

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: Najlepsze Polki

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	PLIŚ Renata	14	MKL MARATON ŚWINOUJŚCIE	K30-39	1	00:00:02	00:10:10	00:17:17		00:32:16	00:34:12.90	00:34:15.80		3:25	17.5 (100%)
2	ŚLĘZAK Sylwia	11		K20-29	1	00:00:03	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80	+00:02:20 (6.4%)	3:39	16.4 (93.7%)
3	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	2	00:00:03	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	+00:03:11 (8.5%)	3:44	16 (91.4%)
4	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	3	00:00:00	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	+00:04:05 (10.7%)	3:49	15.7 (89.7%)
5	SUWAJ Aneta	10	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	4	00:00:03	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	+00:04:28 (11.6%)	3:52	15.5 (88.6%)
6	DZIUK Dagmara	13	KB MOSIR JASTRZĘBIE	K30-39	5	00:00:02	00:11:16	00:19:21	00:28:52	00:37:07	00:39:27.40	00:39:30.35	+00:05:14 (13.3%)	3:56	15.2 (86.9%)
7	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	4	00:00:04	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
8	ULATOWSKA Alicja	913	TGU TEAM	K20-29	5	00:00:08	00:11:43	00:37:51			00:40:12.10	00:40:20.50	+00:05:59 (14.9%)	4:01	14.9 (85.1%)
9	DYBCZYŃSKA Jadwiga	890		K30-39	6	00:00:09	00:11:41	00:19:51	00:29:21	00:37:51	00:40:27.30	00:40:36.30	+00:06:14 (15.4%)	4:02	14.8 (84.6%)
10	BIELIŃSKA Monika	223		K30-39	7	00:00:04	00:11:47	00:20:04	00:29:51	00:38:12	00:40:30.55	00:40:35.00	+00:06:17 (15.5%)	4:03	14.8 (84.6%)
11	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	1	00:00:07	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05	+00:06:44 (16.5%)	4:05	14.6 (83.4%)
12	MIKOŁAJCZYK Sandra	607		K30-39	8	00:00:11	00:12:07	00:20:30	00:30:18	00:38:48	00:41:11.35	00:41:23.05	+00:06:58 (16.9%)	4:07	14.6 (83.4%)
13	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	2	00:00:11	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	+00:07:16 (17.5%)	4:08	14.5 (82.9%)
14	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	6	00:00:10	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	+00:07:25 (17.8%)	4:09	14.4 (82.3%)
15	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	3	00:00:07	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	+00:08:22 (19.7%)	4:15	14.1 (80.6%)
16	REDZIK Dorota	845	ENDURANCE TEAM	K30-39	9	00:00:10	00:12:16	00:21:04	00:31:20	00:40:12	00:42:43.80	00:42:54.20	+00:08:30 (19.9%)	4:16	14 (80.0%)
17	WOJTASZEWSKA Sabina	286	BBL RACIBÓRZ	K30-39	10	00:00:09	00:12:21	00:21:18	00:31:33	00:40:20	00:42:45.85	00:42:55.60	+00:08:32 (20.0%)	4:16	14 (80.0%)
18	PIECZKA Monika	816		K30-39	12	00:00:04	00:12:37	00:21:28	00:31:57	00:40:55	00:43:25.45	00:43:30.25	+00:09:12 (21.2%)	4:20	13.8 (78.9%)
19	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	7	00:00:04	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	+00:09:23 (21.5%)	4:21	13.8 (78.9%)
20	PIECUCH Agnieszka	212	INŻYNIERIA BIEGANIA TEAM	K30-39	13	00:00:17	00:12:49	00:21:46	00:32:07	00:41:07	00:43:41.95	00:43:59.70	+00:09:29 (21.7%)	4:22	13.7 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
21	JANKO Anna	712	HRMAX ŻORY	K20-29	8	00:00:10	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	+00:09:47 (22.2%)	4:24	13.6 (77.7%)
22	PIWISZKIS Barbara	174	KOBIETY NA 5+	K30-39	14	00:00:15	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	+00:09:55 (22.5%)	4:24	13.6 (77.7%)
23	PAWTEL Agata	59		K30-39	15	00:00:09	00:12:49	00:21:56	00:32:38	00:41:45	00:44:21.50	00:44:30.90	+00:10:08 (22.9%)	4:26	13.5 (77.1%)
