

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	<b>LEWICKA Elżbieta</b>	<b>2279</b>	NIEZRZESZONA	K-40	1	00:00:01	00:20:58	00:42:56	<b>00:44:35.75</b>	<b>00:44:37.60</b>		4:14	14.1 (100%)
2	<b>KARCHNIWY Ewa</b>	<b>2200</b>	NIGHT RUNNERS GLIWICE	K-20	2	00:00:09	00:21:06	00:44:09	<b>00:45:55.60</b>	<b>00:46:04.65</b>	+00:01:19 (2.9%)	4:22	13.7 (97.2%)
3	<b>LANGE Beata</b>	<b>2637</b>	BP RUNNING TEAM	K-40	2	00:00:12	00:22:45	00:44:37	<b>00:46:11.05</b>	<b>00:46:23.05</b>	+00:01:35 (3.4%)	4:23	13.6 (96.5%)
4	<b>HAŁKA Oliwia</b>	<b>2636</b>	BP RUNNING TEAM	K-20	3	00:00:11	00:22:47	00:44:38	<b>00:46:11.15</b>	<b>00:46:23.10</b>	+00:01:35 (3.4%)	4:24	13.6 (96.5%)
5	<b>LEBIECKA Karolina</b>	<b>2270</b>		K-20	1	00:00:50	00:21:51	00:44:09	<b>00:45:45.25</b>	<b>00:46:35.60</b>	+00:01:09 (2.5%)	4:21	13.8 (97.9%)
6	<b>DYRCZ Anna</b>	<b>2095</b>		K-40	3	00:00:15	00:22:37	00:45:26	<b>00:47:13.80</b>	<b>00:47:29.70</b>	+00:02:38 (5.6%)	4:29	13.3 (94.3%)
7	<b>TOMASZEWSKA Joanna</b>	<b>2548</b>		K-30	1	00:00:06	00:21:52	00:46:53	<b>00:48:51.05</b>	<b>00:48:57.70</b>	+00:04:15 (8.7%)	4:39	12.9 (91.5%)
8	<b>MIERA Wiktoria</b>	<b>2681</b>	#SZYMITEAM	K-20	4	00:00:02	00:22:47	00:47:33	<b>00:49:27.25</b>	<b>00:49:29.80</b>	+00:04:51 (9.8%)	4:42	12.7 (90.1%)
9	<b>KUMOR Dagmara</b>	<b>2258</b>	RUNNERS TEAM KALKA	K-30	2	00:00:09	00:23:25	00:47:30	<b>00:49:22.30</b>	<b>00:49:31.35</b>	+00:04:46 (9.7%)	4:42	12.8 (90.8%)
10	<b>WOJAKOWSKA Katarzyna</b>	<b>2584</b>	K&K RUN	K-40	4	00:00:03	00:23:19	00:47:46	<b>00:49:34.35</b>	<b>00:49:37.80</b>	+00:04:58 (10.0%)	4:43	12.7 (90.1%)
11	<b>KRZYMINSKA Patrycja</b>	<b>2251</b>	MIRAZ RACE TEAM	K-30	3	00:00:27	00:23:35	00:47:40	<b>00:49:27.35</b>	<b>00:49:54.55</b>	+00:04:51 (9.8%)	4:42	12.7 (90.1%)
12	<b>SIKORA Karolina</b>	<b>2458</b>		K-40	6	00:00:02	00:23:18	00:48:17	<b>00:50:30.15</b>	<b>00:50:32.20</b>	+00:05:54 (11.7%)	4:48	12.5 (88.7%)
13	<b>POGODA Kinga</b>	<b>3137</b>	UKS KOMETA GLIWICE	K-20	5	00:00:12	00:22:59	00:48:31	<b>00:50:26.00</b>	<b>00:50:38.00</b>	+00:05:50 (11.6%)	4:48	12.5 (88.7%)
14	<b>DREWUSZEWSKA Ewa</b>	<b>2082</b>		K-40	5	00:00:23	00:24:01	00:48:44	<b>00:50:26.90</b>	<b>00:50:50.55</b>	+00:05:51 (11.6%)	4:48	12.5 (88.7%)
15	<b>GRZEBNIEWSKA Judyta</b>	<b>2147</b>		K-30	4	00:00:43	00:24:26	00:48:58	<b>00:50:49.25</b>	<b>00:51:32.75</b>	+00:06:13 (12.2%)	4:50	12.4 (87.9%)
16	<b>KŁODA Dorota</b>	<b>2212</b>		K-20	6	00:00:03	00:22:58	00:49:55	<b>00:51:48.85</b>	<b>00:51:52.30</b>	+00:07:13 (13.9%)	4:56	12.2 (86.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
17	<b>GOŹDZIŃSKA Magdalena</b>	<b>2130</b>		K-40	7	00:00:21	00:24:56	00:49:46	<b>00:51:40.65</b>	<b>00:52:01.90</b>	+00:07:04 (13.7%)	4:55	12.2 (86.5%)
18	<b>KARBOWNIK Joanna</b>	<b>2665</b>		K-30	5	00:00:22	00:24:34	00:50:09	<b>00:52:06.55</b>	<b>00:52:29.35</b>	+00:07:30 (14.4%)	4:57	12.1 (85.8%)
19	<b>LEDWIG Iwona</b>	<b>2271</b>	MAMAX2	K-30	6	00:00:08	00:24:08	00:50:20	<b>00:52:23.40</b>	<b>00:52:31.75</b>	+00:07:47 (14.9%)	4:59	12 (85.1%)
20	<b>PEPEL Katarzyna</b>	<b>2390</b>	LUXTORPEDA CZERWIONKA	K-30	7	00:00:47	00:25:02	00:50:32	<b>00:52:24.45</b>	<b>00:53:11.60</b>	+00:07:48 (14.9%)	4:59	12 (85.1%)
21	<b>ZIOMEK Katarzyna</b>	<b>2625</b>		K-40	10	00:00:17	00:24:33	00:51:07	<b>00:53:03.10</b>	<b>00:53:20.95</b>	+00:08:27 (15.9%)	5:03	11.9 (84.4%)
22	<b>WÓJCIK Anna</b>	<b>2595</b>		K-40	8	00:00:32	00:25:03	00:50:57	<b>00:52:48.95</b>	<b>00:53:21.10</b>	+00:08:13 (15.6%)	5:01	11.9 (84.4%)
23	<b>EICHHOF Joanna</b>	<b>2097</b>		K-40	9	00:00:36	00:25:17	00:50:57	<b>00:52:54.00</b>	<b>00:53:30.75</b>	+00:08:18 (15.7%)	5:02	11.9 (84.4%)
24	<b>PIWOWARCZYK Agnieszka</b>	<b>2403</b>		K-30	8	00:00:29	00:25:24	00:51:10	<b>00:53:04.30</b>	<b>00:53:33.30</b>	+00:08:28 (16.0%)	5:03	11.9 (84.4%)
25	<b>SZCZOTKA Ilona</b>	<b>2515</b>		K-50	1	00:00:29	00:25:21	00:51:56	<b>00:53:56.25</b>	<b>00:54:25.30</b>	+00:09:20 (17.3%)	5:08	11.7 (83.0%)
26	<b>WIŚNIEWSKA Beata</b>	<b>2576</b>		K-20	8	00:00:49	00:25:53	00:52:05	<b>00:53:54.30</b>	<b>00:54:43.50</b>	+00:09:18 (17.3%)	5:08	11.7 (83.0%)
27	<b>SOSADA Nicol</b>	<b>2486</b>	ISTA BIEGAMY	K-20	7	00:01:02	00:25:53	00:51:45	<b>00:53:41.85</b>	<b>00:54:44.40</b>	+00:09:06 (16.9%)	5:06	11.7 (83.0%)
28	<b>LYSKO Agnieszka</b>	<b>2291</b>		K-30	9	00:00:49	00:26:13	00:52:16	<b>00:54:07.60</b>	<b>00:54:57.55</b>	+00:09:31 (17.6%)	5:09	11.6 (82.3%)
29	<b>LISOŃ Julia</b>	<b>2284</b>	DRUŻYNA POLITECHNIKI ŚLĄSKIEJ SPORT WSPIERA(MY) NAUKOWO	K-20	9	00:00:31	00:25:57	00:52:27	<b>00:54:27.35</b>	<b>00:54:59.10</b>	+00:09:51 (18.1%)	5:11	11.6 (82.3%)
