



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: 1 fala

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GOLEC Paulina	20		K40-49	1		00:00:01	00:10:11	00:18:05	00:26:19	00:34:16	00:36:28.30	00:36:29.55		3:38	16.5 (100%)
2	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39	1		00:00:00	00:10:33	00:18:44	00:27:16	00:35:24	00:37:35.95	00:37:36.75	+00:01:07 (3.0%)	3:45	16 (97.0%)
3	MENDECKA-ZEJDLER Michalina	42		K30-39	2		00:00:01	00:10:56	00:19:04	00:27:27	00:35:35	00:37:50.15	00:37:51.15	+00:01:21 (3.6%)	3:47	15.9 (96.4%)
4	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39	3		00:00:01	00:11:11	00:19:35	00:28:07	00:36:28	00:38:47.95	00:38:49.35	+00:02:19 (6.0%)	3:52	15.5 (93.9%)
5	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49	2		00:00:01	00:11:11	00:19:43	00:28:45	00:37:26	00:39:46.50	00:39:47.95	+00:03:18 (8.3%)	3:58	15.1 (91.5%)
6	DYBCZYŃSKA Jadwiga	101	LKS POGÓRZE	K40-49	3		00:00:01	00:11:22	00:20:01	00:29:03	00:37:49	00:40:15.10	00:40:16.65	+00:03:46 (9.4%)	4:01	14.9 (90.3%)
7	CHROMIK Julia	189	LKS POGÓRZE	K20-29	1		00:00:02	00:11:22	00:20:01	00:29:02	00:38:00	00:40:34.40	00:40:36.40	+00:04:06 (10.1%)	4:03	14.8 (89.7%)
8	WYSŁUCH Iza	127		K20-29	2		00:00:02	00:11:38	00:20:48	00:30:04	00:39:00	00:41:26.45	00:41:29.30	+00:04:58 (12.0%)	4:08	14.5 (87.9%)
9	SIKORA Joanna	113	LKS POGÓRZE	K20-29	3		00:00:01	00:11:43	00:20:49	00:30:21	00:39:36	00:42:12.45	00:42:13.70	+00:05:44 (13.6%)	4:13	14.2 (86.1%)
10	WRONECKA Emilia	115	ALCHEMIA BIEGANIA	K30-39	4		00:00:01	00:12:15	00:21:35	00:31:03	00:40:08	00:42:32.80	00:42:34.35	+00:06:04 (14.3%)	4:15	14.1 (85.5%)
11	WARMIŃSKA Klaudia	295	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	4	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47	00:40:09	00:42:40.45	00:42:41.40	+00:06:12 (14.5%)	4:16	14.1 (85.5%)
12	LASKOWSKA Katarzyna	106	INŻYNIERIA BIEGANIA	K40-49	4	Inżynieria biegania	00:00:02	00:12:00	00:21:11	00:30:47	00:40:16	00:42:53.20	00:42:55.50	+00:06:24 (15.0%)	4:17	14 (84.8%)
13	MROWIEC Kinga	223	TL POGOŃ RUDA ŚLĄSKA	K20-29	5	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28	00:41:50	00:44:19.20	00:44:21.60	+00:07:50 (17.7%)	4:25	13.5 (81.8%)
14	WRÓBLEWSKA Judyta	171	ZAWIERUCHA TRAINING ACADEMY	K20-29	6	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45	00:42:39	00:45:15.10	00:45:16.95	+00:08:46 (19.4%)	4:31	13.3 (80.6%)
15	BIAŁOŃCZYK Joanna	225		K30-39	5		00:00:02	00:13:06	00:22:52	00:32:58	00:42:46	00:45:23.80	00:45:26.35	+00:08:55 (19.7%)	4:32	13.2 (80.0%)
16	TYMAN Karolina	119	UKS DIAMENT GODÓW	K16-19	1		00:00:01	00:13:17	00:23:22	00:33:26	00:42:54	00:45:30.25	00:45:31.50	+00:09:01 (19.8%)	4:33	13.2 (80.0%)
17	JANKO Anna	92	HRMAX ŻORY/ NIEWYBIEGANI	K30-39	6	Niewybiegani	00:00:01	00:12:50	00:22:47	00:33:16	00:43:16	00:46:02.55	00:46:04.40	+00:09:34 (20.8%)	4:36	13 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	JURASZEK Elzbieta	144	JUSTFEELFIT	K30-39	7		00:00:02	00:12:52	00:22:58	00:33:24	00:43:28	00:46:06.65	00:46:08.90	+00:09:38 (20.9%)	4:36	13 (78.8%)