24	MENŻYK Joanna	26		K40-49	4	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	+00:10:29 (23.5%)	4:28	13.4 (76.6%)
25	MORAWSKA Julia	468	UKS CHROMIK MYSŁOWICE	K16-19	1	00:00:18	00:12:58	00:22:16	00:32:54	00:42:12	00:44:45.75	00:45:04.15	+00:10:32 (23.6%)	4:28	13.4 (76.6%)
26	STOLORZ Katarzyna	620		K30-39	16	00:00:15	00:13:32	00:22:59	00:33:49	00:43:01	00:45:33.10	00:45:48.60	+00:11:20 (24.9%)	4:33	13.2 (75.4%)
27	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	5	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	+00:11:32 (25.2%)	4:34	13.1 (74.9%)
28	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	9	00:00:18	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	+00:12:06 (26.1%)	4:38	12.9 (73.7%)
29	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	17	00:00:23	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	+00:12:25 (26.6%)	4:39	12.9 (73.7%)
30	DYRCZ Anna	147		K40-49	6	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	+00:12:42 (27.1%)	4:41	12.8 (73.1%)
31	ZĘBIK Grażyna	426		K40-49	7	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	+00:13:04 (27.6%)	4:43	12.7 (72.6%)
32	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	18	00:00:15	00:13:28	00:23:23	00:34:49	00:44:34	00:47:17.60	00:47:33.40	+00:13:04 (27.7%)	4:43	12.7 (72.6%)
33	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	8	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	+00:13:14 (27.9%)	4:44	12.6 (72.0%)
34	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	19	00:00:16	00:14:08	00:23:52	00:35:07	00:44:46	00:47:27.60	00:47:43.60	+00:13:14 (27.9%)	4:44	12.6 (72.0%)
35	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	9	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	+00:13:15 (27.9%)	4:44	12.6 (72.0%)
36	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	10	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	+00:13:32 (28.4%)	4:46	12.6 (72.0%)
37	PAJESTKA Katarzyna	142		K40-49	11	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	+00:13:49 (28.8%)	4:48	12.5 (71.4%)
38	STĘPIEŃ Kamila	319		K30-39	20	00:00:20	00:13:57	00:23:52	00:35:13	00:45:01	00:48:08.20	00:48:28.30	+00:13:55 (28.9%)	4:48	12.5 (71.4%)
39	ŻBEL Ania	355	HRMAX ŻORY	K30-39	21	00:00:23	00:14:45	00:24:38	00:35:45	00:45:28	00:48:15.95	00:48:39.80	+00:14:03 (29.1%)	4:49	12.4 (70.9%)
40	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	12	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	+00:14:09 (29.3%)	4:50	12.4 (70.9%)
41	PROKOPENKO Aga	186		K40-49	13	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	+00:14:10 (29.3%)	4:50	12.4 (70.9%)
42	SICH- SOSNA Agnieszka	334		K40-49	14	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	+00:14:11 (29.3%)	4:50	12.4 (70.9%)
43	SICH-ŚWITAŁA Małgorzata	133		K40-49	15	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	+00:14:19 (29.5%)	4:51	12.4 (70.9%)
44	SOKOŁOWSKA Anna	394	BRAK	K50-59	1	00:00:20	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85	+00:14:52 (30.3%)	4:54	12.2 (69.7%)
45	LORANC Izabela	358		K40-49	16	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	+00:14:53 (30.3%)	4:54	12.2 (69.7%)
46	PŁÓCIENNIK Aleksandra	752		K30-39	22	00:00:17	00:13:43	00:23:57	00:35:53	00:46:18	00:49:17.80	00:49:35.00	+00:15:04 (30.6%)	4:55	12.2 (69.7%)
47	WOWRY Sylwia	644		K30-39	23	00:00:19	00:14:09	00:24:16	00:36:21	00:46:27	00:49:24.15	00:49:43.95	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
48	PAWLOK Anna	250		K20-29	10	00:00:18	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	+00:15:21 (31.0%)	4:57	12.1 (69.1%)

