



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2021-09-19
Jastrzębie-Zdrój
5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Sandra	501	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	1	Fizjo Sport Sandra - trenuj z Sandra	00:08:45	00:17:47.65		3:33	16.9 (100%)
2	GRIMAN Joanna	16	MOJŻYSZ TEAM/ ERIGO	40-49	1	MOJŻYSZ TEAM/ ERIGO	00:09:16	00:18:19.55	+00:00:31 (2.9%)	3:39	16.4 (97.0%)
3	SUWAJ Aneta	1	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	00:18:36.60	+00:00:48 (4.4%)	3:43	16.1 (95.3%)
4	MENDECKA-ZEJDLER Michalina	8	1 SECOND TEAM	20-29	1		00:09:31	00:19:00.55	+00:01:12 (6.4%)	3:48	15.8 (93.5%)
5	STUCHLIK Magdalena	29	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	3		00:09:30	00:19:08.10	+00:01:20 (7.0%)	3:49	15.7 (92.9%)
6	KUBIAK Izabela	475		30-39	4		00:09:44	00:19:37.40	+00:01:49 (9.3%)	3:55	15.3 (90.5%)
7	ADAMCZYK-NOWAK Beata	2	MIECHOWICKA GRUPA BIEGOWA	40-49	2	Miechowska Grupa Biegowa	00:10:11	00:20:05.35	+00:02:17 (11.4%)	4:01	14.9 (88.2%)
8	TANISTRA - SŁOWIK Katarzyna	26	HURAGAN LIGOTA	40-49	3		00:10:20	00:20:26.70	+00:02:39 (13.0%)	4:05	14.7 (87.0%)
9	SKALSKA Anna	11	CARBON OCR RACING TEAM FESTIWAL BIEGOWY KRYNICA ZDRÓJ	40-49	4		00:10:12	00:20:28.75	+00:02:41 (13.1%)	4:05	14.7 (87.0%)
10	BIELIŃSKA Monika	20	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	5	Fizjo Sport Sandra - trenuj z Sandra	00:10:18	00:20:34.05	+00:02:46 (13.5%)	4:06	14.6 (86.4%)
11	KRUPOWICZ Wiktoria	660	ANNA HALSKA COACHING	20-29	2	ANNA HALSKA COACHING	00:10:05	00:20:42.60	+00:02:54 (14.1%)	4:08	14.5 (85.8%)
12	MALEJKA Katarzyna	33		50-59	1		00:10:24	00:20:44.00	+00:02:56 (14.2%)	4:08	14.5 (85.8%)
13	STRZELCZYK Ewa	832	HURAGAN LIGOTA	40-49	5		00:10:22	00:20:49.70	+00:03:02 (14.6%)	4:09	14.4 (85.2%)
14	WODZIŃSKA Danuta	48		40-49	6		00:10:33	00:21:00.10	+00:03:12 (15.3%)	4:12	14.3 (84.6%)
15	PARZYCH Katarzyna	14	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	7	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:10:39	00:21:12.10	+00:03:24 (16.1%)	4:14	14.2 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
16	FILEC Wiktoria	3	RMKS RYBNIK	20-29	3		00:10:40	00:21:12.95	+00:03:25 (16.1%)	4:14	14.2 (84.0%)
17	ANDROSZ Beata	37	BBL RUDA ŚLĄSKA	40-49	8	BBL Ruda Śląska	00:10:33	00:21:25.15	+00:03:37 (16.9%)	4:17	14 (82.8%)
18	JANKO Anna	830	HRMAX ŻORY	30-39	6	HRmax Dziołszki	00:10:43	00:21:27.50	+00:03:39 (17.1%)	4:17	14 (82.8%)
19	KUDIO Daria	30		30-39	7		00:10:44	00:21:32.60	+00:03:44 (17.4%)	4:18	13.9 (82.2%)
20	OPUCHLIK Aleksandra	62	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	8		00:10:55	00:21:39.40	+00:03:51 (17.8%)	4:19	13.9 (82.2%)
21	BIAŁOŃCZYK Joanna	66		30-39	9	Byle do mety	00:11:06	00:21:52.95	+00:04:05 (18.7%)	4:22	13.7 (81.1%)
22	BINIENDA Agnieszka	85	KOBIETY WATAHY	40-49	9		00:11:03	00:21:55.55	+00:04:07 (18.8%)	4:23	13.7 (81.1%)
23	WRÓBLEWSKA Judyta	226		20-29	4	Klub Biegacza Fartlek	00:10:44	00:21:59.40	+00:04:11 (19.1%)	4:23	13.6 (80.5%)
24	SZAFARCZYK Eugenia	24	RUNSZ-TEAM	50-59	2	Niedoścignione	00:11:09	00:22:04.50	+00:04:16 (19.4%)	4:24	13.6 (80.5%)
25	GRUSZKA Ewa	117	STS BIEGATON MIKOŁOW	40-49	10	STS Biegaton Mikołów	00:11:02	00:22:05.35	+00:04:17 (19.4%)	4:25	13.6 (80.5%)
26	GRIMAN Martyna	467	RMKS RYBNIK	16-19	1	RMKS RYBNIK	00:11:08	00:22:06.65	+00:04:19 (19.5%)	4:25	13.6 (80.5%)
27	JURASZEK Elzbieta	46	JUSTFELLFIT	30-39	10	JustFeelFit TEAM	00:11:09	00:22:10.80	+00:04:23 (19.8%)	4:26	13.5 (79.9%)
28	KOPIEC Izabela	49		40-49	11		00:11:10	00:22:19.75	+00:04:32 (20.3%)	4:27	13.4 (79.3%)
29	ŻBEL Ania	397	HRMAX ŻORY	40-49	12	HRmax Dziołszki	00:11:04	00:22:30.45	+00:04:42 (20.9%)	4:30	13.3 (78.7%)
30	LEGIERSKA Natalia	476	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	00:22:34.20	+00:04:46 (21.2%)	4:30	13.3 (78.7%)
31	WOWRY Sylwia	58	OLZA CIESZYN	40-49	13	Olza Cieszyn	00:11:19	00:22:36.20	+00:04:48 (21.3%)	4:31	13.3 (78.7%)
32	CZYŻ Leonarda	34	OLZA CIESZYN	40-49	14	Olza Cieszyn	00:11:19	00:22:37.05	+00:04:49 (21.3%)	4:31	13.3 (78.7%)
33	MENDLA Agata	464	FORMA WODZISŁAW	30-39	12	Forma Wodzisław	00:11:14	00:22:39.80	+00:04:52 (21.5%)	4:31	13.2 (78.1%)
34	WYSOCKA Agnieszka	55	KOLOROWA DRUŻYNA NESSI	40-49	15	Kolorowa Drużyna Nessi	00:11:09	00:22:40.45	+00:04:52 (21.5%)	4:32	13.2 (78.1%)
35	NOWAK Beata	35	OLZA CIESZYN	40-49	16	Olza Cieszyn	00:11:23	00:22:55.70	+00:05:08 (22.4%)	4:35	13.1 (77.5%)
36	POZNIAK Maria	21		20-29	5		00:11:46	00:22:56.20	+00:05:08 (22.4%)	4:35	13.1 (77.5%)
37	DOBRENKO Edyta	61		40-49	17		00:11:51	00:22:59.70	+00:05:12 (22.6%)	4:35	13.1 (77.5%)
38	PŁASZCZYMAKA Justyna	216	MIECHOWICKA GRUPA BIEGOWA	20-29	6	Miechowicka Grupa Biegowa	00:11:24	00:23:06.10	+00:05:18 (23.0%)	4:37	13 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
39	KRZYMINSKA Patrycja	726	RB ACTIV KNEIPP	30-39	13		00:11:48	00:23:06.50	+00:05:18 (23.0%)	4:37	13 (76.9%)
40	POZNIAK Małgorzata	22		16-19	2		00:11:45	00:23:12.75	+00:05:25 (23.3%)	4:38	12.9 (76.3%)
41	PIOTROWSKA Anna	42	HURAGAN LIGOTA	40-49	18		00:11:47	00:23:15.35	+00:05:27 (23.5%)	4:39	12.9 (76.3%)
42	NIESŁAŃCZYK Małgorzata	84	WATAHA	40-49	19	Wataha	00:11:32	00:23:18.70	+00:05:31 (23.7%)	4:39	12.9 (76.3%)
43	SŁOWIK Sandra	13	JUSTFEELFIT TEAM	16-19	3	JustFeelFit TEAM	00:11:49	00:23:23.30	+00:05:35 (23.9%)	4:40	12.8 (75.7%)
44	PASŁAWSKA Katarzyna	92	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	00:23:25.50	+00:05:37 (24.0%)	4:41	12.8 (75.7%)
45	FOJCIK-PUSTELNIK Karolina	17		40-49	21		00:12:06	00:23:25.65	+00:05:38 (24.0%)	4:41	12.8 (75.7%)
46	SOŁTYSEK Barbara	45	JUSTFEELFIT	40-49	22	JustFeelFit TEAM	00:11:48	00:23:31.00	+00:05:43 (24.3%)	4:42	12.8 (75.7%)
47	GREENE Agnieszka	122		40-49	23		00:12:06	00:23:32.15	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
48	HANDZLIK-STARZYK Anna	89		40-49	24		00:12:02	00:23:33.25	+00:05:45 (24.5%)	4:42	12.7 (75.1%)
49	RAFA Asia	76		40-49	25		00:11:55	00:23:37.35	+00:05:49 (24.7%)	4:43	12.7 (75.1%)
50	KUCZEK Katarzyna	90	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	26		00:11:49	00:23:42.75	+00:05:55 (25.0%)	4:44	12.7 (75.1%)
51	HELIOSZ Agnieszka	454	INTERAKTYWNI KROSTOSZOWICE	40-49	27		00:11:59	00:23:45.65	+00:05:58 (25.1%)	4:45	12.6 (74.6%)
52	LACHOWICZ Izabela	168	PĘDZĄCE ŻÓŁWIE	20-29	7		00:11:45	00:23:46.25	+00:05:58 (25.1%)	4:45	12.6 (74.6%)
53	PIWISZKIS Barbara	38	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	00:23:47.95	+00:06:00 (25.2%)	4:45	12.6 (74.6%)
54	SKORUPA Magdalena	375		30-39	14		00:11:36	00:23:51.30	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
55	KANDORA Joanna	44	MIECHOWICKA GRUPA BIEGOWA	40-49	29	Miechowicka Grupa Biegowa	00:12:10	00:23:55.25	+00:06:07 (25.6%)	4:47	12.5 (74.0%)
56	SICH- SOSNA Agnieszka	107	INTER AKTYWNI	40-49	30	InterAktywni	00:12:09	00:23:59.45	+00:06:11 (25.8%)	4:47	12.5 (74.0%)
57	WĘGOREK Monika	779	BTM RUNNERS	40-49	31	BTM RUNNERS	00:12:16	00:24:06.55	+00:06:18 (26.2%)	4:49	12.4 (73.4%)
58	RAŹNIAK Beata	154	KOBIETY NA 5 +	50-59	3	Kobiety na 5+	00:11:59	00:24:07.10	+00:06:19 (26.2%)	4:49	12.4 (73.4%)
59	MENŻYK Joanna	39	MORS HUBERTUS MYŚŁOWICE	40-49	32	Mors Hubertus Myśłowice	00:12:10	00:24:07.55	+00:06:19 (26.2%)	4:49	12.4 (73.4%)
60	BALIŃSKA-SANOCKA Aneta	81	DRUŻYNA JASNEJ	40-49	33		00:12:31	00:24:16.25	+00:06:28 (26.7%)	4:51	12.4 (73.4%)
61	BUDREWICZ Elżbieta	549	DYCZUŚ TEAM	40-49	34	Dyczuś Team	00:12:07	00:24:17.95	+00:06:30 (26.8%)	4:51	12.4 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo	Tempo
							2.5km	netto			
62	PAWŁOWSKA Beata	312	RADLINIOKI W BIEGU	40-49	35		00:12:25	00:24:18.65	+00:06:31 (26.8%)	4:51	12.3 (72.8%)
63	FURMANEK Ela	722	HURAGAN LIGOTA	50-59	4		00:12:10	00:24:21.25	+00:06:33 (26.9%)	4:52	12.3 (72.8%)
64	KASPERCZYK Aleksandra	144	WARTKIE PIERONY	40-49	36	Wartkie Pierony	00:12:28	00:24:21.55	+00:06:33 (27.0%)	4:52	12.3 (72.8%)
65	LORENZ Agnieszka	118		40-49	37		00:12:05	00:24:22.05	+00:06:34 (27.0%)	4:52	12.3 (72.8%)