19	FANGOR-GRAB Agata	194		K30-39	8		00:00:03	00:13:12	00:23:08	00:33:32	00:43:33	00:46:07.30	00:46:10.65	+00:09:39 (20.9%)	4:36	13 (78.8%)
20	CZYŻ Marlena	120	UKS DIAMENT GODÓW	K16-19	2		00:00:00	00:13:18	00:23:22	00:33:30	00:43:32	00:46:09.60	00:46:10.35	+00:09:41 (21.0%)	4:36	13 (78.8%)
21	MAZUREK Anna	197		K30-39	9		00:00:04	00:13:05	00:23:06	00:33:36	00:43:54	00:46:36.05	00:46:40.60	+00:10:07 (21.7%)	4:39	12.9 (78.2%)
22	PERKOWSKA Daria	410	KOBIETY NA 5+	K40-49	5	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37	00:43:55	00:46:42.20	00:46:44.20	+00:10:13 (21.9%)	4:40	12.8 (77.6%)
23	BASTA Dorota	318	ZADYSZKA OŚWIĘCIM	K40-49	6	Zadyszka Oświęcim	00:00:06	00:13:37	00:23:50	00:34:35	00:44:48	00:47:50.55	00:47:56.70	+00:11:22 (23.8%)	4:47	12.5 (75.8%)
24	PASŁAWSKA Katarzyna	358	KOBIETY NA 5 +	K40-49	7	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34	00:45:08	00:48:04.25	00:48:07.15	+00:11:35 (24.1%)	4:48	12.5 (75.8%)
25	RAFA Asia	276	RUNNERS TEAM NYSA	K40-49	8		00:00:06	00:13:48	00:24:13	00:34:53	00:45:21	00:48:06.40	00:48:12.85	+00:11:38 (24.2%)	4:48	12.5 (75.8%)
26	JADACH Oleksandra	146	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59	1		00:00:04	00:13:41	00:23:57	00:34:45	00:45:17	00:48:08.65	00:48:12.75	+00:11:40 (24.2%)	4:48	12.5 (75.8%)
27	ZAJĄC Anna	344	SCI GÓRSCY ENTUZJAŚCI	K30-39	10		00:00:02	00:13:31	00:23:55	00:34:49	00:45:29	00:48:15.70	00:48:18.35	+00:11:47 (24.4%)	4:49	12.4 (75.2%)
28	PAWŁOK Anna	168	TRIATHLON TRAINING CENTER	K30-39	11		00:00:04	00:13:53	00:24:17	00:35:12	00:45:41	00:48:27.20	00:48:31.30	+00:11:58 (24.7%)	4:50	12.4 (75.2%)
29	WRÓBEL Katarzyna	283		K30-39	12		00:00:02	00:13:37	00:24:14	00:35:19	00:45:57	00:48:53.45	00:48:56.25	+00:12:25 (25.4%)	4:53	12.3 (74.5%)
30	NAWROT Aleksandra	447	BIEG Z CHRYSTUSEM!	K30-39	13		00:00:03	00:14:07	00:24:39	00:35:39	00:46:31	00:49:23.65	00:49:27.30	+00:12:55 (26.2%)	4:56	12.1 (73.3%)
31	URBAINSKA Ilona	234		K30-39	14		00:00:05	00:14:08	00:24:47	00:35:55	00:46:42	00:49:39.00	00:49:44.05	+00:13:10 (26.5%)	4:57	12.1 (73.3%)
32	FURMANEK Ela	206	NOWAK-TEAM	K50-59	2	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48	00:46:41	00:49:41.25	00:49:44.85	+00:13:12 (26.6%)	4:58	12.1 (73.3%)
33	POPEK Barbara	215		K50-59	3	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45	00:49:47.25	00:49:50.40	+00:13:18 (26.7%)	4:58	12.1 (73.3%)
34	HARAZIN Anna	179	2 TM 4,7	K30-39	15		00:00:07	00:14:08	00:25:04	00:36:27	00:47:16	00:49:57.50	00:50:04.55	+00:13:29 (27.0%)	4:59	12 (72.7%)
35	KRÓTKI Janina	349	EASYRUN RACIBÓRZ	K30-39	16		00:00:04	00:14:12	00:24:54	00:36:33	00:47:44	00:50:40.90	00:50:45.50	+00:14:12 (28.0%)	5:04	11.8 (71.5%)
36	POŁOMSKA Edyta	239	POLOMSCY TEAM	K40-49	9	POLOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19	00:47:42	00:50:48.70	00:50:52.95	+00:14:20 (28.2%)	5:04	11.8 (71.5%)
