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: Open

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	**SUWAJ Aneta**	**2**	AZS-AWF KATOWICE / ALPINSPORT TEAM	30-39	1	00:00:00	00:08:11	**00:18:59.80**	**00:19:00.55**		3:48	15.8 (100%)
2	**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**	+00:00:21 (1.8%)	3:52	15.5 (98.1%)
3	**PATAS Magdalena**	**192**	FORMA WODZISŁAW ŚLĄSKI	20-29	2	00:00:01	00:08:25	**00:20:28.85**	**00:20:30.15**	+00:01:29 (7.2%)	4:05	14.6 (92.4%)
4	**DZIUK Dagmara**	**21**	KB MOSIR JASTRZĘBIE	30-39	2	00:00:01	00:08:33	**00:20:35.90**	**00:20:37.25**	+00:01:36 (7.8%)	4:07	14.6 (92.4%)
5	**DYRLAGA Justyna**	**975**		20-29	3	00:00:02	00:08:59	**00:20:43.20**	**00:20:45.90**	+00:01:43 (8.3%)	4:08	14.5 (91.8%)
6	**SZELEST Barbara**	**1099**	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	1	00:00:01	00:08:52	**00:21:01.70**	**00:21:02.75**	+00:02:01 (9.7%)	4:12	14.3 (90.5%)
7	**SZOJDA Karolina**	**903**	NIEDOŚCIGNIONE	20-29	4	00:00:01	00:09:12	**00:21:05.25**	**00:21:06.55**	+00:02:05 (9.9%)	4:13	14.2 (89.9%)
8	**PAWTEL Agata**	**427**		30-39	3	00:00:01	00:09:04	**00:21:21.85**	**00:21:23.40**	+00:02:22 (11.1%)	4:16	14 (88.6%)
9	**WOJTASZEWSKA Sabina**	**236**	BBL RACIBÓRZ	30-39	4	00:00:03	00:08:58	**00:21:22.60**	**00:21:26.25**	+00:02:22 (11.1%)	4:16	14 (88.6%)
10	**ADAMUS-KOWALSKA Justyna**	**1240**		30-39	6	00:00:01	00:08:56	**00:21:35.25**	**00:21:36.65**	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
11	**PIETRAS Sylwia**	**159**	MIECHOWICKA GRUPA BIEGOWA	30-39	5	00:00:03	00:09:12	**00:21:35.00**	**00:21:38.50**	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
12	**JANKO Anna**	**542**	HRMAX ŻORY	20-29	5	00:00:01	00:09:09	**00:21:47.05**	**00:21:48.95**	+00:02:47 (12.8%)	4:21	13.8 (87.3%)
13	**SZAFARCZYK Kinga**	**271**	RUNSZ- TEAM	20-29	6	00:00:01	00:09:23	**00:21:53.75**	**00:21:55.55**	+00:02:53 (13.2%)	4:22	13.7 (86.7%)
14	**RENCZ Małgorzata**	**1281**	W POGONI ZA DUCHEM	40-49	3	00:00:01	00:09:14	**00:22:17.60**	**00:22:18.60**	+00:03:17 (14.8%)	4:27	13.5 (85.4%)
15	**ADAMCZYK-NOWAK Beata**	**26**	MIECHOWICKA GRUPA BIEGOWA	40-49	2	00:00:03	00:09:29	**00:22:17.00**	**00:22:20.35**	+00:03:17 (14.7%)	4:27	13.5 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	**OPALSKA Karolina**	**696**	KOLOROWA DRUŻYNA NESSI	30-39	7	00:00:09	00:09:45	**00:22:15.25**	**00:22:24.60**	+00:03:15 (14.6%)	4:27	13.5 (85.4%)
17	**PIECZKA Monika**	**1080**	TLROW RYBNIK	30-39	8	00:00:03	00:09:36	**00:22:21.05**	**00:22:24.65**	+00:03:21 (15.0%)	4:28	13.4 (84.8%)
18	**ZĘBIK Grazyna**	**1222**		40-49	4	00:00:02	00:09:38	**00:22:24.70**	**00:22:26.85**	+00:03:24 (15.2%)	4:28	13.4 (84.8%)
19	**MYSLIWIEC Ela**	**1179**	DYSTANS LUBOMIA	30-39	9	00:00:09	00:09:36	**00:22:26.00**	**00:22:35.00**	+00:03:26 (15.3%)	4:29	13.4 (84.8%)
20	**KOWALSKA Kinga**	**171**	OLZA CIESZYN	40-49	5	00:00:02	00:09:38	**00:22:34.40**	**00:22:37.15**	+00:03:34 (15.8%)	4:31	13.3 (84.2%)
21	**MENDECKA Daria**	**157**	MOSIR ŁAZISKA GÓRNE	20-29	7	00:00:01	00:09:18	**00:22:41.50**	**00:22:42.80**	+00:03:41 (16.3%)	4:32	13.2 (83.5%)
22	**CIACIURA Magdalena**	**1028**		30-39	10	00:00:04	00:09:32	**00:22:43.35**	**00:22:47.75**	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
23	**MALEJKA Katarzyna**	**309**	ADS MASNA	40-49	7	00:00:04	00:09:44	**00:22:47.80**	**00:22:52.60**	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
24	**LASSOTA-BUJAK Mariola**	**206**	#CZELADZBIEGA	40-49	6	00:00:06	00:09:37	**00:22:47.80**	**00:22:54.05**	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
25	**SZAFARCZYK Eugenia**	**270**	RUNSZ- TEAM	50-59	1	00:00:01	00:09:47	**00:23:00.30**	**00:23:01.65**	+00:04:00 (17.4%)	4:36	13 (82.3%)
26	**MENDEL Beata**	**901**	ORZESZE TEŻ BIEGA	40-49	8	00:00:02	00:09:30	**00:23:01.75**	**00:23:03.90**	+00:04:01 (17.5%)	4:36	13 (82.3%)
27	**JANKO Joanna**	**385**		20-29	8	00:00:02	00:09:51	**00:23:04.20**	**00:23:06.55**	+00:04:04 (17.7%)	4:36	13 (82.3%)
28	**MORAWSKA Julia**	**1163**	MYSŁOWICKI KLUB BIEGACZA NO.1	16-19	1	00:00:02	00:09:51	**00:23:05.25**	**00:23:07.50**	+00:04:05 (17.7%)	4:37	13 (82.3%)
29	**ZAJĄC Iwona**	**1159**	NUMBERŁANKI	40-49	9	00:00:02	00:09:51	**00:23:06.75**	**00:23:08.95**	+00:04:06 (17.8%)	4:37	13 (82.3%)
30	**DZIEKAN Anna**	**1011**		20-29	9	00:00:07	00:09:41	**00:23:11.45**	**00:23:18.70**	+00:04:11 (18.1%)	4:38	12.9 (81.6%)
31	**DYRCZ Anna**	**164**		40-49	10	00:00:05	00:10:16	**00:23:20.95**	**00:23:26.35**	+00:04:21 (18.6%)	4:40	12.8 (81.0%)
32	**ANDROSZ Beata**	**1124**		40-49	11	00:00:04	00:09:57	**00:23:27.40**	**00:23:31.55**	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
33	**MAJ-DZIUBAŃSKA Izabela**	**1302**	KLUB AKMB PĘDZIWIATR GLIWICE	30-39	11	00:00:08	00:10:09	**00:23:27.00**	**00:23:35.80**	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
34	**CZYŻ Leonarda**	**886**	OLZA CIESZYN	40-49	12	00:00:03	00:09:59	**00:23:37.70**	**00:23:40.70**	+00:04:37 (19.6%)	4:43	12.7 (80.4%)
35	**PIWISZKIS Barbara**	**37**	KOBIETY NA 5+	30-39	12	00:00:03	00:09:35	**00:23:38.90**	**00:23:42.25**	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
35	**WINIARSKA Monika**	**173**	RUNTEAM PAWŁOWICE	30-39	13	00:00:03	00:09:50	**00:23:38.95**	**00:23:42.25**	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
37	**BUTANOWICZ Marzena**	**654**	KOLOROWA DRUŻYNA NESSI	30-39	14	00:00:07	00:09:53	**00:23:39.15**	**00:23:46.55**	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
38	**CANIBOŁ Anna**	**590**	RUNTEAM PAWŁOWICE	20-29	10	00:00:04	00:10:04	**00:23:43.85**	**00:23:48.75**	+00:04:44 (19.9%)	4:44	12.6 (79.7%)

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	**SOBIESZCZAŃSKA Agnieszka**	**712**	DYCZUŚ TEAM	30-39	15	00:00:02	00:09:59	**00:23:49.55**	**00:23:51.55**	+00:04:49 (20.3%)	4:45	12.6 (79.7%)
40	**PAWLOK Anna**	**601**		20-29	11	00:00:08	00:10:27	**00:23:51.55**	**00:24:00.05**	+00:04:51 (20.4%)	4:46	12.6 (79.7%)
41	**CHORCHOS Magda**	**651**		20-29	13	00:00:00	00:09:44	**00:24:13.65**	**00:24:13.65**	+00:05:13 (21.6%)	4:50	12.4 (78.5%)
42	**KELLER-MISIARZ Natalia**	**598**		20-29	12	00:00:05	00:09:48	**00:24:08.30**	**00:24:13.85**	+00:05:08 (21.3%)	4:49	12.4 (78.5%)
43	**LERCH Bożena**	**396**	RUNTEAM PAWŁOWICE	30-39	16	00:00:06	00:09:50	**00:24:07.60**	**00:24:14.25**	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
44	**KANDORA Joanna**	**31**	MIECHOWICKA GRUPA BIEGOWA	40-49	13	00:00:03	00:10:16	**00:24:12.65**	**00:24:16.55**	+00:05:12 (21.5%)	4:50	12.4 (78.5%)
45	**WERON Magdalena**	**1251**	SIEWIERZ BIEGA	30-39	17	00:00:07	00:10:20	**00:24:17.65**	**00:24:25.30**	+00:05:17 (21.8%)	4:51	12.3 (77.8%)
46	**KURASZ Joanna**	**1289**	STS BIEGATON MIKOŁÓW	30-39	20	00:00:00	00:10:24	**00:24:29.30**	**00:24:29.30**	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
47	**ŻBEL Ania**	**258**	HRMAX ŻORY	30-39	19	00:00:05	00:10:20	**00:24:26.00**	**00:24:31.15**	+00:05:26 (22.3%)	4:53	12.3 (77.8%)
48	**BIERONŃSKA Wioleta**	**1148**	JUSTFEELFIT	16-19	3	00:00:02	00:09:39	**00:24:32.35**	**00:24:34.35**	+00:05:32 (22.6%)	4:54	12.2 (77.2%)
49	**FILEC Wiktoria**	**55**	INŻYNIERIA BIEGANIA	16-19	2	00:00:03	00:10:35	**00:24:30.85**	**00:24:34.45**	+00:05:31 (22.5%)	4:54	12.2 (77.2%)
50	**PASTUCHA Katarzyna**	**988**	CROSS KRAPKOWICE	20-29	14	00:00:08	00:10:28	**00:24:27.95**	**00:24:36.75**	+00:05:28 (22.4%)	4:53	12.3 (77.8%)
51	**BUCHOWICZ Agnieszka**	**81**	MK BIKE	30-39	18	00:00:13	00:10:20	**00:24:25.85**	**00:24:39.10**	+00:05:26 (22.2%)	4:53	12.3 (77.8%)
52	**KAROLAK Martyna**	**991**	RUNTEAM PAWŁOWICE	30-39	21	00:00:07	00:10:17	**00:24:34.70**	**00:24:41.75**	+00:05:34 (22.7%)	4:54	12.2 (77.2%)
53	**MENŻYK Joanna**	**1131**	SPARTAN RACE TRAINING GROUP KATOWICE	40-49	14	00:00:03	00:10:13	**00:24:35.70**	**00:24:39.40**	+00:05:35 (22.8%)	4:55	12.2 (77.2%)
54	**PAWŁOWSKA Małgorzata**	**914**	STS BIEGATON MIKOŁÓW	20-29	15	00:00:03	00:10:15	**00:24:38.70**	**00:24:41.75**	+00:05:38 (22.9%)	4:55	12.2 (77.2%)
55	**HELIOSZ Agnieszka**	**630**	INTERAKTYWNI	40-49	15	00:00:01	00:10:17	**00:24:43.10**	**00:24:44.75**	+00:05:43 (23.1%)	4:56	12.1 (76.6%)
56	**FRANKE Ilona**	**815**	STS BIEGATON MIKOŁÓW	50-59	2	00:00:04	00:10:14	**00:24:45.20**	**00:24:49.20**	+00:05:45 (23.3%)	4:57	12.1 (76.6%)
57	**NIESŁAŃCZYK Małgorzata**	**998**		30-39	22	00:00:07	00:10:17	**00:24:46.25**	**00:24:54.20**	+00:05:46 (23.3%)	4:57	12.1 (76.6%)
58	**BOGACZ Monika**	**1276**	ADS MASNA	30-39	23	00:00:05	00:10:33	**00:24:50.90**	**00:24:56.05**	+00:05:51 (23.5%)	4:58	12.1 (76.6%)
59	**KUSIO Basia**	**655**	PARKRUN CHRZANÓW	30-39	24	00:00:16	00:10:49	**00:24:51.10**	**00:25:07.35**	+00:05:51 (23.6%)	4:58	12.1 (76.6%)
60	**SICH- SOSNA Agnieszka**	**200**		40-49	16	00:00:02	00:10:16	**00:24:53.65**	**00:24:55.75**	+00:05:53 (23.7%)	4:58	12.1 (76.6%)
61	**KAFKA Ewelina**	**671**	LICHOTA TEAM	40-49	17	00:00:07	00:10:25	**00:24:56.60**	**00:25:04.55**	+00:05:56 (23.8%)	4:59	12 (75.9%)

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	**BORKOWSKA Paulina**	**57**		30-39	25	00:00:04	00:10:36	**00:24:57.25**	**00:25:02.15**	+00:05:57 (23.9%)	4:59	12 (75.9%)
63	**ŻAK Sonia**	**369**		20-29	16	00:00:06	00:10:28	**00:24:58.35**	**00:25:05.10**	+00:05:58 (23.9%)	4:59	12 (75.9%)
64	**SOKOŁOWSKA Anna**	**465**	BRAK	50-59	3	00:00:01	00:10:09	**00:25:02.65**	**00:25:04.00**	+00:06:02 (24.1%)	5:00	12 (75.9%)
65	**NOWAK Beata**	**889**	OLZA CIESZYN	40-49	18	00:00:02	00:10:17	**00:25:02.80**	**00:25:05.60**	+00:06:03 (24.2%)	5:00	12 (75.9%)
66	**JANECKA Marta**	**836**		16-19	4	00:00:11	00:10:41	**00:25:03.40**	**00:25:15.05**	+00:06:03 (24.2%)	5:00	12 (75.9%)
67	**NGUYEN Dorota**	**1147**		30-39	26	00:00:08	00:10:37	**00:25:04.55**	**00:25:13.05**	+00:06:04 (24.2%)	5:01	12 (75.9%)
68	**WOŹNIAK Julia**	**1105**	PIXONET	16-19	5	00:00:04	00:10:17	**00:25:09.20**	**00:25:13.55**	+00:06:09 (24.5%)	5:01	11.9 (75.3%)
69	**DŁUGOSZ Patrycja**	**962**	ADS MASNA	20-29	17	00:00:09	00:10:47	**00:25:15.15**	**00:25:24.25**	+00:06:15 (24.8%)	5:03	11.9 (75.3%)
70	**OCHWAT Aleksandra**	**643**	ADS MASNA	30-39	27	00:00:09	00:10:47	**00:25:15.25**	**00:25:24.25**	+00:06:15 (24.8%)	5:03	11.9 (75.3%)
71	**KANIA Agnieszka**	**1122**	NAMBERŁANKI	30-39	28	00:00:09	00:10:50	**00:25:16.40**	**00:25:26.30**	+00:06:16 (24.8%)	5:03	11.9 (75.3%)
72	**OSADNIK Sabrina**	**1161**	DYSTANS LUBOMIA	30-39	29	00:00:12	00:10:24	**00:25:17.30**	**00:25:30.05**	+00:06:17 (24.9%)	5:03	11.9 (75.3%)
73	**WOWRY Sylwia**	**201**	OLZA CIESZYN	30-39	30	00:00:09	00:10:52	**00:25:23.75**	**00:25:33.65**	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
74	**FOJCIK-PUSTELNIK Karolina**	**472**		30-39	31	00:00:07	00:10:56	**00:25:23.80**	**00:25:30.90**	+00:06:24 (25.2%)	5:04	11.8 (74.7%)
75	**SICH-ŚWITAŁA Małgorzata**	**198**		40-49	19	00:00:00	00:10:19	**00:25:26.00**	**00:25:26.00**	+00:06:26 (25.3%)	5:05	11.8 (74.7%)
76	**PEŁKA Urszula**	**1014**	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	20	00:00:14	00:10:50	**00:25:27.45**	**00:25:41.45**	+00:06:27 (25.4%)	5:05	11.8 (74.7%)
77	**DOBRENKO Edyta**	**1083**		40-49	21	00:00:08	00:10:42	**00:25:31.60**	**00:25:40.30**	+00:06:31 (25.6%)	5:06	11.7 (74.1%)
78	**POŁOMSKA Edyta**	**214**	POŁOMSCY TEAM	40-49	22	00:00:06	00:10:37	**00:25:35.05**	**00:25:41.85**	+00:06:35 (25.7%)	5:07	11.7 (74.1%)
79	**DYCZEK Basia**	**669**	DYCZUŚ TEAM	20-29	18	00:00:09	00:10:52	**00:25:36.70**	**00:25:45.70**	+00:06:36 (25.8%)	5:07	11.7 (74.1%)
80	**GORZELAK Joanna**	**1027**	KOBIETY NA 5+	30-39	32	00:00:13	00:10:54	**00:25:38.45**	**00:25:52.05**	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
81	**WOJTKOWSKA-WITALA Anna**	**56**		40-49	23	00:00:03	00:10:37	**00:25:38.55**	**00:25:42.15**	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
82	**KOT Oliwia**	**475**	MORSY NA KOKSIE	20-29	19	00:00:10	00:10:52	**00:25:40.10**	**00:25:51.00**	+00:06:40 (26.0%)	5:08	11.7 (74.1%)
83	**PŁOCHARSKA Aleksandra**	**972**		16-19	6	00:00:21	00:11:26	**00:25:41.25**	**00:26:03.10**	+00:06:41 (26.0%)	5:08	11.7 (74.1%)
84	**LORANC Izabela**	**751**	BB BIELSZCZANKI BIEGAJĄ	40-49	24	00:00:05	00:10:55	**00:25:43.10**	**00:25:48.70**	+00:06:43 (26.1%)	5:08	11.7 (74.1%)

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	**PASŁAWSKA Katarzyna**	**202**	KOBIETY NA 5 +	40-49	25	00:00:03	00:10:27	**00:25:46.50**	**00:25:49.85**	+00:06:46 (26.3%)	5:09	11.6 (73.4%)
86	**PAJESTKA Katarzyna**	**1070**		40-49	26	00:00:06	00:10:42	**00:25:46.75**	**00:25:52.80**	+00:06:46 (26.3%)	5:09	11.6 (73.4%)
87	**GAŁĄSKA Magdalena**	**708**	ORZESZE TEŻ BIEGA	30-39	33	00:00:13	00:10:41	**00:25:47.80**	**00:26:01.55**	+00:06:48 (26.4%)	5:09	11.6 (73.4%)
88	**PASTUSZKA Aleksandra**	**416**	FIT STACJA	30-39	34	00:00:24	00:11:24	**00:25:49.10**	**00:26:13.80**	+00:06:49 (26.4%)	5:09	11.6 (73.4%)
89	**ZEMLAK Adriana**	**409**		30-39	35	00:00:26	00:11:29	**00:25:49.60**	**00:26:16.25**	+00:06:49 (26.4%)	5:10	11.6 (73.4%)
90	**WOJAKOWSKA Katarzyna**	**721**	K&K RUN	40-49	27	00:00:04	00:10:55	**00:25:50.55**	**00:25:54.70**	+00:06:50 (26.5%)	5:10	11.6 (73.4%)
91	**BURZYŃSKA Żaneta**	**224**		20-29	20	00:00:06	00:10:25	**00:25:50.85**	**00:25:57.35**	+00:06:51 (26.5%)	5:10	11.6 (73.4%)
92	**LUBSZCZYK Justyna**	**99**		20-29	21	00:00:09	00:10:41	**00:25:51.85**	**00:26:01.35**	+00:06:52 (26.6%)	5:10	11.6 (73.4%)
93	**KAMINSKA Dorota**	**689**		20-29	22	00:00:03	00:10:13	**00:25:53.25**	**00:25:57.05**	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
93	**TYCZYŃSKA Paulina**	**153**	SZYBKIE ŻÓŁWIE	30-39	36	00:00:02	00:10:37	**00:25:53.25**	**00:25:55.65**	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
95	**SZULC Marta**	**143**	BGB	40-49	28	00:00:11	00:10:53	**00:25:53.40**	**00:26:05.00**	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
96	**MIKA Aneta**	**961**		40-49	29	00:00:11	00:10:39	**00:25:55.15**	**00:26:06.85**	+00:06:55 (26.7%)	5:11	11.6 (73.4%)
97	**LAPMAN Anna**	**892**	RADLINIOKI W BIEGU	40-49	30	00:00:07	00:10:55	**00:25:55.70**	**00:26:02.80**	+00:06:55 (26.7%)	5:11	11.6 (73.4%)
98	**GNAŚ Anna**	**45**	KOBIETY NA 5 +	30-39	37	00:00:11	00:10:44	**00:25:58.30**	**00:26:09.30**	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
99	**PĘKALA Teresa**	**221**		30-39	38	00:00:03	00:10:17	**00:25:58.70**	**00:26:01.90**	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
100	**KRYBUS Sylwia**	**987**	STS BIEGATON MIKOŁÓW	50-59	4	00:00:03	00:10:35	**00:25:59.40**	**00:26:02.40**	+00:06:59 (26.9%)	5:11	11.5 (72.8%)
101	**IWANEK Gabriela**	**1032**	JUSTFEELFIT TEAM	20-29	23	00:00:07	00:10:22	**00:26:00.30**	**00:26:07.40**	+00:07:00 (26.9%)	5:12	11.5 (72.8%)
102	**PASTUCHA Anna**	**930**	CROSS KRAPKOWICE	60+	1	00:00:08	00:10:56	**00:26:00.85**	**00:26:09.65**	+00:07:01 (27.0%)	5:12	11.5 (72.8%)
103	**HEROK Joanna**	**748**	UBS	40-49	31	00:00:05	00:11:06	**00:26:00.95**	**00:26:06.05**	+00:07:01 (27.0%)	5:12	11.5 (72.8%)
104	**LERCH Ewa**	**798**	RUNTEAM PAWŁOWICE	20-29	24	00:00:07	00:10:32	**00:26:02.25**	**00:26:09.85**	+00:07:02 (27.0%)	5:12	11.5 (72.8%)
105	**DRACZKA - KNOPIK Monika**	**847**	STS BIEGATON	40-49	32	00:00:00	00:11:02	**00:26:03.55**	**00:26:03.55**	+00:07:03 (27.1%)	5:12	11.5 (72.8%)
106	**SZULIK Dominika**	**969**	KB MOSIR JASTRZĘBIE	16-19	7	00:00:08	00:10:59	**00:26:04.30**	**00:26:12.70**	+00:07:04 (27.1%)	5:12	11.5 (72.8%)
107	**BOROWICZ Roksana**	**374**	NIGHT RUNNERS GLIWICE	20-29	25	00:00:06	00:10:47	**00:26:05.65**	**00:26:12.00**	+00:07:05 (27.2%)	5:13	11.5 (72.8%)

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	**POPEK Barbara**	**305**		40-49	33	00:00:08	00:10:40	**00:26:05.95**	**00:26:14.10**	+00:07:06 (27.2%)	5:13	11.5 (72.8%)
109	**MILKOWSKA Justyna**	**1135**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	39	00:00:11	00:11:16	**00:26:09.00**	**00:26:20.30**	+00:07:09 (27.4%)	5:13	11.5 (72.8%)
110	**AKSAMIT Ewelina**	**501**	MYSŁOWICKI KLUB BIEGACZA NO.I	30-39	40	00:00:22	00:11:33	**00:26:11.00**	**00:26:33.85**	+00:07:11 (27.4%)	5:14	11.5 (72.8%)
111	**KORDEK Dorota**	**652**	RYTM ROZBIEGAMY TO MIASTO CZECHOWICE - DZIEDZICE	30-39	41	00:00:13	00:10:52	**00:26:11.45**	**00:26:25.15**	+00:07:11 (27.5%)	5:14	11.5 (72.8%)
112	**DZIĘDZIEL Ewelina**	**603**		20-29	26	00:00:11	00:10:43	**00:26:12.90**	**00:26:24.10**	+00:07:13 (27.5%)	5:14	11.4 (72.2%)
113	**BONDARCZUK Sylwia**	**277**	SZYBKIE ŻÓŁWIE	40-49	34	00:00:02	00:10:39	**00:26:13.35**	**00:26:15.90**	+00:07:13 (27.6%)	5:14	11.4 (72.2%)
114	**ZHABOTYNSKA Maryna**	**940**		30-39	42	00:00:14	00:11:23	**00:26:14.10**	**00:26:28.30**	+00:07:14 (27.6%)	5:14	11.4 (72.2%)
115	**PŁASZCZYMĄKA Justyna**	**220**	MIECHOWICKA GRUPA BIEGOWA	20-29	27	00:00:30	00:11:25	**00:26:16.70**	**00:26:47.35**	+00:07:16 (27.7%)	5:15	11.4 (72.2%)
116	**KOMAJDA Basia**	**742**	OLZA CIESZYN	30-39	43	00:00:11	00:10:54	**00:26:19.80**	**00:26:30.90**	+00:07:20 (27.9%)	5:15	11.4 (72.2%)
117	**WOJAK Aleksandra**	**764**		20-29	28	00:00:07	00:11:37	**00:26:20.70**	**00:26:28.30**	+00:07:20 (27.9%)	5:16	11.4 (72.2%)
118	**MROCZKA Anna**	**622**		40-49	35	00:00:08	00:11:32	**00:26:21.90**	**00:26:30.35**	+00:07:22 (27.9%)	5:16	11.4 (72.2%)
119	**KRÓLICZAK Agnieszka**	**1279**		16-19	8	00:00:31	00:11:42	**00:26:23.50**	**00:26:55.40**	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
120	**GĘBOŁYŚ Beata**	**54**	CHWALISZ CZY NIE CHWALISZ- LOTEJ Z NAMI	40-49	36	00:00:07	00:11:18	**00:26:23.85**	**00:26:31.55**	+00:07:24 (28.0%)	5:16	11.4 (72.2%)
121	**SKOCZ Monika**	**70**		40-49	37	00:00:00	00:11:38	**00:26:26.10**	**00:26:26.10**	+00:07:26 (28.1%)	5:17	11.3 (71.5%)
122	**LORENZ Agnieszka**	**928**	GALOPUJĄCE ŚLIMAKI	40-49	38	00:00:08	00:11:07	**00:26:28.90**	**00:26:37.30**	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
123	**PŁOCHARSKA Małgorzata**	**971**	UKS REFLEX	16-19	9	00:00:22	00:11:25	**00:26:29.10**	**00:26:51.60**	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
