

IV PÓŁMARATON GLIWICKI

Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 21.1 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**POTERIUK Vita**	**1247**	LKB RUDNIK	K-30	1	00:00:01	00:19:22	00:38:22	00:58:15	**01:22:35.20**	**01:22:36.70**		3:54	15.3 (100%)
2	**KUCHARSKA Ewa**	**1240**	CA AKTYWNI	K-30	2	00:00:01	00:19:40	00:38:50	00:58:59	**01:23:35.60**	**01:23:37.00**	+00:01:00 (1.2%)	3:57	15.1 (98.7%)
3	**KUZYK Agnieszka**	**792**	WKB META LUBLINIEC	K-40	1	00:00:01	00:19:43	00:38:57	00:59:34	**01:25:09.85**	**01:25:11.55**	+00:02:34 (3.0%)	4:02	14.9 (97.4%)
4	**SZECÓWKA Aneta**	**949**		K-30	3	00:00:04	00:19:40	00:39:15	01:00:14	**01:25:36.30**	**01:25:40.65**	+00:03:01 (3.5%)	4:03	14.8 (96.7%)
5	**KULKA Regina**	**909**		K-20	1	00:00:02	00:20:00	00:39:58	01:00:55	**01:26:15.80**	**01:26:18.15**	+00:03:40 (4.3%)	4:05	14.7 (96.1%)
6	**WYLEŻAŁEK Alina**	**57**		K-30	4	00:00:04	00:20:13	00:39:57	01:00:57	**01:26:50.20**	**01:26:54.95**	+00:04:15 (4.9%)	4:06	14.6 (95.4%)
7	**LASKOWSKA Katarzyna**	**265**	BIEGAJ Z TRENERAMI GLIWICE	K-40	2	00:00:12	00:22:16	00:43:55	01:06:30	**01:34:02.60**	**01:34:14.80**	+00:11:27 (12.2%)	4:27	13.5 (88.2%)
8	**PIETRAS Sylwia**	**488**	MIECHOWICKA GRUPA BIEGOWA	K-20	2	00:00:17	00:22:34	00:44:18	01:07:06	**01:34:16.75**	**01:34:34.55**	+00:11:41 (12.4%)	4:28	13.4 (87.6%)
9	**ARTER-KRZYŻEK Angelika**	**1032**	KRAKOWSKA IZBA ADWOKACKA	K-30	5	00:00:03	00:21:10	00:42:50	01:06:06	**01:34:31.75**	**01:34:35.40**	+00:11:56 (12.6%)	4:28	13.4 (87.6%)
10	**SZPILOWSKA Paulina**	**483**	KS OLKUSZ	K-20	3	00:00:09	00:22:37	00:44:40	01:07:52	**01:35:12.05**	**01:35:21.60**	+00:12:36 (13.3%)	4:30	13.3 (86.9%)
11	**FLEGERT Ewa**	**1144**	CHEMIK RYBNIK	K-50	1	00:00:04	00:23:07	00:45:08	01:08:07	**01:35:32.40**	**01:35:37.35**	+00:12:57 (13.6%)	4:31	13.2 (86.3%)
12	**JARECKA Monika**	**900**	IMPERIUM SPORTU TEAM	K-30	6	00:00:06	00:22:43	00:44:43	01:08:02	**01:36:26.75**	**01:36:32.80**	+00:13:51 (14.4%)	4:34	13.1 (85.6%)
13	**SZEWCZYK Urszula**	**1148**	AUGUSTEAM	K-40	3	00:00:13	00:22:31	00:44:49	01:08:32	**01:37:34.50**	**01:37:48.35**	+00:14:59 (15.4%)	4:37	13 (85.0%)
14	**LEWICKA Justyna**	**563**	AKMB PĘDZIWIATR GLIWICE	K-30	8	00:00:12	00:23:09	00:45:48	01:10:02	**01:39:15.50**	**01:39:28.35**	+00:16:40 (16.8%)	4:42	12.8 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	**CHRZANOWSKA Barbara**	**1231**	ZDZIERAJ KAPCIE	K-30	7	00:00:28	00:23:39	00:46:22	01:10:21	**01:39:09.90**	**01:39:38.25**	+00:16:34 (16.7%)	4:41	12.8 (83.7%)
16	**BANACH Magda**	**575**	DO GÓRY NOGAMI	K-20	4	00:00:23	00:23:40	00:46:42	01:10:40	**01:39:52.10**	**01:40:15.85**	+00:17:16 (17.3%)	4:43	12.7 (83.0%)
17	**KOŹMIENKO Beata**	**390**	KB MCKIS JAWORZNO	K-30	10	00:00:31	00:24:27	00:47:58	01:12:06	**01:41:21.70**	**01:41:53.30**	+00:18:46 (18.5%)	4:48	12.5 (81.7%)
18	**ŁOWICKA Magdalena**	**243**		K-30	9	00:00:47	00:24:25	00:47:27	01:11:35	**01:41:19.70**	**01:42:07.10**	+00:18:44 (18.5%)	4:48	12.5 (81.7%)
19	**POPIEL-KRUK Aleksandra**	**1150**		K-30	11	00:00:36	00:23:42	00:47:16	01:12:21	**01:43:45.35**	**01:44:22.30**	+00:21:10 (20.4%)	4:55	12.2 (79.7%)
20	**LIS Monika**	**87**		K-30	12	00:00:54	00:24:39	00:48:41	01:13:41	**01:44:09.85**	**01:45:04.05**	+00:21:34 (20.7%)	4:56	12.2 (79.7%)
21	**BOGACKA Sabina**	**1084**	PACEMAKER	K-20	5	00:00:44	00:24:20	00:47:44	01:12:05	**01:45:04.95**	**01:45:49.65**	+00:22:29 (21.4%)	4:58	12 (78.4%)
22	**KRÓTKI Alicja**	**1096**	PACEMAKER	K-30	13	00:00:44	00:24:19	00:47:44	01:12:05	**01:45:19.55**	**01:46:04.10**	+00:22:44 (21.6%)	4:59	12 (78.4%)
23	**FIGIEL Ewa**	**363**		K-40	4	00:00:47	00:24:49	00:49:02	01:14:34	**01:45:30.60**	**01:46:18.55**	+00:22:55 (21.7%)	5:00	12 (78.4%)
24	**SMALIRA Beata**	**866**	PRO-RUN WROCŁAW	K-20	6	00:00:47	00:24:56	00:49:03	01:14:28	**01:45:54.30**	**01:46:41.75**	+00:23:19 (22.0%)	5:01	12 (78.4%)
25	**TOMASZEWSKA Olga**	**872**		K-30	14	00:00:47	00:26:29	00:51:21	01:16:34	**01:46:40.85**	**01:47:27.85**	+00:24:05 (22.6%)	5:03	11.9 (77.8%)
26	**RYZIŃSKA Aneta**	**25**		K-40	5	00:00:10	00:25:12	00:49:39	01:15:35	**01:47:21.45**	**01:47:31.85**	+00:24:46 (23.1%)	5:05	11.8 (77.1%)
27	**BOCHEŃSKA Agnieszka**	**1249**	MOMO	K-30	16	00:00:23	00:25:15	00:49:38	01:15:41	**01:47:29.60**	**01:47:53.00**	+00:24:54 (23.2%)	5:05	11.8 (77.1%)
28	**KULCZYK Anna**	**725**	MUZEUM W GLIWICACH	K-30	15	00:00:51	00:24:54	00:49:20	01:15:11	**01:47:06.25**	**01:47:57.30**	+00:24:31 (22.9%)	5:04	11.8 (77.1%)
29	**CZAUDERNA Klaudia**	**462**	OCHAJORUN & FRIENDS	K-40	6	00:01:10	00:25:22	00:49:36	01:15:30	**01:47:41.75**	**01:48:52.35**	+00:25:06 (23.3%)	5:06	11.8 (77.1%)
30	**LASICZ Aleksandra**	**753**		K-40	7	00:00:59	00:26:25	00:51:35	01:17:38	**01:48:08.60**	**01:49:08.55**	+00:25:33 (23.6%)	5:07	11.7 (76.5%)
31	**KUMOR Dagmara**	**734**		K-30	17	00:00:58	00:26:14	00:51:01	01:16:44	**01:48:24.55**	**01:49:22.80**	+00:25:49 (23.8%)	5:08	11.7 (76.5%)
32	**GRABOWSKA Joanna**	**1070**		K-40	8	00:00:49	00:24:19	00:48:42	01:15:27	**01:48:49.25**	**01:49:38.25**	+00:26:14 (24.1%)	5:09	11.6 (75.8%)
33	**RAŚ Natalia**	**241**	BRAK	K-20	7	00:01:03	00:25:45	00:50:50	01:17:12	**01:48:40.45**	**01:49:43.55**	+00:26:05 (24.0%)	5:09	11.7 (76.5%)
