

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**Wydarzenie:** Jastrzębska Dziesiątka  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2018-09-15  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
1	<b>PLIŚ Renata</b>	<b>14</b>	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17		00:32:16
2	<b>MATHEBO Ruth Chemisto</b>	<b>9</b>	BENEDEK-TEAM	K30-39	00:00:00	00:10:16	00:17:44		00:34:05
3	<b>ŚLĘZAK Sylwia</b>	<b>11</b>		K20-29	00:00:03	00:10:55	00:18:22		00:34:17
4	<b>CHERUIYOT Emily</b>	<b>8</b>	BENEDEK-TEAM	K30-39	00:00:02	00:10:23	00:17:57		00:34:33
5	<b>GOLBA Kasia</b>	<b>12</b>	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27		00:35:07
6	<b>KRAWCZYK Magdalena</b>	<b>777</b>	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33		00:36:07
7	<b>SUWAJ Aneta</b>	<b>10</b>	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22		00:36:29
DQ	<b>KUKLA Agata</b>	<b>623</b>	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ
9	<b>DZIUK Dagmara</b>	<b>13</b>	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21	00:28:52	00:37:07
10	<b>MENDECKA Daria</b>	<b>781</b>	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45	00:29:09	00:37:24
11	<b>DYBCZYŃSKA Jadwiga</b>	<b>890</b>		K30-39	00:00:09	00:11:41	00:19:51	00:29:21	00:37:51
12	<b>BIELIŃSKA Monika</b>	<b>223</b>		K30-39	00:00:04	00:11:47	00:20:04	00:29:51	00:38:12
13	<b>LEWICKA Elżbieta</b>	<b>415</b>	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16	00:30:04	00:38:34
14	<b>MIKOŁAJCZYK Sandra</b>	<b>607</b>		K30-39	00:00:11	00:12:07	00:20:30	00:30:18	00:38:48
15	<b>LASKOWSKA Katarzyna</b>	<b>801</b>	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49	00:30:32	00:39:04
16	<b>PIETROCZUK Sylwia</b>	<b>875</b>	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38	00:30:32	00:39:13
17	<b>LACHOWSKA Magdalena</b>	<b>828</b>	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00	00:31:18	00:40:09
18	<b>REDZIK Dorota</b>	<b>845</b>	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04	00:31:20	00:40:12
19	<b>WOJTASZEWSKA Sabina</b>	<b>286</b>	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18	00:31:33	00:40:20
20	<b>NALEPKA Ewa</b>	<b>189</b>	BIEGIEM PRZEZ GÓRY	K30-39	00:00:09	00:12:23	00:21:08	00:31:30	00:40:31
21	<b>PIECZKA Monika</b>	<b>816</b>		K30-39	00:00:04	00:12:37	00:21:28	00:31:57	00:40:55
22	<b>PIECUCH Agnieszka</b>	<b>212</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46	00:32:07	00:41:07
23	<b>GAJ Paulina</b>	<b>735</b>	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12	00:32:19	00:41:14
24	<b>JANKO Anna</b>	<b>712</b>	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45	00:32:12	00:41:23
25	<b>PIWISZKIS Barbara</b>	<b>174</b>	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50	00:32:22	00:41:33
26	<b>PAWTEL Agata</b>	<b>59</b>		K30-39	00:00:09	00:12:49	00:21:56	00:32:38	00:41:45
27	<b>MENŻYK Joanna</b>	<b>26</b>		K40-49	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03
28	<b>MORAWSKA Julia</b>	<b>468</b>	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16	00:32:54	00:42:12
29	<b>DYRCZ Anna</b>	<b>147</b>		K40-49	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47
30	<b>STOLORZ Katarzyna</b>	<b>620</b>		K30-39	00:00:15	00:13:32	00:22:59	00:33:49	00:43:01

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16
32	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06	00:34:16	00:43:40
33	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39	00:34:37	00:44:00
34	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32
35	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23	00:34:49	00:44:34
36	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46
37	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52	00:35:07	00:44:46
38	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54
39	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59
40	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52	00:35:13	00:45:01
41	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13
42	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38	00:35:45	00:45:28
43	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29
44	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30
45	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36
46	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44
47	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57	00:35:45	00:46:01
48	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16
49	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57	00:35:53	00:46:18
50	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16	00:36:21	00:46:27
51	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12	00:36:45	00:46:53
52	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17	00:36:22	00:46:59
53	PAWLOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12	00:36:19	00:47:01
54	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44	00:36:53	00:47:04
55	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04	00:37:03	00:47:09
56	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51	00:36:46	00:47:09
57	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47	00:36:48	00:47:29
58	TYCZYŃSKA Paulina	194	SZYBKIE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56	00:37:11	00:47:46
59	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42	00:37:32	00:47:47
60	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21	00:37:38	00:47:55
61	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40	00:37:49	00:48:12
62	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56	00:37:31	00:48:21
63	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38	00:37:46	00:48:34