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
49	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	24	00:00:29	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	+00:15:29 (31.2%)	4:58	12.1 (69.1%)
50	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	2	00:00:19	00:14:12	00:24:17	00:36:22	00:46:59	00:49:50.10	00:50:09.75	+00:15:37 (31.3%)	4:59	12 (68.6%)
51	OLBRYCH Monika	907		K20-29	11	00:00:31	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	+00:15:44 (31.5%)	4:59	12 (68.6%)
52	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	25	00:00:31	00:14:38	00:24:51	00:36:46	00:47:09	00:50:04.80	00:50:36.00	+00:15:51 (31.7%)	5:00	12 (68.6%)
53	SIKORA Alicja	609	TEAM SIKORA	K60-69	1	00:00:18	00:14:49	00:25:04	00:37:03	00:47:09	00:50:08.85	00:50:27.80	+00:15:55 (31.8%)	5:00	12 (68.6%)
54	BORKOWSKA Paulina	406		K30-39	26	00:00:06	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	+00:16:17 (32.3%)	5:03	11.9 (68.0%)
55	TYCZYŃSKA Paulina	194	SZYBKE ŻÓŁWIE	K30-39	27	00:00:22	00:14:39	00:24:56	00:37:11	00:47:46	00:50:40.35	00:51:02.55	+00:16:27 (32.5%)	5:04	11.8 (67.4%)
56	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	28	00:00:30	00:15:15	00:25:42	00:37:32	00:47:47	00:50:47.60	00:51:18.30	+00:16:34 (32.6%)	5:04	11.8 (67.4%)
57	JANECKA Marta	362		K16-19	3	00:00:16	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	+00:16:42 (32.8%)	5:05	11.8 (67.4%)
58	KOTOWICZ Anna	716		K30-39	29	00:00:26	00:15:10	00:25:40	00:37:49	00:48:12	00:50:58.80	00:51:25.05	+00:16:45 (32.9%)	5:05	11.8 (67.4%)
59	MALARA Anna	862		K30-39	30	00:00:27	00:14:35	00:24:56	00:37:31	00:48:21	00:51:18.50	00:51:46.25	+00:17:05 (33.3%)	5:07	11.7 (66.9%)
60	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	31	00:00:31	00:14:49	00:25:38	00:37:46	00:48:34	00:51:42.45	00:52:13.65	+00:17:29 (33.8%)	5:10	11.6 (66.3%)
61	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	32	00:00:31	00:15:03	00:25:33	00:38:11	00:48:46	00:51:50.15	00:52:21.75	+00:17:37 (34.0%)	5:11	11.6 (66.3%)
62	MACURA Ewa	306	HRMAX ŻORY	K50-59	2	00:00:24	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	+00:17:43 (34.1%)	5:11	11.5 (65.7%)
63	DOMAGAŁA Kornelia	161		K30-39	33	00:00:31	00:15:10	00:25:39	00:38:01	00:48:50	00:51:59.05	00:52:31.00	+00:17:46 (34.2%)	5:12	11.5 (65.7%)
64	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	17	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	+00:17:53 (34.3%)	5:12	11.5 (65.7%)
65	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	34	00:00:28	00:15:11	00:26:10	00:38:33	00:49:03	00:52:07.75	00:52:35.90	+00:17:54 (34.4%)	5:12	11.5 (65.7%)
66	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	18	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	+00:17:56 (34.4%)	5:13	11.5 (65.7%)
67	SRADOMSKA Barbara	504	1972	K40-49	19	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	+00:17:59 (34.5%)	5:13	11.5 (65.7%)
68	DOMIN-ZBYL Agnieszka	171		K40-49	20	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	+00:18:01 (34.5%)	5:13	11.5 (65.7%)
69	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	21	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	+00:18:02 (34.5%)	5:13	11.5 (65.7%)
70	MAZUR Katarzyna	455		K30-39	35	00:00:38	00:15:56	00:26:42	00:39:00	00:49:27	00:52:18.95	00:52:57.60	+00:18:06 (34.6%)	5:13	11.5 (65.7%)
71	BIĄŁOŃCZYK Joanna	542		K30-39	36	00:00:26	00:15:36	00:26:24	00:38:45	00:49:24	00:52:19.65	00:52:45.80	+00:18:06 (34.6%)	5:13	11.5 (65.7%)
