

# 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: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PLIŚ Renata</b>	<b>14</b>	MKL MARATON ŚWINOUJŚCIE	K30-39	1	00:00:02	00:10:10	00:17:17		00:32:16	<b>00:34:12.90</b>	<b>00:34:15.80</b>		3:25	17.5 (100%)
2	<b>MATHEBO Ruth Chemisto</b>	<b>9</b>	BENEDEK-TEAM	K30-39	2	00:00:00	00:10:16	00:17:44		00:34:05	<b>00:36:18.75</b>	<b>00:36:18.75</b>	+00:02:05 (5.8%)	3:37	16.5 (94.3%)
3	<b>CHERUIYOT Emily</b>	<b>8</b>	BENEDEK-TEAM	K30-39	3	00:00:02	00:10:23	00:17:57		00:34:33	<b>00:36:48.05</b>	<b>00:36:50.50</b>	+00:02:35 (7.0%)	3:40	16.3 (93.1%)
4	<b>SUWAJ Aneta</b>	<b>10</b>	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	4	00:00:03	00:11:25	00:19:22		00:36:29	<b>00:38:41.65</b>	<b>00:38:45.45</b>	+00:04:28 (11.6%)	3:52	15.5 (88.6%)
5	<b>DZIUŁ Dagmara</b>	<b>13</b>	KB MOSIR JASTRZĘBIE	K30-39	5	00:00:02	00:11:16	00:19:21	00:28:52	00:37:07	<b>00:39:27.40</b>	<b>00:39:30.35</b>	+00:05:14 (13.3%)	3:56	15.2 (86.9%)
6	<b>DYBCZYŃSKA Jadwiga</b>	<b>890</b>		K30-39	6	00:00:09	00:11:41	00:19:51	00:29:21	00:37:51	<b>00:40:27.30</b>	<b>00:40:36.30</b>	+00:06:14 (15.4%)	4:02	14.8 (84.6%)
7	<b>BIELIŃSKA Monika</b>	<b>223</b>		K30-39	7	00:00:04	00:11:47	00:20:04	00:29:51	00:38:12	<b>00:40:30.55</b>	<b>00:40:35.00</b>	+00:06:17 (15.5%)	4:03	14.8 (84.6%)
8	<b>MIKOŁAJCZYK Sandra</b>	<b>607</b>		K30-39	8	00:00:11	00:12:07	00:20:30	00:30:18	00:38:48	<b>00:41:11.35</b>	<b>00:41:23.05</b>	+00:06:58 (16.9%)	4:07	14.6 (83.4%)
9	<b>REDZIK Dorota</b>	<b>845</b>	ENDURANCE TEAM	K30-39	9	00:00:10	00:12:16	00:21:04	00:31:20	00:40:12	<b>00:42:43.80</b>	<b>00:42:54.20</b>	+00:08:30 (19.9%)	4:16	14 (80.0%)
10	<b>WOJTASZEWSKA Sabina</b>	<b>286</b>	BBL RACIBÓRZ	K30-39	10	00:00:09	00:12:21	00:21:18	00:31:33	00:40:20	<b>00:42:45.85</b>	<b>00:42:55.60</b>	+00:08:32 (20.0%)	4:16	14 (80.0%)
11	<b>NALEPKA Ewa</b>	<b>189</b>	BIEGIEM PRZEZ GÓRY	K30-39	11	00:00:09	00:12:23	00:21:08	00:31:30	00:40:31	<b>00:43:05.45</b>	<b>00:43:14.65</b>	+00:08:52 (20.6%)	4:18	13.9 (79.4%)
12	<b>PIECZKA Monika</b>	<b>816</b>		K30-39	12	00:00:04	00:12:37	00:21:28	00:31:57	00:40:55	<b>00:43:25.45</b>	<b>00:43:30.25</b>	+00:09:12 (21.2%)	4:20	13.8 (78.9%)
13	<b>PIECUCH Agnieszka</b>	<b>212</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	13	00:00:17	00:12:49	00:21:46	00:32:07	00:41:07	<b>00:43:41.95</b>	<b>00:43:59.70</b>	+00:09:29 (21.7%)	4:22	13.7 (78.3%)
14	<b>PIWISZKIS Barbara</b>	<b>174</b>	KOBIETY NA 5+	K30-39	14	00:00:15	00:12:46	00:21:50	00:32:22	00:41:33	<b>00:44:08.60</b>	<b>00:44:24.10</b>	+00:09:55 (22.5%)	4:24	13.6 (77.7%)