30	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>2003</b>	DRUŻYNA JASNEJ	K-40	11	00:01:26	00:26:57	00:52:08	<b>00:54:01.70</b>	<b>00:55:27.85</b>	+00:09:25 (17.5%)	5:08	11.7 (83.0%)
31	<b>WÓJCIAK Katarzyna</b>	<b>2592</b>		K-40	12	00:00:37	00:26:45	00:52:52	<b>00:54:53.75</b>	<b>00:55:31.20</b>	+00:10:18 (18.8%)	5:13	11.5 (81.6%)
32	<b>GRUDZIŃSKA Magdalena</b>	<b>2142</b>		K-30	10	00:00:54	00:26:35	00:52:58	<b>00:54:48.10</b>	<b>00:55:42.20</b>	+00:10:12 (18.6%)	5:13	11.5 (81.6%)
33	<b>ISKRZAK Izabela</b>	<b>2164</b>		K-30	12	00:00:31	00:26:08	00:53:02	<b>00:55:12.00</b>	<b>00:55:43.55</b>	+00:10:36 (19.2%)	5:15	11.4 (80.9%)
34	<b>POPŁAWSKA-WAL Agata</b>	<b>2409</b>	ZF	K-30	11	00:00:53	00:26:44	00:53:03	<b>00:54:55.80</b>	<b>00:55:49.25</b>	+00:10:20 (18.8%)	5:13	11.5 (81.6%)
35	<b>CZEPIGA Bożena</b>	<b>2070</b>		K-40	13	00:00:10	00:25:54	00:53:55	<b>00:55:59.20</b>	<b>00:56:09.60</b>	+00:11:23 (20.3%)	5:19	11.3 (80.1%)
36	<b>OLEŚ Monika</b>	<b>2671</b>		K-30	13	00:01:06	00:27:13	00:53:10	<b>00:55:16.10</b>	<b>00:56:22.30</b>	+00:10:40 (19.3%)	5:15	11.4 (80.9%)
37	<b>HOMA Dorota</b>	<b>2161</b>	NOGAMI DO PRZODU	K-30	14	00:01:07	00:26:27	00:53:26	<b>00:55:30.40</b>	<b>00:56:37.75</b>	+00:10:54 (19.7%)	5:17	11.4 (80.9%)
38	<b>SMOK Weronika</b>	<b>2479</b>		K-20	10	00:00:37	00:26:37	00:53:43	<b>00:56:00.05</b>	<b>00:56:37.90</b>	+00:11:24 (20.4%)	5:20	11.3 (80.1%)
39	<b>OLEJNICZAK Aleksandra</b>	<b>2360</b>		K-20	12	00:00:29	00:26:14	00:54:17	<b>00:56:16.60</b>	<b>00:56:45.95</b>	+00:11:40 (20.8%)	5:21	11.2 (79.4%)
40	<b>MARCINIAK Paulina</b>	<b>2309</b>		K-30	16	00:01:14	00:26:34	00:53:48	<b>00:55:53.30</b>	<b>00:57:08.20</b>	+00:11:17 (20.2%)	5:19	11.3 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
41	<b>FIRSZT Marta</b>	<b>2101</b>		K-20	13	00:00:15	00:26:38	00:54:52	<b>00:56:58.80</b>	<b>00:57:14.30</b>	+00:12:23 (21.7%)	5:25	11.1 (78.7%)
42	<b>PAUL Violetta</b>	<b>2382</b>	BPRT	K-40	14	00:01:14	00:27:00	00:54:02	<b>00:56:01.10</b>	<b>00:57:15.65</b>	+00:11:25 (20.4%)	5:20	11.2 (79.4%)
43	<b>SZCZERBAK-RUTA Aleksandra</b>	<b>2513</b>		K-30	15	00:01:34	00:27:00	00:53:46	<b>00:55:49.70</b>	<b>00:57:23.85</b>	+00:11:13 (20.1%)	5:18	11.3 (80.1%)
44	<b>SALA Katarzyna</b>	<b>2445</b>		K-30	17	00:00:12	00:26:54	00:55:08	<b>00:57:13.30</b>	<b>00:57:25.55</b>	+00:12:37 (22.1%)	5:26	11 (78.0%)
45	<b>SANOCKA Dorota</b>	<b>2452</b>	DRUŻYNA JASNEJ	K-40	15	00:01:26	00:26:59	00:54:03	<b>00:56:03.00</b>	<b>00:57:29.25</b>	+00:11:27 (20.4%)	5:20	11.2 (79.4%)
46	<b>DOBROWOLSKA Basia</b>	<b>2076</b>		K-20	11	00:01:33	00:27:00	00:54:10	<b>00:56:06.80</b>	<b>00:57:40.35</b>	+00:11:31 (20.5%)	5:20	11.2 (79.4%)
47	<b>STĘPAK Patrycja</b>	<b>2497</b>		K-20	14	00:00:24	00:27:34	00:55:15	<b>00:57:19.65</b>	<b>00:57:44.50</b>	+00:12:43 (22.2%)	5:27	11 (78.0%)
48	<b>KOZA Paulina</b>	<b>2236</b>	KJ TRACHY GLIWICE	K-30	18	00:00:30	00:26:01	00:55:03	<b>00:57:14.70</b>	<b>00:57:44.90</b>	+00:12:38 (22.1%)	5:27	11 (78.0%)
49	<b>GAJ Kamila</b>	<b>2112</b>	NIGHT RUNNERS GLIWICE	K-50	2	00:00:18	00:27:00	00:55:38	<b>00:57:48.35</b>	<b>00:58:06.70</b>	+00:13:12 (22.9%)	5:30	10.9 (77.3%)
50	<b>SZASTOK Katarzyna</b>	<b>2509</b>		K-40	16	00:00:57	00:28:08	00:55:14	<b>00:57:11.25</b>	<b>00:58:09.05</b>	+00:12:35 (22.0%)	5:26	11 (78.0%)
51	<b>HAŁAKUC Joanna</b>	<b>2152</b>		K-20	17	00:00:09	00:26:59	00:55:54	<b>00:57:59.25</b>	<b>00:58:09.10</b>	+00:13:23 (23.1%)	5:31	10.9 (77.3%)
52	<b>DUCH Weronika</b>	<b>2089</b>	DECATHLON CAR ŁÓDŹ	K-20	16	00:00:21	00:28:47	00:56:06	<b>00:57:57.30</b>	<b>00:58:18.75</b>	+00:13:21 (23.1%)	5:31	10.9 (77.3%)
53	<b>BOSAKOWSKA Ela</b>	<b>2031</b>		K-40	18	00:00:13	00:25:47	00:56:08	<b>00:58:13.75</b>	<b>00:58:27.00</b>	+00:13:38 (23.4%)	5:32	10.8 (76.6%)
54	<b>ROSAK-SZYROCKA Asia</b>	<b>2436</b>	MIELEWCZYK RUNNING TEAM	K-40	17	00:00:27	00:27:34	00:56:10	<b>00:58:04.65</b>	<b>00:58:31.70</b>	+00:13:28 (23.2%)	5:31	10.8 (76.6%)
55	<b>CZĄSTKIEWICZ Alicja</b>	<b>2068</b>	POWERGIRLS	K-30	19	00:01:10	00:27:32	00:55:33	<b>00:57:30.35</b>	<b>00:58:40.50</b>	+00:12:54 (22.4%)	5:28	11 (78.0%)
56	<b>SŁABOŃ Roma</b>	<b>2657</b>		K-30	20	00:01:10	00:27:32	00:55:34	<b>00:57:34.15</b>	<b>00:58:44.75</b>	+00:12:58 (22.5%)	5:28	10.9 (77.3%)
57	<b>POWROŹNIK Paulina</b>	<b>2412</b>	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	K-20	18	00:00:44	00:26:50	00:55:53	<b>00:58:02.00</b>	<b>00:58:46.30</b>	+00:13:26 (23.2%)	5:31	10.9 (77.3%)
