 | SAWICKA Marta | $250$ | KOBIETY NA 5+ | 30-39 | 252 | 00:00:23 | 00:13:30 | 00:34:08.45 | 00:34:32.30 | $\begin{aligned} & +00: 14: 53 \\ & (43.6 \%) \end{aligned}$ | 6:26 | $\begin{aligned} & 9.3 \\ & \text { (56.4\%) } \end{aligned}$ |
| 124 | PROKOPIUK Adriana | 409 | KLUB BIEGACZA FARTLEK | 30-39 | 260 | 00:00:34 | 00:14:38 | 00:34:15.15 | 00:34:49.75 | $\begin{aligned} & +00: 15: 00 \\ & (43.8 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & \text { (56.4\%) } \end{aligned}$ |
| 125 | GOCMAN Natalia | 166 |  | 30-39 | 262 | 00:00:32 | 00:14:37 | 00:34:20.05 | 00:34:53.00 | $\begin{aligned} & +00: 15: 04 \\ & (43.9 \%) \end{aligned}$ | 6:28 | $\begin{aligned} & 9.3 \\ & \text { (56.4\%) } \end{aligned}$ |
| 126 | LEWANDOWSKA Anna | 632 |  | 30-39 | 264 | 00:00:45 | 00:14:49 | 00:34:22.70 | 00:35:07.80 | $\begin{aligned} & +00: 15: 07 \\ & (44.0 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.3 \\ & \text { (56.4\%) } \end{aligned}$ |
| 127 | SURY-WOLNIEWICZ Kamila | 417 | KOBIETY NA 5+ | 40-49 | 242 | 00:00:06 | 00:13:51 | 00:34:25.75 | 00:34:32.60 | $\begin{aligned} & +00: 15: 10 \\ & (44.1 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (55.8 \%) \end{aligned}$ |
| 128 | SZPYRA Sonia | 188 |  | 40-49 | 243 | 00:00:05 | 00:13:58 | 00:34:28.35 | 00:34:33.85 | $\begin{aligned} & +00: 15: 13 \\ & (44.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 129 | JACAK Marta | 482 |  | 40-49 | 244 | 00:00:26 | 00:14:13 | 00:34:30.10 | 00:34:56.85 | $\begin{aligned} & +00: 15: 15 \\ & (44.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 130 | KLIMALA Julia | 691 |  | 20-29 | 95 | 00:00:16 | 00:13:26 | 00:34:31.20 | 00:34:47.50 | $\begin{aligned} & +00: 15: 16 \\ & (44.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time 5.3 km | Czas brutto <br> 5.3 km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 131 | PAJĄK Małgorzata | 503 |  | 50-59 | 37 | 00:00:45 | 00:14:47 | 00:34:32.55 | 00:35:17.55 | $\begin{aligned} & +00: 15: 17 \\ & (44.3 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 132 | URBAŚ Monika | 475 |  | 30-39 | 267 | 00:00:45 | 00:14:47 | 00:34:32.60 | 00:35:18.00 | $\begin{aligned} & +00: 15: 17 \\ & (44.3 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 133 | KŁAK Natalia | 1185 |  | 20-29 | 97 | 00:00:35 | 00:14:33 | 00:34:33.25 | 00:35:08.45 | $\begin{aligned} & +00: 15: 18 \\ & (44.3 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 134 | SŁUPECKA Beata | 476 | KOBIETY NA 5+ | 40-49 | 245 | 00:00:21 | 00:14:26 | 00:34:34.65 | 00:34:56.60 | $\begin{aligned} & +00: 15: 19 \\ & (44.3 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 135 | STOLARCZYK Aleksandra | 859 | RUNTEAM PAWŁOWICE | 30-39 | 268 | 00:00:32 | 00:14:41 | 00:34:38.65 | 00:35:10.95 | $\begin{aligned} & +00: 15: 23 \\ & (44.4 \%) \end{aligned}$ | 6:32 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 136 | SOKÓŁ-OLEŚ Ewelina | 78 |  | 40-49 | 247 | 00:00:28 | 00:14:36 | 00:34:40.35 | 00:35:08.40 | $\begin{aligned} & +00: 15: 25 \\ & (44.5 \%) \end{aligned}$ | 6:32 | $\begin{aligned} & 9.2 \\ & \text { (55.8\%) } \end{aligned}$ |