15	<b>PAWTEL Agata</b>	<b>59</b>		K30-39	15	00:00:09	00:12:49	00:21:56	00:32:38	00:41:45	<b>00:44:21.50</b>	<b>00:44:30.90</b>	+00:10:08 (22.9%)	4:26	13.5 (77.1%)
16	<b>STOLORZ Katarzyna</b>	<b>620</b>		K30-39	16	00:00:15	00:13:32	00:22:59	00:33:49	00:43:01	<b>00:45:33.10</b>	<b>00:45:48.60</b>	+00:11:20 (24.9%)	4:33	13.2 (75.4%)
17	<b>LERCH Bożena</b>	<b>276</b>	RUNTEAM PAWŁOWICE	K30-39	17	00:00:23	00:14:04	00:23:39	00:34:37	00:44:00	<b>00:46:38.75</b>	<b>00:47:02.70</b>	+00:12:25 (26.6%)	4:39	12.9 (73.7%)
18	<b>WINIARSKA Monika</b>	<b>103</b>	BIEGIEM PRZEZ GÓRY	K30-39	18	00:00:15	00:13:28	00:23:23	00:34:49	00:44:34	<b>00:47:17.60</b>	<b>00:47:33.40</b>	+00:13:04 (27.7%)	4:43	12.7 (72.6%)
19	<b>KOPIEC Izabela</b>	<b>35</b>	INTER ROPE TEAM	K30-39	19	00:00:16	00:14:08	00:23:52	00:35:07	00:44:46	<b>00:47:27.60</b>	<b>00:47:43.60</b>	+00:13:14 (27.9%)	4:44	12.6 (72.0%)
20	<b>STĘPIEŃ Kamila</b>	<b>319</b>		K30-39	20	00:00:20	00:13:57	00:23:52	00:35:13	00:45:01	<b>00:48:08.20</b>	<b>00:48:28.30</b>	+00:13:55 (28.9%)	4:48	12.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
21	<b>ŻBEL Ania</b>	<b>355</b>	HRMAX ŻORY	K30-39	21	00:00:23	00:14:45	00:24:38	00:35:45	00:45:28	<b>00:48:15.95</b>	<b>00:48:39.80</b>	+00:14:03 (29.1%)	4:49	12.4 (70.9%)
22	<b>PLÓCIENNIK Aleksandra</b>	<b>752</b>		K30-39	22	00:00:17	00:13:43	00:23:57	00:35:53	00:46:18	<b>00:49:17.80</b>	<b>00:49:35.00</b>	+00:15:04 (30.6%)	4:55	12.2 (69.7%)
23	<b>WOWRY Sylwia</b>	<b>644</b>		K30-39	23	00:00:19	00:14:09	00:24:16	00:36:21	00:46:27	<b>00:49:24.15</b>	<b>00:49:43.95</b>	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
24	<b>WÓJCIK-KRZYŻOWSKA Barbara</b>	<b>166</b>	GB GALOPUJĄCE ŚLIMAKI	K30-39	24	00:00:29	00:14:57	00:25:12	00:36:45	00:46:53	<b>00:49:41.90</b>	<b>00:50:11.55</b>	+00:15:29 (31.2%)	4:58	12.1 (69.1%)
25	<b>GORZELAK Joanna</b>	<b>352</b>	KOBIETY NA 5+	K30-39	25	00:00:31	00:14:38	00:24:51	00:36:46	00:47:09	<b>00:50:04.80</b>	<b>00:50:36.00</b>	+00:15:51 (31.7%)	5:00	12 (68.6%)
26	<b>BORKOWSKA Paulina</b>	<b>406</b>		K30-39	26	00:00:06	00:14:30	00:24:47	00:36:48	00:47:29	<b>00:50:30.30</b>	<b>00:50:37.00</b>	+00:16:17 (32.3%)	5:03	11.9 (68.0%)
27	<b>TYCZYŃSKA Paulina</b>	<b>194</b>	SZYBKIE ŻÓŁWIE	K30-39	27	00:00:22	00:14:39	00:24:56	00:37:11	00:47:46	<b>00:50:40.35</b>	<b>00:51:02.55</b>	+00:16:27 (32.5%)	5:04	11.8 (67.4%)
28	<b>SOLICH Ola</b>	<b>79</b>	SULIS HOKO TEAM	K30-39	28	00:00:30	00:15:15	00:25:42	00:37:32	00:47:47	<b>00:50:47.60</b>	<b>00:51:18.30</b>	+00:16:34 (32.6%)	5:04	11.8 (67.4%)