37	MUSIAŁ Wioletta	356	GALOPUJĄCE ŚLIMAKI	K40-49	10	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49	00:47:53	00:50:50.10	00:50:54.00	+00:14:21 (28.3%)	5:05	11.8 (71.5%)
38	RAŹNIAK Beata	444	KOBIETY NA 5+	K50-59	4	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58	00:51:01.20	00:51:04.05	+00:14:32 (28.5%)	5:06	11.8 (71.5%)
39	LORENZ Agnieszka	385	GB GALOPUJĄCE ŚLIMAKI	K40-49	11	Galopujące Ślimaki	00:00:06	00:14:27	00:25:21	00:36:47	00:47:57	00:51:03.80	00:51:10.40	+00:14:35 (28.6%)	5:06	11.8 (71.5%)
40	URBANEK Iwona	576		K30-39	17		00:00:10	00:14:21	00:25:16	00:36:52	00:48:18	00:51:19.95	00:51:29.95	+00:14:51 (29.0%)	5:07	11.7 (70.9%)
41	GANCARCZYK Karolina	506		K30-39	18		00:00:03	00:14:16	00:25:28	00:37:07	00:48:25	00:51:27.35	00:51:30.85	+00:14:59 (29.1%)	5:08	11.7 (70.9%)
42	MAZUR Małgorzata	327		K40-49	12		00:00:07	00:14:43	00:25:47	00:37:22	00:48:33	00:51:30.55	00:51:38.05	+00:15:02 (29.2%)	5:09	11.7 (70.9%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km					
43	GMITRZUK-ZMORZYŃSKA Ewelina	409		K30-39	19		00:00:05	00:14:32	00:25:25	00:37:07	00:48:31	00:51:34.55	00:51:39.70	+00:15:06 (29.3%)	5:09	11.6 (70.3%)
44	KRYSZTAFKIEWICZ Katarzyna	261		K40-49	13		00:00:06	00:14:44	00:25:40	00:37:07	00:48:13	00:51:37.65	00:51:43.65	+00:15:09 (29.4%)	5:09	11.6 (70.3%)
45	PIWISZKIS Barbara	4	STREET SPIRIT- TEAM NOWAK	K40-49	14	Street Spirit-Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24	00:48:51	00:51:55.80	00:51:58.65	+00:15:27 (29.8%)	5:11	11.6 (70.3%)
46	PIWOŃSKA Ada	556	INTERAKTYWNI KROSTOSZOWICE	K40-49	15		00:00:06	00:14:37	00:25:54	00:37:45	00:49:07	00:52:15.40	00:52:21.75	+00:15:47 (30.2%)	5:13	11.5 (69.7%)
47	GACH Bernadeta	524	KS GRYF KIETRZ	K40-49	16		00:00:06	00:15:40	00:27:07	00:38:49	00:49:55	00:52:49.95	00:52:56.15	+00:16:21 (31.0%)	5:16	11.4 (69.1%)
48	OGIERMAN Małgorzata	338		K50-59	5		00:00:02	00:14:26	00:25:35	00:37:44	00:49:44	00:52:56.55	00:52:58.85	+00:16:28 (31.1%)	5:17	11.3 (68.5%)
49	KULA Katarzyna	433	STUDIO ENERGIA TEAM RYBNIK	K30-39	20	Studio Energia Team Rybnik	00:00:07	00:15:14	00:26:40	00:38:45	00:50:18	00:53:21.40	00:53:29.25	+00:16:53 (31.6%)	5:20	11.2 (67.9%)
50	DĄBROWSKA Agata	430	NESSI TIME ŻORY	K40-49	17	Nessi Time Żory	00:00:08	00:16:02	00:28:00	00:39:55	00:50:58	00:53:55.40	00:54:04.05	+00:17:27 (32.4%)	5:23	11.1 (67.3%)
51	KOTOWICZ Anna	334		K40-49	18		00:00:05	00:15:25	00:27:08	00:39:27	00:51:13	00:54:15.30	00:54:20.70	+00:17:47 (32.8%)	5:25	11.1 (67.3%)
52	MAREK-WRÓBEL Edyta	257	NIEZRZESZONA	K60-69	1		00:00:05	00:15:38	00:27:06	00:39:24	00:51:04	00:54:19.50	00:54:24.85	+00:17:51 (32.9%)	5:25	11 (66.7%)
53	GORZELAK Joanna	453	KOBIETY NA 5+	K40-49	19	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14	00:51:13	00:54:26.45	00:54:29.90	+00:17:58 (33.0%)	5:26	11 (66.7%)
54	KLUCZNIK Magda	455		K16-19	3		00:00:08	00:14:48	00:26:29	00:39:14	00:51:20	00:54:35.70	00:54:44.55	+00:18:07 (33.2%)	5:27	11 (66.7%)
