

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**Event:** Jastrzębska Dziesiątka  
**Organiser:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Date:** 2018-09-15  
**Place:** Jastrzębie-Zdrój  
**Distance:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40-49

Split point: 7,3 km

| Place | Participant                   | Number | Club                     | Category | Start time | Zawrotka_3km<br>2.9km | Zawrotka_5km<br>5km | Zawrotka_3km<br>7.3km |
|-------|-------------------------------|--------|--------------------------|----------|------------|-----------------------|---------------------|-----------------------|
| 1     | LEWICKA Elżbieta              | 415    | NIEZRZESZONA             | K40-49   | 00:00:07   | 00:11:51              | 00:20:16            | 00:30:04              |
| 2     | LASKOWSKA Katarzyna           | 801    | INŻYNIERIA BIEGANIA TEAM | K40-49   | 00:00:11   | 00:12:14              | 00:20:49            | 00:30:32              |
| 3     | LACHOWSKA Magdalena           | 828    | K.S. SPRINT              | K40-49   | 00:00:07   | 00:12:11              | 00:21:00            | 00:31:18              |
| 4     | DYRCZ Anna                    | 147    |                          | K40-49   | 00:00:11   | 00:12:58              | 00:22:02            | 00:32:18              |
| 5     | MENŻYK Joanna                 | 26     |                          | K40-49   | 00:00:15   | 00:12:47              | 00:22:00            | 00:32:54              |
| 6     | KOWALSKA Kinga                | 21     | OLZA CIESZYN             | K40-49   | 00:00:20   | 00:13:22              | 00:22:46            | 00:33:43              |
| 7     | ZĘBIK Grażyna                 | 426    |                          | K40-49   | 00:00:20   | 00:13:22              | 00:22:47            | 00:34:39              |
| 8     | POŁOMSKA Edyta                | 416    | POŁOMSCU TEAM            | K40-49   | 00:00:14   | 00:14:07              | 00:23:51            | 00:35:03              |
| 9     | HELIOSZ Agnieszka             | 144    | INTERAKTYWNI             | K40-49   | 00:00:17   | 00:13:51              | 00:23:41            | 00:35:03              |
| 10    | PAJESTKA Katarzyna            | 142    |                          | K40-49   | 00:00:18   | 00:13:52              | 00:23:48            | 00:35:12              |
| 11    | URBANEK Małgorzata            | 366    | WAPIENICKITEAM           | K40-49   | 00:00:22   | 00:14:07              | 00:23:54            | 00:35:12              |
| 12    | RĘBISZ Agnieszka              | 796    | EKO-OKNA RUNNERS         | K40-49   | 00:00:10   | 00:13:31              | 00:23:19            | 00:35:18              |
| 13    | PROKOPENKO Aga                | 186    |                          | K40-49   | 00:00:27   | 00:14:03              | 00:24:00            | 00:35:23              |
| 14    | SICH- SOSNA Agnieszka         | 334    |                          | K40-49   | 00:00:16   | 00:14:16              | 00:24:06            | 00:35:36              |
| 15    | SICH-ŚWITAŁA Małgorzata       | 133    |                          | K40-49   | 00:00:16   | 00:14:16              | 00:24:06            | 00:35:40              |
| 16    | LORANC Izabela                | 358    |                          | K40-49   | 00:00:24   | 00:14:26              | 00:24:34            | 00:36:12              |
| 17    | MALINOWSKA Małgorzata         | 111    | POWOLI DO CELU           | K40-49   | 00:00:35   | 00:15:33              | 00:26:06            | 00:38:20              |
| 18    | SRADOMSKA Barbara             | 504    | 1972                     | K40-49   | 00:00:25   | 00:15:08              | 00:25:39            | 00:38:21              |
| 19    | DOMIN-ZBYL Agnieszka          | 171    |                          | K40-49   | 00:00:29   | 00:15:15              | 00:25:56            | 00:38:24              |
| 20    | MANISZEWSKA Dorota            | 547    | OLZA CIESZYN             | K40-49   | 00:00:32   | 00:15:26              | 00:26:05            | 00:38:27              |