29	<b>KOTOWICZ Anna</b>	<b>716</b>		K30-39	29	00:00:26	00:15:10	00:25:40	00:37:49	00:48:12	<b>00:50:58.80</b>	<b>00:51:25.05</b>	+00:16:45 (32.9%)	5:05	11.8 (67.4%)
30	<b>MALARA Anna</b>	<b>862</b>		K30-39	30	00:00:27	00:14:35	00:24:56	00:37:31	00:48:21	<b>00:51:18.50</b>	<b>00:51:46.25</b>	+00:17:05 (33.3%)	5:07	11.7 (66.9%)
31	<b>KUBICA Patrycja</b>	<b>348</b>	OLZA CIESZYN	K30-39	31	00:00:31	00:14:49	00:25:38	00:37:46	00:48:34	<b>00:51:42.45</b>	<b>00:52:13.65</b>	+00:17:29 (33.8%)	5:10	11.6 (66.3%)
32	<b>PLEWNIA Irena</b>	<b>308</b>	FORMA WODZISŁAW ŚLĄSKI	K30-39	32	00:00:31	00:15:03	00:25:33	00:38:11	00:48:46	<b>00:51:50.15</b>	<b>00:52:21.75</b>	+00:17:37 (34.0%)	5:11	11.6 (66.3%)
33	<b>DOMAGAŁA Kornelia</b>	<b>161</b>		K30-39	33	00:00:31	00:15:10	00:25:39	00:38:01	00:48:50	<b>00:51:59.05</b>	<b>00:52:31.00</b>	+00:17:46 (34.2%)	5:12	11.5 (65.7%)
34	<b>TYLMAN-MADEJCZYK Marta</b>	<b>798</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	34	00:00:28	00:15:11	00:26:10	00:38:33	00:49:03	<b>00:52:07.75</b>	<b>00:52:35.90</b>	+00:17:54 (34.4%)	5:12	11.5 (65.7%)
35	<b>MAZUR Katarzyna</b>	<b>455</b>		K30-39	35	00:00:38	00:15:56	00:26:42	00:39:00	00:49:27	<b>00:52:18.95</b>	<b>00:52:57.60</b>	+00:18:06 (34.6%)	5:13	11.5 (65.7%)
36	<b>BIĄŁOŃCZYK Joanna</b>	<b>542</b>		K30-39	36	00:00:26	00:15:36	00:26:24	00:38:45	00:49:24	<b>00:52:19.65</b>	<b>00:52:45.80</b>	+00:18:06 (34.6%)	5:13	11.5 (65.7%)
37	<b>KOSMALA-LANDZIŃSKA Ewa</b>	<b>346</b>		K30-39	37	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30	<b>00:52:24.70</b>	<b>00:52:56.00</b>	+00:18:11 (34.7%)	5:14	11.4 (65.1%)
38	<b>CZERNICKA Magdalena</b>	<b>40</b>	YNO ULTRA	K30-39	38	00:00:28	00:15:11	00:25:52	00:38:28	00:49:19	<b>00:52:29.05</b>	<b>00:52:57.20</b>	+00:18:16 (34.8%)	5:14	11.4 (65.1%)
39	<b>KAZMIERCZUK Monika</b>	<b>446</b>	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	39	00:00:29	00:15:58	00:26:41	00:39:05	00:49:44	<b>00:52:39.00</b>	<b>00:53:08.55</b>	+00:18:26 (35.0%)	5:15	11.4 (65.1%)
40	<b>GNAŚ Anna</b>	<b>60</b>	KOBIETY NA 5+	K30-39	40	00:00:24	00:14:44	00:25:30	00:38:39	00:49:43	<b>00:52:45.50</b>	<b>00:53:10.45</b>	+00:18:32 (35.1%)	5:16	11.4 (65.1%)
41	<b>JURASZEK Elzbieta</b>	<b>632</b>	JUSTFEELFIT	K30-39	41	00:00:34	00:15:59	00:26:55	00:39:27	00:49:58	<b>00:52:55.10</b>	<b>00:53:29.70</b>	+00:18:42 (35.3%)	5:17	11.3 (64.6%)
42	<b>HARATYK Gabriela</b>	<b>295</b>		K30-39	42	00:00:26	00:15:07	00:26:04	00:38:58	00:49:59	<b>00:53:05.20</b>	<b>00:53:32.15</b>	+00:18:52 (35.5%)	5:18	11.3 (64.6%)