34	**PILCH-NANOWSKA Agnieszka**	**434**		K-40	9	00:00:57	00:25:50	00:50:54	01:17:16	**01:49:03.10**	**01:50:00.85**	+00:26:27 (24.3%)	5:10	11.6 (75.8%)
35	**KLEPACKA-GANCARZ Barbara**	**486**	MUSTANGI GLIWICE	K-40	13	00:00:11	00:25:09	00:50:27	01:17:29	**01:49:52.75**	**01:50:03.75**	+00:27:17 (24.8%)	5:12	11.5 (75.2%)
36	**GRACH Aleksandra**	**125**	RUN AND FUN TEAM	K-40	10	00:00:45	00:25:00	00:49:44	01:16:30	**01:49:20.30**	**01:50:05.70**	+00:26:45 (24.5%)	5:10	11.6 (75.8%)
37	**WOJNAROWSKA Sylwia**	**489**		K-20	8	00:01:33	00:27:15	00:52:01	01:17:47	**01:48:41.45**	**01:50:14.70**	+00:26:06 (24.0%)	5:09	11.6 (75.8%)

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38	**BRZOZOWSKA Teresa**	**399**	KB MCKIS JAWORZNO	K-40	12	00:00:40	00:26:13	00:51:12	01:17:37	**01:49:38.75**	**01:50:19.70**	+00:27:03 (24.7%)	5:11	11.5 (75.2%)
39	**DĄBROWSKA Halina**	**1242**	ŚWIDNICKA GRUPA BIEGOWA	K-30	18	00:01:06	00:25:11	00:50:33	01:17:30	**01:49:17.40**	**01:50:23.50**	+00:26:42 (24.4%)	5:10	11.6 (75.8%)
40	**WÓJCIK Katarzyna**	**1233**		K-40	11	00:00:59	00:26:11	00:51:00	01:17:15	**01:49:31.85**	**01:50:31.30**	+00:26:56 (24.6%)	5:11	11.6 (75.8%)
41	**POPŁAWSKA-WAL Agata**	**1103**	OPEL ACTIVE TEAM	K-30	19	00:00:59	00:26:10	00:51:02	01:17:33	**01:49:39.00**	**01:50:38.75**	+00:27:03 (24.7%)	5:11	11.5 (75.2%)
42	**KOPLIN Kasia**	**45**	FRAZOCHY	K-30	20	00:01:25	00:25:22	00:50:06	01:16:48	**01:49:57.10**	**01:51:22.15**	+00:27:21 (24.9%)	5:12	11.5 (75.2%)
43	**WALCZAK Dorota**	**881**		K-30	21	00:01:09	00:26:29	00:51:34	01:18:01	**01:50:15.85**	**01:51:25.10**	+00:27:40 (25.1%)	5:13	11.5 (75.2%)
44	**LAMPA Alicja**	**307**		K-20	9	00:01:05	00:26:12	00:51:37	01:18:27	**01:50:26.35**	**01:51:31.35**	+00:27:51 (25.2%)	5:14	11.5 (75.2%)
45	**HOMA Dorota**	**280**		K-20	10	00:00:49	00:26:13	00:51:13	01:17:46	**01:50:47.00**	**01:51:36.05**	+00:28:11 (25.5%)	5:15	11.4 (74.5%)
46	**NASIENIAK-CZECH Anna**	**990**		K-40	16	00:00:21	00:26:41	00:51:59	01:18:12	**01:51:19.05**	**01:51:41.00**	+00:28:43 (25.8%)	5:16	11.4 (74.5%)
47	**WOJTAS Magdalena**	**1226**		K-30	25	00:00:35	00:26:13	00:51:13	01:18:02	**01:51:13.80**	**01:51:48.80**	+00:28:38 (25.8%)	5:16	11.4 (74.5%)
48	**SZOŁTYSEK-GRZESIKIEWICZ Anna**	**317**	TORCIDA GLIWICE	K-30	23	00:01:01	00:26:25	00:51:26	01:18:03	**01:50:52.10**	**01:51:53.75**	+00:28:16 (25.5%)	5:15	11.4 (74.5%)
49	**NIŹNIKIEWICZ Elżbieta**	**683**		K-30	22	00:01:16	00:25:51	00:51:14	01:18:08	**01:50:44.70**	**01:52:00.95**	+00:28:09 (25.4%)	5:14	11.4 (74.5%)
50	**DANIELIK-SŁODKOWSKA Sylwia**	**380**		K-40	14	00:01:19	00:25:40	00:50:57	01:18:04	**01:50:58.05**	**01:52:18.00**	+00:28:22 (25.6%)	5:15	11.4 (74.5%)
51	**KWIATKOWSKA Kinga**	**682**		K-20	11	00:01:33	00:27:15	00:52:06	01:18:14	**01:50:47.40**	**01:52:20.90**	+00:28:12 (25.5%)	5:15	11.4 (74.5%)
52	**SPANDEL-PIWOWAR Izabela**	**843**	EASY RUN	K-40	15	00:01:12	00:26:30	00:51:50	01:18:53	**01:51:17.50**	**01:52:29.60**	+00:28:42 (25.8%)	5:16	11.4 (74.5%)
53	**MADZIARSKA Monika**	**364**	MARZENIA GÓRSKIE	K-30	26	00:01:10	00:26:23	00:51:48	01:18:49	**01:51:22.95**	**01:52:33.60**	+00:28:47 (25.9%)	5:16	11.4 (74.5%)
54	**GROCHOWSKA Anna**	**493**		K-30	24	00:01:44	00:26:24	00:52:10	01:18:56	**01:51:00.90**	**01:52:45.70**	+00:28:25 (25.6%)	5:15	11.4 (74.5%)
55	**PAŁYGA Agnieszka**	**194**	FUTURE PROCESSING RUNNING TEAM	K-30	27	00:01:16	00:27:18	00:53:10	01:19:17	**01:51:50.05**	**01:53:06.35**	+00:29:14 (26.2%)	5:18	11.3 (73.9%)
56	**WOJAKOWSKA Katarzyna**	**324**	K&K RUN	K-30	29	00:01:04	00:25:55	00:51:03	01:18:18	**01:52:11.75**	**01:53:15.95**	+00:29:36 (26.4%)	5:19	11.3 (73.9%)
57	**CZARNIK-PECIAK Aleksandra**	**184**	BRAK	K-40	19	00:00:31	00:26:03	00:51:44	01:19:17	**01:52:53.55**	**01:53:24.80**	+00:30:18 (26.8%)	5:20	11.2 (73.2%)
58	**MAZUR Sylwia**	**410**	INIEMASLABYCH.PL	K-40	17	00:01:06	00:26:00	00:51:25	01:18:10	**01:52:41.15**	**01:53:47.55**	+00:30:05 (26.7%)	5:20	11.2 (73.2%)
59	**KOWALSKA Barbara**	**936**		K-30	28	00:01:57	00:26:23	00:52:00	01:18:56	**01:51:51.00**	**01:53:48.55**	+00:29:15 (26.2%)	5:18	11.3 (73.9%)
60	**PĘDOWSKA Bożena**	**726**	INDYWIDUALNIE	K-50	2	00:02:47	00:26:28	00:51:59	01:18:46	**01:51:07.00**	**01:53:54.20**	+00:28:31 (25.7%)	5:15	11.4 (74.5%)

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61	**STACHERA Agnieszka**	**1087**		K-40	18	00:01:05	00:26:20	00:51:56	01:19:07	**01:52:48.90**	**01:53:54.50**	+00:30:13 (26.8%)	5:20	11.2 (73.2%)
62	**WOLAŃCZYK Kamila**	**703**		K-30	31	00:00:03	00:25:28	00:51:25	01:19:37	**01:53:59.90**	**01:54:03.30**	+00:31:24 (27.6%)	5:24	11.1 (72.5%)
63	**SKÓRA Aneta**	**783**	NIGHT RUNNERS GLIWICE	K-30	30	00:01:44	00:26:24	00:52:10	01:19:24	**01:52:56.85**	**01:54:41.60**	+00:30:21 (26.9%)	5:21	11.2 (73.2%)
64	**KĄCKA - CICHY Ewa**	**667**	PARKUN CHRZANÓW	K-30	32	00:00:48	00:25:48	00:51:08	01:18:48	**01:54:02.75**	**01:54:51.60**	+00:31:27 (27.6%)	5:24	11.1 (72.5%)
65	**STAWSKA Joanna**	**35**	BIEGAJ Z TRENERAMI	K-50	3	00:00:49	00:27:05	00:53:22	01:21:01	**01:54:40.00**	**01:55:29.65**	+00:32:04 (28.0%)	5:26	11 (71.9%)
