



Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 21.1 km

II PÓLMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	CHESANG Dorcus	1217	SKKS DORCUS SPORT	K-20	1	00:00:03	00:18:14	00:37:08	00:56:19	01:15:46	01:20:04.75	01:20:08.25		3:47	15.8 (100%)
2	OLIJNYK Switlana	1205	KS ICE MAT TEAM OSTRÓW WLKP.	K-30	1	00:00:03	00:19:12	00:38:29	00:57:57	01:17:56	01:22:25.45	01:22:28.75	+00:02:20 (2.8%)	3:54	15.4 (97.5%)
3	NAGIRNIAK Natalia	1132		K-20	2	00:00:03	00:19:21	00:39:02	00:58:57	01:18:31	01:22:47.85	01:22:51.35	+00:02:43 (3.3%)	3:55	15.3 (96.8%)
4	WŁODARCZYK Patrycja	1233	JKLA JAWOR	K-30	2	00:00:03	00:19:12	00:38:53	00:58:36	01:18:52	01:23:25.00	01:23:28.00	+00:03:20 (4.0%)	3:57	15.2 (96.2%)
5	DŁUGOSZ Agata	560	BIEGAM Z PASJĄ	K-30	3	00:00:08	00:21:16	00:42:34	01:03:49	01:25:22	01:29:46.60	01:29:55.55	+00:09:41 (10.8%)	4:15	14.1 (89.2%)
6	SZECÓWKA Aneta	405		K-30	4	00:00:14	00:20:51	00:42:00	01:03:43	01:25:17	01:29:58.95	01:30:13.75	+00:09:54 (11.0%)	4:15	14.1 (89.2%)
7	LEWICKA Elżbieta	503	NIEZRZESZONA	K-40	1	00:00:06	00:21:48	00:43:38	01:05:10	01:26:38	01:30:59.55	01:31:05.60	+00:10:54 (12.0%)	4:18	13.9 (88.0%)
8	ĆWIK Iwona	677		K-30	5	00:00:08	00:21:01	00:42:41	01:05:18	01:27:56	01:32:45.25	01:32:53.45	+00:12:40 (13.7%)	4:23	13.6 (86.1%)
9	SAP Karolina	959	NIGHT RUNNERS	K-20	3	00:00:15	00:21:46	00:43:54	01:05:59	01:28:42	01:33:35.10	01:33:50.35	+00:13:30 (14.4%)	4:26	13.5 (85.4%)
10	ARTER-KRZYŻEK Angelika	1054	AKN ADWOKACI TEAM	K-20	4	00:00:06	00:21:13	00:43:38	01:06:30	01:30:08	01:35:04.25	01:35:10.75	+00:14:59 (15.8%)	4:30	13.3 (84.2%)
11	ZAPART Aleksandra	615	STARY HANGAR	K-20	5	00:00:14	00:23:14	00:46:09	01:09:09	01:32:34	01:37:33.85	01:37:48.50	+00:17:29 (17.9%)	4:37	13 (82.3%)
12	MARGOS Dominika	227		K-30	6	00:00:10	00:22:45	00:45:40	01:09:01	01:32:58	01:38:06.35	01:38:16.60	+00:18:01 (18.4%)	4:38	12.9 (81.6%)
13	WYLEŻAŁEK Alina	174		K-20	6	00:00:18	00:23:19	00:47:00	01:10:25	01:33:28	01:38:15.05	01:38:33.85	+00:18:10 (18.5%)	4:39	12.9 (81.6%)
14	FYSZ Karolina	1112	SKLEPBIEGACZA.PL GLIWICE TEAM	K-20	7	00:00:18	00:23:16	00:46:59	01:10:24	01:33:58	01:39:02.25	01:39:20.50	+00:18:57 (19.1%)	4:41	12.8 (81.0%)
15	KONOPACKA BESSA Magdalena	77	FILOMATA	K-20	8	00:00:13	00:23:23	00:47:05	01:10:30	01:34:02	01:39:09.70	01:39:23.15	+00:19:04 (19.2%)	4:41	12.8 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
16	LORENC Agnieszka	786	ZBROJOWNIA SULECHÓW	K-30	7	00:00:15	00:23:21	00:47:03	01:10:27	01:34:08	01:39:18.40	01:39:33.65	+00:19:13 (19.4%)	4:42	12.7 (80.4%)
17	CYGAN Katarzyna	1292	PACEMAKER	K-20	9	00:00:18	00:23:16	00:46:59	01:10:25	01:33:53	01:39:41.00	01:39:59.30	+00:19:36 (19.7%)	4:43	12.7 (80.4%)
18	POPIEL-KRUK Aleksandra	279		K-30	8	00:00:20	00:23:20	00:46:57	01:10:34	01:35:18	01:40:30.55	01:40:51.10	+00:20:25 (20.3%)	4:45	12.6 (79.7%)
19	LASKOWSKA Katarzyna	346	BIEGAJ Z TRENERAMI FC 24 GLIWICE	K-30	10	00:00:31	00:23:13	00:46:48	01:10:34	01:35:40	01:40:57.20	01:41:28.75	+00:20:52 (20.7%)	4:47	12.5 (79.1%)
20	WALASZCZYK Anna	543	EVENT 360 RUNNING TEAM	K-30	9	00:00:53	00:24:00	00:47:51	01:11:32	01:35:37	01:40:41.45	01:41:35.05	+00:20:36 (20.5%)	4:46	12.6 (79.7%)
21	HAGEN Marta	161	DOGOŃ GRODZISK MAZOWIECKI	K-20	10	00:00:07	00:22:44	00:46:26	01:10:27	01:36:07	01:41:41.90	01:41:49.45	+00:21:37 (21.3%)	4:49	12.4 (78.5%)
22	GUZOWSKA Edyta	955	NADAKTYWNI	K-30	11	00:00:24	00:23:30	00:47:20	01:11:34	01:36:11	01:41:37.65	01:42:01.80	+00:21:32 (21.2%)	4:48	12.5 (79.1%)
23	FIGIEL Ewa	620		K-40	2	00:00:03	00:23:37	00:47:50	01:12:13	01:36:57	01:42:11.00	01:42:14.85	+00:22:06 (21.6%)	4:50	12.4 (78.5%)
24	BŁĄŻYTKO Monika	214	BIEGAJ Z TRENERAMI	K-20	11	00:00:32	00:23:13	00:46:47	01:10:36	01:36:38	01:42:39.40	01:43:11.60	+00:22:34 (22.0%)	4:51	12.3 (77.8%)
25	USZKO Sabina	355		K-50	1	00:00:16	00:24:40	00:49:38	01:13:49	01:38:32	01:43:50.50	01:44:06.55	+00:23:45 (22.9%)	4:55	12.2 (77.2%)
26	SŁOMIAN Marcelina	113		K-20	12	00:00:21	00:23:32	00:47:35	01:12:49	01:39:14	01:44:31.90	01:44:53.25	+00:24:27 (23.4%)	4:57	12.1 (76.6%)
27	CHMIELOWSKA-ZIĘBA Iwona	669		K-30	12	00:00:21	00:25:11	00:50:04	01:14:36	01:39:18	01:44:47.35	01:45:08.75	+00:24:42 (23.6%)	4:57	12.1 (76.6%)
28	PASTUCHA Anna	660	CROSS KRAPKOWICE	K-50	2	00:00:16	00:24:40	00:49:38	01:14:12	01:40:06	01:45:35.50	01:45:52.15	+00:25:30 (24.2%)	5:00	12 (75.9%)
29	OBIDOWICZ Agata	716	SUFFOLK TRAIL RUNNERS	K-20	13	00:00:06	00:22:23	00:46:06	01:11:16	01:39:59	01:45:47.50	01:45:53.70	+00:25:42 (24.3%)	5:00	12 (75.9%)
30	MEDWID Katarzyna	471		K-30	13	00:01:51	00:24:08	00:48:13	01:12:57	01:39:30	01:45:08.55	01:46:59.80	+00:25:03 (23.8%)	4:58	12 (75.9%)
31	GRZEGORCZYK Ewelina	127		K-30	14	00:00:15	00:23:01	00:47:22	01:13:36	01:41:46	01:47:47.25	01:48:02.70	+00:27:42 (25.7%)	5:06	11.7 (74.1%)
32	BOCHEŃSKA Agnieszka	207	AMATOR	K-30	15	00:00:17	00:26:02	00:50:58	01:16:22	01:42:19	01:47:54.45	01:48:11.65	+00:27:49 (25.8%)	5:06	11.7 (74.1%)