66	LERCH Bożena	64		30-39	15	RUNTEAM Pawłowice	00:12:07	00:24:34.05	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
67	MANISZEWSKA Dorota	123	OLZA CIESZYN	40-49	38		00:12:12	00:24:35.75	+00:06:48 (27.7%)	4:55	12.2 (72.2%)
68	NGUYEN Dorota	43	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	16		00:12:17	00:24:39.20	+00:06:51 (27.8%)	4:55	12.2 (72.2%)
69	GREENE Julia	416		16-19	4		00:12:05	00:24:43.60	+00:06:55 (28.0%)	4:56	12.1 (71.6%)
70	FRANEK Agata	101		30-39	17		00:12:10	00:24:44.65	+00:06:57 (28.1%)	4:56	12.1 (71.6%)
71	CHORCHOS Magda	803		20-29	8		00:12:19	00:24:45.70	+00:06:58 (28.1%)	4:57	12.1 (71.6%)
72	SZŁAPA Urszula	192	SPOT PSZCZYNA	30-39	18	Spot Pszczyna	00:12:13	00:24:46.90	+00:06:59 (28.2%)	4:57	12.1 (71.6%)
73	SLISZ Maria	521	DECATHLON PRZYJACIELE	40-49	39	Decathlon & Przyjaciele	00:12:27	00:24:48.90	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
74	GĘBOŁYŚ Beata	289	CHWALISZ CZY NIE CHWALISZ, LOTEJ Z NAMI	40-49	40		00:12:24	00:24:55.20	+00:07:07 (28.6%)	4:59	12 (71.0%)
75	KUFKA Judyta	153		30-39	19		00:12:30	00:24:56.10	+00:07:08 (28.6%)	4:59	12 (71.0%)
76	SMOLORZ Anna	217		30-39	20		00:12:44	00:24:56.80	+00:07:09 (28.7%)	4:59	12 (71.0%)
77	KURBIEL Sylwia	5021	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	30-39	21		00:12:17	00:24:57.85	+00:07:10 (28.7%)	4:59	12 (71.0%)
78	PERKOWSKA Daria	533		40-49	41		00:12:19	00:25:00.85	+00:07:13 (28.9%)	5:00	12 (71.0%)
79	GORZELAK Joanna	114	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	00:25:05.05	+00:07:17 (29.1%)	5:01	12 (71.0%)
80	CZAPSKA Ewa	473	HURAGAN LIGOTA	50-59	5	Huragan Ligota	00:12:47	00:25:06.75	+00:07:19 (29.1%)	5:01	12 (71.0%)
81	TIEBLER Marlena	161	STS BIEGATON MIKOŁÓW	30-39	22	STS Biegaton Mikołów	00:12:35	00:25:09.85	+00:07:22 (29.3%)	5:01	11.9 (70.4%)
82	MISTEROWICZ Kinga	25	RUNSZ-TEAM	20-29	9	Niedoścignione	00:12:46	00:25:12.05	+00:07:24 (29.4%)	5:02	11.9 (70.4%)
83	NYKIEL Małgorzata	135	MIECHOWICKA GRUPA BIEGOWA	40-49	43	Miechowicka Grupa Biegowa	00:12:36	00:25:16.50	+00:07:28 (29.6%)	5:03	11.9 (70.4%)
84	WICHER Sabina	243	MONSUN SPORT	30-39	23		00:12:53	00:25:18.15	+00:07:30 (29.7%)	5:03	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
85	LEPA Klaudia	139	BBL RUDA ŚLĄSKA	20-29	10	BBL Ruda Śląska	00:12:32	00:25:19.50	+00:07:31 (29.7%)	5:03	11.8 (69.8%)
86	RZEPECKA Bożena	98	OLZA CIESZYN	50-59	6	Olza Cieszyn	00:12:34	00:25:20.95	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
87	CHROBOK Józefa	56	OLZA CIESZYN	50-59	7	Olza Cieszyn	00:12:34	00:25:21.30	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
88	AUGUŚCIK Ewelina	648	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	00:25:23.20	+00:07:35 (29.9%)	5:04	11.8 (69.8%)
89	STACHAŃCZYK Dorota	325		40-49	44		00:12:54	00:25:23.40	+00:07:35 (29.9%)	5:04	11.8 (69.8%)
90	BĄK Marzena	920		30-39	25		00:12:41	00:25:26.00	+00:07:38 (30.0%)	5:05	11.8 (69.8%)
91	KRAKOWCZYK Karolina	927	INTERAKTYWNI KROSTOSZOWIECE	30-39	26	InterAktywni	00:12:57	00:25:27.60	+00:07:39 (30.1%)	5:05	11.8 (69.8%)
92	MUSIAŁ Maria	172		50-59	8		00:12:45	00:25:29.80	+00:07:42 (30.2%)	5:05	11.8 (69.8%)
93	ZARAŃSKA Izabela	446	MIECHOWICKA GRUPA BIEBIEGOWA	50-59	9		00:12:46	00:25:30.30	+00:07:42 (30.2%)	5:06	11.8 (69.8%)
94	GAJDA Magdalena	77		30-39	27		00:12:57	00:25:31.70	+00:07:44 (30.3%)	5:06	11.8 (69.8%)
95	BROCKA Anita	68		40-49	45		00:12:48	00:25:34.30	+00:07:46 (30.4%)	5:06	11.7 (69.2%)
96	MARCZYŃSKA Izabela	113		30-39	28		00:12:40	00:25:38.50	+00:07:50 (30.6%)	5:07	11.7 (69.2%)
97	BIZOŃ Monika	181	DYSTANS LUBOMIA	30-39	29	Dystans Lubomia	00:12:45	00:25:41.75	+00:07:54 (30.8%)	5:08	11.7 (69.2%)
98	KOPIEC Estera	861		30-39	30		00:12:49	00:25:42.95	+00:07:55 (30.8%)	5:08	11.7 (69.2%)
99	PASTUCHA Anna	150	CROSS KRAPKOWICE	60+	1		00:13:02	00:25:45.00	+00:07:57 (30.9%)	5:09	11.7 (69.2%)
100	KOTOWICZ Anna	143		30-39	31		00:12:59	00:25:46.10	+00:07:58 (30.9%)	5:09	11.6 (68.6%)
101	CHYTROSZEK Eleonora	78		50-59	10		00:12:41	00:25:47.45	+00:07:59 (31.0%)	5:09	11.6 (68.6%)
102	MROZEK Aleksandra	140	KLUB BIEGACZA FARTLEK	20-29	11	Klub Biegacza Fartlek	00:12:59	00:25:48.70	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
103	SOBINA Roksana	47	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	00:25:49.30	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
104	SZTABLA Liliana	165	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	00:25:49.45	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
105	DĄBROWSKA Emilia	366	KLUB BIEGACZA FARTLEK	40-49	47	Klub biegacza Fartlek	00:12:59	00:25:49.55	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
106	LERCH Maria	156	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	00:25:50.20	+00:08:02 (31.1%)	5:10	11.6 (68.6%)
107	SZULC Barbara	364	MIECHOWICKA GRUPA BIEGOWA	60+	2	Miechowicka Grupa Biegowa	00:12:50	00:25:54.45	+00:08:06 (31.3%)	5:10	11.6 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
108	NALEWAJKA Wioleta	50	KOBIETY NA 5+	50-59	11	Kobiety na 5+	00:12:47	00:25:56.40	+00:08:08 (31.4%)	5:11	11.6 (68.6%)
109	GORZKOWSKA Zuzanna	286	BTM RUNNERS	40-49	48	BTM RUNNERS	00:12:56	00:25:58.20	+00:08:10 (31.5%)	5:11	11.6 (68.6%)
110	ŁUSZCZ Magdalena	182	BTM RUNNERS	40-49	49	BTM RUNNERS	00:12:56	00:25:58.30	+00:08:10 (31.5%)	5:11	11.6 (68.6%)
111	GATNER Agnieszka	97		40-49	50		00:13:10	00:25:58.65	+00:08:11 (31.5%)	5:11	11.6 (68.6%)
112	WIECHOWSKA Sabina	159	MONSUN SPORT	30-39	34		00:12:56	00:26:00.80	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
113	SZEWERDA Hanna	765	BTM RUNNERS	40-49	51	BTM RUNNERS	00:13:12	00:26:06.60	+00:08:18 (31.8%)	5:13	11.5 (68.0%)
114	PUKAS-STĘCLIK Karolina	222		30-39	35		00:13:06	00:26:06.65	+00:08:19 (31.9%)	5:13	11.5 (68.0%)
115	KONKOL-PEPŁOWSKA Martyna	18		40-49	52		00:12:39	00:26:08.70	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
116	KANIA Monika	19		40-49	53		00:12:56	00:26:08.75	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
117	ZAKRZEWSKA Sabina	505		30-39	36		00:12:49	00:26:13.05	+00:08:25 (32.1%)	5:14	11.4 (67.5%)
118	GARUS Magdalena	146		40-49	54		00:12:54	00:26:13.30	+00:08:25 (32.1%)	5:14	11.4 (67.5%)
119	PIWOŃSKA Adriana	287		40-49	55		00:13:07	00:26:19.10	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
120	GŁĄBEK Edyta	914	SPOT PSZCZYNA	20-29	12		00:13:12	00:26:22.65	+00:08:35 (32.5%)	5:16	11.4 (67.5%)
121	KAPŁON Magdalena	255	WINNICZEK TEAM	30-39	37		00:13:06	00:26:24.25	+00:08:36 (32.6%)	5:16	11.4 (67.5%)
122	DYCZEK Klaudia	218	DYCUŚ TEAM	40-49	56	Dyczuś Team	00:13:22	00:26:28.80	+00:08:41 (32.8%)	5:17	11.3 (66.9%)
123	WILCZEK Monika	100		60+	3		00:13:08	00:26:30.65	+00:08:43 (32.9%)	5:18	11.3 (66.9%)
124	WERNIK Katarzyna	149	BESTFIT CLUB	50-59	12		00:13:26	00:26:32.15	+00:08:44 (32.9%)	5:18	11.3 (66.9%)
125	SOLICH Ola	764	SULIS HOKO TEAM	40-49	57		00:13:03	00:26:34.15	+00:08:46 (33.0%)	5:18	11.3 (66.9%)
126	STOPYRA Agnieszka	167		40-49	58		00:11:46	00:26:37.40	+00:08:49 (33.2%)	5:19	11.3 (66.9%)
127	POCIENNIK Justyna	313	BRYKAJĄCA GRUPA BIEGOWA	40-49	59		00:13:00	00:26:39.70	+00:08:52 (33.3%)	5:19	11.3 (66.9%)
128	SZYMURA Izabela	425		40-49	60	Decathlon & Przyjaciele	00:13:17	00:26:40.30	+00:08:52 (33.3%)	5:20	11.3 (66.9%)
129	STEFANIAK Mirosława	387	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59	13		00:13:23	00:26:40.40	+00:08:52 (33.3%)	5:20	11.3 (66.9%)
130	BARTOSZEK Izabela	625	RUNTEAM PAWŁOWICE	30-39	38	RUNTEAM Pawłowice	00:13:39	00:26:44.25	+00:08:56 (33.4%)	5:20	11.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
131	KIEŁKOWSKA Agnieszka	201	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	00:26:50.55	+00:09:02 (33.7%)	5:22	11.2 (66.3%)
132	FRAJHOFER Ewa	231	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	00:26:51.05	+00:09:03 (33.7%)	5:22	11.2 (66.3%)