72	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	22	00:00:36	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	+00:18:08 (34.6%)	5:14	11.5 (65.7%)
73	CHYBIORZ Magdalena	470		K20-29	12	00:00:29	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	+00:18:09 (34.7%)	5:14	11.5 (65.7%)
74	KOSMALA-LANDZIŃSKA Ewa	346		K30-39	37	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30	00:52:24.70	00:52:56.00	+00:18:11 (34.7%)	5:14	11.4 (65.1%)

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
75	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	38	00:00:28	00:15:11	00:25:52	00:38:28	00:49:19	00:52:29.05	00:52:57.20	+00:18:16 (34.8%)	5:14	11.4 (65.1%)
76	BRODA Kamila	105		K20-29	13	00:00:28	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	+00:18:19 (34.9%)	5:15	11.4 (65.1%)
77	KAZIMIERCZUK Monika	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	39	00:00:29	00:15:58	00:26:41	00:39:05	00:49:44	00:52:39.00	00:53:08.55	+00:18:26 (35.0%)	5:15	11.4 (65.1%)
78	NIEMIEC Halina	141	KAJTEAM	K40-49	23	00:00:29	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	+00:18:28 (35.1%)	5:16	11.4 (65.1%)
79	PASŁAWSKA Katarzyna	30	KOBIETY NA 5 +	K40-49	24	00:00:31					00:52:42.00	00:53:13.00	+00:18:29 (35.1%)	5:16	11.4 (65.1%)
80	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	40	00:00:24	00:14:44	00:25:30	00:38:39	00:49:43	00:52:45.50	00:53:10.45	+00:18:32 (35.1%)	5:16	11.4 (65.1%)
81	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	14	00:00:26	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	+00:18:38 (35.3%)	5:17	11.3 (64.6%)
82	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	3	00:00:30	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	+00:18:38 (35.3%)	5:17	11.3 (64.6%)
83	JURASZEK Elzbieta	632	JUSTFEELFIT	K30-39	41	00:00:34	00:15:59	00:26:55	00:39:27	00:49:58	00:52:55.10	00:53:29.70	+00:18:42 (35.3%)	5:17	11.3 (64.6%)
84	HARATYK Gabriela	295		K30-39	42	00:00:26	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	+00:18:52 (35.5%)	5:18	11.3 (64.6%)
85	DURAJ Magdalena	145		K30-39	43	00:00:33	00:16:09	00:27:24	00:40:04	00:50:23	00:53:14.60	00:53:48.40	+00:19:01 (35.7%)	5:19	11.3 (64.6%)
86	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	25	00:00:23	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	+00:19:04 (35.8%)	5:19	11.3 (64.6%)
87	POPEK Barbara	397	SOBIESKI6	K40-49	26	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	+00:19:09 (35.9%)	5:20	11.2 (64.0%)
88	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	44	00:00:35	00:15:52	00:26:57	00:39:29	00:50:19	00:53:29.70	00:54:05.20	+00:19:16 (36.0%)	5:21	11.2 (64.0%)
89	HARAZIN Ania	571		K20-29	15	00:00:35	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	+00:19:20 (36.1%)	5:21	11.2 (64.0%)
90	CIESLAR Kasia	646		K30-39	45	00:00:32	00:16:15	00:27:25	00:40:09	00:50:42	00:53:36.00	00:54:08.60	+00:19:23 (36.2%)	5:21	11.2 (64.0%)
91	LERCH Marysia	257	RUNTEAM PAWŁOWICE	K30-39	46	00:00:32	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	+00:19:24 (36.2%)	5:21	11.2 (64.0%)
92	MUSIAŁ Maria	407		K50-59	4	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	+00:19:24 (36.2%)	5:21	11.2 (64.0%)
93	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	27	00:00:32	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	+00:19:33 (36.4%)	5:22	11.2 (64.0%)
94	KUBICA Edyta	891		K40-49	28	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	+00:19:35 (36.4%)	5:22	11.1 (63.4%)
95	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	29	00:00:28	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	+00:19:39 (36.5%)	5:23	11.1 (63.4%)