33	LESZKO Wioleta	991		K-20	15	00:00:52	00:24:37	00:49:03	01:14:27	01:41:53	01:47:38.60	01:48:30.80	+00:27:33 (25.6%)	5:06	11.8 (74.7%)
34	BODNAR Agnieszka	902		K-20	14	00:01:09	00:25:35	00:51:01	01:16:24	01:42:07	01:47:34.10	01:48:43.60	+00:27:29 (25.6%)	5:05	11.8 (74.7%)
35	KARŁOWSKA Katarzyna	749		K-20	17	00:00:33	00:25:18	00:50:29	01:16:07	01:42:38	01:48:18.30	01:48:51.45	+00:28:13 (26.1%)	5:07	11.7 (74.1%)
36	MATERZOK Aleksandra	705	FUTURE PROCESSING RUNNING TEAM	K-20	16	00:01:08	00:24:34	00:49:19	01:15:02	01:42:26	01:48:15.35	01:49:24.30	+00:28:10 (26.0%)	5:07	11.7 (74.1%)
37	PIETRAS Magdalena	997	BIEGAM BO LUBIĘ CZĘSTOCHOWA	K-30	16	00:00:57	00:26:18	00:51:51	01:17:26	01:43:00	01:48:28.95	01:49:26.10	+00:28:24 (26.2%)	5:08	11.7 (74.1%)
38	KOCIOK Gabriela	205		K-40	3	00:00:52	00:26:11	00:51:56	01:17:43	01:43:41	01:49:11.50	01:50:04.40	+00:29:06 (26.7%)	5:10	11.6 (73.4%)
39	KUMASZKA Anna	809	ZABIEGANI TEAM	K-30	19	00:00:00					01:50:16.00	01:50:16.00	+00:30:11 (27.4%)	5:13	11.5 (72.8%)
40	BLASZKE Beata	303	NIGHT RUNNERS	K-40	4	00:00:47	00:26:49	00:52:34	01:18:21	01:44:10	01:49:37.55	01:50:24.70	+00:29:32 (27.0%)	5:11	11.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
41	KNAFEL-LESZCZYŃSKA Agata	1299	STRZELIŃSKI KLUB BIEGACZA	K-30	17	00:01:05	00:26:07	00:51:43	01:17:42	01:43:58	01:49:28.35	01:50:33.75	+00:29:23 (26.8%)	5:11	11.6 (73.4%)
42	MICHEWICZ Małgorzata	732		K-20	18	00:01:51	00:26:16	00:52:03	01:17:40	01:43:34	01:49:00.80	01:50:52.15	+00:28:56 (26.5%)	5:10	11.6 (73.4%)
43	JURKIEWICZ Agnieszka	1283		K-30	18	00:00:44	00:25:34	00:51:04	01:17:22	01:44:27	01:50:08.70	01:50:53.55	+00:30:03 (27.3%)	5:13	11.5 (72.8%)
44	PILCH Zofia	701		K-20	19	00:01:21	00:26:00	00:51:02	01:17:15	01:44:07	01:49:33.75	01:50:55.65	+00:29:29 (26.9%)	5:11	11.6 (73.4%)
45	RYZIŃSKA Aneta	143		K-40	5	00:00:28	00:26:31	00:52:44	01:18:57	01:45:26	01:50:57.00	01:51:25.95	+00:30:52 (27.8%)	5:15	11.4 (72.2%)
46	POPŁAWSKA-WAL Agata	1099		K-30	22	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	01:51:26.75	01:51:57.25	+00:31:22 (28.1%)	5:16	11.4 (72.2%)
47	GORCZEWSKA Renata	58		K-40	6	00:01:10	00:26:22	00:52:22	01:18:44	01:45:23	01:51:07.00	01:52:17.90	+00:31:02 (27.9%)	5:15	11.4 (72.2%)
48	LAMPA Alicja	95	NIGHT RUNNERS GLIWICE	K-20	20	00:01:07	00:26:27	00:52:19	01:18:42	01:45:27	01:51:14.75	01:52:21.75	+00:31:10 (28.0%)	5:16	11.4 (72.2%)
49	NOWAKOWSKA Beata	444		K-30	20	00:01:52	00:26:23	00:52:33	01:18:48	01:45:14	01:50:34.50	01:52:26.95	+00:30:29 (27.6%)	5:14	11.5 (72.8%)
50	JANTAS Dominika	1003		K-16	1	00:00:12	00:25:26	00:51:15	01:18:09	01:46:31	01:52:15.10	01:52:28.05	+00:32:10 (28.7%)	5:19	11.3 (71.5%)
51	SKÓRA Aneta	1091	NIGHT RUNNERS GLIWICE	K-30	23	00:00:46	00:26:33	00:52:52	01:19:06	01:45:52	01:51:47.20	01:52:33.50	+00:31:42 (28.4%)	5:17	11.3 (71.5%)
52	OSEŁKA Magdalena	611		K-30	21	00:01:12	00:26:28	00:52:44	01:18:59	01:45:46	01:51:25.35	01:52:37.45	+00:31:20 (28.1%)	5:16	11.4 (72.2%)
53	SPODZIEJA Aleksandra	316	UKS MANTA KOCHŁOWICE	K-20	23	00:00:54	00:26:36	00:52:23	01:18:49	01:45:55	01:52:00.85	01:52:55.25	+00:31:56 (28.5%)	5:18	11.3 (71.5%)
54	GOC Aleksandra	1279		K-30	28	00:00:30	00:26:20	00:53:02	01:19:44	01:47:07	01:52:47.75	01:53:18.45	+00:32:43 (29.0%)	5:20	11.2 (70.9%)
55	SUCHECKA Lucyna	19	FAST FOOT OPOLE	K-20	22	00:01:29	00:25:30	00:51:27	01:18:03	01:45:49	01:51:49.85	01:53:19.35	+00:31:45 (28.4%)	5:18	11.3 (71.5%)
56	GRUSZKA Małgorzata	68	RYSIE	K-40	7	00:01:50	00:26:26	00:52:10	01:18:27	01:45:54	01:51:31.30	01:53:21.95	+00:31:26 (28.2%)	5:17	11.4 (72.2%)
57	RACZEK Magdalena	106		K-20	24	00:01:01	00:26:22	00:52:27	01:18:51	01:46:34	01:52:35.45	01:53:36.60	+00:32:30 (28.9%)	5:20	11.2 (70.9%)
58	GRACH Aleksandra	670	EVENT 360 RUNNING TEAM	K-30	25	00:01:11	00:26:19	00:52:26	01:18:46	01:46:42	01:52:29.95	01:53:41.15	+00:32:25 (28.8%)	5:19	11.3 (71.5%)
59	JANUS Monika	1085	SZCZAWNÓ RUN	K-30	29	00:00:46	00:26:28	00:52:55	01:19:17	01:47:06	01:52:58.50	01:53:45.35	+00:32:53 (29.1%)	5:21	11.2 (70.9%)
60	DANEK Maria	54	10 BLOG	K-20	26	00:00:13	00:26:05	00:53:06	01:20:48	01:48:03	01:53:33.45	01:53:46.55	+00:33:28 (29.5%)	5:22	11.1 (70.3%)
61	RUPNIK Joanna	43		K-30	27	00:01:06	00:26:51	00:52:54	01:19:03	01:46:44	01:52:40.45	01:53:47.30	+00:32:35 (28.9%)	5:20	11.2 (70.9%)
62	NIŻNIKIEWICZ Elżbieta	297		K-30	31	00:00:15	00:26:44	00:54:03	01:21:17	01:48:07	01:53:40.20	01:53:55.75	+00:33:35 (29.6%)	5:23	11.1 (70.3%)
63	KUCZMA Joanna	533		K-40	8	00:01:00	00:26:35	00:52:55	01:19:01	01:46:54	01:52:59.35	01:54:00.05	+00:32:54 (29.1%)	5:21	11.2 (70.9%)
64	JURASZCZYK Katarzyna	86	FEBYS RUN TEAM	K-30	26	00:01:32	00:26:57	00:53:14	01:19:55	01:47:02	01:52:31.20	01:54:03.65	+00:32:26 (28.8%)	5:19	11.3 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
65	GALMAN Iwona	737		K-30	32	00:00:18	00:26:11	00:53:07	01:19:49	01:47:36	01:53:50.50	01:54:09.15	+00:33:45 (29.7%)	5:23	11.1 (70.3%)