66	**MULARCZYK Agnieszka**	**1033**		K-30	35	00:00:51	00:26:03	00:52:06	01:20:26	**01:54:47.65**	**01:55:39.30**	+00:32:12 (28.1%)	5:26	11 (71.9%)
67	**PROKOP Elżbieta**	**100**	BIEGAJ Z TRENERAMI	K-50	4	00:00:34	00:27:13	00:53:30	01:21:17	**01:55:15.70**	**01:55:50.05**	+00:32:40 (28.3%)	5:27	11 (71.9%)
68	**ŁATAK - SKRABUT Barbara**	**349**	MUSTANGI	K-30	33	00:01:28	00:26:29	00:52:10	01:19:54	**01:54:23.75**	**01:55:52.65**	+00:31:48 (27.8%)	5:25	11.1 (72.5%)
69	**FIT Olga**	**861**	HIRERIGHT RUNNING TEAM	K-30	34	00:01:32	00:26:18	00:52:25	01:20:39	**01:54:24.05**	**01:55:56.75**	+00:31:48 (27.8%)	5:25	11.1 (72.5%)
70	**KOCIELSKA Anna**	**661**	AKMB PĘDZIWIATR GLIWICE	K-30	36	00:01:08	00:26:38	00:52:42	01:20:48	**01:55:00.90**	**01:56:09.00**	+00:32:25 (28.2%)	5:27	11 (71.9%)
71	**SALA Nela**	**691**		K-30	37	00:00:45	00:26:47	00:52:58	01:20:38	**01:55:24.95**	**01:56:10.00**	+00:32:49 (28.4%)	5:28	11 (71.9%)
72	**MUSZYŃSKA Ewa**	**559**	FIZJOFUNK	K-30	38	00:00:45	00:27:37	00:54:16	01:21:56	**01:55:30.70**	**01:56:15.95**	+00:32:55 (28.5%)	5:28	11 (71.9%)
73	**OLESIŃSKA Joanna**	**298**		K-40	20	00:00:12	00:27:38	00:54:04	01:21:51	**01:56:09.65**	**01:56:21.80**	+00:33:34 (28.9%)	5:30	10.9 (71.2%)
74	**KRZYSZKOWSKA Agnieszka**	**65**		K-30	39	00:00:46	00:26:40	00:53:35	01:21:56	**01:56:09.40**	**01:56:55.60**	+00:33:34 (28.9%)	5:30	10.9 (71.2%)
75	**NANCKA Brygida**	**204**		K-40	23	00:00:50	00:27:11	00:53:41	01:21:45	**01:56:49.75**	**01:57:40.20**	+00:34:14 (29.3%)	5:32	10.8 (70.6%)
76	**KUCZMA Joanna**	**433**		K-40	22	00:01:00	00:27:33	00:54:26	01:22:30	**01:56:42.30**	**01:57:43.25**	+00:34:07 (29.2%)	5:31	10.8 (70.6%)
77	**MORITZ-PIĄTEK Kasia**	**67**		K-40	21	00:01:05	00:27:04	00:53:23	01:21:46	**01:56:40.30**	**01:57:46.05**	+00:34:05 (29.2%)	5:31	10.8 (70.6%)
78	**SKURZYŃSKA Kaja**	**751**		K-20	12	00:01:17	00:26:41	00:52:41	01:20:49	**01:56:33.20**	**01:57:51.05**	+00:33:58 (29.1%)	5:31	10.9 (71.2%)
79	**ROŻEK Agata**	**277**		K-18	1	00:01:20	00:27:58	00:54:57	01:23:27	**01:56:53.55**	**01:58:13.95**	+00:34:18 (29.3%)	5:32	10.8 (70.6%)
80	**ŚLIWIŃSKA Alicja**	**102**	NIGHT RUNNER GLIWICE	K-30	40	00:01:09	00:28:01	00:54:58	01:23:18	**01:57:14.85**	**01:58:23.90**	+00:34:39 (29.6%)	5:33	10.8 (70.6%)
81	**POPIEL Adriana**	**50**		K-30	41	00:01:05	00:27:47	00:54:39	01:22:57	**01:57:25.75**	**01:58:31.20**	+00:34:50 (29.7%)	5:33	10.8 (70.6%)
82	**WÓJCIK Anna**	**935**		K-30	44	00:00:49	00:28:09	00:55:43	01:24:04	**01:57:59.45**	**01:58:49.05**	+00:35:24 (30.0%)	5:35	10.7 (69.9%)
83	**TYLMAN-MADEJCZYK Marta**	**53**	MTM | IB TEAM	K-30	42	00:01:18	00:28:10	00:54:44	01:22:59	**01:57:32.10**	**01:58:50.15**	+00:34:56 (29.7%)	5:34	10.8 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
84	**CHODAWSKA Dorota**	**731**	OPEL ACTIVE TEAM	K-30	43	00:01:21	00:28:04	00:55:23	01:23:42	**01:57:54.00**	**01:59:15.45**	+00:35:18 (30.0%)	5:35	10.7 (69.9%)
85	**BALIŃSKA-SANOCKA Aneta**	**208**		K-40	24	00:01:22	00:28:46	00:56:27	01:25:32	**01:58:08.50**	**01:59:31.45**	+00:35:33 (30.1%)	5:35	10.7 (69.9%)
86	**PUKAS-STĘCLIK Karolina**	**428**		K-30	46	00:01:09	00:28:55	00:56:37	01:24:52	**01:58:30.85**	**01:59:40.55**	+00:35:55 (30.3%)	5:37	10.7 (69.9%)
87	**LESISZ Katarzyna**	**920**		K-40	27	00:00:49	00:28:09	00:55:43	01:24:04	**01:58:54.90**	**01:59:44.25**	+00:36:19 (30.5%)	5:38	10.6 (69.3%)
88	**HERUD Magdalena**	**996**	EKO-OKNA RUNNERS	K-30	45	00:01:23	00:28:30	00:55:42	01:24:10	**01:58:27.00**	**01:59:50.60**	+00:35:51 (30.3%)	5:36	10.7 (69.9%)
89	**KROCZEK Liliana**	**452**	KNIGHT RUNNERS GLIWICE	K-40	25	00:01:15	00:28:10	00:55:45	01:23:56	**01:58:45.50**	**02:00:01.45**	+00:36:10 (30.5%)	5:37	10.7 (69.9%)
90	**KONOPKA Agnieszka**	**235**		K-30	48	00:00:56	00:27:40	00:54:24	01:22:58	**01:59:06.10**	**02:00:02.85**	+00:36:30 (30.7%)	5:38	10.6 (69.3%)
91	**DRZEWIECKA Julita**	**733**	KGB	K-40	26	00:01:24	00:26:56	00:54:01	01:22:53	**01:58:54.10**	**02:00:18.95**	+00:36:18 (30.5%)	5:38	10.6 (69.3%)
92	**WIDURSKA Magdalena**	**941**		K-30	47	00:01:52	00:28:31	00:55:51	01:24:15	**01:58:34.90**	**02:00:27.55**	+00:35:59 (30.4%)	5:37	10.7 (69.9%)
93	**SZCZYPKA Marianna**	**885**		K-40	28	00:01:05	00:28:34	00:56:10	01:24:37	**01:59:28.10**	**02:00:34.00**	+00:36:52 (30.9%)	5:39	10.6 (69.3%)
94	**WŁOSZCZYŃSKA Ewa**	**103**	IB TEAM	K-30	50	00:01:17	00:28:42	00:55:46	01:24:40	**01:59:17.25**	**02:00:34.95**	+00:36:42 (30.8%)	5:39	10.6 (69.3%)
95	**NAWROT Agnieszka**	**1133**		K-40	34	00:00:17	00:27:27	00:54:07	01:22:56	**02:00:37.45**	**02:00:55.05**	+00:38:02 (31.5%)	5:43	10.5 (68.6%)
96	**KOWALCZYK Anna**	**567**	HIRSCHVOGEL	K-40	30	00:01:28	00:28:46	00:56:10	01:24:44	**01:59:29.35**	**02:00:57.85**	+00:36:54 (30.9%)	5:39	10.6 (69.3%)
97	**KLEJNOWSKA Katarzyna**	**453**		K-20	14	00:00:58	00:28:11	00:55:51	01:24:53	**02:00:02.20**	**02:01:00.85**	+00:37:27 (31.2%)	5:41	10.5 (68.6%)
98	**DEMBOWSKA Bożena**	**771**		K-30	49	00:01:51	00:28:54	00:57:17	01:25:56	**01:59:15.80**	**02:01:07.05**	+00:36:40 (30.8%)	5:39	10.6 (69.3%)
99	**PUCHAŁA Ewelina**	**1086**	PACEMAKER	K-30	51	00:01:17	00:28:08	00:55:46	01:23:52	**01:59:54.10**	**02:01:11.15**	+00:37:18 (31.1%)	5:40	10.6 (69.3%)