124	**KOWALSKA Karolina**	**744**		30-39	44	00:00:09	00:10:54	**00:26:29.50**	**00:26:38.70**	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
125	**NOWAK Iwona**	**587**		40-49	39	00:00:11	00:11:11	**00:26:30.70**	**00:26:42.45**	+00:07:30 (28.3%)	5:18	11.3 (71.5%)
126	**FURMAN Sylwia**	**453**	WIRUSY	30-39	45	00:00:06	00:10:43	**00:26:31.40**	**00:26:38.10**	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
127	**MAŃCZAK Magdalena**	**1102**		20-29	29	00:00:14	00:11:23	**00:26:32.35**	**00:26:46.50**	+00:07:32 (28.4%)	5:18	11.3 (71.5%)
128	**NENKO Barbara**	**783**		30-39	46	00:00:06	00:10:50	**00:26:34.80**	**00:26:41.15**	+00:07:35 (28.5%)	5:19	11.3 (71.5%)
129	**BRODA Katarzyna**	**738**		30-39	47	00:00:10	00:10:49	**00:26:40.00**	**00:26:50.50**	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
130	**RAŹNIAK Beatka**	**252**	KOBIETY 5+	40-49	40	00:00:09	00:11:16	**00:26:40.05**	**00:26:49.85**	+00:07:40 (28.8%)	5:20	11.3 (71.5%)

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	**GREŃ Dorota**	**623**	OLZA CIESZYN	30-39	48	00:00:11	00:11:08	**00:26:41.05**	**00:26:52.35**	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
132	**OLSZEWSKA Sylwia**	**534**	MORSY NA KOKSIE	20-29	30	00:00:12	00:11:33	**00:26:41.70**	**00:26:54.05**	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
133	**RZEPECKA Bożena**	**235**	OLZA CIESZYN	50-59	5	00:00:10	00:10:59	**00:26:42.30**	**00:26:52.70**	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
134	**BANASZEWSKA Aleksandra**	**663**		20-29	31	00:00:08	00:10:34	**00:26:42.45**	**00:26:50.85**	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
135	**CHROBOK Józefa**	**251**	OLZA CIESZYN	40-49	41	00:00:10	00:10:59	**00:26:43.00**	**00:26:53.10**	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
136	**ZAWIŚLAK-MOROZ Sylwia**	**984**	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	49	00:00:05	00:10:56	**00:26:43.20**	**00:26:48.90**	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
137	**PLEWNIA Irena**	**1259**	FORMA WODZISŁAW ŚLĄSKI	30-39	50	00:00:11	00:11:09	**00:26:43.60**	**00:26:55.10**	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
138	**RYSZKOWSKA Dorota**	**508**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	30-39	51	00:00:14	00:11:22	**00:26:45.80**	**00:27:00.60**	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
139	**SZTABLA Liliana**	**65**		40-49	42	00:00:14	00:11:17	**00:26:48.05**	**00:27:02.50**	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
140	**SAGAN Izabela**	**981**	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	52	00:00:20	00:11:18	**00:26:51.25**	**00:27:11.30**	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
141	**KAZIMIERCZUK Monika**	**189**		30-39	53	00:00:17	00:11:29	**00:26:51.65**	**00:27:08.65**	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
142	**MAZUR-RUBINSKA Milena**	**316**	MIECHOWICKA GRUPA BIEGOWA	30-39	54	00:00:21	00:11:48	**00:26:53.70**	**00:27:15.10**	+00:07:53 (29.4%)	5:22	11.2 (70.9%)
143	**WĘŻOWICZ Ewa**	**69**		40-49	43	00:00:15	00:11:16	**00:26:53.85**	**00:27:09.40**	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
144	**KOSMALA-LANDZIŃSKA Ewa**	**139**		30-39	55	00:00:12	00:11:42	**00:26:53.90**	**00:27:06.60**	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
145	**ZARAŃSKA Izabela**	**184**	MIECHOWICKA GRUPA BIEGOWA	40-49	44	00:00:21	00:11:30	**00:26:55.30**	**00:27:17.25**	+00:07:55 (29.4%)	5:23	11.1 (70.3%)
146	**BEDNAREK Sylwia**	**819**	OLZA CIESZYN	30-39	56	00:00:16	00:11:43	**00:26:55.90**	**00:27:12.55**	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
147	**NALEWAJKA Wioleta**	**95**	KOBIETY NA 5+	40-49	45	00:00:13	00:11:39	**00:26:56.35**	**00:27:09.45**	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
148	**WRUCHA Sylwia**	**625**		30-39	57	00:00:18	00:11:47	**00:26:57.10**	**00:27:15.25**	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
149	**BANAŚ Justyna**	**736**	ŚWIRY STELA	30-39	58	00:00:09	00:11:24	**00:26:58.00**	**00:27:07.05**	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
150	**RÓŻYCKA Wiola**	**1250**		30-39	59	00:00:07	00:10:58	**00:26:58.45**	**00:27:05.80**	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
151	**GRUSZKA Ewa**	**857**	STS BIEGATON MIKOŁÓW	40-49	46	00:00:12	00:11:33	**00:27:00.00**	**00:27:12.55**	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
152	**KRAKOWCZYK Karolina**	**1016**		30-39	60	00:00:13	00:11:22	**00:27:00.05**	**00:27:13.35**	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
153	**GENSTY Klaudia**	**372**	DYSTANS LUBOMIA	40-49	47	00:00:13	00:11:40	**00:27:05.65**	**00:27:19.55**	+00:08:05 (29.9%)	5:25	11.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	**RAZIUK Agnieszka**	**1108**		30-39	61	00:00:14	00:11:19	**00:27:06.70**	**00:27:20.85**	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
155	**KACZKOWSKA Julita**	**483**	HRMAX ŻORY	30-39	62	00:00:05	00:10:40	**00:27:06.80**	**00:27:12.25**	+00:08:07 (29.9%)	5:25	11.1 (70.3%)
156	**MRACHACZ Dorota**	**782**	MIECHOWICKA GRUPA BIEGOWA	40-49	48	00:00:23	00:11:49	**00:27:07.65**	**00:27:31.55**	+00:08:07 (30.0%)	5:25	11.1 (70.3%)
157	**HANDZLIK-STARZYK Anna**	**1007**		40-49	49	00:00:17	00:11:50	**00:27:08.90**	**00:27:26.40**	+00:08:09 (30.0%)	5:25	11 (69.6%)
158	**BOŻEK Bernadeta**	**1151**	KOBIETY NA 5+	30-39	63	00:00:23	00:11:33	**00:27:09.05**	**00:27:32.70**	+00:08:09 (30.0%)	5:25	11 (69.6%)
159	**WERNIK Katarzyna**	**585**	BESTFITCLUB RYBNIK	40-49	50	00:00:10	00:11:30	**00:27:10.60**	**00:27:20.70**	+00:08:10 (30.1%)	5:26	11 (69.6%)
160	**ZIELIŃSKA Karolina**	**256**		20-29	32	00:00:09	00:11:06	**00:27:11.10**	**00:27:20.70**	+00:08:11 (30.1%)	5:26	11 (69.6%)
161	**SEBEROVA Kler**	**1164**		20-29	33	00:00:09	00:11:09	**00:27:11.50**	**00:27:21.15**	+00:08:11 (30.1%)	5:26	11 (69.6%)
162	**BRODA Kamila**	**22**		20-29	34	00:00:15	00:11:16	**00:27:14.90**	**00:27:30.00**	+00:08:15 (30.3%)	5:27	11 (69.6%)
163	**WILCZEK Monika**	**709**		50-59	6	00:00:01	00:11:21	**00:27:17.00**	**00:27:18.45**	+00:08:17 (30.4%)	5:27	11 (69.6%)
164	**KONIECZNY Sandra**	**682**	DYCZUŚ TEAM	20-29	35	00:00:30	00:12:01	**00:27:17.55**	**00:27:47.85**	+00:08:17 (30.4%)	5:27	11 (69.6%)
165	**SZULC Barbara**	**117**	MIECHOWICKA GRUPA BIEGOWA	60+	2	00:00:06	00:11:13	**00:27:17.95**	**00:27:24.85**	+00:08:18 (30.4%)	5:27	11 (69.6%)
166	**GÓRA Marta**	**48**		30-39	64	00:00:05	00:11:06	**00:27:18.15**	**00:27:23.45**	+00:08:18 (30.4%)	5:27	11 (69.6%)
167	**BOJDA Brygida**	**800**	ŚWIRY STELA	40-49	51	00:00:11	00:11:24	**00:27:18.60**	**00:27:29.90**	+00:08:18 (30.4%)	5:27	11 (69.6%)
168	**TIEBLER Marlena**	**860**	STS BIEGATON MIKOŁÓW	30-39	65	00:00:12	00:11:46	**00:27:19.30**	**00:27:32.15**	+00:08:19 (30.5%)	5:28	11 (69.6%)
169	**PAWLIK Agata**	**388**		20-29	36	00:00:03	00:10:58	**00:27:23.75**	**00:27:27.65**	+00:08:23 (30.7%)	5:28	10.9 (69.0%)
170	**STASZEWSKA Marta**	**1153**	MORSY NA KOKSIE	30-39	66	00:00:11	00:11:13	**00:27:23.90**	**00:27:35.80**	+00:08:24 (30.7%)	5:28	10.9 (69.0%)
171	**ZAMOJSKA Iwona**	**46**	MIECHOWICKA GRUPA BIEGOWA	40-49	52	00:00:05	00:11:15	**00:27:25.40**	**00:27:31.35**	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
172	**JASNOCH Bogumiła**	**714**		60+	3	00:00:04	00:11:25	**00:27:27.20**	**00:27:31.60**	+00:08:27 (30.8%)	5:29	10.9 (69.0%)
173	**KANIA Monika**	**635**		30-39	67	00:00:16	00:11:57	**00:27:28.35**	**00:27:45.25**	+00:08:28 (30.9%)	5:29	10.9 (69.0%)
174	**MARYNIAK Ewelina**	**239**	MIECHOWICKA GRUPA BIEGOWA/ CIDRY LOTAJOM	30-39	68	00:00:05	00:11:44	**00:27:30.25**	**00:27:36.00**	+00:08:30 (30.9%)	5:30	10.9 (69.0%)
175	**KRUPA-SZCZĘSNY Izabela**	**231**	#CZELADZBIEGA	40-49	53	00:00:31	00:11:47	**00:27:31.35**	**00:28:02.65**	+00:08:31 (31.0%)	5:30	10.9 (69.0%)
176	**SOBCZAK Beata**	**86**		40-49	54	00:00:13	00:11:22	**00:27:31.75**	**00:27:45.60**	+00:08:31 (31.0%)	5:30	10.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	**SIEGMUND Jolanta**	**473**	KOBIETY NA 5+	40-49	55	00:00:10	00:10:46	**00:27:32.15**	**00:27:42.40**	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
178	**KLIMEK-KARAS Sylwia**	**419**	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	56	00:00:13	00:11:51	**00:27:32.70**	**00:27:46.65**	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
179	**RUCKA Ela**	**1091**	BIELSZCZANKI BIEGAJĄ	30-39	69	00:00:06	00:11:13	**00:27:34.10**	**00:27:40.60**	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
180	**BIZOŃ Monika**	**452**	DYSTANS LUBOMIA	30-39	70	00:00:13	00:11:58	**00:27:34.70**	**00:27:47.80**	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
181	**JURCZYKOWSKA KOSIK Iwona**	**1247**	ZABIEGANI	40-49	57	00:00:19	00:11:50	**00:27:34.95**	**00:27:54.35**	+00:08:35 (31.1%)	5:31	10.9 (69.0%)
182	**KOSMALA Stanisława**	**1046**		60+	4	00:00:03	00:11:33	**00:27:35.75**	**00:27:39.10**	+00:08:35 (31.2%)	5:31	10.9 (69.0%)
183	**BOGACZ Aneta**	**402**	KĘCKIE HARPAGANY	30-39	71	00:00:13	00:11:59	**00:27:37.75**	**00:27:51.10**	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
184	**CZAPLA Marzena**	**1064**	BIELSZCZANKI BIEGAJĄ	30-39	72	00:00:12	00:11:27	**00:27:38.10**	**00:27:50.20**	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
185	**JAWOREK Monika**	**521**		30-39	73	00:00:28	00:11:48	**00:27:38.40**	**00:28:06.65**	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
186	**BRZUSKA Kasia**	**59**	OLZA CIESZYN	40-49	58	00:00:10	00:11:40	**00:27:42.10**	**00:27:52.25**	+00:08:42 (31.4%)	5:32	10.8 (68.4%)
187	**WILCZEK Bogusława**	**491**	STS BIEGATON MIKOŁÓW	50-59	7	00:00:10	00:11:40	**00:27:42.90**	**00:27:53.45**	+00:08:43 (31.5%)	5:32	10.8 (68.4%)
188	**MATUSZEWSKA Katarzyna**	**509**	OPEL ACTIVE TEAM	40-49	59	00:00:13	00:11:48	**00:27:45.20**	**00:27:58.75**	+00:08:45 (31.6%)	5:33	10.8 (68.4%)
189	**KAMIŃSKA Ewelina**	**1115**		30-39	74	00:00:24	00:11:42	**00:27:45.80**	**00:28:10.25**	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
190	**KAMIŃSKA Natalia**	**563**		20-29	37	00:00:39	00:12:20	**00:27:46.10**	**00:28:25.90**	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
191	**JURASZEK Elzbieta**	**982**		30-39	75	00:00:28	00:11:57	**00:27:46.30**	**00:28:14.35**	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
192	**WIECHOWSKA Sabina**	**240**		30-39	76	00:00:09	00:11:22	**00:27:46.85**	**00:27:56.65**	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
192	**WYSOCKA Grażyna**	**970**	KS M.E.T.A.	40-49	60	00:00:47	00:11:37	**00:27:46.85**	**00:28:34.45**	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
194	**HOJKA Gabriela**	**615**		40-49	61	00:00:15	00:11:40	**00:27:47.10**	**00:28:02.15**	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
195	**GÓRECKA Iwona**	**392**		30-39	77	00:00:30	00:12:27	**00:27:47.95**	**00:28:18.25**	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
196	**SKRZYPOSZEK Małgorzata**	**128**		40-49	62	00:00:18	00:11:50	**00:27:48.30**	**00:28:06.85**	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
197	**TRZYBULSKA Klaudia**	**237**	DRUŻYNA ING	20-29	38	00:00:07	00:11:14	**00:27:48.85**	**00:27:56.60**	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
198	**MUSIAŁ Wioletta**	**875**	GB GALOPUJĄCE ŚLIMAKI	30-39	78	00:00:08	00:11:23	**00:27:49.00**	**00:27:57.90**	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
199	**SKORUPA Magdalena**	**154**		20-29	39	00:00:24	00:12:19	**00:27:49.40**	**00:28:13.65**	+00:08:49 (31.7%)	5:33	10.8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	**BARAN Irena**	**592**	SZARE MORSY	50-59	8	00:00:18	00:11:37	**00:27:50.05**	**00:28:08.55**	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
201	**WITKOWSKA Ania**	**89**	KLUB KRÓLIKA STEFANA	30-39	79	00:00:25	00:12:24	**00:27:50.15**	**00:28:15.45**	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
202	**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**	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
203	**SZCZEPANIK Joanna**	**805**	MIECHOWICKA GRUPA BIEGOWA	30-39	80	00:00:04	00:11:45	**00:27:50.45**	**00:27:55.00**	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
204	**SNOCHOWSKA Gabriela**	**92**	RETRO RUNNERS	30-39	81	00:00:09	00:12:12	**00:27:50.75**	**00:28:00.20**	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
205	**COFALIK Gabriela**	**575**		40-49	63	00:00:14	00:11:26	**00:27:50.85**	**00:28:05.30**	+00:08:51 (31.8%)	5:34	10.8 (68.4%)
206	**LIPKO Izabela**	**413**		30-39	82	00:00:20	00:11:56	**00:27:52.45**	**00:28:12.50**	+00:08:52 (31.8%)	5:34	10.8 (68.4%)
207	**WALĘDZIK Anna**	**804**	MIECHOWICKA GRUPA BIEGOWA	30-39	83	00:00:04	00:11:45	**00:27:52.75**	**00:27:57.05**	+00:08:52 (31.9%)	5:34	10.8 (68.4%)
208	**GARUS Magdalena**	**1229**	KOBIETY NA 5+	40-49	64	00:00:02	00:11:33	**00:27:54.80**	**00:27:57.25**	+00:08:55 (31.9%)	5:35	10.7 (67.7%)
209	**KUTYŁA Agnieszka**	**794**		30-39	84	00:00:33	00:12:04	**00:27:55.30**	**00:28:28.95**	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
209	**KUŁAKOWSKA-ZAGÓRSKA Justyna**	**795**		30-39	85	00:00:33	00:12:04	**00:27:55.30**	**00:28:28.95**	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
211	**BĄKOWSKA Justyna**	**726**		30-39	86	00:00:00	00:12:27	**00:27:55.80**	**00:27:55.80**	+00:08:56 (32.0%)	5:35	10.7 (67.7%)
212	**DOBRY Teresa**	**517**		30-39	87	00:00:24	00:11:35	**00:27:57.20**	**00:28:21.90**	+00:08:57 (32.0%)	5:35	10.7 (67.7%)
213	**SZEWCZYK Agnieszka**	**1185**		20-29	41	00:00:02	00:11:42	**00:27:58.10**	**00:28:00.75**	+00:08:58 (32.1%)	5:35	10.7 (67.7%)
214	**FRANEK Agata**	**925**		30-39	88	00:00:00	00:11:44	**00:28:00.80**	**00:28:00.80**	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
215	**SZYMCZAK Iwona**	**703**	SIOSTRY I&E	40-49	65	00:00:30	00:12:18	**00:28:01.05**	**00:28:32.00**	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
216	**KOSIACKA Agnieszka**	**672**		30-39	89	00:00:17	00:11:37	**00:28:01.25**	**00:28:18.85**	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
217	**ZAŁĘCKA Monika**	**938**		30-39	90	00:00:10	00:12:00	**00:28:01.55**	**00:28:12.05**	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
218	**PERGOŁ Elżbieta**	**705**	SIOSTRY I&E	30-39	91	00:00:30	00:12:18	**00:28:02.40**	**00:28:32.55**	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
219	**KONIOR Basia**	**745**		20-29	42	00:00:26	00:12:05	**00:28:05.40**	**00:28:32.20**	+00:09:05 (32.4%)	5:37	10.7 (67.7%)
220	**FOLTYN Bożena**	**229**	OLZA CIESZYN	30-39	92	00:00:13	00:11:58	**00:28:05.90**	**00:28:19.80**	+00:09:06 (32.4%)	5:37	10.7 (67.7%)
221	**BURDZIK Katarzyna**	**176**		20-29	43	00:00:07	00:11:51	**00:28:07.30**	**00:28:14.30**	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
222	**KOPIEC Izabela**	**681**	INTER ROPE TEAM	30-39	93	00:00:02	00:11:23	**00:28:08.65**	**00:28:11.15**	+00:09:08 (32.5%)	5:37	10.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	**SZLAUER Magdalena**	**255**	OLZA CIESZYN	30-39	94	00:00:16	00:11:49	**00:28:10.40**	**00:28:27.25**	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
224	**GRANICA Dani**	**604**	DANI BIEGA BEZ GRANIC	40-49	66	00:00:02	00:11:29	**00:28:10.50**	**00:28:13.40**	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
225	**TERESZYŃSKA Anna**	**927**		30-39	95	00:00:02	00:11:22	**00:28:12.00**	**00:28:14.45**	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
226	**BARON Aniela**	**718**		50-59	9	00:00:04	00:12:04	**00:28:12.25**	**00:28:17.10**	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
227	**KRYSKA Eliza**	**1071**	BB BIELSZCZANKI BIEGAJĄ	30-39	96	00:00:12	00:11:27	**00:28:13.05**	**00:28:25.45**	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
228	**ŁUKASZEWSKA Agnieszka**	**778**	STS BIEGATON MIKOŁÓW	40-49	67	00:00:12	00:11:52	**00:28:14.80**	**00:28:27.55**	+00:09:15 (32.7%)	5:39	10.6 (67.1%)
229	**FILIK Anna**	**282**	#CZELADZBIEGA	20-29	44	00:00:30	00:11:44	**00:28:15.00**	**00:28:45.70**	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
230	**KAPLON Wioletta**	**1191**		30-39	97	00:00:24	00:11:57	**00:28:15.25**	**00:28:39.85**	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
231	**HERUD Magdalena**	**1075**	EKO-OKNA RUNNERS	30-39	98	00:00:10	00:11:24	**00:28:15.35**	**00:28:25.35**	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
232	**BAJCAR Beata**	**488**	KOBIETY NA 5+	40-49	68	00:00:17	00:12:08	**00:28:15.70**	**00:28:33.10**	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
233	**STABLA Agata**	**1047**		30-39	99	00:00:11	00:12:13	**00:28:18.20**	**00:28:29.90**	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
234	**GIEDWIŁŁO Marta**	**529**	KOLOROWA DRUŻYNA NESSI	30-39	100	00:00:20	00:12:20	**00:28:23.00**	**00:28:43.65**	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
235	**IMIOŁCZYK Izabela**	**212**	MIECHOWICKA GRUPA BIEGOWA	40-49	69	00:00:05	00:11:49	**00:28:23.15**	**00:28:29.05**	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
236	**ZIELIŃSKA Anna**	**1228**	MIECHOWICKA GRUPA BIEGOWA	30-39	101	00:00:05	00:11:49	**00:28:23.45**	**00:28:29.05**	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
237	**DAJKA Barbara**	**406**		30-39	102	00:00:27	00:12:47	**00:28:24.00**	**00:28:51.00**	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
238	**GABRYEL Danuta**	**295**	MIECHOWICKA GRUPA BIEGOWA	50-59	10	00:00:21	00:11:51	**00:28:24.65**	**00:28:45.75**	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
239	**GRABIAŃSKA Katarzyna**	**1182**	VIKING TRAINING CENTER	30-39	103	00:00:21	00:12:48	**00:28:26.00**	**00:28:47.95**	+00:09:26 (33.2%)	5:41	10.6 (67.1%)
240	**SOKÓŁ-OLEŚ Ewelina**	**382**	RUNTEAM PAWŁOWICE	40-49	70	00:00:03	00:11:25	**00:28:26.50**	**00:28:30.00**	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
241	**KOMOROWSKA Żaneta**	**121**		30-39	104	00:00:24	00:12:50	**00:28:26.65**	**00:28:51.55**	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
242	**KOBA Natalia**	**1264**		20-29	45	00:00:20	00:12:07	**00:28:26.80**	**00:28:47.40**	+00:09:27 (33.2%)	5:41	10.5 (66.5%)