96	CHROBOK Józefa	532		K40-49	30	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	+00:19:44 (36.6%)	5:23	11.1 (63.4%)
97	MARCZAK-OLEJNICZAK Ania	718		K30-39	47	00:00:39	00:16:11	00:27:19	00:40:03	00:50:54	00:54:00.95	00:54:40.25	+00:19:48 (36.7%)	5:24	11.1 (63.4%)
98	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	31	00:00:32	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	+00:19:51 (36.7%)	5:24	11.1 (63.4%)
99	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	16	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	+00:19:56 (36.8%)	5:24	11.1 (63.4%)
100	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	32	00:00:32	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	+00:19:58 (36.9%)	5:25	11.1 (63.4%)
101	STABLA Agata	335		K30-39	48	00:00:18	00:15:27	00:26:32	00:39:44	00:51:03	00:54:11.30	00:54:30.10	+00:19:58 (36.9%)	5:25	11.1 (63.4%)

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
102	GÓRA Marta	327		K30-39	49	00:00:07	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	+00:20:01 (36.9%)	5:25	11.1 (63.4%)
103	MAREK-WRÓBEL Edyta	680		K60-69	2	00:00:35	00:16:08	00:27:23	00:40:10	00:51:08	00:54:19.70	00:54:55.40	+00:20:06 (37.0%)	5:26	11 (62.9%)
104	JESIONEK Małgorzata	731		K30-39	50	00:00:38	00:15:57	00:27:06	00:40:04	00:51:19	00:54:26.05	00:55:04.15	+00:20:13 (37.1%)	5:26	11 (62.9%)
105	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	51	00:00:31	00:16:02	00:27:09	00:40:01	00:51:17	00:54:28.45	00:55:00.00	+00:20:15 (37.2%)	5:26	11 (62.9%)
106	PRZYBYSZ Kinga	204		K20-29	17	00:00:37	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	+00:20:17 (37.2%)	5:27	11 (62.9%)
107	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	52	00:00:27	00:15:12	00:26:16	00:39:42	00:51:28	00:54:33.35	00:55:01.15	+00:20:20 (37.3%)	5:27	11 (62.9%)
108	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	53	00:00:37	00:16:03	00:27:11	00:40:21	00:51:37	00:54:45.00	00:55:22.05	+00:20:32 (37.5%)	5:28	11 (62.9%)
109	GWIZDAŁA Dominika	138		K20-29	18	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	+00:20:33 (37.5%)	5:28	11 (62.9%)
110	PODBIOL Agnieszka	558		K20-29	19	00:00:43	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	+00:20:36 (37.6%)	5:28	10.9 (62.3%)
111	SIEGMUND Jolanta	63		K40-49	33	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	+00:20:43 (37.7%)	5:29	10.9 (62.3%)
112	CIMAŁA Katarzyna	232		K20-29	20	00:00:41	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	+00:20:45 (37.8%)	5:29	10.9 (62.3%)
113	KOLORZ-STYŁOK Katarzyna	640		K40-49	34	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	+00:20:52 (37.9%)	5:30	10.9 (62.3%)
114	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	54	00:00:35	00:15:54	00:27:12	00:40:30	00:51:54	00:55:09.65	00:55:45.05	+00:20:56 (38.0%)	5:31	10.9 (62.3%)
115	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	55	00:00:40	00:16:43	00:28:15	00:41:12	00:52:08	00:55:12.10	00:55:52.40	+00:20:59 (38.0%)	5:31	10.9 (62.3%)
116	SKWARK Aneta	255		K30-39	56	00:00:27	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	+00:21:05 (38.1%)	5:31	10.8 (61.7%)
117	FLASZ Anna	192		K30-39	57	00:00:27	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	+00:21:07 (38.2%)	5:32	10.8 (61.7%)
118	FROSZTĘGA Katarzyna	835		K30-39	58	00:00:27	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	+00:21:19 (38.4%)	5:33	10.8 (61.7%)
119	SŁOTWIŃSKA Anna	177		K40-49	35	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	+00:21:20 (38.4%)	5:33	10.8 (61.7%)
120	KOSMAŁA Stanisława	472		K60-69	3	00:00:30	00:16:40	00:28:07	00:41:20	00:52:31	00:55:46.65	00:56:17.50	+00:21:33 (38.7%)	5:34	10.8 (61.7%)