| 137 | BIERNAT Agnieszka | 1067 |  | 40-49 | 249 | 00:00:48 | 00:14:35 | 00:34:49.45 | 00:35:38.40 | $\begin{aligned} & +00: 15: 34 \\ & (44.7 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (55.2\%) } \end{aligned}$ |
| 138 | KSEPKO Kasia | 375 |  | 30-39 | 280 | 00:00:39 | 00:15:19 | 00:34:56.50 | 00:35:36.45 | $\begin{aligned} & +00: 15: 41 \\ & (44.9 \%) \end{aligned}$ | 6:35 | $\begin{aligned} & 9.1 \\ & \text { (55.2\%) } \end{aligned}$ |
| 139 | BAŁA Justyna | 245 | KOBIETY NA 5+ | 40-49 | 251 | 00:00:39 | 00:14:52 | 00:34:56.60 | 00:35:35.90 | $\begin{aligned} & +00: 15: 41 \\ & (44.9 \%) \end{aligned}$ | 6:35 | $\begin{aligned} & 9.1 \\ & \text { (55.2\%) } \end{aligned}$ |
| 140 | NYSZTAL Izabela | 57 |  | 40-49 | 255 | 00:00:24 | 00:15:04 | 00:35:09.20 | 00:35:33.75 | $\begin{aligned} & +00: 15: 54 \\ & (45.2 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9 \\ & (54.5 \%) \end{aligned}$ |
| 141 | ADAMCZAK Renata | 637 |  | 40-49 | 257 | 00:00:19 | 00:14:22 | 00:35:14.15 | 00:35:33.90 | $\begin{aligned} & +00: 15: 59 \\ & (45.4 \%) \end{aligned}$ | 6:38 | $\begin{aligned} & 9 \\ & \text { (54.5\%) } \end{aligned}$ |
| 142 | PŁAZA Agnieszka | 321 |  | 20-29 | 108 | 00:00:19 | 00:13:59 | 00:35:23.60 | 00:35:43.15 | $\begin{aligned} & +00: 16: 08 \\ & (45.6 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & \text { (54.5\%) } \end{aligned}$ |
| 143 | LAZAR Joanna | 825 |  | 30-39 | 293 | 00:00:44 | 00:15:03 | 00:35:40.25 | 00:36:24.25 | $\begin{aligned} & +00: 16: 25 \\ & (46.0 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (53.9 \%) \end{aligned}$ |
| 144 | SZEWCZUK Agnieszka | 64 |  | 40-49 | 267 | 00:00:46 | 00:14:38 | 00:36:11.10 | 00:36:57.75 | $\begin{aligned} & +00: 16: 56 \\ & (46.8 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (53.3 \%) \end{aligned}$ |
| 145 | MĘDRALA Aleksandra | 735 |  | 30-39 | 304 | 00:00:30 | 00:15:32 | 00:36:12.15 | 00:36:42.75 | $\begin{aligned} & +00: 16: 57 \\ & (46.8 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (53.3 \%) \end{aligned}$ |
| 146 | SZYNAL Magdalena | 1037 |  | 30-39 | 305 | 00:00:15 | 00:14:26 | 00:36:13.50 | 00:36:28.70 | $\begin{aligned} & +00: 16: 58 \\ & (46.9 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & \text { (53.3\%) } \end{aligned}$ |