100	**KOŻUCH Agnieszka**	**940**	LECYMY DURŚ	K-40	31	00:01:52	00:28:31	00:55:51	01:24:15	**01:59:32.35**	**02:01:24.60**	+00:36:57 (30.9%)	5:39	10.6 (69.3%)
101	**PIELA Monika**	**238**		K-20	13	00:02:01	00:28:16	00:55:47	01:24:52	**01:59:23.70**	**02:01:25.55**	+00:36:48 (30.8%)	5:39	10.6 (69.3%)
102	**BATEJKO Beata**	**164**	BEETEAM	K-40	33	00:00:50	00:27:41	00:55:23	01:24:23	**02:00:37.15**	**02:01:27.55**	+00:38:01 (31.5%)	5:42	10.5 (68.6%)
103	**SANOCKA Dorota**	**286**		K-40	32	00:01:23	00:28:45	00:56:25	01:25:32	**02:00:04.45**	**02:01:27.85**	+00:37:29 (31.2%)	5:41	10.5 (68.6%)
104	**MAKOSZ Barbara**	**105**	RUNTEAM PAWŁOWICE	K-40	29	00:02:01	00:28:17	00:55:11	01:24:15	**01:59:29.10**	**02:01:30.80**	+00:36:53 (30.9%)	5:39	10.6 (69.3%)
105	**JANICKA Dagna**	**632**	DREAM TEAM	K-30	52	00:01:24	00:28:10	00:55:35	01:24:50	**02:00:38.80**	**02:02:03.25**	+00:38:03 (31.5%)	5:43	10.5 (68.6%)
106	**KOŁODZIEJCZYK Karolina**	**386**	GMINA STRZELCE OPOLSKIE	K-30	53	00:01:28	00:29:42	00:58:16	01:27:04	**02:00:40.80**	**02:02:09.05**	+00:38:05 (31.6%)	5:43	10.5 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
107	**BZOWSKA Aleksandra**	**41**	NIGHT RUNNERS	K-30	54	00:01:25	00:29:42	00:56:34	01:25:46	**02:00:47.15**	**02:02:12.45**	+00:38:11 (31.6%)	5:43	10.5 (68.6%)
108	**GDULA Teodozja**	**269**		K-60	1	00:01:45	00:28:10	00:55:15	01:24:19	**02:00:29.90**	**02:02:15.45**	+00:37:54 (31.5%)	5:42	10.5 (68.6%)
109	**KWIATKOWSKA Katarzyna**	**72**		K-40	35	00:00:46	00:28:01	00:55:44	01:25:19	**02:01:30.45**	**02:02:16.45**	+00:38:55 (32.0%)	5:45	10.4 (68.0%)
110	**SYGUŁA Katarzyna**	**132**	KB MCKIS JAWORZNO	K-40	36	00:00:41	00:27:53	00:55:59	01:25:31	**02:01:47.60**	**02:02:29.55**	+00:39:12 (32.2%)	5:46	10.4 (68.0%)
111	**MAKSYMIUK-KONOPKA Ewa**	**226**		K-40	37	00:00:36	00:27:39	00:54:48	01:24:36	**02:01:59.20**	**02:02:35.30**	+00:39:24 (32.3%)	5:46	10.4 (68.0%)
112	**CESARZ Alicja**	**597**		K-30	56	00:01:13	00:28:48	00:56:35	01:25:40	**02:01:35.30**	**02:02:48.35**	+00:39:00 (32.1%)	5:45	10.4 (68.0%)
113	**BARTAS Agnieszka**	**500**	ISTA BIEG A MY	K-30	55	00:01:48	00:28:14	00:55:26	01:25:09	**02:01:20.35**	**02:03:08.80**	+00:38:45 (31.9%)	5:45	10.4 (68.0%)
114	**DRAMSKA-KUŹMA Julia**	**395**		K-20	16	00:00:43	00:28:41	00:56:29	01:25:58	**02:02:40.80**	**02:03:23.85**	+00:40:05 (32.7%)	5:48	10.3 (67.3%)
115	**BARWICKA-KISIEL Sabina**	**1028**		K-30	57	00:01:29	00:28:26	00:56:40	01:26:32	**02:01:58.95**	**02:03:28.55**	+00:39:23 (32.3%)	5:46	10.4 (68.0%)
116	**JANCZAŁA Sabina**	**642**	SBRT	K-20	15	00:01:14	00:28:23	00:55:56	01:25:16	**02:02:19.05**	**02:03:33.40**	+00:39:43 (32.5%)	5:47	10.4 (68.0%)
117	**CZERNIAK Żaneta**	**846**		K-40	39	00:01:23	00:28:23	00:55:39	01:25:27	**02:02:15.75**	**02:03:39.15**	+00:39:40 (32.5%)	5:47	10.4 (68.0%)
118	**ZAPOTOCZNA Renata**	**359**		K-40	38	00:01:32	00:28:02	00:55:30	01:25:18	**02:02:07.20**	**02:03:39.30**	+00:39:32 (32.4%)	5:47	10.4 (68.0%)
119	**WYSZYŃSKA Karina**	**895**	DAR-BUD TEAM	K-30	58	00:01:23	00:28:36	00:56:11	01:26:16	**02:02:24.70**	**02:03:48.00**	+00:39:49 (32.5%)	5:48	10.3 (67.3%)
120	**BOROWICZ Roksana**	**362**	NIGHT RUNNERS GLIWICE	K-20	17	00:01:02	00:28:29	00:56:31	01:26:50	**02:03:02.15**	**02:04:04.85**	+00:40:26 (32.9%)	5:49	10.3 (67.3%)
121	**ZIĘBA Anna**	**1013**	DAR BUD-TEAM	K-30	59	00:01:24	00:28:37	00:56:17	01:26:16	**02:02:50.15**	**02:04:14.60**	+00:40:14 (32.8%)	5:49	10.3 (67.3%)
122	**STYCZEŃ Justyna**	**805**		K-30	60	00:01:24	00:28:09	00:55:36	01:26:17	**02:02:59.75**	**02:04:24.30**	+00:40:24 (32.9%)	5:49	10.3 (67.3%)
123	**ZAMOJSKA Iwona**	**828**	MIECHOWICKA GRUPA BIEGOWA	K-30	61	00:01:39	00:27:47	00:55:08	01:25:19	**02:03:02.00**	**02:04:41.85**	+00:40:26 (32.9%)	5:49	10.3 (67.3%)
124	**STYGIENKO Małgorzata**	**814**		K-30	62	00:01:44	00:29:03	00:56:29	01:25:51	**02:03:03.35**	**02:04:47.60**	+00:40:28 (32.9%)	5:49	10.3 (67.3%)
125	**JURASZCZYK Katarzyna**	**1071**		K-40	40	00:01:43	00:29:07	00:57:48	01:28:19	**02:03:03.80**	**02:04:47.75**	+00:40:28 (32.9%)	5:49	10.3 (67.3%)
126	**PIETRUCHA-WALCZYSZYN Anna**	**1030**		K-40	44	00:00:17	00:28:17	00:56:25	01:27:12	**02:04:48.40**	**02:05:06.05**	+00:42:13 (33.8%)	5:54	10.1 (66.0%)
127	**LEDWOŃ Aneta**	**340**	NIGHT RUNNERS GLIWICE	K-40	41	00:01:11	00:28:41	00:56:47	01:26:39	**02:03:57.15**	**02:05:08.50**	+00:41:21 (33.4%)	5:52	10.2 (66.7%)
128	**GRADZIŃSKA Agnieszka**	**1069**		K-20	18	00:01:29	00:28:57	00:57:31	01:27:46	**02:03:57.75**	**02:05:27.15**	+00:41:22 (33.4%)	5:52	10.2 (66.7%)
129	**LACH Iwona**	**772**	NIGHT RUNNERS PYSKOWICE	K-30	63	00:02:07	00:28:41	00:57:07	01:26:57	**02:03:24.15**	**02:05:31.15**	+00:40:48 (33.1%)	5:50	10.3 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
130	**KOSAKOWSKA Elżbieta**	**323**	SPARTA DĄBROWA GÓRNICZA	K-30	65	00:01:17	00:28:20	00:57:07	01:27:37	**02:04:15.70**	**02:05:33.40**	+00:41:40 (33.5%)	5:53	10.2 (66.7%)
131	**MALSKA-WYROZUMSKA Małgorzata**	**178**		K-30	64	00:01:44	00:28:12	00:55:58	01:26:14	**02:04:07.35**	**02:05:51.40**	+00:41:32 (33.5%)	5:52	10.2 (66.7%)
132	**LEŚNIAK Ewa**	**331**		K-40	42	00:01:46	00:29:35	00:57:53	01:27:41	**02:04:06.20**	**02:05:52.85**	+00:41:31 (33.5%)	5:52	10.2 (66.7%)