121	KIEŁKOWSKA Agnieszka	217		K40-49	36	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	+00:21:37 (38.7%)	5:35	10.7 (61.1%)
122	WILSZ Ewa	481	FIS-SST TEAM	K40-49	37	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	+00:21:41 (38.8%)	5:35	10.7 (61.1%)
123	JĘDRUSIAK Lidia	649		K30-39	59	00:00:32	00:16:13	00:27:31	00:40:59	00:52:37	00:55:55.65	00:56:28.25	+00:21:42 (38.8%)	5:35	10.7 (61.1%)
124	PIECYK Adrianna	190		K40-49	38	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	+00:21:43 (38.8%)	5:35	10.7 (61.1%)
125	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	39	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	+00:21:48 (38.9%)	5:36	10.7 (61.1%)
126	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	60	00:00:40	00:16:45	00:28:19	00:41:35	00:52:55	00:56:11.25	00:56:51.60	+00:21:58 (39.1%)	5:37	10.7 (61.1%)
127	GREŃ Dorota	629	OLZA CIESZYN	K30-39	61	00:00:32	00:16:15	00:27:25	00:40:58	00:52:53	00:56:12.40	00:56:45.00	+00:21:59 (39.1%)	5:37	10.7 (61.1%)
128	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	40	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	+00:22:00 (39.1%)	5:37	10.7 (61.1%)

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
129	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	21	00:00:34	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	+00:22:05 (39.2%)	5:37	10.7 (61.1%)
130	SZKLANNY-RECLIK Elżbieta	487		K30-39	62	00:00:37	00:16:29	00:27:57	00:41:27	00:53:21	00:56:27.55	00:57:05.05	+00:22:14 (39.4%)	5:38	10.6 (60.6%)
131	STANULA Dominika	228		K20-29	22	00:00:34	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	+00:22:25 (39.6%)	5:39	10.6 (60.6%)
131	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	00:56:39.05	00:57:12.70	+00:22:26 (39.6%)	5:39	10.6 (60.6%)
133	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	41	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	+00:22:30 (39.7%)	5:40	10.6 (60.6%)
134	PYTEL Renata	440		K40-49	42	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	+00:22:32 (39.7%)	5:40	10.6 (60.6%)
135	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	64	00:00:29	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	+00:22:37 (39.8%)	5:41	10.6 (60.6%)
136	NOWAK Magdalena	351	BWM	K20-29	23	00:00:34	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	+00:22:39 (39.8%)	5:41	10.6 (60.6%)
137	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	43	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	+00:22:43 (39.9%)	5:41	10.5 (60.0%)
138	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	44	00:00:35	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	+00:22:48 (40.0%)	5:42	10.5 (60.0%)
139	BARAN Irena	25	SZARE MORSY	K50-59	5	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	+00:22:52 (40.1%)	5:42	10.5 (60.0%)
140	GWIZDAŁA Joanna	139		K30-39	65	00:00:41	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	+00:22:53 (40.1%)	5:42	10.5 (60.0%)
141	PRÓSZYŃSKA Agnieszka	244		K30-39	66	00:00:36	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	+00:23:00 (40.2%)	5:43	10.5 (60.0%)
142	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	45	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	+00:23:03 (40.3%)	5:43	10.5 (60.0%)
143	SOBCZYK Renata	625	PASJONAT	K40-49	46	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	+00:23:03 (40.3%)	5:43	10.5 (60.0%)
144	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	47	00:00:43	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	+00:23:04 (40.3%)	5:43	10.5 (60.0%)