43	<b>DURAJ Magdalena</b>	<b>145</b>		K30-39	43	00:00:33	00:16:09	00:27:24	00:40:04	00:50:23	<b>00:53:14.60</b>	<b>00:53:48.40</b>	+00:19:01 (35.7%)	5:19	11.3 (64.6%)
44	<b>JAGODZIŃSKA Magdalena</b>	<b>605</b>	KOLKA TEAM	K30-39	44	00:00:35	00:15:52	00:26:57	00:39:29	00:50:19	<b>00:53:29.70</b>	<b>00:54:05.20</b>	+00:19:16 (36.0%)	5:21	11.2 (64.0%)
45	<b>CIESLAR Kasia</b>	<b>646</b>		K30-39	45	00:00:32	00:16:15	00:27:25	00:40:09	00:50:42	<b>00:53:36.00</b>	<b>00:54:08.60</b>	+00:19:23 (36.2%)	5:21	11.2 (64.0%)
46	<b>LERCH Marysia</b>	<b>257</b>	RUNTEAM PAWŁOWICE	K30-39	46	00:00:32	00:15:20	00:26:23	00:39:29	00:50:34	<b>00:53:37.40</b>	<b>00:54:10.35</b>	+00:19:24 (36.2%)	5:21	11.2 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
47	<b>MARCZAK-OLEJNICZAK Ania</b>	<b>718</b>		K30-39	47	00:00:39	00:16:11	00:27:19	00:40:03	00:50:54	<b>00:54:00.95</b>	<b>00:54:40.25</b>	+00:19:48 (36.7%)	5:24	11.1 (63.4%)
48	<b>STABLA Agata</b>	<b>335</b>		K30-39	48	00:00:18	00:15:27	00:26:32	00:39:44	00:51:03	<b>00:54:11.30</b>	<b>00:54:30.10</b>	+00:19:58 (36.9%)	5:25	11.1 (63.4%)
49	<b>GÓRA Marta</b>	<b>327</b>		K30-39	49	00:00:07	00:15:17	00:26:26	00:39:40	00:51:04	<b>00:54:14.85</b>	<b>00:54:21.85</b>	+00:20:01 (36.9%)	5:25	11.1 (63.4%)
50	<b>JESIONEK Małgorzata</b>	<b>731</b>		K30-39	50	00:00:38	00:15:57	00:27:06	00:40:04	00:51:19	<b>00:54:26.05</b>	<b>00:55:04.15</b>	+00:20:13 (37.1%)	5:26	11 (62.9%)
51	<b>GIEROŃ Katarzyna</b>	<b>709</b>	DYSTANS LUBOMIA	K30-39	51	00:00:31	00:16:02	00:27:09	00:40:01	00:51:17	<b>00:54:28.45</b>	<b>00:55:00.00</b>	+00:20:15 (37.2%)	5:26	11 (62.9%)
52	<b>KUJAŃSKA Aleksandra</b>	<b>811</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	52	00:00:27	00:15:12	00:26:16	00:39:42	00:51:28	<b>00:54:33.35</b>	<b>00:55:01.15</b>	+00:20:20 (37.3%)	5:27	11 (62.9%)
53	<b>KOMAJDA Basia</b>	<b>343</b>	OLZA CIESZYN	K30-39	53	00:00:37	00:16:03	00:27:11	00:40:21	00:51:37	<b>00:54:45.00</b>	<b>00:55:22.05</b>	+00:20:32 (37.5%)	5:28	11 (62.9%)
54	<b>MIŁOBÓG Ewa</b>	<b>779</b>	KOLKA TEAM	K30-39	54	00:00:35	00:15:54	00:27:12	00:40:30	00:51:54	<b>00:55:09.65</b>	<b>00:55:45.05</b>	+00:20:56 (38.0%)	5:31	10.9 (62.3%)
55	<b>ŻŁOBICKA Agnieszka</b>	<b>768</b>	DAR-BUD TEAM	K30-39	55	00:00:40	00:16:43	00:28:15	00:41:12	00:52:08	<b>00:55:12.10</b>	<b>00:55:52.40</b>	+00:20:59 (38.0%)	5:31	10.9 (62.3%)
56	<b>SKWARK Aneta</b>	<b>255</b>		K30-39	56	00:00:27	00:15:48	00:27:13	00:40:22	00:51:53	<b>00:55:18.25</b>	<b>00:55:45.70</b>	+00:21:05 (38.1%)	5:31	10.8 (61.7%)
57	<b>FLASZ Anna</b>	<b>192</b>		K30-39	57	00:00:27	00:16:23	00:27:43	00:40:55	00:52:20	<b>00:55:20.20</b>	<b>00:55:47.40</b>	+00:21:07 (38.2%)	5:32	10.8 (61.7%)