66	AMBICKA Jadzia	1049		K-20	21	00:02:24	00:25:32	00:51:07	01:17:59	01:45:43	01:51:46.40	01:54:11.30	+00:31:41 (28.4%)	5:17	11.3 (71.5%)
67	PIETRUCZUK Daria	373	PRO-RUN WROCŁAW	K-20	25	00:01:09	00:25:36	00:51:37	01:18:58	01:46:58	01:53:02.30	01:54:11.60	+00:32:57 (29.2%)	5:21	11.2 (70.9%)
68	PRUSOWSKA-BRZÓZKA Joanna	3	RYBICKA GRUPA BIEGOWA	K-30	24	00:02:00	00:27:06	00:53:12	01:19:35	01:46:34	01:52:13.10	01:54:13.65	+00:32:08 (28.6%)	5:19	11.3 (71.5%)
69	KORPAK Marta	880	MOTIVATO.PL	K-20	27	00:00:37	00:27:24	00:54:07	01:20:54	01:47:57	01:53:44.10	01:54:21.90	+00:33:39 (29.6%)	5:23	11.1 (70.3%)
70	KONIK Sylwia	386		K-30	30	00:00:51	00:26:14	00:52:03	01:19:02	01:47:12	01:53:31.15	01:54:22.80	+00:33:26 (29.5%)	5:22	11.2 (70.9%)
71	KRZYSZTOFOWICZ Monika	591		K-30	35	00:00:37	00:26:01	00:52:53	01:20:21	01:48:50	01:54:45.35	01:55:22.55	+00:34:40 (30.2%)	5:26	11 (69.6%)
72	KURC Iwona	763	RAJSPOORT ACTIVE ANTON TEAM	K-30	34	00:00:40	00:26:50	00:53:19	01:19:55	01:48:21	01:54:42.50	01:55:23.15	+00:34:37 (30.2%)	5:26	11 (69.6%)
73	KUCZYŃSKA Kinga	816		K-20	28	00:00:40	00:26:50	00:53:19	01:19:55	01:48:22	01:54:42.60	01:55:23.35	+00:34:37 (30.2%)	5:26	11 (69.6%)
74	WACLAWSKA Agnieszka	255		K-30	33	00:01:04	00:25:57	00:55:06	01:22:12	01:48:58	01:54:26.95	01:55:31.70	+00:34:22 (30.0%)	5:25	11.1 (70.3%)
75	KRZYSZKOWSKA Agnieszka	490	BRAK	K-30	37	00:00:23	00:26:09	00:53:06	01:20:33	01:49:15	01:55:10.60	01:55:33.65	+00:35:05 (30.5%)	5:27	11 (69.6%)
76	SOKÓŁ Dorota	926	BIEGACZE CSR	K-40	9	00:00:40	00:26:28	00:53:05	01:20:35	01:49:13	01:54:54.75	01:55:35.45	+00:34:50 (30.3%)	5:26	11 (69.6%)
77	PAWLAK Katarzyna	360	RADIO WROCŁAW	K-30	36	00:00:31	00:26:29	00:53:28	01:21:23	01:49:22	01:55:06.30	01:55:37.85	+00:35:01 (30.4%)	5:27	11 (69.6%)
78	CZARNIK-PECIAK Aleksandra	801		K-40	11	00:00:30	00:26:47	00:53:31	01:20:49	01:49:33	01:55:41.75	01:56:11.75	+00:35:37 (30.8%)	5:28	10.9 (69.0%)
79	GABRYŚ Jola	1285	NIGHT RUNNERS GLIWICE	K-40	12	00:00:18	00:26:01	00:53:04	01:20:50	01:50:06	01:56:03.35	01:56:21.60	+00:35:58 (31.0%)	5:30	10.9 (69.0%)
80	CHAVEZ Christina	814	UKS OLIMPIA ZABRZE	K-16	2	00:01:26	00:27:38	00:55:03	01:21:46	01:49:42	01:55:05.10	01:56:31.45	+00:35:00 (30.4%)	5:27	11 (69.6%)
81	BARAŃSKA Celestyna	358	ACCENTURE	K-30	38	00:01:23	00:27:23	00:54:48	01:22:11	01:49:44	01:55:16.10	01:56:39.25	+00:35:11 (30.5%)	5:27	11 (69.6%)
82	SERWACZAK Joanna	33	BIEGAMY Z SERCEM.PL	K-20	31	00:01:07	00:27:29	00:54:36	01:21:52	01:49:33	01:55:35.50	01:56:43.15	+00:35:30 (30.7%)	5:28	11 (69.6%)
83	GOŁĄBEK Agnieszka	1002	BBL MIKOŁÓW	K-30	39	00:01:19	00:25:51	00:52:34	01:20:07	01:49:17	01:55:25.55	01:56:44.75	+00:35:20 (30.6%)	5:28	11 (69.6%)
84	BŁASZCZYK Paulina	36		K-20	29	00:01:27	00:27:17	00:54:09	01:21:27	01:49:25	01:55:23.20	01:56:50.95	+00:35:18 (30.6%)	5:28	11 (69.6%)
85	KONOPKA Agnieszka	80		K-30	43	00:00:41	00:26:56	00:53:39	01:20:49	01:50:03	01:56:12.70	01:56:53.70	+00:36:07 (31.1%)	5:30	10.9 (69.0%)
86	KSIĘŻYK Anna	486		K-30	42	00:00:54	00:27:22	00:54:51	01:22:08	01:50:00	01:56:04.70	01:56:58.90	+00:35:59 (31.0%)	5:30	10.9 (69.0%)
87	TYLMAN-MADEJCZYK Marta	262	MTM	K-30	45	00:00:43	00:27:41	00:54:35	01:21:46	01:50:22	01:56:28.90	01:57:11.95	+00:36:24 (31.3%)	5:31	10.9 (69.0%)
88	CZAUDERNA Klaudia	258	ETERUN	K-40	10	00:02:07	00:26:49	00:53:08	01:21:02	01:49:03	01:55:06.70	01:57:13.80	+00:35:01 (30.4%)	5:27	11 (69.6%)
89	DOMARADZKA Ewa	441		K-40	16	00:00:44	00:26:42	00:54:20	01:21:42	01:50:32	01:56:35.30	01:57:19.30	+00:36:30 (31.3%)	5:31	10.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
90	CURYŁO Maria	941		K-20	30	00:01:55	00:27:29	00:54:45	01:21:46	01:49:32	01:55:28.30	01:57:23.30	+00:35:23 (30.7%)	5:28	11 (69.6%)
91	WAWRZYNIAK Magdalena	480	10 BLOG OPOLE	K-20	32	00:00:44	00:27:14	00:55:05	01:23:09	01:50:49	01:56:40.15	01:57:24.40	+00:36:35 (31.4%)	5:31	10.9 (69.0%)
92	SAP Alina	958	NIGHT RUNNERS	K-40	15	00:01:01	00:27:19	00:54:22	01:22:03	01:50:25	01:56:28.35	01:57:29.60	+00:36:23 (31.2%)	5:31	10.9 (69.0%)
93	BOGUCKA Joanna	979	NIGHT RUNNERS GLIWICE	K-40	14	00:01:02	00:27:18	00:54:21	01:22:02	01:50:27	01:56:27.75	01:57:29.85	+00:36:23 (31.2%)	5:31	10.9 (69.0%)
94	BATEJKO Beata	257	CHORZOWSKIE CENTRUM SZTUK I SPORTÓW WALKI	K-40	13	00:01:29	00:26:10	00:52:38	01:20:33	01:49:53	01:56:10.60	01:57:40.10	+00:36:05 (31.1%)	5:30	10.9 (69.0%)
95	POPIEL Adriana	368	NIGHT RUNNERS GLIWICE	K-30	46	00:01:00	00:27:40	00:55:14	01:22:44	01:50:36	01:56:45.00	01:57:45.30	+00:36:40 (31.4%)	5:31	10.8 (68.4%)
96	STOCHLA Małgorzata	1142		K-30	47	00:00:55	00:27:33	00:54:37	01:22:24	01:50:53	01:56:57.70	01:57:52.75	+00:36:52 (31.5%)	5:32	10.8 (68.4%)
97	ŻOŁNOWSKA Anna	553		K-30	40	00:02:02	00:26:28	00:52:25	01:19:45	01:49:37	01:55:52.50	01:57:55.10	+00:35:47 (30.9%)	5:29	10.9 (69.0%)
98	CHOJCAN Beata	128	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	41	00:01:59	00:27:11	00:54:13	01:22:05	01:50:14	01:55:56.85	01:57:56.60	+00:35:52 (30.9%)	5:29	10.9 (69.0%)