133	BANAŚ Wioleta	304	OPEL FIJAŁKOWSKI	30-39	39	Opel Fijałkowski	00:12:55	00:26:52.05	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
134	STABLA Agata	75		40-49	63		00:13:22	00:26:52.30	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
135	JĘDRYKA Patrycja	196	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	00:26:55.30	+00:09:07 (33.9%)	5:23	11.1 (65.7%)
136	WSZOŁEK Karolina	522	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	41	Fizjo Sport Sandra - trenuj z Sandra	00:13:23	00:26:57.20	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
137	PYTEL Renata	890		50-59	14	Sobieski	00:13:19	00:26:57.50	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
138	GWIZDAŁA Joanna	105		30-39	42		00:13:18	00:26:59.40	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
139	BARCIEWICZ Kinga	744		30-39	43		00:13:30	00:26:59.45	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
140	ZYGMA Żaneta	460		20-29	13		00:13:38	00:27:00.90	+00:09:13 (34.1%)	5:24	11.1 (65.7%)
141	PŁAZA Monika	80		20-29	14		00:13:06	00:27:01.75	+00:09:14 (34.2%)	5:24	11.1 (65.7%)
142	PISKORZ Aleksandra	211	MIECHOWICKA GRUPA BIEGOWA	40-49	64	Miechowicka Grupa Biegowa	00:13:38	00:27:03.70	+00:09:16 (34.2%)	5:24	11.1 (65.7%)
143	MORAWIEC Barbara	162		40-49	65		00:13:35	00:27:05.55	+00:09:17 (34.3%)	5:25	11.1 (65.7%)
144	BRZUSKA Katarzyna	176	OLZA CIESZYN	40-49	66	Olza Cieszyn	00:13:29	00:27:06.35	+00:09:18 (34.4%)	5:25	11.1 (65.7%)
145	RAWICZ-GROTOWSKA Jowita	334		40-49	67		00:13:38	00:27:06.60	+00:09:18 (34.4%)	5:25	11.1 (65.7%)
146	GORYCKA Katarzyna	215	BĚŽECKÁ SKUPINA V ČESKÉM TĚŠÍNĚ	50-59	15		00:12:53	00:27:08.10	+00:09:20 (34.4%)	5:25	11.1 (65.7%)
147	BANASZEWSKA Aleksandra	420		30-39	44		00:13:24	00:27:10.85	+00:09:23 (34.5%)	5:26	11 (65.1%)
148	NIEZGODA Lucyna	481		40-49	68		00:13:35	00:27:14.65	+00:09:27 (34.7%)	5:26	11 (65.1%)
149	FIZIA Joanna	251		30-39	45	Kolorowa Drużyna Nessi	00:13:51	00:27:16.50	+00:09:28 (34.8%)	5:27	11 (65.1%)
150	KĄŁUS Ewa	424	HRMAX ŻORY	40-49	69	HRmax Dziołszki	00:13:47	00:27:17.50	+00:09:29 (34.8%)	5:27	11 (65.1%)
151	PYZIK Barbara	234	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	00:27:17.55	+00:09:29 (34.8%)	5:27	11 (65.1%)
152	MRACHACZ Dorota	142	MIECHOWICKA GRUPA BIEGOWA	50-59	16	Miechowicka Grupa Biegowa	00:13:38	00:27:17.60	+00:09:29 (34.8%)	5:27	11 (65.1%)
153	SOKÓŁ-PISZCZEK Agnieszka	316		30-39	47		00:13:47	00:27:19.35	+00:09:31 (34.9%)	5:27	11 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
154	MADALIŃSKA Karolina	909		30-39	48		00:13:48	00:27:21.20	+00:09:33 (34.9%)	5:28	11 (65.1%)
155	BAJCAR Beata	191	KOBIETY NA5+	40-49	70	Kobiety na 5+	00:13:54	00:27:21.30	+00:09:33 (35.0%)	5:28	11 (65.1%)
156	NOWAK Magdalena	766	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	00:27:23.50	+00:09:35 (35.0%)	5:28	11 (65.1%)
157	PASTUSIAK Janina	855		30-39	50		00:14:01	00:27:24.55	+00:09:36 (35.1%)	5:28	10.9 (64.5%)
158	ZIELOSKO Beata	596		40-49	71		00:13:41	00:27:25.70	+00:09:38 (35.1%)	5:29	10.9 (64.5%)
159	DOMAŃSKA Joanna	83		30-39	51		00:13:21	00:27:26.85	+00:09:39 (35.2%)	5:29	10.9 (64.5%)
160	GAWINEK Laura	248		20-29	15		00:13:55	00:27:31.95	+00:09:44 (35.4%)	5:30	10.9 (64.5%)
161	ROZMUS Ewa	612	POWOLI DO CELU	40-49	72	PoWoli do Celu	00:13:32	00:27:33.75	+00:09:46 (35.4%)	5:30	10.9 (64.5%)
162	KASPRZYCKA SZUBARSKA Katarzyna	472	OLŻĄ CIESZYN	50-59	17	Olza Cieszyn	00:13:47	00:27:34.50	+00:09:46 (35.5%)	5:30	10.9 (64.5%)
163	FECZKO Lucyna	121		40-49	73		00:13:32	00:27:34.70	+00:09:47 (35.5%)	5:30	10.9 (64.5%)
164	KRUPOWICZ Aneta	925	CIDRY LOTAJOM	40-49	74	Cidry Lotajom	00:14:05	00:27:35.90	+00:09:48 (35.5%)	5:31	10.9 (64.5%)
165	STOCHLA Małgorzata	71	ZATYRANI	40-49	75		00:13:53	00:27:37.65	+00:09:50 (35.6%)	5:31	10.9 (64.5%)
166	KANTOROWSKA Anna	41	POWOLI DO CELU	30-39	52	PoWoli do Celu	00:13:28	00:27:38.40	+00:09:50 (35.6%)	5:31	10.9 (64.5%)
167	WODNIAK Angela	147	POWOLI DO CELU	30-39	53	PoWoli do Celu	00:13:35	00:27:38.90	+00:09:51 (35.6%)	5:31	10.9 (64.5%)
168	MARCINKOWSKA Magdalena	568	MIECHOWICKA GRUPA BIEGOWA	40-49	76	Miechowicka Grupa Biegowa	00:13:48	00:27:40.55	+00:09:52 (35.7%)	5:32	10.8 (63.9%)
169	PIEKAR Adriana	339		30-39	54		00:13:34	00:27:43.10	+00:09:55 (35.8%)	5:32	10.8 (63.9%)
170	SAGAN Izabela	228	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	00:27:44.55	+00:09:56 (35.9%)	5:32	10.8 (63.9%)
171	DYJACH Dominika	194		30-39	55		00:14:06	00:27:44.70	+00:09:57 (35.9%)	5:32	10.8 (63.9%)
172	PLUTA Angelika	70	AKTYWNI RYDUŁTOWY	40-49	78	Aktywni Rydułtowy	00:13:50	00:27:45.35	+00:09:57 (35.9%)	5:33	10.8 (63.9%)
173	TARGOSZ Aneta	252	OLZA CIESZYN	30-39	56	Olza Cieszyn	00:13:51	00:27:46.95	+00:09:59 (36.0%)	5:33	10.8 (63.9%)
174	MAKOSZ Barbara	158	RUNTEAM PAWŁOWICE	40-49	79	RUNTEAM Pawłowice	00:13:59	00:27:47.10	+00:09:59 (36.0%)	5:33	10.8 (63.9%)
175	BASEK Marta	415	HRMAX ŻORY	40-49	80	HRmax Dziołszki	00:13:46	00:27:47.95	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
176	BAKOWSKA Justyna	372		30-39	57		00:14:03	00:27:48.00	+00:10:00 (36.0%)	5:33	10.8 (63.9%)

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	netto 5km	Różn	Tempo min/km	Tempo km/h
177	JAKUBOWSKA Agnieszka	261	HRMAX ŻORY	40-49	81	HRmax Dziołszki	00:13:48	00:27:48.35	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
178	MAĆKÓW Klaudia	225		20-29	16		00:13:47	00:27:48.60	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
179	BURNAGIEL Agata	235	HRMAX ŻORY	50-59	18	HRmax Dziołszki	00:13:48	00:27:48.80	+00:10:01 (36.0%)	5:33	10.8 (63.9%)
180	WIDERA Elżbieta	104	HRMAX ŻORY	40-49	82	HRmax Dziołszki	00:13:47	00:27:48.90	+00:10:01 (36.0%)	5:33	10.8 (63.9%)
181	SZCZUKA Joanna	525	MIECHOWICKA GRUPA BIEGOWA	40-49	83	Miechowicka Grupa Biegowa	00:13:51	00:27:50.80	+00:10:03 (36.1%)	5:34	10.8 (63.9%)
182	TRYBAŁA Weronika	900	WATAHA	20-29	17		00:14:11	00:27:53.30	+00:10:05 (36.2%)	5:34	10.8 (63.9%)
183	ZAWISZA Beata	880	KOBIETY WATAHA	50-59	19		00:14:06	00:27:54.10	+00:10:06 (36.2%)	5:34	10.8 (63.9%)
184	TRYBAŁA Danuta	903	WATAHA	30-39	58		00:14:12	00:27:54.45	+00:10:06 (36.2%)	5:34	10.8 (63.9%)
185	LECHOWICZ Irena	230	SZARE MORSY	50-59	20		00:13:53	00:27:54.65	+00:10:07 (36.2%)	5:34	10.8 (63.9%)
186	BOBER Alicja	340		30-39	59		00:13:40	00:27:55.05	+00:10:07 (36.3%)	5:35	10.7 (63.3%)
187	SKRZYPEK Marta	870	JUSTFEELFIT TEAM	40-49	84	JustFeelFit TEAM	00:13:47	00:27:55.10	+00:10:07 (36.3%)	5:35	10.7 (63.3%)
188	KLIMEK-KARAS Sylwia	288		40-49	85		00:13:52	00:27:57.45	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
189	MARZAŁKOWSKA Daria	622		30-39	60		00:14:15	00:27:57.55	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
190	GRZONDZIEL Katarzyna	210	HURAGAN LIGOTA	40-49	86		00:14:10	00:27:57.80	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
191	KOŃCZAK-ŁABAS Magdalena	601	HURAGAN LIGOTA	40-49	87		00:14:09	00:27:57.95	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
192	PANEK Ela	151	MARGO TEAM	40-49	88		00:13:52	00:27:58.35	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
193	MORGAŁA Daria	486		40-49	89		00:13:55	00:27:59.55	+00:10:11 (36.4%)	5:35	10.7 (63.3%)
194	KUBECKA Jolanta	502		50-59	21		00:13:52	00:28:00.00	+00:10:12 (36.4%)	5:36	10.7 (63.3%)
195	ROZMUS-PROCNER Patrycja	250	BIELSZCZANKI BIEGAJĄ	40-49	90	BIELSZCZANKI BIEGAJĄ	00:13:38	00:28:02.30	+00:10:14 (36.5%)	5:36	10.7 (63.3%)
196	PROCNER Dorota	224	BIELSZCZANKI BIEGAJĄ	40-49	91		00:13:38	00:28:02.65	+00:10:15 (36.5%)	5:36	10.7 (63.3%)
197	JABŁOŃSKA-ŚLAZIŃSKA Anna	913		30-39	61		00:14:10	00:28:04.50	+00:10:16 (36.6%)	5:36	10.7 (63.3%)
198	FRYDRYSIAK Sylwia	378	HURAGAN LIGOTA	50-59	22		00:13:47	00:28:05.25	+00:10:17 (36.6%)	5:37	10.7 (63.3%)
199	KAŁUS Joanna	320		40-49	92		00:13:50	00:28:05.85	+00:10:18 (36.7%)	5:37	10.7 (63.3%)

Czas netto 5km										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Różn	Tempo min/km	Tempo km/h
