



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 21.1 km

III PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
1	GORTEL-MACIUK Agnieszka	1506	NIEWYMIĘKACZE	K-30	1	00:00:02	00:17:54	00:35:54	00:54:05	01:10:05	01:12:57	01:17:55.35	01:17:57.55		3:41	16.2 (100%)
2	KUCHARSKA Ewa	1310		K-30	2	00:00:01	00:18:54	00:38:01	00:56:43	01:12:55	01:15:49	01:20:51.95	01:20:53.85	+00:02:56 (3.6%)	3:49	15.7 (96.9%)
3	NAGIRNIAK Natalia	496	LKB RUDNIK	K-20	1	00:00:02	00:18:44	00:37:48	00:56:53	01:14:37	01:17:58	01:23:50.25	01:23:52.30	+00:05:54 (7.1%)	3:58	15.1 (93.2%)
4	SZECÓWKA Aneta	687		K-30	3	00:00:06	00:19:38	00:39:56	01:00:11	01:17:55	01:21:04	01:26:42.85	01:26:49.00	+00:08:47 (10.1%)	4:06	14.6 (90.1%)
5	WYLEŻAŁEK Alina	438	NIGHT RUNNERS GLIWICE	K-30	4	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09	01:23:18	01:29:02.85	01:29:09.65	+00:11:07 (12.5%)	4:13	14.2 (87.7%)
6	KOCZUR Tamara	1085		K-30	5	00:00:06	00:20:25	00:41:29	01:02:39	01:21:07	01:24:26	01:30:27.45	01:30:33.55	+00:12:32 (13.9%)	4:17	14 (86.4%)
7	SAP Karolina	355	NR GLIWICE	K-20	2	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09	01:26:36	01:32:27.80	01:32:34.95	+00:14:32 (15.7%)	4:22	13.7 (84.6%)
8	HILASZEK Agata	124	NIGHT RUNNERS GLIWICE	K-20	3	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04	01:31:31	01:37:33.35	01:37:49.55	+00:19:38 (20.1%)	4:37	13 (80.2%)
9	FYSZ Karolina	1215	SBRT GLIWICE	K-20	4	00:00:11	00:22:25	00:45:05	01:07:41	01:27:55	01:31:29	01:37:49.65	01:38:01.10	+00:19:54 (20.3%)	4:38	12.9 (79.6%)
10	CHRZANOWSKA Barbara	1285	ZDZIERAJ KAPCIE WWW.AGATSU.PL	K-30	6	00:00:07	00:22:37	00:45:36	01:08:48	01:29:11	01:32:51	01:39:14.95	01:39:22.35	+00:21:19 (21.5%)	4:42	12.8 (79.0%)
11	SZPILOWSKA Paulina	146	KS OLKUSZ	K-20	5	00:00:00	00:23:42	00:46:59	01:10:17	01:30:30	01:33:58	01:40:10.20	01:40:10.20	+00:22:14 (22.2%)	4:44	12.6 (77.8%)
12	KOCZAR Paulina	368		K-16	1	00:00:42	00:23:02	00:46:18	01:09:36	01:29:55	01:33:34	01:39:37.50	01:40:20.00	+00:21:42 (21.8%)	4:43	12.7 (78.4%)
13	POPIEL- KRUK Aleksandra	1209	SBRT GLIWICE	K-30	7	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20	01:33:56	01:40:06.20	01:40:22.15	+00:22:10 (22.2%)	4:44	12.6 (77.8%)
14	MIELCZAREK Aleksandra	928	STS BIEGATON MIKOŁÓW	K-40	1	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00	01:36:41	01:42:59.15	01:43:11.65	+00:25:03 (24.3%)	4:52	12.3 (75.9%)
15	HANKE Dominika	367		K-40	2	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55	01:36:44	01:43:12.15	01:43:54.65	+00:25:16 (24.5%)	4:53	12.3 (75.9%)
16	BIAŁOŃCZYK Joanna	876		K-20	6	00:00:30	00:24:06	00:48:37	01:13:04	01:34:05	01:37:51	01:44:02.75	01:44:33.00	+00:26:07 (25.1%)	4:55	12.2 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h	
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km						20_km 19.9km
17	BOCHEŃSKA Agnieszka	91	SBRT GLIWICE	K-30	8	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37	01:38:27	01:45:08.15	01:45:24.05	+00:27:12 (25.9%)	4:59	12 (74.1%)
18	NASIENIAK-CZECH Anna	766		K-30	9	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18	01:39:04	01:45:18.70	01:45:46.35	+00:27:23 (26.0%)	4:59	12 (74.1%)
19	ŻUKOWSKA Anna	862	ATHLETICS NYSA	K-40	3	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40	01:38:32	01:45:23.25	01:46:46.20	+00:27:27 (26.1%)	4:59	12 (74.1%)
20	CHWAŁ Magdalena	573		K-30	10	00:00:25	00:25:24	00:50:35	01:15:24	01:36:29	01:40:13	01:46:23.85	01:46:48.95	+00:28:28 (26.8%)	5:02	11.9 (73.5%)
21	MATERZOK Aleksandra	388	FUTURE PROCESSING RUNNING TEAM	K-20	7	00:00:13	00:23:21	00:47:58	01:13:09		01:39:48	01:46:53.60	01:47:07.50	+00:28:58 (27.1%)	5:03	11.8 (72.8%)
22	BLASZKE Beata	158	NIGHT RUNNERS GLIWICE	K-40	4	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09	01:40:06	01:47:02.80	01:47:17.95	+00:29:07 (27.2%)	5:04	11.8 (72.8%)
23	BARTECKA Sabina	853	HRMAX ŻORY	K-30	11	00:00:24	00:24:35	00:49:48	01:15:02	01:36:35	01:40:20	01:47:05.15	01:47:29.70	+00:29:09 (27.2%)	5:04	11.8 (72.8%)
24	PIETRAS Sylwia	463	MIECHOWICKA GRUPA BIEGOWA	K-20	8	00:00:23	00:25:47	00:50:10	01:15:05	01:36:41	01:40:37	01:47:34.50	01:47:57.90	+00:29:39 (27.6%)	5:05	11.8 (72.8%)
25	KARŁOWSKA Katarzyna	528		K-30	12	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35	01:40:27	01:47:28.70	01:48:05.40	+00:29:33 (27.5%)	5:05	11.8 (72.8%)
26	CHODAWSKA Dorota	790	OPEL ACTIVE TEAM	K-30	13	00:00:42	00:25:28	00:50:30	01:15:35	01:37:34	01:41:22	01:47:54.40	01:48:36.90	+00:29:59 (27.8%)	5:06	11.7 (72.2%)
27	BŁAŻYTKO Monika	31	BIEGAJ Z TRENERAMI GLIWICE	K-20	9	00:00:12	00:23:33	00:47:25	01:12:41	01:36:01	01:40:23	01:48:27.30	01:48:39.65	+00:30:31 (28.2%)	5:08	11.7 (72.2%)
28	KONOPACKA-BESSA Magdalena	1267		K-30	14	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57	01:41:07	01:48:32.00	01:48:45.45	+00:30:36 (28.2%)	5:08	11.7 (72.2%)
29	MAJEWSKA Gizela	24	BIEGAJ Z TRENERAMI FC24	K-40	5	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37	01:41:31	01:48:17.35	01:49:01.95	+00:30:22 (28.0%)	5:07	11.7 (72.2%)
30	LEWICKA Justyna	235	AKMB PĘDZIWIATR GLIWICE	K-30	17	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55	01:42:00	01:49:07.35	01:49:19.35	+00:31:12 (28.6%)	5:10	11.6 (71.6%)
31	PIECUCH Agnieszka	1217	SBRT GLIWICE	K-20	10	00:00:20	00:25:54	00:51:23	01:16:47	01:38:28	01:42:14	01:49:02.25	01:49:22.85	+00:31:06 (28.5%)	5:10	11.6 (71.6%)
32	GRABOWSKA Joanna	1164		K-40	8	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56	01:49:02.55	01:49:41.60	+00:31:07 (28.5%)	5:10	11.6 (71.6%)
33	JAGŁA Aleksandra	798		K-30	15	00:00:53	00:24:37	00:49:32	01:15:04	01:37:35	01:41:39	01:48:50.35	01:49:43.45	+00:30:55 (28.4%)	5:09	11.6 (71.6%)
34	JANTAS Dominika	300		K-16	2	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48	01:42:07	01:49:28.95	01:49:46.90	+00:31:33 (28.8%)	5:11	11.6 (71.6%)
35	CZAUDERNA Klaudia	178	OCHAJORUN&FRIENDS	K-40	6	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53	01:41:50	01:48:49.60	01:49:46.95	+00:30:54 (28.4%)	5:09	11.6 (71.6%)