64	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33	00:38:11	00:48:46
65	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39	00:38:01	00:48:50
66	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22	00:38:23	00:48:58
67	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10	00:38:33	00:49:03
68	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04
69	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07
70	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08
71	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13
72	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13
73	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10	00:38:34	00:49:16
74	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52	00:38:28	00:49:19
75	BIAŁOŃCZYK Joanna	542		K30-39	00:00:26	00:15:36	00:26:24	00:38:45	00:49:24

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	<b>MAZUR Katarzyna</b>	<b>455</b>		K30-39	00:00:38	00:15:56	00:26:42	00:39:00	00:49:27
76	<b>ROMANIUK-DEMONCHAUX Katarzyna</b>	<b>853</b>	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51	00:39:03	00:49:29
78	<b>KOSMALA-LANDZIŃSKA Ewa</b>	<b>346</b>		K30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30
79	<b>BRODA Kamila</b>	<b>105</b>		K20-29	00:00:28	00:15:49	00:26:31	00:39:00	00:49:38
80	<b>RZEPECKA Bożena</b>	<b>645</b>	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51	00:38:32	00:49:39
81	<b>GNAŚ Anna</b>	<b>60</b>	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30	00:38:39	00:49:43
82	<b>NIEMIEC Halina</b>	<b>141</b>	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40	00:39:04	00:49:44
83	<b>KAZIMIERCZUK Monika</b>	<b>446</b>	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41	00:39:05	00:49:44
84	<b>LUBSZCZYK Justyna</b>	<b>584</b>	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22	00:39:14	00:49:48
85	<b>JURASZEK Elzbieta</b>	<b>632</b>	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55	00:39:27	00:49:58
86	<b>HARATYK Gabriela</b>	<b>295</b>		K30-39	00:00:26	00:15:07	00:26:04	00:38:58	00:49:59
87	<b>MYNARSKA Ligia</b>	<b>896</b>	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13	00:39:15	00:50:09
88	<b>POPEK Barbara</b>	<b>397</b>	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10
89	<b>JAGODZIŃSKA Magdalena</b>	<b>605</b>	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57	00:39:29	00:50:19
90	<b>DURAJ Magdalena</b>	<b>145</b>		K30-39	00:00:33	00:16:09	00:27:24	00:40:04	00:50:23
91	<b>MUSIAŁ Maria</b>	<b>407</b>		K50-59	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26
92	<b>LERCH Marysia</b>	<b>257</b>	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23	00:39:29	00:50:34
93	<b>KUBICA Edyta</b>	<b>891</b>		K40-49	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37
94	<b>HARAZIN Ania</b>	<b>571</b>		K20-29	00:00:35	00:16:01	00:27:11	00:39:47	00:50:38
95	<b>CHROBOK Józefa</b>	<b>532</b>		K40-49	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42
96	<b>CIESLAR Kasia</b>	<b>646</b>		K30-39	00:00:32	00:16:15	00:27:25	00:40:09	00:50:42
97	<b>CHOJCAN Beata</b>	<b>424</b>	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01	00:39:43	00:50:44
98	<b>WERNIK Katarzyna</b>	<b>469</b>	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52	00:39:44	00:50:44
99	<b>KRAUSE Sylwia</b>	<b>289</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52	00:39:37	00:50:49
100	<b>MARCZAK-OLEJNICZAK Ania</b>	<b>718</b>		K30-39	00:00:39	00:16:11	00:27:19	00:40:03	00:50:54
101	<b>STABLA Agata</b>	<b>335</b>		K30-39	00:00:18	00:15:27	00:26:32	00:39:44	00:51:03
102	<b>GÓRA Marta</b>	<b>327</b>		K30-39	00:00:07	00:15:17	00:26:26	00:39:40	00:51:04
103	<b>ZELENT Karolina</b>	<b>33</b>	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06
104	<b>MAREK-WRÓBEL Edyta</b>	<b>680</b>		K60-69	00:00:35	00:16:08	00:27:23	00:40:10	00:51:08
105	<b>NALEWAJKA Wioleta</b>	<b>87</b>	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22	00:40:08	00:51:10
106	<b>GIEROŃ Katarzyna</b>	<b>709</b>	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09	00:40:01	00:51:17
107	<b>JESIONEK Małgorzata</b>	<b>731</b>		K30-39	00:00:38	00:15:57	00:27:06	00:40:04	00:51:19
108	<b>PRZYBYSZ Kinga</b>	<b>204</b>		K20-29	00:00:37	00:16:12	00:27:25	00:40:16	00:51:25
109	<b>KUJAŃSKA Aleksandra</b>	<b>811</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16	00:39:42	00:51:28
110	<b>PODBIOL Agnieszka</b>	<b>558</b>		K20-29	00:00:43	00:15:21	00:26:12	00:39:56	00:51:36
111	<b>KOMAJDA Basia</b>	<b>343</b>	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11	00:40:21	00:51:37
112	<b>SIEGMUND Jolanta</b>	<b>63</b>		K40-49	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45
113	<b>GWIZDAŁA Dominika</b>	<b>138</b>		K20-29	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45
114	<b>CIMAŁA Katarzyna</b>	<b>232</b>		K20-29	00:00:41	00:16:15	00:27:24	00:40:24	00:51:48
115	<b>SKWARK Aneta</b>	<b>255</b>		K30-39	00:00:27	00:15:48	00:27:13	00:40:22	00:51:53
116	<b>MIŁOBÓG Ewa</b>	<b>779</b>	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12	00:40:30	00:51:54
117	<b>KOLORZ-STYLOK Katarzyna</b>	<b>640</b>		K40-49	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59
118	<b>FROSZTĘGA Katarzyna</b>	<b>835</b>		K30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:08
119	<b>ŻŁOBICKA Agnieszka</b>	<b>768</b>	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15	00:41:12	00:52:08
120	<b>SŁOTWIŃSKA Anna</b>	<b>177</b>		K40-49	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
121	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43	00:40:55	00:52:20
122	KOSMALA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07	00:41:20	00:52:31
123	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31	00:40:59	00:52:37