200	KRZYK Małgorzata	864		40-49	93		00:14:15	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
201	TYTKO-HAŁADA Małgorzata	268		30-39	62		00:13:53	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
202	KCZ Karina	73		30-39	63		00:13:56	+00:10:21 (36.8%)	5:37	10.7 (63.3%)
203	GROMADZKA Justyna	686	KOBIETY WATAHY	30-39	64		00:13:58	+00:10:23 (36.9%)	5:38	10.6 (62.7%)
204	GÓRA Marta	383		30-39	65		00:14:11	+00:10:24 (36.9%)	5:38	10.6 (62.7%)
205	SIKORA Agnieszka	359		40-49	94		00:14:12	+00:10:25 (36.9%)	5:38	10.6 (62.7%)
206	LUCIK Grażyna	403	MIECHOWICKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa	00:13:25	+00:10:25 (36.9%)	5:38	10.6 (62.7%)
207	WAWRZYCZEK Kasia	437		40-49	95		00:13:52	+00:10:28 (37.0%)	5:39	10.6 (62.7%)
208	WĘGLER Kornelia	907		50-59	24		00:13:57	+00:10:28 (37.1%)	5:39	10.6 (62.7%)
209	BALCAREK Magdalena	721		40-49	96		00:14:01	+00:10:29 (37.1%)	5:39	10.6 (62.7%)
210	MARCINIAK Beata	906	WATAHA	40-49	97		00:14:54	+00:10:30 (37.1%)	5:39	10.6 (62.7%)
211	MACURA Ewa	280	HRMAX ZORY	50-59	25	HRmax Dziołszki	00:15:10	+00:10:30 (37.1%)	5:39	10.6 (62.7%)
212	BURZYŃSKA Beata	500		40-49	98		00:14:19	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
213	KUREK-STEFUNYN Beata	495		40-49	99		00:14:19	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
214	STRUZIK Mariola	494		40-49	100		00:14:20	+00:10:35 (37.3%)	5:40	10.6 (62.7%)
215	PAŁYS Agata	651		30-39	66		00:13:52	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
216	SZCZEPANIAK Anna	536		50-59	26		00:14:12	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
217	KUFIETA Ewelina	86		40-49	101		00:14:01	+00:10:39 (37.5%)	5:41	10.5 (62.1%)
218	ADAMCZAK Renata	279	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	+00:10:41 (37.5%)	5:41	10.5 (62.1%)
219	KUCIEJ Justyna	878		40-49	103		00:13:53	+00:10:42 (37.6%)	5:41	10.5 (62.1%)
220	PRÓSZYŃSKA Agnieszka	207		40-49	104		00:13:50	+00:10:42 (37.6%)	5:42	10.5 (62.1%)
221	MIELKE Dagmara	189		40-49	105		00:13:49	+00:10:43 (37.6%)	5:42	10.5 (62.1%)
222	BOMBOR Antonina	553		40-49	106		00:14:19	+00:10:43 (37.6%)	5:42	10.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
223	ORŁOWSKA Joanna	773		30-39	67	BB Bielszczanki Biegają	00:14:30	00:28:32.00	+00:10:44 (37.6%)	5:42	10.5 (62.1%)
224	KUNICKA Alicja	856	BIELSZCZANKI BIEGAJĄ	40-49	107	Bielszczanki Biegają	00:14:30	00:28:32.20	+00:10:44 (37.6%)	5:42	10.5 (62.1%)
225	PUDA Dorota	174	KOBIETY NA 5+	40-49	108	Kobiety na 5+	00:14:24	00:28:32.55	+00:10:44 (37.7%)	5:42	10.5 (62.1%)
226	JANICKA Sylwia	591	DRUŻYNA KOPERNIKA	50-59	27		00:14:02	00:28:32.80	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
227	ŚMIEJA Joanna	296		50-59	28	RUNTEAM Pawłowice	00:14:36	00:28:32.90	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
228	PŁASKA Barbara	310	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	00:28:33.35	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
229	DOBRENIUK Aurelia	411		40-49	110		00:13:54	00:28:34.70	+00:10:47 (37.7%)	5:42	10.5 (62.1%)
230	REJBICZ Weronika	520		30-39	68		00:14:16	00:28:36.00	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
231	MAĆKÓW Agnieszka	188		40-49	111		00:13:49	00:28:36.55	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
232	KOSIACKA Agnieszka	826		30-39	69		00:14:13	00:28:42.25	+00:10:54 (38.0%)	5:44	10.5 (62.1%)
233	WASZKA Marta	242		20-29	18		00:14:27	00:28:42.45	+00:10:54 (38.0%)	5:44	10.5 (62.1%)
234	MAZUR Aleksandra	728		30-39	70		00:14:38	00:28:43.25	+00:10:55 (38.0%)	5:44	10.4 (61.5%)
235	KAMIŃSKA Agnieszka	471		30-39	71		00:14:28	00:28:47.30	+00:10:59 (38.2%)	5:45	10.4 (61.5%)
236	KURIATA Katarzyna	273		30-39	72		00:15:27	00:28:49.30	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
237	BORKOWSKA- HERDA Anna	112		30-39	73		00:13:38	00:28:49.45	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
238	DROBIAK Kornelia	292		30-39	74		00:14:06	00:28:49.75	+00:11:02 (38.3%)	5:45	10.4 (61.5%)
238	PEPEK Aneta	204		40-49	112	Cioteczki	00:14:54	00:28:49.75	+00:11:02 (38.3%)	5:45	10.4 (61.5%)
240	RANSZ Beata	672		50-59	29		00:14:27	00:28:52.70	+00:11:05 (38.4%)	5:46	10.4 (61.5%)
241	OLSCHIMKE Kasia	699	META	30-39	75		00:14:44	00:28:55.50	+00:11:07 (38.5%)	5:47	10.4 (61.5%)
242	PASZEK Hania	392	HRMAX ŻORY	40-49	113	HRmax Dziołszki	00:14:21	00:28:56.75	+00:11:09 (38.5%)	5:47	10.4 (61.5%)
243	ŁEPEK Bożena	828		40-49	114		00:14:20	00:28:57.80	+00:11:10 (38.6%)	5:47	10.4 (61.5%)
244	KUŚMIRSKA Janina	1019	KLUB BIEGACZA FARTLEK	60+	4	Klub Biegacza Fartlek	00:15:29	00:28:58.85	+00:11:11 (38.6%)	5:47	10.4 (61.5%)
245	ZIĘTARA Agata	319		40-49	115		00:14:32	00:29:01.25	+00:11:13 (38.7%)	5:48	10.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
246	DZIEWIRZ Aurelia	400	RUNTEAM PAWŁOWICE	40-49	116		00:14:37	00:29:01.50	+00:11:13 (38.7%)	5:48	10.3 (60.9%)
247	GRABOWSKA Katarzyna	617		40-49	117		00:14:41	00:29:02.15	+00:11:14 (38.7%)	5:48	10.3 (60.9%)
247	KOZIOŁEK Iwona	399	HURAGAN LIGOTA	50-59	30		00:14:21	00:29:02.15	+00:11:14 (38.7%)	5:48	10.3 (60.9%)
249	MAROSZEK Aleksandra	208		40-49	118		00:14:05	00:29:09.25	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
250	SKOTNICKA Urszula	5018		50-59	31		00:13:53	00:29:09.35	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
251	SOBCZAK Magdalena	928		30-39	76		00:14:36	00:29:11.00	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
252	SOCHA Marlena	256	WARTKIE PIERONY	40-49	119	Wartkie Pierony	00:14:36	00:29:11.55	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
253	SZEFER Wioleta	229		30-39	77		00:14:17	00:29:11.70	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
254	GLINIANY Małgorzata	5019		50-59	32		00:14:33	00:29:11.80	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
254	SŁOWIŃSKA Joanna	512	RUNTEAM PAWŁOWICE	30-39	78	RUNTEAM Pawłowice	00:14:31	00:29:11.80	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
256	BUREK Gabriela	559	RUNTEAM PAWŁOWICE	30-39	79	RUNTEAM Pawłowice	00:12:58	00:29:12.15	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
257	SZEFER Sylwia	227		40-49	120		00:14:17	00:29:12.20	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
258	CHROMIK Krystyna	461	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	00:29:13.35	+00:11:25 (39.1%)	5:50	10.3 (60.9%)
259	JASEK Wiola	782	KOBIETY WATAHY	40-49	121		00:14:20	00:29:14.75	+00:11:27 (39.2%)	5:50	10.3 (60.9%)
260	METLAK Joanna	219		40-49	122		00:14:35	00:29:15.05	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
261	GIEROŃ Katarzyna	442	DYSTANS LUBOMIA	40-49	123		00:14:42	00:29:16.00	+00:11:28 (39.2%)	5:51	10.3 (60.9%)
262	GENSTY Klaudia	212	DYSTANS LUBOMIA	40-49	124		00:14:42	00:29:16.10	+00:11:28 (39.2%)	5:51	10.3 (60.9%)
263	DAJKA Barbara	569	FRELKI LOTAJOM	40-49	125	Frelki lotajom	00:13:00	00:29:17.45	+00:11:29 (39.3%)	5:51	10.2 (60.4%)
264	IZDEBSKA Jolanta	457		50-59	33		00:14:46	00:29:19.45	+00:11:31 (39.3%)	5:51	10.2 (60.4%)
265	SPYRKA Monika	53	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	00:29:20.95	+00:11:33 (39.4%)	5:52	10.2 (60.4%)
266	SZALA Beata	88	SEBET TRUCHTING TEAM	30-39	82		00:14:50	00:29:24.90	+00:11:37 (39.5%)	5:52	10.2 (60.4%)
267	MIŚKOWIEC Agnieszka	367		40-49	126		00:14:13	00:29:28.00	+00:11:40 (39.6%)	5:53	10.2 (60.4%)
268	BURY Natalia	269	JUSTFEELFIT	20-29	19	Justfeelfit	00:14:57	00:29:28.45	+00:11:40 (39.6%)	5:53	10.2 (60.4%)

							Czas				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	netto 5km	Różn	Tempo min/km	Tempo km/h
269	MAJCHRZAK Agnieszka	214	NESSITEAM	40-49	127		00:15:03	00:29:28.55	+00:11:40 (39.6%)	5:53	10.2 (60.4%)
270	BUKOWSKA Joanna	466	KOLOROWA DRUŻYNA NESSI	40-49	128	Kolorowa Drużyna Nessi	00:15:03	00:29:28.95	+00:11:41 (39.6%)	5:53	10.2 (60.4%)
271	MĘDRALA Ola	709		30-39	83		00:14:37	00:29:31.20	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
271	ZOCHOREK Monika	283	BYLE DO METY	20-29	20	Byle do mety	00:14:50	00:29:31.20	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