58	<b>FROSZTĘGA Katarzyna</b>	<b>835</b>		K30-39	58	00:00:27	00:16:12	00:27:29	00:40:37	00:52:08	<b>00:55:32.00</b>	<b>00:55:59.15</b>	+00:21:19 (38.4%)	5:33	10.8 (61.7%)
59	<b>JĘDRUSIAK Lidia</b>	<b>649</b>		K30-39	59	00:00:32	00:16:13	00:27:31	00:40:59	00:52:37	<b>00:55:55.65</b>	<b>00:56:28.25</b>	+00:21:42 (38.8%)	5:35	10.7 (61.1%)
60	<b>HERUD Magdalena</b>	<b>761</b>	EKO-OKNA RUNNERS	K30-39	60	00:00:40	00:16:45	00:28:19	00:41:35	00:52:55	<b>00:56:11.25</b>	<b>00:56:51.60</b>	+00:21:58 (39.1%)	5:37	10.7 (61.1%)
61	<b>GREŃ Dorota</b>	<b>629</b>	OLZA CIESZYN	K30-39	61	00:00:32	00:16:15	00:27:25	00:40:58	00:52:53	<b>00:56:12.40</b>	<b>00:56:45.00</b>	+00:21:59 (39.1%)	5:37	10.7 (61.1%)
62	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>487</b>		K30-39	62	00:00:37	00:16:29	00:27:57	00:41:27	00:53:21	<b>00:56:27.55</b>	<b>00:57:05.05</b>	+00:22:14 (39.4%)	5:38	10.6 (60.6%)
63	<b>FRAJHOFER Ewa</b>	<b>868</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	63	00:00:33	00:16:10	00:27:37	00:41:27	00:53:27	<b>00:56:39.05</b>	<b>00:57:12.70</b>	+00:22:26 (39.6%)	5:39	10.6 (60.6%)
64	<b>MUSIAŁ Wioletta</b>	<b>271</b>	GB GALOPUJĄCE ŚLIMAKI	K30-39	64	00:00:29	00:16:23	00:27:32	00:41:34	00:53:25	<b>00:56:50.60</b>	<b>00:57:20.05</b>	+00:22:37 (39.8%)	5:41	10.6 (60.6%)
65	<b>GWIZDAŁA Joanna</b>	<b>139</b>		K30-39	65	00:00:41	00:16:07	00:27:25	00:41:27	00:53:40	<b>00:57:06.70</b>	<b>00:57:48.20</b>	+00:22:53 (40.1%)	5:42	10.5 (60.0%)
66	<b>PRÓSZYŃSKA Agnieszka</b>	<b>244</b>		K30-39	66	00:00:36	00:16:15	00:27:48	00:41:43	00:53:54	<b>00:57:12.95</b>	<b>00:57:49.30</b>	+00:23:00 (40.2%)	5:43	10.5 (60.0%)
67	<b>GIŻYŃSKA Katarzyna</b>	<b>253</b>	KOBIETY NA 5+	K30-39	67	00:00:34	00:16:40	00:28:24	00:42:14	00:54:06	<b>00:57:20.15</b>	<b>00:57:55.10</b>	+00:23:07 (40.3%)	5:44	10.5 (60.0%)
68	<b>PODBIOŁ Inez</b>	<b>557</b>		K30-39	68	00:00:44	00:17:24	00:29:05	00:42:49	00:54:51	<b>00:58:18.55</b>	<b>00:59:02.80</b>	+00:24:05 (41.3%)	5:49	10.3 (58.9%)
69	<b>LISZOK Iwona</b>	<b>117</b>		K30-39	69	00:00:38	00:16:59	00:29:01	00:42:58	00:54:56	<b>00:58:20.15</b>	<b>00:58:58.60</b>	+00:24:07 (41.3%)	5:50	10.3 (58.9%)
70	<b>MALISZEWSKA Beata</b>	<b>72</b>		K30-39	70	00:00:44	00:17:46	00:30:09	00:43:52	00:55:13	<b>00:58:32.55</b>	<b>00:59:16.95</b>	+00:24:19 (41.6%)	5:51	10.3 (58.9%)
71	<b>SZKODA Magda</b>	<b>839</b>		K30-39	71	00:00:38	00:16:43	00:28:46	00:42:50	00:55:04	<b>00:58:32.80</b>	<b>00:59:11.20</b>	+00:24:19 (41.6%)	5:51	10.2 (58.3%)