99	NANCKA Brygida	455		K-40	18	00:01:19	00:27:41	00:55:07	01:22:49	01:51:03	01:56:44.90	01:58:03.95	+00:36:40 (31.4%)	5:31	10.8 (68.4%)
100	KULIK Katarzyna	402		K-30	48	00:00:57	00:27:38	00:54:39	01:22:08	01:51:00	01:57:17.50	01:58:15.25	+00:37:12 (31.7%)	5:33	10.8 (68.4%)
101	WIELOCH Gabriela	423	LEWIN BIEGA	K-30	44	00:02:01	00:28:10	00:55:16	01:22:58	01:50:34	01:56:18.45	01:58:20.15	+00:36:13 (31.1%)	5:30	10.9 (69.0%)
102	SKORUPA Agnieszka	771	MALA PANA	K-40	17	00:01:40	00:27:54	00:55:28	01:22:54	01:50:47	01:56:44.20	01:58:24.80	+00:36:39 (31.4%)	5:31	10.8 (68.4%)
103	FEODORÓW Małgorzata	529		K-40	19	00:00:54	00:27:34	00:54:39	01:22:26	01:51:14	01:57:31.55	01:58:26.25	+00:37:26 (31.9%)	5:34	10.8 (68.4%)
104	CZARNECKA Aneta	706		K-20	34	00:00:46	00:27:14	00:54:49	01:22:58	01:51:18	01:57:41.20	01:58:27.25	+00:37:36 (32.0%)	5:34	10.8 (68.4%)
105	DOMINIK Monika	799		K-30	49	00:01:17	00:27:27	00:54:58	01:22:49	01:51:27	01:57:42.25	01:58:59.90	+00:37:37 (32.0%)	5:34	10.8 (68.4%)
106	CYGAN Agata	839		K-20	33	00:01:22	00:28:43	00:56:32	01:23:46	01:51:54	01:57:37.55	01:59:00.00	+00:37:32 (31.9%)	5:34	10.8 (68.4%)
107	MAJEWSKA Guzel	1028	BIEGAJ Z TRENERAMI	K-40	20	00:00:43	00:27:11	00:53:18	01:20:36	01:52:01	01:58:30.90	01:59:13.95	+00:38:26 (32.4%)	5:36	10.7 (67.7%)
108	DYCHA Eliza	163		K-30	50	00:01:12	00:27:08	00:54:46	01:23:05	01:52:09	01:58:06.85	01:59:19.65	+00:38:02 (32.2%)	5:35	10.7 (67.7%)
109	MERCIK Marta	1034		K-20	39	00:00:38	00:28:24	00:56:30	01:24:24	01:52:42	01:58:42.35	01:59:21.00	+00:38:37 (32.5%)	5:37	10.7 (67.7%)
110	KEMONA Dorota	969		K-30	53	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	01:58:34.25	01:59:38.40	+00:38:29 (32.5%)	5:37	10.7 (67.7%)
111	HILASZEK Agata	674		K-20	37	00:01:24	00:28:00	00:56:22	01:24:59	01:52:35	01:58:14.20	01:59:39.10	+00:38:09 (32.3%)	5:36	10.7 (67.7%)
112	KIŚLUK Elżbieta	688		K-20	40	00:00:46	00:25:53	00:52:43	01:22:46	01:52:54	01:59:02.30	01:59:48.50	+00:38:57 (32.7%)	5:38	10.6 (67.1%)
112	WARMINSKA Anna	314	ANTON TEAM	K-30	57	00:00:36	00:27:53	00:56:13	01:24:19	01:53:30	01:59:11.90	01:59:48.50	+00:39:07 (32.8%)	5:38	10.6 (67.1%)
114	MATERLA Julita	231		K-30	51	00:01:43	00:27:33	00:55:11	01:23:15	01:52:28	01:58:12.90	01:59:56.75	+00:38:08 (32.3%)	5:36	10.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
115	PAWLIK Agnieszka	379		K-40	21	00:01:13	00:27:33	00:55:24	01:23:57	01:52:44	01:58:44.70	01:59:57.75	+00:38:39 (32.6%)	5:37	10.7 (67.7%)
116	SALA Nela	476		K-20	38	00:01:19	00:27:22	00:55:14	01:23:50	01:52:30	01:58:38.30	01:59:58.05	+00:38:33 (32.5%)	5:37	10.7 (67.7%)
117	HANKE Klaudia	1068		K-40	24	00:00:12	00:27:48	00:55:58	01:24:04	01:53:27	01:59:45.80	01:59:58.10	+00:39:41 (33.1%)	5:40	10.6 (67.1%)
118	WARCZYŃSKA Beata	575		K-30	52	00:01:33	00:28:51	00:56:29	01:24:23	01:52:40	01:58:28.55	02:00:02.15	+00:38:23 (32.4%)	5:36	10.7 (67.7%)
119	JANKOWSKA Karolina	729	RAJSPOORT ACTIVE ANTONTEAM	K-20	43	00:00:36	00:26:19	00:53:31	01:22:20	01:53:11	01:59:27.65	02:00:03.95	+00:39:22 (33.0%)	5:39	10.6 (67.1%)
120	GDULA Teodozja	269		K-60	1	00:01:29	00:28:15	00:55:53	01:23:42	01:52:29	01:58:41.05	02:00:10.35	+00:38:36 (32.5%)	5:37	10.7 (67.7%)
121	KOCHANEK - STOLARCZYK Anna	562		K-30	55	00:01:34	00:28:49	00:56:29	01:24:25	01:52:39	01:58:48.75	02:00:23.50	+00:38:44 (32.6%)	5:37	10.7 (67.7%)
122	TETLAK - TRACZ Barbara	574		K-30	56	00:01:33	00:28:50	00:56:30	01:24:26	01:52:40	01:58:49.75	02:00:23.55	+00:38:45 (32.6%)	5:37	10.7 (67.7%)
123	BIAŁOŻYT Agata	1056		K-20	36	00:02:16	00:28:41	00:56:30	01:24:04	01:52:01	01:58:13.40	02:00:29.65	+00:38:08 (32.3%)	5:36	10.7 (67.7%)
124	BIAŁOŻYT Ewa	1055		K-20	35	00:02:16	00:28:46	00:56:31	01:24:03	01:52:01	01:58:13.10	02:00:29.75	+00:38:08 (32.3%)	5:36	10.7 (67.7%)
125	WIRA Agnieszka	454		K-20	41	00:01:31	00:28:03	00:56:38	01:25:06	01:52:44	01:59:03.85	02:00:35.70	+00:38:59 (32.7%)	5:38	10.6 (67.1%)
126	SAMUELSKA Ewelina	1153	RGB	K-30	54	00:01:57	00:27:11	00:54:15	01:22:06	01:52:14	01:58:47.45	02:00:44.75	+00:38:42 (32.6%)	5:37	10.7 (67.7%)
127	TEIXEIRA Alice	1294		K-20	42	00:01:29	00:28:14	00:56:35	01:25:11	01:53:21	01:59:17.35	02:00:46.40	+00:39:12 (32.9%)	5:39	10.6 (67.1%)
128	WOŹNICA Elżbieta	263	KIELECKIBIEGACZ.PL	K-20	44	00:01:16	00:26:21	00:54:15	01:23:32	01:53:12	01:59:34.95	02:00:51.90	+00:39:30 (33.0%)	5:40	10.6 (67.1%)
129	PROKOPCZYK Anna	446	BBL GRÓJEC	K-40	22	00:02:06	00:28:11	00:56:09	01:24:56	01:52:54	01:58:48.45	02:00:55.35	+00:38:43 (32.6%)	5:37	10.7 (67.7%)
130	ROZWADOWSKA Grażyna	923		K-40	23	00:01:50	00:28:04	00:55:50	01:24:02	01:52:58	01:59:13.75	02:01:04.00	+00:39:09 (32.8%)	5:39	10.6 (67.1%)
131	ZIMOCH Beata	635		K-30	61	00:00:31	00:28:15	00:56:33	01:25:48	01:54:44	02:00:32.90	02:01:04.75	+00:40:28 (33.6%)	5:42	10.5 (66.5%)