273	WOJTOŃ-STAWICKA Małgorzata	254	RUNTEAM PAWŁOWICE	50-59	34	RUNTEAM Pawłowice	00:15:02	00:29:32.75	+00:11:45 (39.8%)	5:54	10.2 (60.4%)
274	KMIECIAK Grażyna	671		50-59	35		00:14:27	00:29:34.65	+00:11:47 (39.8%)	5:54	10.1 (59.8%)
275	PARCHAŃSKA Iwona	206		30-39	84		00:14:53	00:29:35.50	+00:11:47 (39.9%)	5:55	10.1 (59.8%)
276	KACZORRK Anna	102	HRMAX	40-49	129	HRmax Dziółszki	00:14:21	00:29:36.00	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
277	KAŁUŻA Ilona	563		40-49	130		00:15:11	00:29:36.25	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
278	BAK-ŚCIERSKA Beata	394		40-49	131		00:14:19	00:29:39.00	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
278	TRYBAŁA Monika	899	WATAHA	40-49	131		00:15:42	00:29:39.00	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
280	MACIOŃCZYK Katarzyna	621		30-39	85		00:14:34	00:29:39.45	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
281	GŁĄB Magdalena	485		30-39	86		00:14:17	00:29:40.95	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
282	SKOCZYNSKA Malgorzata	1091		30-39	87		00:14:45	00:29:41.15	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
283	KOSOWSKA Grażyna	386	KOBIETY NA 5+	50-59	36	Kobiety na 5+	00:14:48	00:29:43.70	+00:11:56 (40.1%)	5:56	10.1 (59.8%)
284	KRZEMPEK Bogusława	220	BIELSZCZANKI BIEGAJĄ	40-49	133	BIELSZCZANKI BIEGAJĄ	00:14:51	00:29:46.45	+00:11:58 (40.2%)	5:57	10.1 (59.8%)
285	MATUĆ Aleksandra	258	MIECHOWICKA GRUPA BIEGOWA	40-49	134	Miechowicka Grupa Biegowa	00:14:54	00:29:47.05	+00:11:59 (40.3%)	5:57	10.1 (59.8%)
286	BRANDYS Krystyna	547		30-39	88		00:14:36	00:29:50.15	+00:12:02 (40.4%)	5:58	10.1 (59.8%)
287	SITKO Dagmara	398		30-39	89		00:14:46	00:29:54.80	+00:12:07 (40.5%)	5:58	10 (59.2%)
288	KURPANEK Milena	5025		30-39	90		00:15:07	00:29:58.05	+00:12:10 (40.6%)	5:59	10 (59.2%)
289	PIETROSZEK Władysława	688		40-49	135		00:15:07	00:29:58.50	+00:12:10 (40.6%)	5:59	10 (59.2%)
290	DĘBOWSKA Beata	157		50-59	37		00:14:45	00:29:58.90	+00:12:11 (40.6%)	5:59	10 (59.2%)
291	REYMANN Milena	564		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	00:29:59.35	+00:12:11 (40.7%)	5:59	10 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
292	MATUSZCZYK Renata	300	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	00:29:59.90	+00:12:12 (40.7%)	5:59	10 (59.2%)
293	SZYPUŁA Ewa	246		40-49	137		00:14:35	00:30:00.50	+00:12:12 (40.7%)	6:00	10 (59.2%)
294	MICHALSKA Beata	624	WARTKIE PIERONY	50-59	38	Wartkie Pierony	00:14:17	00:30:04.85	+00:12:17 (40.8%)	6:00	10 (59.2%)
295	SMOZIK Mariola	667	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	00:30:05.10	+00:12:17 (40.9%)	6:01	10 (59.2%)
296	PAŁASZ Marta	729		30-39	92		00:14:46	00:30:07.60	+00:12:19 (40.9%)	6:01	10 (59.2%)
297	KRZEMPEK Paulina	413		20-29	21		00:15:03	00:30:09.10	+00:12:21 (41.0%)	6:01	10 (59.2%)
298	DOBOSZ Ilona	173		40-49	139		00:14:51	00:30:09.20	+00:12:21 (41.0%)	6:01	10 (59.2%)
299	GÓRECKA Ewelina	391	JUSTFEELFIT	30-39	93	JustFeelFit TEAM	00:14:58	00:30:09.75	+00:12:22 (41.0%)	6:01	10 (59.2%)
300	JASZCZAK Małgorzata	540		20-29	22		00:14:41	00:30:10.60	+00:12:22 (41.0%)	6:02	9.9 (58.6%)
301	SOJKA Anna	106		30-39	94		00:14:52	00:30:10.65	+00:12:23 (41.0%)	6:02	9.9 (58.6%)
302	MOSKAŁA Magdalena	351		30-39	95		00:15:24	00:30:14.75	+00:12:27 (41.2%)	6:02	9.9 (58.6%)
303	KAFARA Joanna	905	WATAHA	30-39	96		00:15:41	00:30:15.20	+00:12:27 (41.2%)	6:03	9.9 (58.6%)
304	BALCAR Elżbieta	556		30-39	97		00:14:25	00:30:17.40	+00:12:29 (41.3%)	6:03	9.9 (58.6%)
305	KOŁODZIEJ Ilona	862		40-49	140		00:14:25	00:30:19.10	+00:12:31 (41.3%)	6:03	9.9 (58.6%)
306	MATUSIAK Paulina	376		30-39	98		00:14:44	00:30:19.65	+00:12:32 (41.3%)	6:03	9.9 (58.6%)
307	KRÓL Magdalena	233	KINGTEAM	40-49	141		00:15:04	00:30:20.80	+00:12:33 (41.4%)	6:04	9.9 (58.6%)
308	KLYSZCZ Honorata	422	INTERAKTYWNI	40-49	142	InterAktywni	00:13:55	00:30:25.50	+00:12:37 (41.5%)	6:05	9.9 (58.6%)
309	CICHOŃ Iwona	241	HURAGAN LIGOTA	40-49	143		00:15:01	00:30:26.30	+00:12:38 (41.5%)	6:05	9.9 (58.6%)
310	BAŁA Justyna	923	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	00:30:27.50	+00:12:39 (41.6%)	6:05	9.9 (58.6%)
311	DUSZA Jolanta	769	DEKATHLON &PRZYJACIELE RYBNIK	40-49	145	Decathlon & Przyjaciele	00:15:21	00:30:28.60	+00:12:40 (41.6%)	6:05	9.8 (58.0%)
312	GĄSIOR Katarzyna	629		30-39	99		00:15:16	00:30:28.80	+00:12:41 (41.6%)	6:05	9.8 (58.0%)
313	WĘGRZYN Ewa	696	KNEIPP TEAM	40-49	146		00:14:55	00:30:30.25	+00:12:42 (41.7%)	6:06	9.8 (58.0%)
314	KUBALA Agnieszka	324		30-39	100		00:15:30	00:30:31.60	+00:12:43 (41.7%)	6:06	9.8 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
315	PTASIŃSKA Iwona	701		30-39	101		00:15:49	00:30:33.45	+00:12:45 (41.8%)	6:06	9.8 (58.0%)
316	KOLAT Jadwiga	514		40-49	147		00:15:07	00:30:35.00	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
317	TRZCIŃSKA Joanna	271	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	00:30:35.20	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
318	HUBA Agnieszka	264	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	00:30:35.30	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
319	JASKÓŁA Izabela	794		30-39	104		00:14:44	00:30:36.75	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
320	LASKOWSKA Anna	434		30-39	105		00:15:38	00:30:39.40	+00:12:51 (42.0%)	6:07	9.8 (58.0%)
321	KURCBART Magdalena	531		30-39	106		00:14:55	00:30:43.10	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
322	ADAMUS Anna	282	WARTKIE PIERONY	40-49	148	Wartkie Pierony	00:15:24	00:30:43.15	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
323	WALEK Natalia	753		20-29	23		00:16:01	00:30:43.40	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
324	BUGLA Weronika	716	DYSTANS LUBOMIA	40-49	149	Dystans Lubomia	00:15:20	00:30:44.20	+00:12:56 (42.1%)	6:08	9.8 (58.0%)
325	WELET Marzena	595		40-49	150	BIELSZCZANKI BIEGAJĄ	00:15:18	00:30:45.65	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
326	COFALIK Gabriela	290	DECATHLON & PRZYJACIELE	40-49	151	Decathlon & Przyjaciele	00:15:27	00:30:46.05	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
327	FOJCIK Gabriela	344	RKNW	50-59	39		00:15:22	00:30:50.40	+00:13:02 (42.3%)	6:10	9.7 (57.4%)
328	JANECKA Ela	748		40-49	152		00:15:37	00:30:52.40	+00:13:04 (42.4%)	6:10	9.7 (57.4%)
329	ŁAPA Aleksandra	197	4A	40-49	153		00:15:10	00:30:53.85	+00:13:06 (42.4%)	6:10	9.7 (57.4%)
330	PETRYKOWSKA Magdalena	315		16-19	5		00:15:05	00:30:56.70	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
331	PETRYKOWSKA Elżbieta	335		40-49	154		00:15:05	00:30:56.85	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
332	MOZLER Magdalena	751		40-49	155		00:15:15	00:30:56.90	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
333	RADZIEWICZ Renata	410		40-49	156		00:15:21	00:30:57.05	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
334	KUŹNIK Edyta	370		30-39	107		00:15:42	00:30:57.45	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
335	NIERADZIK Daria	496		20-29	24		00:15:02	00:30:59.55	+00:13:11 (42.6%)	6:11	9.7 (57.4%)
336	SKROBOL Paulina	586	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	00:31:05.95	+00:13:18 (42.8%)	6:13	9.7 (57.4%)
337	STRZAŁKA - LECH Magdalena	305	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	00:31:07.20	+00:13:19 (42.8%)	6:13	9.6 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
338	LISZOK Iwona	309		30-39	110		00:15:26	00:31:09.55	+00:13:21 (42.9%)	6:13	9.6 (56.8%)
339	RĘKAL Dorota	96		50-59	40	Byle do mety	00:14:54	00:31:11.00	+00:13:23 (42.9%)	6:14	9.6 (56.8%)
340	OLEJEK Anna	741		30-39	111		00:15:12	00:31:11.75	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
341	BOŻEK Dagmara	396		40-49	157		00:15:26	00:31:15.55	+00:13:27 (43.1%)	6:15	9.6 (56.8%)
342	KUJAWA Marzena	259		30-39	112		00:15:27	00:31:15.95	+00:13:28 (43.1%)	6:15	9.6 (56.8%)