133	**KOTARSKA Angelika**	**986**	TAKEKAKA	K-20	19	00:01:38	00:29:06	00:57:33	01:27:17	**02:04:15.95**	**02:05:54.85**	+00:41:40 (33.5%)	5:53	10.2 (66.7%)
134	**ZAWADA Agnieszka**	**525**		K-40	43	00:01:27	00:27:47	00:55:18	01:25:43	**02:04:29.50**	**02:05:56.65**	+00:41:54 (33.7%)	5:53	10.2 (66.7%)
135	**TETLAK TEACZ Barbara**	**913**		K-30	66	00:01:45	00:28:59	00:56:58	01:26:19	**02:04:26.00**	**02:06:11.95**	+00:41:50 (33.6%)	5:53	10.2 (66.7%)
136	**JACEK Alina**	**1175**		K-30	70	00:00:17	00:27:38	00:56:09	01:27:26	**02:05:56.70**	**02:06:14.00**	+00:43:21 (34.4%)	5:58	10.1 (66.0%)
137	**HANZEL Anna**	**99**	AKMB PĘDZIWIATR	K-50	5	00:01:04	00:28:15	00:56:47	01:27:02	**02:05:25.25**	**02:06:29.40**	+00:42:50 (34.2%)	5:56	10.1 (66.0%)
138	**SPODZIEJA Aleksandra**	**339**		K-20	20	00:01:31	00:29:22	00:57:27	01:27:00	**02:04:58.80**	**02:06:29.95**	+00:42:23 (33.9%)	5:55	10.1 (66.0%)
139	**KAMIŃSKA Aleksandra**	**688**		K-20	21	00:00:43	00:29:49	00:58:36	01:28:38	**02:05:55.45**	**02:06:39.00**	+00:43:20 (34.4%)	5:58	10.1 (66.0%)
140	**GAJDA Małgorzata**	**690**		K-40	47	00:01:34	00:28:53	00:57:24	01:27:41	**02:05:05.70**	**02:06:39.70**	+00:42:30 (34.0%)	5:55	10.1 (66.0%)
141	**KNEBEL Patrycja**	**919**		K-30	69	00:00:48	00:28:09	00:55:45	01:25:10	**02:05:51.85**	**02:06:40.60**	+00:43:16 (34.4%)	5:57	10.1 (66.0%)
142	**SMIESZKOŁ-BRYKOWSKA Sonia**	**443**	RUN AND FUN	K-30	67	00:01:31	00:29:08	00:57:24	01:27:18	**02:05:09.75**	**02:06:41.15**	+00:42:34 (34.0%)	5:55	10.1 (66.0%)
143	**MUSIAŁ Bożena**	**921**		K-30	68	00:00:50	00:28:07	00:55:43	01:25:08	**02:05:51.50**	**02:06:41.65**	+00:43:16 (34.4%)	5:57	10.1 (66.0%)
144	**WRÓBLEWSKA Ewa**	**1209**		K-40	45	00:02:04	00:29:54	00:58:52	01:29:42	**02:05:01.75**	**02:07:06.40**	+00:42:26 (33.9%)	5:55	10.1 (66.0%)
145	**MATUSZNY Barbara**	**1208**		K-40	46	00:02:04	00:29:54	00:58:51	01:29:42	**02:05:04.95**	**02:07:09.45**	+00:42:29 (34.0%)	5:55	10.1 (66.0%)
146	**CHROBAK Kamila**	**246**		K-30	73	00:01:23	00:29:14	00:57:31	01:28:17	**02:06:19.65**	**02:07:43.50**	+00:43:44 (34.6%)	5:59	10 (65.4%)
147	**SUFLETA Aneta**	**253**		K-40	54	00:00:18	00:30:07	00:59:17	01:30:02	**02:07:27.90**	**02:07:46.15**	+00:44:52 (35.2%)	6:02	9.9 (64.7%)
148	**DUDEK Marzena**	**250**		K-40	55	00:00:18	00:30:07	00:59:17	01:30:02	**02:07:34.00**	**02:07:52.20**	+00:44:58 (35.3%)	6:02	9.9 (64.7%)
149	**KASZUBA-ŚMIEJA Małgorzata**	**698**		K-40	48	00:01:32	00:29:07	00:57:56	01:28:46	**02:06:22.95**	**02:07:55.35**	+00:43:47 (34.7%)	5:59	10 (65.4%)
150	**BŁASZCZYK Paulina**	**237**		K-30	71	00:01:51	00:28:54	00:57:19	01:27:55	**02:06:05.90**	**02:07:57.40**	+00:43:30 (34.5%)	5:58	10 (65.4%)
150	**ŻAK Sonia**	**354**		K-20	22	00:01:03	00:29:07	00:58:20	01:29:05	**02:06:54.25**	**02:07:57.40**	+00:44:19 (34.9%)	6:00	10 (65.4%)
152	**DYGOŃ Małgorzata**	**288**	RUN&FUN	K-40	49	00:01:32	00:29:07	00:57:58	01:28:46	**02:06:27.50**	**02:07:59.95**	+00:43:52 (34.7%)	5:59	10 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
153	**MAZUR Ewelina**	**101**	RUN&FUN	K-40	50	00:01:31	00:29:08	00:57:59	01:28:47	**02:06:32.10**	**02:08:03.40**	+00:43:56 (34.7%)	5:59	10 (65.4%)
154	**CIEŚLA Anna**	**937**	LECYMY DURŚ	K-30	72	00:01:52	00:28:32	00:55:51	01:26:29	**02:06:13.80**	**02:08:06.55**	+00:43:38 (34.6%)	5:58	10 (65.4%)
155	**IBROM-JASIŃSKA Justyna**	**904**	ANGEL ART STUDIO	K-30	74	00:01:26	00:28:37	00:57:10	01:28:41	**02:06:45.10**	**02:08:11.45**	+00:44:09 (34.8%)	6:00	10 (65.4%)
156	**GOLEC Katarzyna**	**811**		K-20	23	00:01:26	00:28:15	00:56:53	01:28:17	**02:07:02.20**	**02:08:28.70**	+00:44:27 (35.0%)	6:01	10 (65.4%)
157	**TKACZYK Agata**	**275**		K-20	24	00:01:31	00:29:20	00:58:07	01:28:54	**02:07:10.80**	**02:08:42.75**	+00:44:35 (35.1%)	6:01	10 (65.4%)
158	**KOWALCZYK Kamila**	**1016**		K-30	83	00:00:28	00:28:24	00:57:34	01:29:27	**02:08:16.70**	**02:08:45.15**	+00:45:41 (35.6%)	6:04	9.9 (64.7%)
159	**ROSA Anna**	**1166**	-	K-50	7	00:00:22	00:30:11	00:59:09	01:29:57	**02:08:24.30**	**02:08:46.55**	+00:45:49 (35.7%)	6:05	9.9 (64.7%)
160	**RATAJCZYK Beata**	**750**	SAS ZABRZE	K-30	77	00:01:30	00:29:13	00:58:03	01:28:52	**02:07:17.90**	**02:08:47.95**	+00:44:42 (35.1%)	6:01	9.9 (64.7%)
161	**SZOTA Magdalena**	**1116**		K-40	58	00:00:54	00:26:42	00:54:58	01:27:45	**02:07:58.30**	**02:08:52.55**	+00:45:23 (35.5%)	6:03	9.9 (64.7%)
162	**DELEWSKA Dorota**	**268**	NIGCHT RUNNERS ZABRZE	K-40	53	00:01:34	00:30:02	00:59:02	01:29:55	**02:07:25.05**	**02:09:00.00**	+00:44:49 (35.2%)	6:02	9.9 (64.7%)
163	**MASTALSKA Marzena**	**950**	OPEL ACTIVE TEAM	K-30	79	00:01:35	00:30:01	00:59:03	01:29:55	**02:07:24.60**	**02:09:00.30**	+00:44:49 (35.2%)	6:02	9.9 (64.7%)
164	**GORUS Anna**	**403**	NIGHT RUNNERS ZABRZE	K-30	82	00:01:10	00:28:09	00:59:25	01:30:21	**02:07:50.35**	**02:09:00.60**	+00:45:15 (35.4%)	6:03	9.9 (64.7%)
165	**GRZEGORCZYK Monika**	**183**	NIGHT RUNNERS ZABRZE	K-30	78	00:01:37	00:29:59	00:59:02	01:29:54	**02:07:24.45**	**02:09:01.60**	+00:44:49 (35.2%)	6:02	9.9 (64.7%)
166	**FIEDOR Anna**	**799**		K-30	75	00:02:00	00:29:42	00:58:44	01:29:41	**02:07:08.85**	**02:09:09.00**	+00:44:33 (35.0%)	6:01	10 (65.4%)