55	LERCH Maria	370	AKTYWNIE NAKRĘCENI	K30-39	21		00:00:05	00:15:20	00:27:07	00:39:53	00:51:37	00:54:42.65	00:54:48.05	+00:18:14 (33.3%)	5:28	11 (66.7%)
56	GENSTY Klaudia	392	DYSTANS LUBOMIA	K40-49	20		00:00:06	00:15:51	00:27:43	00:40:01	00:51:37	00:54:43.50	00:54:50.10	+00:18:15 (33.4%)	5:28	11 (66.7%)
57	PIECHA-ŁACHAJCZYK Hanna	416		K30-39	22		00:00:09	00:16:04	00:27:58	00:40:06	00:51:42	00:54:57.25	00:55:06.45	+00:18:28 (33.6%)	5:29	10.9 (66.1%)
58	TRYBAŁA Weronika	550	WATAHA	K20-29	7	WATAHA	00:00:07	00:16:54	00:29:02	00:41:14	00:52:37	00:55:40.05	00:55:47.65	+00:19:11 (34.5%)	5:34	10.8 (65.5%)
59	JURKIEWICZ-FILIKS Basia	532		K40-49	21		00:00:09	00:16:12	00:28:13	00:40:32	00:52:35	00:55:40.55	00:55:50.15	+00:19:12 (34.5%)	5:34	10.8 (65.5%)
60	GIEROŃ Katarzyna	399	DYSTANS LUBOMIA	K40-49	22		00:00:06	00:15:52	00:27:48	00:40:22	00:52:24	00:55:47.65	00:55:54.00	+00:19:19 (34.6%)	5:34	10.8 (65.5%)
61	NOWAK Magdalena	537	NESSI TIME ŻORY	K30-39	23	Nessi Time Żory	00:00:08	00:16:02	00:28:04	00:40:35	00:52:37	00:55:51.90	00:56:00.80	+00:19:23 (34.7%)	5:35	10.7 (64.8%)
62	WERNIK Katarzyna	398	BESTFITCLUB RYBNIK	K50-59	6		00:00:08	00:15:47	00:27:46	00:40:25	00:52:37	00:55:56.80	00:56:05.45	+00:19:28 (34.8%)	5:35	10.7 (64.8%)
63	PAPLA Jolanta	423		K20-29	8		00:00:05	00:15:54	00:28:04	00:40:41	00:52:50	00:56:05.80	00:56:11.55	+00:19:37 (35.0%)	5:36	10.7 (64.8%)
64	KRAUSE Sylwia	316	RADLINIOKI W BIEGU	K40-49	23	Radlinioki w biegu	00:00:08	00:16:19	00:28:20	00:40:51	00:52:58	00:56:24.85	00:56:33.20	+00:19:56 (35.4%)	5:38	10.6 (64.2%)
65	MIKOŁAJEC Paulina	183		K20-29	9		00:00:04	00:16:14	00:28:25	00:41:16	00:53:26	00:56:39.75	00:56:44.25	+00:20:11 (35.6%)	5:39	10.6 (64.2%)
66	KORDEK Dorota	360		K30-39	24		00:00:05	00:15:44	00:28:03	00:40:52	00:53:28	00:56:44.10	00:56:50.05	+00:20:15 (35.7%)	5:40	10.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
67	BRAŃKA Barbara	555		K40-49	24		00:00:08	00:16:27	00:28:58	00:41:42	00:53:43	00:56:57.85	00:57:06.75	+00:20:29 (36.0%)	5:41	10.5 (63.6%)
68	JĘDRYKA Patrycja	547	GB GALOPUJĄCE ŚLIMAKI	K30-39	25		00:00:06	00:15:46	00:28:15	00:41:17	00:53:48	00:57:11.20	00:57:17.60	+00:20:42 (36.2%)	5:43	10.5 (63.6%)
69	BAJCAR Beata	379	KOBIETY NA 5+	K50-59	7	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06	00:57:24.85	00:57:30.25	+00:20:56 (36.5%)	5:44	10.5 (63.6%)
70	HEJNA Izabela	586	RADLINIOKI W BIEGU	K50-59	8	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48	00:54:14	00:57:29.65	00:57:38.30	+00:21:01 (36.6%)	5:44	10.4 (63.0%)
71	DROBIAK Kornelia	511	KOBIETY NA 5+	K30-39	26	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43	00:54:20	00:57:35.45	00:57:40.35	+00:21:07 (36.7%)	5:45	10.4 (63.0%)
72	CEGLARSKA Sonia	386	JEJKOWICE BIEGAJĄ	K40-49	25	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33	00:58:01.00	00:58:05.90	+00:21:32 (37.1%)	5:48	10.3 (62.4%)
73	KARBOWY Izabela	195	JEJKOWICE BIEGAJĄ	K30-39	27	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33	00:58:01.45	00:58:06.25	+00:21:33 (37.1%)	5:48	10.3 (62.4%)