243	**STOLARCZYK Aleksandra**	**1059**	RUNTEAM PAWŁOWICE	30-39	105	00:00:08	00:11:50	**00:28:27.75**	**00:28:36.15**	+00:09:27 (33.3%)	5:41	10.5 (66.5%)
244	**PIŃKOWSKA Patrycja**	**771**	BB BIELSZCZANKI BIEGAJĄ	30-39	106	00:00:36	00:12:17	**00:28:29.30**	**00:29:05.95**	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
245	**GRABARCZYK-TIERIENTIEW Agnieszka**	**455**		30-39	107	00:00:09	00:11:39	**00:28:29.55**	**00:28:38.85**	+00:09:29 (33.3%)	5:41	10.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	**KAISER-CHROMIK Beata**	**414**		40-49	71	00:00:06	00:11:33	**00:28:31.25**	**00:28:37.50**	+00:09:31 (33.4%)	5:42	10.5 (66.5%)
247	**BINIENDA Agnieszka**	**1069**		30-39	108	00:00:30	00:12:29	**00:28:32.10**	**00:29:02.80**	+00:09:32 (33.4%)	5:42	10.5 (66.5%)
248	**MUSIOŁ Helena**	**168**		40-49	72	00:00:13	00:11:34	**00:28:35.45**	**00:28:48.50**	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
249	**GAWEŁCZYK Marta**	**1218**	CE PROGRESS	30-39	109	00:00:31	00:12:32	**00:28:35.55**	**00:29:07.35**	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
250	**BIELA Małgorzata**	**275**	KOBIETY NA 5+	40-49	73	00:00:14	00:11:40	**00:28:36.85**	**00:28:51.75**	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
251	**BUREK Gabriela**	**405**		30-39	110	00:00:25	00:12:50	**00:28:37.45**	**00:29:03.10**	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
252	**ZELENT Karolina**	**147**		20-29	46	00:00:21	00:12:11	**00:28:37.55**	**00:28:59.50**	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
253	**DAICZMANEK Aleksandra**	**596**		30-39	111	00:00:18	00:12:18	**00:28:41.00**	**00:28:59.85**	+00:09:41 (33.8%)	5:44	10.5 (66.5%)
254	**RAJWA Magdalena**	**1005**		20-29	47	00:00:08	00:11:24	**00:28:42.05**	**00:28:50.15**	+00:09:42 (33.8%)	5:44	10.5 (66.5%)
255	**GIBAS Amanda**	**317**	FARTLECZKI	30-39	112	00:00:25	00:12:31	**00:28:43.50**	**00:29:08.75**	+00:09:43 (33.9%)	5:44	10.4 (65.8%)
256	**ŁACNY Angelika**	**737**	KOLOROWA DRUŻYNA NESSI	30-39	113	00:00:09	00:12:28	**00:28:45.10**	**00:28:54.15**	+00:09:45 (33.9%)	5:45	10.4 (65.8%)
257	**HERCHEL Marzena**	**698**	LET'S GO SUSZECKA GRUPA BIEGOWA	40-49	74	00:00:22	00:12:26	**00:28:49.50**	**00:29:11.55**	+00:09:49 (34.1%)	5:45	10.4 (65.8%)
258	**OKOŃ Monika**	**161**		40-49	75	00:00:22	00:12:42	**00:28:50.10**	**00:29:12.95**	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
259	**SIWY Justyna**	**167**		30-39	114	00:00:23	00:12:41	**00:28:50.15**	**00:29:13.20**	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
260	**BARTOSIK Monika**	**1160**	#CZELADZBIEGA	30-39	115	00:00:30	00:12:46	**00:28:51.80**	**00:29:21.95**	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
261	**CASTILLO-ŻARCZYŃSKI Luz**	**351**	ULTRA BESKID SPORT	50-59	11	00:00:36	00:12:36	**00:28:52.15**	**00:29:28.60**	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
262	**ŁOZIŃSKA Edyta**	**375**	MIECHOWICJA GRUPA BIEGOWA	30-39	116	00:00:05	00:11:44	**00:28:52.70**	**00:28:57.90**	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
263	**SZOJDA Paulina**	**75**	VIKING TRAINING CENTER	30-39	117	00:00:33	00:12:17	**00:28:52.85**	**00:29:26.05**	+00:09:53 (34.2%)	5:46	10.4 (65.8%)
264	**BENSKA Krystyna**	**391**	MIECHOWICKA GRUPA BIEGOWA	60+	5	00:00:04	00:11:50	**00:28:54.30**	**00:28:58.45**	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
265	**JĘDRUSIAK Lidia**	**1178**		30-39	118	00:00:00	00:12:06	**00:28:54.75**	**00:28:54.75**	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
266	**GIEROŃ Katarzyna**	**378**	DYSTANS LUBOMIA	30-39	119	00:00:13	00:12:23	**00:28:55.05**	**00:29:08.75**	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
267	**IWANEJKO Izabela**	**293**		40-49	76	00:00:16	00:12:12	**00:28:55.20**	**00:29:12.10**	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
268	**RĘKAL Dorota**	**888**		50-59	12	00:00:11	00:12:06	**00:28:55.95**	**00:29:07.65**	+00:09:56 (34.3%)	5:47	10.4 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	**SMOLORZ Anna**	**216**		30-39	120	00:00:43	00:12:27	**00:28:56.30**	**00:29:39.65**	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
270	**SZENDERA-ORSZULIK Zofia**	**793**		30-39	121	00:00:06	00:12:06	**00:29:00.40**	**00:29:07.25**	+00:10:00 (34.5%)	5:48	10.3 (65.2%)
271	**SKOTNICKA Urszula**	**1205**		50-59	13	00:00:04	00:11:34	**00:29:02.05**	**00:29:06.90**	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
272	**GWIZDAŁA Dominika**	**140**		20-29	48	00:00:30	00:12:39	**00:29:02.15**	**00:29:32.40**	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
273	**FRANKOWSKA Ania**	**102**	MIECHOWICKA GRUPA BIEGOWA	50-59	14	00:00:06	00:11:37	**00:29:05.40**	**00:29:11.65**	+00:10:05 (34.7%)	5:49	10.3 (65.2%)
274	**PANEK Ela**	**269**	BIELSZCZANKI BIEGAJĄ	40-49	77	00:00:09	00:11:58	**00:29:06.15**	**00:29:15.60**	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
275	**PIECHOCZEK-NIEZGODA Lucyna**	**1103**		40-49	78	00:00:28	00:12:48	**00:29:06.30**	**00:29:35.20**	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
276	**PORĘBSKA Karolina**	**11**		20-29	49	00:00:06	00:11:14	**00:29:06.95**	**00:29:13.75**	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
277	**BIAŁOŃCZYK Joanna**	**561**		30-39	122	00:00:00	00:12:17	**00:29:07.70**	**00:29:07.70**	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
278	**PIOTROWSKA Anna**	**148**		30-39	123	00:00:26	00:13:18	**00:29:08.00**	**00:29:34.05**	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
279	**POŁEDNIOK Aleksandra**	**822**		30-39	124	00:00:02	00:11:39	**00:29:08.15**	**00:29:10.65**	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
280	**CISZAK Zofia**	**1055**	MIECHOWICKA GRUPA BIEGOWA	40-49	79	00:00:04	00:12:12	**00:29:09.15**	**00:29:13.85**	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
281	**REK Katarzyna**	**837**	RADLINIOKI W BIEGU	40-49	80	00:00:28	00:12:24	**00:29:09.30**	**00:29:37.55**	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
282	**JUSZCZYK Izabela**	**459**		20-29	50	00:00:29	00:12:13	**00:29:09.45**	**00:29:38.50**	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
283	**NOWAK Magdalena**	**665**	BWM	20-29	51	00:00:13	00:12:26	**00:29:10.45**	**00:29:24.40**	+00:10:10 (34.9%)	5:50	10.3 (65.2%)
284	**KUBIAK Edyta**	**1230**		20-29	52	00:00:03	00:12:22	**00:29:11.05**	**00:29:14.05**	+00:10:11 (34.9%)	5:50	10.3 (65.2%)
285	**SITKO Agnieszka**	**851**	RADLINIOKI W BIEGU	30-39	125	00:00:27	00:12:23	**00:29:11.95**	**00:29:39.75**	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
286	**KRÓL Barbara**	**18**	DECATHLON ŻORY	20-29	53	00:00:24	00:12:55	**00:29:12.00**	**00:29:36.75**	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
287	**CHOLAJDA Monika**	**1303**		30-39	126	00:00:16	00:11:54	**00:29:14.35**	**00:29:30.40**	+00:10:14 (35.0%)	5:50	10.3 (65.2%)
288	**BIAŁAS Ewa**	**766**		30-39	127	00:00:28	00:12:13	**00:29:14.85**	**00:29:43.65**	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
288	**GLANOWSKA Kamila**	**446**	BB BIELSZCZANKI BIEGAJĄ	20-29	54	00:00:30	00:12:26	**00:29:14.85**	**00:29:45.60**	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
290	**HEJNA Izabela**	**846**	RADLINIOKI W BIEGU	40-49	81	00:00:28	00:13:02	**00:29:15.05**	**00:29:43.15**	+00:10:15 (35.1%)	5:51	10.3 (65.2%)
291	**ROZMUS Marzena**	**588**	ŚWIERCZYNIEC RUNNING	40-49	82	00:00:27	00:12:47	**00:29:15.15**	**00:29:42.35**	+00:10:15 (35.1%)	5:51	10.3 (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
292	**GWIZDAŁA Joanna**	**1214**		30-39	128	00:00:23	00:12:11	**00:29:17.55**	**00:29:40.80**	+00:10:17 (35.1%)	5:51	10.2 (64.6%)
293	**SURMA Bożena**	**876**	KĘCKIE HARPAGANY	30-39	129	00:00:13	00:12:24	**00:29:19.80**	**00:29:32.90**	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
294	**HETMANIOK Agnieszka**	**1226**		20-29	55	00:00:11	00:11:58	**00:29:19.90**	**00:29:31.70**	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
295	**MAZUR Beata**	**621**	FANTASTIC ANIA SIKORA	20-29	56	00:00:00	00:12:43	**00:29:19.95**	**00:29:19.95**	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
296	**LEPA Klaudia**	**1126**		16-19	10	00:00:08	00:11:24	**00:29:20.30**	**00:29:28.55**	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
297	**KUŚ Anna**	**9**		30-39	130	00:00:10	00:12:33	**00:29:21.45**	**00:29:32.05**	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
298	**PYTEL Renata**	**170**	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	83	00:00:32	00:12:18	**00:29:21.70**	**00:29:54.35**	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
299	**TRELA Dorota**	**995**	JUST FEEL FIT TEAM	40-49	84	00:00:29	00:12:03	**00:29:22.80**	**00:29:52.20**	+00:10:23 (35.3%)	5:52	10.2 (64.6%)
300	**SIENIAWSKA Janina**	**341**	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	60+	6	00:00:17	00:12:11	**00:29:24.05**	**00:29:41.05**	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
301	**WODECKA Sabina**	**209**	FORMA WODZISŁAW ŚLĄSKI	40-49	85	00:00:05	00:12:02	**00:29:24.95**	**00:29:30.65**	+00:10:25 (35.4%)	5:53	10.2 (64.6%)
302	**POSTÓŁ Karolina**	**945**		30-39	131	00:00:04	00:12:31	**00:29:25.85**	**00:29:30.20**	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
303	**STANISLAWISZYN Małgorzata**	**950**	NR	40-49	86	00:00:04	00:12:32	**00:29:26.00**	**00:29:30.10**	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
304	**MUSIAŁ Maria**	**915**		50-59	15	00:00:38	00:12:43	**00:29:26.20**	**00:30:04.25**	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
305	**PARCHAŃSKA Iwona**	**909**		20-29	57	00:00:16	00:12:37	**00:29:26.80**	**00:29:43.05**	+00:10:27 (35.5%)	5:53	10.2 (64.6%)
306	**PIECYK Adrianna**	**175**		40-49	87	00:00:14	00:11:46	**00:29:28.60**	**00:29:43.35**	+00:10:28 (35.6%)	5:53	10.2 (64.6%)
307	**ROSGA Anna**	**1142**		40-49	88	00:00:29	00:12:35	**00:29:29.55**	**00:29:59.25**	+00:10:29 (35.6%)	5:54	10.2 (64.6%)
308	**FRAJHOFER Ewa**	**983**	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	132	00:00:00	00:12:10	**00:29:31.05**	**00:29:31.05**	+00:10:31 (35.6%)	5:54	10.2 (64.6%)
309	**HABRAM Joanna**	**51**	FORMA WODZISŁAW ŚLĄSKI	30-39	133	00:00:21	00:12:38	**00:29:31.40**	**00:29:52.40**	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
310	**CIMAŁA Katarzyna**	**306**		20-29	58	00:00:12	00:11:51	**00:29:32.25**	**00:29:44.35**	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
311	**CEPUCHOWICZ Sylwia**	**810**	W POGONI ZA DUCHEM	40-49	89	00:00:14	00:12:33	**00:29:32.75**	**00:29:47.55**	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
312	**ŻAK Joanna**	**841**		30-39	134	00:00:23	00:12:38	**00:29:34.00**	**00:29:57.00**	+00:10:34 (35.7%)	5:54	10.1 (63.9%)
313	**PRÓSZYŃSKA Agnieszka**	**567**		30-39	135	00:00:27	00:12:53	**00:29:34.05**	**00:30:01.25**	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
314	**SMOLIŃSKA Ilona**	**150**		40-49	90	00:00:00	00:12:44	**00:29:34.10**	**00:29:34.10**	+00:10:34 (35.8%)	5:54	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	**BEDKA Daria**	**1237**		30-39	136	00:00:18	00:12:32	**00:29:34.20**	**00:29:52.65**	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
316	**SZCZERBAK Sabina**	**767**		30-39	137	00:00:12	00:12:34	**00:29:34.65**	**00:29:47.35**	+00:10:34 (35.8%)	5:55	10.1 (63.9%)
317	**LATA Beata**	**922**		40-49	91	00:00:15	00:12:32	**00:29:35.10**	**00:29:50.35**	+00:10:35 (35.8%)	5:55	10.1 (63.9%)
318	**CAPUTA Lucyna**	**1042**		30-39	138	00:00:27	00:12:50	**00:29:36.30**	**00:30:03.75**	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
319	**KUŹNIK Ewa**	**1268**		20-29	59	00:00:13	00:12:24	**00:29:36.35**	**00:29:49.40**	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
320	**URBAŃSKA Justyna**	**203**	MIECHOWICKA GRUPA BIEGOWA	30-39	139	00:00:31	00:13:05	**00:29:37.00**	**00:30:08.85**	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
321	**BROCKA Anita**	**337**		40-49	92	00:00:27	00:12:25	**00:29:37.05**	**00:30:04.65**	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
322	**GROŃSKA Agnieszka**	**1090**		40-49	93	00:00:15	00:12:34	**00:29:37.50**	**00:29:53.20**	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
323	**ZACHURZOK Ewelina**	**747**	OLZA CIESZYN	30-39	140	00:00:11	00:12:18	**00:29:37.90**	**00:29:48.90**	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
324	**DOBRAS Anna**	**287**	MIECHOWICKA GRUPA BIEGOWA	30-39	141	00:00:31	00:13:05	**00:29:38.00**	**00:30:09.35**	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
325	**JAKUBIK Edyta**	**101**		30-39	142	00:00:21	00:12:13	**00:29:38.80**	**00:30:00.05**	+00:10:39 (35.9%)	5:55	10.1 (63.9%)
326	**WAJMAN-GRASZA Katarzyna**	**418**	STEP-DANCE RUN	30-39	143	00:00:20	00:12:47	**00:29:39.75**	**00:30:00.20**	+00:10:39 (36.0%)	5:56	10.1 (63.9%)
327	**TOMASZEWSKA Magdalena**	**1092**		40-49	94	00:00:34	00:13:23	**00:29:39.85**	**00:30:14.70**	+00:10:40 (36.0%)	5:56	10.1 (63.9%)
328	**TRZCIŃSKA Joanna**	**115**	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	**00:29:41.65**	**00:30:02.35**	+00:10:41 (36.0%)	5:56	10.1 (63.9%)
329	**JĘDRZEJEK Michalina**	**449**		40-49	95	00:00:23	00:13:16	**00:29:42.75**	**00:30:06.65**	+00:10:42 (36.1%)	5:56	10.1 (63.9%)
330	**FIZIA Joanna**	**96**	KOLOROWA DRUŻYNA NESSI	30-39	144	00:00:16	00:12:54	**00:29:46.55**	**00:30:02.90**	+00:10:46 (36.2%)	5:57	10.1 (63.9%)
331	**JUCHA Monika**	**891**	SZYBKIE ŻÓŁWIE	40-49	96	00:00:23	00:12:25	**00:29:46.90**	**00:30:10.85**	+00:10:47 (36.2%)	5:57	10.1 (63.9%)
332	**IZABELA Woźniak**	**13**	INTER ROPE TEAM	40-49	97	00:00:08	00:12:26	**00:29:47.80**	**00:29:56.50**	+00:10:48 (36.2%)	5:57	10.1 (63.9%)
333	**BARTOSIAK Dagmara**	**1246**		30-39	145	00:00:36	00:12:36	**00:29:50.00**	**00:30:26.40**	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
334	**PRZYBYŁA Kasia**	**775**		40-49	98	00:00:14	00:12:30	**00:29:50.20**	**00:30:04.80**	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
335	**WIĘSEK Judyta**	**1232**	GWARKOWE DZIEWCZYNY	30-39	146	00:00:19	00:12:32	**00:29:50.70**	**00:30:10.30**	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
336	**GORAUS-GŁOWANIA Daria**	**110**	ADS MASNA	20-29	61	00:00:23	00:13:22	**00:29:50.95**	**00:30:14.35**	+00:10:51 (36.4%)	5:58	10.1 (63.9%)
337	**KONDZIOŁKA Kinga**	**912**		16-19	11	00:00:12	00:12:47	**00:29:51.35**	**00:30:03.45**	+00:10:51 (36.4%)	5:58	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	**ZIEMIŃSKA Patrycja**	**510**	ŚWIRY STELA	40-49	99	00:00:11	00:12:27	**00:29:51.80**	**00:30:03.55**	+00:10:52 (36.4%)	5:58	10 (63.3%)
339	**BREJTA-MACIOCHA Joanna**	**1198**	DECATHLON RYBNIK	30-39	147	00:00:00	00:13:01	**00:29:53.95**	**00:29:53.95**	+00:10:54 (36.5%)	5:58	10 (63.3%)
340	**ŚMIEJA Joanna**	**620**	RUNTEAM PAWŁOWICE	50-59	16	00:00:18	00:12:42	**00:29:54.15**	**00:30:12.90**	+00:10:54 (36.5%)	5:58	10 (63.3%)
341	**AUGUSTYN Agnieszka**	**1112**	MORSY NA KOKSIE	40-49	100	00:00:41	00:12:27	**00:29:54.65**	**00:30:36.00**	+00:10:54 (36.5%)	5:59	10 (63.3%)
342	**KOWALCZYK Izabela**	**989**	JUSTFEELFETTEAM	30-39	148	00:00:29	00:12:46	**00:29:55.25**	**00:30:24.45**	+00:10:55 (36.5%)	5:59	10 (63.3%)
343	**OSZCZĘDA Marzena**	**323**		40-49	101	00:00:14	00:11:43	**00:29:56.35**	**00:30:10.65**	+00:10:56 (36.5%)	5:59	10 (63.3%)
344	**SEBESTA-JABŁOŃSKA Karolina**	**218**		30-39	149	00:00:17	00:12:30	**00:29:57.00**	**00:30:14.90**	+00:10:57 (36.6%)	5:59	10 (63.3%)
345	**VLTAVSKÁ Zuzana**	**576**	SK ČERNÉ PLÍCE	20-29	62	00:00:19	00:12:52	**00:29:59.00**	**00:30:18.80**	+00:10:59 (36.6%)	5:59	10 (63.3%)
346	**URBAŃSKA Justyna**	**262**		40-49	102	00:00:25	00:12:55	**00:30:00.25**	**00:30:25.30**	+00:11:00 (36.7%)	6:00	10 (63.3%)
347	**SZALENIEC Patrycja**	**498**	BĘDZIN TEAM	30-39	150	00:00:15	00:12:37	**00:30:00.90**	**00:30:16.80**	+00:11:01 (36.7%)	6:00	10 (63.3%)
348	**DĄBROWSKA Jadwiga**	**196**	FANTASTIC	30-39	151	00:00:49	00:13:26	**00:30:01.70**	**00:30:50.80**	+00:11:01 (36.7%)	6:00	10 (63.3%)
349	**TYKIERKA Małgorzata**	**1169**	TOXPRESS	40-49	103	00:00:38	00:13:14	**00:30:01.75**	**00:30:39.95**	+00:11:01 (36.7%)	6:00	10 (63.3%)
350	**RAWICZ-GROTOWSKA Jowita**	**1006**		40-49	104	00:00:10	00:12:50	**00:30:03.45**	**00:30:14.25**	+00:11:03 (36.8%)	6:00	10 (63.3%)
351	**NOWAK Anna**	**15**	DECATHLON ŻORY	20-29	63	00:00:00	00:13:19	**00:30:06.15**	**00:30:06.15**	+00:11:06 (36.9%)	6:01	10 (63.3%)
352	**STUCHLIK Gabriela**	**349**		30-39	152	00:00:21	00:12:47	**00:30:06.25**	**00:30:28.00**	+00:11:06 (36.9%)	6:01	10 (63.3%)
353	**MIŚ Ela**	**993**	JUSTFEELFIT TEAM	20-29	64	00:00:07	00:12:22	**00:30:06.65**	**00:30:13.75**	+00:11:06 (36.9%)	6:01	10 (63.3%)
354	**GIŻYŃSKA Katarzyna**	**1043**	KOBIETY NA 5+	30-39	153	00:00:14	00:12:24	**00:30:07.15**	**00:30:21.80**	+00:11:07 (36.9%)	6:01	10 (63.3%)
355	**MALISZEWSKA Beata**	**12**		30-39	154	00:00:31	00:12:32	**00:30:07.70**	**00:30:38.75**	+00:11:07 (36.9%)	6:01	10 (63.3%)
356	**REYMANN Milena**	**978**	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	155	00:00:35	00:12:37	**00:30:07.90**	**00:30:43.05**	+00:11:08 (37.0%)	6:01	10 (63.3%)
357	**DUCHNOWSKA Katarzyna**	**986**	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	156	00:00:34	00:12:39	**00:30:08.25**	**00:30:43.15**	+00:11:08 (37.0%)	6:01	10 (63.3%)
358	**MIELKE Dagmara**	**254**		40-49	105	00:00:27	00:12:28	**00:30:09.90**	**00:30:37.30**	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
359	**KOWAL Beata**	**40**	MIECHOWICKA GRUPA BIEGOWA	40-49	106	00:00:32	00:13:22	**00:30:10.20**	**00:30:42.40**	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
360	**RYBARSKA Dorota**	**808**		20-29	65	00:00:26	00:13:40	**00:30:10.30**	**00:30:36.50**	+00:11:10 (37.0%)	6:02	9.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	**HOLISZ-JANUSZEK Joanna**	**245**		30-39	157	00:00:33	00:12:45	**00:30:10.65**	**00:30:43.85**	+00:11:10 (37.1%)	6:02	9.9 (62.7%)