132	PREJS Beata Marta	1089	NIGHT RUNNERS ŚLĄSK	K-30	58	00:01:17	00:28:43	00:57:30	01:25:20	01:53:36	02:00:21.00	02:01:38.85	+00:40:16 (33.5%)	5:42	10.5 (66.5%)
133	DOMAGAŁA Grażyna	1143	NIGHT RUNNERS WROCŁAW	K-20	45	00:01:17	00:28:44	00:57:30	01:25:20	01:53:36	02:00:21.25	02:01:39.00	+00:40:16 (33.5%)	5:42	10.5 (66.5%)
134	BOROWICZ Roksana	75	NIGHT RUNNERS GLIWICE	K-20	46	00:01:01	00:28:47	00:57:09	01:25:43	01:54:50	02:01:01.45	02:02:02.45	+00:40:56 (33.8%)	5:44	10.5 (66.5%)
135	FARON Agnieszka	1221	NORAFSPORT	K-30	65	00:00:21	00:23:59	00:48:29	01:13:32	01:55:41	02:01:46.00	02:02:07.45	+00:41:41 (34.2%)	5:46	10.4 (65.8%)
136	CAPEK Katarzyna	1206		K-30	64	00:00:45	00:28:40	00:56:58	01:25:43	01:55:11	02:01:44.80	02:02:30.20	+00:41:40 (34.2%)	5:46	10.4 (65.8%)
137	SMOLEŃ Magdalena	502		K-30	62	00:01:33	00:29:14	00:58:30	01:27:09	01:55:04	02:01:00.20	02:02:33.55	+00:40:55 (33.8%)	5:44	10.5 (66.5%)
138	KASIŃSKA Ewa	296	BBL GRÓJEC	K-30	59	00:02:05	00:28:10	00:56:13	01:25:02	01:54:18	02:00:28.70	02:02:33.70	+00:40:23 (33.5%)	5:42	10.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
139	MAJEWSKA Kinga	291	BBL GRÓJEC	K-30	60	00:02:04	00:28:10	00:56:10	01:24:57	01:54:17	02:00:29.40	02:02:34.05	+00:40:24 (33.5%)	5:42	10.5 (66.5%)
140	MUSIOŁ Helena	90		K-30	63	00:01:02	00:27:32	00:56:02	01:25:16	01:54:52	02:01:36.45	02:02:39.05	+00:41:31 (34.1%)	5:45	10.4 (65.8%)
141	SZCZURASZEK Anna	606		K-40	25	00:01:44	00:27:56	00:55:53	01:24:22	01:54:31	02:01:01.60	02:02:46.00	+00:40:56 (33.8%)	5:44	10.5 (66.5%)
142	ROGACKA-RZEPKA Maria	860	SBD ENERGETYK RYBNIK	K-40	27	00:01:20	00:28:22	00:56:50	01:25:20	01:55:31	02:01:49.70	02:03:10.55	+00:41:44 (34.3%)	5:46	10.4 (65.8%)
143	SYGUŁA Katarzyna	785	KB MCKIS JAWORZNO	K-40	26	00:01:43	00:28:02	00:56:03	01:25:23	01:55:33	02:01:37.35	02:03:20.95	+00:41:32 (34.2%)	5:45	10.4 (65.8%)
144	WESTER Halina	1113		K-40	28	00:00:47	00:28:01	00:56:35	01:25:52	01:56:22	02:03:00.65	02:03:48.30	+00:42:55 (34.9%)	5:49	10.3 (65.2%)
145	BUDZIŃSKA Ania	571		K-30	70	00:00:51	00:26:48	00:54:20	01:24:18	01:56:08	02:02:58.30	02:03:49.70	+00:42:53 (34.9%)	5:49	10.3 (65.2%)
146	PRACKA Danuta	525	BRAK	K-30	66	00:01:49	00:27:36	00:55:56	01:24:52	01:55:42	02:02:02.10	02:03:51.50	+00:41:57 (34.4%)	5:47	10.4 (65.8%)
147	REPLIŃSKA Edyta	20	BIEGAM, BO LUBIĘ JEŚĆ	K-30	67	00:01:22	00:28:44	00:57:27	01:26:40	01:56:09	02:02:30.70	02:03:53.35	+00:42:25 (34.6%)	5:48	10.3 (65.2%)
148	HUREC Justyna	684	TRIVITAL	K-20	47	00:01:06	00:27:36	00:55:17	01:24:19	01:56:05	02:02:50.65	02:03:56.85	+00:42:45 (34.8%)	5:49	10.3 (65.2%)
149	BADAWCZESKA Anna	1102		K-20	48	00:00:15	00:27:56	00:58:09	01:27:59	01:57:42	02:04:03.10	02:04:18.85	+00:43:58 (35.4%)	5:52	10.2 (64.6%)
150	KOŻUCH Agnieszka	289		K-40	29	00:00:54	00:28:43	00:57:33	01:26:52	01:57:14	02:03:27.10	02:04:21.85	+00:43:22 (35.1%)	5:51	10.3 (65.2%)
151	FORBOT Dominika	714		K-20	49	00:00:38	00:26:29	00:53:56	01:24:01	01:56:51	02:04:04.90	02:04:43.25	+00:44:00 (35.5%)	5:52	10.2 (64.6%)
152	DĄBROWSKA Halina	746		K-30	68	00:01:54	00:28:03	00:56:39	01:26:05	01:56:21	02:02:55.60	02:04:50.55	+00:42:50 (34.9%)	5:49	10.3 (65.2%)
153	WILCZEK Małgorzata	323		K-30	69	00:01:59	00:28:51	00:58:10	01:27:52	01:57:07	02:02:57.55	02:04:57.25	+00:42:52 (34.9%)	5:49	10.3 (65.2%)
154	HANZEL Anna	193		K-50	3	00:01:20	00:28:13	00:56:40	01:26:06	01:57:26	02:03:51.55	02:05:12.25	+00:43:46 (35.3%)	5:52	10.2 (64.6%)
155	KIONKA Katarzyna	327		K-20	50	00:01:28	00:28:01	00:56:57	01:26:29	01:57:50	02:04:14.85	02:05:43.25	+00:44:10 (35.5%)	5:53	10.2 (64.6%)
156	GRUCA Aleksandra	970		K-30	71	00:01:24	00:30:20	01:00:24	01:29:16	01:58:27	02:04:21.25	02:05:45.70	+00:44:16 (35.6%)	5:53	10.2 (64.6%)
157	MEDWID Iwona	472		K-40	30	00:01:51	00:28:09	00:56:51	01:25:51	01:57:12	02:04:07.65	02:05:59.05	+00:44:02 (35.5%)	5:52	10.2 (64.6%)
158	POLISZUK Małgorzata	852		K-40	31	00:00:58	00:28:59	00:58:06	01:28:09	01:58:32	02:05:09.00	02:06:07.65	+00:45:04 (36.0%)	5:55	10.1 (63.9%)
159	MATUSIAK Anna	494	RAJSPOORT ACTIVE ANTON TEAM	K-30	72	00:01:05	00:28:31	00:56:57	01:26:33	01:58:44	02:05:22.40	02:06:28.05	+00:45:17 (36.1%)	5:56	10.1 (63.9%)
160	SZAŁACIŃSKA Marta	60	TRIBITION TEAM	K-30	73	00:01:11	00:27:59	00:56:34	01:25:57	01:58:36	02:05:32.30	02:06:43.35	+00:45:27 (36.2%)	5:56	10.1 (63.9%)
161	FRĄCKOWIAK Marzena	1141		K-30	75	00:00:33	00:29:14	00:58:31	01:28:38	01:59:45	02:06:20.40	02:06:53.50	+00:46:15 (36.6%)	5:59	10 (63.3%)
162	ŚNIEGOWSKA Marta	518		K-20	51	00:01:21	00:27:05	00:55:21	01:25:58	01:58:56	02:05:40.40	02:07:02.30	+00:45:35 (36.3%)	5:57	10.1 (63.9%)
163	SOBIESKA Aleksandra	759		K-30	76	00:00:34	00:28:37	00:57:56	01:28:03	01:59:38	02:06:30.35	02:07:05.15	+00:46:25 (36.7%)	5:59	10 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
164	BUCHAL Katarzyna	582		K-40	32	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	02:05:32.65	02:07:10.70	+00:45:27 (36.2%)	5:56	10.1 (63.9%)