58	<b>ZŁOTEK Katarzyna</b>	<b>2626</b>	OPEL ACTIVE TEAM	K-30	24	00:00:19	00:27:07	00:56:27	<b>00:58:34.75</b>	<b>00:58:54.10</b>	+00:13:59 (23.9%)	5:34	10.8 (76.6%)
59	<b>KOZAK Kamila</b>	<b>2683</b>		K-20	15	00:01:21	00:28:02	00:55:35	<b>00:57:38.85</b>	<b>00:59:00.35</b>	+00:13:03 (22.6%)	5:29	10.9 (77.3%)
60	<b>BARCHANOWSKA Joanna</b>	<b>2008</b>		K-30	25	00:00:15	00:26:36	00:56:42	<b>00:58:44.80</b>	<b>00:59:00.50</b>	+00:14:09 (24.1%)	5:35	10.7 (75.9%)
61	<b>MARKER-DZIUBOSZ Agnieszka</b>	<b>2312</b>		K-40	19	00:00:40	00:27:16	00:56:14	<b>00:58:25.25</b>	<b>00:59:05.75</b>	+00:13:49 (23.7%)	5:33	10.8 (76.6%)
62	<b>MAJEWSKA Agata</b>	<b>2303</b>		K-20	19	00:00:22	00:28:33	00:56:38	<b>00:58:45.35</b>	<b>00:59:08.00</b>	+00:14:09 (24.1%)	5:35	10.7 (75.9%)
63	<b>KUKUCZKA Ewa</b>	<b>2254</b>		K-30	22	00:01:05	00:27:13	00:55:54	<b>00:58:04.30</b>	<b>00:59:09.60</b>	+00:13:28 (23.2%)	5:31	10.8 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
64	ZACZYŃSKA Dagmara	2603		K-30	21	00:01:13	00:28:23	00:56:11	00:58:02.05	00:59:15.05	+00:13:26 (23.2%)	5:31	10.9 (77.3%)
65	OKOŃ Monika	2357		K-40	21	00:00:40	00:28:38	00:56:32	00:58:40.10	00:59:20.85	+00:14:04 (24.0%)	5:35	10.7 (75.9%)
66	GORELL Bogumiła	2128		K-30	23	00:01:09	00:27:50	00:56:25	00:58:24.80	00:59:33.95	+00:13:49 (23.7%)	5:33	10.8 (76.6%)
67	JAROŃ Katarzyna	2173		K-40	20	00:01:11	00:27:30	00:56:33	00:58:31.80	00:59:42.95	+00:13:56 (23.8%)	5:34	10.8 (76.6%)
68	TREFON-RADZIEJEWSKA Dominika	2551		K-30	26	00:00:43	00:28:45	00:57:01	00:58:59.25	00:59:43.00	+00:14:23 (24.4%)	5:37	10.7 (75.9%)
69	SZWIEC Sandra	2531	ZABIEGANI NAUCZYCIELE	K-30	27	00:00:39	00:28:10	00:56:54	00:59:05.75	00:59:45.05	+00:14:30 (24.5%)	5:37	10.7 (75.9%)
70	SZOZDA Ewa	2524		K-30	28	00:00:40	00:27:10	00:56:53	00:59:07.15	00:59:47.40	+00:14:31 (24.6%)	5:37	10.7 (75.9%)
71	KANIA Krystyna	2197		K-60	1	00:02:01	00:27:50	00:55:57	00:57:57.85	00:59:59.65	+00:13:22 (23.1%)	5:31	10.9 (77.3%)
72	POLEWKA Beata	3138	UKS KOMETA GLIWICE	K-40	23	00:00:39	00:28:10	00:57:18	00:59:23.20	01:00:02.70	+00:14:47 (24.9%)	5:39	10.6 (75.2%)
72	SIODŁAK-BLACHNIO Justyna	2461		K-40	24	00:00:29	00:27:33	00:57:26	00:59:33.40	01:00:02.70	+00:14:57 (25.1%)	5:40	10.6 (75.2%)
74	KURZYK Elżbieta	2264		K-30	37	00:00:15	00:29:06	00:57:51	00:59:57.40	01:00:12.40	+00:15:21 (25.6%)	5:42	10.5 (74.5%)
75	KOWALCZYK Kamila	2232		K-30	33	00:00:40	00:28:30	00:57:35	00:59:37.90	01:00:18.35	+00:15:02 (25.2%)	5:40	10.6 (75.2%)
76	KLONEK-FRYŚ Sylwia	2211		K-30	31	00:00:49	00:27:48	00:57:10	00:59:29.05	01:00:18.90	+00:14:53 (25.0%)	5:39	10.6 (75.2%)
77	BUJNAROWSKA Barbara	2043		K-30	32	00:00:49	00:27:48	00:57:10	00:59:29.90	01:00:19.20	+00:14:54 (25.0%)	5:40	10.6 (75.2%)
78	KOTLARSKA Anna	2227		K-40	22	00:01:10	00:29:55	00:57:15	00:59:13.55	01:00:24.30	+00:14:37 (24.7%)	5:38	10.6 (75.2%)
79	SZOŁTYSIK Marta	2522		K-30	35	00:00:37	00:27:39	00:57:33	00:59:53.65	01:00:30.65	+00:15:17 (25.5%)	5:42	10.5 (74.5%)
80	KELLER Aneta	2202		K-30	39	00:00:15	00:27:09	00:57:53	01:00:19.50	01:00:35.25	+00:15:43 (26.1%)	5:44	10.4 (73.8%)
81	GŁOWACKA Katarzyna	2125	K2	K-30	34	00:00:56	00:28:36	00:57:30	00:59:39.65	01:00:36.50	+00:15:03 (25.3%)	5:40	10.6 (75.2%)
82	KOWALSKA Karolina	2233		K-30	29	00:01:40	00:28:18	00:57:12	00:59:07.35	01:00:48.00	+00:14:31 (24.6%)	5:37	10.7 (75.9%)
83	WITKOWSKA Natalia	2687		K-30	30	00:01:38	00:28:26	00:57:05	00:59:16.55	01:00:54.55	+00:14:40 (24.8%)	5:38	10.6 (75.2%)
84	MACHOŚ Adrianna	2685		K-20	23	00:00:14	00:27:07	00:58:32	01:00:50.10	01:01:04.50	+00:16:14 (26.7%)	5:47	10.4 (73.8%)
85	SOBOLEWSKA Stefania	2483		K-40	25	00:01:07	00:28:26	00:57:52	01:00:00.25	01:01:07.90	+00:15:24 (25.7%)	5:42	10.5 (74.5%)
86	ONOPIUK Natalia	2363		K-20	21	00:01:00	00:28:40	00:58:00	01:00:13.10	01:01:14.05	+00:15:37 (25.9%)	5:44	10.5 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
86	<b>BRZEZIŃSKA Teresa</b>	<b>2040</b>	NIGHT RUNNERS GLIWICE	K-40	29	00:00:30	00:28:33	00:58:36	<b>01:00:43.25</b>	<b>01:01:14.05</b>	+00:16:07 (26.6%)	5:47	10.4 (73.8%)
88	<b>MAJ Viktoria</b>	<b>2300</b>		K-20	20	00:01:22	00:28:19	00:57:02	<b>00:59:51.60</b>	<b>01:01:14.55</b>	+00:15:15 (25.5%)	5:42	10.5 (74.5%)
89	<b>GRYBOŚ Patrycja</b>	<b>2144</b>		K-20	22	00:00:41	00:29:08	00:58:28	<b>01:00:37.00</b>	<b>01:01:18.30</b>	+00:16:01 (26.4%)	5:46	10.4 (73.8%)
90	<b>PROKOP Iwona</b>	<b>2414</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	30	00:00:37	00:29:03	00:58:31	<b>01:00:43.50</b>	<b>01:01:21.35</b>	+00:16:07 (26.6%)	5:47	10.4 (73.8%)