| 21    | GENSTY Klaudia                | 639    | DYSTANS LUBOMIA          | K40-49   | 00:00:31   | 00:15:45              | 00:26:25            | 00:38:43              |
| 22    | ROMANIUK-DEMONCHAUX Katarzyna | 853    | DRUŻYNA KOPERNIKA        | K40-49   | 00:00:36   | 00:16:05              | 00:26:51            | 00:39:03              |
| 23    | KUBICA Edyta                  | 891    |                          | K40-49   | 00:00:24   | 00:15:08              | 00:26:06            | 00:39:04              |
| 24    | NIEMIEC Halina                | 141    | KAJTEAM                  | K40-49   | 00:00:29   | 00:15:58              | 00:26:40            | 00:39:04              |
| 25    | POPEK Barbara                 | 397    | SOBIESKI6                | K40-49   | 00:00:19   | 00:15:21              | 00:26:13            | 00:39:05              |
| 26    | MYNARSKA Ligia                | 896    | DALEKO JESZCZE?          | K40-49   | 00:00:23   | 00:15:13              | 00:26:13            | 00:39:15              |
| 27    | CHROBOK Józefa                | 532    |                          | K40-49   | 00:00:30   | 00:15:22              | 00:26:21            | 00:39:26              |
| 28    | KRAUSE Sylwia                 | 289    | RADLINIOKI W BIEGU       | K40-49   | 00:00:32   | 00:15:47              | 00:26:52            | 00:39:37              |
| 29    | CHOJCAN Beata                 | 424    | INŻYNIERIA BIEGANIA      | K40-49   | 00:00:28   | 00:16:00              | 00:27:01            | 00:39:43              |
| 30    | WERNIK Katarzyna              | 469    | BESTFITCLUB RYBNIK       | K40-49   | 00:00:32   | 00:15:45              | 00:26:52            | 00:39:44              |

| Place | Participant                           | Number     | Club                             | Category | Start time | Zawrotka_3km | Zawrotka_5km | Zawrotka_3km |
|-------|---------------------------------------|------------|----------------------------------|----------|------------|--------------|--------------|--------------|
|       |                                       |            |                                  |          |            | 2.9km        | 5km          | 7.3km        |
| 31    | <b>NALEWAJKA Wioleta</b>              | <b>87</b>  | KOBIETY NA 5+                    | K40-49   | 00:00:32   | 00:16:11     | 00:27:22     | 00:40:08     |
| 32    | <b>SIEGMUND Jolanta</b>               | <b>63</b>  |                                  | K40-49   | 00:00:29   | 00:16:04     | 00:27:13     | 00:40:11     |
| 33    | <b>SŁOTWIŃSKA Anna</b>                | <b>177</b> |                                  | K40-49   | 00:00:28   | 00:16:03     | 00:27:15     | 00:40:26     |
| 34    | <b>KOLORZ-STYLOK Katarzyna</b>        | <b>640</b> |                                  | K40-49   | 00:00:32   | 00:16:12     | 00:27:23     | 00:40:36     |
| 35    | <b>PIECYK Adrianna</b>                | <b>190</b> |                                  | K40-49   | 00:00:26   | 00:15:46     | 00:27:09     | 00:41:00     |
| 36    | <b>SOBIERAJSKA Renata</b>             | <b>575</b> | EKO-OKNA RUNNERS                 | K40-49   | 00:00:24   | 00:15:27     | 00:27:05     | 00:41:04     |
| 37    | <b>PYTEL Renata</b>                   | <b>440</b> |                                  | K40-49   | 00:00:07   | 00:16:10     | 00:27:42     | 00:41:05     |
| 38    | <b>KIEŁKOWSKA Agnieszka</b>           | <b>217</b> |                                  | K40-49   | 00:00:43   | 00:16:43     | 00:28:06     | 00:41:17     |
| 39    | <b>WILSZ Ewa</b>                      | <b>481</b> | FIS-SST TEAM                     | K40-49   | 00:00:36   | 00:16:46     | 00:28:21     | 00:41:22     |
| 40    | <b>ĆWIOK Barbara</b>                  | <b>546</b> | FIS-SST TEAM                     | K40-49   | 00:00:37   | 00:16:45     | 00:28:19     | 00:41:22     |
| 41    | <b>BRZUSKA Katarzyna</b>              | <b>120</b> | OLZA CIESZYN                     | K40-49   | 00:00:40   | 00:16:43     | 00:28:15     | 00:41:22     |
| 42    | <b>FRYDECKA Mirosława</b>             | <b>537</b> | AKADEMIA BIEGANIA W ŚWIERKLANACH | K40-49   | 00:00:35   | 00:16:12     | 00:27:34     | 00:41:31     |