165	ŚLEMP Bernadetta	659		K-40	33	00:01:21	00:29:19	00:58:30	01:28:29	01:59:37	02:06:08.10	02:07:29.40	+00:46:03 (36.5%)	5:58	10 (63.3%)
166	SIKORSKA Katarzyna	73	BIEGAJ Z TRENERAMI	K-30	77	00:01:02	00:27:18	00:56:30	01:26:48	01:59:35	02:06:41.95	02:07:44.55	+00:46:37 (36.8%)	6:00	10 (63.3%)
167	LEŚNIAK Ewa	931		K-30	74	00:01:42	00:28:37	00:56:45	01:26:14	01:59:07	02:06:03.15	02:07:45.15	+00:45:58 (36.5%)	5:58	10 (63.3%)
168	JAREK Dominika	972	WILK	K-20	52	00:01:04	00:28:59	00:58:04	01:28:56	02:00:21	02:06:53.95	02:07:58.35	+00:46:49 (36.9%)	6:00	10 (63.3%)
169	GOŁĘBIEWSKA Aleksandra	1263	BIEGAJ Z TRENERAMI	K-40	34	00:00:43	00:28:27	00:57:29	01:28:09	02:00:44	02:07:35.75	02:08:18.95	+00:47:31 (37.2%)	6:02	9.9 (62.7%)
170	LEWANDOWICZ Monika	1266	NR GLIWICE	K-30	81	00:00:33	00:28:07	00:56:48	01:26:42	02:00:54	02:07:45.40	02:08:19.05	+00:47:40 (37.3%)	6:03	9.9 (62.7%)
171	TARTANUS-ORYSZCZAK Marta	661		K-30	78	00:01:35	00:30:06	01:00:31	01:30:11	02:00:26	02:06:44.70	02:08:20.05	+00:46:39 (36.8%)	6:00	10 (63.3%)
172	PRZYBYSZ Magdalena	840		K-30	79	00:01:35	00:29:29	00:59:08	01:28:58	02:00:20	02:06:57.90	02:08:33.00	+00:46:53 (36.9%)	6:01	10 (63.3%)
173	ŚWIATŁOŃ Małgorzata	692		K-20	54	00:00:00					02:08:46.00	02:08:46.00	+00:48:41 (37.8%)	6:06	9.8 (62.0%)
174	BAJOROWICZ Paulina	1013		K-20	53	00:01:38	00:27:36	00:56:32	01:27:22	02:00:56	02:07:48.95	02:09:27.25	+00:47:44 (37.3%)	6:03	9.9 (62.7%)
175	MARCINEK Ewa	1067		K-50	4	00:02:00	00:29:29	00:59:20	01:29:56	02:00:31	02:07:27.10	02:09:27.95	+00:47:22 (37.2%)	6:02	9.9 (62.7%)
176	PEREK Justyna	118	GTT - INTER PROJEKT	K-30	80	00:01:46	00:30:22	01:00:25	01:31:10	02:01:57	02:07:45.25	02:09:31.25	+00:47:40 (37.3%)	6:03	9.9 (62.7%)
176	CZERNIEWICZ Anna	268		K-40	36	00:01:45	00:30:23	01:00:26	01:31:11	02:01:58	02:07:45.30	02:09:31.25	+00:47:40 (37.3%)	6:03	9.9 (62.7%)
178	CHOJOWSKA Edyta	260		K-40	35	00:01:55	00:30:14	01:00:08	01:30:27	02:01:10	02:07:39.40	02:09:34.60	+00:47:34 (37.3%)	6:02	9.9 (62.7%)
179	FIEDOR Anna	603		K-30	82	00:01:45	00:30:23	01:00:26	01:30:16	02:01:57	02:08:14.65	02:10:00.50	+00:48:09 (37.6%)	6:04	9.9 (62.7%)
180	PORĘBSKA Monika	721		K-30	83	00:01:32	00:29:09	00:59:21	01:30:21	02:01:42	02:08:30.80	02:10:03.35	+00:48:26 (37.7%)	6:05	9.9 (62.7%)
181	PISKORZ Daria	947	DRUŻYNA SZPIKU SITECH	K-40	37	00:01:12	00:28:40	00:59:17	01:30:06	02:02:58	02:09:52.75	02:11:05.40	+00:49:48 (38.3%)	6:09	9.7 (61.4%)
182	BAL-BURZAWA Renata	1349	HIRSCHVOGEL	K-30	85	00:00:10	00:26:58	00:57:43	01:28:46	02:03:17	02:11:09.65	02:11:20.00	+00:51:04 (38.9%)	6:12	9.7 (61.4%)
183	GERLE Anna	147		K-30	84	00:00:46	00:28:38	00:58:02	01:27:50	02:03:16	02:10:55.25	02:11:41.70	+00:50:50 (38.8%)	6:12	9.7 (61.4%)
184	LEWANDOWSKA Magdalena	531	RUNNERS HIGH	K-30	87	00:00:30	00:29:12	00:59:27	01:30:47	02:04:05	02:11:25.20	02:11:55.60	+00:51:20 (39.1%)	6:13	9.6 (60.8%)
185	TURKO Katarzyna	1231	PKO BP	K-40	38	00:01:45	00:29:11	00:59:20	01:30:33	02:04:18	02:10:55.15	02:12:40.30	+00:50:50 (38.8%)	6:12	9.7 (61.4%)
186	ZAGASKA Linda	244		K-20	56	00:01:22	00:30:05	01:01:00	01:32:10	02:04:54	02:11:41.95	02:13:04.15	+00:51:37 (39.2%)	6:14	9.6 (60.8%)
187	JUSZCZAK Kalina	856		K-20	58	00:00:57	00:31:41	01:02:25	01:33:16	02:05:26	02:12:13.50	02:13:11.45	+00:52:08 (39.4%)	6:16	9.6 (60.8%)
188	ORLIK Zdzisława	256	AKMB 'PĘDZIWIATR' GLIWICE	K-50	5	00:01:58	00:30:27	01:01:02	01:32:39	02:04:34	02:11:12.70	02:13:11.65	+00:51:07 (39.0%)	6:13	9.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
189	ZAWADA Ewa	738	NIGHT RUNNERS ZABRZE	K-20	55	00:01:39	00:30:57	01:01:43	01:32:33	02:04:44	02:11:33.00	02:13:12.40	+00:51:28 (39.1%)	6:14	9.6 (60.8%)
190	LAMPART Marta	658	NIGHT RUNNERS	K-30	90	00:00:45	00:29:10	00:59:47	01:31:35	02:05:50	02:12:29.65	02:13:15.25	+00:52:24 (39.6%)	6:16	9.6 (60.8%)
191	PASEK Anna	192	PIELUCHORUNTEAM	K-40	40	00:00:58	00:28:41	00:58:07	01:31:31	02:05:14	02:12:17.35	02:13:15.95	+00:52:12 (39.5%)	6:16	9.6 (60.8%)
192	BIER Agnieszka	811		K-30	86	00:02:06	00:30:02	01:00:41	01:31:39	02:04:24	02:11:16.15	02:13:22.30	+00:51:11 (39.0%)	6:13	9.6 (60.8%)
193	WOLIŃSKA Anna	1275		K-20	57	00:01:30	00:30:04	01:01:18	01:32:25	02:04:50	02:11:52.15	02:13:23.05	+00:51:47 (39.3%)	6:15	9.6 (60.8%)
194	CICHY Agnieszka	559		K-30	89	00:01:26	00:29:38	01:00:57	01:32:37	02:05:00	02:11:58.05	02:13:24.85	+00:51:53 (39.3%)	6:15	9.6 (60.8%)
195	WALCZYŃSKA Karolina	1261		K-30	91	00:00:53	00:29:07	00:58:37	01:31:40	02:05:35	02:12:38.70	02:13:31.75	+00:52:33 (39.6%)	6:17	9.5 (60.1%)
196	MIŚKIEWICZ Lucyna	187		K-40	39	00:01:46	00:30:49	01:01:33	01:32:58	02:05:20	02:11:47.15	02:13:33.60	+00:51:42 (39.2%)	6:14	9.6 (60.8%)
197	ZDEB Barbara	370	NIGHT RUNNERS ZABRZE	K-30	88	00:02:00	00:30:50	01:02:08	01:33:36	02:05:06	02:11:51.50	02:13:51.65	+00:51:46 (39.3%)	6:14	9.6 (60.8%)
198	GAJDA Małgorzata	653		K-30	92	00:00:55	00:28:57	00:58:53	01:30:15	02:04:57	02:12:57.90	02:13:53.80	+00:52:53 (39.8%)	6:18	9.5 (60.1%)