36	NIŻNIKIEWICZ Elżbieta	578		K-30	19	00:00:10	00:24:53	00:50:04	01:15:49	01:38:44	01:42:45	01:49:42.00	01:49:52.10	+00:31:46 (29.0%)	5:11	11.5 (71.0%)
37	LASICZ Aleksandra	702	ALEKSANDRA K. LASICZ	K-30	16	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38	01:42:32	01:48:59.75	01:49:53.85	+00:31:04 (28.5%)	5:09	11.6 (71.6%)
38	SKÓRA Aneta	1268	NIGHT RUNNERS GLIWICE	K-30	18	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54	01:42:44	01:49:37.25	01:49:55.75	+00:31:41 (28.9%)	5:11	11.5 (71.0%)
39	MACEŁAJTIS Elżbieta	105		K-20	11	00:01:12	00:25:56	00:50:55	01:16:18	01:38:25	01:42:22	01:49:06.15	01:50:19.05	+00:31:10 (28.6%)	5:10	11.6 (71.6%)
40	CZARNIK-PECIAK Aleksandra	198	BRAK	K-40	9	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14	01:43:19	01:50:27.65	01:50:31.80	+00:32:32 (29.5%)	5:14	11.5 (71.0%)
41	RYZIŃSKA Aneta	150	AMATOR	K-40	7	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39	01:42:27	01:48:54.85	01:50:35.40	+00:30:59 (28.5%)	5:09	11.6 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h	
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km						20_km 19.9km
42	SMOLARCZYK Agnieszka	314		K-30	20	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33	01:42:43	01:50:03.90	01:50:56.95	+00:32:08 (29.2%)	5:12	11.5 (71.0%)
43	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	3	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44	01:43:53	01:50:46.55	01:51:07.30	+00:32:51 (29.7%)	5:15	11.4 (70.4%)
44	SŁOMIAN Marcelina	1011		K-20	12	00:00:26	00:25:32	00:51:24	01:17:18	01:39:49	01:43:45	01:50:41.65	01:51:07.90	+00:32:46 (29.6%)	5:14	11.4 (70.4%)
45	KONIK Sylwia	369	KONIKI TEAM	K-40	10	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53	01:43:09	01:50:37.85	01:51:14.55	+00:32:42 (29.6%)	5:14	11.4 (70.4%)
46	PUDLO Hanna	945		K-30	22	00:00:49	00:25:14	00:50:22	01:15:32	01:38:35	01:42:49	01:50:25.35	01:51:15.15	+00:32:30 (29.4%)	5:14	11.5 (71.0%)
47	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	11	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50	01:43:57	01:50:59.60	01:51:16.95	+00:33:04 (29.8%)	5:15	11.4 (70.4%)
48	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	23	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45	01:43:52	01:50:56.25	01:51:24.50	+00:33:00 (29.8%)	5:15	11.4 (70.4%)
49	CANIBOŁ Anna	444		K-20	13	00:00:42	00:25:45	00:51:46	01:17:25	01:40:17	01:44:26	01:51:01.10	01:51:43.95	+00:33:05 (29.8%)	5:15	11.4 (70.4%)
50	SKACZKOWSKA Barbara	863	POLSKI KLUB MTB	K-30	24	00:00:32	00:25:11	00:50:57	01:16:45	01:39:57	01:44:15	01:51:17.80	01:51:49.95	+00:33:22 (30.0%)	5:16	11.4 (70.4%)
51	BŁOŃSKA Monika	692		K-30	21	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06	01:43:58	01:50:22.95	01:51:59.20	+00:32:27 (29.4%)	5:13	11.5 (71.0%)
52	DYCHA Eliza	33		K-30	25	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37	01:44:37	01:51:31.00	01:52:20.30	+00:33:35 (30.1%)	5:17	11.4 (70.4%)
53	GOLEC Aleksandra	212	PTTK ŻYWIEC	K-40	12	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52	01:44:55	01:51:56.20	01:52:33.70	+00:34:00 (30.4%)	5:18	11.3 (69.8%)
54	JANKOWSKA Justyna	1059		K-30	26	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20	01:45:27	01:52:36.75	01:52:55.10	+00:34:41 (30.8%)	5:20	11.2 (69.1%)
55	DELEWSKA Dorota	735	NIGHT RUNNERS ZABRZE	K-40	13	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51	01:44:58	01:52:08.20	01:52:55.35	+00:34:12 (30.5%)	5:18	11.3 (69.8%)
56	KALUS Marta	1060		K-20	14	00:01:17	00:27:00	00:53:09	01:18:33	01:41:33	01:45:29	01:51:48.15	01:53:05.95	+00:33:52 (30.3%)	5:17	11.3 (69.8%)
57	POPŁAWSKA-WAL Agata	1120	OPEL ACTIVE TEAM	K-30	27	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19	01:45:33	01:52:37.95	01:53:13.60	+00:34:42 (30.8%)	5:20	11.2 (69.1%)
58	RUPNIK Asia	188		K-30	29	00:00:22	00:25:43	00:51:32	01:17:33	01:42:05	01:46:32	01:53:59.75	01:54:21.90	+00:36:04 (31.6%)	5:24	11.1 (68.5%)
59	NANCKA Brygida	406		K-40	14	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43	01:47:02	01:54:07.55	01:54:31.10	+00:36:12 (31.7%)	5:24	11.1 (68.5%)
60	SZOTA Magdalena	1091		K-30	30	00:00:24	00:26:30	00:53:15	01:19:42	01:42:58	01:47:05	01:54:09.20	01:54:34.00	+00:36:13 (31.7%)	5:24	11.1 (68.5%)
61	WILCZEK Małgorzata	596	ISTA BIEGAMY	K-30	31	00:00:28	00:25:54	00:52:42	01:19:04	01:42:30	01:46:42	01:54:12.45	01:54:41.10	+00:36:17 (31.8%)	5:24	11.1 (68.5%)
62	WOLAŃCZYK Kamila	1149		K-30	28	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37	01:46:40	01:53:54.50	01:54:42.60	+00:35:59 (31.6%)	5:23	11.1 (68.5%)
63	SPODZIEJA Aleksandra	137		K-20	15	00:01:03	00:28:12	00:55:09	01:20:46	01:43:04	01:47:12	01:54:06.10	01:55:09.20	+00:36:10 (31.7%)	5:24	11.1 (68.5%)
64	RACZEK Magdalena	649		K-30	33	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17	01:47:30	01:54:44.15	01:55:13.85	+00:36:48 (32.1%)	5:26	11 (67.9%)
65	CHOJCAN Beata	1228	RYBNICKA GRUPA BIEGOWA PEDZIMY RAZEM	K-30	34	00:00:24	00:26:49	00:53:38	01:20:32	01:44:00	01:47:59	01:54:56.35	01:55:21.15	+00:37:01 (32.2%)	5:26	11 (67.9%)
66	WALASZCZYK Anna	451	RUN & FUN	K-30	37	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38	01:47:10	01:55:05.65	01:55:22.70	+00:37:10 (32.3%)	5:27	11 (67.9%)

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						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km						20_km 19.9km
67	GOGOLIN Anna	1107		K-30	32	00:01:19	00:26:59	00:53:38	01:20:17	01:43:11	01:47:10	01:54:14.15	01:55:33.70	+00:36:18 (31.8%)	5:24	11.1 (68.5%)
68	GRODZKA-SZKÓŁKA Ewa	895		K-30	36	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51	01:47:15	01:55:01.40	01:55:46.15	+00:37:06 (32.3%)	5:27	11 (67.9%)
69	KARNIA Agnieszka	617	SBRT	K-30	38	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22	01:47:39	01:55:21.65	01:56:00.75	+00:37:26 (32.5%)	5:28	11 (67.9%)
70	GERLE Anna	287		K-30	40	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27	01:48:01	01:55:25.80	01:56:01.50	+00:37:30 (32.5%)	5:28	11 (67.9%)