72	<b>WYSZYŃSKA Karina</b>	<b>738</b>	DAR BUD TEAM	K30-39	72	00:00:40	00:17:18	00:29:24	00:43:27	00:55:22	<b>00:58:47.45</b>	<b>00:59:27.50</b>	+00:24:34 (41.8%)	5:52	10.2 (58.3%)
73	<b>ZAGÓRSKA Ania</b>	<b>717</b>		K30-39	73	00:00:39	00:17:05	00:29:13	00:43:10	00:55:17	<b>00:58:48.65</b>	<b>00:59:27.95</b>	+00:24:35 (41.8%)	5:52	10.2 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
74	CIEŚLAR Ewa	701		K30-39	74	00:00:37	00:16:16	00:28:02	00:42:14	00:55:14	<b>00:58:50.95</b>	<b>00:59:28.50</b>	+00:24:38 (41.9%)	5:53	10.2 (58.3%)
75	TARNOWSKA Edyta	443		K30-39	75	00:00:32	00:16:07	00:28:07	00:44:17	00:55:53	<b>00:59:00.95</b>	<b>00:59:32.95</b>	+00:24:48 (42.0%)	5:54	10.2 (58.3%)
76	FABRYKIEWICZ Joanna	412		K30-39	76	00:00:37	00:17:03	00:29:27	00:44:00	00:55:44	<b>00:59:07.30</b>	<b>00:59:45.05</b>	+00:24:54 (42.1%)	5:54	10.1 (57.7%)
77	SITKO Dagmara	597		K30-39	77	00:00:44	00:18:28	00:30:59	00:44:34	00:56:04	<b>00:59:21.15</b>	<b>01:00:06.05</b>	+00:25:08 (42.4%)	5:56	10.1 (57.7%)
78	SZCZELINA Marta	39		K30-39	78	00:00:37	00:17:02	00:29:15	00:43:52	00:55:53	<b>00:59:23.00</b>	<b>01:00:00.30</b>	+00:25:10 (42.4%)	5:56	10.1 (57.7%)
79	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	79	00:00:00	00:17:58	00:30:04	00:44:07	00:56:02	<b>00:59:27.50</b>	<b>00:59:27.50</b>	+00:25:14 (42.5%)	5:56	10.1 (57.7%)
80	HERDUŚ Lucyna	806		K30-39	80	00:00:34	00:16:43	00:28:45	00:43:14	00:56:05	<b>00:59:39.80</b>	<b>01:00:14.70</b>	+00:25:26 (42.7%)	5:58	10.1 (57.7%)
81	BRANDYS Krystyna	70		K30-39	81	00:00:40	00:17:39	00:30:05	00:44:30	00:56:56	<b>01:00:06.10</b>	<b>01:00:46.95</b>	+00:25:53 (43.1%)	6:00	10 (57.1%)
82	KOŁAK Alicja	476		K30-39	82	00:00:39	00:17:43	00:30:03	00:44:26	00:57:01	<b>01:00:30.20</b>	<b>01:01:10.00</b>	+00:26:17 (43.4%)	6:03	9.9 (56.6%)
83	BADURA Dorota	628		K30-39	83	00:00:26	00:15:58	00:28:27	00:43:46	00:56:54	<b>01:00:36.25</b>	<b>01:01:02.55</b>	+00:26:23 (43.5%)	6:03	9.9 (56.6%)
84	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	84	00:00:40	00:18:11	00:30:36	00:44:49	00:57:18	<b>01:00:49.30</b>	<b>01:01:29.35</b>	+00:26:36 (43.7%)	6:04	9.9 (56.6%)
85	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	85	00:00:43	00:18:30	00:31:10	00:45:16	00:57:35	<b>01:01:01.05</b>	<b>01:01:44.40</b>	+00:26:48 (43.9%)	6:06	9.8 (56.0%)
86	GAJ Monika	651	DAR - BUD TEAM	K30-39	86	00:00:44	00:18:28	00:30:59	00:45:23	00:57:41	<b>01:01:17.60</b>	<b>01:02:01.75</b>	+00:27:04 (44.2%)	6:07	9.8 (56.0%)
87	POKORA Izabela	99	KOLKA TEAM	K30-39	87	00:00:36	00:17:16	00:29:46	00:44:57	00:58:01	<b>01:01:45.10</b>	<b>01:02:21.25</b>	+00:27:32 (44.6%)	6:10	9.7 (55.4%)