145	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	48	00:00:34	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	+00:23:06 (40.3%)	5:44	10.5 (60.0%)
146	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	67	00:00:34	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	+00:23:07 (40.3%)	5:44	10.5 (60.0%)
147	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	+00:23:10 (40.4%)	5:44	10.5 (60.0%)
148	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	50	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	+00:23:33 (40.8%)	5:46	10.4 (59.4%)
149	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	24	00:00:34	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	+00:23:40 (40.9%)	5:47	10.4 (59.4%)
150	KACZOREK Ania	386	HRMAX ŻORY	K40-49	51	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	+00:23:42 (40.9%)	5:47	10.4 (59.4%)
151	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K60-69	4	00:00:29	00:17:18	00:29:12	00:42:51	00:54:42	00:58:05.40	00:58:34.95	+00:23:52 (41.1%)	5:48	10.3 (58.9%)
152	PODBIÓŁ Inez	557		K30-39	68	00:00:44	00:17:24	00:29:05	00:42:49	00:54:51	00:58:18.55	00:59:02.80	+00:24:05 (41.3%)	5:49	10.3 (58.9%)
153	LISZOK Iwona	117		K30-39	69	00:00:38	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	+00:24:07 (41.3%)	5:50	10.3 (58.9%)
154	BURZYŃSKA Beata	266		K40-49	52	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	+00:24:08 (41.4%)	5:50	10.3 (58.9%)
155	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	53	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	+00:24:09 (41.4%)	5:50	10.3 (58.9%)
156	JURKIEWICZ-FILIKS Basia	652		K40-49	54	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	+00:24:11 (41.4%)	5:50	10.3 (58.9%)

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
157	MALISZEWSKA Beata	72		K30-39	70	00:00:44	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	+00:24:19 (41.6%)	5:51	10.3 (58.9%)
158	SZKODA Magda	839		K30-39	71	00:00:38	00:16:43	00:28:46	00:42:50	00:55:04	00:58:32.80	00:59:11.20	+00:24:19 (41.6%)	5:51	10.2 (58.3%)
159	GAŃKO Grażyna	399		K50-59	6	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	+00:24:31 (41.7%)	5:52	10.2 (58.3%)
160	REKAL Dorota	552		K50-59	7	00:00:27	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	+00:24:33 (41.8%)	5:52	10.2 (58.3%)
161	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	72	00:00:40	00:17:18	00:29:24	00:43:27	00:55:22	00:58:47.45	00:59:27.50	+00:24:34 (41.8%)	5:52	10.2 (58.3%)
162	FECZKO Lucyna	493		K40-49	55	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	+00:24:35 (41.8%)	5:52	10.2 (58.3%)
163	ZAGÓRSKA Ania	717		K30-39	73	00:00:39	00:17:05	00:29:13	00:43:10	00:55:17	00:58:48.65	00:59:27.95	+00:24:35 (41.8%)	5:52	10.2 (58.3%)
164	CIEŚLAR Ewa	701		K30-39	74	00:00:37	00:16:16	00:28:02	00:42:14	00:55:14	00:58:50.95	00:59:28.50	+00:24:38 (41.9%)	5:53	10.2 (58.3%)
165	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	56	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	+00:24:38 (41.9%)	5:53	10.2 (58.3%)
166	DOBRENIUK Aurelia	591		K40-49	57	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	+00:24:41 (41.9%)	5:53	10.2 (58.3%)
167	GAŁKIEWICZ Monika	759		K40-49	58	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	+00:24:45 (42.0%)	5:53	10.2 (58.3%)
168	SŁODZIŃSKA Magdalena	688		K20-29	25	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	+00:24:48 (42.0%)	5:54	10.2 (58.3%)
169	TARNOWSKA Edyta	443		K30-39	75	00:00:32	00:16:07	00:28:07	00:44:17	00:55:53	00:59:00.95	00:59:32.95	+00:24:48 (42.0%)	5:54	10.2 (58.3%)