362	**PIPIRO Grażyna**	**397**	DRUŻYNA KOBIETY NA 5+	60+	7	00:00:08	00:12:27	**00:30:10.90**	**00:30:19.60**	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
363	**WALUSZ Jolanta**	**462**	SZOMBIERKI RUNNERS	40-49	107	00:00:42	00:12:51	**00:30:11.65**	**00:30:53.80**	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
364	**KĘPKA Joanna**	**850**	WYMYŚLANKA	40-49	108	00:00:20	00:11:58	**00:30:11.70**	**00:30:32.10**	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
365	**GÓRSKA Magda**	**299**		40-49	109	00:00:17	00:12:40	**00:30:11.95**	**00:30:29.45**	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
366	**KOLORZ-SAJDAK Beata**	**724**		30-39	158	00:00:39	00:13:15	**00:30:16.65**	**00:30:56.60**	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
367	**KUŹNIK Edyta**	**844**		20-29	66	00:00:30	00:13:06	**00:30:16.75**	**00:30:47.60**	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
368	**ROGALA Anna**	**904**		30-39	159	00:00:24	00:12:33	**00:30:22.55**	**00:30:47.25**	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
369	**PIECHA Klaudia**	**1197**	DECATHLON RYBNIK	20-29	67	00:00:00	00:13:18	**00:30:22.90**	**00:30:22.90**	+00:11:23 (37.5%)	6:04	9.9 (62.7%)
370	**GATNER Agnieszka**	**428**		30-39	160	00:00:36	00:13:29	**00:30:25.45**	**00:31:01.75**	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
371	**OSIADŁY Anna**	**887**		40-49	110	00:00:19	00:12:58	**00:30:25.75**	**00:30:45.30**	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
372	**FRYDECKA Mirosława**	**1202**	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	111	00:00:32	00:13:22	**00:30:26.20**	**00:30:58.80**	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
373	**PIETROSZEK Władysława**	**1052**	MATKA I CÓRKA	40-49	112	00:00:24	00:13:06	**00:30:26.35**	**00:30:50.95**	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
374	**WĘGRZYN Ewa**	**580**		30-39	161	00:00:11	00:12:18	**00:30:27.95**	**00:30:39.65**	+00:11:28 (37.6%)	6:05	9.8 (62.0%)
375	**KRZESZOWSKA Beata**	**298**	MIECHOWICKA GRUPA BIEGOWA	40-49	113	00:00:34	00:13:04	**00:30:28.35**	**00:31:03.20**	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
376	**SZCZĘSNA Edyta**	**144**	RYTM CZECHOWICE - DZIEDZICE	30-39	162	00:00:27	00:13:13	**00:30:28.75**	**00:30:56.05**	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
377	**BLANA Małgorzata**	**1263**		40-49	114	00:00:31	00:12:34	**00:30:29.10**	**00:31:00.10**	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
378	**SKÓRA Aneta**	**525**		30-39	163	00:00:23	00:13:12	**00:30:29.30**	**00:30:52.95**	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
379	**PODSIADŁO Nina**	**408**		30-39	164	00:00:23	00:13:12	**00:30:29.75**	**00:30:52.95**	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
380	**BZOWSKA Aleksandra**	**362**	NIGHTRUNNERS GLIWICE	30-39	165	00:00:22	00:13:13	**00:30:30.10**	**00:30:52.75**	+00:11:30 (37.7%)	6:06	9.8 (62.0%)
381	**PRZESÓR Barbara**	**571**		30-39	166	00:00:06	00:12:27	**00:30:32.60**	**00:30:38.65**	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
382	**SZEFER Wioleta**	**545**		30-39	167	00:00:18	00:12:47	**00:30:32.65**	**00:30:51.40**	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
383	**SZWEDA-KUBOSZEK Katarzyna**	**537**	SPOT PSZCZYNA	30-39	168	00:00:24	00:12:54	**00:30:33.30**	**00:30:57.40**	+00:11:33 (37.8%)	6:06	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	**SZEFER Sylwia**	**547**	KOBIETY 5+	30-39	169	00:00:18	00:12:47	**00:30:33.90**	**00:30:51.90**	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
385	**KUBICA Patrycja**	**722**	OLZA CIESZYN	30-39	170	00:00:12	00:12:32	**00:30:34.05**	**00:30:46.25**	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
386	**GOLEC-CHOLEWA Aleksandra**	**994**	JUSTFEELFIT TEAM	30-39	171	00:00:28	00:12:55	**00:30:37.30**	**00:31:05.90**	+00:11:37 (38.0%)	6:07	9.8 (62.0%)
387	**GÓRKIEWICZ Magdalena**	**784**		20-29	68	00:00:34	00:13:35	**00:30:37.80**	**00:31:11.95**	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
388	**SKWARK Aneta**	**899**		30-39	172	00:00:25	00:13:31	**00:30:38.30**	**00:31:03.65**	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
389	**CYRULIK Ania**	**948**		20-29	69	00:00:16	00:13:10	**00:30:39.45**	**00:30:55.70**	+00:11:39 (38.0%)	6:07	9.8 (62.0%)
390	**PLESZCZYŃSKA Iwona**	**83**		30-39	173	00:00:20	00:12:56	**00:30:39.65**	**00:31:00.40**	+00:11:39 (38.0%)	6:08	9.8 (62.0%)
391	**KOZOK Małgorzata**	**178**	STS BIEGATON MIKOŁÓW	40-49	115	00:00:15	00:12:34	**00:30:41.30**	**00:30:56.80**	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
392	**FROSZTĘGA Katarzyna**	**951**	SISTERS	30-39	174	00:00:25	00:13:31	**00:30:41.70**	**00:31:07.50**	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
393	**CICHY Agnieszka**	**137**		30-39	175	00:00:17	00:12:52	**00:30:43.30**	**00:31:00.95**	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
394	**SZCZELINA Marta**	**489**	KOLOROWA DRUŻYNA NESSI	30-39	176	00:00:06	00:12:39	**00:30:43.65**	**00:30:49.85**	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
395	**BOŻEK Dagmara**	**425**		40-49	116	00:00:12	00:12:30	**00:30:45.60**	**00:30:57.70**	+00:11:45 (38.2%)	6:09	9.8 (62.0%)
396	**MARSZALIK Anna**	**411**		30-39	177	00:00:02	00:12:28	**00:30:45.95**	**00:30:48.05**	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
397	**MISZCZAK Anna**	**469**	BIEGIEMANIA	40-49	117	00:00:14	00:12:27	**00:30:48.20**	**00:31:02.65**	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
398	**JĘDRZEJEWSKA Beata**	**1067**		30-39	178	00:00:30	00:12:44	**00:30:48.35**	**00:31:18.85**	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
399	**WACŁAWIK Ewa**	**193**	FANTASTIC ANIA SIKORA	40-49	118	00:00:19	00:13:17	**00:30:48.65**	**00:31:08.50**	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
400	**MATUĆ Aleksandra**	**93**	MIECHOWICKA GRUPA BEGOWA	40-49	119	00:00:34	00:13:20	**00:30:49.50**	**00:31:23.80**	+00:11:49 (38.4%)	6:09	9.7 (61.4%)
401	**SITKO Dagmara**	**830**	GWARKOWE DZIEWCZYNY	30-39	179	00:00:19	00:12:54	**00:30:50.45**	**00:31:10.15**	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
402	**WIECZOREK Klaudia**	**338**	KOBIEY NA 5+	20-29	70	00:00:32	00:13:27	**00:30:51.25**	**00:31:23.65**	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
403	**MILKOWSKA Wanessa**	**1134**		16-19	12	00:00:11	00:12:46	**00:30:51.65**	**00:31:03.05**	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
404	**ADAMIK Magda**	**437**	KOLOROWA DRUŻYNA NESSI	30-39	180	00:01:36	00:13:00	**00:30:51.80**	**00:32:28.45**	+00:11:52 (38.4%)	6:10	9.7 (61.4%)
405	**SIKORA Agnieszka**	**324**	NIGHT RUNNERS	30-39	181	00:00:40	00:13:25	**00:30:51.90**	**00:31:32.20**	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
406	**TYCZYŃSKA Małgorzata**	**183**	SZYBKIE ŻÓŁWIE	50-59	17	00:00:28	00:13:27	**00:30:52.55**	**00:31:20.90**	+00:11:52 (38.5%)	6:10	9.7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	**JURCZYK Magdalena**	**356**	MIECHOWICKA GRUPA BIEGOWA	40-49	120	00:00:24	00:14:01	**00:30:52.95**	**00:31:17.70**	+00:11:53 (38.5%)	6:10	9.7 (61.4%)
408	**ĆWIĘK-ŁACH Ewa**	**799**		30-39	182	00:00:10	00:12:09	**00:30:55.05**	**00:31:05.65**	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
409	**PROCNER Dorota**	**921**		30-39	183	00:00:37	00:13:31	**00:30:55.10**	**00:31:32.70**	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
410	**IWANOWICZ Anna**	**233**	PARKRUN CHRZANÓW	30-39	184	00:00:16	00:13:13	**00:30:55.30**	**00:31:11.90**	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
411	**ROZMUS-PROCNER Patrycja**	**931**	WAPIENICKI TEAM	30-39	185	00:00:37	00:13:31	**00:30:55.45**	**00:31:32.70**	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
412	**FECZKO Monika**	**1170**		20-29	71	00:00:16	00:12:33	**00:30:55.70**	**00:31:11.75**	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
413	**IWANOWICZ Klaudia**	**234**	PARKRUN CHRZANÓW	16-19	13	00:00:15	00:13:14	**00:30:55.90**	**00:31:11.70**	+00:11:56 (38.6%)	6:11	9.7 (61.4%)
414	**KUBISTY Anna**	**185**		40-49	121	00:00:02	00:12:34	**00:30:57.90**	**00:31:00.15**	+00:11:58 (38.7%)	6:11	9.7 (61.4%)
415	**SZPYRA Sonia**	**66**		40-49	122	00:00:07	00:12:42	**00:30:59.05**	**00:31:06.50**	+00:11:59 (38.7%)	6:11	9.7 (61.4%)
416	**PRZYBYŁA Magdalena**	**290**		20-29	72	00:00:29	00:13:09	**00:31:00.35**	**00:31:30.05**	+00:12:00 (38.7%)	6:12	9.7 (61.4%)
417	**SOJKA Ania**	**670**		20-29	73	00:00:33	00:14:00	**00:31:00.45**	**00:31:33.60**	+00:12:00 (38.7%)	6:12	9.7 (61.4%)
418	**ZDEB Barbara**	**310**	NIGHT RUNNERS ZABRZE	30-39	186	00:00:42	00:13:43	**00:31:05.55**	**00:31:47.80**	+00:12:05 (38.9%)	6:13	9.7 (61.4%)
419	**KASPRZYCKA-SZUBARSKA Katarzyna**	**871**	OLZA CIESZYN	40-49	123	00:00:26	00:13:31	**00:31:05.60**	**00:31:32.35**	+00:12:05 (38.9%)	6:13	9.6 (60.8%)
420	**KUBAS Alina**	**41**	KLUB BIEGACZA FARTLEK	40-49	124	00:00:16	00:12:40	**00:31:05.70**	**00:31:22.65**	+00:12:05 (38.9%)	6:13	9.6 (60.8%)
421	**SZADY Barbara**	**61**		30-39	187	00:00:38	00:13:47	**00:31:05.80**	**00:31:44.50**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
422	**GŁÓWCZYK Izabella**	**758**	KOBIETY NA 5+	40-49	125	00:00:25	00:13:29	**00:31:06.00**	**00:31:31.85**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
423	**JEWUŁA Karolina**	**445**	KOBIETA NA 5+	20-29	74	00:00:29	00:12:25	**00:31:06.30**	**00:31:36.15**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
424	**FILIPIAK Beata**	**42**	MIECHOWICKA GRUPA BIEGOWA	40-49	126	00:00:05	00:12:07	**00:31:06.35**	**00:31:11.55**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
425	**KOSOWSKA Grażyna**	**1215**	KOBIETY NA 5+	50-59	18	00:00:25	00:13:29	**00:31:06.50**	**00:31:32.05**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
426	**HALSZKA Joanna**	**780**		30-39	188	00:00:23	00:13:32	**00:31:06.65**	**00:31:30.60**	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
427	**KUPCZEWSKA Izabela**	**1139**	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	189	00:00:09	00:12:58	**00:31:07.55**	**00:31:17.05**	+00:12:07 (39.0%)	6:13	9.6 (60.8%)
428	**SZYMURA Izabela**	**1009**		40-49	127	00:00:44	00:13:38	**00:31:09.60**	**00:31:54.20**	+00:12:09 (39.0%)	6:14	9.6 (60.8%)
429	**SOBEL Beata**	**980**		30-39	190	00:00:29	00:12:55	**00:31:12.25**	**00:31:41.60**	+00:12:12 (39.1%)	6:14	9.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	**MENŻYK Anna**	**668**		30-39	191	00:00:41	00:13:53	**00:31:13.50**	**00:31:55.35**	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
431	**JACAK Marta**	**180**		30-39	192	00:00:45	00:13:21	**00:31:14.50**	**00:32:00.35**	+00:12:14 (39.2%)	6:15	9.6 (60.8%)
432	**ZAJAC SWOBODA Beata**	**477**	AMATOR	40-49	128	00:00:18	00:13:06	**00:31:15.70**	**00:31:34.20**	+00:12:15 (39.2%)	6:15	9.6 (60.8%)
433	**SKOCZEK Agnieszka**	**549**	CHILLOUT	40-49	129	00:00:33	00:13:05	**00:31:15.80**	**00:31:49.25**	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
434	**BURZYŃSKA Beata**	**1101**		40-49	130	00:00:06	00:12:44	**00:31:16.00**	**00:31:22.35**	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
435	**MORIC Anna**	**278**	KOLOROWA DRUŻYNA NESSI	30-39	193	00:00:11	00:12:45	**00:31:19.30**	**00:31:30.60**	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
436	**MALINOWSKA Aneta**	**60**	OLZA CIESZYN	40-49	131	00:00:27	00:13:05	**00:31:20.60**	**00:31:47.85**	+00:12:20 (39.4%)	6:16	9.6 (60.8%)
437	**ŚMIGIELSKA Justyna**	**1140**	MORSY NA KOKSIE	30-39	194	00:00:42	00:13:15	**00:31:22.50**	**00:32:05.35**	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
438	**KONIECZKA Katarzyna**	**191**	MIECHOWICKA GRUPA BIEGOWA	40-49	132	00:00:46	00:13:44	**00:31:22.65**	**00:32:09.55**	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
439	**PTASZYŃSKA Justyna**	**848**	RADLINIOKI W BIEGU	40-49	133	00:00:42	00:13:35	**00:31:22.80**	**00:32:05.10**	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
440	**NALEPA Marta**	**865**		30-39	195	00:00:19	00:12:45	**00:31:23.80**	**00:31:43.45**	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
441	**OKOŃ Elżbieta**	**379**		30-39	196	00:00:23	00:13:04	**00:31:24.15**	**00:31:47.40**	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
442	**WAWRZYK Iwona**	**248**	OLZA CIESZYN	50-59	19	00:00:26	00:13:06	**00:31:28.10**	**00:31:54.85**	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
443	**KUBACZKA-LIGENZA Sylwia**	**426**	#CZELADZBIEGA	30-39	197	00:00:31	00:13:17	**00:31:28.25**	**00:32:00.00**	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
444	**KUCZA-CHMIEL Kalina**	**1227**		40-49	134	00:00:44	00:13:22	**00:31:28.70**	**00:32:13.35**	+00:12:28 (39.7%)	6:17	9.5 (60.1%)
445	**ROMBERG Agnieszka**	**43**	MIECHOWICKA GRUPA BIEGOWA	40-49	135	00:00:33	00:13:21	**00:31:29.45**	**00:32:02.70**	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
446	**GÓRNY Jola**	**272**	NUTREND TEAM	40-49	136	00:00:01	00:12:10	**00:31:29.60**	**00:31:31.25**	+00:12:29 (39.7%)	6:18	9.5 (60.1%)
447	**MARCINKOWSKA Beata**	**393**	#CZELADZBIEGA	40-49	137	00:00:31	00:13:08	**00:31:30.20**	**00:32:01.95**	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
448	**BRYCHCY Estera**	**1138**	RUNTEAM PAWŁOWICE	30-39	198	00:00:07	00:13:09	**00:31:30.35**	**00:31:38.15**	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
449	**RUCIŃSKA Kinga**	**740**		30-39	199	00:00:07	00:12:27	**00:31:30.40**	**00:31:37.50**	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
450	**KLUSKA Sylwia**	**98**		50-59	20	00:00:00	00:13:45	**00:31:30.65**	**00:31:30.65**	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
451	**DARNOWSKA-HYLA Julia**	**1111**		30-39	200	00:00:17	00:13:01	**00:31:32.85**	**00:31:50.65**	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
452	**ŚLEZIONA Katarzyna**	**1068**		30-39	201	00:00:16	00:13:01	**00:31:33.65**	**00:31:49.80**	+00:12:33 (39.8%)	6:18	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	**ZŁOCIAK Agnieszka**	**666**		40-49	138	00:00:34	00:13:02	**00:31:34.65**	**00:32:08.85**	+00:12:34 (39.8%)	6:18	9.5 (60.1%)
454	**GŁĄB Magdalena**	**205**		30-39	202	00:00:33	00:13:03	**00:31:34.70**	**00:32:08.45**	+00:12:34 (39.8%)	6:19	9.5 (60.1%)
455	**DOBOSZ Ilona**	**624**		40-49	139	00:00:05	00:12:24	**00:31:35.15**	**00:31:40.40**	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
456	**PINGIELSKA Małgorzata**	**838**	RADLINIOKI W BIEGU	40-49	140	00:00:27	00:13:26	**00:31:35.35**	**00:32:03.20**	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
457	**WIŚNIEWSKA Justyna**	**34**	KOBIETY NA 5+	30-39	203	00:00:14	00:12:47	**00:31:35.50**	**00:31:49.95**	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
458	**DOLNIK Katarzyna**	**1003**		30-39	204	00:00:18	00:13:55	**00:31:35.60**	**00:31:54.35**	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
459	**NIEDZIOŁKO Bożena**	**72**	KOBIETY NA 5+	50-59	21	00:00:14	00:12:47	**00:31:36.00**	**00:31:50.00**	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
460	**KARKULA Katarzyna**	**1051**		30-39	205	00:00:23	00:13:27	**00:31:36.20**	**00:31:59.20**	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
461	**PYZIK Barbara**	**728**		30-39	206	00:00:38	00:13:43	**00:31:36.70**	**00:32:15.05**	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
462	**MARCINKIEWICZ-KLUCZNIOK Ewa**	**302**	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	141	00:00:07	00:12:48	**00:31:37.00**	**00:31:44.95**	+00:12:37 (39.9%)	6:19	9.5 (60.1%)
463	**HUBA Agnieszka**	**553**	KOBIETY NA 5+	30-39	207	00:00:21	00:12:18	**00:31:40.60**	**00:32:01.60**	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
464	**ADAMCZYK Sandra**	**1013**		20-29	75	00:00:28	00:12:48	**00:31:40.70**	**00:32:08.70**	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
465	**WOJDANOWSKA Małgorzata**	**1117**		30-39	208	00:00:34	00:13:15	**00:31:40.85**	**00:32:15.65**	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
466	**FECZKO Lucyna**	**1166**		40-49	142	00:00:16	00:13:35	**00:31:41.20**	**00:31:58.10**	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
467	**DYCZEK Klaudia**	**640**	DYCZUŚ TEAM	30-39	209	00:00:29	00:13:45	**00:31:42.10**	**00:32:11.95**	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
468	**KACZOREK Ania**	**210**		40-49	143	00:00:21	00:13:30	**00:31:42.85**	**00:32:03.95**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
469	**MLECZKO Monika**	**1189**		50-59	22	00:00:37	00:13:27	**00:31:42.95**	**00:32:19.95**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
470	**SRADOMSKA Barbara**	**1224**	HRMAX ŻORY	40-49	144	00:00:21	00:13:31	**00:31:43.20**	**00:32:04.45**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
471	**MACURA Ewa**	**493**	HRMAX ŻORY	50-59	23	00:00:20	00:13:32	**00:31:43.40**	**00:32:04.20**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
472	**HERDUŚ Lucyna**	**753**		30-39	210	00:00:24	00:13:34	**00:31:43.50**	**00:32:07.70**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
473	**PASZEK Hania**	**611**	HRMAX DZIOŁSZKI	40-49	145	00:00:20	00:13:30	**00:31:43.70**	**00:32:04.15**	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
474	**KOGUT Edyta**	**1291**	HR MAX DZIOŁSZKI	40-49	146	00:00:20	00:13:30	**00:31:44.05**	**00:32:04.20**	+00:12:44 (40.1%)	6:20	9.5 (60.1%)
475	**LEPICH Katarzyna**	**1236**	MIECHOWICKA GRUPA BIEGOWA	30-39	211	00:00:33	00:13:32	**00:31:44.10**	**00:32:17.30**	+00:12:44 (40.1%)	6:20	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	**BURNAGIEL Agata**	**292**	HRMAX DZIOŁSZKI	50-59	24	00:00:19	00:13:33	**00:31:44.55**	**00:32:04.15**	+00:12:44 (40.2%)	6:21	9.4 (59.5%)
477	**LISZOK Iwona**	**597**		30-39	212	00:00:16	00:13:20	**00:31:44.85**	**00:32:01.45**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
478	**LIDUK Wioletta**	**1038**		40-49	147	00:00:14	00:12:33	**00:31:44.95**	**00:31:59.55**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
479	**BARTECKA Sabina**	**560**	HRMAX ŻORY	40-49	148	00:00:19	00:13:30	**00:31:45.25**	**00:32:04.25**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