74	PASTUSIAK Janina	573		K40-49	26		00:00:01	00:15:48	00:28:18	00:41:40	00:54:36	00:58:05.50	00:58:06.60	+00:21:37 (37.2%)	5:48	10.3 (62.4%)
75	GAŁKIEWICZ Monika	390		K40-49	27		00:00:08	00:16:01	00:28:31	00:41:52	00:54:53	00:58:08.90	00:58:17.45	+00:21:40 (37.3%)	5:48	10.3 (62.4%)
76	GAJDA Magdalena	351		K30-39	28		00:00:07	00:16:30	00:29:02	00:42:14	00:54:55	00:58:10.40	00:58:17.85	+00:21:42 (37.3%)	5:49	10.3 (62.4%)
77	KRZYK Małgorzata	496		K40-49	28		00:00:04	00:16:53	00:29:14	00:42:13	00:54:45	00:58:14.10	00:58:18.70	+00:21:45 (37.4%)	5:49	10.3 (62.4%)
78	TARGOSZ Aneta	552	OLZA CIESZYN	K30-39	29	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47	00:54:47	00:58:18.35	00:58:26.50	+00:21:50 (37.4%)	5:49	10.3 (62.4%)
79	GÓRKA Barbara	534		K40-49	29	RUNTEAM Pawłowice	00:00:08	00:16:58	00:29:35	00:42:44	00:55:11	00:58:21.90	00:58:30.35	+00:21:53 (37.5%)	5:50	10.3 (62.4%)
80	DOBRENIUK Aurelia	523		K40-49	30		00:00:08	00:16:11	00:28:45	00:42:04	00:55:03	00:58:29.40	00:58:37.40	+00:22:01 (37.6%)	5:50	10.3 (62.4%)
81	GRZONKA Magdalena	359		K40-49	31		00:00:01	00:15:44	00:28:25	00:41:45	00:54:57	00:58:37.90	00:58:39.60	+00:22:09 (37.8%)	5:51	10.2 (61.8%)
82	KARASIEWICZ-STARCZEWSKA Elżbieta	361		K30-39	30		00:00:07	00:16:13	00:28:43	00:42:02	00:55:08	00:58:39.50	00:58:47.20	+00:22:11 (37.8%)	5:51	10.2 (61.8%)
83	PŁASKA Barbara	463		K50-59	9	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06	00:58:47.45	00:58:49.45	+00:22:19 (38.0%)	5:52	10.2 (61.8%)
84	KOWALONEK Aleksandra	590		K20-29	10		00:00:02	00:16:00	00:28:34	00:42:08	00:55:16	00:58:48.45	00:58:51.30	+00:22:20 (38.0%)	5:52	10.2 (61.8%)
85	TYRYTKO Sylwia	538	WATAHA	K40-49	32	WATAHA	00:00:07	00:16:54	00:29:23	00:42:30	00:55:24	00:58:57.35	00:59:04.55	+00:22:29 (38.1%)	5:53	10.2 (61.8%)
86	TRYBAŁA Danuta	549	WATAHA	K30-39	31	WATAHA	00:00:07	00:16:54	00:29:22	00:42:30	00:55:23	00:58:58.00	00:59:05.30	+00:22:29 (38.1%)	5:53	10.2 (61.8%)
87	SOKÓŁ-OLEŚ Ewelina	427	RUNTEAM PAWŁOWICE	K50-59	10	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29	00:59:01.40	00:59:09.95	+00:22:33 (38.2%)	5:54	10.2 (61.8%)
88	HOLONA Bożena	572		K50-59	11		00:00:07	00:17:06	00:29:42	00:42:50	00:55:41	00:59:15.65	00:59:22.70	+00:22:47 (38.5%)	5:55	10.1 (61.2%)
89	PASZEK Hania	443	HRMAX ŻORY	K40-49	33		00:00:03	00:15:59	00:28:32	00:42:17	00:55:34	00:59:15.70	00:59:18.80	+00:22:47 (38.5%)	5:55	10.1 (61.2%)
90	MOSZ Weronika	450		K40-49	34		00:00:03	00:16:55	00:29:37	00:42:54	00:55:49	00:59:21.90	00:59:25.65	+00:22:53 (38.6%)	5:56	10.1 (61.2%)
91	SOCHA Marlena	528	TL POGOŃ RUDA ŚLĄSKA	K40-49	35	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01	00:56:13	00:59:44.15	00:59:51.05	+00:23:15 (38.9%)	5:58	10 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km					
92	OSOWSKA Katarzyna	451		K40-49	36		00:00:05	00:16:20	00:29:15	00:42:52	00:56:29	00:59:52.55	00:59:58.40	+00:23:24 (39.1%)	5:59	10 (60.6%)