343	WINIARSKA Monika	9		40-49	158		00:14:27	00:31:18.50	+00:13:30 (43.2%)	6:15	9.6 (56.8%)
344	KALISZ Magdalena	223		20-29	25		00:15:33	00:31:20.70	+00:13:33 (43.2%)	6:16	9.6 (56.8%)
345	GAWINEK Aga	904		20-29	26		00:15:04	00:31:22.75	+00:13:35 (43.3%)	6:16	9.6 (56.8%)
346	DYNIA Magdalena	470		40-49	159		00:15:38	00:31:25.40	+00:13:37 (43.4%)	6:17	9.5 (56.2%)
347	GAŃKO Grażyna	369		60+	5		00:15:52	00:31:25.90	+00:13:38 (43.4%)	6:17	9.5 (56.2%)
348	SIENKIEWICZ Gabriela	545	PO WOLI DO CELU	30-39	113	PoWoliDoCelu	00:15:46	00:31:32.80	+00:13:45 (43.6%)	6:18	9.5 (56.2%)
349	BALICKA Magdalena	441		30-39	114		00:15:33	00:31:38.75	+00:13:51 (43.8%)	6:19	9.5 (56.2%)
350	SZLAUR Ewelina	664		30-39	115		00:15:56	00:31:42.30	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
351	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	00:31:46.50	+00:13:58 (44.0%)	6:21	9.4 (55.6%)
352	MIELAŃCZYK Maria	674	SMERFY	60+	6		00:15:44	00:31:47.25	+00:13:59 (44.0%)	6:21	9.4 (55.6%)
353	DREWNIAK Magdalena	346	JUSTFELLFIT	30-39	117	JustFeelFit	00:16:29	00:31:49.45	+00:14:01 (44.1%)	6:21	9.4 (55.6%)
354	WOWRA Agnieszka	665		30-39	118		00:15:56	00:31:53.20	+00:14:05 (44.2%)	6:22	9.4 (55.6%)
355	MYŚLIWIEC Monika	262	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	00:31:58.00	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
356	KLAUDIA Brzana	888		20-29	27	Wymyślanka	00:15:38	00:31:58.35	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
357	BETAŃSKA Aneta	326	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	00:31:58.40	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
358	JANECKA Natalia	749		20-29	28		00:15:55	00:32:00.05	+00:14:12 (44.4%)	6:24	9.4 (55.6%)
359	LERCH Ewa	109	RUNTEAM PAWŁOWICE	20-29	29	RUNTEAM Pawłowice	00:15:34	00:32:01.40	+00:14:13 (44.4%)	6:24	9.4 (55.6%)
360	KĄKOL WOJTAS Katarzyna	524	POWOLI DO CELU .	40-49	162	PoWoli do Celu	00:17:23	00:32:01.50	+00:14:13 (44.4%)	6:24	9.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
361	ŻYWICA Dorota	504	HURAGAN LIGOTA	40-49	163	Huragan Ligota	00:15:41	00:32:03.20	+00:14:15 (44.5%)	6:24	9.4 (55.6%)
362	MILEWSKA Izabela	808		40-49	164		00:15:52	00:32:05.00	+00:14:17 (44.5%)	6:25	9.4 (55.6%)
363	KĘPKA Joanna	589		40-49	165		00:15:24	00:32:05.90	+00:14:18 (44.6%)	6:25	9.4 (55.6%)
364	KUKLA Agata	929	POWOLI DO CELU	30-39	119		00:16:26	00:32:08.20	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
365	KORCZEWSKA Beata	834	MIECHOWICKA GRUPA BIEGOWA	40-49	166	Miechowicka Grupa Biegowa	00:16:06	00:32:08.40	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
366	NAWROCKA Agnieszka	577		40-49	167		00:15:40	00:32:08.85	+00:14:21 (44.6%)	6:25	9.3 (55.0%)
367	MIŚ Ela	863	JUSTFEELFIT	30-39	120	JustFeelFit TEAM	00:16:30	00:32:09.00	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
368	DRANICZAREK Anna	792		30-39	121		00:16:02	00:32:09.15	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
369	SZATANIK Alina	656		40-49	168		00:16:28	00:32:11.40	+00:14:23 (44.7%)	6:26	9.3 (55.0%)
370	JAKUBIK Edyta	266		30-39	122		00:16:12	00:32:12.30	+00:14:24 (44.7%)	6:26	9.3 (55.0%)
371	ZACZYŃSKA-POZNIAK Jarosława	180		40-49	169		00:16:24	00:32:12.40	+00:14:24 (44.8%)	6:26	9.3 (55.0%)
372	ABRACHAMCZYK Agnieszka	518		20-29	30		00:16:03	00:32:14.55	+00:14:26 (44.8%)	6:26	9.3 (55.0%)
373	PEPEK Bożena	681		30-39	123		00:15:50	00:32:18.45	+00:14:30 (44.9%)	6:27	9.3 (55.0%)
374	SPROWNIK Joanna	281	BANK SPÓŁDZIECZY W JASTRZĘBIU ZDROJU	20-29	31	Bank Spółdzielczy w Jastrzębiu Zdroju	00:15:48	00:32:18.50	+00:14:30 (44.9%)	6:27	9.3 (55.0%)
375	GUŚCIORA Justyna	852		50-59	41		00:15:47	00:32:28.00	+00:14:40 (45.2%)	6:29	9.2 (54.4%)
376	ZDUNEK Dorota	576		30-39	124		00:16:07	00:32:28.35	+00:14:40 (45.2%)	6:29	9.2 (54.4%)
377	PAWLIK Małgorzata	4		40-49	170		00:16:08	00:32:28.75	+00:14:41 (45.2%)	6:29	9.2 (54.4%)
378	KOZŁOWSKA Patrycja	780		30-39	125	Byle do mety	00:15:53	00:32:31.00	+00:14:43 (45.3%)	6:30	9.2 (54.4%)
379	SZEWCZUK Agnieszka	626		40-49	171	Byle do mety	00:15:54	00:32:31.35	+00:14:43 (45.3%)	6:30	9.2 (54.4%)
380	RUMIŃSKA Barbara	815	BIE RUN	40-49	172		00:16:02	00:32:31.70	+00:14:44 (45.3%)	6:30	9.2 (54.4%)
381	PIPIRO Grażyna	458	KOBIETY NA 5+	60+	7	Kobiety na 5+	00:16:26	00:32:32.55	+00:14:44 (45.3%)	6:30	9.2 (54.4%)
382	JANIK Izabela	801		40-49	173		00:15:49	00:32:33.00	+00:14:45 (45.3%)	6:30	9.2 (54.4%)
383	KONOPACKA Waleria	691	ZABIERZÓW BIEGA	60+	8		00:16:43	00:32:33.75	+00:14:46 (45.4%)	6:30	9.2 (54.4%)

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	netto 5km	Różn	Tempo min/km	Tempo km/h
384	GOŁOFIT Edyta	302	OPEL FIJAŁKOWSKI	20-29	32	Opel Fijałkowski	00:16:47	00:32:34.80	+00:14:47 (45.4%)	6:30	9.2 (54.4%)
385	CZERWIŃSKA Klaudyna	301	OPEL FIJAŁKOWSKI	30-39	126	Opel Fijałkowski	00:16:47	00:32:35.25	+00:14:47 (45.4%)	6:31	9.2 (54.4%)
386	STANULA Kinga	438		50-59	42		00:16:33	00:32:37.50	+00:14:49 (45.5%)	6:31	9.2 (54.4%)
387	ZAGÓRSKA Beata	355		30-39	127		00:16:11	00:32:43.60	+00:14:55 (45.6%)	6:32	9.2 (54.4%)
388	PODESZWA Barbara	866		40-49	174	Wymyślanka	00:15:59	00:32:46.90	+00:14:59 (45.7%)	6:33	9.2 (54.4%)
389	MAĆKÓW Małgorzata	244		20-29	33		00:15:52	00:32:47.25	+00:14:59 (45.7%)	6:33	9.2 (54.4%)
390	ŚLEDŹ Dorota	306	HRMAX ŻORY	20-29	34	HRmax Dziołszki	00:16:14	00:32:48.30	+00:15:00 (45.8%)	6:33	9.1 (53.8%)
391	ZAWADA Teresa	363		50-59	43		00:16:18	00:32:48.70	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
392	JORDAN Monika	412		40-49	175		00:15:46	00:32:49.50	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
393	LIPIŃSKA Monika	404	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	00:32:49.85	+00:15:02 (45.8%)	6:33	9.1 (53.8%)
394	FRANKOWSKA Ania	807	MGB	50-59	44	Miechowicka Grupa Biegowa	00:16:23	00:32:51.15	+00:15:03 (45.8%)	6:34	9.1 (53.8%)
395	JABŁOŃSKA Sabina	5023		40-49	176		00:16:47	00:32:52.15	+00:15:04 (45.9%)	6:34	9.1 (53.8%)
396	SŁOWIK Kornelia	453	KOLOROWA DRUŻYNA NESSI	30-39	129	Kolorowa Drużyna Nessi	00:16:15	00:32:54.80	+00:15:07 (45.9%)	6:34	9.1 (53.8%)
397	KROSNY Lucyna	299	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	20-29	35	Bank Spółdzielczy w Jastrzębiu Zdroju	00:16:00	00:32:55.80	+00:15:08 (46.0%)	6:35	9.1 (53.8%)
398	SZYNAL Magdalena	511		30-39	130		00:15:48	00:32:59.05	+00:15:11 (46.1%)	6:35	9.1 (53.8%)
399	LISOWSKA Dominika	631		40-49	177		00:16:28	00:32:59.50	+00:15:11 (46.1%)	6:35	9.1 (53.8%)
400	MARYJOSZ Katarzyna	293		40-49	178		00:16:53	00:33:00.50	+00:15:12 (46.1%)	6:36	9.1 (53.8%)
401	MARSZALIK Anna	354		40-49	179		00:16:24	00:33:03.90	+00:15:16 (46.2%)	6:36	9.1 (53.8%)
402	KSEPKO Katarzyna	405		30-39	131		00:16:15	00:33:12.50	+00:15:24 (46.4%)	6:38	9 (53.3%)
403	BIERNAT Agnieszka	571		40-49	180		00:16:26	00:33:15.65	+00:15:28 (46.5%)	6:39	9 (53.3%)
404	POŁEDNIOK Aleksandra	152		30-39	132		00:16:10	00:33:19.55	+00:15:31 (46.6%)	6:39	9 (53.3%)
405	DROZDZIOK Elżbieta	908	WATAHA	30-39	133		00:16:59	00:33:20.05	+00:15:32 (46.6%)	6:40	9 (53.3%)
406	TYRYTKO Sylwia	602	WATAHA	30-39	134		00:16:59	00:33:20.15	+00:15:32 (46.6%)	6:40	9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
407	BRODA Kamila	311		20-29	36		00:16:25	00:33:21.25	+00:15:33 (46.7%)	6:40	9 (53.3%)
408	GARUS Angelika	278		30-39	135		00:16:10	00:33:21.70	+00:15:34 (46.7%)	6:40	9 (53.3%)
409	BRODA Beata	341		50-59	45		00:16:26	00:33:22.80	+00:15:35 (46.7%)	6:40	9 (53.3%)
410	BARTNIK Joanna	479	STREET SPIRIT	40-49	181		00:16:35	00:33:28.10	+00:15:40 (46.8%)	6:41	9 (53.3%)
411	SUSLIK Magdalena	746		40-49	182		00:16:36	00:33:28.45	+00:15:40 (46.8%)	6:41	9 (53.3%)
412	CICHY Agnieszka	435		30-39	136		00:16:25	00:33:33.85	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
413	KOWALSKA Małgorzata	484		50-59	46		00:16:14	00:33:34.30	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
414	KOWALCZYK Basia	598		30-39	137		00:16:27	00:33:35.25	+00:15:47 (47.0%)	6:43	8.9 (52.7%)