167	**DYLONG Natalia**	**785**		K-20	25	00:01:23	00:31:18	01:01:07	01:31:32	**02:07:45.85**	**02:09:09.75**	+00:45:10 (35.4%)	6:03	9.9 (64.7%)
168	**CZERNIEWICZ Anna**	**423**		K-40	51	00:01:59	00:29:42	00:58:44	01:29:41	**02:07:10.20**	**02:09:09.90**	+00:44:35 (35.1%)	6:01	10 (65.4%)
169	**PEREK Justyna**	**422**		K-30	76	00:01:59	00:29:42	00:58:43	01:29:43	**02:07:11.00**	**02:09:10.45**	+00:44:35 (35.1%)	6:01	10 (65.4%)
170	**BARNAS Ilona**	**821**	PRETTYFITTYTEAM	K-30	85	00:00:43	00:28:57	00:57:57	01:29:50	**02:08:27.80**	**02:09:11.60**	+00:45:52 (35.7%)	6:05	9.9 (64.7%)
171	**KWIATKOWSKA-STOJAK Ewelina**	**741**		K-30	80	00:01:57	00:29:42	00:58:39	01:29:54	**02:07:25.55**	**02:09:22.85**	+00:44:50 (35.2%)	6:02	9.9 (64.7%)
172	**POGORZELSKA-KLIKS Agata**	**98**	FIS-SST TEAM	K-40	52	00:02:12	00:30:29	00:58:54	01:29:32	**02:07:11.85**	**02:09:24.25**	+00:44:36 (35.1%)	6:01	10 (65.4%)
173	**JANKOWSKA Anna**	**795**		K-30	81	00:01:46	00:28:58	00:56:58	01:27:27	**02:07:47.95**	**02:09:34.00**	+00:45:12 (35.4%)	6:03	9.9 (64.7%)
174	**POLEWKA Beata**	**989**	UKS KOMETA	K-40	59	00:00:03	00:30:03	00:59:39	01:31:01	**02:09:32.40**	**02:09:35.95**	+00:46:57 (36.2%)	6:08	9.8 (64.1%)
175	**FAŁEK Dorota**	**832**	NIEZRZESZONA	K-50	6	00:01:46	00:28:13	00:56:53	01:28:46	**02:07:54.65**	**02:09:41.50**	+00:45:19 (35.4%)	6:03	9.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
176	**WILSZ Ewa**	**90**	FIS-SST TEAM	K-40	56	00:01:54	00:30:13	00:59:47	01:30:39	**02:07:52.80**	**02:09:46.95**	+00:45:17 (35.4%)	6:03	9.9 (64.7%)
177	**SIERADZKA Weronika**	**546**		K-20	26	00:02:01	00:29:42	00:58:45	01:29:51	**02:08:02.70**	**02:10:04.40**	+00:45:27 (35.5%)	6:04	9.9 (64.7%)
178	**ZIMOCH Beata**	**231**		K-30	84	00:01:46	00:29:09	00:56:26	01:27:18	**02:08:21.95**	**02:10:08.60**	+00:45:46 (35.7%)	6:05	9.9 (64.7%)
179	**FILIPEK Beata**	**1197**	KB CENTRUM	K-40	57	00:02:10	00:30:00	00:59:13	01:30:01	**02:07:58.10**	**02:10:08.90**	+00:45:22 (35.5%)	6:03	9.9 (64.7%)
180	**BUDZIŃSKA Ania**	**319**		K-30	89	00:00:13	00:27:55	00:56:54	01:29:24	**02:10:05.55**	**02:10:19.00**	+00:47:30 (36.5%)	6:09	9.7 (63.4%)
181	**GÓRNY Magdalena**	**927**	PACEMAKER	K-30	87	00:01:30	00:29:09	00:58:00	01:28:47	**02:09:02.90**	**02:10:33.30**	+00:46:27 (36.0%)	6:06	9.8 (64.1%)
182	**ŁAGOSZ Katarzyna**	**926**	PACEMAKER	K-30	88	00:01:30	00:29:09	00:58:00	01:28:48	**02:09:04.00**	**02:10:34.20**	+00:46:28 (36.0%)	6:07	9.8 (64.1%)
182	**HAJOK Magda**	**831**		K-30	86	00:01:39	00:28:59	00:57:55	01:28:58	**02:08:54.70**	**02:10:34.20**	+00:46:19 (35.9%)	6:06	9.8 (64.1%)
184	**SAMOL Aleksandra**	**270**		K-20	27	00:01:44	00:29:59	00:59:01	01:30:08	**02:08:55.50**	**02:10:39.65**	+00:46:20 (35.9%)	6:06	9.8 (64.1%)
185	**ŚWIĄTKO Aleksandra**	**878**		K-20	28	00:01:26	00:30:36	01:00:40	01:32:00	**02:10:14.95**	**02:11:41.35**	+00:47:39 (36.6%)	6:10	9.7 (63.4%)
186	**CIEŚLAK Sylwia**	**397**	MUSTANGI GLIWICE	K-30	91	00:01:17	00:28:44	00:58:28	01:30:48	**02:10:40.15**	**02:11:57.55**	+00:48:04 (36.8%)	6:11	9.7 (63.4%)
187	**HEJNE Agnieszka**	**56**		K-30	93	00:01:05	00:28:30	00:57:35	01:29:27	**02:11:09.15**	**02:12:14.15**	+00:48:33 (37.0%)	6:12	9.7 (63.4%)
188	**STEMPNIAK Izabela**	**539**		K-40	61	00:01:27	00:29:47	00:59:38	01:31:56	**02:10:52.55**	**02:12:20.50**	+00:48:17 (36.9%)	6:12	9.7 (63.4%)
189	**ĆWIOK Barbara**	**94**	FIS-SST TEAM	K-40	60	00:01:53	00:30:15	00:59:48	01:31:43	**02:10:33.90**	**02:12:27.75**	+00:47:58 (36.7%)	6:11	9.7 (63.4%)
190	**HERLICZKA Renata**	**837**		K-30	94	00:01:30	00:30:32	01:00:34	01:32:30	**02:11:10.40**	**02:12:41.25**	+00:48:35 (37.0%)	6:13	9.7 (63.4%)
191	**PIETRZYK Agnieszka**	**1223**	HUSARIA RACE TEAM	K-30	92	00:01:59	00:29:41	00:58:57	01:30:05	**02:10:44.10**	**02:12:43.10**	+00:48:08 (36.8%)	6:11	9.7 (63.4%)
192	**KAMPA Iza**	**586**	ISTA BIEGAMY	K-30	90	00:02:07	00:31:17	01:01:53	01:32:54	**02:10:37.10**	**02:12:44.15**	+00:48:01 (36.8%)	6:11	9.7 (63.4%)
193	**BROŻEK Anna**	**1043**		K-30	95	00:00:49	00:29:36	00:59:08	01:30:46	**02:12:09.50**	**02:12:59.15**	+00:49:34 (37.5%)	6:15	9.6 (62.7%)
194	**NAWRAT Joanna**	**1017**		K-40	62	00:02:01	00:27:29	00:57:36	01:31:01	**02:11:19.15**	**02:13:20.15**	+00:48:43 (37.1%)	6:13	9.6 (62.7%)
195	**ONAK Iza**	**58**	OCHAJORUN&FRIENDS	K-40	63	00:01:57	00:31:57	01:04:23	01:36:28	**02:13:19.75**	**02:15:17.35**	+00:50:44 (38.1%)	6:19	9.5 (62.1%)
196	**HANKE Klaudia**	**834**		K-40	65	00:00:50	00:29:43	01:00:05	01:33:24	**02:14:41.45**	**02:15:32.15**	+00:52:06 (38.7%)	6:23	9.4 (61.4%)
197	**OPANOWSKA Anna**	**536**		K-40	64	00:01:41	00:29:50	00:59:48	01:32:47	**02:14:31.50**	**02:16:13.15**	+00:51:56 (38.6%)	6:22	9.4 (61.4%)
198	**CISEK Agnieszka**	**571**		K-30	96	00:02:06	00:31:40	01:01:15	01:33:57	**02:14:10.95**	**02:16:17.70**	+00:51:35 (38.5%)	6:21	9.4 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
199	**ESTKO Anna**	**607**		K-30	97	00:00:49	00:31:29	01:02:32	01:35:12	**02:15:29.85**	**02:16:19.50**	+00:52:54 (39.0%)	6:25	9.3 (60.8%)
200	**KORLAGA Barbara**	**1067**		K-20	30	00:00:04	00:29:37	01:00:51	01:34:40	**02:16:46.85**	**02:16:51.55**	+00:54:11 (39.6%)	6:28	9.3 (60.8%)