91	<b>SAMOL Iwona</b>	<b>2449</b>		K-40	28	00:00:54	00:28:50	00:58:22	<b>01:00:29.00</b>	<b>01:01:23.90</b>	+00:15:53 (26.3%)	5:45	10.4 (73.8%)
92	<b>STRZELCZYK Grażyna</b>	<b>2502</b>		K-30	42	00:00:13	00:29:20	00:59:05	<b>01:01:15.10</b>	<b>01:01:28.90</b>	+00:16:39 (27.2%)	5:50	10.3 (73.0%)
93	<b>CIOK Anna</b>	<b>2060</b>		K-30	43	00:00:13	00:29:20	00:59:05	<b>01:01:15.40</b>	<b>01:01:29.10</b>	+00:16:39 (27.2%)	5:50	10.3 (73.0%)
94	<b>STROJEK Agnieszka</b>	<b>2500</b>		K-40	27	00:01:11	00:29:03	00:58:20	<b>01:00:26.95</b>	<b>01:01:38.40</b>	+00:15:51 (26.2%)	5:45	10.4 (73.8%)
95	<b>HERUD Sandra</b>	<b>2662</b>		K-30	38	00:01:43	00:27:54	00:57:43	<b>00:59:59.80</b>	<b>01:01:42.80</b>	+00:15:24 (25.7%)	5:42	10.5 (74.5%)
96	<b>KOŚLACZ Katarzyna</b>	<b>2226</b>		K-40	26	00:01:36	00:29:27	00:58:09	<b>01:00:12.95</b>	<b>01:01:49.30</b>	+00:15:37 (25.9%)	5:44	10.5 (74.5%)
97	<b>SOBEL Natalia</b>	<b>3142</b>	UKS KOMETA GLIWICE	K-20	24	00:00:12	00:28:41	00:59:25	<b>01:01:42.25</b>	<b>01:01:54.50</b>	+00:17:06 (27.7%)	5:52	10.2 (72.3%)
98	<b>SZCZEGÓLSKA Anna</b>	<b>2510</b>		K-30	36	00:02:03	00:28:59	00:57:40	<b>00:59:54.05</b>	<b>01:01:57.35</b>	+00:15:18 (25.6%)	5:42	10.5 (74.5%)
99	<b>STRYSIK-KRĘŻEL Iwona</b>	<b>2501</b>	PROPOINT	K-30	41	00:01:00	00:28:48	00:59:00	<b>01:01:12.45</b>	<b>01:02:13.00</b>	+00:16:36 (27.1%)	5:49	10.3 (73.0%)
100	<b>SLUZALEK Małgorzata</b>	<b>2474</b>		K-40	33	00:00:45	00:28:42	00:59:17	<b>01:01:30.55</b>	<b>01:02:15.90</b>	+00:16:54 (27.5%)	5:51	10.2 (72.3%)
101	<b>BLAUT-KUBANEK Anna</b>	<b>2025</b>		K-30	44	00:00:59	00:28:12	00:59:04	<b>01:01:16.55</b>	<b>01:02:16.50</b>	+00:16:40 (27.2%)	5:50	10.3 (73.0%)
102	<b>MALSKA-WYROZUMSKA Małgorzata</b>	<b>2306</b>		K-30	40	00:01:40	00:28:18	00:58:34	<b>01:00:49.80</b>	<b>01:02:30.55</b>	+00:16:14 (26.7%)	5:47	10.4 (73.8%)
103	<b>DRGAS Małgorzata</b>	<b>2084</b>		K-30	46	00:00:51	00:29:28	00:59:35	<b>01:01:45.40</b>	<b>01:02:36.85</b>	+00:17:09 (27.8%)	5:52	10.2 (72.3%)
104	<b>FABIAN Katarzyna</b>	<b>2098</b>		K-40	31	00:01:35	00:29:04	00:58:35	<b>01:01:04.80</b>	<b>01:02:40.75</b>	+00:16:29 (27.0%)	5:49	10.3 (73.0%)
105	<b>WRÓBLEWSKA Magdalena</b>	<b>2689</b>		K-40	34	00:00:37	00:28:54	00:59:53	<b>01:02:07.65</b>	<b>01:02:45.40</b>	+00:17:31 (28.2%)	5:55	10.1 (71.6%)
106	<b>SKWARA Katarzyna</b>	<b>2471</b>	HIRSCHVOGEL	K-30	48	00:00:51	00:29:27	00:59:35	<b>01:01:57.00</b>	<b>01:02:48.10</b>	+00:17:21 (28.0%)	5:54	10.2 (72.3%)
107	<b>WLACH Anna</b>	<b>2581</b>		K-40	32	00:01:44	00:30:11	00:59:16	<b>01:01:05.50</b>	<b>01:02:49.65</b>	+00:16:29 (27.0%)	5:49	10.3 (73.0%)
108	<b>MAZUR Magda</b>	<b>2315</b>		K-40	37	00:00:13	00:28:56	01:00:11	<b>01:02:38.65</b>	<b>01:02:52.50</b>	+00:18:02 (28.8%)	5:58	10.1 (71.6%)
109	<b>MIECZNIKOWSKA Ida</b>	<b>2322</b>		K-20	25	00:01:05	00:28:29	00:59:26	<b>01:01:51.25</b>	<b>01:02:56.55</b>	+00:17:15 (27.9%)	5:53	10.2 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
110	<b>BANDURA Aleksandra</b>	<b>2005</b>	EUVIC	K-20	26	00:01:29	00:29:48	00:59:32	<b>01:01:51.45</b>	<b>01:03:20.95</b>	+00:17:15 (27.9%)	5:53	10.2 (72.3%)
111	<b>MACIEJEWSKA SIWY Ela</b>	<b>2298</b>		K-30	51	00:00:41	00:29:40	01:00:30	<b>01:02:41.35</b>	<b>01:03:22.95</b>	+00:18:05 (28.9%)	5:58	10.1 (71.6%)
112	<b>HILDEBRAND Justyna</b>	<b>2158</b>		K-30	47	00:01:29	00:28:58	00:59:38	<b>01:01:54.75</b>	<b>01:03:23.95</b>	+00:17:19 (28.0%)	5:53	10.2 (72.3%)
113	<b>KOŁAK Alicja</b>	<b>2219</b>		K-30	49	00:01:18	00:28:48	00:59:45	<b>01:02:10.05</b>	<b>01:03:28.75</b>	+00:17:34 (28.3%)	5:55	10.1 (71.6%)
114	<b>MISZCZAK Kasia</b>	<b>2328</b>	EKIPA NA KIJACH	K-40	35	00:01:19	00:28:54	01:00:09	<b>01:02:17.45</b>	<b>01:03:36.70</b>	+00:17:41 (28.4%)	5:55	10.1 (71.6%)
115	<b>MICZKA Justyna</b>	<b>2321</b>		K-40	36	00:01:11	00:28:38	00:59:54	<b>01:02:29.20</b>	<b>01:03:40.75</b>	+00:17:53 (28.6%)	5:57	10.1 (71.6%)
116	<b>NIESLER Magdalena</b>	<b>2340</b>	NIGHT RUNNERS GLIWICE	K-30	45	00:02:04	00:29:44	00:59:33	<b>01:01:41.40</b>	<b>01:03:45.95</b>	+00:17:05 (27.7%)	5:52	10.2 (72.3%)
117	<b>GOWIK Agata</b>	<b>2129</b>		K-20	28	00:00:53	00:29:06	01:00:39	<b>01:02:54.25</b>	<b>01:03:47.25</b>	+00:18:18 (29.1%)	5:59	10 (70.9%)
118	<b>PANKIEWICZ Katarzyna</b>	<b>2379</b>		K-40	39	00:00:58	00:29:31	01:00:38	<b>01:02:56.25</b>	<b>01:03:54.25</b>	+00:18:20 (29.1%)	5:59	10 (70.9%)
119	<b>ŁĄCKA Karolina</b>	<b>2696</b>		K-30	53	00:00:47	00:30:41	01:01:08	<b>01:03:07.70</b>	<b>01:03:54.75</b>	+00:18:31 (29.4%)	6:00	10 (70.9%)