199	WITCZAK Dagmara	1035	ZADYSZKA	K-30	97	00:00:16	00:29:56	01:00:45	01:32:49	02:06:58	02:14:10.20	02:14:26.65	+00:54:05 (40.3%)	6:21	9.4 (59.5%)
200	BOŚ Iwona	390	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	44	00:00:27	00:29:55	01:01:34	01:33:51	02:07:17	02:14:09.10	02:14:36.25	+00:54:04 (40.3%)	6:21	9.4 (59.5%)
201	GORZELANY Ewa	547	WISLAŃSKA AKADEMIA BIEGOWA	K-30	96	00:00:27	00:29:55	01:01:34	01:33:52	02:07:17	02:14:08.60	02:14:36.35	+00:54:03 (40.3%)	6:21	9.4 (59.5%)
202	CIOMEK Marta	552		K-20	61	00:00:26	00:29:04	00:59:40	01:31:32	02:06:52	02:14:17.65	02:14:44.25	+00:54:12 (40.4%)	6:21	9.4 (59.5%)
203	PIĘTERA Agnieszka	754		K-40	42	00:01:40	00:30:46	01:01:38	01:33:21	02:06:05	02:13:04.70	02:14:44.95	+00:52:59 (39.8%)	6:18	9.5 (60.1%)
204	OPANOWSKA Anna	145		K-40	43	00:01:18	00:28:43	01:00:00	01:32:16	02:06:35	02:13:27.35	02:14:45.95	+00:53:22 (40.0%)	6:19	9.5 (60.1%)
205	JANKOWSKA Anna	963		K-30	94	00:01:34	00:28:50	00:57:17	01:28:47	02:05:23	02:13:12.30	02:14:46.75	+00:53:07 (39.9%)	6:18	9.5 (60.1%)
206	KOSIOR Bożena	826	BRAK	K-40	45	00:00:17	00:27:48	00:56:53	01:29:46	02:06:40	02:14:31.50	02:14:48.50	+00:54:26 (40.5%)	6:22	9.4 (59.5%)
207	WILSZ Ewa	656		K-40	41	00:02:02	00:30:34	01:02:05	01:33:36	02:06:04	02:12:49.20	02:14:51.95	+00:52:44 (39.7%)	6:17	9.5 (60.1%)
208	DUDEK Marzena	869		K-30	93	00:02:13	00:31:05	01:03:27	01:35:14	02:06:51	02:12:59.80	02:15:13.35	+00:52:55 (39.8%)	6:18	9.5 (60.1%)
209	ŁAGOSZ Katarzyna	1140		K-30	95	00:01:43	00:31:09	01:02:26	01:34:13	02:05:24	02:13:30.45	02:15:13.65	+00:53:25 (40.0%)	6:19	9.5 (60.1%)
210	GÓRNY Magdalena	1139	CAAQTYWNI	K-20	60	00:01:43	00:31:10	01:02:26	01:33:53	02:05:24	02:13:45.20	02:15:28.45	+00:53:40 (40.1%)	6:20	9.5 (60.1%)
211	KOWALSKA Natalia	237		K-20	59	00:02:02	00:30:05	01:01:35	01:33:45	02:06:40	02:13:37.20	02:15:39.95	+00:53:32 (40.1%)	6:19	9.5 (60.1%)
212	KAMIŃSKA-KORZENIOWSKA Joanna	663		K-30	99	00:01:30	00:29:53	01:01:29	01:33:12	02:07:31	02:14:34.75	02:16:04.90	+00:54:30 (40.5%)	6:22	9.4 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
213	NIEGOWSKA Anna	108		K-40	46	00:00:48	00:30:22	01:01:35	01:34:01	02:08:15	02:15:21.50	02:16:09.85	+00:55:16 (40.8%)	6:24	9.4 (59.5%)
214	MACKIEWICZ Katarzyna	411		K-50	6	00:01:54	00:30:51	01:02:19	01:33:49	02:07:15	02:14:19.20	02:16:14.00	+00:54:14 (40.4%)	6:21	9.4 (59.5%)
215	CZOSNOWSKA Anna	715	CZOSTEAM	K-30	98	00:01:44	00:30:53	01:02:27	01:33:54	02:07:23	02:14:31.00	02:16:15.95	+00:54:26 (40.5%)	6:22	9.4 (59.5%)
216	MAKSYMIOUK-KONOPKA Ewa	334		K-30	101	00:01:24	00:31:30	01:03:27	01:34:54	02:08:28	02:15:06.05	02:16:30.80	+00:55:01 (40.7%)	6:24	9.4 (59.5%)
217	PAUL Violetta	185	NIGHT RUNNERS GLIWICE	K-40	48	00:00:48	00:31:46	01:03:30	01:36:00	02:09:07	02:15:42.80	02:16:31.55	+00:55:38 (41.0%)	6:25	9.3 (58.9%)
218	LEWICKA Beata	189	NIGHT RUNNERS GLIWICE	K-30	100	00:01:41	00:30:53	01:02:37	01:35:07	02:08:16	02:14:54.05	02:16:35.35	+00:54:49 (40.6%)	6:23	9.4 (59.5%)
219	BRZEZIŃSKA Teresa	136	NIGHT RUNNERS GLIWICE	K-30	107	00:00:49	00:30:13	01:01:17	01:34:04	02:09:06	02:15:56.30	02:16:45.35	+00:55:51 (41.1%)	6:26	9.3 (58.9%)
220	DROZD Ola	944	DREAM RUN	K-30	104	00:01:10	00:31:51	01:02:54	01:34:46	02:08:35	02:15:39.90	02:16:50.55	+00:55:35 (41.0%)	6:25	9.3 (58.9%)
221	GRZYŚKA Katarzyna	554		K-30	106	00:01:27	00:29:36	01:00:56	01:32:51	02:08:35	02:15:46.00	02:17:13.00	+00:55:41 (41.0%)	6:26	9.3 (58.9%)
222	PECYNA Katarzyna	1138		K-30	103	00:01:43	00:31:10	01:02:28	01:34:27	02:08:26	02:15:31.50	02:17:14.85	+00:55:26 (40.9%)	6:25	9.3 (58.9%)
223	RECHMAN-NOWAKOWSKA Dorota	273		K-40	49	00:01:09	00:30:30	01:03:00	01:35:20	02:09:01	02:16:06.50	02:17:16.05	+00:56:01 (41.2%)	6:27	9.3 (58.9%)
224	JENDRZYCA-CZAPLA Magdalena	64		K-30	109	00:00:58	00:30:05	01:01:58	01:34:39	02:08:56	02:16:18.90	02:17:17.85	+00:56:14 (41.3%)	6:27	9.3 (58.9%)
225	GROSS Teresa	646	UNISONO	K-40	47	00:02:02	00:30:34	01:02:06	01:33:36	02:07:16	02:15:21.90	02:17:24.75	+00:55:17 (40.8%)	6:24	9.4 (59.5%)
226	DANIELEWSKA Anna	605		K-30	105	00:01:45	00:30:45	01:02:00	01:34:19	02:08:25	02:15:44.65	02:17:30.20	+00:55:39 (41.0%)	6:26	9.3 (58.9%)
227	JAROSZ Katarzyna	616		K-30	102	00:02:02	00:31:26	01:03:34	01:36:06	02:08:51	02:15:30.90	02:17:33.00	+00:55:26 (40.9%)	6:25	9.3 (58.9%)
228	WINICKA Daria	935	AMATOR	K-30	108	00:01:41	00:29:39	01:01:04	01:34:05	02:08:40	02:16:12.55	02:17:54.40	+00:56:07 (41.2%)	6:27	9.3 (58.9%)
229	WINKLER Aleksandra	94	BIEGAM, BO LUBIĘ JEŚC...	K-30	110	00:01:23	00:30:40	01:02:21	01:34:41	02:09:07	02:16:34.05	02:17:57.20	+00:56:29 (41.4%)	6:28	9.3 (58.9%)
230	CHYB Natasza	24		K-40	50	00:02:06	00:32:35	01:04:47	01:37:15	02:10:01	02:16:39.90	02:18:46.85	+00:56:35 (41.4%)	6:28	9.3 (58.9%)
231	RÓŻYC Barbara	306	NIGHT RUNNERS ZABRZE	K-40	51	00:01:29	00:30:40	01:02:37	01:34:44	02:10:31	02:17:41.05	02:19:10.80	+00:57:36 (41.8%)	6:31	9.2 (58.2%)
