

# 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: Najlepsza Jastrzębianka

Place	Participant	Number	Club	Category	MCat	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<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>		3:52	15.5 (100%)
2	<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>	+00:05:26 (12.3%)	4:24	13.6 (87.7%)
3	<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>	+00:07:57 (17.0%)	4:39	12.9 (83.2%)
4	<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>	+00:11:00 (22.1%)	4:58	12.1 (78.1%)
5	<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>	+00:11:48 (23.4%)	5:03	11.9 (76.8%)
6	<b>JANECKA Marta</b>	<b>362</b>		K16-19	3	00:00:16	00:14:59	00:25:21	00:37:38	00:47:55	<b>00:50:55.75</b>	<b>00:51:12.10</b>	+00:12:14 (24.0%)	5:05	11.8 (76.1%)
7	<b>DOMIN-ZBYL Agnieszka</b>	<b>171</b>		K40-49	20	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13	<b>00:52:14.15</b>	<b>00:52:43.80</b>	+00:13:32 (25.9%)	5:13	11.5 (74.2%)
8	<b>PASŁAWSKA Katarzyna</b>	<b>30</b>	KOBIETY NA 5 +	K40-49	24	00:00:31					<b>00:52:42.00</b>	<b>00:53:13.00</b>	+00:14:00 (26.6%)	5:16	11.4 (73.5%)
9	<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>	+00:14:23 (27.1%)	5:18	11.3 (72.9%)
10	<b>POPEK Barbara</b>	<b>397</b>	SOBIESKI6	K40-49	26	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10	<b>00:53:22.45</b>	<b>00:53:42.40</b>	+00:14:40 (27.5%)	5:20	11.2 (72.3%)
11	<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>	+00:14:55 (27.8%)	5:21	11.2 (72.3%)
12	<b>MUSIAŁ Maria</b>	<b>407</b>		K50-59	4	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26	<b>00:53:37.45</b>	<b>00:54:08.80</b>	+00:14:55 (27.8%)	5:21	11.2 (72.3%)
13	<b>ZELENT Karolina</b>	<b>33</b>	DIETETYKJASTRZEBIE.PL	K20-29	16	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06	<b>00:54:09.10</b>	<b>00:54:46.10</b>	+00:15:27 (28.5%)	5:24	11.1 (71.6%)
14	<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>	+00:15:33 (28.7%)	5:25	11.1 (71.6%)
15	<b>GWIZDAŁA Dominika</b>	<b>138</b>		K20-29	18	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45	<b>00:54:45.95</b>	<b>00:55:27.70</b>	+00:16:04 (29.3%)	5:28	11 (71.0%)
16	<b>SIEGMUND Jolanta</b>	<b>63</b>		K40-49	33	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45	<b>00:54:56.75</b>	<b>00:55:25.85</b>	+00:16:15 (29.6%)	5:29	10.9 (70.3%)
17	<b>KOLORZ-STYŁOK Katarzyna</b>	<b>640</b>		K40-49	34	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59	<b>00:55:05.75</b>	<b>00:55:38.50</b>	+00:16:24 (29.8%)	5:30	10.9 (70.3%)
18	<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>	+00:16:36 (30.0%)	5:31	10.8 (69.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Net time		Czas brutto		Pace min/km	Pace km/h
											10km	10km	10km	Gap		
19	FLASZ Anna	192		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>	+00:16:38 (30.1%)	5:32	10.8 (69.7%)	
20	FROSZTĘGA Katarzyna	835		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>	+00:16:50 (30.3%)	5:33	10.8 (69.7%)	
21	SŁOTWIŃSKA Anna	177		K40-49	35	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10	<b>00:55:33.50</b>	<b>00:56:02.35</b>	+00:16:51 (30.4%)	5:33	10.8 (69.7%)	
22	KIEŁKOWSKA Agnieszka	217		K40-49	36	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39	<b>00:55:50.80</b>	<b>00:56:34.45</b>	+00:17:09 (30.7%)	5:35	10.7 (69.0%)	
23	FRAJHOFER Ewa	868	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>	+00:17:57 (31.7%)	5:39	10.6 (68.4%)	
24	MUSIAŁ Wioletta	271	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>	+00:18:08 (31.9%)	5:41	10.6 (68.4%)	
25	BARAN Irena	25	SZARE MORSY	K50-59	5	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40	<b>00:57:04.95</b>	<b>00:57:39.25</b>	+00:18:23 (32.2%)	5:42	10.5 (67.7%)	
26	GWIZDAŁA Joanna	139		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>	+00:18:25 (32.2%)	5:42	10.5 (67.7%)	
27	PRÓSZYŃSKA Agnieszka	244		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>	+00:18:31 (32.4%)	5:43	10.5 (67.7%)	
28	GIŻYŃSKA Katarzyna	253	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>	+00:18:38 (32.5%)	5:44	10.5 (67.7%)	
29	LISZOK Iwona	117		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>	+00:19:38 (33.7%)	5:50	10.3 (66.5%)	
30	MALISZEWSKA Beata	72		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>	+00:19:50 (33.9%)	5:51	10.3 (66.5%)	
31	GAŃKO Grażyna	399		K50-59	6	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16	<b>00:58:44.25</b>	<b>00:59:03.10</b>	+00:20:02 (34.1%)	5:52	10.2 (65.8%)	
32	FECZKO Lucyna	493		K40-49	55	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16	<b>00:58:48.30</b>	<b>00:59:20.10</b>	+00:20:06 (34.2%)	5:52	10.2 (65.8%)	
33	SŁODZIŃSKA Magdalena	688		K20-29	25	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40	<b>00:59:00.95</b>	<b>00:59:43.50</b>	+00:20:19 (34.4%)	5:54	10.2 (65.8%)	
34	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	59	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59	<b>00:59:12.20</b>	<b>00:59:54.60</b>	+00:20:30 (34.6%)	5:55	10.1 (65.2%)	
35	STOPYRA Agnieszka	124		K40-49	60	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50	<b>00:59:12.55</b>	<b>00:59:56.05</b>	+00:20:30 (34.6%)	5:55	10.1 (65.2%)	
36	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>	+00:20:39 (34.8%)	5:56	10.1 (65.2%)	
37	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>	+00:20:58 (35.1%)	5:58	10.1 (65.2%)	
38	MIŚKOWIEC Agnieszka	41		K40-49	69	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32	<b>01:01:17.05</b>	<b>01:01:56.30</b>	+00:22:35 (36.9%)	6:07	9.8 (63.2%)	
39	SZPYRA Sonia	68		K40-49	70	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03	<b>01:01:35.05</b>	<b>01:02:03.20</b>	+00:22:53 (37.2%)	6:09	9.7 (62.6%)	
40	KRAUZ Sandra	437		K20-29	31	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56	<b>01:01:37.40</b>	<b>01:02:15.00</b>	+00:22:55 (37.2%)	6:09	9.7 (62.6%)	
41	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	5	00:00:42	00:18:17	00:30:55	00:45:42	00:58:13	<b>01:01:46.50</b>	<b>01:02:28.55</b>	+00:23:04 (37.4%)	6:10	9.7 (62.6%)	
42	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>	+00:23:33 (37.8%)	6:13	9.6 (61.9%)	
43	HETMANIOK Agnieszka	83		K20-29	32	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44	<b>01:02:22.85</b>	<b>01:02:45.95</b>	+00:23:41 (38.0%)	6:14	9.6 (61.9%)	
44	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>	+00:23:41 (38.0%)	6:14	9.6 (61.9%)	
45	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>	+00:24:15 (38.5%)	6:17	9.5 (61.3%)	