120	<b>DOLATA Magdalena</b>	<b>2078</b>	AVANTOR	K-30	50	00:01:29	00:30:10	01:00:26	<b>01:02:27.30</b>	<b>01:03:57.20</b>	+00:17:51 (28.6%)	5:56	10.1 (71.6%)
121	<b>SKÓRA Joanna</b>	<b>2467</b>		K-40	38	00:01:11	00:28:59	01:00:14	<b>01:02:46.50</b>	<b>01:03:58.25</b>	+00:18:10 (29.0%)	5:58	10 (70.9%)
122	<b>ZNÓJ-MULARCZYK Teresa</b>	<b>2627</b>	BIEGNIJ LOLA BIEGNIJ	K-60	2	00:00:15	00:29:39	01:01:22	<b>01:03:43.90</b>	<b>01:03:59.35</b>	+00:19:08 (30.0%)	6:04	9.9 (70.2%)
123	<b>OSTROWSKA Anna</b>	<b>2647</b>		K-40	40	00:01:22	00:29:40	01:00:49	<b>01:02:59.00</b>	<b>01:04:21.95</b>	+00:18:23 (29.2%)	5:59	10 (70.9%)
124	<b>BARTŁOMIEJCZYK Sylwia</b>	<b>2009</b>		K-30	52	00:01:30	00:30:09	01:00:32	<b>01:02:58.35</b>	<b>01:04:28.35</b>	+00:18:22 (29.2%)	5:59	10 (70.9%)
125	<b>STANKIEWICZ Kamila</b>	<b>2493</b>		K-20	27	00:01:47	00:29:30	01:00:19	<b>01:02:41.40</b>	<b>01:04:28.90</b>	+00:18:05 (28.9%)	5:58	10.1 (71.6%)
126	<b>KAŁUSKA Magdalena</b>	<b>2194</b>		K-30	54	00:00:15	00:30:53	01:02:03	<b>01:04:15.60</b>	<b>01:04:30.80</b>	+00:19:39 (30.6%)	6:07	9.8 (69.5%)
127	<b>GAJEWSKA Izabela</b>	<b>2113</b>	FRELKA	K-40	41	00:00:32	00:29:59	01:01:41	<b>01:04:03.65</b>	<b>01:04:36.40</b>	+00:19:27 (30.4%)	6:06	9.8 (69.5%)
128	<b>MALEŃKA Jolanta</b>	<b>2304</b>	OAT	K-40	42	00:00:19	00:29:53	01:01:58	<b>01:04:20.75</b>	<b>01:04:40.50</b>	+00:19:45 (30.7%)	6:07	9.8 (69.5%)
129	<b>HAŁAKUC Aleksandra</b>	<b>2151</b>		K-20	29	00:01:39	00:30:01	01:01:17	<b>01:03:38.80</b>	<b>01:05:18.50</b>	+00:19:03 (29.9%)	6:03	9.9 (70.2%)
130	<b>LUKOSZEK Weronika</b>	<b>2289</b>		K-20	30	00:01:45	00:31:22	01:01:35	<b>01:03:40.40</b>	<b>01:05:25.40</b>	+00:19:04 (30.0%)	6:03	9.9 (70.2%)
131	<b>PAWLUS Marzena</b>	<b>2388</b>		K-20	31	00:00:24	00:28:43	01:02:31	<b>01:05:02.15</b>	<b>01:05:26.90</b>	+00:20:26 (31.4%)	6:11	9.7 (68.8%)
132	<b>STACHOWSKA Aleksandra</b>	<b>2489</b>		K-40	45	00:00:41	00:29:47	01:02:42	<b>01:05:00.60</b>	<b>01:05:42.05</b>	+00:20:24 (31.4%)	6:11	9.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
133	NOWAK Ewa	2346		K-50	3	00:01:10	00:29:56	01:01:59	<b>01:04:34.05</b>	<b>01:05:44.10</b>	+00:19:58 (30.9%)	6:08	9.8 (69.5%)
134	LUDWIKOWSKA Paulina	2287	JURASSIC RUNNERS	K-30	55	00:01:24	00:29:59	01:02:06	<b>01:04:23.30</b>	<b>01:05:48.25</b>	+00:19:47 (30.7%)	6:08	9.8 (69.5%)
135	LENARTH Aleksandra	2273		K-30	62	00:00:22	00:30:44	01:03:21	<b>01:05:29.20</b>	<b>01:05:51.35</b>	+00:20:53 (31.9%)	6:14	9.6 (68.1%)
136	CHECIŃSKA Agnieszka	2049		K-40	43	00:01:30	00:30:15	01:02:08	<b>01:04:23.80</b>	<b>01:05:54.30</b>	+00:19:48 (30.7%)	6:08	9.8 (69.5%)
137	RUDKIEWICZ Aneta	2437	LILA LOGISTIK	K-30	57	00:01:12	00:30:26	01:02:20	<b>01:04:42.00</b>	<b>01:05:54.70</b>	+00:20:06 (31.1%)	6:09	9.7 (68.8%)
138	BAL-BURZAWA Renata	2639	HIRSCHVOGEL	K-40	47	00:00:17	00:33:03	01:03:26	<b>01:05:43.75</b>	<b>01:06:01.40</b>	+00:21:08 (32.2%)	6:15	9.6 (68.1%)
139	BISZ Magdalena	2023		K-30	63	00:00:22	00:30:45	01:03:30	<b>01:05:43.45</b>	<b>01:06:05.65</b>	+00:21:07 (32.1%)	6:15	9.6 (68.1%)
140	KONIECZNY Agnieszka	2221		K-30	59	00:01:02	00:30:57	01:02:56	<b>01:05:15.20</b>	<b>01:06:18.15</b>	+00:20:39 (31.7%)	6:12	9.7 (68.8%)
141	BOMASTYK Beata	2653		K-40	44	00:01:33	00:31:13	01:02:25	<b>01:04:45.60</b>	<b>01:06:19.20</b>	+00:20:09 (31.1%)	6:10	9.7 (68.8%)
142	STRASSBERGER Katarzyna	2652		K-50	4	00:01:33	00:31:13	01:02:24	<b>01:04:45.90</b>	<b>01:06:19.35</b>	+00:20:10 (31.1%)	6:10	9.7 (68.8%)
143	GÓRECKA Weronika	2134		K-20	32	00:01:06	00:30:40	01:02:48	<b>01:05:15.60</b>	<b>01:06:21.80</b>	+00:20:39 (31.7%)	6:12	9.7 (68.8%)
144	HRYCYSZYN Julia	2162	AVANTOR	K-30	61	00:01:02	00:30:37	01:02:56	<b>01:05:28.50</b>	<b>01:06:30.50</b>	+00:20:52 (31.9%)	6:14	9.6 (68.1%)
145	STASZEWSKA Marzena	845	PKO BANK POLSKI/ INŻYNIERIA BIEGANIA	K-30	58	00:01:17	00:28:12	01:03:13	<b>01:05:14.40</b>	<b>01:06:31.80</b>	+00:20:38 (31.6%)	6:12	9.7 (68.8%)
146	CICHY Agnieszka	2058		K-30	60	00:01:07	00:30:57	01:03:00	<b>01:05:24.65</b>	<b>01:06:32.60</b>	+00:20:48 (31.8%)	6:13	9.6 (68.1%)
147	SIKORSKA Katarzyna	2460	POPKULTURA RELOKACYJNA W KATOWICACH	K-30	56	00:02:01	00:29:51	01:02:08	<b>01:04:31.40</b>	<b>01:06:32.95</b>	+00:19:55 (30.9%)	6:08	9.8 (69.5%)
148	KRYCZAŁO Paulina	2247		K-40	46	00:01:23	00:30:56	01:02:34	<b>01:05:11.50</b>	<b>01:06:34.95</b>	+00:20:35 (31.6%)	6:12	9.7 (68.8%)
149	PIENIAK Karolina	2393		K-20	35	00:00:25	00:30:47	01:04:05	<b>01:06:10.50</b>	<b>01:06:35.65</b>	+00:21:34 (32.6%)	6:18	9.5 (67.4%)