480	**BASEK Marta**	**420**	HR MAX DZIOŁSZKI	40-49	149	00:00:18	00:13:31	**00:31:45.35**	**00:32:03.95**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
481	**KUCZEK Katarzyna**	**1037**	PGB SPORTOWA PACZKA	40-49	150	00:00:14	00:12:33	**00:31:45.45**	**00:31:59.45**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	**KAŁUS Ewa**	**467**	HRMAX ŻORY	40-49	151	00:00:18	00:13:31	**00:31:45.55**	**00:32:04.05**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	**PADIASEK Dominika**	**487**	HRMAX ŻORY	30-39	213	00:00:18	00:13:33	**00:31:45.55**	**00:32:04.45**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
484	**PUSTELNIK Ewa**	**107**		40-49	152	00:00:18	00:13:30	**00:31:45.70**	**00:32:03.85**	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
485	**DZIAŁKOWSKA Barbara**	**790**		40-49	153	00:00:22	00:13:06	**00:31:46.40**	**00:32:09.05**	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
486	**KATARZYNA Wesołowska**	**8**		40-49	154	00:00:10	00:12:35	**00:31:46.50**	**00:31:57.20**	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
487	**ZIELINA Katarzyna**	**732**		20-29	76	00:00:49	00:14:24	**00:31:46.65**	**00:32:36.10**	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
488	**WALA Anna**	**1220**		30-39	214	00:00:11	00:12:07	**00:31:46.85**	**00:31:58.65**	+00:12:47 (40.2%)	6:21	9.4 (59.5%)
489	**KORCZEWSKA Beata**	**1234**	MIECHOWICKA GRUPA BIEGOWA	40-49	155	00:00:33	00:13:32	**00:31:48.00**	**00:32:21.30**	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
490	**RADZIEWICZ Renata**	**479**	SPOT	40-49	156	00:00:45	00:14:15	**00:31:49.20**	**00:32:35.10**	+00:12:49 (40.3%)	6:22	9.4 (59.5%)
491	**ŻUCHOWICZ Elzbieta**	**908**	KOLOROWA DRUŻYNA NESSI	50-59	25	00:00:10	00:13:37	**00:31:49.55**	**00:31:59.70**	+00:12:49 (40.3%)	6:21	9.4 (59.5%)
492	**MARCINKOWSKA Magdalena**	**119**	MIECHOWICKA GRUPA BIEGOWA	30-39	215	00:00:31	00:13:34	**00:31:50.35**	**00:32:21.65**	+00:12:50 (40.3%)	6:22	9.4 (59.5%)
493	**PETRYKOWSKA Elżbieta**	**578**	AMATOR	40-49	157	00:00:07	00:12:51	**00:31:50.95**	**00:31:58.35**	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
494	**MAZUR Justyna**	**387**	FANTASTIC ANIA SIKORA	30-39	216	00:00:20	00:13:34	**00:31:51.65**	**00:32:12.00**	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
495	**WOJTOŃ-STAWICKA Małgorzata**	**246**	RUNTEAM PAWŁOWICE	50-59	26	00:00:22	00:13:33	**00:31:51.80**	**00:32:14.35**	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
496	**WOSIŃSKA Helena**	**942**	RUNTEAM PAWŁOWICE	30-39	217	00:00:20	00:13:08	**00:31:53.80**	**00:32:14.30**	+00:12:54 (40.4%)	6:22	9.4 (59.5%)
497	**ZAGÓRSKA Beata**	**1297**	NIEDŹWIEDŹ TEAM	30-39	218	00:00:49	00:13:28	**00:31:54.10**	**00:32:43.10**	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
498	**GORUS Anna**	**719**	NIGHT RUNNERS ZABRZE	30-39	219	00:00:40	00:13:35	**00:31:54.50**	**00:32:35.35**	+00:12:54 (40.5%)	6:23	9.4 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
499	**SYLWIA Kopel**	**1127**	KOBIETY NA 5+	40-49	158	00:00:32	00:13:21	**00:31:54.60**	**00:32:26.75**	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
500	**DELEWSKA Dorota**	**512**	NIGHT RUNNERS	40-49	159	00:00:39	00:13:36	**00:31:54.80**	**00:32:34.60**	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
501	**ŻURKE Basia**	**859**		40-49	160	00:00:27	00:12:53	**00:31:55.10**	**00:32:22.80**	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
502	**BARDOSZ Renata**	**589**	NIGHT RUNNERS	40-49	161	00:00:39	00:13:37	**00:31:55.35**	**00:32:34.85**	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
503	**HRYNKIEWICZ Izabela**	**1098**		30-39	220	00:00:26	00:12:57	**00:31:56.85**	**00:32:23.00**	+00:12:57 (40.5%)	6:23	9.4 (59.5%)
504	**DOROBEK Agata**	**582**		40-49	162	00:00:36	00:13:40	**00:31:58.50**	**00:32:34.80**	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
505	**STOPYRA Agnieszka**	**684**	BRAK	40-49	163	00:00:16	00:13:03	**00:32:00.10**	**00:32:16.65**	+00:13:00 (40.6%)	6:24	9.4 (59.5%)
506	**PILCH Anna**	**1155**		30-39	221	00:00:33	00:14:03	**00:32:03.15**	**00:32:36.55**	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
506	**KISZKA Oriana**	**20**	DIAGNOSTIX	30-39	222	00:00:33	00:14:03	**00:32:03.15**	**00:32:36.65**	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
508	**TOMAN Aneta**	**1199**	HRMAXZORY	30-39	223	00:00:00	00:13:53	**00:32:04.10**	**00:32:04.10**	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
509	**SAWICKA Marta**	**47**		30-39	224	00:00:47	00:13:58	**00:32:04.80**	**00:32:52.70**	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
510	**BERNAT Katarzyna**	**902**		40-49	164	00:00:35	00:13:15	**00:32:05.25**	**00:32:40.35**	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
511	**KUFIETA Ewelina Ina**	**664**		30-39	225	00:00:35	00:13:15	**00:32:05.35**	**00:32:40.45**	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
512	**KUCZERA Angelika**	**505**		16-19	14	00:00:31	00:14:29	**00:32:06.10**	**00:32:37.15**	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
513	**BORIŃSKA Jadwiga**	**662**		50-59	27	00:00:36	00:13:54	**00:32:06.30**	**00:32:42.55**	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
514	**ŚWIERCZ Anna**	**187**	KOBIETY NA 5+	40-49	165	00:00:14	00:12:58	**00:32:06.80**	**00:32:21.70**	+00:13:07 (40.8%)	6:25	9.3 (58.9%)
515	**PŁASKA Barbara**	**62**	KOBIETY NA 5+	40-49	166	00:00:14	00:12:58	**00:32:07.35**	**00:32:21.55**	+00:13:07 (40.9%)	6:25	9.3 (58.9%)
516	**KAŃTOCH Izabela**	**158**	HAM EXPERT	40-49	167	00:00:43	00:13:44	**00:32:07.85**	**00:32:51.65**	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
517	**KANTOROWSKA Ania**	**699**	POWOLI DO CELU	30-39	226	00:00:40	00:13:36	**00:32:12.15**	**00:32:52.45**	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
518	**MAZUROWSKA Bogusława**	**1040**		40-49	168	00:00:26	00:13:20	**00:32:15.20**	**00:32:41.40**	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
519	**GRZELAK Patrycja**	**583**	KOBIETY NA 5+	30-39	227	00:00:16	00:13:24	**00:32:15.35**	**00:32:32.15**	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
520	**SZALA Beata**	**267**	SBD ENERGETYK RYBNIK	30-39	228	00:00:33	00:13:18	**00:32:16.60**	**00:32:49.60**	+00:13:16 (41.1%)	6:27	9.3 (58.9%)
521	**KSEPKO Kasia**	**91**		30-39	229	00:00:34	00:13:54	**00:32:17.15**	**00:32:52.00**	+00:13:17 (41.2%)	6:27	9.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
522	**POLIWKA-FILIPOWSKA Karolina**	**858**		20-29	77	00:00:53	00:14:23	**00:32:17.95**	**00:33:11.00**	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
523	**ŚLEDŹ Dorota**	**88**	HRMAX ŻORY	16-19	15	00:00:20	00:13:36	**00:32:18.60**	**00:32:38.60**	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
524	**BAŁA Justyna**	**151**	KOBIETY NA 5+	30-39	230	00:00:24	00:13:37	**00:32:18.65**	**00:32:43.60**	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
525	**MYŚLIWIEC Monika**	**1156**	KOBIETY NA 5+	40-49	169	00:00:02	00:13:00	**00:32:19.10**	**00:32:21.90**	+00:13:19 (41.2%)	6:27	9.3 (58.9%)
526	**VAIDYAN Vimala**	**828**		20-29	78	00:00:03	00:13:14	**00:32:20.05**	**00:32:23.05**	+00:13:20 (41.2%)	6:28	9.3 (58.9%)
527	**SIKORA Anna**	**247**	FANTASTIC ANIA SIKORA	40-49	170	00:00:00	00:13:03	**00:32:20.25**	**00:32:20.25**	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
528	**SIKORA Magdalena**	**5**	FANTASTIC ANIA SIKORA	16-19	16	00:00:00	00:13:03	**00:32:20.45**	**00:32:20.45**	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
529	**M Beata**	**109**	BB BIELSZCZANKI BIEGAJĄ	50-59	28	00:00:37	00:13:23	**00:32:21.20**	**00:32:58.45**	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
530	**KRZEMPEK Bogusława**	**71**	WAPIENICKI TEAM	40-49	171	00:00:37	00:13:31	**00:32:21.50**	**00:32:58.70**	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
531	**MIŚKOWIEC Agnieszka**	**1136**		40-49	172	00:00:38	00:13:42	**00:32:21.95**	**00:32:59.95**	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
532	**PIECHOTA Hanna**	**17**	DECATHLON ŻORY	20-29	79	00:00:25	00:13:55	**00:32:24.00**	**00:32:49.25**	+00:13:24 (41.4%)	6:28	9.3 (58.9%)
533	**JASZCZAK Małgorzata**	**134**		20-29	80	00:00:17	00:13:38	**00:32:25.15**	**00:32:42.80**	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
533	**KOWALCZYK Zuzanna**	**16**	DECATHLON ŻORY	30-39	231	00:00:24	00:13:55	**00:32:25.15**	**00:32:49.35**	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
535	**STANISZEWSKA-COLIK Magdalena**	**524**		30-39	232	00:00:03	00:13:39	**00:32:25.35**	**00:32:28.85**	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
536	**WITKOWSKA Maria**	**384**	KLUB KRÓLIKA STEFANA	60+	8	00:00:33	00:13:45	**00:32:26.30**	**00:33:00.25**	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
537	**GODZIC Magdalena**	**451**		40-49	173	00:00:29	00:13:19	**00:32:26.40**	**00:32:55.45**	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
538	**SZCZĘŚBNIAK DUDAŁA Małgorzata**	**1239**	#CZELADZBIEGA	40-49	174	00:00:30	00:13:14	**00:32:28.25**	**00:32:58.85**	+00:13:28 (41.5%)	6:29	9.2 (58.2%)
539	**WRZOSEK Karolina**	**35**	#CZELADZBIEGA	20-29	81	00:00:29	00:13:15	**00:32:28.85**	**00:32:58.55**	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
540	**BUJAK-KAPA Dorota**	**958**	#CZELADZBIEGA	30-39	233	00:00:29	00:13:15	**00:32:28.90**	**00:32:58.85**	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
541	**ZIEJA Iza**	**364**		40-49	175	00:00:05	00:13:33	**00:32:29.25**	**00:32:34.50**	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
542	**KSIĄDZ Aneta**	**802**		30-39	234	00:00:25	00:13:58	**00:32:29.70**	**00:32:55.55**	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
543	**GORAUS Anna**	**188**	ADS MASNA	30-39	235	00:00:31	00:13:18	**00:32:29.85**	**00:33:01.65**	+00:13:30 (41.5%)	6:30	9.2 (58.2%)
544	**MARCYNIAK Katarzyna**	**1119**		30-39	236	00:00:30	00:14:17	**00:32:32.30**	**00:33:02.45**	+00:13:32 (41.6%)	6:30	9.2 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	**KOZDĘBA Katarzyna**	**1072**		40-49	176	00:00:30	00:14:18	**00:32:32.30**	**00:33:02.50**	+00:13:32 (41.6%)	6:30	9.2 (58.2%)
546	**KOŁODZIEJ Ilona**	**527**	----------	40-49	177	00:00:47	00:14:02	**00:32:32.95**	**00:33:20.10**	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
547	**KAJDA Zuzanna**	**78**	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	237	00:00:20	00:13:26	**00:32:33.10**	**00:32:53.70**	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
548	**AUGUŚCIK Ewelina**	**30**		30-39	238	00:00:19	00:13:21	**00:32:36.35**	**00:32:56.05**	+00:13:36 (41.7%)	6:31	9.2 (58.2%)
549	**CHROBOK Natalia**	**734**	OLZA CIESZYN	30-39	239	00:00:21	00:13:20	**00:32:37.05**	**00:32:58.65**	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
550	**JAKACKA Agata**	**1048**		20-29	82	00:00:49	00:15:18	**00:32:37.35**	**00:33:27.05**	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
551	**KLEPACKA Edyta**	**219**		40-49	178	00:00:33	00:13:53	**00:32:37.60**	**00:33:10.80**	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
552	**ŻERDKA Agnieszka**	**1106**	BRYKAJĄCA GRUPA BIEGOWA	30-39	240	00:00:32	00:13:44	**00:32:39.15**	**00:33:11.75**	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
553	**SIENKIEWICZ Gabriela**	**761**		30-39	241	00:00:38	00:13:42	**00:32:39.95**	**00:33:18.65**	+00:13:40 (41.8%)	6:32	9.2 (58.2%)
554	**JAKIMCZUK Małgorzata**	**806**		40-49	179	00:00:00	00:14:07	**00:32:40.45**	**00:32:40.45**	+00:13:40 (41.9%)	6:32	9.2 (58.2%)
555	**GRZYŚKA Katarzyna**	**371**		30-39	242	00:01:19	00:13:58	**00:32:40.80**	**00:34:00.75**	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
556	**KRZACZEK Aleksandra**	**849**	RADLINIOKI W BIEGU	40-49	180	00:00:27	00:13:41	**00:32:41.30**	**00:33:09.10**	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
557	**TOKAREWICZ Justyna**	**936**		30-39	243	00:00:22	00:13:55	**00:32:41.70**	**00:33:03.95**	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
558	**KRÓLIKOWSKA Gabriela**	**165**	KATOWICE	60+	9	00:00:01	00:13:26	**00:32:43.50**	**00:32:44.95**	+00:13:43 (42.0%)	6:32	9.2 (58.2%)
559	**PRZYBYŁA Violetta**	**543**	PARKRUN TYCHY	40-49	181	00:00:02	00:13:04	**00:32:44.80**	**00:32:46.95**	+00:13:45 (42.0%)	6:32	9.2 (58.2%)
560	**STEKLA-MAJER Anna**	**1096**		20-29	83	00:00:27	00:13:47	**00:32:45.20**	**00:33:12.75**	+00:13:45 (42.0%)	6:33	9.2 (58.2%)
561	**NĘDZA Luiza**	**816**		20-29	84	00:00:41	00:14:31	**00:32:47.55**	**00:33:28.95**	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
562	**MIKA Emilia**	**646**		20-29	85	00:00:39	00:13:41	**00:32:47.70**	**00:33:27.65**	+00:13:47 (42.1%)	6:33	9.1 (57.6%)
563	**SUDLITZ Anna**	**1049**	FORTUNA SISTERS	30-39	244	00:00:38	00:14:48	**00:32:48.90**	**00:33:27.55**	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
564	**FOJCIK Asia**	**145**	SBD ENERGETYK RYBNIK	40-49	182	00:00:00	00:13:51	**00:32:49.40**	**00:32:49.40**	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
565	**SZLAUR Ewelina**	**720**	OLZA CIESZYN	30-39	245	00:00:44	00:14:47	**00:32:50.00**	**00:33:34.20**	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
566	**DRYNDA Jolanta**	**735**		30-39	246	00:00:10	00:13:21	**00:32:50.10**	**00:33:00.80**	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
567	**TOWŚCIK Anna**	**918**		30-39	247	00:00:23	00:13:55	**00:32:52.75**	**00:33:16.00**	+00:13:52 (42.2%)	6:34	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
567	**RODAK Agnieszka**	**1125**	W POGONI ZA DUCHEM	30-39	248	00:00:34	00:14:11	**00:32:52.75**	**00:33:27.50**	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
569	**MAZUR Aleksandra**	**365**		30-39	249	00:00:45	00:15:13	**00:32:53.35**	**00:33:38.50**	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
570	**NAWROCKA Agnieszka**	**213**		40-49	183	00:00:28	00:14:00	**00:32:55.35**	**00:33:23.35**	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
571	**GASZKA Sylwia**	**225**		40-49	184	00:00:27	00:13:29	**00:32:55.55**	**00:33:22.65**	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
572	**JAROSIŃSKA Barbara**	**608**		40-49	185	00:00:28	00:14:00	**00:32:55.85**	**00:33:24.65**	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	**STRZODA Barbara**	**448**	PSZCZYNA BIEGA	30-39	250	00:00:13	00:13:21	**00:32:56.05**	**00:33:09.35**	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	**TATARCZYK Justyna**	**481**		30-39	251	00:00:33	00:14:01	**00:32:56.05**	**00:33:29.50**	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
575	**MAGDALENA Gałuszka**	**1050**	FORTUNA SISTERS	40-49	186	00:00:38	00:14:48	**00:32:59.00**	**00:33:37.05**	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
576	**KRYSTEK Ewelina**	**715**	PSZCZYNA BIEGA	30-39	252	00:00:12	00:13:22	**00:32:59.70**	**00:33:12.55**	+00:13:59 (42.4%)	6:36	9.1 (57.6%)
577	**BORUS Joanna**	**438**	OLZA CIESZYN	40-49	187	00:00:28	00:13:57	**00:32:59.90**	**00:33:28.50**	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
578	**SAMSEL Zuzanna**	**557**		30-39	253	00:00:44	00:14:19	**00:33:00.30**	**00:33:44.35**	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
579	**SKRZYPCZAK Edyta**	**877**		20-29	86	00:00:05	00:15:01	**00:33:01.85**	**00:33:07.15**	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
580	**JÓZEF Ania**	**314**	ADS MASNA	30-39	254	00:00:15	00:13:43	**00:33:01.90**	**00:33:17.50**	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
581	**ADAMUS Katarzyna**	**67**	OLZA CIESZYN	40-49	188	00:00:33	00:14:05	**00:33:03.00**	**00:33:36.30**	+00:14:03 (42.5%)	6:36	9.1 (57.6%)
582	**TARGOSZ Aneta**	**24**	OLZA CIESZYN	30-39	255	00:00:32	00:14:06	**00:33:04.10**	**00:33:36.60**	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
583	**HALSZKA Dominika**	**996**		20-29	87	00:00:24	00:14:02	**00:33:04.55**	**00:33:28.95**	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
584	**LANGE Katarzyna**	**756**	VIKING TRAINING CENTER	30-39	256	00:00:49	00:15:12	**00:33:04.65**	**00:33:54.35**	+00:14:04 (42.6%)	6:37	9.1 (57.6%)
585	**JAFERNIK Małgorzata**	**1262**	PW RAFI	30-39	257	00:00:35	00:14:04	**00:33:05.45**	**00:33:41.35**	+00:14:05 (42.6%)	6:37	9.1 (57.6%)
586	**NOWAK Anna**	**456**		40-49	189	00:00:29	00:13:56	**00:33:06.25**	**00:33:35.35**	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
587	**PUDA Dorota**	**1183**		40-49	190	00:00:22	00:13:50	**00:33:06.30**	**00:33:29.25**	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
588	**KISIELEWSKA Mirella**	**480**		30-39	258	00:00:44	00:13:53	**00:33:06.85**	**00:33:50.95**	+00:14:07 (42.6%)	6:37	9.1 (57.6%)
589	**PROKOPENKO Aga**	**122**		40-49	191	00:01:06	00:13:35	**00:33:08.90**	**00:34:15.45**	+00:14:09 (42.7%)	6:37	9 (57.0%)
590	**BRODA Beata**	**263**		40-49	192	00:00:14	00:13:21	**00:33:09.45**	**00:33:23.95**	+00:14:09 (42.7%)	6:37	9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
591	**WERESZCZAK Agnieszka**	**133**		40-49	193	00:00:33	00:13:40	**00:33:10.80**	**00:33:44.45**	+00:14:11 (42.7%)	6:38	9 (57.0%)
592	**ADAMUS Anna**	**573**	BRAK	40-49	194	00:00:36	00:13:45	**00:33:12.85**	**00:33:49.05**	+00:14:13 (42.8%)	6:38	9 (57.0%)
593	**DZIEDZIC Aga**	**1104**		16-19	17	00:00:46	00:14:02	**00:33:13.55**	**00:33:59.85**	+00:14:13 (42.8%)	6:38	9 (57.0%)
594	**SZKATUŁA Jadwiga**	**953**		20-29	88	00:00:26	00:13:53	**00:33:13.70**	**00:33:39.85**	+00:14:13 (42.8%)	6:38	9 (57.0%)
595	**ROLA Agnieszka**	**1012**		40-49	195	00:00:53	00:14:13	**00:33:14.15**	**00:34:07.50**	+00:14:14 (42.8%)	6:38	9 (57.0%)
596	**SERWIN Asia**	**532**		20-29	89	00:00:20	00:12:55	**00:33:15.20**	**00:33:35.70**	+00:14:15 (42.9%)	6:39	9 (57.0%)
597	**KISZKA Wioletta**	**897**		30-39	259	00:01:12	00:13:52	**00:33:16.35**	**00:34:28.45**	+00:14:16 (42.9%)	6:39	9 (57.0%)
598	**KINEL Agnieszka**	**63**	ADS MASNA	30-39	260	00:00:00	00:13:57	**00:33:17.50**	**00:33:17.50**	+00:14:17 (42.9%)	6:39	9 (57.0%)