71	GŁOWACKA Małgorzata	728	NOWOSOLSKA GRUPA BIEGOWA	K-30	39	00:00:48	00:26:30	00:52:45	01:19:22	01:43:25	01:47:47	01:55:22.25	01:56:11.15	+00:37:26 (32.5%)	5:28	11 (67.9%)
72	KONOPKA Agnieszka	68		K-30	35	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53	01:47:13	01:54:57.65	01:56:21.75	+00:37:02 (32.2%)	5:26	11 (67.9%)
73	WARECKA Agata	697		K-20	16	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05	01:48:06	01:55:06.60	01:56:30.20	+00:37:11 (32.3%)	5:27	11 (67.9%)
74	GABOR Katarzyna	1235		K-20	17	00:01:20	00:27:37	00:55:00	01:21:30	01:44:11	01:48:16	01:55:16.65	01:56:37.25	+00:37:21 (32.4%)	5:27	11 (67.9%)
75	MAJ-DZIUBAŃSKA Izabela	1239	PYSKOWICE	K-30	42	00:00:42	00:24:34	00:49:28	01:16:09	01:43:36	01:48:16	01:56:06.95	01:56:49.15	+00:38:11 (32.9%)	5:30	10.9 (67.3%)
76	ŻOŁNOWSKA Anna	427		K-30	41	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58	01:47:36	01:55:27.65	01:56:51.40	+00:37:32 (32.5%)	5:28	11 (67.9%)
77	MILIK Dagmara	986		K-20	19	00:00:50	00:26:20	00:52:59	01:20:06	01:44:26	01:48:42	01:56:13.45	01:57:04.05	+00:38:18 (33.0%)	5:30	10.9 (67.3%)
78	BZOWSKA Aleksandra	86	NIGHT RUNNERS GLIWICE	K-30	43	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23	01:48:51	01:56:26.65	01:57:10.90	+00:38:31 (33.1%)	5:31	10.9 (67.3%)
79	OLESIŃSKA Joanna	372		K-40	16	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56	01:49:13	01:56:43.85	01:57:12.75	+00:38:48 (33.2%)	5:31	10.8 (66.7%)
80	MATUSIK-SKALSKA Renata	966		K-40	15	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27	01:48:46	01:56:13.40	01:57:14.15	+00:38:18 (33.0%)	5:30	10.9 (67.3%)
81	SZOŁTYSEK - GRZESIKIEWICZ Anna	425	TORCIDA GLIWICE	K-30	45	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17	01:50:25	01:56:48.50	01:57:19.35	+00:38:53 (33.3%)	5:32	10.8 (66.7%)
82	KOZMINCZUK-MARKULAK Agnieszka	1101		K-30	46	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26	01:49:15	01:56:50.85	01:57:23.25	+00:38:55 (33.3%)	5:32	10.8 (66.7%)
83	HOMA Dorota	551		K-20	18	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50	01:48:09	01:55:47.80	01:57:24.50	+00:37:52 (32.7%)	5:29	10.9 (67.3%)
84	LAMPA Alicja	84	NIGHT RUNNERS GLIWICE	K-20	20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58	01:50:10	01:57:16.10	01:57:42.20	+00:39:20 (33.6%)	5:33	10.8 (66.7%)
85	KUCZMA Joanna	162		K-40	18	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59	01:57:21.10	01:58:03.55	+00:39:25 (33.6%)	5:33	10.8 (66.7%)
86	MALSKA - WYROZUMSKA Małgorzata	984	NIGHT RUNNERS GLIWICE	K-30	49	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40	01:49:59	01:57:45.70	01:58:04.80	+00:39:50 (33.8%)	5:34	10.8 (66.7%)
87	HORDZIEJEWICZ-KARASIŃSKA Ewa	816	PURE FIRE BYTOM	K-40	17	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37	01:49:56	01:57:07.80	01:58:05.15	+00:39:12 (33.5%)	5:33	10.8 (66.7%)
88	KOCIELSKA Anna	810	AKMB PĘDZIWIATR GLIWICE	K-20	21	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36	01:49:56	01:57:46.45	01:58:15.00	+00:39:51 (33.8%)	5:34	10.7 (66.0%)
89	BDZIONEK Jolanta	958		K-30	44	00:01:36	00:27:29	00:54:37	01:21:47	01:45:22	01:49:36	01:56:46.00	01:58:22.95	+00:38:50 (33.3%)	5:32	10.8 (66.7%)
90	KOLASIŃSKA Monika	292		K-20	23	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47	01:51:14	01:58:12.30	01:58:24.15	+00:40:16 (34.1%)	5:36	10.7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 21.1km	brutto 21.1km			
91	LIPKA Katarzyna	1017	NIGHT RUNNERS GLIWICE	K-20	22	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19	01:50:44	01:57:59.50	01:58:37.35	+00:40:04 (34.0%)	5:35	10.7 (66.0%)
92	KULIK Katarzyna	462	NIGHT RUNNERS GLIWICE	K-30	50	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24	01:50:48	01:58:25.95	01:58:45.50	+00:40:30 (34.2%)	5:36	10.7 (66.0%)
93	ŚNIEGOWSKA Julia	1102		K-20	24	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50	01:51:16	01:58:40.00	01:59:06.80	+00:40:44 (34.3%)	5:37	10.7 (66.0%)
94	PRACKA Danuta	377		K-30	47	00:01:33	00:27:02	00:54:27	01:22:04		01:50:25	01:57:34.35	01:59:08.00	+00:39:39 (33.7%)	5:34	10.8 (66.7%)
95	ŻUCHOWSKA Aneta	834		K-40	19	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42	01:57:36.20	01:59:10.60	+00:39:40 (33.7%)	5:34	10.8 (66.7%)
96	CHROBAK Ania	767	OPEL ACTIVE TEAM	K-30	48	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09	01:49:42	01:57:45.45	01:59:16.15	+00:39:50 (33.8%)	5:34	10.8 (66.7%)
97	KOWALCZYK Anna	814	HIRSCHVOGEL COMPONENTS POLAND	K-40	22	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59	01:51:18	01:58:40.85	01:59:34.45	+00:40:45 (34.3%)	5:37	10.7 (66.0%)
98	RADECKA Paulina	167		K-20	25	00:00:43	00:27:54	00:55:21	01:22:44	01:46:51	01:51:14	01:58:51.10	01:59:34.65	+00:40:55 (34.4%)	5:37	10.7 (66.0%)
99	PAWEŁKÓW Alicja	168		K-20	26	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52	01:51:15	01:58:51.30	01:59:34.85	+00:40:55 (34.4%)	5:37	10.7 (66.0%)
100	BIAŁY Dagmara	996		K-40	20	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56	01:50:15	01:57:58.35	01:59:44.90	+00:40:03 (33.9%)	5:35	10.7 (66.0%)
101	KRZYSZKOWSKA Agnieszka	1211	SBRT GLIWICE	K-30	54	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11	01:51:40	01:59:17.15	01:59:48.65	+00:41:21 (34.7%)	5:39	10.6 (65.4%)
102	PILCH-NANOWSKA Agnieszka	587		K-30	51	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41	01:51:01	01:58:33.85	01:59:51.40	+00:40:38 (34.3%)	5:37	10.7 (66.0%)
103	PAWLIK Agnieszka	193	ATHLETICS NYSA	K-40	21	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32	01:50:53	01:58:31.55	01:59:54.80	+00:40:36 (34.3%)	5:37	10.7 (66.0%)
104	TARTANUS-ORYSZCZAK Marta	239		K-30	52	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23	01:50:50	01:58:34.45	01:59:56.05	+00:40:39 (34.3%)	5:37	10.7 (66.0%)
105	TYLMAN-MADEJCZYK Marta	1	MTM	K-30	53	00:01:40	00:27:44	00:54:54	01:22:08	01:46:44	01:51:04	01:58:43.60	02:00:24.35	+00:40:48 (34.4%)	5:37	10.7 (66.0%)