| 43    | <b>BIELA Małgorzata</b>               | <b>284</b> | KOBIETY NA 5+                    | K40-49   | 00:00:33   | 00:16:16     | 00:27:50     | 00:41:47     |
| 44    | <b>HEJNA Izabela</b>                  | <b>466</b> | RADLINIOKI W BIEGU               | K40-49   | 00:00:32   | 00:16:17     | 00:27:53     | 00:41:51     |
| 45    | <b>SOBCZYK Renata</b>                 | <b>625</b> | PASJONAT                         | K40-49   | 00:00:41   | 00:17:00     | 00:28:30     | 00:41:58     |
| 46    | <b>OSZCZĘDA Marzena</b>               | <b>224</b> | ZARAZIĆ PASJĄ                    | K40-49   | 00:00:26   | 00:15:55     | 00:27:42     | 00:42:06     |
| 47    | <b>FECZKO Lucyna</b>                  | <b>493</b> |                                  | K40-49   | 00:00:31   | 00:16:26     | 00:28:03     | 00:42:14     |
| 48    | <b>BAJCAR Beata</b>                   | <b>184</b> | KOBIETY NA 5+                    | K40-49   | 00:00:34   | 00:16:39     | 00:28:24     | 00:42:14     |
| 49    | <b>ŻEBROWSKA Matylda</b>              | <b>73</b>  | MYSŁOWICKI KLUB BIEGACZA NO.I    | K40-49   | 00:00:43   | 00:16:47     | 00:28:53     | 00:42:17     |
| 50    | <b>KACZOREK Ania</b>                  | <b>386</b> | HRMAX ŻORY                       | K40-49   | 00:00:25   | 00:16:34     | 00:28:20     | 00:42:21     |
| 51    | <b>BURZYŃSKA Beata</b>                | <b>266</b> |                                  | K40-49   | 00:00:35   | 00:16:27     | 00:28:16     | 00:42:24     |
| 52    | <b>DONOCIK Bogusława</b>              | <b>508</b> | OLZA CIESZYN                     | K40-49   | 00:00:41   | 00:16:53     | 00:28:44     | 00:42:33     |
| 53    | <b>REK Katarzyna</b>                  | <b>540</b> | RADLINIOKI W BIEGU               | K40-49   | 00:00:32   | 00:16:18     | 00:28:08     | 00:42:53     |
| 54    | <b>GAŁKIEWICZ Monika</b>              | <b>759</b> |                                  | K40-49   | 00:00:33   | 00:16:30     | 00:28:36     | 00:42:59     |
| 55    | <b>TYKIERKA Małgorzata</b>            | <b>842</b> | TOXPRESS                         | K40-49   | 00:00:38   | 00:17:08     | 00:29:06     | 00:43:08     |
| 56    | <b>WACŁAWIK Ewa</b>                   | <b>301</b> | FANTASTIC TEAM ANNA SIKORA       | K40-49   | 00:00:39   | 00:17:08     | 00:29:12     | 00:43:23     |
| 57    | <b>JURKIEWICZ-FILIKS Basia</b>        | <b>652</b> |                                  | K40-49   | 00:00:47   | 00:17:59     | 00:29:59     | 00:43:24     |
| 58    | <b>BETAŃSKA Aneta</b>                 | <b>158</b> | KOBIETY NA 5+                    | K40-49   | 00:00:43   | 00:17:01     | 00:29:07     | 00:43:33     |
| 59    | <b>MUSIOŁ Helena</b>                  | <b>88</b>  |                                  | K40-49   | 00:00:29   | 00:16:35     | 00:28:55     | 00:43:36     |
| 60    | <b>DOBRENIUK Aurelia</b>              | <b>591</b> |                                  | K40-49   | 00:00:39   | 00:17:13     | 00:29:38     | 00:43:44     |
| 61    | <b>PŁASKA Barbara</b>                 | <b>202</b> | KOBIETY NA 5+                    | K40-49   | 00:00:42   | 00:17:35     | 00:30:02     | 00:43:50     |
| 62    | <b>STOPYRA Agnieszka</b>              | <b>124</b> |                                  | K40-49   | 00:00:43   | 00:17:46     | 00:30:09     | 00:43:54     |
| 63    | <b>HOLONA Bożena</b>                  | <b>251</b> | NIEDŹWIEDŹ TEAM                  | K40-49   | 00:00:40   | 00:17:41     | 00:30:00     | 00:43:55     |
| 64    | <b>MALINOWSKA Aneta</b>               | <b>331</b> | OLZA CIESZYN                     | K40-49   | 00:00:46   | 00:18:37     | 00:30:54     | 00:44:31     |
| 65    | <b>CYLC Agnieszka</b>                 | <b>755</b> | YNO ULTRA                        | K40-49   | 00:00:00   | 00:17:38     | 00:30:02     | 00:44:35     |
| 66    | <b>MIŚKOWIEC Agnieszka</b>            | <b>41</b>  |                                  | K40-49   | 00:00:39   | 00:17:10     | 00:29:59     | 00:44:42     |