| 147 | ŁANUCHA Mariola | 1001 | KOBIETY NA 5+ | 50-59 | 44 | 00:00:40 | 00:14:34 | 00:36:14.10 | 00:36:54.40 | $\begin{aligned} & +00: 16: 59 \\ & (46.9 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & (53.3 \%) \end{aligned}$ |
| 148 | ROTTER Hanna | 1051 |  | 50-59 | 45 | 00:00:38 | 00:15:23 | 00:36:23.35 | 00:37:01.60 | $\begin{aligned} & +00: 17: 08 \\ & (47.1 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 149 | ZMUDA Ewelina | 1121 |  | 30-39 | 307 | 00:00:13 | 00:14:23 | 00:36:24.90 | 00:36:38.70 | $\begin{aligned} & +00: 17: 09 \\ & (47.1 \%) \end{aligned}$ | 6:52 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 150 | DYNIA Magdalena | 870 |  | 40-49 | 270 | 00:00:46 | 00:15:10 | 00:36:29.75 | 00:37:16.25 | $\begin{aligned} & +00: 17: 14 \\ & (47.2 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 151 | MODLIŃSKA Paulina | 664 |  | 30-39 | 310 | 00:00:30 | 00:15:32 | 00:36:36.45 | 00:37:06.95 | $\begin{aligned} & +00: 17: 21 \\ & (47.4 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 152 | KORALEWSKA Kinga | 126 |  | 30-39 | 311 | 00:00:30 | 00:15:31 | 00:36:36.50 | 00:37:06.75 | $\begin{aligned} & +00: 17: 21 \\ & (47.4 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 153 | SERAFIN-CHWAEK Joanna | 841 | KOBIETY NA 5+ | 40-49 | 273 | 00:00:29 | 00:15:38 | 00:36:42.20 | 00:37:11.30 | $\begin{aligned} & +00: 17: 27 \\ & (47.5 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & \text { (52.7\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time <br> 5.3 km | Czas brutto <br> 5.3 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 154 | PYZIK Barbara | 380 | KLUB BIEGACZA FARTLEK | 30-39 | 318 | 00:00:33 | 00:15:22 | 00:36:49.85 | 00:37:23.50 | $\begin{aligned} & +00: 17: 34 \\ & (47.7 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 155 | BRAUN Justyna | 1208 |  | 30-39 | 320 | 00:00:56 | 00:15:00 | 00:36:56.15 | 00:37:52.90 | $\begin{aligned} & +00: 17: 41 \\ & (47.9 \%) \end{aligned}$ | 6:58 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 156 | KOTOSKA Aneta | 243 |  | 30-39 | 321 | 00:00:10 | 00:14:30 | 00:36:57.10 | 00:37:07.85 | $\begin{aligned} & +00: 17: 42 \\ & (47.9 \%) \end{aligned}$ | 6:58 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 157 | NIEDŹWIEDŹ Julia | 727 |  | 16-19 | 13 | 00:00:28 | 00:15:22 | 00:37:02.90 | 00:37:30.95 | $\begin{aligned} & +00: 17: 47 \\ & (48.0 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 158 | SEKUŁA Marlena | 587 |  | 30-39 | 325 | 00:00:43 | 00:15:29 | 00:37:08.50 | 00:37:52.05 | $\begin{aligned} & +00: 17: 53 \\ & (48.2 \%) \end{aligned}$ | 7:00 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 159 | SAWICKA Agnieszka | 318 | KLUB BIEGACZA FARTLEK | 40-49 | 279 | 00:00:35 | 00:15:22 | 00:37:10.70 | 00:37:46.10 | $\begin{aligned} & +00: 17: 55 \\ & (48.2 \%) \end{aligned}$ | 7:00 | $\begin{aligned} & 8.6 \\ & (52.1 \%) \end{aligned}$ |