93	ZIĘTARA Agata	460		K50-59	12		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33	01:00:02.05	01:00:12.75	+00:23:33 (39.2%)	6:00	10 (60.6%)
94	NIESŁAŃCZYK Barbara	503		K30-39	32		00:00:11	00:16:51	00:29:34	00:43:02	00:56:24	01:00:05.65	01:00:16.75	+00:23:37 (39.3%)	6:00	10 (60.6%)
95	MAZUR Aleksandra	400		K30-39	33		00:00:03	00:16:24	00:29:21	00:43:14	00:56:38	01:00:09.60	01:00:12.75	+00:23:41 (39.4%)	6:00	10 (60.6%)
96	DOMAŃSKA Joanna	393		K30-39	34		00:00:09	00:16:32	00:29:33	00:43:28	00:56:43	01:00:22.80	01:00:32.35	+00:23:54 (39.6%)	6:02	9.9 (60.0%)
97	KAJSZTURA Weronika	563		K30-39	35		00:00:09	00:17:29	00:30:19	00:44:12	00:57:07	01:00:32.75	01:00:42.15	+00:24:04 (39.8%)	6:03	9.9 (60.0%)
98	KARPETA Ilona	562		K30-39	36		00:00:09	00:17:29	00:30:20	00:44:12	00:57:07	01:00:32.95	01:00:42.25	+00:24:04 (39.8%)	6:03	9.9 (60.0%)
99	SŁOWIŃSKA Joanna	589	RUNTEAM PAWŁOWICE	K30-39	37		00:00:04	00:16:56	00:29:44	00:43:31	00:56:54	01:00:37.50	01:00:41.95	+00:24:09 (39.8%)	6:03	9.9 (60.0%)
100	ŻYŁA Bogumiła	553	KLUB BIEGACZA RTV EURO AGD	K30-39	38		00:00:09	00:17:38	00:30:29	00:44:03	00:57:23	01:01:11.25	01:01:20.65	+00:24:42 (40.4%)	6:07	9.8 (59.4%)
101	MARCZYŃSKA Izabela	551	BEACHVOLLEYBALL	K30-39	39		00:00:05	00:17:13	00:30:23	00:44:16	00:57:50	01:01:18.50	01:01:24.05	+00:24:50 (40.5%)	6:07	9.8 (59.4%)
102	BOMBOR Antonina	561		K40-49	37		00:00:07	00:17:10	00:30:27	00:44:29	00:58:01	01:01:43.10	01:01:50.85	+00:25:14 (40.9%)	6:10	9.7 (58.8%)
103	SIKORA Alicja	271		K70+	1		00:00:08	00:17:55	00:31:06	00:44:59	00:58:08	01:01:50.35	01:01:58.40	+00:25:22 (41.0%)	6:11	9.7 (58.8%)
104	FECZKO Lucyna	578		K40-49	38		00:00:02	00:16:30	00:29:37	00:43:57	00:58:01	01:02:02.70	01:02:05.40	+00:25:34 (41.2%)	6:12	9.7 (58.8%)
105	KAŁUS Joanna	476		K40-49	39		00:00:07	00:17:05	00:30:20	00:44:28	00:58:20	01:02:06.15	01:02:13.45	+00:25:37 (41.3%)	6:12	9.7 (58.8%)
106	GAWEŁ Julia	546		K20-29	11		00:04:21	00:17:49	00:31:24	00:45:41	00:59:13	01:02:27.65	01:06:48.90	+00:25:59 (41.6%)	6:14	9.6 (58.2%)
107	KOLAT Jadzia	497	KOBIETY NA 5+	K40-49	40	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50	00:58:51	01:02:35.05	01:02:40.10	+00:26:06 (41.7%)	6:15	9.6 (58.2%)
108	WYSOCKA Magdalena	583		K40-49	41		00:00:03	00:17:00	00:30:34	00:44:56	00:59:00	01:02:44.30	01:02:48.25	+00:26:16 (41.9%)	6:16	9.6 (58.2%)
109	ZAKRZEWSKA Barbara	531		K40-49	42		00:00:07	00:16:31	00:30:03	00:44:51	00:59:38	01:03:26.95	01:03:34.45	+00:26:58 (42.5%)	6:20	9.5 (57.6%)
110	KUBIK Aleksandra	545	-	K40-49	43		00:00:05	00:17:27	00:31:01	00:45:29	00:59:39	01:03:32.15	01:03:37.35	+00:27:03 (42.6%)	6:21	9.4 (57.0%)
111	MARCISZ Natalia	515		K30-39	40		00:00:05	00:16:39	00:30:07	00:44:43	00:59:24	01:03:34.50	01:03:40.35	+00:27:06 (42.6%)	6:21	9.4 (57.0%)
112	ORŁOWSKA Joanna	571	ULTRA BESKID SPORT	K40-49	44		00:00:10	00:17:46	00:31:31	00:46:07	00:59:52	01:03:39.40	01:03:49.75	+00:27:11 (42.7%)	6:21	9.4 (57.0%)