Place	Participant	Number	Club	Category	MCat	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
46	<b>WAWOCZNY</b> Anita	<b>538</b>	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>	+00:24:19 (38.6%)	6:18	9.5 (61.3%)
47	<b>JUNKA</b> Maria	<b>699</b>		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>	+00:26:32 (40.7%)	6:31	9.2 (59.4%)
48	<b>GRZELAK</b> Patrycja	<b>213</b>		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>	+00:26:32 (40.7%)	6:31	9.2 (59.4%)
49	<b>AUGUŚCIK</b> Ewelina	<b>784</b>	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>	+00:26:36 (40.7%)	6:31	9.2 (59.4%)
50	<b>ZIĘTARA</b> Agata	<b>347</b>		K40-49	80	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37	<b>01:05:28.75</b>	<b>01:06:08.75</b>	+00:26:47 (40.9%)	6:32	9.2 (59.4%)
51	<b>OLSZEWSKA</b> Dorota	<b>360</b>	KOBIETY NA 5+	K40-49	81	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04	<b>01:05:54.50</b>	<b>01:06:28.50</b>	+00:27:12 (41.3%)	6:35	9.1 (58.7%)
52	<b>ROTTER</b> Hanna	<b>427</b>	J TEAM	K50-59	14	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01	<b>01:06:02.65</b>	<b>01:06:36.20</b>	+00:27:21 (41.4%)	6:36	9.1 (58.7%)
53	<b>BRAUN</b> Justyna	<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>	+00:27:37 (41.7%)	6:37	9 (58.1%)
54	<b>KUBAS</b> Alina	<b>278</b>	KLUB BIEGACZA FARTLEK	K40-49	83	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02	<b>01:06:54.05</b>	<b>01:07:39.25</b>	+00:28:12 (42.2%)	6:41	9 (58.1%)
55	<b>ZALEWSKA</b> Barbara	<b>149</b>	KOBIETY NA 5+	K40-49	88	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58	<b>01:10:09.35</b>	<b>01:10:52.50</b>	+00:31:27 (44.8%)	7:00	8.6 (55.5%)
56	<b>LAZAR</b> Joanna	<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>	+00:32:36 (45.7%)	7:07	8.4 (54.2%)
57	<b>SAWICKA</b> Agnieszka	<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>	+00:33:31 (46.4%)	7:13	8.3 (53.5%)
58	<b>ŁANUCHA</b> Mariola	<b>100</b>	KOBIETY NA 5+	K50-59	16	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24	<b>01:12:56.20</b>	<b>01:13:40.90</b>	+00:34:14 (46.9%)	7:17	8.2 (52.9%)
59	<b>MYŚLIWIEC</b> Barbara	<b>337</b>	KOBIETY NA 5+	K20-29	38	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24	<b>01:12:56.75</b>	<b>01:13:41.15</b>	+00:34:15 (47.0%)	7:17	8.2 (52.9%)
60	<b>WAGNER</b> Natalia	<b>42</b>		K30-39	117	00:00:45									(0.0%)

Total 60 results.