| 67    | <b>BOŹEK Dagmara</b>                  | <b>52</b>  |                                  | K40-49   | 00:00:39   | 00:17:51     | 00:30:21     | 00:44:52     |
| 68    | <b>SZPYRA Sonia</b>                   | <b>68</b>  |                                  | K40-49   | 00:00:28   | 00:17:33     | 00:30:02     | 00:44:56     |
| 69    | <b>ŚWIERCZ Anna</b>                   | <b>478</b> |                                  | K40-49   | 00:00:42   | 00:17:48     | 00:30:11     | 00:45:13     |
| 70    | <b>GÓRNY Jola</b>                     | <b>460</b> |                                  | K40-49   | 00:00:31   | 00:17:21     | 00:29:55     | 00:45:17     |
| 71    | <b>KASPRZYCKA-SZUBARSKA Katarzyna</b> | <b>567</b> | OLZA CIESZYN PARKRUN             | K40-49   | 00:00:45   | 00:18:40     | 00:31:03     | 00:45:27     |
| 72    | <b>SOBCZYK Gabriela</b>               | <b>248</b> | RAFAKO RUN TEAM                  | K40-49   | 00:00:36   | 00:17:49     | 00:30:39     | 00:45:56     |
| 73    | <b>KUCZA-CHMIEL Kalina</b>            | <b>518</b> |                                  | K40-49   | 00:00:39   | 00:18:14     | 00:31:17     | 00:46:22     |
| 74    | <b>PRZYŁUCKA Grażyna</b>              | <b>638</b> | GRAMMI                           | K40-49   | 00:00:37   | 00:17:33     | 00:30:29     | 00:46:32     |
| 75    | <b>ZAKRZEWSKA Barbara</b>             | <b>683</b> |                                  | K40-49   | 00:00:35   | 00:18:02     | 00:31:15     | 00:46:36     |

| Place | Participant                         | Number     | Club                  | Category | Start time | Zawrotka_3km<br>2.9km | Zawrotka_5km<br>5km | Zawrotka_3km<br>7.3km |
|-------|-------------------------------------|------------|-----------------------|----------|------------|-----------------------|---------------------|-----------------------|
| 76    | <b>ADAMUS Katarzyna</b>             | <b>269</b> | OLZA CIESZYN          | K40-49   | 00:00:45   | 00:18:40              | 00:31:34            | 00:46:38              |
| 77    | <b>OSTROWSKA Izabela</b>            | <b>314</b> | KOBIETY NA 5+         | K40-49   | 00:00:41   | 00:18:28              | 00:31:35            | 00:47:02              |
| 78    | <b>KRZACZEK Aleksandra</b>          | <b>389</b> | RADLINIOKI W BIEGU    | K40-49   | 00:00:39   | 00:18:06              | 00:31:25            | 00:47:04              |
| 79    | <b>OLSZEWSKA Dorota</b>             | <b>360</b> | KOBIETY NA 5+         | K40-49   | 00:00:34   | 00:18:28              | 00:31:59            | 00:48:12              |
| 80    | <b>ZIĘTARA Agata</b>                | <b>347</b> |                       | K40-49   | 00:00:40   | 00:19:15              | 00:32:55            | 00:48:19              |
| 81    | <b>BARTNIK Joanna</b>               | <b>176</b> | GALOPUJĄCE ŚLIMAKI    | K40-49   | 00:00:42   | 00:19:30              | 00:33:00            | 00:48:44              |
| 82    | <b>KLACZEK Anna</b>                 | <b>681</b> |                       | K40-49   | 00:00:38   | 00:19:30              | 00:33:17            | 00:49:19              |
| 83    | <b>KUBAS Alina</b>                  | <b>278</b> | KLUB BIEGACZA FARTLEK | K40-49   | 00:00:45   | 00:19:31              | 00:33:22            | 00:49:19              |
| 84    | <b>POPE-ŚWIDZIKOWSKA Małgorzata</b> | <b>856</b> |                       | K40-49   | 00:00:00   | 00:19:47              | 00:33:40            | 00:49:42              |
| 85    | <b>SUCHY Mariola</b>                | <b>692</b> |                       | K40-49   | 00:00:44   | 00:20:21              | 00:34:23            | 00:50:53              |
| 86    | <b>HERZYK Beata</b>                 | <b>657</b> |                       | K40-49   | 00:00:43   | 00:19:53              | 00:34:11            | 00:51:00              |
| 87    | <b>ZALEWSKA Barbara</b>             | <b>149</b> | KOBIETY NA 5+         | K40-49   | 00:00:43   | 00:19:41              | 00:34:11            | 00:51:01              |
| 88    | <b>PASŁAWSKA Katarzyna</b>          | <b>30</b>  | KOBIETY NA 5 +        | K40-49   | 00:00:31   |                       |                     |                       |

Total 88 results.