124	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39
125	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44
126	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45
127	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45
128	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24	00:40:54	00:52:50
129	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25	00:40:58	00:52:53
130	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19	00:41:35	00:52:55
131	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58
132	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06
133	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17
134	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57	00:41:27	00:53:21
135	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32	00:41:34	00:53:25
136	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37	00:41:27	00:53:27
137	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02	00:41:44	00:53:29
138	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33
139	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34	00:41:31	00:53:34
140	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31	00:42:02	00:53:36
141	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40
142	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25	00:41:27	00:53:40
143	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48	00:41:43	00:53:54
144	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56
145	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57
146	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53	00:42:17	00:53:57
147	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06
148	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24	00:42:14	00:54:06
149	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24	00:42:14	00:54:07
150	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58	00:42:36	00:54:25
151	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26
152	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37
153	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K60-69	00:00:29	00:17:18	00:29:12	00:42:51	00:54:42
154	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47
155	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05	00:42:49	00:54:51
156	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01	00:42:58	00:54:56
157	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46	00:42:50	00:55:04
158	RĘKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26	00:42:03	00:55:05
159	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05
160	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10
161	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09	00:43:52	00:55:13
162	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02	00:42:14	00:55:14
163	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16
164	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16
165	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
166	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13	00:43:10	00:55:17
167	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24	00:43:27	00:55:22
168	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35
169	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36
170	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40
171	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27	00:44:00	00:55:44
172	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50
173	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05	00:43:51	00:55:50
174	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13	00:42:58	00:55:52
175	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07	00:44:17	00:55:53
176	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15	00:43:52	00:55:53
177	TYCZYŃSKA Małgorzata	285	SZYBKE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50	00:43:17	00:55:55
178	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12	00:43:23	00:55:57
179	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07	00:43:25	00:55:57
180	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12	00:43:58	00:55:59
181	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59
182	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59
183	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04	00:44:07	00:56:02
184	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04
185	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59	00:44:34	00:56:04
186	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45	00:43:14	00:56:05
187	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04	00:43:43	00:56:12
188	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19
189	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22
190	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42	00:44:15	00:56:27
191	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38
192	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27	00:43:46	00:56:54
193	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05	00:44:30	00:56:56
194	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03	00:44:26	00:57:01
195	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36	00:44:49	00:57:18
196	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33	00:44:35	00:57:21
197	BOŹEK Dagmara	52		K40-49	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30
198	MIŚKOWIEC Agnieszka	41		K40-49	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32
199	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05	00:44:07	00:57:33
200	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10	00:45:16	00:57:35
201	GAJ Monika	651	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59	00:45:23	00:57:41