106	POPIEL Adriana	23		K-30	55	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42	01:52:02	01:59:29.15	02:00:34.30	+00:41:33 (34.8%)	5:39	10.6 (65.4%)
107	KOPLIN Kasia	281		K-30	57	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16	01:52:01	02:00:20.05	02:00:37.50	+00:42:24 (35.2%)	5:42	10.5 (64.8%)
108	KAISER-CHROMIK Beata	258		K-40	25	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43	01:52:54	02:00:07.30	02:00:39.90	+00:42:11 (35.1%)	5:41	10.5 (64.8%)
109	PECIAK Kamila	606		K-30	56	00:00:31	00:26:04	00:54:04	01:22:34	01:48:13	01:52:37	02:00:12.10	02:00:43.65	+00:42:16 (35.2%)	5:41	10.5 (64.8%)
110	MELCHER Ewa	950		K-40	23	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02	01:52:13	01:59:26.85	02:01:01.55	+00:41:31 (34.8%)	5:39	10.6 (65.4%)
111	KANIGOWSKA Kaja	1058		K-20	27	00:01:18	00:27:02	00:54:41	01:22:18	01:47:10	01:52:04	01:59:54.25	02:01:12.35	+00:41:58 (35.0%)	5:40	10.6 (65.4%)
112	KOWALCZYK Bożena	1044		K-40	24	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26	01:51:54	01:59:29.55	02:01:12.60	+00:41:34 (34.8%)	5:39	10.6 (65.4%)
113	BĄK Magdalena	1048		K-20	28	00:01:14	00:28:20	00:56:25	01:24:23	01:48:24	01:52:54	02:00:01.80	02:01:16.45	+00:42:06 (35.1%)	5:41	10.5 (64.8%)
114	NIEGOWSKA Anna	94	ZSO10 GLIWICE	K-50	1	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17	02:00:09.90	02:01:37.65	+00:42:14 (35.2%)	5:41	10.5 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 21.1km	brutto 21.1km			
115	LERCH Dagmara	1126		K-40	26	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36	01:53:19	02:00:59.60	02:01:40.15	+00:43:04 (35.6%)	5:44	10.5 (64.8%)
116	ŁAGOSZ Kasia	1509	CA AKTYWNI / BROKER	K-30	60	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.30	02:01:56.25	+00:43:29 (35.8%)	5:45	10.4 (64.2%)
117	GÓRNY Magdalena	1511	CA AKTYWNI	K-30	61	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.75	02:01:56.50	+00:43:30 (35.8%)	5:45	10.4 (64.2%)
118	MULARCZYK Agnieszka	888		K-30	59	00:00:51	00:27:27	00:55:30	01:24:45	01:50:00	01:54:18	02:01:16.70	02:02:07.75	+00:43:21 (35.7%)	5:44	10.4 (64.2%)
119	BOROWICZ Roksana	776	NIGHT RUNNERS GLIWICE	K-20	29	00:00:30	00:27:59	00:56:30	01:25:10	01:50:18	01:54:34	02:01:42.20	02:02:12.75	+00:43:46 (36.0%)	5:46	10.4 (64.2%)
120	CEGIELSKA Dorota	977		K-30	63	00:00:42	00:27:44	00:55:54	01:24:14	01:49:39	01:53:54	02:01:34.60	02:02:16.65	+00:43:39 (35.9%)	5:45	10.4 (64.2%)
121	HANZEL Anna	110	AKMB PĘDZIWIATR GLIWICE	K-50	2	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06	02:01:42.55	02:02:23.65	+00:43:47 (36.0%)	5:46	10.4 (64.2%)
122	BULENDA Patrycja	351		K-30	66	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18	01:54:54	02:02:10.80	02:02:26.70	+00:44:15 (36.2%)	5:47	10.4 (64.2%)
123	BALIŃSKA-SANOCKA Aneta	334		K-30	62	00:01:01	00:28:03	00:55:56	01:25:21	01:50:00	01:54:15	02:01:34.30	02:02:35.80	+00:43:38 (35.9%)	5:45	10.4 (64.2%)
124	STUDNICKA Katarzyna	1038		K-30	58	00:01:41	00:27:22	00:54:51	01:23:16	01:48:41	01:53:12	02:01:00.70	02:02:42.15	+00:43:05 (35.6%)	5:44	10.5 (64.8%)
125	KAROLCZAK Joanna	791		K-40	30	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14	01:55:15	02:03:05.60	02:03:33.95	+00:45:10 (36.7%)	5:50	10.3 (63.6%)
126	CZERNIAK Żaneta	249		K-40	28	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58	02:02:10.50	02:03:43.60	+00:44:15 (36.2%)	5:47	10.4 (64.2%)
127	WÓJCIAK Katarzyna	1229		K-30	65	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24	01:53:59	02:02:10.45	02:03:44.00	+00:44:15 (36.2%)	5:47	10.4 (64.2%)
128	PORĘBA Gabriela	554		K-40	27	00:01:41	00:28:48	00:57:20	01:25:11		01:54:13	02:02:05.20	02:03:46.55	+00:44:09 (36.2%)	5:47	10.4 (64.2%)
129	JANIK Basia	615		K-30	64	00:01:41	00:26:57	00:54:44	01:23:12	01:49:17	01:54:08	02:02:05.80	02:03:46.80	+00:44:10 (36.2%)	5:47	10.4 (64.2%)
130	ŁĘCZNAR Ewelina	998		K-30	68	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07	01:54:44	02:02:32.90	02:03:48.55	+00:44:37 (36.4%)	5:48	10.3 (63.6%)
131	MUZA Karolina	126		K-30	69	00:00:52	00:29:25	00:57:46	01:25:31	01:50:17	01:54:50	02:03:00.20	02:03:52.35	+00:45:04 (36.7%)	5:49	10.3 (63.6%)
132	SANOCKA Dorota	331		K-40	29	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44	01:55:12	02:02:51.50	02:03:54.75	+00:44:56 (36.6%)	5:49	10.3 (63.6%)
133	PROKOP Elżbieta	546		K-50	3	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25	02:03:05.75	02:04:02.50	+00:45:10 (36.7%)	5:50	10.3 (63.6%)
134	JACHYMSKA Katarzyna	1290	MOMO RESTAURANT & COCKTAIL BAR	K-40	31	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18	01:55:48	02:03:29.05	02:04:02.55	+00:45:33 (36.9%)	5:51	10.3 (63.6%)
135	BRZEZIŃSKA Teresa	251	NIGHT RUNNERS GLIWICE	K-40	33	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21	02:03:34.00	02:04:03.60	+00:45:38 (36.9%)	5:51	10.2 (63.0%)
136	SALA Nela	621	AKTYWNE ATOMOOFKI	K-30	67	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48	01:54:31	02:02:32.20	02:04:09.05	+00:44:36 (36.4%)	5:48	10.3 (63.6%)
137	SZAMPERA Agnieszka	771	RUN AND FUN TEAM	K-30	70	00:00:43	00:27:06	00:55:10	01:23:33	01:50:26	01:55:02	02:03:31.00	02:04:14.20	+00:45:35 (36.9%)	5:51	10.2 (63.0%)
138	LESZCZYŃSKA Małgorzata	189	STEP-DANCE RUN	K-40	32	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30	02:03:31.80	02:04:23.05	+00:45:36 (36.9%)	5:51	10.2 (63.0%)
139	KOCÓJ Dominika	534	NIGHT RUNNER'S GLIWICE	K-20	30	00:00:29	00:28:00	00:56:56	01:26:15	01:51:58	01:56:36	02:04:18.10	02:04:47.25	+00:46:22 (37.3%)	5:53	10.2 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
						startu	5_km	10_km	15_km	19.2km	19.9km	21.1km				21.1km
140	DOMARADZKA Ewa	306		K-40	36	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08	01:56:03	02:04:25.60	02:04:50.90	+00:46:30 (37.4%)	5:53	10.2 (63.0%)
141	RYCHLEWSKA Kasia	279	KATE & KATE	K-40	34	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08	01:55:49	02:04:05.60	02:05:12.65	+00:46:10 (37.2%)	5:52	10.2 (63.0%)
