

# 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**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K40-49

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
1	<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
2	<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
3	<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
4	<b>MENŻYK Joanna</b>	<b>26</b>		K40-49	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03
5	<b>DYRCZ Anna</b>	<b>147</b>		K40-49	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47
6	<b>KOWALSKA Kinga</b>	<b>21</b>	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16
7	<b>ZĘBIK Grażyna</b>	<b>426</b>		K40-49	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32
8	<b>POŁOMSKA Edyta</b>	<b>416</b>	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46
9	<b>URBANEK Małgorzata</b>	<b>366</b>	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54
10	<b>HELIOSZ Agnieszka</b>	<b>144</b>	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59
11	<b>PAJESTKA Katarzyna</b>	<b>142</b>		K40-49	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13
12	<b>RĘBISZ Agnieszka</b>	<b>796</b>	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29
13	<b>PROKOPENKO Aga</b>	<b>186</b>		K40-49	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30
14	<b>SICH- SOSNA Agnieszka</b>	<b>334</b>		K40-49	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36
15	<b>SICH-ŚWITAŁA Małgorzata</b>	<b>133</b>		K40-49	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44
16	<b>LORANC Izabela</b>	<b>358</b>		K40-49	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16
17	<b>MALINOWSKA Małgorzata</b>	<b>111</b>	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04
18	<b>MANISZEWSKA Dorota</b>	<b>547</b>	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07
19	<b>SRADOMSKA Barbara</b>	<b>504</b>	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08
20	<b>DOMIN-ZBYL Agnieszka</b>	<b>171</b>		K40-49	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13
21	<b>GENSTY Klaudia</b>	<b>639</b>	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13
22	<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
23	<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
24	<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
25	<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
26	<b>KUBICA Edyta</b>	<b>891</b>		K40-49	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37
27	<b>CHROBOK Józefa</b>	<b>532</b>		K40-49	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42
28	<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
29	<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
30	<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

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
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	00:51:10
32	<b>SIEGMUND Jolanta</b>	<b>63</b>		K40-49	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45
33	<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
34	<b>SŁOTWIŃSKA Anna</b>	<b>177</b>		K40-49	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10
35	<b>KIEŁKOWSKA Agnieszka</b>	<b>217</b>		K40-49	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39
36	<b>ĆWIOK Barbara</b>	<b>546</b>	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44
37	<b>PIECYK Adrianna</b>	<b>190</b>		K40-49	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45
38	<b>WILSZ Ewa</b>	<b>481</b>	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45
39	<b>BRZUSKA Katarzyna</b>	<b>120</b>	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58
40	<b>PYTEL Renata</b>	<b>440</b>		K40-49	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06
41	<b>SOBIERAJSKA Renata</b>	<b>575</b>	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17
42	<b>HEJNA Izabela</b>	<b>466</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33
43	<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	00:53:34
44	<b>SOBCZYK Renata</b>	<b>625</b>	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56
45	<b>BIELA Małgorzata</b>	<b>284</b>	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57
46	<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	00:53:57
47	<b>OSZCZĘDA Marzena</b>	<b>224</b>	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06
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	00:54:07
49	<b>KACZOREK Ania</b>	<b>386</b>	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26
50	<b>DONOCIK Bogusława</b>	<b>508</b>	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37
51	<b>BURZYŃSKA Beata</b>	<b>266</b>		K40-49	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47
52	<b>TYKIERKA Małgorzata</b>	<b>842</b>	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05
53	<b>JURKIEWICZ-FILIKS Basia</b>	<b>652</b>		K40-49	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10
54	<b>FECZKO Lucyna</b>	<b>493</b>		K40-49	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16
55	<b>REK Katarzyna</b>	<b>540</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17
56	<b>DOBRENIUK Aurelia</b>	<b>591</b>		K40-49	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35
57	<b>GAŁKIEWICZ Monika</b>	<b>759</b>		K40-49	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36
58	<b>STOPYRA Agnieszka</b>	<b>124</b>		K40-49	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50
59	<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	00:55:57
60	<b>PŁASKA Barbara</b>	<b>202</b>	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59
61	<b>BETAŃSKA Aneta</b>	<b>158</b>	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59
62	<b>HOLONA Bożena</b>	<b>251</b>	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04
63	<b>MALINOWSKA Aneta</b>	<b>331</b>	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19
64	<b>MUSIOŁ Helena</b>	<b>88</b>		K40-49	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22
65	<b>CYLC Agnieszka</b>	<b>755</b>	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38
66	<b>BOŹEK Dagmara</b>	<b>52</b>		K40-49	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30
67	<b>MIŚKOWIEC Agnieszka</b>	<b>41</b>		K40-49	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32
68	<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	00:57:44
69	<b>ŚWIERCZ Anna</b>	<b>478</b>		K40-49	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01
70	<b>SZPYRA Sonia</b>	<b>68</b>		K40-49	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03
71	<b>GÓRNY Jola</b>	<b>460</b>		K40-49	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57
72	<b>KUCZA-CHMIEL Kalina</b>	<b>518</b>		K40-49	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24
73	<b>SOBCZYK Gabriela</b>	<b>248</b>	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34
74	<b>OSTROWSKA Izabela</b>	<b>314</b>	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48
75	<b>ADAMUS Katarzyna</b>	<b>269</b>	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	<b>ZAKRZEWSKA Barbara</b>	<b>683</b>		K40-49	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56
77	<b>PRZYŁUCKA Grażyna</b>	<b>638</b>	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35
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	01:00:40
79	<b>ZIĘTARA Agata</b>	<b>347</b>		K40-49	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37
80	<b>OLSZEWSKA Dorota</b>	<b>360</b>	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04
81	<b>BARTNIK Joanna</b>	<b>176</b>	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27
82	<b>KUBAS Alina</b>	<b>278</b>	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02
83	<b>POPE-ŚWIDZIKOWSKA Małgorzata</b>	<b>856</b>		K40-49	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27
84	<b>KLACZEK Anna</b>	<b>681</b>		K40-49	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34
85	<b>SUCHY Mariola</b>	<b>692</b>		K40-49	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29
86	<b>HERZYK Beata</b>	<b>657</b>		K40-49	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31
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	01:05:58
88	<b>PASŁAWSKA Katarzyna</b>	<b>30</b>	KOBIETY NA 5 +	K40-49	00:00:31				

Znaleziono 88 wynik(ów)