88	SAWICKA Marta	96		K30-39	88	00:00:45	00:19:00	00:31:50	00:46:36	00:59:03	<b>01:02:14.95</b>	<b>01:03:00.20</b>	+00:28:02 (45.0%)	6:13	9.6 (54.9%)
89	WALA Anna	180		K30-39	89	00:00:22	00:16:54	00:29:55	00:45:27	00:58:45	<b>01:02:22.95</b>	<b>01:02:45.90</b>	+00:28:10 (45.2%)	6:14	9.6 (54.9%)
90	MORIC Anna	496		K30-39	90	00:00:36	00:17:04	00:29:18	00:44:50	00:58:42	<b>01:02:46.65</b>	<b>01:03:23.50</b>	+00:28:33 (45.5%)	6:16	9.6 (54.9%)
91	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	91	00:00:47	00:18:38	00:31:34	00:46:50	00:59:24	<b>01:02:51.10</b>	<b>01:03:38.50</b>	+00:28:38 (45.6%)	6:17	9.5 (54.3%)
92	PYZIK Barbara	196		K30-39	92	00:00:39	00:17:10	00:30:08	00:46:05	00:59:11	<b>01:02:57.00</b>	<b>01:03:36.50</b>	+00:28:44 (45.6%)	6:17	9.5 (54.3%)
93	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	93	00:00:45	00:19:00	00:31:50	00:46:36	00:59:16	<b>01:03:01.35</b>	<b>01:03:46.55</b>	+00:28:48 (45.7%)	6:18	9.5 (54.3%)
94	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	94	00:00:30	00:18:04	00:30:57	00:46:29	00:59:53	<b>01:03:44.45</b>	<b>01:04:14.55</b>	+00:29:31 (46.3%)	6:22	9.4 (53.7%)
95	SŁABOŃ Ania	273		K30-39	95	00:00:41	00:18:05	00:31:18	00:47:15	01:00:42	<b>01:04:21.60</b>	<b>01:05:03.15</b>	+00:30:08 (46.8%)	6:26	9.3 (53.1%)
96	CZAK Renata	785		K30-39	96	00:00:30	00:17:24	00:30:43	00:46:36	01:00:42	<b>01:04:34.05</b>	<b>01:05:04.30</b>	+00:30:21 (47.0%)	6:27	9.3 (53.1%)
97	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	97	00:00:35	00:18:34	00:32:34	00:48:04	01:01:22	<b>01:04:55.95</b>	<b>01:05:31.35</b>	+00:30:43 (47.3%)	6:29	9.2 (52.6%)
98	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	98	00:00:00	00:18:45	00:32:04	00:47:43	01:01:19	<b>01:05:06.80</b>	<b>01:05:06.80</b>	+00:30:53 (47.5%)	6:30	9.2 (52.6%)
99	JUNKA Maria	699		K30-39	99	00:00:23	00:17:39	00:31:21	00:46:54	01:00:59	<b>01:05:13.70</b>	<b>01:05:37.00</b>	+00:31:00 (47.5%)	6:31	9.2 (52.6%)
100	GRZELAK Patrycja	213		K30-39	100	00:00:37	00:18:49	00:31:59	00:47:44	01:01:21	<b>01:05:14.25</b>	<b>01:05:52.05</b>	+00:31:01 (47.6%)	6:31	9.2 (52.6%)
101	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	101	00:00:44	00:18:40	00:32:10	00:48:01	01:01:41	<b>01:05:18.00</b>	<b>01:06:02.30</b>	+00:31:05 (47.6%)	6:31	9.2 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
102	<b>ŚPIEWAK Agnieszka</b>	<b>675</b>		K30-39	102	00:00:38	00:19:30	00:33:08	00:48:55	01:02:14	<b>01:05:36.20</b>	<b>01:06:14.60</b>	+00:31:23 (47.8%)	6:33	9.1 (52.0%)