| 160 | KUBIK Anna | 885 |  | 20-29 | 114 | 00:00:51 | 00:15:59 | 00:37:12.95 | 00:38:04.80 | $\begin{aligned} & +00: 17: 57 \\ & (48.3 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & (51.5 \%) \end{aligned}$ |
| 161 | WOWRA Agata | 157 |  | 30-39 | 327 | 00:00:51 | 00:15:59 | 00:37:13.05 | 00:38:04.70 | $\begin{aligned} & +00: 17: 57 \\ & (48.3 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & \text { (51.5\%) } \end{aligned}$ |
| 162 | NOWAK Ewelina | 778 | KOBIETY NA 5+ | 40-49 | 283 | 00:00:24 | 00:14:29 | 00:37:29.45 | 00:37:54.30 | $\begin{aligned} & +00: 18: 14 \\ & (48.6 \%) \end{aligned}$ | 7:04 | $\begin{aligned} & 8.5 \\ & (51.5 \%) \end{aligned}$ |
| 163 | PELACZYK Wioletta | 140 | KOBIETY NA 5+ | 40-49 | 289 | 00:00:21 | 00:15:00 | 00:37:46.60 | 00:38:08.25 | $\begin{aligned} & +00: 18: 31 \\ & (49.0 \%) \end{aligned}$ | 7:07 | $\begin{aligned} & 8.4 \\ & (50.9 \%) \end{aligned}$ |
| 164 | ZALEWSKA Barbara | 47 | KOBIETY 5+ | 40-49 | 290 | 00:00:22 | 00:15:34 | 00:37:46.65 | 00:38:08.65 | $\begin{aligned} & +00: 18: 31 \\ & (49.0 \%) \end{aligned}$ | 7:07 | $\begin{aligned} & 8.4 \\ & (50.9 \%) \end{aligned}$ |
| 165 | WOJNAROWSKA Anna | 1259 |  | 30-39 | 337 | 00:00:57 | 00:16:04 | 00:38:01.25 | 00:38:58.30 | $\begin{aligned} & +00: 18: 46 \\ & (49.4 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & (50.9 \%) \end{aligned}$ |
| 166 | WOJCIECHOWICZ Magda | 1130 |  | 30-39 | 339 | 00:00:57 | 00:16:04 | 00:38:01.80 | 00:38:59.05 | $\begin{aligned} & +00: 18: 46 \\ & (49.4 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & (50.9 \%) \end{aligned}$ |
| 167 | BAKOWSKA Anna | 1032 |  | 30-39 | 341 | 00:00:51 | 00:16:24 | 00:38:13.30 | 00:39:04.70 | $\begin{aligned} & +00: 18: 58 \\ & (49.6 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & (50.3 \%) \end{aligned}$ |
| 168 | SKWARK Aneta | 1204 |  | 30-39 | 343 | 00:00:28 | 00:15:24 | 00:38:17.65 | 00:38:46.60 | $\begin{aligned} & +00: 19: 02 \\ & (49.7 \%) \end{aligned}$ | 7:13 | $\begin{aligned} & 8.3 \\ & (50.3 \%) \end{aligned}$ |
| 169 | CEBULA Marta | 689 |  | 20-29 | 119 | 00:00:08 | 00:15:52 | 00:38:22.70 | 00:38:31.05 | $\begin{aligned} & +00: 19: 07 \\ & (49.8 \%) \end{aligned}$ | 7:14 | $\begin{aligned} & 8.3 \\ & (50.3 \%) \end{aligned}$ |
| 170 | MYŚLIWIEC Seniorita | 666 | KOBIETY NA 5+ | 20-29 | 120 | 00:00:07 | 00:15:53 | 00:38:23.00 | 00:38:30.90 | $\begin{aligned} & +00: 19: 07 \\ & (49.8 \%) \end{aligned}$ | 7:14 | $\begin{aligned} & 8.3 \\ & \text { (50.3\%) } \end{aligned}$ |
| 171 | JAROS Katarzyna | 197 |  | 40-49 | 293 | 00:00:56 | 00:16:20 | 00:38:29.30 | 00:39:25.85 | $\begin{aligned} & +00: 19: 14 \\ & (50.0 \%) \end{aligned}$ | 7:15 | $\begin{aligned} & 8.3 \\ & \text { (50.3\%) } \end{aligned}$ |