150	CHOLEWA Magdalena	2052		K-40	49	00:00:22	00:30:38	01:03:53	<b>01:06:22.30</b>	<b>01:06:44.80</b>	+00:21:46 (32.8%)	6:19	9.5 (67.4%)
151	KACZMAREK Katarzyna	2187	SRTG GLIWICE	K-40	50	00:00:19	00:35:33	01:04:30	<b>01:06:27.95</b>	<b>01:06:47.55</b>	+00:21:52 (32.9%)	6:19	9.5 (67.4%)
152	KAPTACZ Magdalena	2198		K-40	48	00:01:02	00:30:30	01:03:25	<b>01:05:47.20</b>	<b>01:06:49.20</b>	+00:21:11 (32.2%)	6:15	9.6 (68.1%)
153	JOOSTBERENS Aleksandra	2182	FLUOR	K-20	33	00:01:41	00:31:37	01:03:06	<b>01:05:28.40</b>	<b>01:07:09.50</b>	+00:20:52 (31.9%)	6:14	9.6 (68.1%)
154	KUBICA Bożena	2252	ZABIEGANI NAUCZYCIELE	K-50	5	00:00:40	00:31:10	01:04:04	<b>01:06:30.75</b>	<b>01:07:11.05</b>	+00:21:55 (33.0%)	6:20	9.5 (67.4%)
155	ORLICKA Marlena	2367	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	K-30	65	00:00:45	00:33:05	01:04:36	<b>01:06:43.50</b>	<b>01:07:28.60</b>	+00:22:07 (33.2%)	6:21	9.4 (66.7%)
156	BILNICKA Paulina	2022	FLUOR	K-20	34	00:01:58	00:31:44	01:03:34	<b>01:06:01.75</b>	<b>01:07:59.95</b>	+00:21:26 (32.5%)	6:17	9.5 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
157	<b>MICHAŁUSZEK Dorota</b>	<b>2318</b>	BIEG - UNKA	K-30	64	00:01:51	00:32:24	01:04:08	<b>01:06:21.05</b>	<b>01:08:12.50</b>	+00:21:45 (32.8%)	6:19	9.5 (67.4%)
158	<b>KRYSKA Aleksandra</b>	<b>2248</b>		K-40	51	00:01:24	00:31:44	01:04:26	<b>01:06:49.55</b>	<b>01:08:14.30</b>	+00:22:13 (33.3%)	6:21	9.4 (66.7%)
159	<b>ŚWIETLIK Joanna</b>	<b>2541</b>		K-30	67	00:01:10	00:30:57	01:04:36	<b>01:07:12.20</b>	<b>01:08:22.95</b>	+00:22:36 (33.6%)	6:24	9.4 (66.7%)
160	<b>ZIEMBIŃSKA-BUCZYŃSKA Aleksandra</b>	<b>2621</b>	COMPANEROS ASFALT TEAM	K-30	66	00:01:31	00:31:35	01:04:30	<b>01:06:54.50</b>	<b>01:08:26.30</b>	+00:22:18 (33.3%)	6:22	9.4 (66.7%)
161	<b>POPIÓŁ Izabela</b>	<b>3074</b>		K-30	69	00:00:22	00:31:47	01:05:11	<b>01:08:05.40</b>	<b>01:08:27.55</b>	+00:23:29 (34.5%)	6:29	9.3 (66.0%)
162	<b>SKRZYPEK Wiola</b>	<b>2468</b>	#BIEGACZE	K-20	37	00:01:05	00:30:44	01:04:58	<b>01:07:23.80</b>	<b>01:08:29.50</b>	+00:22:48 (33.8%)	6:25	9.3 (66.0%)
163	<b>REJNAT Agata</b>	<b>2426</b>		K-20	38	00:00:22	00:32:01	01:05:54	<b>01:08:10.90</b>	<b>01:08:33.65</b>	+00:23:35 (34.6%)	6:29	9.2 (65.2%)
164	<b>TIMOFIEJCZUK Anna</b>	<b>2660</b>		K-40	52	00:01:20	00:32:30	01:04:59	<b>01:07:22.15</b>	<b>01:08:42.90</b>	+00:22:46 (33.8%)	6:24	9.4 (66.7%)
165	<b>GRZONKA Małgorzata</b>	<b>2148</b>		K-20	36	00:01:38	00:32:05	01:04:42	<b>01:07:17.20</b>	<b>01:08:55.65</b>	+00:22:41 (33.7%)	6:24	9.4 (66.7%)
166	<b>MAJ Małgorzata</b>	<b>2301</b>	MOSTOSTAL ZABRZE UNITED	K-40	53	00:00:57	00:32:31	01:05:48	<b>01:08:09.95</b>	<b>01:09:07.60</b>	+00:23:34 (34.6%)	6:29	9.2 (65.2%)
167	<b>SZRAJBER Elżbieta</b>	<b>2525</b>		K-30	68	00:01:36	00:29:56	01:05:17	<b>01:07:36.70</b>	<b>01:09:12.85</b>	+00:23:00 (34.0%)	6:26	9.3 (66.0%)
168	<b>REWERS Marzena</b>	<b>2427</b>		K-40	57	00:00:35	00:32:09	01:06:29	<b>01:09:05.10</b>	<b>01:09:40.85</b>	+00:24:29 (35.4%)	6:34	9.1 (64.5%)
169	<b>KOPEĆ-BRUDEK Magdalena</b>	<b>2224</b>		K-30	70	00:01:40	00:33:04	01:05:46	<b>01:08:08.40</b>	<b>01:09:49.30</b>	+00:23:32 (34.6%)	6:29	9.2 (65.2%)
170	<b>KAŹMIERCZAK-BAŁATA Anna</b>	<b>2201</b>		K-40	58	00:00:43	00:33:07	01:06:52	<b>01:09:23.10</b>	<b>01:10:06.70</b>	+00:24:47 (35.7%)	6:36	9.1 (64.5%)
171	<b>JANOSZKA Izabela</b>	<b>2171</b>	HIRSCHVOGEL	K-20	41	00:00:49	00:31:47	01:06:45	<b>01:09:17.70</b>	<b>01:10:06.90</b>	+00:24:41 (35.6%)	6:35	9.1 (64.5%)
172	<b>ZAJĄC Ewa</b>	<b>2605</b>	RCU UBEZPIECZENIA CIESZANÓW	K-40	54	00:01:50	00:31:59	01:05:55	<b>01:08:21.90</b>	<b>01:10:12.65</b>	+00:23:46 (34.8%)	6:30	9.2 (65.2%)
173	<b>WÓJCIK Agnieszka</b>	<b>2594</b>		K-20	39	00:01:21	00:33:29	01:06:16	<b>01:08:51.60</b>	<b>01:10:13.30</b>	+00:24:15 (35.2%)	6:33	9.1 (64.5%)
174	<b>WALCZYK Joanna</b>	<b>2563</b>	PWC SERVICE DELIVERY CENTER	K-20	40	00:01:21	00:33:29	01:06:16	<b>01:08:51.75</b>	<b>01:10:13.55</b>	+00:24:16 (35.2%)	6:33	9.1 (64.5%)
175	<b>JUSZCZAK Ewa</b>	<b>2185</b>		K-50	6	00:01:07	00:32:39	01:07:01	<b>01:09:29.35</b>	<b>01:10:36.80</b>	+00:24:53 (35.8%)	6:37	9.1 (64.5%)
176	<b>LITWIN-BUCKA Dorota</b>	<b>2285</b>		K-40	55	00:02:08	00:32:38	01:06:02	<b>01:08:34.35</b>	<b>01:10:42.80</b>	+00:23:58 (35.0%)	6:31	9.2 (65.2%)
177	<b>MIGDAŁ Iwona</b>	<b>2324</b>		K-40	56	00:01:57	00:32:10	01:06:15	<b>01:08:50.50</b>	<b>01:10:48.25</b>	+00:24:14 (35.2%)	6:33	9.2 (65.2%)