142	KRÓL Krystyna	478	RAJSPOORT ACTIVE	K-40	35	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18	01:56:00	02:04:09.90	02:05:22.85	+00:46:14 (37.2%)	5:53	10.2 (63.0%)
143	SIEDLECKA Anna	400	NIGHT RUNNERS GLIWICE	K-30	72	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55	01:56:34	02:04:53.90	02:05:28.15	+00:46:58 (37.6%)	5:55	10.1 (62.3%)
144	WITCZAK Dagmara	1144		K-30	71	00:01:23	00:28:24	00:57:29	01:27:01	01:51:50	01:56:23	02:04:17.45	02:05:40.70	+00:46:22 (37.3%)	5:53	10.2 (63.0%)
145	ŽBEL Anna	1129		K-30	74	00:00:28	00:28:02	00:56:29	01:25:54	01:52:37	01:57:26	02:05:12.90	02:05:41.35	+00:47:17 (37.8%)	5:56	10.1 (62.3%)
146	GABRYŚ Jola	1300	NIGHT RUNNERS GLIWICE	K-40	40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37	02:05:17.80	02:05:47.55	+00:47:22 (37.8%)	5:56	10.1 (62.3%)
147	WIEDERMANN Anita	1308		K-30	73	00:00:44	00:27:46	00:56:49	01:26:13	01:52:28	01:56:57	02:05:05.75	02:05:50.20	+00:47:10 (37.7%)	5:55	10.1 (62.3%)
148	HARAZIN Anna	142		K-20	31	00:00:57	00:28:30	00:57:41	01:26:25	01:52:28	01:57:05	02:04:53.45	02:05:50.70	+00:46:58 (37.6%)	5:55	10.1 (62.3%)
149	HANKE Klaudia	815		K-40	42	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36	01:56:28	02:05:52.15	02:06:00.35	+00:47:56 (38.1%)	5:57	10.1 (62.3%)
150	GOŁOFIT Aneta	570		K-30	75	00:00:45	00:28:44	00:58:10	01:27:43	01:53:13	01:57:38	02:05:18.35	02:06:04.30	+00:47:23 (37.8%)	5:56	10.1 (62.3%)
151	GLINIANY Małgorzata	1083	ZABIEGANA RODZINKA	K-40	37	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03	01:56:35	02:04:42.45	02:06:11.15	+00:46:47 (37.5%)	5:54	10.2 (63.0%)
152	KRZAK Wioleta	675		K-20	32	00:00:55	00:26:29	00:54:31	01:25:02	01:52:36	01:57:23	02:05:28.75	02:06:24.30	+00:47:33 (37.9%)	5:56	10.1 (62.3%)
153	STOKŁOSA Magdalena	223		K-40	38	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50	02:05:15.90	02:06:27.55	+00:47:20 (37.8%)	5:56	10.1 (62.3%)
154	SYGUŁA Katarzyna	647	KB MCKIS JAWORZNO	K-40	39	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57	01:57:38	02:05:17.50	02:06:33.10	+00:47:22 (37.8%)	5:56	10.1 (62.3%)
155	BUCHAL Katarzyna	783		K-40	41	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28	01:57:08	02:05:35.45	02:06:35.75	+00:47:40 (38.0%)	5:57	10.1 (62.3%)
156	ZIMOCZ Beata	214		K-30	79	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16	01:57:41	02:06:35.65	02:06:48.60	+00:48:40 (38.4%)	6:00	10 (61.7%)
157	WINICKA Daria	710	AMATOR	K-30	77	00:00:50	00:27:49	00:56:45	01:26:19	01:53:15	01:58:06	02:06:23.80	02:07:14.75	+00:48:28 (38.4%)	5:59	10 (61.7%)
158	UCIŃSKA Anna	1080		K-30	76	00:00:58	00:28:21	00:59:09	01:28:22	01:53:17	01:58:15	02:06:18.95	02:07:17.75	+00:48:23 (38.3%)	5:59	10 (61.7%)
159	KOWALCZYK Katarzyna	739	RUN AND FUN	K-30	80	00:00:44	00:27:28	00:55:16	01:25:14	01:53:41	01:58:30	02:06:36.30	02:07:20.35	+00:48:40 (38.5%)	6:00	10 (61.7%)
160	BARAN Michalina	1139		K-30	83	00:00:21	00:28:13	00:57:03	01:26:48	01:54:06	01:58:57	02:07:27.75	02:07:49.00	+00:49:32 (38.9%)	6:02	9.9 (61.1%)
161	DYLONG Natalia	947		K-16	4	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57	01:59:35	02:07:08.60	02:07:52.95	+00:49:13 (38.7%)	6:01	10 (61.7%)
162	POSTÓŁ Karolina	983	NIGHT RUNNERS GLIWICE	K-30	82	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02	01:59:13	02:07:25.85	02:07:55.70	+00:49:30 (38.9%)	6:02	9.9 (61.1%)
163	MAKSYMIUK-KONOPKA Ewa	557		K-40	43	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38	02:06:30.60	02:07:57.10	+00:48:35 (38.4%)	5:59	10 (61.7%)
164	KNAPIK Karolina	1174		K-30	78	00:01:46	00:28:55	00:57:42	01:26:47	01:53:30	01:58:14	02:06:28.05	02:08:14.10	+00:48:32 (38.4%)	5:59	10 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h	
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km						20_km 19.9km
165	CYWIŃSKA Elżbieta	1010		K-40	44	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57	01:59:36	02:07:29.50	02:08:27.50	+00:49:34 (38.9%)	6:02	9.9 (61.1%)
166	DZIERŻANOWSKA Blanka	654	NIGHT RUNNERS ZABRZE	K-20	33	00:00:46	00:27:21	00:56:39	01:26:21	01:54:22	01:59:15	02:07:52.25	02:08:39.10	+00:49:56 (39.1%)	6:03	9.9 (61.1%)
167	PULTORAK Roksana	1504		K-30	81	00:01:48	00:28:55	00:57:53	01:26:52	01:53:27	01:58:25	02:07:00.10	02:08:48.70	+00:49:04 (38.6%)	6:01	10 (61.7%)
168	SAP Alina	362	NR GLIWICE	K-40	45	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57	02:08:01.55	02:08:52.20	+00:50:06 (39.1%)	6:04	9.9 (61.1%)
169	FIEDOR Anna	107		K-30	84	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49	02:00:11	02:07:38.10	02:09:04.75	+00:49:42 (38.9%)	6:02	9.9 (61.1%)
170	CZAPEK Anna	310	NIGHT RUNNERS GLIWICE	K-40	49	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05	02:08:33.15	02:09:06.75	+00:50:37 (39.4%)	6:05	9.8 (60.5%)
171	NIESLER Magdalena	338	NIGHT RUNNERS GLIWICE	K-30	87	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42		02:08:33.10	02:09:10.95	+00:50:37 (39.4%)	6:05	9.8 (60.5%)
172	CHOJOWSKA Edyta	153		K-40	46	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47	02:00:31	02:08:11.95	02:09:13.25	+00:50:16 (39.2%)	6:04	9.9 (61.1%)
173	CHMIELEWSKA Anna	144		K-30	86	00:01:01	00:29:21	00:59:32	01:29:22	01:56:06	02:00:37	02:08:13.80	02:09:15.20	+00:50:18 (39.2%)	6:04	9.9 (61.1%)
174	KOŻUCH Agnieszka	139	1975	K-40	48	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07	02:00:37	02:08:17.80	02:09:19.35	+00:50:22 (39.3%)	6:04	9.9 (61.1%)
175	WOJTAS Magdalena	498		K-30	85	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55	01:58:18	02:07:55.10	02:09:31.65	+00:49:59 (39.1%)	6:03	9.9 (61.1%)
176	KĘDZIOR Wiesława	961	NAS NIE DOGONIAŁ	K-50	4	00:00:48	00:30:01	01:00:10	01:30:21	01:56:17	02:00:48	02:08:46.30	02:09:34.65	+00:50:50 (39.5%)	6:06	9.8 (60.5%)
177	SOSIN Sylwia	201	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	47	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10	01:59:52	02:08:16.90	02:09:37.25	+00:50:21 (39.3%)	6:04	9.9 (61.1%)