599	**JAROŃ Katarzyna**	**530**		30-39	261	00:00:12	00:13:17	**00:33:19.50**	**00:33:31.90**	+00:14:19 (43.0%)	6:39	9 (57.0%)
600	**LASKOWSKA Anna**	**864**		30-39	262	00:00:36	00:14:34	**00:33:20.70**	**00:33:57.00**	+00:14:20 (43.0%)	6:40	9 (57.0%)
601	**LISZKA Ania**	**967**		30-39	263	00:00:09	00:13:21	**00:33:21.00**	**00:33:30.00**	+00:14:21 (43.0%)	6:40	9 (57.0%)
602	**JANOTA Monika**	**434**	GB GALOPUJĄCE ŚLIMAKI	30-39	264	00:00:26	00:13:50	**00:33:21.30**	**00:33:47.35**	+00:14:21 (43.0%)	6:40	9 (57.0%)
603	**CYWIŃSKA Elżbieta**	**304**	ŚWIERCZYNIEC RUNNING	40-49	196	00:00:26	00:14:15	**00:33:26.25**	**00:33:52.60**	+00:14:26 (43.2%)	6:41	9 (57.0%)
604	**SYPUŁA Danuta**	**713**		50-59	29	00:00:04	00:13:11	**00:33:27.60**	**00:33:31.80**	+00:14:27 (43.2%)	6:41	9 (57.0%)
605	**STROJEK Agnieszka**	**536**		30-39	265	00:00:13	00:13:45	**00:33:28.85**	**00:33:41.90**	+00:14:29 (43.3%)	6:41	9 (57.0%)
606	**WRÓBLEWSKA Joanna**	**494**		40-49	197	00:00:28	00:14:12	**00:33:30.85**	**00:33:58.90**	+00:14:31 (43.3%)	6:42	9 (57.0%)
607	**TOBICZYK Barbara**	**486**		30-39	266	00:00:20	00:13:35	**00:33:32.20**	**00:33:52.35**	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
608	**TOKAREWICZ Kasia**	**360**	ZEBRY	30-39	267	00:00:22	00:13:57	**00:33:32.70**	**00:33:55.65**	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
609	**WIRTH Agnieszka**	**554**		30-39	268	00:00:36	00:14:33	**00:33:32.75**	**00:34:09.40**	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
610	**ARASZCZUK Magdalena**	**19**	DECATHLON ŻORY	20-29	90	00:00:00	00:13:31	**00:33:34.00**	**00:33:34.00**	+00:14:34 (43.4%)	6:42	8.9 (56.3%)
611	**HEKIERT Wioleta**	**297**	MIECHOWICKA GRUPA BIEGOWA	40-49	198	00:00:07	00:13:36	**00:33:35.35**	**00:33:42.80**	+00:14:35 (43.4%)	6:43	8.9 (56.3%)
612	**CZECH Marta**	**878**		20-29	91	00:00:35	00:14:21	**00:33:35.55**	**00:34:11.25**	+00:14:35 (43.4%)	6:43	8.9 (56.3%)
613	**WIŚNIECKA Ania**	**882**		20-29	92	00:00:35	00:14:20	**00:33:35.75**	**00:34:11.25**	+00:14:35 (43.5%)	6:43	8.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
614	**BLANIK Aga**	**730**		30-39	269	00:00:29	00:13:53	**00:33:36.85**	**00:34:06.20**	+00:14:37 (43.5%)	6:43	8.9 (56.3%)
615	**KOŁODZIEJ Ewa**	**867**		50-59	30	00:00:22	00:13:50	**00:33:39.90**	**00:34:02.15**	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
616	**URBAŚ Monika**	**436**	KOBIETY 5+	30-39	270	00:00:28	00:13:57	**00:33:40.00**	**00:34:08.70**	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
617	**WÓJCIK Anna**	**279**	DRUŻYNA ING	30-39	271	00:00:07	00:14:05	**00:33:40.60**	**00:33:47.80**	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
618	**KLIMCZAK Ewa**	**935**		20-29	93	00:00:21	00:13:57	**00:33:40.90**	**00:34:02.45**	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
619	**ANTONIEWSKA Katarzyna**	**443**		40-49	199	00:00:41	00:13:59	**00:33:41.60**	**00:34:23.40**	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
620	**RUTKA Magdalena**	**1274**		20-29	94	00:00:39	00:13:41	**00:33:42.15**	**00:34:21.90**	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
620	**ZAWADA Teresa**	**890**		50-59	31	00:00:35	00:14:24	**00:33:42.15**	**00:34:17.85**	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
622	**OSTROWSKA Izabela**	**1035**	KOBIETY NA 5+	40-49	200	00:00:50	00:14:08	**00:33:42.25**	**00:34:32.35**	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
623	**WESOŁY Agnieszka**	**123**	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:46	00:15:07	**00:33:44.85**	**00:34:31.45**	+00:14:45 (43.7%)	6:45	8.9 (56.3%)
624	**ŚWIETLIK Joanna**	**613**		30-39	272	00:00:12	00:13:46	**00:33:48.50**	**00:34:01.30**	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
625	**ORZECHOWSKA Iwona**	**619**	MYSŁOWICKI KLUB NO 1	30-39	273	00:00:10	00:13:31	**00:33:48.55**	**00:33:59.45**	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
626	**KRÓL Magdalena**	**1196**	KING TEAM	40-49	202	00:00:43	00:14:20	**00:33:49.10**	**00:34:32.55**	+00:14:49 (43.8%)	6:45	8.9 (56.3%)
627	**PODESZWA Barbara**	**648**	WYMYŚLANKA	40-49	203	00:00:46	00:14:59	**00:33:49.35**	**00:34:36.10**	+00:14:49 (43.8%)	6:46	8.9 (56.3%)
628	**MAZUR Małgorzata**	**1109**	KOBIETY NA 5+	40-49	204	00:00:23	00:14:18	**00:33:50.25**	**00:34:13.80**	+00:14:50 (43.9%)	6:46	8.9 (56.3%)
629	**PAWLIK Natalia**	**422**		20-29	95	00:00:24	00:13:35	**00:33:51.95**	**00:34:16.75**	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
629	**GÓRAL Alina**	**657**		30-39	274	00:00:50	00:14:15	**00:33:51.95**	**00:34:42.85**	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
631	**MRÓZ-NOWIŃSKA Iwona**	**1076**	MORSY NA KOKSIE	40-49	205	00:00:54	00:14:36	**00:33:53.05**	**00:34:47.75**	+00:14:53 (43.9%)	6:46	8.9 (56.3%)
632	**SERAFIN-CHWAŁEK Joanna**	**1130**	KOBIETY 5+	40-49	206	00:00:46	00:14:29	**00:33:53.65**	**00:34:40.20**	+00:14:53 (44.0%)	6:46	8.8 (55.7%)
633	**DZIĘCIELEWSKA Sylwia**	**564**		40-49	207	00:00:43	00:13:51	**00:33:54.05**	**00:34:37.40**	+00:14:54 (44.0%)	6:46	8.8 (55.7%)
634	**TOBICZYK-TEPER Agnieszka**	**546**		40-49	208	00:00:34	00:13:56	**00:34:00.85**	**00:34:35.65**	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
635	**WĘGLEWSKA Marzena**	**600**		40-49	209	00:00:08	00:13:47	**00:34:01.20**	**00:34:09.40**	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
636	**GÓRECKA Aleksandra**	**673**	INTER ROPE TEAM	30-39	275	00:00:40	00:14:34	**00:34:01.40**	**00:34:41.70**	+00:15:01 (44.2%)	6:48	8.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
637	**OSZEK Karolina**	**1066**	AMATOR	30-39	276	00:00:30	00:14:22	**00:34:01.45**	**00:34:31.70**	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
638	**KLONOWSKA Monika**	**1062**		30-39	277	00:00:29	00:14:23	**00:34:01.95**	**00:34:31.45**	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
639	**KOLARZ Kasia**	**898**	BB BIELSZCZANI BIEGAJĄ	40-49	210	00:00:23	00:14:18	**00:34:04.85**	**00:34:28.10**	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
640	**MAROSZEK Aleksandra**	**680**		40-49	211	00:00:18	00:13:35	**00:34:05.25**	**00:34:24.15**	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
641	**KUBIŃSKA Aleksandra**	**606**		30-39	278	00:00:28	00:14:31	**00:34:05.75**	**00:34:34.10**	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
642	**NĘDZA LIGĘZA Wioletta**	**817**		40-49	212	00:00:41	00:14:35	**00:34:08.10**	**00:34:49.50**	+00:15:08 (44.3%)	6:49	8.8 (55.7%)
643	**ADAMCZAK Renata**	**1248**	INTER ROPE TEAM	40-49	213	00:00:39	00:14:35	**00:34:09.35**	**00:34:48.55**	+00:15:09 (44.4%)	6:49	8.8 (55.7%)
644	**BŁAŻEJEWSKA Magdalena**	**73**		30-39	279	00:00:38	00:14:39	**00:34:11.15**	**00:34:49.80**	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
645	**PIETRUSZEWSKA Magdalena**	**770**	MIECHOWICKA GRUPA BIEGOWA	30-39	280	00:00:46	00:14:55	**00:34:11.20**	**00:34:58.00**	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
646	**BROCZKOWSKA Sylwia**	**49**		40-49	214	00:00:37	00:14:40	**00:34:12.05**	**00:34:49.95**	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
647	**SŁUPIK Bożena**	**833**		40-49	215	00:00:22	00:14:07	**00:34:12.20**	**00:34:34.65**	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
648	**KAJTOCH Ewa**	**1018**	AKADEMIA BIEGANIA W SWIERKLANACH	40-49	216	00:00:32	00:13:42	**00:34:14.90**	**00:34:47.25**	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	**HERDA Sławomira**	**558**		40-49	217	00:00:35	00:13:51	**00:34:15.10**	**00:34:50.50**	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	**SŁUPECKA Beata**	**44**	KOBIETY NA 5+	40-49	218	00:00:50	00:14:02	**00:34:15.10**	**00:35:05.70**	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
651	**PEPEK Aneta**	**1277**		30-39	281	00:00:42	00:14:29	**00:34:16.10**	**00:34:58.55**	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
652	**MORGAŁA Daria**	**315**		30-39	282	00:00:50	00:14:55	**00:34:16.20**	**00:35:06.80**	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
653	**CZMOK Paulina**	**539**		30-39	283	00:00:21	00:14:22	**00:34:17.25**	**00:34:38.65**	+00:15:17 (44.6%)	6:51	8.8 (55.7%)
654	**SZAFRON Gosia**	**644**	SPOT PSZCZYNA	30-39	284	00:00:25	00:14:01	**00:34:18.60**	**00:34:44.00**	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
655	**WÓJCIAK Magdalena**	**142**		30-39	285	00:00:23	00:13:47	**00:34:19.45**	**00:34:42.95**	+00:15:19 (44.7%)	6:51	8.7 (55.1%)
656	**HABER Katarzyna**	**1292**	MIECHOWICKA GRUPA BIEGOWA	40-49	219	00:00:25	00:14:29	**00:34:20.10**	**00:34:45.20**	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
657	**DOBOSZ Katarzyna**	**818**	MIECHOWICKA GRUPA BIEGOWA	40-49	220	00:00:24	00:14:30	**00:34:20.15**	**00:34:44.60**	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
658	**BADACZEWSKA Anna**	**1266**	BTM RUNNERS	30-39	286	00:00:28	00:13:36	**00:34:26.35**	**00:34:54.35**	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
659	**MORAWIEC Magdalena**	**1254**	BTM RUNNERS	20-29	96	00:00:27	00:13:35	**00:34:27.25**	**00:34:54.65**	+00:15:27 (44.9%)	6:53	8.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
660	**SZEWERDA Hanna**	**353**	BTM RUNNERS	40-49	221	00:00:27	00:13:35	**00:34:27.30**	**00:34:54.55**	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
661	**PARSZEWSKA Ola**	**359**	BTM RUNNERS	20-29	97	00:00:26	00:13:37	**00:34:27.35**	**00:34:54.05**	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
662	**WĘGOREK Monika**	**357**	BTM RUNNERS	30-39	287	00:00:27	00:13:36	**00:34:27.40**	**00:34:54.40**	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
663	**ROSA Aśka**	**197**		20-29	98	00:00:06	00:13:40	**00:34:27.65**	**00:34:34.15**	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
664	**SZYMKOWSKA Zuzanna**	**403**	BTM RUNNERS	40-49	222	00:00:26	00:13:38	**00:34:27.95**	**00:34:54.40**	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
665	**BŁOŃSKA-POLAK Ewa**	**352**	BTM RUNNERS	40-49	223	00:00:25	00:13:37	**00:34:28.55**	**00:34:54.40**	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
666	**SAWICKA Agnieszka**	**181**		30-39	288	00:00:46	00:14:40	**00:34:30.00**	**00:35:16.60**	+00:15:30 (44.9%)	6:54	8.7 (55.1%)
667	**SZCZUREK Barbara**	**1010**		30-39	289	00:00:54	00:15:03	**00:34:31.10**	**00:35:25.10**	+00:15:31 (45.0%)	6:54	8.7 (55.1%)
668	**NOWAK Ewelina**	**118**	KOBIETY NA 5+	40-49	224	00:00:48	00:14:33	**00:34:32.00**	**00:35:20.50**	+00:15:32 (45.0%)	6:54	8.7 (55.1%)
669	**KONOPACKA Waleria**	**335**	ZABIERZÓW BIEGA	60+	10	00:00:42	00:15:00	**00:34:33.15**	**00:35:15.25**	+00:15:33 (45.0%)	6:54	8.7 (55.1%)
670	**ĆWIKLIŃSKA-SŁOWIK Magdalena**	**679**		30-39	290	00:00:28	00:14:27	**00:34:33.80**	**00:35:02.60**	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
671	**SMAGA Ewelina**	**605**		30-39	291	00:00:00	00:14:59	**00:34:34.15**	**00:34:34.15**	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
672	**SURY-WOLNIEWICZ Kamila**	**1110**	KOBIETY NA 5+	40-49	225	00:00:53	00:14:50	**00:34:35.85**	**00:35:29.50**	+00:15:36 (45.1%)	6:55	8.7 (55.1%)
673	**BOMBIK Edyta**	**896**		30-39	292	00:00:48	00:14:21	**00:34:37.00**	**00:35:25.10**	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
673	**DOBIJA-PAW Anna**	**1029**	KĘCKIE HARPAGANY	40-49	226	00:00:41	00:14:31	**00:34:37.00**	**00:35:18.05**	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
675	**MROZEK Karolina**	**1123**		20-29	99	00:00:45	00:14:55	**00:34:37.15**	**00:35:23.10**	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
676	**KRASIŃSKA Inga**	**976**		30-39	293	00:00:47	00:14:22	**00:34:37.40**	**00:35:25.30**	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
677	**ZŁOCH Agnieszka**	**937**	KĘCKIE HARPAGANY	40-49	227	00:00:40	00:14:32	**00:34:37.75**	**00:35:18.20**	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
678	**PRZYBYCIN Bożena**	**398**		30-39	294	00:00:47	00:14:54	**00:34:38.20**	**00:35:25.35**	+00:15:38 (45.2%)	6:55	8.7 (55.1%)
679	**JORDAN Monika**	**577**		30-39	295	00:00:23	00:13:48	**00:34:40.45**	**00:35:04.35**	+00:15:40 (45.2%)	6:56	8.6 (54.4%)
680	**ŁEPEK Bożena**	**238**		40-49	228	00:00:43	00:14:59	**00:34:42.00**	**00:35:25.30**	+00:15:42 (45.3%)	6:56	8.6 (54.4%)
681	**SERAFIN Izabela**	**1284**	KLUB BIEGACZA FARTLEK	40-49	229	00:00:44	00:14:39	**00:34:43.05**	**00:35:27.60**	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
681	**CHARĘŻA Agnieszka**	**1025**	DRUŻYNA KOBIETY NA 5+	30-39	296	00:00:44	00:14:39	**00:34:43.05**	**00:35:27.90**	+00:15:43 (45.3%)	6:56	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
683	**ROTTER Hanna**	**911**	J TEAM	50-59	32	00:00:14	00:13:31	**00:34:43.60**	**00:34:58.50**	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
683	**MARYJOSZ Katarzyna**	**253**		40-49	230	00:00:33	00:14:21	**00:34:43.60**	**00:35:16.60**	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
685	**MAC Joanna**	**1192**		40-49	231	00:00:43	00:14:59	**00:34:44.50**	**00:35:27.60**	+00:15:44 (45.3%)	6:56	8.6 (54.4%)
686	**PISKORZ Maugo**	**933**	MIECHOWICKA GRUPA BIEGOWA	40-49	232	00:00:44	00:13:40	**00:34:45.00**	**00:35:29.70**	+00:15:45 (45.3%)	6:57	8.6 (54.4%)
687	**DAMIĘCKA Magda**	**1271**	RUNTEAM PAWŁOWICE	30-39	297	00:00:00	00:15:07	**00:34:47.25**	**00:34:47.25**	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
688	**JANECKA Natalia**	**883**		16-19	18	00:00:52	00:14:57	**00:34:48.00**	**00:35:40.75**	+00:15:48 (45.4%)	6:57	8.6 (54.4%)
689	**NOSOL Karolina**	**1256**	PW RAFI	20-29	100	00:00:36	00:14:03	**00:34:48.80**	**00:35:24.80**	+00:15:49 (45.4%)	6:57	8.6 (54.4%)
690	**OLEARCZYK Marcelina**	**880**		40-49	233	00:00:12	00:13:21	**00:34:50.25**	**00:35:02.35**	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
691	**GIZA Anna**	**1022**		30-39	298	00:00:19	00:13:57	**00:34:50.55**	**00:35:10.10**	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
692	**STOCHLA Małgorzata**	**1024**		40-49	234	00:00:19	00:13:56	**00:34:52.05**	**00:35:11.10**	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
693	**SENDAL Jolanta**	**1020**		30-39	299	00:00:18	00:13:57	**00:34:52.20**	**00:35:11.10**	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
694	**KABAŁA Monika**	**1287**		40-49	235	00:00:00	00:15:45	**00:34:52.55**	**00:34:52.55**	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
695	**ROZALSKA Magdalena**	**1157**		30-39	300	00:00:34	00:13:27	**00:34:52.85**	**00:35:27.35**	+00:15:53 (45.5%)	6:58	8.6 (54.4%)
696	**KOTOWICZ Bernadetta**	**1212**		40-49	236	00:00:37	00:14:57	**00:34:53.95**	**00:35:31.15**	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
697	**HOŁA Barbara**	**637**		30-39	301	00:00:00	00:14:02	**00:34:54.35**	**00:34:54.35**	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
698	**KOWALSKA Małgorzata**	**907**		50-59	33	00:00:41	00:14:30	**00:34:56.55**	**00:35:38.20**	+00:15:56 (45.6%)	6:59	8.6 (54.4%)
699	**ITCZAK Mirella**	**667**		20-29	101	00:00:50	00:15:44	**00:34:57.10**	**00:35:47.65**	+00:15:57 (45.6%)	6:59	8.6 (54.4%)
700	**KUCZERA Bernadeta**	**503**		30-39	302	00:00:39	00:14:26	**00:34:58.60**	**00:35:37.75**	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
701	**BIEGUN Beata**	**999**		60+	11	00:00:15	00:14:05	**00:35:00.25**	**00:35:15.55**	+00:16:00 (45.7%)	7:00	8.6 (54.4%)
702	**ŁUKASIK Aldona**	**284**	NMŚ	30-39	303	00:01:18	00:13:56	**00:35:00.80**	**00:36:19.15**	+00:16:01 (45.7%)	7:00	8.6 (54.4%)
703	**KONIOR Katarzyna**	**743**		20-29	102	00:00:36	00:14:20	**00:35:03.85**	**00:35:39.95**	+00:16:04 (45.8%)	7:00	8.6 (54.4%)
704	**TRACZ Adrianna**	**755**		20-29	103	00:00:34	00:14:22	**00:35:04.50**	**00:35:39.40**	+00:16:04 (45.8%)	7:01	8.6 (54.4%)
705	**KOPEĆ Ewelina**	**370**		30-39	304	00:00:32	00:14:30	**00:35:04.65**	**00:35:36.85**	+00:16:04 (45.8%)	7:00	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
706	**ĆWIKLAK Weronika**	**746**		20-29	104	00:00:17	00:14:41	**00:35:07.30**	**00:35:24.95**	+00:16:07 (45.9%)	7:01	8.5 (53.8%)
707	**MACIOŃCZYK Katarzyna**	**1278**		30-39	305	00:00:17	00:14:08	**00:35:11.10**	**00:35:28.20**	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
708	**WROZA Renata**	**1121**		40-49	237	00:00:30	00:14:27	**00:35:11.15**	**00:35:42.00**	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
709	**KOLARCZYK Kamila**	**450**	WIRUSY	30-39	306	00:00:37	00:14:10	**00:35:12.35**	**00:35:49.65**	+00:16:12 (46.0%)	7:02	8.5 (53.8%)
710	**KAŁA Anna**	**1223**		20-29	105	00:01:08	00:14:10	**00:35:16.85**	**00:36:24.85**	+00:16:17 (46.2%)	7:03	8.5 (53.8%)
711	**POPE-ŚWIDZIKOWSKA Małgorzata**	**85**		40-49	238	00:00:32	00:13:52	**00:35:18.00**	**00:35:50.40**	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
712	**MAJER Justyna**	**952**		20-29	106	00:00:15	00:14:21	**00:35:18.40**	**00:35:33.85**	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
713	**PIETRZAK Justyna**	**242**		30-39	307	00:00:06	00:14:18	**00:35:18.50**	**00:35:24.65**	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
714	**ZWIOREK Anna**	**80**	MIECHOWICKA GRUPA BIEGOWA	40-49	239	00:00:48	00:15:26	**00:35:19.25**	**00:36:07.45**	+00:16:19 (46.2%)	7:03	8.5 (53.8%)
715	**WORONKO-ZACZYNSKA Janina**	**1299**	KS METRACO POLKOWICE	60+	12	00:00:35	00:13:44	**00:35:19.70**	**00:35:55.55**	+00:16:19 (46.2%)	7:04	8.5 (53.8%)
716	**PRZYWARA Ewelina**	**169**		40-49	240	00:00:45	00:14:20	**00:35:20.20**	**00:36:05.95**	+00:16:20 (46.2%)	7:04	8.5 (53.8%)
717	**GRYCMAN Katarzyna**	**1275**	KS M.E.T.A.	30-39	308	00:00:48	00:16:00	**00:35:20.70**	**00:36:09.50**	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
718	**KOZŁOWSKA Patrycja**	**533**		30-39	309	00:00:40	00:14:13	**00:35:20.75**	**00:36:01.30**	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
719	**PROCEK Dominika**	**334**		20-29	107	00:00:37	00:14:19	**00:35:22.05**	**00:35:59.60**	+00:16:22 (46.3%)	7:04	8.5 (53.8%)
720	**KOŚNIAK Beata**	**116**	O CO BIEGA W KALETACH	30-39	310	00:00:31	00:14:52	**00:35:24.45**	**00:35:55.55**	+00:16:24 (46.3%)	7:04	8.5 (53.8%)