113	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	41		00:00:06	00:17:24	00:32:03	00:46:34	01:00:08	01:03:54.85	01:04:01.65	+00:27:26 (42.9%)	6:23	9.4 (57.0%)
114	KOLORZ-STYLOK Katarzyna	417		K40-49	45		00:00:06	00:17:18	00:31:10	00:46:09	01:00:09	01:04:06.60	01:04:12.85	+00:27:38 (43.1%)	6:24	9.4 (57.0%)
115	MALISZEWSKA Beata	469		K30-39	42		00:00:03	00:17:31	00:31:19	00:45:41	01:00:33	01:04:35.75	01:04:39.65	+00:28:07 (43.5%)	6:27	9.3 (56.4%)
116	JARCZEWSKA Renata	567		K50-59	13		00:00:08	00:17:41	00:31:25	00:46:06	01:00:39	01:04:45.45	01:04:53.60	+00:28:17 (43.7%)	6:28	9.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
117	ZIEJA Martyna	396		K20-29	12		00:00:11	00:17:43	00:31:33	00:46:10	01:00:53	01:04:59.25	01:05:10.80	+00:28:30 (43.9%)	6:29	9.2 (55.8%)
118	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	14	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25	01:05:07.90	01:05:11.85	+00:28:39 (44.0%)	6:30	9.2 (55.8%)
119	STEKLA MAJER Anna	448	GRUPA SPORTOWA REKORD	K30-39	43		00:00:07	00:16:38	00:30:12	00:45:28	01:01:19	01:05:12.30	01:05:19.80	+00:28:44 (44.1%)	6:31	9.2 (55.8%)
120	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	46	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51	01:01:19	01:05:16.75	01:05:26.65	+00:28:48 (44.1%)	6:31	9.2 (55.8%)
121	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	44	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51	01:01:19	01:05:19.10	01:05:29.10	+00:28:50 (44.2%)	6:31	9.2 (55.8%)
122	RATAJSZCZAK-MAŁYS Ewa	512	NORDIC WALKING TAEM RACIBÓRZ	K50-59	15		00:00:06	00:18:59	00:32:59	00:47:40	01:01:49	01:05:31.35	01:05:38.05	+00:29:03 (44.3%)	6:33	9.2 (55.8%)
123	CEMBALA Magda	543		K40-49	47		00:00:10	00:18:41	00:33:07	00:47:57	01:01:47	01:05:34.20	01:05:44.80	+00:29:05 (44.4%)	6:33	9.2 (55.8%)
124	GŁÓWCZYK Izabella	548		K40-49	48	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15	01:02:02	01:05:42.30	01:05:47.45	+00:29:14 (44.5%)	6:34	9.1 (55.2%)
125	JASTRZĘBSKA Ewa	542		K50-59	16		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29	01:05:44.10	01:05:45.80	+00:29:15 (44.5%)	6:34	9.1 (55.2%)
126	KARAŚ Daria	508		K30-39	45		00:00:11	00:18:12	00:32:34	00:48:25	01:03:19	01:07:11.20	01:07:22.90	+00:30:42 (45.7%)	6:43	8.9 (53.9%)
127	ZAGÓRSKA Beata	569		K40-49	49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09	01:03:20	01:07:17.95	01:07:24.60	+00:30:49 (45.8%)	6:43	8.9 (53.9%)
128	LISOWSKA Agnieszka	434		K40-49	50		00:00:05	00:18:11	00:32:28	00:48:04	01:03:16	01:07:25.45	01:07:31.40	+00:30:57 (45.9%)	6:44	8.9 (53.9%)
129	ZIMNY Cecylia	484	SMAKI BIEGANIA	K40-49	51		00:00:05	00:18:10	00:32:51	00:48:45	01:03:51	01:07:59.40	01:08:05.25	+00:31:31 (46.4%)	6:47	8.8 (53.3%)
130	PIPIRO Grażyna	540	KOBIETY NA5+	K60-69	2	Kobiety na 5+	00:00:03	00:19:00	00:33:39	00:49:26	01:04:22	01:08:24.55	01:08:27.75	+00:31:56 (46.7%)	6:50	8.8 (53.3%)