202	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03	00:45:27	00:57:44
203	KRAUZ Sandra	437		K20-29	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56
204	POKORA Izabela	99	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46	00:44:57	00:58:01
205	ŚWIERCZ Anna	478		K40-49	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01
206	SZPYRA Sonia	68		K40-49	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03
207	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55	00:45:42	00:58:13
208	MORIC Anna	496		K30-39	00:00:36	00:17:04	00:29:18	00:44:50	00:58:42
209	STEKLA Joanna	598		K50-59	00:00:37	00:17:30	00:30:19	00:45:38	00:58:42
210	HETMANIOK Agnieszka	83		K20-29	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
211	WALA Anna	180		K30-39	00:00:22	00:16:54	00:29:55	00:45:27	00:58:45
212	GÓRNY Jola	460		K40-49	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57
213	SAWICKA Marta	96		K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:03
214	PYZIK Barbara	196		K30-39	00:00:39	00:17:10	00:30:08	00:46:05	00:59:11
215	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:16
216	ZAIK Karolina	549		K20-29	00:00:36	00:16:32	00:29:15	00:45:35	00:59:18
217	KUCZA-CHMIEL Kalina	518		K40-49	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24
218	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34	00:46:50	00:59:24
219	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34
220	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48
221	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52
222	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57	00:46:29	00:59:53
223	ZAKRZEWSKA Barbara	683		K40-49	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56
224	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35
225	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25	00:47:04	01:00:40
226	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18	00:47:03	01:00:42
227	CZAK Renata	785		K30-39	00:00:30	00:17:24	00:30:43	00:46:36	01:00:42
228	SŁABOŃ Ania	273		K30-39	00:00:41	00:18:05	00:31:18	00:47:15	01:00:42
229	JUNKA Maria	699		K30-39	00:00:23	00:17:39	00:31:21	00:46:54	01:00:59
230	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04	00:47:43	01:01:19
231	GRZELAK Patrycja	213		K30-39	00:00:37	00:18:49	00:31:59	00:47:44	01:01:21
232	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34	00:48:04	01:01:22
233	ZIĘTARA Agata	347		K40-49	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37
234	MOORE Colleen	803		K20-29	00:00:29	00:17:57	00:31:28	00:47:46	01:01:40
235	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10	00:48:01	01:01:41
236	KIERMASZEK Barbara	428	J TEAM	K50-59	00:00:34	00:19:10	00:32:23	00:48:22	01:01:59
237	ROTTER Hanna	427	J TEAM	K50-59	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01
238	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04
239	ŚPIEWAK Agnieszka	675		K30-39	00:00:38	00:19:30	00:33:08	00:48:55	01:02:14
240	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27
241	BRAUN Justyna	572		K30-39	00:00:46	00:19:00	00:32:01	00:48:41	01:02:32
242	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15	00:49:01	01:02:47
243	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02
244	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04	00:49:09	01:03:10
245	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27
246	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51	00:48:57	01:03:27
247	KLACZEK Anna	681		K40-49	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34
248	ZYCHOWSKA Dominika	526		K20-29	00:00:39	00:18:56	00:33:06	00:49:41	01:04:10
249	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08	00:50:25	01:04:22
250	SUCHY Mariola	692		K40-49	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29
251	HERZYK Beata	657		K40-49	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31
252	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05	00:50:35	01:04:37
253	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10	00:50:48	01:05:21
254	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09	00:50:47	01:05:21
255	WÓJCIAK Magdalena	375		K30-39	00:00:33	00:19:34	00:33:46	00:50:36	01:05:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
256	<b>ZALEWSKA Barbara</b>	<b>149</b>	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58
257	<b>LAZAR Joanna</b>	<b>126</b>		K30-39	00:00:46	00:19:53	00:34:01	00:51:01	01:07:05
258	<b>KOWALSKA Dorota</b>	<b>237</b>	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18	00:52:40	01:07:40
259	<b>SAWICKA Agnieszka</b>	<b>594</b>		K30-39	00:00:45	00:20:23	00:35:18	00:53:02	01:07:49
260	<b>ŁANUCHA Mariola</b>	<b>100</b>	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24
261	<b>MYŚLIWIEC Barbara</b>	<b>337</b>	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24
262	<b>RUMPEL Maria</b>	<b>95</b>	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46	00:53:59	01:09:22
263	<b>PROKOPIUK Adriana</b>	<b>261</b>		K30-39	00:00:45	00:20:09	00:35:18	00:53:28	01:09:35
264	<b>GŁĄB Mariola</b>	<b>207</b>		K30-39	00:00:40	00:20:37	00:36:31	00:54:58	01:11:12
265	<b>ULATOWSKA Alicja</b>	<b>913</b>	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51		
266	<b>HAN Julia</b>	<b>374</b>		K16-19	00:00:17	00:13:35			
267	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>749</b>	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16		
268	<b>SZCZYGIEŁ Adriana</b>	<b>753</b>	BENERUNNER	K30-39	00:00:24	00:15:39			
269	<b>PASŁAWSKA Katarzyna</b>	<b>30</b>	KOBIETY NA 5 +	K40-49	00:00:31				
270	<b>CHWAŁEK Agnieszka</b>	<b>522</b>		K20-29	00:00:42	00:16:46	00:27:26		
271	<b>WAGNER Natalia</b>	<b>42</b>		K30-39	00:00:45				

Znaleziono 271 wynik(ów)