178	<b>KOBIERSKA-SLADEK Anna</b>	<b>2214</b>		K-30	73	00:01:03	00:33:00	01:07:14	<b>01:09:56.50</b>	<b>01:11:00.05</b>	+00:25:20 (36.2%)	6:39	9 (63.8%)
179	<b>JACHYMOWSKA Dominika</b>	<b>2166</b>		K-30	71	00:02:09	00:32:08	01:06:42	<b>01:08:58.95</b>	<b>01:11:08.65</b>	+00:24:23 (35.4%)	6:34	9.1 (64.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
180	<b>KUCZERA-KULAGA Magdalena</b> Kulaga	<b>2253</b>		K-40	60	00:01:51	00:32:35	01:06:58	<b>01:09:43.90</b>	<b>01:11:35.60</b>	+00:25:08 (36.0%)	6:38	9 (63.8%)
180	<b>BRIANSKA-KORDECKA Aleksandra</b>	<b>2032</b>		K-30	72	00:01:52	00:32:34	01:07:00	<b>01:09:43.25</b>	<b>01:11:35.60</b>	+00:25:07 (36.0%)	6:38	9 (63.8%)
182	<b>STRANCZYK Anna</b>	<b>2498</b>	FLUOR	K-30	74	00:01:20	00:33:07	01:07:46	<b>01:10:17.80</b>	<b>01:11:38.55</b>	+00:25:42 (36.6%)	6:41	9 (63.8%)
183	<b>OSOWSKA Katarzyna</b>	<b>2693</b>		K-40	59	00:02:05	00:32:18	01:06:51	<b>01:09:37.20</b>	<b>01:11:42.70</b>	+00:25:01 (35.9%)	6:37	9 (63.8%)
184	<b>WILCZEK Magdalena</b>	<b>2574</b>	FLUOR	K-40	61	00:01:41	00:32:11	01:07:47	<b>01:10:13.55</b>	<b>01:11:55.10</b>	+00:25:37 (36.5%)	6:41	9 (63.8%)
185	<b>KAŁUŻYŃSKA Mariola</b>	<b>2195</b>		K-20	43	00:00:21	00:32:40	01:07:41	<b>01:11:34.70</b>	<b>01:11:55.70</b>	+00:26:58 (37.7%)	6:48	8.8 (62.4%)
186	<b>SUPIŃSKA Beata</b>	<b>2508</b>	ELZAB ACTIVE TEAM	K-40	67	00:00:05	00:32:42	01:07:38	<b>01:11:50.00</b>	<b>01:11:55.75</b>	+00:27:14 (37.9%)	6:50	8.8 (62.4%)
187	<b>PAJĄK Dorota</b>	<b>2377</b>		K-30	76	00:01:02	00:31:36	01:08:25	<b>01:10:54.85</b>	<b>01:11:57.00</b>	+00:26:19 (37.1%)	6:45	8.9 (63.1%)
188	<b>STUHLIK Izabela</b>	<b>2504</b>		K-40	66	00:00:38	00:33:45	01:08:53	<b>01:11:42.00</b>	<b>01:12:20.90</b>	+00:27:06 (37.8%)	6:49	8.8 (62.4%)
189	<b>CHWALISZEWSKA Agnieszka</b>	<b>107</b>		K-40	64	00:00:51	00:32:57	01:08:57	<b>01:11:38.60</b>	<b>01:12:29.90</b>	+00:27:02 (37.8%)	6:49	8.8 (62.4%)
190	<b>OLSZEWSKA Izabela</b>	<b>2688</b>	OLSZAKTEAM	K-30	75	00:01:46	00:32:23	01:08:09	<b>01:10:48.45</b>	<b>01:12:34.90</b>	+00:26:12 (37.0%)	6:44	8.9 (63.1%)
191	<b>MACHERA Katarzyna</b>	<b>2295</b>		K-20	42	00:01:17	00:33:26	01:08:37	<b>01:11:21.70</b>	<b>01:12:39.10</b>	+00:26:45 (37.5%)	6:47	8.8 (62.4%)
192	<b>GALICZEK Lidia</b>	<b>2115</b>	OPEL ACTIVE TEAM	K-50	7	00:01:25	00:33:59	01:08:50	<b>01:11:18.70</b>	<b>01:12:44.50</b>	+00:26:42 (37.5%)	6:47	8.8 (62.4%)
193	<b>RAŁ Zdzisława</b>	<b>2422</b>		K-40	68	00:01:10	00:32:38	01:08:57	<b>01:11:57.45</b>	<b>01:13:08.20</b>	+00:27:21 (38.0%)	6:51	8.8 (62.4%)
194	<b>GROSS Teresa</b>	<b>2141</b>		K-40	62	00:01:52	00:33:21	01:08:57	<b>01:11:21.30</b>	<b>01:13:14.05</b>	+00:26:45 (37.5%)	6:47	8.8 (62.4%)
195	<b>HRYSZKIEWICZ Barbara</b>	<b>2163</b>	FIS-SST TEAM	K-40	63	00:01:52	00:33:21	01:08:57	<b>01:11:22.90</b>	<b>01:13:15.55</b>	+00:26:47 (37.5%)	6:47	8.8 (62.4%)
196	<b>KOZACZKIEWICZ Helena</b>	<b>2237</b>		K-60	3	00:00:26	00:33:50	01:10:16	<b>01:13:05.70</b>	<b>01:13:32.30</b>	+00:28:29 (39.0%)	6:57	8.6 (61.0%)
197	<b>WOJTUKIEWICZ Justyna</b>	<b>2589</b>		K-30	78	00:00:26	00:33:52	01:10:33	<b>01:13:08.90</b>	<b>01:13:35.35</b>	+00:28:33 (39.0%)	6:58	8.6 (61.0%)
198	<b>KLAJMON Joanna</b>	<b>2207</b>		K-40	65	00:01:56	00:33:33	01:09:00	<b>01:11:40.75</b>	<b>01:13:36.90</b>	+00:27:05 (37.8%)	6:49	8.8 (62.4%)
199	<b>KOŃCZAK ŁABAS Magdalena</b>	<b>2223</b>	HURAGAN LIGOTA	K-40	70	00:01:05	00:35:51	01:10:02	<b>01:12:41.35</b>	<b>01:13:46.35</b>	+00:28:05 (38.6%)	6:55	8.7 (61.7%)
200	<b>PROKOPOWICZ Anna</b>	<b>2417</b>		K-30	77	00:01:38	00:33:20	01:10:12	<b>01:12:43.50</b>	<b>01:14:22.00</b>	+00:28:07 (38.7%)	6:55	8.7 (61.7%)
201	<b>POPKO Iwona</b>	<b>2408</b>		K-30	79	00:00:59	00:34:12	01:10:45	<b>01:13:27.70</b>	<b>01:14:27.00</b>	+00:28:51 (39.3%)	6:59	8.6 (61.0%)
202	<b>KOCHANEK Aleksandra</b>	<b>388</b>		K-40	69	00:02:03	00:36:12	01:10:04	<b>01:12:32.10</b>	<b>01:14:35.85</b>	+00:27:56 (38.5%)	6:54	8.7 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
203	NIEUŻYŁA Marta	2342		K-30	82	00:00:59	00:34:57	01:11:06	<b>01:13:42.00</b>	<b>01:14:41.40</b>	+00:29:06 (39.5%)	7:01	8.5 (60.3%)
204	KOŁODZIEJCZAK Dominika	2220		K-20	45	00:00:41	00:34:00	01:11:19	<b>01:14:08.25</b>	<b>01:14:50.10</b>	+00:29:32 (39.8%)	7:03	8.5 (60.3%)
205	LYSZCZYK Patrycja	2292		K-20	44	00:01:30	00:32:36	01:09:57	<b>01:13:25.55</b>	<b>01:14:56.10</b>	+00:28:49 (39.3%)	6:59	8.6 (61.0%)
206	RODEK-NOWAK Magdalena	2429		K-30	83	00:00:38	00:34:04	01:11:37	<b>01:14:25.85</b>	<b>01:15:04.30</b>	+00:29:50 (40.1%)	7:05	8.5 (60.3%)