721	**ROWICKA Joanna**	**383**	KOBIETY NA 5+	50-59	34	00:00:51	00:15:15	**00:35:25.35**	**00:36:16.35**	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
722	**CHRUSZCZ Katarzyna**	**919**	KOBIETY NA 5+	30-39	311	00:00:45	00:14:30	**00:35:25.70**	**00:36:10.90**	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
723	**GĄSIOR Katarzyna**	**1019**		20-29	108	00:00:42	00:14:10	**00:35:26.70**	**00:36:09.45**	+00:16:26 (46.4%)	7:05	8.5 (53.8%)
724	**STEKLA Joanna**	**394**		50-59	35	00:00:27	00:13:47	**00:35:27.60**	**00:35:55.15**	+00:16:27 (46.4%)	7:05	8.5 (53.8%)
725	**CHUCZ Agnieszka**	**166**		20-29	109	00:00:38	00:14:32	**00:35:28.10**	**00:36:06.20**	+00:16:28 (46.4%)	7:05	8.5 (53.8%)
726	**ZAŁUBSKA Beata**	**112**	DRUŻYNA BB BIELSZCZANKI BIEGAJĄ	30-39	312	00:00:37	00:14:43	**00:35:28.80**	**00:36:06.30**	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
727	**BANAŚ Katarzyna**	**1001**	VIKING TRAINING CENTER	30-39	313	00:00:21	00:13:48	**00:35:30.60**	**00:35:52.15**	+00:16:30 (46.5%)	7:06	8.4 (53.2%)
728	**WITKOWSKA Magdalena**	**866**		30-39	314	00:00:41	00:14:58	**00:35:33.05**	**00:36:14.10**	+00:16:33 (46.6%)	7:06	8.4 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
729	**MATERNOWSKA Sandra**	**1041**		20-29	110	00:00:16	00:13:39	**00:35:37.85**	**00:35:54.40**	+00:16:38 (46.7%)	7:07	8.4 (53.2%)
730	**NOWAK Agnieszka**	**1241**	#CZELADZBIEGA	30-39	315	00:00:31	00:14:43	**00:35:38.90**	**00:36:10.40**	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	**SZULIK Wioletta**	**676**		30-39	316	00:00:29	00:14:27	**00:35:39.20**	**00:36:08.70**	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	**BAJER Marzena**	**1162**	DYSTANS LUBOMIA	30-39	317	00:00:54	00:15:36	**00:35:39.20**	**00:36:33.45**	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
733	**SZEWCZYK Agnieszka**	**1257**		20-29	111	00:00:37	00:14:51	**00:35:39.40**	**00:36:16.95**	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
734	**WRONA Aleksandra**	**774**		20-29	112	00:00:55	00:15:16	**00:35:47.50**	**00:36:42.85**	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
735	**RAJS Ewelina**	**484**	WRŚ	40-49	241	00:00:56	00:15:34	**00:35:47.70**	**00:36:43.75**	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
736	**BAK-ŚCIERSKA Beata**	**551**	ŚCIERSCY TEAM	40-49	242	00:00:47	00:15:17	**00:35:53.00**	**00:36:40.90**	+00:16:53 (47.1%)	7:10	8.4 (53.2%)
737	**SLADECZEK Izabela**	**1296**	PAWŁOWICE	30-39	318	00:00:46	00:15:08	**00:35:55.00**	**00:36:41.05**	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
738	**PIETROSZEK Sandra**	**1056**	W&S PIETROSZEK	16-19	19	00:00:25	00:14:29	**00:35:55.95**	**00:36:21.25**	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
739	**MATUNIN Alina**	**1081**	MIECHOWICKA GRUPA BIEGOWA	30-39	319	00:00:40	00:15:20	**00:35:56.00**	**00:36:36.10**	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
740	**CZARNECKA Małgorzata**	**32**	MIECHOWICKA GRUPA BIEGOWA	40-49	243	00:00:39	00:15:14	**00:35:56.25**	**00:36:35.90**	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
741	**PANEK Agnieszka**	**519**	KOLOROWA DRUŻYNA NESSI	40-49	244	00:00:47	00:15:29	**00:35:56.90**	**00:36:44.05**	+00:16:57 (47.2%)	7:11	8.3 (52.5%)
742	**ŚLIWA Kornelia**	**566**	MIECHOWICKA GRUPA BIEGOWA	40-49	245	00:00:46	00:15:14	**00:35:58.15**	**00:36:44.65**	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
743	**PERKOWSKA Izabela**	**831**		50-59	36	00:00:47	00:15:19	**00:36:02.45**	**00:36:50.05**	+00:17:02 (47.3%)	7:12	8.3 (52.5%)
744	**LAPCZYK Magdalena**	**839**	LICHOTAEM	30-39	320	00:00:38	00:14:53	**00:36:03.15**	**00:36:41.35**	+00:17:03 (47.3%)	7:12	8.3 (52.5%)
745	**SZABLICKA Agata**	**824**		40-49	246	00:00:04	00:14:47	**00:36:05.75**	**00:36:10.40**	+00:17:05 (47.4%)	7:13	8.3 (52.5%)
746	**JEZIOROWSKA-CAPANDA Patrycja**	**160**		20-29	113	00:00:00	00:15:10	**00:36:05.95**	**00:36:05.95**	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
747	**PROKOPIUK Adriana**	**288**	KLUB BIEGACZA FARTLEK	30-39	321	00:00:47	00:14:39	**00:36:06.40**	**00:36:53.55**	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
748	**SZEWCZUK Agnieszka**	**562**		40-49	247	00:00:00	00:14:53	**00:36:06.80**	**00:36:06.80**	+00:17:07 (47.4%)	7:13	8.3 (52.5%)
749	**SOBCZAK Magdalena**	**879**		30-39	322	00:00:46	00:15:09	**00:36:10.25**	**00:36:56.25**	+00:17:10 (47.5%)	7:14	8.3 (52.5%)
750	**MULKA Urszula**	**146**		30-39	323	00:00:48	00:14:41	**00:36:10.95**	**00:36:59.15**	+00:17:11 (47.5%)	7:14	8.3 (52.5%)
751	**KORALEWSKA Kinga**	**363**		30-39	324	00:00:43	00:15:31	**00:36:15.30**	**00:36:59.20**	+00:17:15 (47.6%)	7:15	8.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
752	**MODLIŃSKA Paulina**	**1235**		30-39	325	00:00:43	00:15:31	**00:36:15.75**	**00:36:59.00**	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
753	**BOMBOR Antonina**	**336**		30-39	326	00:00:43	00:15:19	**00:36:15.95**	**00:36:59.85**	+00:17:16 (47.6%)	7:15	8.3 (52.5%)
754	**ROS-PARYPA Diana**	**1084**		40-49	248	00:00:43	00:14:57	**00:36:20.15**	**00:37:03.60**	+00:17:20 (47.7%)	7:16	8.3 (52.5%)
755	**KAŁUŻA Aleksandra**	**593**	KOBIETY NA 5+	30-39	327	00:00:21	00:14:28	**00:36:21.10**	**00:36:42.50**	+00:17:21 (47.7%)	7:16	8.3 (52.5%)
756	**STĘPIŃSKA Patrycja**	**963**		20-29	114	00:00:21	00:14:32	**00:36:21.60**	**00:36:43.50**	+00:17:21 (47.8%)	7:16	8.2 (51.9%)
757	**BIL Malwina**	**1063**	KOBIETY NA 5+	30-39	328	00:00:21	00:14:28	**00:36:27.45**	**00:36:49.15**	+00:17:27 (47.9%)	7:17	8.2 (51.9%)
758	**GŁĄB Mariola**	**941**		30-39	329	00:00:50	00:14:49	**00:36:28.60**	**00:37:19.15**	+00:17:28 (47.9%)	7:17	8.2 (51.9%)
759	**WISEŁKA Lucyna**	**289**		30-39	330	00:00:55	00:15:25	**00:36:33.25**	**00:37:28.30**	+00:17:33 (48.0%)	7:18	8.2 (51.9%)
760	**ŚWIDER Anna**	**215**		40-49	249	00:00:50	00:15:29	**00:36:37.65**	**00:37:27.85**	+00:17:37 (48.1%)	7:19	8.2 (51.9%)
761	**BRANDYS Krystyna**	**461**		30-39	331	00:00:36	00:14:34	**00:36:39.65**	**00:37:16.55**	+00:17:39 (48.2%)	7:20	8.2 (51.9%)
762	**DYNIA Magdalena**	**82**		40-49	250	00:00:36	00:14:34	**00:36:39.90**	**00:37:16.80**	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
763	**PEPEK Bożena**	**812**		30-39	332	00:00:40	00:14:55	**00:36:39.95**	**00:37:20.65**	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
764	**ZIELONKA Agnieszka**	**1273**		30-39	333	00:00:40	00:15:16	**00:36:40.10**	**00:37:20.85**	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
765	**KARWACKA Sylwia**	**541**		30-39	334	00:00:00	00:16:04	**00:36:40.35**	**00:36:40.35**	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
766	**SARNECKA-BĘBENEK Aleksandra**	**76**	GB GALOPUJĄCE ŚLIMAKI	30-39	335	00:00:41	00:15:06	**00:36:41.95**	**00:37:23.15**	+00:17:42 (48.2%)	7:20	8.2 (51.9%)
767	**JANECKA Ela**	**642**		40-49	251	00:00:52	00:14:57	**00:36:45.25**	**00:37:37.55**	+00:17:45 (48.3%)	7:21	8.2 (51.9%)
768	**NALEPKA Katarzyna**	**29**	MIECHOWICKA GRUPA BIEGOWA	40-49	252	00:00:46	00:15:27	**00:36:46.85**	**00:37:33.00**	+00:17:47 (48.4%)	7:21	8.2 (51.9%)
769	**ISKRA Joanna**	**492**		30-39	336	00:00:48	00:15:42	**00:36:49.20**	**00:37:37.85**	+00:17:49 (48.4%)	7:21	8.1 (51.3%)
770	**WYSOCKA Aneta**	**506**	WKURW_TEAM	30-39	337	00:00:44	00:15:18	**00:36:50.30**	**00:37:35.15**	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
770	**FABIA Sylwia**	**454**		20-29	115	00:00:48	00:15:42	**00:36:50.30**	**00:37:38.60**	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
772	**KOCYAN Małgorzata**	**435**	BIEGAJ Z TRENERAMI	50-59	37	00:00:40	00:14:54	**00:36:50.75**	**00:37:31.60**	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
773	**FABIAŃSKA Katarzyna**	**1023**	MORSY NA KOKSIE	30-39	338	00:00:42	00:14:33	**00:36:52.30**	**00:37:34.60**	+00:17:52 (48.5%)	7:22	8.1 (51.3%)
774	**PARZYCH Renata**	**1201**	KOBIETY NA 5+	60+	13	00:00:16	00:15:00	**00:36:52.45**	**00:37:08.60**	+00:17:52 (48.5%)	7:22	8.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
775	**HABER Karolina**	**856**		20-29	116	00:00:25	00:14:43	**00:36:54.20**	**00:37:19.60**	+00:17:54 (48.5%)	7:22	8.1 (51.3%)
776	**PAWĘZOWSKA Anna**	**500**	BĘDZIN TEAM	40-49	253	00:00:45	00:15:36	**00:37:02.90**	**00:37:48.40**	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
777	**GUBAŁA Monika**	**243**	W POGONI ZA MOTYLEM	20-29	117	00:00:48	00:16:09	**00:37:03.05**	**00:37:51.25**	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
778	**HALAMA Karolina**	**628**		16-19	20	00:00:22	00:14:25	**00:37:03.75**	**00:37:25.95**	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
779	**KACZKIEWICZ Agnieszka**	**138**	NIGHT RUNNERS GLIWICE	40-49	254	00:00:19	00:14:52	**00:37:04.35**	**00:37:24.25**	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
779	**HARATYK Joanna**	**381**		30-39	339	00:00:54	00:15:44	**00:37:04.35**	**00:37:59.25**	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
781	**CZAPEK Ania**	**946**	NIGHT RUNNERS GLIWICE	40-49	255	00:00:19	00:14:40	**00:37:04.75**	**00:37:24.30**	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
782	**OL Klaudia**	**1145**		40-49	256	00:00:30	00:14:57	**00:37:06.00**	**00:37:36.55**	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
783	**HERZYK Alicja**	**956**		30-39	340	00:00:22	00:16:41	**00:37:06.65**	**00:37:28.95**	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
784	**HONCEK Magdalena**	**1255**		40-49	257	00:00:53	00:16:53	**00:37:07.40**	**00:38:01.05**	+00:18:07 (48.8%)	7:25	8.1 (51.3%)
785	**KROCZEK Magdalena**	**1137**		30-39	341	00:00:39	00:14:53	**00:37:08.25**	**00:37:47.40**	+00:18:08 (48.8%)	7:25	8.1 (51.3%)
786	**BRZANA Klaudia**	**791**		20-29	118	00:00:46	00:16:03	**00:37:08.75**	**00:37:54.95**	+00:18:08 (48.9%)	7:25	8.1 (51.3%)
787	**SABAT Katarzyna**	**135**		30-39	342	00:00:45	00:14:49	**00:37:09.75**	**00:37:55.05**	+00:18:09 (48.9%)	7:26	8.1 (51.3%)
788	**CZAPOROWSKI Daria**	**893**		30-39	343	00:00:35	00:15:04	**00:37:10.80**	**00:37:45.95**	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
789	**SKRABARCZYK Anna**	**710**	POWOLI DO CELU	30-39	344	00:00:40	00:14:53	**00:37:11.45**	**00:37:51.95**	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
790	**STANO Monika**	**765**	KOBIETY NA 5+	30-39	345	00:00:49	00:15:40	**00:37:13.15**	**00:38:03.05**	+00:18:13 (49.0%)	7:26	8.1 (51.3%)
791	**NAWARYŃSKA Katarzyna**	**1120**	STRONG WOMEN	20-29	119	00:00:44	00:16:36	**00:37:15.85**	**00:38:00.55**	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
792	**NAWARYŃSKA Ewa**	**366**		40-49	258	00:00:45	00:16:35	**00:37:16.05**	**00:38:01.35**	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
793	**IGNACEK Aleksandra**	**835**		30-39	346	00:00:04	00:14:49	**00:37:18.50**	**00:37:23.15**	+00:18:18 (49.1%)	7:27	8 (50.6%)
794	**BIERNACKA Teresa**	**609**	MIRAZ RACE TEAM	30-39	347	00:00:40	00:15:33	**00:37:20.05**	**00:38:00.80**	+00:18:20 (49.1%)	7:28	8 (50.6%)
795	**KORCZYK Beata**	**156**	KOLOROWA DRUŻYNA NESSI	30-39	348	00:00:10	00:14:31	**00:37:20.40**	**00:37:30.80**	+00:18:20 (49.1%)	7:28	8 (50.6%)
796	**STEFAŃSKA Dorota**	**1087**		30-39	349	00:00:46	00:16:01	**00:37:23.05**	**00:38:09.25**	+00:18:23 (49.2%)	7:28	8 (50.6%)
797	**PŁAZA Monika**	**1186**		20-29	120	00:00:51	00:16:12	**00:37:24.95**	**00:38:16.10**	+00:18:25 (49.2%)	7:29	8 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
798	**ZABORSKA Magdalena**	**296**		30-39	350	00:00:55	00:16:13	**00:37:25.15**	**00:38:20.85**	+00:18:25 (49.2%)	7:29	8 (50.6%)
799	**PERKA Monika**	**1249**		30-39	351	00:00:00	00:16:15	**00:37:26.50**	**00:37:26.50**	+00:18:26 (49.3%)	7:29	8 (50.6%)
800	**GOLDA Joanna**	**645**		20-29	121	00:00:46	00:16:03	**00:37:26.70**	**00:38:13.25**	+00:18:26 (49.3%)	7:29	8 (50.6%)
801	**PŁAZA Agnieszka**	**1184**		20-29	122	00:00:51	00:16:12	**00:37:29.25**	**00:38:20.45**	+00:18:29 (49.3%)	7:29	8 (50.6%)
802	**WOJDALSKA-ŚLEDZIŃSKA Agata**	**401**	KOLOROWA DRUŻYNA NESSI	40-49	259	00:00:39	00:15:43	**00:37:30.65**	**00:38:10.25**	+00:18:30 (49.4%)	7:30	8 (50.6%)
803	**ĆWIKLAK Barbara**	**647**	FIT STACJA	40-49	260	00:00:18	00:14:50	**00:37:32.20**	**00:37:50.65**	+00:18:32 (49.4%)	7:30	8 (50.6%)
803	**PELACZYK Wioletta**	**127**	KOBIETY NA 5+	40-49	261	00:00:47	00:14:57	**00:37:32.20**	**00:38:19.80**	+00:18:32 (49.4%)	7:30	8 (50.6%)
805	**SIENKIEWICZ-MARCINOWSKA Aleksandra**	**905**		30-39	352	00:03:02	00:16:01	**00:37:33.50**	**00:40:35.80**	+00:18:33 (49.4%)	7:30	8 (50.6%)
806	**STRASZEWSKA Aleksandra**	**733**	KS M.E.T.A.	30-39	353	00:00:48	00:16:04	**00:37:34.30**	**00:38:23.20**	+00:18:34 (49.4%)	7:31	8 (50.6%)
807	**RUMPEL Maria**	**291**	KS M.E.T.A.	30-39	354	00:00:48	00:16:05	**00:37:34.40**	**00:38:23.05**	+00:18:34 (49.4%)	7:31	8 (50.6%)
808	**ŚWIERCZ Sylwia**	**1294**	RUNTEAM PAWŁOWICE	30-39	355	00:00:47	00:16:45	**00:37:37.05**	**00:38:24.75**	+00:18:37 (49.5%)	7:31	8 (50.6%)
809	**PTASIŃSKA Iwona**	**1286**		30-39	356	00:00:47	00:16:45	**00:37:37.35**	**00:38:24.85**	+00:18:37 (49.5%)	7:31	8 (50.6%)
810	**BATKO Agnieszka**	**776**	BA-DO	30-39	357	00:00:56	00:16:48	**00:37:39.75**	**00:38:36.60**	+00:18:39 (49.6%)	7:32	8 (50.6%)
811	**STASZEWSKA Bogusia**	**629**	FANTASTIC ANIA SIKORA	30-39	358	00:00:49	00:15:06	**00:37:41.40**	**00:38:31.00**	+00:18:41 (49.6%)	7:32	8 (50.6%)
812	**TOMCZAK Kinga**	**190**		30-39	359	00:00:44	00:16:48	**00:37:47.30**	**00:38:31.35**	+00:18:47 (49.7%)	7:33	7.9 (50.0%)
813	**HAWEŁKA Joanna**	**579**		40-49	262	00:00:03	00:14:47	**00:37:50.80**	**00:37:54.50**	+00:18:51 (49.8%)	7:34	7.9 (50.0%)
814	**BOGUSZ Bogumila**	**1128**		40-49	263	00:00:00	00:15:17	**00:37:53.45**	**00:37:53.45**	+00:18:53 (49.9%)	7:34	7.9 (50.0%)
815	**STAŚKIEWICZ Monika**	**1213**		40-49	264	00:00:30	00:14:27	**00:37:56.80**	**00:38:27.65**	+00:18:57 (49.9%)	7:35	7.9 (50.0%)
816	**NIKSA Anita**	**1154**		20-29	123	00:00:13	00:14:52	**00:38:03.90**	**00:38:17.50**	+00:19:04 (50.1%)	7:36	7.9 (50.0%)
817	**KARWOT Malwina**	**845**		30-39	360	00:00:19	00:15:33	**00:38:05.35**	**00:38:24.60**	+00:19:05 (50.1%)	7:37	7.9 (50.0%)
818	**TETLA Barbara**	**1036**		40-49	265	00:00:43	00:16:15	**00:38:06.50**	**00:38:49.55**	+00:19:06 (50.2%)	7:37	7.9 (50.0%)
819	**PUDA Patrycja**	**617**	STACJAFITNESS	20-29	124	00:00:51	00:16:07	**00:38:09.15**	**00:39:00.90**	+00:19:09 (50.2%)	7:37	7.9 (50.0%)
820	**FOKS Agnieszka**	**333**	RUNTEAM PAWŁOWICE	20-29	125	00:00:44	00:14:48	**00:38:10.10**	**00:38:54.45**	+00:19:10 (50.2%)	7:38	7.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
821	**MYŚLIWIEC Barbara**	**27**	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	**00:38:10.95**	**00:38:26.85**	+00:19:11 (50.2%)	7:38	7.9 (50.0%)
822	**CEBULA Marta**	**432**		20-29	127	00:00:15	00:16:03	**00:38:11.20**	**00:38:26.65**	+00:19:11 (50.3%)	7:38	7.9 (50.0%)
823	**CZECH Sylwia**	**417**		30-39	361	00:00:53	00:16:04	**00:38:12.25**	**00:39:05.95**	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
824	**PALUCH Agnieszka**	**540**		30-39	362	00:00:41	00:15:36	**00:38:12.30**	**00:38:53.60**	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
825	**SZATANIK Iwona**	**797**	OLZA CIESZYN	40-49	266	00:00:32	00:15:38	**00:38:16.30**	**00:38:48.55**	+00:19:16 (50.4%)	7:39	7.8 (49.4%)
826	**SKOWROŃSKA Patrycja**	**811**	BB BIELSZCZANKI BIEGAJĄ	20-29	128	00:00:05	00:15:12	**00:38:27.25**	**00:38:33.15**	+00:19:27 (50.6%)	7:41	7.8 (49.4%)
827	**KLIMA Agnieszka**	**1261**		30-39	363	00:00:45	00:16:35	**00:38:33.05**	**00:39:18.60**	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
828	**GRINIG Mirela**	**261**		40-49	267	00:00:35	00:16:08	**00:38:33.40**	**00:39:08.50**	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
829	**STYRNOL Beata**	**1195**		40-49	268	00:00:44	00:16:37	**00:38:33.90**	**00:39:18.75**	+00:19:34 (50.7%)	7:42	7.8 (49.4%)
830	**COFALIK Hanna**	**1026**	AKADEMIA BIEGANIA ŚWIERKLANY	20-29	129	00:00:34	00:15:24	**00:38:42.55**	**00:39:16.95**	+00:19:42 (50.9%)	7:44	7.8 (49.4%)
831	**ZIENTEK Danuta**	**803**		40-49	269	00:00:56	00:16:11	**00:38:48.85**	**00:39:44.85**	+00:19:49 (51.1%)	7:45	7.7 (48.7%)
832	**MAŚLANKA-CUBER Barbara**	**1267**		30-39	364	00:00:41	00:14:53	**00:38:49.90**	**00:39:31.55**	+00:19:50 (51.1%)	7:46	7.7 (48.7%)
833	**SPYRKA Małgorzata**	**787**	AMATORKA	40-49	270	00:00:33	00:15:14	**00:38:54.35**	**00:39:27.65**	+00:19:54 (51.2%)	7:46	7.7 (48.7%)
834	**DAMIS Daria**	**1193**	-	20-29	130	00:01:01	00:16:11	**00:38:59.00**	**00:40:00.85**	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
835	**MAGIEREK Magdalena**	**1194**		30-39	365	00:01:02	00:16:11	**00:38:59.05**	**00:40:01.10**	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
836	**MECHA Dorota**	**618**		50-59	38	00:00:00		**00:39:01.05**	**00:39:01.05**	+00:20:01 (51.3%)	7:48	7.7 (48.7%)
837	**KŁAK Natalia**	**1129**		20-29	131	00:00:50	00:15:37	**00:39:03.90**	**00:39:54.10**	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
838	**KOWALSKA Dorota**	**389**	SBD ENERGETYK RYBNIK	50-59	39	00:00:43	00:16:12	**00:39:06.10**	**00:39:49.60**	+00:20:06 (51.4%)	7:49	7.7 (48.7%)
839	**KUBUSZEWSKA Katarzyna**	**1181**	MORSYNA KOKSIE	40-49	271	00:00:54	00:15:16	**00:39:08.75**	**00:40:02.75**	+00:20:08 (51.5%)	7:49	7.7 (48.7%)
840	**KOŻDOŃ Jagoda**	**25**		30-39	366	00:00:39	00:16:16	**00:39:09.50**	**00:39:48.50**	+00:20:09 (51.5%)	7:49	7.7 (48.7%)
841	**PISAREK Dorota**	**211**		40-49	272	00:00:32	00:15:52	**00:39:14.10**	**00:39:46.65**	+00:20:14 (51.6%)	7:50	7.6 (48.1%)
842	**KIERMASZEK Barbara**	**917**	J TEAM	50-59	40	00:00:16	00:17:14	**00:39:15.80**	**00:39:32.10**	+00:20:16 (51.6%)	7:51	7.6 (48.1%)
843	**KIERMASZEK Paulina**	**916**	J TEAM	20-29	132	00:00:15	00:17:15	**00:39:16.45**	**00:39:31.90**	+00:20:16 (51.6%)	7:51	7.6 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
844	**NOWAK Agnieszka**	**1175**	MORSY NA KOKSIE	30-39	367	00:00:54	00:16:06	**00:39:17.40**	**00:40:11.65**	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