| 172 | BOBER Aneta | 12 |  | 30-39 | 344 | 00:00:28 | 00:16:37 | 00:38:40.15 | 00:39:08.60 | $\begin{aligned} & +00: 19: 25 \\ & (50.2 \%) \end{aligned}$ | 7:17 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 173 | NIEDŹWIEDŹ Maja | 721 |  | 30-39 | 345 | 00:00:32 | 00:15:05 | 00:38:42.40 | 00:39:15.35 | $\begin{aligned} & +00: 19: 27 \\ & (50.3 \%) \end{aligned}$ | 7:18 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 174 | ZIEJA Iza | 1133 |  | 40-49 | 295 | 00:00:55 | 00:15:48 | 00:38:47.25 | 00:39:43.00 | $\begin{aligned} & +00: 19: 32 \\ & (50.4 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 174 | ZIEJA Martyna | 1137 |  | 20-29 | 123 | 00:00:55 | 00:15:48 | 00:38:47.95 | 00:39:43.00 | $\begin{aligned} & +00: 19: 32 \\ & (50.4 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 176 | NOWAK Malwina | 948 |  | 30-39 | 349 | 00:00:35 | 00:17:17 | 00:38:55.20 | 00:39:30.35 | $\begin{aligned} & +00: 19: 40 \\ & (50.5 \%) \end{aligned}$ | 7:20 | $\begin{aligned} & 8.2 \\ & \text { (49.7\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{array}{\|c} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{array}$ |  | Czas brutto $5.3 \mathrm{~km}$ | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 177 | SARNECKA-BĘBENEK Aleksandra | 1161 | GB GALOPUJACE ŚLIMAKI | 30-39 | 350 | 00:00:35 | 00:16:30 | 00:38:58.70 | 00:39:34.65 | $\begin{aligned} & +00: 19: 43 \\ & (50.6 \%) \end{aligned}$ | 7:21 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 178 | ŁASTÓWKA Marzena | 1079 | KOBIETY NA 5+ | 40-49 | 297 | 00:00:31 | 00:16:16 | 00:38:59.50 | 00:39:31.05 | $\begin{aligned} & +00: 19: 44 \\ & (50.6 \%) \end{aligned}$ | 7:21 | $\begin{aligned} & 8.2 \\ & (49.7 \%) \end{aligned}$ |
| 179 | PIETER Anna | 471 |  | 30-39 | 353 | 00:00:24 | 00:16:36 | 00:39:10.00 | 00:39:34.20 | $\begin{aligned} & +00: 19: 54 \\ & (50.8 \%) \end{aligned}$ | 7:23 | $\begin{aligned} & 8.1 \\ & \text { (49.1\%) } \end{aligned}$ |
| 180 | GRZYWACZ Anna | 1033 |  | 50-59 | 50 | 00:00:06 | 00:16:20 | 00:39:24.65 | 00:39:31.25 | $\begin{aligned} & +00: 20: 09 \\ & (51.2 \%) \end{aligned}$ | 7:26 | $\begin{aligned} & 8.1 \\ & (49.1 \%) \end{aligned}$ |
| 181 | ŻARSKA Katarzyna | 266 | KOBIETY NA 5+ | 30-39 | 357 | 00:00:00 | 00:16:47 | 00:39:36.65 | 00:39:36.65 | $\begin{aligned} & +00: 20: 21 \\ & \text { (51.4\%) } \end{aligned}$ | 7:28 | $\begin{aligned} & 8 \\ & (48.5 \%) \end{aligned}$ |
| 182 | DAMIS Daria | 759 |  | 20-29 | 128 | 00:00:42 | 00:17:58 | 00:39:47.90 | 00:40:30.75 | $\begin{aligned} & +00: 20: 32 \\ & (51.6 \%) \end{aligned}$ | 7:30 | $\begin{aligned} & 8 \\ & \text { (48.5\%) } \end{aligned}$ |