207	BRYCHLEC Renata	2037	SZARE MORSY	K-50	8	00:01:43	00:34:07	01:11:13	<b>01:13:37.60</b>	<b>01:15:20.85</b>	+00:29:01 (39.4%)	7:00	8.6 (61.0%)
208	BRYCHLEC-WOŹNIAK Justyna	2036		K-30	80	00:01:43	00:34:08	01:11:13	<b>01:13:37.75</b>	<b>01:15:20.90</b>	+00:29:02 (39.4%)	7:00	8.6 (61.0%)
209	BURKACKA Eliza	2045		K-30	81	00:02:04	00:35:10	01:11:19	<b>01:13:39.20</b>	<b>01:15:44.05</b>	+00:29:03 (39.5%)	7:00	8.6 (61.0%)
210	BIENIEK Bożena	2020		K-30	86	00:00:59	00:34:15	01:12:31	<b>01:15:18.15</b>	<b>01:16:17.80</b>	+00:30:42 (40.8%)	7:10	8.4 (59.6%)
211	SZYSZKA Bożena	2538		K-30	84	00:01:24	00:33:47	01:12:12	<b>01:14:53.15</b>	<b>01:16:18.00</b>	+00:30:17 (40.4%)	7:08	8.4 (59.6%)
212	BRATEK Maja	2669	OTK RZEŹNIK	K-20	46	00:01:27	00:33:55	01:12:17	<b>01:14:52.60</b>	<b>01:16:19.60</b>	+00:30:16 (40.4%)	7:07	8.4 (59.6%)
213	JASŃIEWICZ Sandra	2180	DECATHLON&PRZYJACIELE	K-20	47	00:00:21	00:34:54	01:13:16	<b>01:16:06.20</b>	<b>01:16:27.35</b>	+00:31:30 (41.4%)	7:14	8.3 (58.9%)
214	ZIĘTEK Anna	2622	DRIV	K-30	87	00:01:35	00:34:35	01:12:32	<b>01:15:18.20</b>	<b>01:16:54.10</b>	+00:30:42 (40.8%)	7:10	8.4 (59.6%)
215	DROŹDŹ Alicja	2086		K-30	85	00:01:59	00:34:09	01:12:22	<b>01:15:03.80</b>	<b>01:17:03.10</b>	+00:30:28 (40.6%)	7:08	8.4 (59.6%)
216	BIŃKOWSKA Maria	2021		K-30	88	00:02:05	00:36:07	01:12:48	<b>01:15:21.80</b>	<b>01:17:27.15</b>	+00:30:46 (40.8%)	7:10	8.4 (59.6%)
217	FRANCZYK Kinga	2108		K-40	71	00:02:00	00:33:49	01:12:51	<b>01:15:54.65</b>	<b>01:17:55.60</b>	+00:31:18 (41.3%)	7:13	8.3 (58.9%)
218	JAKSIK Monika	2167		K-40	72	00:02:00	00:33:48	01:12:51	<b>01:15:54.95</b>	<b>01:17:55.65</b>	+00:31:19 (41.3%)	7:13	8.3 (58.9%)
219	ROGÓŹ Sonia	2430		K-40	73	00:01:57	00:34:44	01:12:57	<b>01:16:05.15</b>	<b>01:18:03.00</b>	+00:31:29 (41.4%)	7:14	8.3 (58.9%)
220	ZIOŁKOWSKA Basia	2624	LARMO TEAM	K-40	74	00:02:04	00:34:08	01:13:21	<b>01:16:10.45</b>	<b>01:18:15.40</b>	+00:31:34 (41.5%)	7:15	8.3 (58.9%)
221	GABOR Aleksandra	2111		K-30	89	00:01:48	00:36:39	01:14:18	<b>01:16:58.80</b>	<b>01:18:47.10</b>	+00:32:23 (42.1%)	7:19	8.2 (58.2%)
222	JANAS-SUCHON Agata	2169		K-20	48	00:02:04	00:35:10	01:14:01	<b>01:16:48.20</b>	<b>01:18:52.70</b>	+00:32:12 (41.9%)	7:18	8.2 (58.2%)
223	PAWŁOWSKA Katarzyna	2389		K-30	91	00:01:27	00:39:25	01:15:14	<b>01:17:28.70</b>	<b>01:18:56.25</b>	+00:32:52 (42.4%)	7:22	8.1 (57.4%)
224	LASAK Monika	2267		K-30	90	00:01:27	00:39:25	01:15:14	<b>01:17:28.55</b>	<b>01:18:56.45</b>	+00:32:52 (42.4%)	7:22	8.1 (57.4%)
225	KOWALCZYK Angelika	2231		K-30	92	00:01:27	00:39:25	01:15:14	<b>01:17:29.20</b>	<b>01:18:57.00</b>	+00:32:53 (42.4%)	7:22	8.1 (57.4%)
226	KONOPACKA Krystyna	2222		K-60	4	00:00:59	00:34:50	01:14:56	<b>01:18:02.15</b>	<b>01:19:01.25</b>	+00:33:26 (42.9%)	7:25	8.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
227	SITARZ Joanna	2462		K-20	49	00:01:25	00:34:56	01:14:52	<b>01:17:43.55</b>	<b>01:19:08.70</b>	+00:33:07 (42.6%)	7:24	8.1 (57.4%)
228	KLOC Sabina	2210	STG GLIWICE	K-20	50	00:00:18	00:35:36	01:16:05	<b>01:18:50.00</b>	<b>01:19:08.80</b>	+00:34:14 (43.4%)	7:30	8 (56.7%)
229	WRONA Barbara	2596		K-30	93	00:02:08	00:36:33	01:14:49	<b>01:17:31.90</b>	<b>01:19:40.20</b>	+00:32:56 (42.5%)	7:23	8.1 (57.4%)
230	SMOLARSKA Paulina	2480		K-30	94	00:01:40	00:36:24	01:15:47	<b>01:18:32.45</b>	<b>01:20:13.20</b>	+00:33:56 (43.2%)	7:28	8 (56.7%)
231	GORAJ-ZAJĄC Aleksandra	2699	NIGHT RUNNERS GLIWICE	K-40	75	00:00:06	00:38:09	01:17:45	<b>01:20:32.75</b>	<b>01:20:38.80</b>	+00:35:57 (44.6%)	7:40	7.8 (55.3%)
232	CZULUK Gosia	2071		K-30	95	00:02:05	00:36:13	01:17:05	<b>01:20:04.60</b>	<b>01:22:10.20</b>	+00:35:28 (44.3%)	7:37	7.9 (56.0%)
233	URBANIAK Anna	2557		K-40	76	00:01:10	00:38:36	01:19:36	<b>01:22:38.80</b>	<b>01:23:49.45</b>	+00:38:03 (46.0%)	7:52	7.6 (53.9%)
234	JUSZCZAK - WIŚNIEWSKA Agata	2186		K-30	96	00:01:59	00:44:00	01:30:26	<b>01:33:13.65</b>	<b>01:35:13.50</b>	+00:48:37 (52.2%)	8:52	6.8 (48.2%)
235	ŻOCHOWSKA Liliana	3128		K-40	77	00:00:00	00:41:58		<b>01:36:18.00</b>	<b>01:36:18.00</b>	+00:51:42 (53.7%)	9:10	6.5 (46.1%)
236	REITER Dominika	2425	SLOW JOGGING GLIWICE	K-20	51	00:01:55	00:46:22	01:34:20	<b>01:37:56.25</b>	<b>01:39:51.50</b>	+00:53:20 (54.5%)	9:19	6.4 (45.4%)
237	REITER Hanna	2424	SLOW JOGGING GLIWICE	K-40	78	00:01:55	00:46:22	01:34:20	<b>01:37:56.95</b>	<b>01:39:52.20</b>	+00:53:21 (54.5%)	9:19	6.4 (45.4%)
238	ONYSZKIEWICZ Iwona	2364		K-30	97	00:00:00		01:02:29			+	6:14	9.6 (68.1%)
239	ZAWISZA Julia	2613		K-20	52	00:00:39	00:31:57	01:06:06			+00:23:09	6:36	9.1 (64.5%)

Znaleziono 239 wynik(ów)