844	**GALAS Agnieszka**	**1143**	MORSY NA KOKSIE	40-49	273	00:00:54	00:16:06	**00:39:17.40**	**00:40:11.65**	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
846	**MUCHA Ewa**	**114**	#CZELADZBIEGA	40-49	274	00:00:41	00:16:17	**00:39:21.00**	**00:40:02.85**	+00:20:21 (51.7%)	7:52	7.6 (48.1%)
847	**ŻYŁA Katarzyna**	**947**		20-29	133	00:00:15	00:16:10	**00:39:26.70**	**00:39:42.25**	+00:20:26 (51.8%)	7:53	7.6 (48.1%)
848	**NOWAK Dominika**	**207**		30-39	368	00:00:28	00:15:54	**00:39:27.15**	**00:39:56.05**	+00:20:27 (51.8%)	7:53	7.6 (48.1%)
849	**KOSZEWSKA Natalia**	**163**		20-29	134	00:00:07	00:14:50	**00:39:27.95**	**00:39:35.35**	+00:20:28 (51.9%)	7:53	7.6 (48.1%)
850	**SOJAK Ewa**	**1260**	ASWC	40-49	275	00:00:23	00:15:50	**00:39:29.00**	**00:39:52.60**	+00:20:29 (51.9%)	7:53	7.6 (48.1%)
851	**ZALEWSKA Barbara**	**259**	KOBIETY NA 5+	40-49	276	00:00:17	00:15:28	**00:39:32.55**	**00:39:50.25**	+00:20:32 (52.0%)	7:54	7.6 (48.1%)
852	**ZALEWSKA Wiola**	**826**	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	**00:39:33.05**	**00:39:49.95**	+00:20:33 (52.0%)	7:54	7.6 (48.1%)
853	**SŁOTA Justyna**	**1253**	MIECHOWICKA GRUPA BIEGOWA	30-39	369	00:00:53	00:16:53	**00:39:40.80**	**00:40:34.40**	+00:20:41 (52.1%)	7:56	7.6 (48.1%)
854	**DOMINIAK Monika**	**814**	BA-DO	40-49	277	00:00:56	00:16:48	**00:39:45.05**	**00:40:41.75**	+00:20:45 (52.2%)	7:57	7.5 (47.5%)
855	**WAKUŁA Jolanta**	**639**		30-39	370	00:00:34	00:16:40	**00:39:46.75**	**00:40:21.25**	+00:20:46 (52.2%)	7:57	7.5 (47.5%)
856	**JAROSZ Jolanta**	**507**	MYSŁOWICKI KLUB BIEACZA NO.I	40-49	278	00:00:42	00:17:05	**00:39:47.65**	**00:40:30.30**	+00:20:47 (52.3%)	7:57	7.5 (47.5%)
857	**WOWRA Agata**	**53**		30-39	371	00:00:48	00:16:41	**00:39:53.90**	**00:40:42.70**	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
858	**GŁADOSZ Renata**	**504**		30-39	372	00:00:48	00:16:40	**00:39:53.95**	**00:40:42.75**	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
859	**SZYMAŃSKA Katarzyna**	**412**		20-29	136	00:00:54	00:17:10	**00:39:54.20**	**00:40:48.85**	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
860	**JASZEK-ŚWIERCZEK Sandra**	**627**	DYSTANS LUBOMIA	30-39	373	00:00:49	00:16:19	**00:39:57.05**	**00:40:46.35**	+00:20:57 (52.4%)	7:59	7.5 (47.5%)
861	**BRZANA Anna**	**656**		40-49	279	00:00:47	00:16:54	**00:39:57.15**	**00:40:44.45**	+00:20:57 (52.5%)	7:59	7.5 (47.5%)
862	**SURMA Adrianna**	**862**	RADLINIOKI W BIEGU	20-29	137	00:00:28	00:16:00	**00:39:59.70**	**00:40:28.55**	+00:20:59 (52.5%)	8:00	7.5 (47.5%)
863	**KABUT Małgorzata**	**906**	RADLINIOKI W BIEGU	30-39	374	00:00:28	00:16:00	**00:39:59.80**	**00:40:28.35**	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
864	**AUGUSTYN Anna**	**768**	ADS MASNA	30-39	375	00:00:50	00:16:46	**00:39:59.85**	**00:40:50.05**	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
865	**ŻUROWSKA Aleksandra**	**686**		20-29	138	00:00:44	00:17:03	**00:40:02.60**	**00:40:47.50**	+00:21:02 (52.6%)	8:00	7.5 (47.5%)
866	**SZCZEPANIK Marta**	**731**		30-39	376	00:00:57	00:16:58	**00:40:06.60**	**00:41:04.05**	+00:21:06 (52.6%)	8:01	7.5 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
867	**PIKSA Ewelina**	**303**		30-39	377	00:00:44	00:17:27	**00:40:07.10**	**00:40:51.20**	+00:21:07 (52.6%)	8:01	7.5 (47.5%)
868	**ŻARSKA Katarzyna**	**485**	KOBIETY NA 5+	30-39	378	00:00:53	00:16:44	**00:40:08.05**	**00:41:01.10**	+00:21:08 (52.7%)	8:01	7.5 (47.5%)
869	**WOŹNIAK Anna**	**179**		40-49	280	00:01:04	00:17:26	**00:40:12.40**	**00:41:16.75**	+00:21:12 (52.8%)	8:02	7.5 (47.5%)
870	**CHOLEWA Magdalena**	**1174**		30-39	379	00:00:50	00:16:16	**00:40:19.35**	**00:41:09.55**	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
871	**KOZIK Zofia**	**1211**		60+	14	00:00:52	00:16:41	**00:40:21.00**	**00:41:13.75**	+00:21:21 (52.9%)	8:04	7.4 (46.8%)
872	**NOWAK Malwina**	**1044**	KOBIETY NA 5+	20-29	139	00:00:51	00:17:59	**00:40:21.80**	**00:41:13.25**	+00:21:22 (52.9%)	8:04	7.4 (46.8%)
873	**JAKUBIEC Izabela**	**511**		40-49	281	00:00:34	00:16:56	**00:40:28.05**	**00:41:02.60**	+00:21:28 (53.1%)	8:05	7.4 (46.8%)
874	**ZIEJA Martyna**	**569**		20-29	140	00:00:05	00:16:26	**00:40:31.85**	**00:40:37.10**	+00:21:32 (53.1%)	8:06	7.4 (46.8%)
875	**BŁASZCZYK Agnieszka**	**1054**		30-39	380	00:00:49	00:16:55	**00:40:34.10**	**00:41:24.00**	+00:21:34 (53.2%)	8:07	7.4 (46.8%)
876	**SKOCZYKŁODA Iwona**	**840**	WYMYŚLANKA	40-49	282	00:00:47	00:16:54	**00:40:35.20**	**00:41:22.60**	+00:21:35 (53.2%)	8:07	7.4 (46.8%)
877	**FRĄC Elżbieta**	**1073**		40-49	283	00:00:20	00:16:31	**00:40:36.50**	**00:40:56.85**	+00:21:36 (53.2%)	8:07	7.4 (46.8%)
878	**PAWEŁEK Barbara**	**250**		40-49	284	00:00:10	00:14:23	**00:40:44.10**	**00:40:54.70**	+00:21:44 (53.4%)	8:08	7.4 (46.8%)
879	**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**	+00:21:44 (53.4%)	8:08	7.4 (46.8%)
880	**KURYŁO Dorota**	**1100**	SBD ENERGETYK RYBNIK	50-59	41	00:00:39	00:16:45	**00:40:44.70**	**00:41:24.15**	+00:21:44 (53.4%)	8:09	7.4 (46.8%)
881	**WELET Marzena**	**340**		40-49	285	00:00:22	00:16:41	**00:40:47.60**	**00:41:09.75**	+00:21:47 (53.4%)	8:09	7.4 (46.8%)
882	**OWOCKA Ewa**	**182**	MIECHOWICKA GRUPA BIEGOWA	30-39	381	00:00:52	00:17:01	**00:40:51.00**	**00:41:43.00**	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
883	**FILIPIAK Angelika**	**33**	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:00:51	00:17:03	**00:40:51.30**	**00:41:43.10**	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
884	**MACHETA Sabina**	**636**	DYSTANS LUBOMIA	20-29	143	00:00:49	00:16:20	**00:40:51.60**	**00:41:41.05**	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
885	**PODŁUSKA Monika**	**90**		40-49	286	00:00:48	00:16:52	**00:40:55.55**	**00:41:43.80**	+00:21:55 (53.6%)	8:11	7.3 (46.2%)
886	**VAIDYAN Grażyna**	**827**		50-59	42	00:00:02	00:15:52	**00:41:05.20**	**00:41:07.75**	+00:22:05 (53.8%)	8:13	7.3 (46.2%)
887	**ORKOWSKA- TLAŁKA Edyta**	**1004**		30-39	382	00:01:25	00:16:51	**00:41:11.80**	**00:42:37.50**	+00:22:12 (53.9%)	8:14	7.3 (46.2%)
888	**PAWLIK Kasia**	**470**	FIZJOFRELKI	40-49	287	00:00:54	00:17:47	**00:41:17.65**	**00:42:11.80**	+00:22:17 (54.0%)	8:15	7.3 (46.2%)
889	**MADEJA Aleksandra**	**1158**	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:24	00:14:37	**00:41:18.45**	**00:41:42.90**	+00:22:18 (54.0%)	8:15	7.3 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
890	**PINOCZEK Mariola**	**965**	KOBIETY 5+	40-49	289	00:00:37	00:16:48	**00:41:20.05**	**00:41:57.55**	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
891	**GRELA Izabela**	**1233**	BRAK	40-49	290	00:01:07	00:16:30	**00:41:20.15**	**00:42:27.15**	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
892	**SZŁAPA Urszula**	**964**	SPOT PSZCZYNA	30-39	383	00:00:45	00:16:06	**00:41:26.35**	**00:42:11.35**	+00:22:26 (54.2%)	8:17	7.2 (45.6%)
893	**GOŁĘBIOWSKA Katarzyna**	**1150**		40-49	291	00:00:53	00:16:58	**00:41:29.65**	**00:42:22.70**	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
894	**KIEŁKOWSKA Ewelina**	**1078**		30-39	384	00:00:51	00:16:13	**00:41:33.90**	**00:42:25.60**	+00:22:34 (54.3%)	8:18	7.2 (45.6%)
895	**WILK Grażyna**	**474**	LECYMY DURS	40-49	292	00:03:07	00:17:50	**00:41:36.90**	**00:44:44.35**	+00:22:37 (54.4%)	8:19	7.2 (45.6%)
896	**JANIA Małgorzata**	**1118**		50-59	43	00:00:27	00:17:41	**00:41:39.25**	**00:42:06.55**	+00:22:39 (54.4%)	8:19	7.2 (45.6%)
897	**ŻEBROWSKA Matylda**	**195**	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	293	00:00:52	00:13:26	**00:41:39.85**	**00:42:32.10**	+00:22:40 (54.4%)	8:20	7.2 (45.6%)
898	**GREŃ Joanna**	**1190**		40-49	294	00:01:04	00:17:27	**00:41:46.95**	**00:42:51.00**	+00:22:47 (54.5%)	8:21	7.2 (45.6%)
899	**MITRĘGA Anna**	**217**		30-39	385	00:00:54	00:16:53	**00:41:51.70**	**00:42:46.30**	+00:22:51 (54.6%)	8:22	7.2 (45.6%)
900	**STAROŃ Marlena**	**568**		30-39	386	00:00:53	00:16:54	**00:41:52.70**	**00:42:46.35**	+00:22:52 (54.6%)	8:22	7.2 (45.6%)
901	**SOŁTYSIK Maria**	**208**	POGORIA BIEGA	40-49	295	00:00:41	00:17:13	**00:41:59.00**	**00:42:40.40**	+00:22:59 (54.8%)	8:23	7.1 (44.9%)
902	**KOZŁOWSKA Barbara**	**1245**		30-39	387	00:00:34	00:16:22	**00:42:02.70**	**00:42:37.60**	+00:23:02 (54.8%)	8:24	7.1 (44.9%)
903	**WOJTAL Danuta**	**855**		40-49	296	00:00:45	00:17:42	**00:42:04.25**	**00:42:49.75**	+00:23:04 (54.8%)	8:24	7.1 (44.9%)
904	**KAROLIK Daria**	**64**		20-29	144	00:00:55	00:16:47	**00:42:05.05**	**00:43:00.85**	+00:23:05 (54.9%)	8:25	7.1 (44.9%)
905	**RODZIEWICZ Agnieszka**	**1173**		30-39	388	00:00:50	00:17:16	**00:42:13.60**	**00:43:04.50**	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
906	**SZYMANEK Karina**	**342**		40-49	297	00:00:18	00:18:41	**00:42:13.70**	**00:42:31.90**	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
907	**ŻAK Iwona**	**842**		30-39	389	00:00:12	00:12:42	**00:42:19.80**	**00:42:31.80**	+00:23:20 (55.1%)	8:27	7.1 (44.9%)
908	**GRZĄBA Ilona**	**84**		40-49	298	00:00:38	00:18:00	**00:42:28.50**	**00:43:07.20**	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
909	**PLACEK - BURLIGA Barbara**	**124**		40-49	299	00:00:38	00:18:00	**00:42:28.75**	**00:43:07.35**	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
910	**SMOLARSKA Paulina**	**1225**		30-39	390	00:00:43	00:17:31	**00:42:34.40**	**00:43:17.55**	+00:23:34 (55.4%)	8:30	7 (44.3%)
911	**LIPIŃSKA Iza**	**1221**	SZOMBIERKI RUNNERS	30-39	391	00:00:42	00:17:32	**00:42:34.50**	**00:43:17.40**	+00:23:34 (55.4%)	8:31	7 (44.3%)
912	**POLAK Aneta**	**934**		30-39	392	00:00:34	00:16:42	**00:42:35.95**	**00:43:10.20**	+00:23:36 (55.4%)	8:31	7 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
913	**CHODAK Magda**	**162**		30-39	393	00:00:34	00:16:41	**00:42:36.05**	**00:43:10.55**	+00:23:36 (55.4%)	8:31	7 (44.3%)
914	**BUDZIK Joanna**	**100**		30-39	394	00:00:33	00:16:43	**00:42:36.25**	**00:43:10.20**	+00:23:36 (55.4%)	8:31	7 (44.3%)
915	**BENO-GĘSIKOWSKA Dorota**	**433**		30-39	395	00:00:51	00:18:14	**00:42:39.85**	**00:43:31.05**	+00:23:40 (55.5%)	8:32	7 (44.3%)
916	**PIECHACZEK Katarzyna**	**559**	KOBIETY 5+	30-39	396	00:00:23	00:16:39	**00:42:42.70**	**00:43:05.85**	+00:23:42 (55.5%)	8:32	7 (44.3%)
917	**MARUSZCZAK Justyna**	**120**	MIECHOWICKA GRUPA BIEGOWA	40-49	300	00:00:49	00:17:46	**00:42:45.65**	**00:43:34.65**	+00:23:45 (55.6%)	8:33	7 (44.3%)
918	**KROCHMALSKA Jadwiga**	**141**	MIECHOWICKA GRUPA BIEGOWA	40-49	301	00:00:48	00:17:47	**00:42:46.15**	**00:43:34.80**	+00:23:46 (55.6%)	8:33	7 (44.3%)
919	**GAJDA Aleksandra**	**1242**	MAX FIT&GYM	40-49	302	00:00:54	00:18:26	**00:42:51.20**	**00:43:45.30**	+00:23:51 (55.7%)	8:34	7 (44.3%)
920	**RYBICA Eliza**	**1061**		30-39	397	00:00:55	00:19:04	**00:42:53.45**	**00:43:49.25**	+00:23:53 (55.7%)	8:34	7 (44.3%)
921	**STEFANIAK Justyna**	**223**	POGORIA BIEGA	40-49	303	00:00:42	00:18:02	**00:42:59.35**	**00:43:41.35**	+00:23:59 (55.8%)	8:35	7 (44.3%)
922	**KREMZER Iwona**	**400**		30-39	398	00:00:57	00:17:58	**00:43:11.05**	**00:44:08.65**	+00:24:11 (56.0%)	8:38	6.9 (43.7%)
923	**BAZGIER Magdalena**	**1065**		30-39	399	00:01:02	00:17:02	**00:43:20.95**	**00:44:23.40**	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
924	**PRASAK Sabina**	**286**	POGORIA BIEGA	40-49	304	00:00:40	00:18:05	**00:43:21.40**	**00:44:01.95**	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
925	**WOJTASIŃSKA Grażyna**	**174**	MIECHOWICKA GRUPA BIEGOWA	30-39	400	00:00:52	00:17:53	**00:43:21.50**	**00:44:14.40**	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
926	**MATUĆ Karolina**	**104**	MIECHOWICKA GRUPA BIEGOWA	20-29	145	00:00:53	00:17:52	**00:43:22.10**	**00:44:15.25**	+00:24:22 (56.2%)	8:40	6.9 (43.7%)
927	**ZACHŁOD Joanna**	**79**	MIECHOWICKA GRUPA BIEGOWA	30-39	401	00:00:52	00:17:53	**00:43:22.40**	**00:44:14.95**	+00:24:22 (56.2%)	8:40	6.9 (43.7%)
928	**SEKUŁA Marlena**	**276**		30-39	402	00:00:55	00:17:08	**00:43:26.40**	**00:44:21.60**	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
929	**MUSIAŁ Paulina**	**913**		20-29	146	00:00:41	00:18:17	**00:43:26.60**	**00:44:07.95**	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
930	**URBANEK Barbara**	**785**	VIKING TRAINING CENTER	30-39	403	00:00:49	00:18:10	**00:43:38.55**	**00:44:27.65**	+00:24:38 (56.5%)	8:43	6.9 (43.7%)
931	**LISIOWSKA Katarzyna**	**354**	KOBIETY NA 5+	40-49	305	00:00:41	00:18:04	**00:43:44.80**	**00:44:26.45**	+00:24:45 (56.6%)	8:45	6.9 (43.7%)
932	**ŁUCARZ Anna**	**410**	KOLOROWA DRUŻYNA NESSI	30-39	404	00:00:10	00:17:28	**00:44:20.05**	**00:44:30.25**	+00:25:20 (57.2%)	8:52	6.8 (43.0%)
933	**MERKEL Sabina**	**570**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	306	00:03:18	00:19:56	**00:44:21.20**	**00:47:39.45**	+00:25:21 (57.2%)	8:52	6.8 (43.0%)
934	**KUCZERA Beata**	**311**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	405	00:03:18	00:19:57	**00:44:21.45**	**00:47:39.55**	+00:25:21 (57.2%)	8:52	6.8 (43.0%)
935	**POKORNY Agnieszka**	**1114**	#CZELADZBIEGA	40-49	307	00:03:05	00:19:39	**00:44:25.35**	**00:47:31.20**	+00:25:25 (57.2%)	8:53	6.8 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
936	**STACHERSKA Elzbieta**	**152**	SK ČERNÉ PLÍCE OSTRAVA	30-39	406	00:03:11	00:19:39	**00:44:30.85**	**00:47:42.25**	+00:25:31 (57.3%)	8:54	6.7 (42.4%)
937	**GĘBSKA Agnieszka**	**280**		30-39	407	00:00:00	00:20:54	**00:44:33.00**	**00:44:33.00**	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
938	**SIWCZYK Grażyna**	**516**	LECYMY DURŚ	60+	15	00:03:10	00:19:38	**00:44:33.55**	**00:47:43.55**	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
939	**BOJDOŁ Justyna**	**544**		40-49	308	00:00:51	00:19:36	**00:44:39.80**	**00:45:31.10**	+00:25:40 (57.5%)	8:56	6.7 (42.4%)
940	**BAŃBUŁA Anna**	**332**		30-39	408	00:00:22	00:17:46	**00:44:53.40**	**00:45:15.45**	+00:25:53 (57.7%)	8:58	6.7 (42.4%)
941	**GEMBALCZYK Izabela**	**94**		30-39	409	00:00:39	00:18:27	**00:45:01.05**	**00:45:40.20**	+00:26:01 (57.8%)	9:00	6.7 (42.4%)
942	**SKORUPKA Alina**	**1301**		20-29	147	00:00:50	00:18:36	**00:45:10.25**	**00:46:01.05**	+00:26:10 (57.9%)	9:02	6.6 (41.8%)
943	**SZCZEPANIK Aleksandra**	**1141**	KOBIETY NA 5+	30-39	410	00:00:52	00:18:54	**00:45:12.05**	**00:46:04.40**	+00:26:12 (58.0%)	9:02	6.6 (41.8%)
944	**DANIKIEWICZ Wioletta**	**1180**	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	309	00:00:27	00:18:07	**00:45:16.45**	**00:45:43.45**	+00:26:16 (58.0%)	9:03	6.6 (41.8%)
945	**MAJCHRZYK Lidia**	**900**		50-59	44	00:00:51	00:19:06	**00:45:56.25**	**00:46:47.35**	+00:26:56 (58.6%)	9:11	6.5 (41.1%)
946	**WŁOCHOWICZ Olga**	**466**	LECYMY DURS	30-39	411	00:03:05	00:19:44	**00:46:01.30**	**00:49:06.30**	+00:27:01 (58.7%)	9:12	6.5 (41.1%)
947	**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**	+00:28:08 (59.7%)	9:25	6.4 (40.5%)
948	**PARZYCH Agnieszka**	**1176**		30-39	412	00:00:51	00:20:34	**00:47:12.75**	**00:48:04.25**	+00:28:12 (59.8%)	9:26	6.4 (40.5%)
949	**WAGNER Natalia**	**813**		30-39	413	00:00:51	00:20:34	**00:47:13.15**	**00:48:04.45**	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
950	**KWAPISZ-BONUSIAK Dorota**	**490**		20-29	149	00:00:51	00:20:33	**00:47:13.30**	**00:48:04.60**	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
951	**BOJDOŁ-GOLANKO Joanna**	**685**		30-39	414	00:00:52	00:19:36	**00:47:27.65**	**00:48:19.95**	+00:28:27 (60.0%)	9:29	6.3 (39.9%)
952	**SWOBODA Anna**	**447**	WIRUSY	30-39	415	00:01:06	00:19:19	**00:47:29.75**	**00:48:36.00**	+00:28:29 (60.0%)	9:30	6.3 (39.9%)
953	**SZCZEPANIK Weronika**	**1272**	KOLOROWA DRUŻYNA NESSI	20-29	150	00:01:24	00:20:27	**00:48:07.90**	**00:49:32.10**	+00:29:08 (60.5%)	9:37	6.2 (39.2%)
954	**JANKOWSKA Anita**	**358**		40-49	310	00:00:53	00:20:35	**00:48:16.45**	**00:49:09.60**	+00:29:16 (60.6%)	9:39	6.2 (39.2%)
955	**WAWOCZNY Mariola**	**974**		40-49	311	00:00:37	00:19:29	**00:48:30.75**	**00:49:07.75**	+00:29:30 (60.8%)	9:42	6.2 (39.2%)
956	**KADŁUBEK Bożena**	**368**	TAXERKI	30-39	416	00:00:52	00:19:53	**00:48:31.40**	**00:49:23.75**	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
957	**SZCZOTKA Agnieszka**	**367**	TAXERKI	30-39	417	00:00:52	00:19:53	**00:48:31.60**	**00:49:23.70**	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
958	**BAGIŃSKA Beata**	**1244**		40-49	312	00:00:52	00:19:50	**00:48:36.80**	**00:49:29.05**	+00:29:37 (60.9%)	9:43	6.2 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
959	**BIELEC Alina**	**330**	ŚWIERCZYŃSKI RUNNING	40-49	313	00:01:06	00:20:43	**00:50:01.55**	**00:51:07.95**	+00:31:01 (62.0%)	10:00	6 (38.0%)
960	**MADEJ Anna**	**325**	ŚWIERCZYNIEC RUNNING	40-49	314	00:01:06	00:20:43	**00:50:02.20**	**00:51:08.20**	+00:31:02 (62.0%)	10:00	6 (38.0%)
961	**SZYPUŁA Barbara**	**326**	ŚWIERCZYNIEC RUNINNG	40-49	315	00:01:05	00:20:43	**00:50:02.70**	**00:51:08.45**	+00:31:02 (62.0%)	10:00	6 (38.0%)
962	**CZARNYNOGA Beata**	**327**	ŚWIERCZYNIEC RUNNING	40-49	316	00:01:05	00:20:41	**00:50:03.65**	**00:51:08.75**	+00:31:03 (62.1%)	10:00	6 (38.0%)
963	**FIGUROWICZ Dominika**	**861**	MIECHOWICKA GRUPA BIEGOWA	20-29	151	00:03:22	00:22:31	**00:50:17.85**	**00:53:40.75**	+00:31:18 (62.2%)	10:03	6 (38.0%)
964	**WOJTEK Gabi**	**614**		40-49	317	00:03:04	00:21:40	**00:51:01.80**	**00:54:06.05**	+00:32:02 (62.8%)	10:12	5.9 (37.3%)
965	**KADŁUBEK Magdalena**	**285**		40-49	318	00:03:19	00:23:13	**00:52:39.95**	**00:55:59.60**	+00:33:40 (63.9%)	10:32	5.7 (36.1%)
966	**FERENC Sonia**	**1252**	ASWC	30-39	418	00:03:09	00:22:53	**00:52:45.15**	**00:55:54.35**	+00:33:45 (64.0%)	10:33	5.7 (36.1%)
967	**KOJ Agnieszka**	**552**		30-39	419	00:03:08	00:23:33	**00:55:46.20**	**00:58:54.45**	+00:36:46 (65.9%)	11:09	5.4 (34.2%)
968	**NIEMIEC Ania**	**268**		40-49	319	00:00:28	00:16:41			+00:08:30	6:40	9 (57.0%)
969	**BAGIŃSKA Paulina**	**1238**		20-29	152	00:00:52	00:19:50			+00:11:39	7:56	7.6 (48.1%)
970	**REDLIN-KASELA Roksana**	**595**	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

Znaleziono 970 wynik(ów)