415	WYLOTEK Barbara	489		40-49	183		00:16:31	00:33:40.95	+00:15:53 (47.2%)	6:44	8.9 (52.7%)
416	SERAFIN-CHWAŁEK Joanna	515		40-49	184		00:16:28	00:33:42.00	+00:15:54 (47.2%)	6:44	8.9 (52.7%)
417	PIETRASZEK Ewa	875	KOBIETH WATAHY	50-59	47		00:16:47	00:33:43.55	+00:15:55 (47.2%)	6:44	8.9 (52.7%)
418	GROSIK Marta	673		30-39	138		00:16:33	00:33:43.95	+00:15:56 (47.2%)	6:44	8.9 (52.7%)
419	KAPŁON Agnieszka	528		40-49	185		00:17:13	00:33:46.30	+00:15:58 (47.3%)	6:45	8.9 (52.7%)
420	SZCZUCHNIAK Adriana	360		40-49	186		00:16:39	00:33:46.70	+00:15:59 (47.3%)	6:45	8.9 (52.7%)
421	ROSKOSZ Magdalena	740		40-49	187		00:17:02	00:33:47.80	+00:16:00 (47.3%)	6:45	8.9 (52.7%)
422	ROMBERG Agnieszka	480	MIECHOWICKA GRUPA BIEGOWA	40-49	188	Miechowicka Grupa Biegowa	00:16:45	00:33:51.40	+00:16:03 (47.4%)	6:46	8.9 (52.7%)
423	HRYNKIEWICZ Katarzyna	644		30-39	139		00:16:39	00:33:52.55	+00:16:04 (47.5%)	6:46	8.9 (52.7%)
424	ŚLEBODA Bożena	5022	MIECHOWICKA GRUPA BIEGOWA	40-49	189	Miechowicka Grupa Biegowa	00:16:54	00:33:54.00	+00:16:06 (47.5%)	6:46	8.8 (52.1%)
425	ZMUDA Ewelina	538		30-39	140		00:16:38	00:33:56.70	+00:16:09 (47.6%)	6:47	8.8 (52.1%)
426	STANO Monika	678		30-39	141		00:17:15	00:33:58.15	+00:16:10 (47.6%)	6:47	8.8 (52.1%)
427	WAWOCZNY Anita	487	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	00:33:58.90	+00:16:11 (47.6%)	6:47	8.8 (52.1%)
428	SAWICKA Marta	260	KOBIETY NA 5+	40-49	190	Kobiety na 5+	00:17:02	00:33:59.25	+00:16:11 (47.6%)	6:47	8.8 (52.1%)
429	BATKO Agnieszka	544		30-39	143		00:17:19	00:34:09.30	+00:16:21 (47.9%)	6:49	8.8 (52.1%)

							Czas				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	netto 5km	Różn	Tempo min/km	Tempo km/h
430	BRZANA Anna	857		40-49	191	Wymyślanka	00:16:48	00:34:12.25	+00:16:24 (48.0%)	6:50	8.8 (52.1%)
431	ŚLEDZIEWSKA Agata	693		30-39	144		00:17:00	00:34:15.80	+00:16:28 (48.1%)	6:51	8.8 (52.1%)
432	JEZIOROWSKA- CAPANDA Patrycja	581		20-29	37		00:16:57	00:34:16.65	+00:16:29 (48.1%)	6:51	8.8 (52.1%)
433	GÓRKA Kamila	851		20-29	38		00:16:54	00:34:16.80	+00:16:29 (48.1%)	6:51	8.8 (52.1%)
434	GRZELAK Patrycja	670	KOLOROWA DRUŻYNA NESSI	40-49	192	Kolorowa Drużyna Nessi	00:17:08	00:34:18.00	+00:16:30 (48.1%)	6:51	8.7 (51.5%)
435	KUBAS Alina	600	KLUB BIEGACZA FARTLEK	50-59	48	KLUB BIEGACZA FARTLEK	00:17:36	00:34:21.00	+00:16:33 (48.2%)	6:52	8.7 (51.5%)
436	PRZYBYCIN Bożena	519	MIECHOWICKA GRUPA BIEGOWA	40-49	193	Miechowicka Grupa Biegowa	00:17:05	00:34:21.20	+00:16:33 (48.2%)	6:52	8.7 (51.5%)
437	ZIELONKA Agnieszka	253		30-39	145	Cioteczki	00:17:15	00:34:38.60	+00:16:50 (48.6%)	6:55	8.7 (51.5%)
438	DAMIĘCKA Magda	462	RUNTEAM	30-39	146	RUNTEAM Pawłowice	00:17:30	00:34:48.50	+00:17:00 (48.9%)	6:57	8.6 (50.9%)
439	KANIA Grażyna	910	DEKATHLON&PRZYJACIELE	40-49	194	Decathlon & Przyjaciele	00:17:14	00:34:54.90	+00:17:07 (49.0%)	6:58	8.6 (50.9%)
440	SUDLITZ Anna	449	FORTUNA TEAM	30-39	147		00:18:12	00:34:56.45	+00:17:08 (49.1%)	6:59	8.6 (50.9%)
441	BAJOR Aneta	493		40-49	195		00:17:11	00:34:57.00	+00:17:09 (49.1%)	6:59	8.6 (50.9%)
442	KWAŚNIEWSKA Kasia	593		30-39	148		00:16:43	00:34:57.85	+00:17:10 (49.1%)	6:59	8.6 (50.9%)
443	ŚLIWA Kornelia	638	MIECHOWICKA GRUPA BIEGOWA	40-49	196	Miechowicka Grupa Biegowa	00:17:24	00:34:58.45	+00:17:10 (49.1%)	6:59	8.6 (50.9%)
444	SOKÓŁ-OLEŚ Ewelina	362		50-59	49	RUNTEAM Pawłowice	00:17:11	00:35:00.15	+00:17:12 (49.2%)	7:00	8.6 (50.9%)
445	KACZMARCZYK- ZIELIŃSKA Magdalena	468	RUNTEAM PAWŁOWICE	30-39	149	RUNTEAM Pawłowice	00:17:10	00:35:00.40	+00:17:12 (49.2%)	7:00	8.6 (50.9%)
446	MARUSZCZAK Justyna	822	MIECHOWICKA GRUPA BIEGOWA	40-49	197	Miechowicka Grupa Biegowa	00:17:15	00:35:02.40	+00:17:14 (49.2%)	7:00	8.6 (50.9%)
447	MYŚLIWIEC Seniorita	350	KOBIETY NA 5+	20-29	39	Kobiety na 5+	00:16:58	00:35:03.70	+00:17:16 (49.2%)	7:00	8.6 (50.9%)
448	KIERMASZEK Paulina	796		20-29	40		00:16:48	00:35:03.80	+00:17:16 (49.3%)	7:00	8.6 (50.9%)
449	TATARCZYK Justyna	307		40-49	198		00:17:14	00:35:04.50	+00:17:16 (49.3%)	7:00	8.6 (50.9%)
450	ROJEK Wioleta	845		30-39	150		00:17:16	00:35:11.25	+00:17:23 (49.4%)	7:02	8.5 (50.3%)
451	BALCERAK Beata	348		30-39	151		00:17:04	00:35:15.75	+00:17:28 (49.5%)	7:03	8.5 (50.3%)
452	DUDA Magdalena	652		30-39	152		00:17:04	00:35:15.90	+00:17:28 (49.5%)	7:03	8.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
453	MADZIA Bożena	692		20-29	41	Winniczek Team	00:17:47	00:35:19.50	+00:17:31 (49.6%)	7:03	8.5 (50.3%)
454	LEPICH Katarzyna	380	MIECHOWICKA GRUPA BIEGOWA	30-39	153	Miechowska Grupa Biegowa	00:16:55	00:35:21.10	+00:17:33 (49.7%)	7:04	8.5 (50.3%)
455	NIEDŹWIEDŹ Maja	853		40-49	199		00:16:35	00:35:24.45	+00:17:36 (49.7%)	7:04	8.5 (50.3%)
456	GŁĄB Mariola	669		30-39	154		00:17:11	00:35:24.50	+00:17:36 (49.7%)	7:04	8.5 (50.3%)
457	BAJER Marzena	775	DYSTANS LUBOMIA	30-39	155	Dystans Lubomia	00:18:00	00:35:29.50	+00:17:41 (49.9%)	7:05	8.5 (50.3%)
458	KOWALSKA Dorota	349	SBD ENERGETYK RYBNIK	50-59	50		00:17:29	00:35:34.05	+00:17:46 (50.0%)	7:06	8.4 (49.7%)
459	KUBIS Barbara	603		40-49	200		00:17:45	00:35:40.45	+00:17:52 (50.1%)	7:08	8.4 (49.7%)
460	ZALEWSKA Barbara	557	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	00:35:44.55	+00:17:56 (50.2%)	7:08	8.4 (49.7%)
461	JAŚKIEWICZ Natalia	303	OPEL FIJALKOWSKI	20-29	42	Opel Fijałkowski	00:17:21	00:35:45.60	+00:17:57 (50.2%)	7:09	8.4 (49.7%)
462	BIAŁAS Joanna	463	SPOT PSZCZYNA	40-49	202		00:17:46	00:35:50.95	+00:18:03 (50.4%)	7:10	8.4 (49.7%)
463	GIBAS Amanda	478	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	00:35:55.60	+00:18:07 (50.5%)	7:11	8.4 (49.7%)
464	GÓRAL Alina	542		40-49	203		00:17:34	00:36:01.45	+00:18:13 (50.6%)	7:12	8.3 (49.1%)
465	ŚLEZIONA Katarzyna	270		30-39	157		00:17:23	00:36:06.15	+00:18:18 (50.7%)	7:13	8.3 (49.1%)
466	STYRNOL Beata	747		50-59	51		00:18:16	00:36:09.35	+00:18:21 (50.8%)	7:13	8.3 (49.1%)
467	ŁAKOMSKA Michalina	871		16-19	6		00:18:05	00:36:13.65	+00:18:26 (50.9%)	7:14	8.3 (49.1%)
468	VAIDYAN-IWANOWSKA Grażyna	933		60+	9		00:17:27	00:36:15.95	+00:18:28 (50.9%)	7:15	8.3 (49.1%)
469	ROTTER Hanna	789		50-59	52		00:17:40	00:36:22.40	+00:18:34 (51.1%)	7:16	8.2 (48.5%)
470	KIERMASZEK Barbara	791		60+	10		00:17:41	00:36:22.75	+00:18:35 (51.1%)	7:16	8.2 (48.5%)
471	PYTLIK Agata	257		20-29	43	Cioteczki	00:17:54	00:36:23.20	+00:18:35 (51.1%)	7:16	8.2 (48.5%)
472	JANCZURA Marzena	850		40-49	204	Wawrzinek Team	00:18:17	00:36:25.90	+00:18:38 (51.2%)	7:17	8.2 (48.5%)
473	STAŚKIEWICZ Monika	663		40-49	205		00:18:06	00:36:36.45	+00:18:48 (51.4%)	7:19	8.2 (48.5%)
474	POŁOK-MIGAS Justyna	840		40-49	206		00:17:40	00:36:37.80	+00:18:50 (51.4%)	7:19	8.2 (48.5%)
475	RACZYŃSKA Aleksandra	643	STADION ŚLĄSKI NW	60+	11		00:18:00	00:36:40.90	+00:18:53 (51.5%)	7:20	8.2 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
476	ZIELONKA Dorota	275		30-39	158	Cioteczki	00:17:53	00:36:42.75	+00:18:55 (51.5%)	7:20	8.2 (48.5%)
477	KOŹDOŃ Jagoda	543		30-39	159		00:18:31	00:36:44.55	+00:18:56 (51.6%)	7:20	8.2 (48.5%)
478	SIREK Izabela	635	OLZA CIESZYN	30-39	160	Olza Cieszyn	00:17:47	00:36:44.80	+00:18:57 (51.6%)	7:20	8.2 (48.5%)
479	WRONA Aleksandra	583		20-29	44		00:18:04	00:36:53.85	+00:19:06 (51.8%)	7:22	8.1 (47.9%)
480	JAROSZ Jolanta	534	MORS HUBERTUS MYŚŁOWICE	50-59	53	MORS Hubertus Myślowice	00:18:03	00:36:54.05	+00:19:06 (51.8%)	7:22	8.1 (47.9%)
481	DAMIS Daria	668		30-39	161		00:18:13	00:36:56.80	+00:19:09 (51.8%)	7:23	8.1 (47.9%)
482	KROCZEK Magdalena	451	FORTUNA TEAM	30-39	162		00:18:19	00:37:02.95	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
483	GAŁUSZKA Magdalena	450	FORTUNA TEAM	40-49	207		00:18:19	00:37:03.65	+00:19:16 (52.0%)	7:24	8.1 (47.9%)
484	TORKA-KUNERT Grażyna	291	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	60+	12		00:18:45	00:37:09.00	+00:19:21 (52.1%)	7:25	8.1 (47.9%)
485	MARON Honorata	684		20-29	45		00:18:02	00:37:09.25	+00:19:21 (52.1%)	7:25	8.1 (47.9%)