| 183 | STEFANIK - KARCZEWSKA Katarzyna | 286 |  | 30-39 | 358 | 00:00:41 | 00:17:59 | 00:39:49.15 | 00:40:30.65 | $\begin{aligned} & +00: 20: 34 \\ & (51.7 \%) \end{aligned}$ | 7:30 | $\begin{aligned} & 8 \\ & \text { (48.5\%) } \end{aligned}$ |
| 184 | SPYRKA Małgorzata | 846 |  | 40-49 | 303 | 00:00:19 | 00:16:54 | 00:39:59.75 | 00:40:19.00 | $\begin{aligned} & +00: 20: 44 \\ & (51.9 \%) \end{aligned}$ | 7:32 | $\begin{aligned} & 8 \\ & \text { (48.5\%) } \end{aligned}$ |
| 185 | SZCZUCHNIAK Adriana | 823 |  | 40-49 | 304 | 00:00:38 | 00:16:18 | 00:40:00.60 | 00:40:39.15 | $\begin{aligned} & +00: 20: 45 \\ & \text { (51.9\%) } \end{aligned}$ | 7:33 | $\begin{aligned} & 7.9 \\ & (47.9 \%) \end{aligned}$ |
| 186 | STAŚKIEWICZ Monika | 49 |  | 40-49 | 305 | 00:00:06 | 00:16:31 | 00:40:01.35 | 00:40:07.90 | $\begin{aligned} & +00: 20: 46 \\ & \text { (51.9\%) } \end{aligned}$ | 7:33 | $\begin{aligned} & 7.9 \\ & (47.9 \%) \end{aligned}$ |
| 187 | DARNOWSKA-HYLA Julia | 957 |  | 30-39 | 360 | 00:00:16 | 00:16:27 | 00:40:02.10 | 00:40:18.65 | $\begin{aligned} & +00: 20: 47 \\ & (51.9 \%) \end{aligned}$ | 7:33 | $\begin{aligned} & 7.9 \\ & (47.9 \%) \end{aligned}$ |
| $188$ | DABRROWSKA Sylwia | $1256$ |  | 40-49 | 312 | 00:00:28 | 00:16:40 | 00:40:32.00 | 00:41:00.10 | $\begin{aligned} & +00: 21: 16 \\ & (52.5 \%) \end{aligned}$ | 7:38 | $\begin{aligned} & 7.8 \\ & (47.3 \%) \end{aligned}$ |
| $189$ | NOWAKOWSKA Joanna | $372$ |  | 40-49 | 316 | 00:00:28 | 00:16:40 | 00:40:58.30 | 00:41:26.85 | $\begin{aligned} & +00: 21: 43 \\ & (53.0 \%) \end{aligned}$ | 7:43 | $\begin{aligned} & 7.8 \\ & (47.3 \%) \end{aligned}$ |
| $190$ | MAZUR Małgorzata | $801$ | KOBIETY NA 5+ | 40-49 | 317 | 00:00:22 | 00:16:08 | 00:41:08.60 | 00:41:31.45 | $\begin{aligned} & +00: 21: 53 \\ & (53.2 \%) \end{aligned}$ | 7:45 | $\begin{aligned} & 7.7 \\ & (46.7 \%) \end{aligned}$ |
| 191 | PISAREK Dorota | 805 |  | 40-49 | 320 | 00:00:18 | 00:17:13 | 00:41:22.60 | 00:41:41.30 | $\begin{aligned} & +00: 22: 07 \\ & (53.5 \%) \end{aligned}$ | 7:48 | $\begin{aligned} & 7.7 \\ & (46.7 \%) \end{aligned}$ |
| 192 | PISAREK Magdalena | 1004 |  | 20-29 | 134 | 00:00:18 | 00:16:35 | 00:41:22.70 | 00:41:41.40 | $\begin{aligned} & +00: 22: 07 \\ & (53.5 \%) \end{aligned}$ | 7:48 | $\begin{aligned} & 7.7 \\ & (46.7 \%) \end{aligned}$ |
| 193 | LEKSTON Ewa | 298 |  | 40-49 | 321 | 00:00:24 | 00:16:43 | 00:41:27.45 | 00:41:51.70 | $\begin{aligned} & +00: 22: 12 \\ & (53.6 \%) \end{aligned}$ | 7:49 | $\begin{aligned} & 7.7 \\ & (46.7 \%) \end{aligned}$ |
| 194 | MAGIEREK Magdalena | 645 |  | 30-39 | 364 | 00:00:42 | 00:17:58 | 00:42:19.70 | 00:43:02.45 | $\begin{aligned} & +00: 23: 04 \\ & (54.5 \%) \end{aligned}$ | 7:59 | $\begin{aligned} & 7.5 \\ & (45.5 \%) \end{aligned}$ |