178	BIAŁOŻYT Agata	873		K-20	34	00:01:32	00:29:56	01:00:23	01:30:24	01:55:48	02:00:14	02:08:13.45	02:09:46.00	+00:50:18 (39.2%)	6:04	9.9 (61.1%)
179	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	50	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06	02:00:56	02:09:18.70	02:09:59.65	+00:51:23 (39.7%)	6:07	9.8 (60.5%)
180	GÓRECKA Anna	474		K-30	90	00:00:31	00:27:45	00:57:59	01:28:18	01:56:26	02:01:19	02:09:37.50	02:10:09.15	+00:51:42 (39.9%)	6:08	9.8 (60.5%)
181	BUDZIŃSKA Ania	567		K-30	88	00:01:12	00:27:29	00:56:45	01:27:17		02:00:19	02:08:59.00	02:10:11.30	+00:51:03 (39.6%)	6:06	9.8 (60.5%)
182	ULIASZ Natalia	980		K-20	38	00:00:34	00:28:23	00:58:13	01:28:40	01:56:24	02:01:05	02:09:41.80	02:10:15.85	+00:51:46 (39.9%)	6:08	9.8 (60.5%)
183	HRYSZKO Jagoda	1172		K-20	35	00:01:34	00:29:32	01:00:39	01:31:21	01:57:03	02:01:30	02:08:45.60	02:10:19.85	+00:50:50 (39.5%)	6:06	9.8 (60.5%)
184	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	52	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46	02:09:29.30	02:10:20.35	+00:51:33 (39.8%)	6:08	9.8 (60.5%)
185	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	51	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46	02:09:29.10	02:10:20.50	+00:51:33 (39.8%)	6:08	9.8 (60.5%)
186	JUSZCZAK Kalina	181		K-20	37	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27	02:01:15	02:09:38.90	02:10:26.35	+00:51:43 (39.9%)	6:08	9.8 (60.5%)
187	RATAJ Adrianna	825	1992	K-20	41	00:00:18	00:28:22	00:57:34	01:27:49	01:56:37	02:01:26	02:10:08.75	02:10:26.90	+00:52:13 (40.1%)	6:10	9.7 (59.9%)
187	SALICKA Izabela	1143	PURE FIRE TEAM	K-20	42	00:00:17	00:28:23	00:57:35	01:27:50	01:56:38	02:01:28	02:10:08.95	02:10:26.90	+00:52:13 (40.1%)	6:10	9.7 (59.9%)
189	PREJS Beata	1224	NIGHT RUNNER'S	K-30	91	00:00:49	00:30:02	01:00:23	01:30:22	01:56:25	02:01:12	02:09:39.10	02:10:28.90	+00:51:43 (39.9%)	6:08	9.8 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
190	GORELL Bogumiła	446		K-30	92	00:00:53	00:30:11	01:00:47	01:30:55	01:57:14	02:02:04	02:09:48.60	02:10:41.60	+00:51:53 (40.0%)	6:09	9.8 (60.5%)
191	KRASZKIEWICZ Marta	969	NASNIEDOGONIAT	K-30	94	00:00:51	00:29:59	01:00:08	01:30:19	01:56:57	02:01:35	02:09:52.45	02:10:43.80	+00:51:57 (40.0%)	6:09	9.7 (59.9%)
192	BIGAJ Agnieszka	347		K-20	39	00:01:04	00:29:54	01:00:42	01:30:51		02:01:48	02:09:46.80	02:10:51.00	+00:51:51 (40.0%)	6:09	9.8 (60.5%)
193	WOŁCZYK Aldona	881		K-20	40	00:00:54	00:28:29	00:57:42	01:28:19	01:56:07	02:01:15	02:09:57.65	02:10:52.55	+00:52:02 (40.0%)	6:09	9.7 (59.9%)
194	CICHY Agnieszka	408		K-30	89	00:01:20	00:29:14	00:59:41	01:29:38	01:56:32	02:01:20	02:09:33.50	02:10:53.60	+00:51:38 (39.9%)	6:08	9.8 (60.5%)
195	MUSIOŁ Małgorzata	395		K-30	95	00:00:46	00:28:37	00:57:49	01:28:26	01:56:43	02:01:37	02:10:09.20	02:10:55.85	+00:52:13 (40.1%)	6:10	9.7 (59.9%)
196	STERNAL Marta	951		K-20	36	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10	02:01:00	02:09:31.90	02:11:03.45	+00:51:36 (39.8%)	6:08	9.8 (60.5%)
197	WESTER Halina	1274	NIGHT RUNNERS	K-40	56	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55	02:10:30.00	02:11:04.25	+00:52:34 (40.3%)	6:11	9.7 (59.9%)
198	ONAK Izabela	1134	OCHAJORUN & FRIENDS	K-40	53	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25	02:09:50.55	02:11:04.35	+00:51:55 (40.0%)	6:09	9.7 (59.9%)
199	FURMAN Agnieszka	1140	OCHAJO RUN&FRIENDS	K-30	93	00:01:15	00:30:20	01:00:21	01:30:06	01:56:42	02:01:23	02:09:51.65	02:11:06.70	+00:51:56 (40.0%)	6:09	9.7 (59.9%)
200	MURDZEK Aleksandra	997	PURE FIRE BYTOM	K-20	43	00:00:57	00:28:55	00:58:53	01:29:20	01:56:33	02:01:33	02:10:16.15	02:11:13.70	+00:52:20 (40.2%)	6:10	9.7 (59.9%)
201	DĘBSKA Joanna		NIGHT RUNNERS GLIWICE	K-40	55	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50	02:10:26.00	02:11:16.30	+00:52:30 (40.3%)	6:10	9.7 (59.9%)
202	SZCZEŚNIAK Barbara	580		K-30	96	00:00:50	00:29:44	01:00:10	01:30:06	01:56:52	02:01:50	02:10:26.15	02:11:16.45	+00:52:30 (40.3%)	6:10	9.7 (59.9%)
203	SZOŁTYSEK Beata	1282	OCHAJORUN & FRIENDS	K-40	58	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09	02:02:02	02:10:48.75	02:11:18.70	+00:52:53 (40.4%)	6:11	9.7 (59.9%)
204	WILSZ Ewa	26	UNISONO	K-40	54	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15	02:02:03	02:10:15.10	02:11:21.40	+00:52:19 (40.2%)	6:10	9.7 (59.9%)
205	ĆWIOK Barbara	806	UNISONO	K-40	57	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16	02:02:06	02:10:39.75	02:11:46.35	+00:52:44 (40.4%)	6:11	9.7 (59.9%)
206	BŁASZCZYK Paulina	37		K-30	98	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48	02:01:54	02:10:48.85	02:11:47.60	+00:52:53 (40.4%)	6:11	9.7 (59.9%)
207	STANGEL Dorota	1262		K-30	97	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54	02:02:33	02:10:45.85	02:12:01.90	+00:52:50 (40.4%)	6:11	9.7 (59.9%)
208	JANGROT Dominika	1081	NIGHT RUNNERS GLIWICE	K-30	100	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22	02:02:25	02:11:12.55	02:12:02.60	+00:53:17 (40.6%)	6:13	9.6 (59.3%)
209	HRISTOVA-KOSOBUDZKA Daria	1097	SPOT PSZCZYNA	K-20	44	00:01:21	00:29:34	00:59:52	01:29:52	01:57:02	02:02:00	02:10:42.90	02:12:04.20	+00:52:47 (40.4%)	6:11	9.7 (59.9%)
210	MAZUR Ewelina	102		K-40	59	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27	02:11:09.90	02:12:07.30	+00:53:14 (40.6%)	6:12	9.7 (59.9%)
211	SKORUPA Agnieszka	391	RUN AND FUN	K-40	60	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:13.90	02:12:12.95	+00:53:18 (40.6%)	6:13	9.6 (59.3%)
212	NAWROT Bożena	804		K-40	61	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:15.15	02:12:14.40	+00:53:19 (40.6%)	6:13	9.6 (59.3%)
213	GORUS Anna	113	NIGHT RUNNERS ZABRZE	K-30	99	00:01:52	00:31:35	01:01:55	01:31:26	01:58:28	02:03:00	02:10:49.10	02:12:41.25	+00:52:53 (40.4%)	6:11	9.7 (59.9%)
214	DĄBROWSKA Halina	1130	BIEGOWA ŚWIDNICA	K-30	101	00:00:45	00:29:01	00:59:37	01:31:06	01:58:42	02:03:35	02:12:07.25	02:12:52.35	+00:54:11 (41.0%)	6:15	9.6 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