231	MULARCZYK Agnieszka	1050	VICTORIA ZAWIERCIE	K-30	112	00:00:36	00:28:01	00:59:25	01:33:42	02:11:02	02:18:34.20	02:19:10.80	+00:58:29 (42.2%)	6:34	9.1 (57.6%)
231	LESZCZYŃSKA Małgorzata	577		K-40	52	00:00:36	00:28:02	00:59:25	01:33:42	02:11:02	02:18:34.15	02:19:10.80	+00:58:29 (42.2%)	6:34	9.1 (57.6%)
234	RUDNER Ula	461	A WOMAN'S PLACE IS ON TOP	K-20	62	00:00:31	00:27:43	00:58:00	01:31:13	02:10:37	02:19:20.75	02:19:52.50	+00:59:16 (42.5%)	6:36	9.1 (57.6%)
235	SALONI Kasia	753		K-30	111	00:01:40	00:30:46	01:02:09	01:34:47	02:11:19	02:18:18.10	02:19:58.95	+00:58:13 (42.1%)	6:33	9.2 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
236	ZIEMBIŃSKA-BUCZYŃSKA Aleksandra	1523		K-30	113	00:01:39	00:30:59	01:02:41	01:35:14	02:11:09	02:18:34.35	02:20:13.45	+00:58:29 (42.2%)	6:34	9.1 (57.6%)
237	LIPOWSKA Barbara	592		K-50	7	00:01:55	00:31:15	01:03:09	01:36:30	02:11:19	02:18:21.35	02:20:16.80	+00:58:16 (42.1%)	6:33	9.2 (58.2%)
238	GRUBICH Irena	226		K-60	2	00:00:15	00:28:58	00:59:23	01:33:29	02:11:45	02:20:17.30	02:20:32.70	+01:00:12 (42.9%)	6:38	9 (57.0%)
239	LUKOSZEK Weronika	1116		K-16	3	00:01:31	00:30:42	01:02:18	01:34:52	02:11:50	02:19:44.45	02:21:15.65	+00:59:39 (42.7%)	6:37	9.1 (57.6%)
240	WODARSKA Santia	587		K-20	63	00:01:43	00:31:11	01:02:34	01:35:10	02:11:53	02:19:51.35	02:21:34.85	+00:59:46 (42.7%)	6:37	9.1 (57.6%)
241	JĘDRYCHA Bożena	831		K-30	114	00:01:58	00:33:47	01:07:04	01:40:06	02:12:44	02:19:37.85	02:21:36.30	+00:59:33 (42.6%)	6:37	9.1 (57.6%)
242	TUL Małgorzata	132	DRUŻYNA SZPIKU	K-40	53	00:01:48	00:30:13	01:01:32	01:35:38	02:12:45	02:20:31.10	02:22:19.60	+01:00:26 (43.0%)	6:39	9 (57.0%)
243	DUDEK Katarzyna	492		K-30	115	00:01:54	00:31:37	01:04:59	01:38:24	02:13:25	02:20:40.10	02:22:34.55	+01:00:35 (43.1%)	6:40	9 (57.0%)
244	MIELCZAREK Ilona	178	RYSIE	K-30	116	00:01:50	00:31:57	01:05:03	01:38:29	02:13:30	02:20:55.80	02:22:46.40	+01:00:51 (43.2%)	6:40	9 (57.0%)
245	SABATOWSKA Magda	595		K-30	117	00:01:27	00:31:35	01:05:00	01:39:01	02:13:29	02:21:25.00	02:22:52.45	+01:01:20 (43.4%)	6:42	9 (57.0%)
246	BORYGA Joanna K	639		K-30	118	00:02:01	00:29:54	01:01:25	01:35:31	02:13:29	02:21:40.45	02:23:42.10	+01:01:35 (43.5%)	6:42	8.9 (56.3%)
247	ODZIOMEK Alicja	213		K-30	120	00:00:33	00:31:50	01:04:11	01:37:58	02:15:39	02:23:28.40	02:24:01.85	+01:03:23 (44.2%)	6:47	8.8 (55.7%)
248	FLOREK Anna	470		K-30	119	00:02:12	00:33:34	01:06:51	01:39:54	02:15:24	02:23:00.45	02:25:13.15	+01:02:55 (44.0%)	6:46	8.9 (56.3%)
249	DYLONG Mariola	230		K-16	4	00:00:56	00:31:01	01:03:23	01:37:01	02:15:39	02:24:17.95	02:25:14.10	+01:04:13 (44.5%)	6:50	8.8 (55.7%)
250	WASILEWSKA Aleksandra	1006		K-30	122	00:01:38	00:31:26	01:04:12	01:37:54	02:15:12	02:23:50.10	02:25:28.35	+01:03:45 (44.3%)	6:49	8.8 (55.7%)
251	BIENIEK Beata	1258		K-40	54	00:02:00	00:32:26	01:06:21	01:42:28	02:17:00	02:23:41.65	02:25:42.25	+01:03:36 (44.3%)	6:48	8.8 (55.7%)
252	MIERZWIŃSKA Katarzyna	1259		K-30	121	00:02:00	00:32:26	01:06:22	01:42:28	02:17:00	02:23:41.45	02:25:42.30	+01:03:36 (44.3%)	6:48	8.8 (55.7%)
253	ZAPOTOCZNA Renata	859		K-40	55	00:02:18	00:29:25	01:01:59	01:36:32	02:15:43	02:24:22.25	02:26:40.95	+01:04:17 (44.5%)	6:50	8.8 (55.7%)
254	ULIASZ Anna	817		K-30	123	00:00:33	00:29:59	01:04:17	01:39:01	02:18:04	02:26:47.65	02:27:20.70	+01:06:42 (45.4%)	6:57	8.6 (54.4%)
255	MAĆKOWIAK-RYDZYŃSKA Anna	607		K-40	56	00:01:28	00:31:36	01:05:01	01:40:07	02:18:55	02:27:15.95	02:28:44.00	+01:07:11 (45.6%)	6:58	8.6 (54.4%)
256	STERNAL Marta	522		K-20	64	00:00:46	00:29:52	01:04:00	01:40:54	02:20:50	02:30:15.65	02:31:01.80	+01:10:10 (46.7%)	7:07	8.4 (53.2%)
257	SKUBIS Barbara	81	NIGHT RUNNERS GLIWICE	K-30	124	00:01:55	00:33:41	01:08:32	01:44:33	02:21:50	02:29:10.55	02:31:06.30	+01:09:05 (46.3%)	7:04	8.5 (53.8%)
258	STOKŁOSA Magdalena	219		K-30	125	00:01:42	00:33:50	01:08:17	01:44:27	02:22:05	02:30:01.40	02:31:43.80	+01:09:56 (46.6%)	7:06	8.4 (53.2%)
259	WIERZBICKA Aleksandra	1044	HR MAX ŻORY	K-40	57	00:01:42	00:32:26	01:07:22	01:43:49	02:22:17	02:30:23.20	02:32:06.10	+01:10:18 (46.8%)	7:07	8.4 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
260	PYTEL Klaudia	317	NIGHT RUNNERS ZABRZE	K-40	58	00:02:00	00:34:25	01:10:51	01:48:33	02:27:54	02:35:49.40	02:37:49.70	+01:15:44 (48.6%)	7:23	8.1 (51.3%)
261	GLIŃSKA Agnieszka	1280	NIGHT RUNNERS	K-40	59	00:01:42	00:34:06	01:09:57	01:48:42	02:30:23	02:38:42.15	02:40:24.75	+01:18:37 (49.5%)	7:31	8 (50.6%)
262	USZYŃSKA Aldona	254	OTK / NR GLIWICE	K-40	60	00:00:21	00:23:13	00:46:53	01:11:55				+00:15:36	4:47	12.5 (79.1%)
263	PUCHAŁA Ewelina	1293	PACEMAKER	K-20	65	00:00:00	00:27:29		01:19:52				+	5:19	11.3 (71.5%)
264	ŻURAWIECKA Anna	1082		K-20	66	00:01:28	00:28:55	00:58:23	01:28:26				+00:32:07	5:53	10.2 (64.6%)
265	TRZEJA ZDANOWSKA Dorota	557	URODZENI BIEGACZE	K-40	61	00:00:21	00:23:52	00:47:46					+00:10:38	4:46	12.6 (79.7%)
266	MAĆZKA Krystyna	137	OTK RZEŹNIK / RYKI	K-60	3	00:01:15									(0.0%)

Znaleziono 266 wynik(ów)