131	DYNIA Magdalena	502		K40-49	52		00:00:10	00:18:27	00:33:17	00:49:22	01:04:31	01:08:41.75	01:08:52.00	+00:32:13 (46.9%)	6:52	8.7 (52.7%)
132	IDZIKOWSKA Elżbieta	574		K40-49	53		00:00:01	00:18:35	00:33:25	00:49:29	01:04:38	01:08:53.10	01:08:54.95	+00:32:24 (47.1%)	6:53	8.7 (52.7%)
133	CEGLARSKA Alicja	520	JEJKOWICE BIEGAJĄ	K40-49	54	Jejkowice Biegają	00:00:04	00:19:09	00:33:45	00:49:35	01:04:55	01:08:59.55	01:09:04.15	+00:32:31 (47.1%)	6:53	8.7 (52.7%)
134	GAŃKO Grażyna	411		K60-69	3		00:00:10	00:19:33	00:34:15	00:49:59	01:04:53	01:09:00.80	01:09:10.95	+00:32:32 (47.2%)	6:54	8.7 (52.7%)
135	REK Katarzyna	581	RADLINIOKI W BIEGU	K40-49	55	Radlinioki w biegu	00:00:08	00:19:03	00:34:05	00:49:54	01:05:02	01:09:18.15	01:09:26.60	+00:32:49 (47.4%)	6:55	8.7 (52.7%)
136	STEKLA Joanna	489		K50-59	17		00:00:07	00:18:09	00:33:04	00:49:27	01:05:35	01:10:00.60	01:10:07.95	+00:33:32 (47.9%)	7:00	8.6 (52.1%)
137	BETLEJ Dorota	499		K30-39	46		00:00:10	00:19:38	00:34:25	00:50:45	01:06:48	01:11:00.90	01:11:11.05	+00:34:32 (48.6%)	7:06	8.5 (51.5%)
138	KOŁODZIEJCZYK Aleksandra	565	RADLINIOKI W BIEGU	K40-49	56	Radlinioki w biegu	00:00:09	00:19:49	00:35:53	00:53:02	01:09:55	01:14:28.70	01:14:37.70	+00:38:00 (51.0%)	7:26	8.1 (49.1%)
139	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	57	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15	01:11:10	01:15:48.50	01:15:53.05	+00:39:20 (51.9%)	7:34	7.9 (47.9%)
140	SZOJDA Paulina	558	VIKING TRAINING CENTER	K40-49	58		00:00:08	00:21:27	00:38:16	00:56:35	01:14:12	01:19:05.65	01:19:13.95	+00:42:37 (53.9%)	7:54	7.6 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
141	JUTKA Katarzyna	557		K40-49	59		00:00:08	00:21:28	00:38:16	00:56:35	01:14:12	01:19:05.75	01:19:14.40	+00:42:37 (53.9%)	7:54	7.6 (46.1%)
142	KUŚMIRSKA-KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	18	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38	01:20:38.30	01:20:48.20	+00:44:10 (54.8%)	8:03	7.4 (44.8%)
143	KIERMASZEK Barbara	588		K60-69	4		00:00:03	00:20:37	00:38:03	00:57:41	01:16:54	01:22:06.00	01:22:09.00	+00:45:37 (55.6%)	8:12	7.3 (44.2%)
144	ROTTER Hanna	401		K60-69	5		00:00:02	00:20:37	00:38:02	00:57:40	01:16:47	01:22:06.25	01:22:08.65	+00:45:37 (55.6%)	8:12	7.3 (44.2%)
145	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	13	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27	01:17:28	01:22:53.95	01:22:57.95	+00:46:25 (56.0%)	8:17	7.2 (43.6%)
146	MARSZOLIK Angela	256		K40-49	60		00:00:07	00:16:12	00:28:48	00:41:49	00:54:24			+00:20:08	5:47	10.4 (63.0%)
147	OLCZYK Wioletta	491		K50-59	19	Kobiety na 5+	00:00:03	00:19:02	00:34:12					+00:16:07	6:50	8.8 (53.3%)
148	KARLIK Agnieszka	269	AKTYWNI LYSKI	K40-49	61		00:00:02	00:13:15						+00:03:04	4:34	13.1 (79.4%)
149	GAJ Monika	505	DAR-BUD TEAM	K40-49	62		00:00:06	00:17:22						+00:07:11	5:59	10 (60.6%)
	MORAWSKA Julia	136		K20-29			DNF	00:12:25 DNF	00:22:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 150 wynik(ów)