215	STANIK Sonia	765		K-20	45	00:00:59	00:27:20	00:57:34	01:28:36	01:57:22	02:03:14	02:11:57.75	02:12:57.60	+00:54:02 (41.0%)	6:15	9.6 (59.3%)
216	SOKÓŁ-OLEŚ Ewelina	656	RUNTEAM PAWŁOWICE	K-40	62	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01	02:03:39	02:11:37.65	02:13:29.75	+00:53:42 (40.8%)	6:14	9.6 (59.3%)
217	MACKIEWICZ Katarzyna	308		K-50	5	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39	02:13:07.05	02:13:47.60	+00:55:11 (41.5%)	6:18	9.5 (58.6%)
218	SKĄPSKA Joanna	688		K-20	47	00:00:57	00:32:37	01:04:01	01:34:46	02:00:55	02:05:39	02:13:10.25	02:14:07.75	+00:55:14 (41.5%)	6:18	9.5 (58.6%)
219	KONIECZKA Katarzyna	455	MIECHOWICKA GRUPA BIEGOWA	K-40	63	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20	02:05:13	02:13:42.70	02:14:36.95	+00:55:47 (41.7%)	6:20	9.5 (58.6%)
220	ZAMOJSKA Iwona	797	MIECHOWICKA GRUPA BIEGOWA	K-30	102	00:00:41	00:28:01	00:57:04	01:29:31	02:00:33	02:05:26	02:13:55.80	02:14:37.20	+00:56:00 (41.8%)	6:20	9.5 (58.6%)
221	WÓJTOWICZ Liza	514		K-20	46	00:01:51	00:30:56	01:03:22	01:35:38	02:01:45	02:06:05	02:13:09.60	02:15:00.70	+00:55:14 (41.5%)	6:18	9.5 (58.6%)
222	SMIESZKOŁ-BRYKOWSKA Sonia	501	RUN AND FUN TEAM	K-30	103	00:00:57	00:29:55	01:00:15	01:30:15	01:58:42	02:04:34	02:14:49.30	02:15:46.65	+00:56:53 (42.2%)	6:23	9.4 (58.0%)
223	STOLARZ Agnieszka	976	NIGHT RUNNERS GLIWICE	K-40	65	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32	02:15:16.80	02:16:08.75	+00:57:21 (42.4%)	6:24	9.4 (58.0%)
224	BIERNACKA Agnieszka	623		K-30	104	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00	02:06:44	02:15:02.20	02:16:21.90	+00:57:06 (42.3%)	6:23	9.4 (58.0%)
225	STALICA Marzena	468		K-40	64	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34	02:06:30	02:14:59.75	02:16:24.55	+00:57:04 (42.3%)	6:23	9.4 (58.0%)
226	BOŚ Iwona	690	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	66	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19	02:07:14	02:15:21.25	02:16:46.60	+00:57:25 (42.4%)	6:24	9.4 (58.0%)
227	RÓŻYC Barbara	366	NIGHT RUNNERS ZABRZE	K-40	68	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31	02:07:31	02:15:35.80	02:16:48.45	+00:57:40 (42.5%)	6:25	9.3 (57.4%)
228	BUKSINSKA Iwona	272		K-40	69	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50	02:07:09	02:16:00.30	02:16:49.00	+00:58:04 (42.7%)	6:26	9.3 (57.4%)
229	KLEJNOWSKA Katarzyna	903		K-20	49	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19	02:07:09	02:15:35.70	02:16:54.30	+00:57:40 (42.5%)	6:25	9.3 (57.4%)
230	PIKULSKA Beata	104	NIGHT RUNNERS	K-30	105	00:01:37	00:30:46	01:02:15	01:33:43	02:01:29	02:06:38	02:15:22.00	02:16:59.75	+00:57:26 (42.4%)	6:24	9.4 (58.0%)
231	RECHMAN-NOWAKOWSKA Dorota	122	NIGHT RUNNERS	K-40	67	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38	02:15:21.70	02:17:00.00	+00:57:26 (42.4%)	6:24	9.4 (58.0%)
232	KOWALSKA Natalia	219	NIGHT RUNNERS GLIWICE	K-20	48	00:01:39	00:30:56	01:02:21	01:34:34	02:02:14	02:07:20	02:15:22.45	02:17:01.65	+00:57:27 (42.4%)	6:24	9.4 (58.0%)
233	MULARCZYK Teresa	409	BIEGAM,	K-50	6	00:00:57	00:29:33	01:00:01	01:32:05	02:01:40	02:06:50	02:16:04.15	02:17:01.95	+00:58:08 (42.7%)	6:26	9.3 (57.4%)
234	BALICZ Agnieszka	148		K-20	50	00:00:55	00:30:16	01:01:06	01:33:38	02:02:36	02:07:23	02:16:12.85	02:17:08.50	+00:58:17 (42.8%)	6:27	9.3 (57.4%)
235	ESTKO Anna	788		K-30	106	00:01:27	00:30:56	01:02:23	01:34:01	02:01:56	02:06:57	02:15:42.40	02:17:10.05	+00:57:47 (42.6%)	6:25	9.3 (57.4%)
236	MĄCZKA Krystyna	988		K-60	1	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05	02:08:03	02:16:50.25	02:17:44.40	+00:58:54 (43.1%)	6:29	9.3 (57.4%)
237	WOJTAS - WÓJCIK Justyna	511		K-20	51	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13	02:08:02	02:17:03.85	02:18:03.15	+00:59:08 (43.1%)	6:29	9.2 (56.8%)
238	WIRA Agnieszka	1161	NIGHT RUNNERS GLIWICE	K-20	52	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01	02:08:02	02:17:06.75	02:18:56.75	+00:59:11 (43.2%)	6:29	9.2 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h	
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km						20_km 19.9km
238	TUMIDAJEWICZ Beata	1151		K-30	107	00:01:49	00:29:10	00:59:56	01:32:13	02:03:03	02:08:03	02:17:07.50	02:18:56.75	+00:59:12 (43.2%)	6:29	9.2 (56.8%)
240	DYLONG Mariola	266		K-16	5	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45	02:08:26	02:18:31.25	02:18:57.60	+01:00:35 (43.7%)	6:33	9.1 (56.2%)
241	KUSZ Gosia	705		K-30	108	00:00:51	00:28:56	01:00:00	01:33:28	02:04:32	02:09:41	02:18:49.25	02:19:40.90	+01:00:53 (43.9%)	6:34	9.1 (56.2%)
242	STĘPIEŃ-KUCHNIA Anna	910	TS REGLE SZKLARSKA PORĘBA	K-40	70	00:01:10	00:30:59	01:02:33	01:35:19	02:05:00	02:09:54	02:18:40.95	02:19:51.80	+01:00:45 (43.8%)	6:34	9.1 (56.2%)
243	DOGIEL Agnieszka	1109		K-30	109	00:00:53	00:30:08	01:02:46	01:36:47	02:05:30	02:10:31	02:19:08.50	02:20:01.65	+01:01:13 (44.0%)	6:35	9.1 (56.2%)
244	WALIGÓRA Aleksandra	770	BBL KĘDZIERZYN-KOŻŁE	K-40	71	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45	02:09:55	02:19:24.25	02:20:41.30	+01:01:28 (44.1%)	6:36	9.1 (56.2%)
245	CIOMEK Marta	99	SBRT	K-20	54	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43	02:09:52	02:20:03.40	02:20:47.10	+01:02:08 (44.4%)	6:38	9 (55.6%)
246	CESARZ Alicja	553		K-30	110	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32	02:09:50	02:19:18.95	02:20:56.95	+01:01:23 (44.1%)	6:36	9.1 (56.2%)
247	MIŚKIEWICZ Lucyna	1148		K-50	7	00:01:22	00:31:41	01:03:50	01:36:04	02:05:41	02:10:34	02:19:46.70	02:21:09.65	+01:01:51 (44.3%)	6:37	9.1 (56.2%)
248	MALCHERCZYK Anna	866		K-20	53	00:01:45	00:30:42	01:02:13	01:34:07	02:04:42	02:10:20	02:19:51.65	02:21:36.90	+01:01:56 (44.3%)	6:37	9.1 (56.2%)
249	BOGACZ Jadwiga	482	JAGODA TEAM	K-30	111	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26	02:10:38	02:20:01.65	02:21:49.55	+01:02:06 (44.4%)	6:38	9 (55.6%)
250	BATEJKO Beata	417		K-40	73	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33	02:11:08	02:21:06.55	02:22:03.45	+01:03:11 (44.8%)	6:41	9 (55.6%)