201	**GOŁĘBIOWSKA Aleksandra**	**368**		K-50	8	00:01:25	00:30:44	01:01:17	01:35:05	**02:15:27.15**	**02:16:52.45**	+00:52:51 (39.0%)	6:25	9.3 (60.8%)
202	**GOŁOFIT Aneta**	**260**		K-30	99	00:00:35	00:30:31	01:00:13	01:34:15	**02:16:32.50**	**02:17:08.35**	+00:53:57 (39.5%)	6:28	9.3 (60.8%)
203	**JURETKO Agata**	**1230**		K-18	2	00:01:24	00:29:23	00:58:54	01:32:33	**02:16:02.50**	**02:17:26.70**	+00:53:27 (39.3%)	6:26	9.3 (60.8%)
204	**KAŁUŻNA Anna**	**182**		K-50	10	00:00:17	00:30:07	01:00:33	01:34:38	**02:17:16.35**	**02:17:33.35**	+00:54:41 (39.8%)	6:30	9.2 (60.1%)
205	**PORĘBA Gabriela**	**468**		K-40	68	00:01:55	00:31:12	01:02:11	01:35:19	**02:15:59.35**	**02:17:55.25**	+00:53:24 (39.3%)	6:26	9.3 (60.8%)
206	**URBAŃCZYK Olga**	**214**		K-20	29	00:02:07	00:31:55	01:02:59	01:35:53	**02:15:49.50**	**02:17:56.70**	+00:53:14 (39.2%)	6:26	9.3 (60.8%)
207	**BOMASTYK Beata**	**1146**		K-40	66	00:02:03	00:33:01	01:04:58	01:37:48	**02:15:53.60**	**02:17:57.25**	+00:53:18 (39.2%)	6:26	9.3 (60.8%)
208	**URBAŃCZYK Agnieszka**	**292**		K-40	67	00:02:05	00:31:57	01:03:02	01:35:55	**02:15:57.50**	**02:18:02.95**	+00:53:22 (39.3%)	6:26	9.3 (60.8%)
209	**STRASSBERGER Katarzyna**	**542**	SPORT-RELAKS	K-40	69	00:02:03	00:33:01	01:04:59	01:37:49	**02:16:02.65**	**02:18:06.00**	+00:53:27 (39.3%)	6:26	9.3 (60.8%)
210	**MACKIEWICZ Katarzyna**	**227**		K-50	9	00:01:33	00:30:13	01:00:29	01:34:09	**02:16:47.40**	**02:18:20.70**	+00:54:12 (39.6%)	6:28	9.3 (60.8%)
211	**ZDEB Barbara**	**80**	NIGHT RUNNERS ZABRZE	K-30	98	00:02:06	00:32:08	01:03:54	01:36:37	**02:16:23.80**	**02:18:29.90**	+00:53:48 (39.5%)	6:27	9.3 (60.8%)
212	**GREGONIS Katarzyna**	**747**		K-20	31	00:00:13	00:30:19	01:02:36	01:37:04	**02:18:33.70**	**02:18:47.55**	+00:55:58 (40.4%)	6:34	9.1 (59.5%)
213	**SZUBERT Barbara**	**465**		K-40	71	00:00:20	00:29:34	00:58:46	01:33:05	**02:19:31.70**	**02:19:52.35**	+00:56:56 (40.8%)	6:36	9.1 (59.5%)
214	**KASPEREK Magdalena**	**135**	FIS - SST	K-40	70	00:02:09	00:31:52	01:03:09	01:36:18	**02:17:45.50**	**02:19:55.10**	+00:55:10 (40.0%)	6:31	9.2 (60.1%)
215	**LIS Iwona**	**334**		K-30	101	00:01:23	00:30:40	01:01:54	01:36:12	**02:18:51.30**	**02:20:15.15**	+00:56:16 (40.5%)	6:34	9.1 (59.5%)
216	**FLOREK Anna**	**281**		K-30	100	00:02:06	00:33:12	01:04:34	01:38:24	**02:18:11.90**	**02:20:18.30**	+00:55:36 (40.2%)	6:32	9.2 (60.1%)
217	**MATUSEK Roksana**	**1173**		K-20	32	00:01:57	00:33:01	01:04:50	01:38:01	**02:18:38.70**	**02:20:36.55**	+00:56:03 (40.4%)	6:34	9.1 (59.5%)
218	**KUJDA Katarzyna**	**638**		K-20	33	00:02:04	00:31:40	01:02:32	01:37:52	**02:18:40.80**	**02:20:45.30**	+00:56:05 (40.4%)	6:34	9.1 (59.5%)
219	**OBEIDAT Gabriela**	**891**		K-30	102	00:01:58	00:31:28	01:03:07	01:36:40	**02:19:06.75**	**02:21:05.45**	+00:56:31 (40.6%)	6:35	9.1 (59.5%)
220	**MALCZYK Adela**	**934**		K-40	79	00:00:00	00:33:17	01:04:47	01:39:07	**02:21:52.20**	**02:21:52.20**	+00:59:17 (41.8%)	6:43	8.9 (58.2%)
221	**PIKULSKA Beata**	**43**	NIGHT RUNNERS	K-30	107	00:01:04	00:30:09	01:01:45	01:36:25	**02:20:48.35**	**02:21:53.00**	+00:58:13 (41.3%)	6:40	9 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
222	**RECHMAN-NOWAKOWSKA Dorota**	**79**	NIGHT RUNNERS	K-40	75	00:01:04	00:30:10	01:01:48	01:36:34	**02:20:48.90**	**02:21:53.40**	+00:58:13 (41.4%)	6:40	9 (58.8%)
223	**MIŚKIEWICZ Magdalena**	**296**	AKT WATRA	K-30	104	00:02:19	00:31:43	01:03:56	01:38:12	**02:19:42.75**	**02:22:02.20**	+00:57:07 (40.9%)	6:37	9.1 (59.5%)
223	**KIEŁTYKA Justyna**	**300**		K-30	103	00:02:20	00:31:42	01:03:50	01:38:13	**02:19:42.20**	**02:22:02.20**	+00:57:07 (40.9%)	6:37	9.1 (59.5%)
225	**KASZTELAN-HUNIA Ewa**	**602**	WKURW_TEAM	K-40	72	00:02:09	00:32:17	01:04:31	01:38:44	**02:20:09.65**	**02:22:19.55**	+00:57:34 (41.1%)	6:38	9 (58.8%)
226	**BUREK Jadwiga**	**1235**	KS KOZIOŁEK	K-30	106	00:01:41	00:32:19	01:04:33	01:38:48	**02:20:41.35**	**02:22:22.70**	+00:58:06 (41.3%)	6:40	9 (58.8%)
227	**STAŃCZYK Paulina**	**311**	NIGHT RUNNERS GLIWICE	K-30	105	00:01:55	00:30:41	01:02:17	01:37:57	**02:20:41.15**	**02:22:36.25**	+00:58:05 (41.3%)	6:40	9 (58.8%)
228	**PANENKA Małgorzata**	**117**	FIS-SST TEAM	K-40	76	00:02:04	00:33:19	01:05:42	01:39:51	**02:20:51.10**	**02:22:55.60**	+00:58:15 (41.4%)	6:40	9 (58.8%)
229	**TUROWSKA Anna**	**911**		K-40	74	00:02:28	00:32:55	01:05:16	01:39:28	**02:20:37.55**	**02:23:06.40**	+00:58:02 (41.3%)	6:39	9 (58.8%)
230	**MARUT Katarzyna**	**515**	NIGHT RUNNERS GLIWICE	K-30	108	00:02:08	00:33:15	01:05:34	01:39:51	**02:20:58.50**	**02:23:06.95**	+00:58:23 (41.4%)	6:40	9 (58.8%)
231	**CZAPEK Anna**	**568**	NIGHT RUNNERS GLIWICE	K-40	73	00:02:37	00:32:35	01:04:31	01:39:23	**02:20:30.80**	**02:23:07.85**	+00:57:55 (41.2%)	6:39	9 (58.8%)
231	**REKUS Jolanta**	**475**		K-30	109	00:02:07	00:32:42	01:05:32	01:39:50	**02:21:00.05**	**02:23:07.85**	+00:58:24 (41.4%)	6:40	9 (58.8%)
233	**BOGDANOWICZ Maja**	**329**		K-30	110	00:02:02	00:33:17	01:05:46	01:39:55	**02:21:05.85**	**02:23:08.00**	+00:58:30 (41.5%)	6:41	9 (58.8%)
234	**PALICZUK Aleksandra**	**709**		K-30	112	00:01:08	00:32:25	01:04:47	01:39:31	**02:22:08.90**	**02:23:17.60**	+00:59:33 (41.9%)	6:44	8.9 (58.2%)