103	<b>BRAUN Justyna</b>	<b>572</b>		K30-39	103	00:00:46	00:19:00	00:32:01	00:48:41	01:02:32	<b>01:06:19.05</b>	<b>01:07:05.25</b>	+00:32:06 (48.4%)	6:37	9 (51.4%)
104	<b>ŁUKASIK Aldona</b>	<b>858</b>	PIEPRZ I WANILIA	K30-39	104	00:00:48	00:19:37	00:33:15	00:49:01	01:02:47	<b>01:06:27.35</b>	<b>01:07:16.10</b>	+00:32:14 (48.5%)	6:38	9 (51.4%)
105	<b>KOSAŁKA Dominika</b>	<b>848</b>	REBELLION OF FREE RUNNERS	K30-39	105	00:00:29	00:18:49	00:33:04	00:49:09	01:03:10	<b>01:07:01.40</b>	<b>01:07:31.15</b>	+00:32:48 (49.0%)	6:42	9 (51.4%)
106	<b>ZAGÓRSKA Beata</b>	<b>89</b>	NIEDŹWIEDŹ TEAM	K30-39	106	00:00:40	00:19:14	00:32:51	00:48:57	01:03:27	<b>01:07:14.85</b>	<b>01:07:55.20</b>	+00:33:01 (49.1%)	6:43	8.9 (50.9%)
107	<b>OLEJNIK Ewa</b>	<b>684</b>	INŻYNIERIA BIEGANIA	K30-39	107	00:00:44	00:19:52	00:34:08	00:50:25	01:04:22	<b>01:08:01.50</b>	<b>01:08:46.25</b>	+00:33:48 (49.7%)	6:48	8.8 (50.3%)
108	<b>WÓJCIAK Magdalena</b>	<b>375</b>		K30-39	108	00:00:33	00:19:34	00:33:46	00:50:36	01:05:23	<b>01:09:23.50</b>	<b>01:09:57.15</b>	+00:35:10 (50.7%)	6:56	8.6 (49.1%)
109	<b>BRYCHCY Estera</b>	<b>62</b>	RUNTEAM PAWŁOWICE	K30-39	109	00:00:41	00:19:59	00:34:10	00:50:48	01:05:21	<b>01:09:24.05</b>	<b>01:10:06.00</b>	+00:35:11 (50.7%)	6:56	8.6 (49.1%)
110	<b>LAZAR Joanna</b>	<b>126</b>		K30-39	110	00:00:46	00:19:53	00:34:01	00:51:01	01:07:05	<b>01:11:17.65</b>	<b>01:12:03.75</b>	+00:37:04 (52.0%)	7:07	8.4 (48.0%)
111	<b>SAWICKA Agnieszka</b>	<b>594</b>		K30-39	111	00:00:45	00:20:23	00:35:18	00:53:02	01:07:49	<b>01:12:13.30</b>	<b>01:12:58.80</b>	+00:38:00 (52.6%)	7:13	8.3 (47.4%)
112	<b>RUMPEL Maria</b>	<b>95</b>	KS M.E.T.A.	K30-39	112	00:00:40	00:21:34	00:36:46	00:53:59	01:09:22	<b>01:13:50.15</b>	<b>01:14:30.80</b>	+00:39:37 (53.7%)	7:23	8.1 (46.3%)
113	<b>PROKOPIUK Adriana</b>	<b>261</b>		K30-39	113	00:00:45	00:20:09	00:35:18	00:53:28	01:09:35	<b>01:14:18.45</b>	<b>01:15:04.30</b>	+00:40:05 (54.0%)	7:25	8.1 (46.3%)
114	<b>GŁĄB Mariola</b>	<b>207</b>		K30-39	114	00:00:40	00:20:37	00:36:31	00:54:58	01:11:12	<b>01:14:59.60</b>	<b>01:15:40.25</b>	+00:40:46 (54.4%)	7:30	8 (45.7%)
115	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>749</b>	AKMB PĘDZIWIATR GLIWICE	K30-39	115	00:00:17	00:12:46	00:22:16					+00:05:00	4:27	13.5 (77.1%)
116	<b>SZCZYGIEŁ Adriana</b>	<b>753</b>	BENERUNNER	K30-39	116	00:00:24	00:15:39						+00:05:29	5:23	11.1 (63.4%)
117	<b>WAGNER Natalia</b>	<b>42</b>		K30-39	117	00:00:45									(0.0%)
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	<b>00:39:17.30 DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 118 wynik(ów)