| 195 | LORENZ Iwona | 1302 |  | 40-49 | 326 | 00:00:18 | 00:16:56 | 00:42:43.55 | 00:43:01.80 | $\begin{aligned} & +00: 23: 28 \\ & \text { (54.9\%) } \end{aligned}$ | 8:03 | $\begin{aligned} & 7.4 \\ & (44.8 \%) \end{aligned}$ |
| 196 | SPYRKA Natalia | 261 |  | 20-29 | 137 | 00:00:14 | 00:17:18 | 00:43:00.00 | 00:43:14.85 | $\begin{aligned} & +00: 23: 44 \\ & (55.2 \%) \end{aligned}$ | 8:06 | $\begin{aligned} & 7.4 \\ & (44.8 \%) \end{aligned}$ |
| 197 | SZCZEGODZINSKA Kasia | 601 |  | 30-39 | 366 | 00:00:55 | 00:17:51 | 00:43:00.40 | 00:43:55.65 | $\begin{aligned} & +00: 23: 45 \\ & \text { (55.2\%) } \end{aligned}$ | 8:06 | $\begin{aligned} & 7.4 \\ & (44.8 \%) \end{aligned}$ |
| 198 | VAIDYAN Grażyna | 574 |  | 60+ | 13 | 00:00:02 | 00:17:08 | 00:43:15.55 | 00:43:18.10 | $\begin{aligned} & +00: 24: 00 \\ & (55.5 \%) \end{aligned}$ | 8:09 | $\begin{aligned} & 7.3 \\ & (44.2 \%) \end{aligned}$ |
| 199 | GIBAS Amanda | 569 | KLUB BIEGACZA FARTLEK | 30-39 | 367 | 00:00:33 | 00:17:18 | 00:43:18.15 | 00:43:51.75 | $\begin{aligned} & +00: 24: 03 \\ & (55.5 \%) \end{aligned}$ | 8:10 | $\begin{aligned} & 7.3 \\ & (44.2 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{gathered} \text { Zawrotka } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net time <br> 5.3 km | Czas brutto <br> 5.3 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200 | WOJTAL Danka | 770 |  | 40-49 | 330 | 00:00:58 | 00:17:41 | 00:43:48.15 | 00:44:46.60 | $\begin{aligned} & +00: 24: 33 \\ & (56.0 \%) \end{aligned}$ | 8:15 | $\begin{aligned} & 7.3 \\ & (44.2 \%) \end{aligned}$ |
| 201 | GÓRNICZ Patrycja | 633 |  | 30-39 | 373 | 00:00:44 | 00:18:36 | 00:46:07.45 | 00:46:52.15 | $\begin{aligned} & +00: 26: 52 \\ & \text { (58.3\%) } \end{aligned}$ | 8:42 | $\begin{aligned} & 6.9 \\ & (41.8 \%) \end{aligned}$ |
| 202 | BAZGIER Magdalena | 607 |  | 30-39 | 374 | 00:00:44 | 00:18:36 | 00:46:20.10 | 00:47:04.80 | $\begin{aligned} & +00: 27: 05 \\ & (58.5 \%) \end{aligned}$ | 8:44 | $\begin{aligned} & 6.9 \\ & (41.8 \%) \end{aligned}$ |
| 203 | BAGIŃŚKA Paulina | 561 |  | 20-29 | 141 | 00:00:30 | 00:18:40 | 00:46:36.00 | 00:47:06.35 | $\begin{aligned} & +00: 27: 20 \\ & \text { (58.7\%) } \end{aligned}$ | 8:47 | $\begin{aligned} & 6.8 \\ & (41.2 \%) \end{aligned}$ |
| 204 | BAGIŃSKA Beata | 665 |  | 40-49 | 337 | 00:00:30 | 00:18:40 | 00:46:36.30 | 00:47:06.65 | $\begin{aligned} & +00: 27: 21 \\ & (58.7 \%) \end{aligned}$ | 8:47 | $\begin{aligned} & 6.8 \\ & (41.2 \%) \end{aligned}$ |
| 205 | FERENC Sonia | 1054 |  | 40-49 | 338 | 00:02:38 | 00:21:30 | 00:50:31.95 | 00:53:10.25 | $\begin{aligned} & +00: 31: 16 \\ & (61.9 \%) \end{aligned}$ | 9:32 | $\begin{aligned} & 6.3 \\ & \text { (38.2\%) } \end{aligned}$ |

Total 205 results.