235	**PAUL Violetta**	**469**	PACEMAKER	K-40	77	00:02:02	00:33:17	01:05:45	01:39:54	**02:21:17.35**	**02:23:19.90**	+00:58:42 (41.5%)	6:41	9 (58.8%)
236	**JANIA Alina**	**479**	BIEGAM BO PONIEWAŻ	K-30	111	00:02:09	00:31:19	01:03:15	01:38:10	**02:21:10.60**	**02:23:20.10**	+00:58:35 (41.5%)	6:41	9 (58.8%)
237	**GROSS Teresa**	**215**	UNISONO / FIS-SST TEAM	K-40	78	00:02:12	00:30:32	01:03:14	01:38:32	**02:21:26.85**	**02:23:39.35**	+00:58:51 (41.6%)	6:42	9 (58.8%)
238	**MENDEL Justyna**	**1049**	WIELUŃ BIEGA	K-30	115	00:00:20	00:31:48	01:04:21	01:39:56	**02:24:36.20**	**02:24:56.35**	+01:02:01 (42.9%)	6:51	8.8 (57.5%)
239	**GAWLIK-RYBIŃSKA Kasia**	**257**	EŁKA TEAM	K-30	113	00:01:48	00:31:30	01:02:26	01:38:59	**02:23:29.80**	**02:25:18.35**	+01:00:54 (42.4%)	6:48	8.8 (57.5%)
240	**WAJMAN Katarzyna**	**18**		K-30	114	00:02:01	00:33:20	01:05:46	01:39:59	**02:23:57.15**	**02:25:58.35**	+01:01:21 (42.6%)	6:49	8.8 (57.5%)
241	**NOWAK-BODUCH Joanna**	**605**	NIGHT RUNNERS GLIWICE	K-50	11	00:02:22	00:31:40	01:03:38	01:39:35	**02:23:53.10**	**02:26:15.90**	+01:01:17 (42.6%)	6:49	8.8 (57.5%)
242	**WŁODARSKA Magdalena**	**521**		K-40	81	00:00:31	00:31:49	01:06:14	01:41:33	**02:25:48.90**	**02:26:20.70**	+01:03:13 (43.4%)	6:54	8.7 (56.9%)
243	**GÓRSKA Agnieszka**	**522**	NIGHT RUNNERS GLIWICE	K-30	116	00:00:32	00:31:48	01:06:14	01:41:32	**02:25:49.60**	**02:26:21.65**	+01:03:14 (43.4%)	6:54	8.7 (56.9%)
244	**MOCHEL Kinga**	**879**	NIGHT RUNNERS	K-40	80	00:01:59	00:32:06	01:04:44	01:39:57	**02:25:07.00**	**02:27:06.30**	+01:02:31 (43.1%)	6:52	8.7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
245	**KUBIAK Celina**	**558**		K-40	86	00:00:41	00:31:49	01:03:39	01:39:17	**02:26:42.00**	**02:27:23.35**	+01:04:06 (43.7%)	6:57	8.6 (56.2%)
246	**PIETRZAK Agnieszka**	**148**		K-40	82	00:01:45	00:31:58	01:04:57	01:41:24	**02:26:07.40**	**02:27:52.55**	+01:03:32 (43.5%)	6:55	8.7 (56.9%)
247	**THIESEN Monika**	**108**	LAUF TEAM THIESEN	K-40	83	00:01:43	00:31:59	01:04:58	01:41:26	**02:26:09.45**	**02:27:53.40**	+01:03:34 (43.5%)	6:55	8.7 (56.9%)
248	**KACZMARSKA Małgorzata**	**503**		K-40	85	00:01:45	00:33:09	01:05:49	01:41:23	**02:26:33.85**	**02:28:19.75**	+01:03:58 (43.7%)	6:56	8.6 (56.2%)
249	**MIGDAŁ Iwona**	**115**		K-40	84	00:02:20	00:33:19	01:06:49	01:41:51	**02:26:16.45**	**02:28:36.90**	+01:03:41 (43.5%)	6:55	8.7 (56.9%)
250	**ZIĘTEK Anna**	**1154**	TENNECO AUTOMOTIVE EASTERN EUROPE	K-20	35	00:01:07	00:31:00	01:02:34	01:40:34	**02:28:01.05**	**02:29:08.60**	+01:05:25 (44.2%)	7:00	8.6 (56.2%)
251	**STEFAŃSKA Beata**	**912**		K-40	87	00:02:29	00:32:54	01:05:17	01:39:28	**02:26:52.20**	**02:29:21.65**	+01:04:17 (43.8%)	6:57	8.6 (56.2%)
252	**NOWAK-KASPRZAK Anna**	**643**		K-30	117	00:02:07	00:32:28	01:05:03	01:41:01	**02:27:18.80**	**02:29:26.55**	+01:04:43 (43.9%)	6:58	8.6 (56.2%)
253	**ZAWISZA Joanna**	**1014**		K-20	34	00:02:33	00:34:50	01:09:05	01:46:02	**02:27:14.25**	**02:29:47.75**	+01:04:39 (43.9%)	6:58	8.6 (56.2%)
254	**WOŹNIAK Barbara**	**110**	KS LIMANOWA FORREST	K-60	2	00:01:21	00:33:52	01:07:06	01:43:22	**02:28:48.75**	**02:30:10.20**	+01:06:13 (44.5%)	7:03	8.5 (55.6%)
255	**MŁOCEK Ewelina**	**1031**		K-30	118	00:02:34	00:34:48	01:09:02	01:46:01	**02:29:04.85**	**02:31:39.30**	+01:06:29 (44.6%)	7:03	8.5 (55.6%)
256	**RZEPKA Magdalena**	**38**	PACEMAKER	K-30	120	00:02:32	00:34:49	01:09:03	01:46:03	**02:30:06.00**	**02:32:38.75**	+01:07:30 (45.0%)	7:06	8.4 (54.9%)
257	**KURKOWSKA Aldona**	**1092**	'PACEMAKER'	K-50	12	00:02:33	00:34:49	01:09:03	01:46:01	**02:30:05.45**	**02:32:38.90**	+01:07:30 (45.0%)	7:06	8.4 (54.9%)
258	**MAJSNEROWSKA Ewelina**	**376**		K-30	121	00:02:32	00:34:51	01:09:06	01:46:04	**02:30:06.55**	**02:32:39.10**	+01:07:31 (45.0%)	7:06	8.4 (54.9%)
259	**MOKRZYCKA Justyna**	**112**	BIEGAMY Z SERCEM	K-30	119	00:02:34	00:34:47	01:09:02	01:46:01	**02:30:04.90**	**02:32:39.85**	+01:07:29 (45.0%)	7:06	8.4 (54.9%)
260	**ŚLIWA-WROCŁAWSKA Hanna**	**1161**	1980	K-30	122	00:02:35	00:33:31	01:06:57	01:43:52	**02:30:26.40**	**02:33:02.05**	+01:07:51 (45.1%)	7:07	8.4 (54.9%)
261	**REITER Hanna**	**341**	BIEGAMY Z SERCEM	K-40	88	00:02:33	00:35:09	01:09:26	01:46:13	**02:31:37.75**	**02:34:11.65**	+01:09:02 (45.5%)	7:11	8.3 (54.2%)
262	**BARON Katarzyna**	**1221**		K-30	123	00:02:27	00:34:37	01:09:08	01:46:19	**02:37:12.60**	**02:39:39.95**	+01:14:37 (47.5%)	7:27	8.1 (52.9%)
263	**KOCYAN Małgorzata**	**456**	BIEGAJ Z TRENERAMI	K-50	13	00:01:48	00:33:07	01:08:09	01:49:02	**02:41:07.95**	**02:42:56.85**	+01:18:32 (48.7%)	7:38	7.9 (51.6%)
264	**LATOS Barbara**	**435**	ZABRZĄNSKIE TOWARZYSTWO TRATLONOWE	K-60	3	00:02:26	00:36:20	01:13:27	01:53:36	**02:43:15.35**	**02:45:42.05**	+01:20:40 (49.4%)	7:44	7.8 (51.0%)
265	**JAKUBOWSKA Jolanta**	**450**	WIELUŃ BIEGA	K-50	14	00:01:12	00:35:39	01:13:33	01:55:54	**02:51:16.40**	**02:52:29.25**	+01:28:41 (51.8%)	8:07	7.4 (48.4%)
266	**ZAKLIŃSKA Katarzyna**	**272**		K-40	89	00:01:52	00:34:56	01:12:53	01:55:15	**02:50:39.15**	**02:52:31.35**	+01:28:03 (51.6%)	8:05	7.4 (48.4%)
267	**MATUSZEWSKA Monika**	**537**	NIGHT RUNNERS GLIWICE	K-40	90	00:01:10	00:38:05	01:16:34	01:59:21	**02:51:53.45**	**02:53:03.75**	+01:29:18 (52.0%)	8:08	7.4 (48.4%)

Znaleziono 267 wynik(ów)