251	DYRAGA Barbara	204	NIEZRZESZONA	K-30	112	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44	02:11:56	02:20:37.50	02:22:14.60	+01:02:42 (44.6%)	6:39	9 (55.6%)
252	LEDWOŃ Aneta	88	NIGHT RUNNERS GLIWICE	K-40	72	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38	02:21:00.95	02:22:19.00	+01:03:05 (44.7%)	6:40	9 (55.6%)
253	RÓŻOWICZ Eliza	1188	SPARTANIE DZIECIOM	K-30	113	00:01:01	00:30:57	01:03:54	01:37:50	02:06:35	02:11:32	02:21:32.00	02:22:33.85	+01:03:36 (44.9%)	6:42	8.9 (54.9%)
254	BAK Katarzyna	1249	SPARTANIE DZIECIOM	K-30	115	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:33.30	02:22:35.35	+01:03:37 (45.0%)	6:42	8.9 (54.9%)
255	DOBAJ Katarzyna	1246	SPARTANIE DZIECIOM	K-40	75	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.40	02:22:35.90	+01:03:38 (45.0%)	6:42	8.9 (54.9%)
256	STĘPKA Daria	1253	SPARTANIE DZIECIOM	K-40	76	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.45	02:22:36.00	+01:03:38 (45.0%)	6:42	8.9 (54.9%)
257	DOROTA Jola	1503	RUN RUN OLESZYCE	K-40	74	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.85	02:22:36.30	+01:03:37 (44.9%)	6:42	8.9 (54.9%)
257	RAJCHERT Joanna	1254	SPARTANIE DZIECIOM	K-30	114	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.70	02:22:36.30	+01:03:37 (44.9%)	6:42	8.9 (54.9%)
259	RAKOWSKA Katarzyna	1187	SPARTANIE DZIECIOM	K-30	116	00:01:03	00:30:56	01:03:54	01:38:34		02:11:32	02:21:33.90	02:22:36.95	+01:03:38 (45.0%)	6:42	8.9 (54.9%)
260	CZAPKIEWICZ Gosia	1201	SPARTANIE DZIECIOM	K-40	77	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37	02:11:32	02:21:34.05	02:22:37.00	+01:03:38 (45.0%)	6:42	8.9 (54.9%)
261	ZUWAŁA Anna	1167	RAGNAR TEAM	K-40	78	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14	02:11:56	02:22:14.20	02:23:43.00	+01:04:18 (45.2%)	6:44	8.9 (54.9%)
262	ŚCISŁOWICZ Natalia	989		K-30	117	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01	02:13:45	02:23:38.55	02:25:09.30	+01:05:43 (45.8%)	6:48	8.8 (54.3%)
263	NOWAK-BODUCH Joanna	1259	NIGHT RUNNERS	K-50	8	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00	02:24:28.90	02:25:22.80	+01:06:33 (46.1%)	6:50	8.8 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
264	KOŁODZIEJCZAK Kinga	63	ACCENTURE	K-30	120	00:01:01	00:29:28	01:01:25	01:36:04	02:08:39	02:14:41	02:24:36.70	02:25:37.85	+01:06:41 (46.1%)	6:51	8.8 (54.3%)
265	SZALA Beata	191	SBD ENERGETYK RYBNIK	K-30	119	00:01:25	00:29:08	01:00:46	01:35:59	02:08:02	02:13:55	02:24:16.30	02:25:41.95	+01:06:20 (46.0%)	6:50	8.8 (54.3%)
266	MOKRZYCKA Justyna	493	BIEGAMY Z SERCEM	K-30	118	00:01:52	00:31:37	01:03:11	01:36:55	02:08:36	02:13:52	02:23:52.60	02:25:45.20	+01:05:57 (45.8%)	6:49	8.8 (54.3%)
267	GAWLIK - RYBIŃSKA Kasia	855	EŁKA TEAM	K-30	121	00:00:48	00:30:50	01:03:16	01:37:30	02:09:26	02:15:15	02:25:15.05	02:26:03.15	+01:07:19 (46.4%)	6:53	8.7 (53.7%)
268	STAŃCZYK Paulina	1275		K-20	55	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49	02:15:24	02:25:26.40	02:27:12.95	+01:07:31 (46.4%)	6:53	8.7 (53.7%)
269	WŁOSZCZYŃSKA Ewa	329		K-30	122	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25	02:17:30	02:25:59.70	02:27:30.00	+01:08:04 (46.6%)	6:55	8.7 (53.7%)
270	GRUBICH Irena	526		K-60	2	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10	02:17:35	02:28:42.75	02:28:45.50	+01:10:47 (47.6%)	7:02	8.5 (52.5%)
271	SOJKA Anna	685		K-30	123	00:01:22	00:29:50	01:02:33	01:37:56	02:10:43	02:17:15	02:27:43.20	02:29:06.00	+01:09:47 (47.2%)	7:00	8.6 (53.1%)
272	KOCH Marta	942		K-30	124	00:01:19	00:32:21	01:06:26	01:41:27	02:12:50	02:18:21	02:28:21.10	02:29:40.90	+01:10:25 (47.5%)	7:01	8.5 (52.5%)
273	PLESZCZYŃSKA Iwona	743		K-30	125	00:01:04	00:31:36	01:04:58	01:40:23	02:13:25	02:19:03	02:29:07.35	02:30:12.05	+01:11:12 (47.7%)	7:04	8.5 (52.5%)
274	ZAWISZA Joanna	106		K-20	56	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37	02:21:00	02:29:54.60	02:31:15.80	+01:11:59 (48.0%)	7:06	8.4 (51.9%)
275	BUCHALIK Katarzyna	513		K-20	57	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34	02:19:04	02:30:14.65	02:31:37.55	+01:12:19 (48.1%)	7:07	8.4 (51.9%)
276	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	79	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25	02:30:47.65	02:32:28.80	+01:12:52 (48.3%)	7:08	8.4 (51.9%)
276	BOGDANOWICZ Maja	304		K-30	126	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36	02:20:26	02:30:48.05	02:32:28.80	+01:12:52 (48.3%)	7:08	8.4 (51.9%)
278	WALCZYŃSKA Karolina	747	NIGHT RUNNERS GLIWICE	K-30	127	00:01:30	00:35:11	01:10:04	01:45:00	02:15:28	02:20:52	02:31:29.55	02:32:59.65	+01:13:34 (48.6%)	7:10	8.4 (51.9%)
279	GROSS Teresa	231	UNISONO	K-40	80	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14	02:25:54	02:37:16.30	02:38:22.40	+01:19:20 (50.5%)	7:27	8.1 (50.0%)
280	BIJAK Adriana	1508	NIGHT RUNNER'S	K-30	128	00:01:30	00:35:11	01:10:03	01:46:38	02:20:50	02:26:42	02:37:02.70	02:38:32.85	+01:19:07 (50.4%)	7:26	8.1 (50.0%)
281	RUDNICKA Maria	803	BBL KĘDZIERZYN-KOŹLE	K-50	9	00:01:18	00:34:03	01:10:29	01:46:51	02:21:20	02:27:08	02:37:14.70	02:38:33.15	+01:19:19 (50.4%)	7:27	8.1 (50.0%)
282	NOWAK-KASPRZAK Anna	127		K-30	129	00:01:18	00:32:35	01:08:08	01:45:55	02:21:12	02:27:05	02:37:34.65	02:38:52.75	+01:19:39 (50.5%)	7:28	8 (49.4%)
283	ZAWADA Ewa	77	NIGHT RUNNERS	K-20	58	00:01:51	00:36:29	01:13:27	01:47:45	02:21:56	02:27:27	02:38:05.30	02:39:57.20	+01:20:09 (50.7%)	7:29	8 (49.4%)
284	PASIEKA Anna	402		K-30	130	00:01:02	00:33:15	01:10:05	01:48:35	02:25:03	02:31:21	02:42:30.90	02:43:33.40	+01:24:35 (52.1%)	7:42	7.8 (48.1%)
285	DYDYCZ Marta	652	AKMB PĘDZIWIATR GLIWICE	K-20	59	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22	02:32:23	02:44:08.00	02:44:27.55	+01:26:12 (52.5%)	7:46	7.7 (47.5%)
286	LATOS Barbara	874	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	3	00:01:26	00:36:25	01:15:04	01:55:17	02:31:35	02:38:14	02:50:34.65	02:52:00.70	+01:32:39 (54.3%)	8:05	7.4 (45.7%)

Znaleziono 286 wynik(ów)