486	WACHTARCZYK Dominika	390		20-29	46		00:18:07	00:37:10.25	+00:19:22 (52.1%)	7:26	8.1 (47.9%)
487	ŚCIĘGAJ Joanna	430		30-39	163		00:18:03	00:37:10.70	+00:19:23 (52.1%)	7:26	8.1 (47.9%)
488	SZOJDA Paulina	799	VIKING TRAINING CENTER/BIEGNĘ BYLE DOBIEĆ	30-39	164		00:18:13	00:37:15.30	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
489	JUTKA Kasia	891		30-39	165		00:18:13	00:37:15.55	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
490	STEFANIAK Justyna	510	POGORIA BIEGA	40-49	208		00:18:10	00:37:16.25	+00:19:28 (52.3%)	7:27	8.1 (47.9%)
491	SZATANIK Iwona	582		40-49	209		00:18:08	00:37:17.80	+00:19:30 (52.3%)	7:27	8 (47.3%)
492	PUDA Patrycja	639		20-29	47	PsychoKsiężniczki	00:18:04	00:37:19.00	+00:19:31 (52.3%)	7:27	8 (47.3%)
493	STEFANIK Katarzyna	343		30-39	166		00:18:16	00:37:23.00	+00:19:35 (52.4%)	7:28	8 (47.3%)
494	LEKI Grażyna	774		30-39	167		00:18:16	00:37:24.20	+00:19:36 (52.4%)	7:28	8 (47.3%)
495	MAGIEREK Magdalena	618		30-39	168		00:18:16	00:37:24.45	+00:19:36 (52.4%)	7:28	8 (47.3%)
496	PIERZCHAŁA Magdalena	263	MORS HUBERTUS MYŚŁOWICE	30-39	169	MORS Hubertus Myślowice	00:18:12	00:37:42.00	+00:19:54 (52.8%)	7:32	8 (47.3%)
496	ŻEBROWSKA Matylda	683	MORS HUBERTUS MYŚŁOWICE	40-49	210	Mors Hubertus Myślowice	00:18:12	00:37:42.00	+00:19:54 (52.8%)	7:32	8 (47.3%)
498	ZIELIŃSKA Anna	379	MIECHOWICKA GRUPA BIEGOWA	40-49	211	Miechowicka Grupa Biegowa	00:19:21	00:37:58.65	+00:20:11 (53.1%)	7:35	7.9 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
499	MAGIERA Barbara	517		30-39	170	PoWoliDoCelu	00:19:17	00:38:09.70	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
500	KALETA Agnieszka	186	POWOLI DO CELU	30-39	171	PoWoliDoCelu	00:19:16	00:38:09.75	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
501	IDZIKOWSKA Urszula	738		20-29	48		00:18:42	00:38:25.75	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
502	PROKOPIUK Adriana	677	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	00:38:25.85	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
503	BAK Barbara	895		40-49	213		00:18:42	00:38:26.15	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
504	ŚWIDERSKA Anna	513	POWOLI DO CELU	30-39	172	PoWoli do Celu	00:19:17	00:38:26.20	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
505	IDZIKOWSKA Elżbieta	588	FAMILY DREAMS	40-49	214		00:18:39	00:38:26.30	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
506	WORONKO- ZACZYNSKA Janina	164	KS METRACO POLKOWICE	60+	13		00:19:28	00:38:31.85	+00:20:44 (53.8%)	7:42	7.8 (46.2%)
507	ŁANUCHA Mariola	560	KOBIETY NA 5+	60+	14	Kobiety na 5+	00:18:37	00:38:34.05	+00:20:46 (53.9%)	7:42	7.8 (46.2%)
508	SURY-WOLNIEWICZ Kamila	448		40-49	215		00:18:36	00:38:35.50	+00:20:47 (53.9%)	7:43	7.8 (46.2%)
509	PARZYCH Renata	655	KOBIETY NA 5+	60+	15	Kobiety na 5+	00:18:39	00:38:37.00	+00:20:49 (53.9%)	7:43	7.8 (46.2%)
510	MADEJA Aleksandra	67	MIECHOWICKA GRUPA BIEGOWA	40-49	216	Miechowicka Grupa Biegowa	00:18:50	00:39:11.95	+00:21:24 (54.6%)	7:50	7.7 (45.6%)
511	HEKIERT Wioleta	352	MIECHOWICKA GRUPA BIEGOWA	40-49	217	Miechowicka Grupa Biegowa	00:18:51	00:39:13.00	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
512	CZARNECKA Małgorzata	620	MIECHOWICKA GRUPA BIEGOWA	40-49	218	Miechowicka Grupa Biegowa	00:19:37	00:39:13.20	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
513	DOBOSZ Katarzyna	5024	MIECHOWICKA GRUPA BIEGOWA	40-49	219	Miechowicka Grupa Biegowa	00:18:52	00:39:13.35	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
514	KROCHMAŁSKA Jadwiga	641	MIECHOWICKA GRUPA BIEGOWA	40-49	220		00:19:38	00:39:14.00	+00:21:26 (54.6%)	7:50	7.6 (45.0%)
515	ARENDARCZYK Anna	527		40-49	221	BIELSZCZANKI BIEGAJĄ	00:19:34	00:39:30.45	+00:21:42 (55.0%)	7:54	7.6 (45.0%)
516	WOZNIAK Joanna	429		40-49	222		00:19:37	00:39:35.45	+00:21:47 (55.1%)	7:55	7.6 (45.0%)
517	WOZNIAK Jolanta	743		60+	16		00:19:38	00:39:36.20	+00:21:48 (55.1%)	7:55	7.6 (45.0%)
518	SEKUŁA Marlena	537		40-49	223		00:20:01	00:39:37.10	+00:21:49 (55.1%)	7:55	7.6 (45.0%)
519	BAZGIER Magdalena	768		30-39	173		00:19:25	00:39:38.00	+00:21:50 (55.1%)	7:55	7.6 (45.0%)
520	ISKRA Joanna	548		30-39	174		00:19:28	00:39:38.65	+00:21:51 (55.1%)	7:55	7.6 (45.0%)
521	STAŚKIEWICZ Beata	666	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	00:40:00.40	+00:22:12 (55.5%)	8:00	7.5 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
522	PRASAK Sabina	650	POGORIA BIEGA	40-49	225		00:20:27	00:40:37.50	+00:22:49 (56.2%)	8:07	7.4 (43.8%)
523	JANKOWSKA Anita	758		50-59	54	5===	00:19:55	00:40:50.20	+00:23:02 (56.4%)	8:10	7.3 (43.2%)
524	NIEDŹWIEDŹ Julia	859		16-19	7		00:19:38	00:40:52.55	+00:23:04 (56.5%)	8:10	7.3 (43.2%)
525	TOMCZYK Anna	750		30-39	175		00:20:25	00:40:58.80	+00:23:11 (56.6%)	8:11	7.3 (43.2%)
526	BURYAN Kamila	645		30-39	176		00:20:21	00:41:07.45	+00:23:19 (56.7%)	8:13	7.3 (43.2%)
527	BOGUSZ-WIŚNIEWSKA Janina	760		50-59	55		00:20:14	00:41:18.45	+00:23:30 (56.9%)	8:15	7.3 (43.2%)
528	NIEDZIOŁKO Bożena	285	KOBIETY NA 5+	50-59	56	Kobiety na 5+	00:20:07	00:41:21.70	+00:23:34 (57.0%)	8:16	7.3 (43.2%)
529	SZCZEPANIK Aleksandra	526	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	00:41:21.95	+00:23:34 (57.0%)	8:16	7.3 (43.2%)
530	CIBIS Agnieszka	51	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	00:41:23.55	+00:23:35 (57.0%)	8:16	7.2 (42.6%)
531	SAWICKA Agnieszka	585	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZŁO BETLEJEM	00:20:10	00:41:24.45	+00:23:36 (57.0%)	8:16	7.2 (42.6%)
532	BOBER Aneta	676		30-39	178		00:20:24	00:41:41.05	+00:23:53 (57.3%)	8:20	7.2 (42.6%)
533	WOJTAL Danuta	734	ASWC	40-49	228		00:20:33	00:41:49.65	+00:24:02 (57.5%)	8:21	7.2 (42.6%)
534	FODER Alicja	902	PĘDZĄCE ŻÓŁWIE	50-59	57	PĘDZĄCE ŻÓŁWIE	00:21:11	00:42:11.85	+00:24:24 (57.8%)	8:26	7.1 (42.0%)
535	KUBICIUS Zofia	689	OLZA CIESZYN	30-39	179	Olza Cieszyn	00:21:04	00:42:41.15	+00:24:53 (58.3%)	8:32	7 (41.4%)
536	BŁASZCZYK Marta	776		30-39	180		00:19:49	00:42:55.80	+00:25:08 (58.6%)	8:35	7 (41.4%)
537	SZCZEGODZIŃSKA Katarzyna	381		30-39	181		00:21:50	00:44:18.15	+00:26:30 (59.8%)	8:51	6.8 (40.2%)
538	ZĘBIK Grażyna	836		40-49	229		00:22:11	00:45:01.65	+00:27:14 (60.5%)	9:00	6.7 (39.6%)
539	HABER Karolina	584		20-29	49	Miechowska Grupa Biegowa	00:22:41	00:45:58.80	+00:28:11 (61.3%)	9:11	6.5 (38.5%)
540	SKOCZYKŁODA Iwona	877		40-49	230	Wymyślanka	00:22:46	00:46:15.95	+00:28:28 (61.5%)	9:15	6.5 (38.5%)
541	KUNERT Katarzyna	865		40-49	231	Wymyślanka	00:22:47	00:46:16.45	+00:28:28 (61.5%)	9:15	6.5 (38.5%)
542	BARTNICKA Barbara	649	RUNTEAM PAWŁOWICE	30-39	182	RUNTEAM Pawłowice	00:22:56	00:46:21.20	+00:28:33 (61.6%)	9:16	6.5 (38.5%)
543	SZYMAŃSKA Magdalena	647		30-39	183		00:22:58	00:46:22.00	+00:28:34 (61.6%)	9:16	6.5 (38.5%)
544	KWIATOŃ Patrycja	630	RUNTEAM PAWŁOWICE	30-39	184	RUNTEAM Pawłowice	00:22:58	00:46:22.65	+00:28:35 (61.6%)	9:16	6.5 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
545	RUP Sabina	752		40-49	232		00:23:12	00:47:43.75	+00:29:56 (62.7%)	9:32	6.3 (37.3%)
546	KULCZYCKA- PRUSZYŃSKA Krystyna	662		50-59	58		00:24:12	00:48:47.90	+00:31:00 (63.5%)	9:45	6.1 (36.1%)
547	ŻEBROWSKA Weronika	730	MORS HUBERTUS	20-29	50		00:25:03	00:50:31.80	+00:32:44 (64.8%)	10:06	5.9 (34.9%)
548	KOLORZ Teresa	705		60+	17		00:24:55	00:51:24.85	+00:33:37 (65.4%)	10:16	5.8 (34.3%)
549	KALUS Wioletta	860		40-49	233		00:24:27	00:51:27.40	+00:33:39 (65.4%)	10:17	5.8 (34.3%)
550	HABER Kasia	592		50-59	59	Miechowicka Grupa Biegowa		00:51:30.70	+00:33:43 (65.5%)	10:18	5.8 (34.3%)
551	DOMINIAK Monika	846		40-49	234		00:26:40	00:53:39.70	+00:35:52 (66.8%)	10:43	5.6 (33.1%)
552		5017		50-59	60		00:26:26	00:54:40.95	+00:36:53 (67.5%)	10:56	5.5 (32.5%)
553	WUJKOWSKA Ewa	771		60+	18		00:24:27		+00:15:42	9:46	6.1 (36.1%)
554	POŁOMSKA Edyta	128	POŁOMSCY TEAM	40-49	235						(0.0%)

Znaleziono 554 wynik(ów)