170	FABRYKIEWICZ Joanna	412		K30-39	76	00:00:37	00:17:03	00:29:27	00:44:00	00:55:44	00:59:07.30	00:59:45.05	+00:24:54 (42.1%)	5:54	10.1 (57.7%)
171	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	59	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	+00:24:59 (42.2%)	5:55	10.1 (57.7%)
172	STOPYRA Agnieszka	124		K40-49	60	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	+00:24:59 (42.2%)	5:55	10.1 (57.7%)
173	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	61	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	+00:25:00 (42.2%)	5:55	10.1 (57.7%)
174	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	26	00:00:45	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	+00:25:00 (42.2%)	5:55	10.1 (57.7%)
175	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	8	00:00:43	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	+00:25:00 (42.2%)	5:55	10.1 (57.7%)
176	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	27	00:00:36	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	+00:25:08 (42.3%)	5:56	10.1 (57.7%)
177	SITKO Dagmara	597		K30-39	77	00:00:44	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	+00:25:08 (42.4%)	5:56	10.1 (57.7%)
178	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	62	00:00:39	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	+00:25:09 (42.4%)	5:56	10.1 (57.7%)
179	SZCZELINA Marta	39		K30-39	78	00:00:37	00:17:02	00:29:15	00:43:52	00:55:53	00:59:23.00	01:00:00.30	+00:25:10 (42.4%)	5:56	10.1 (57.7%)
180	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	63	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	+00:25:11 (42.4%)	5:56	10.1 (57.7%)
181	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	79	00:00:00	00:17:58	00:30:04	00:44:07	00:56:02	00:59:27.50	00:59:27.50	+00:25:14 (42.5%)	5:56	10.1 (57.7%)
182	TYCZYŃSKA Małgorzata	285	SZYBKE ŻÓŁWIE	K50-59	9	00:00:34	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	+00:25:18 (42.5%)	5:57	10.1 (57.7%)
183	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	64	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	+00:25:23 (42.6%)	5:57	10.1 (57.7%)
184	HERDUŚ Lucyna	806		K30-39	80	00:00:34	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	+00:25:26 (42.7%)	5:58	10.1 (57.7%)

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
185	ŻAGIEL Edyta	102		K50-59	10	00:00:33	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	+00:25:33 (42.8%)	5:58	10 (57.1%)
186	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	11	00:00:33	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	+00:25:37 (42.8%)	5:59	10 (57.1%)
187	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	28	00:00:00	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	+00:25:43 (42.9%)	5:59	10 (57.1%)
188	MUSIOŁ Helena	88		K40-49	65	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	+00:25:43 (42.9%)	5:59	10 (57.1%)
189	CYLC Agnieszka	755	YNO ULTRA	K40-49	66	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	+00:25:52 (43.1%)	6:00	10 (57.1%)
190	BRANDYS Krystyna	70		K30-39	81	00:00:40	00:17:39	00:30:05	00:44:30	00:56:56	01:00:06.10	01:00:46.95	+00:25:53 (43.1%)	6:00	10 (57.1%)
191	KOŁAK Alicja	476		K30-39	82	00:00:39	00:17:43	00:30:03	00:44:26	00:57:01	01:00:30.20	01:01:10.00	+00:26:17 (43.4%)	6:03	9.9 (56.6%)
192	BADURA Dorota	628		K30-39	83	00:00:26	00:15:58	00:28:27	00:43:46	00:56:54	01:00:36.25	01:01:02.55	+00:26:23 (43.5%)	6:03	9.9 (56.6%)
193	MOSKAŁA Magdalena	163		K20-29	29	00:00:40	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	+00:26:29 (43.6%)	6:04	9.9 (56.6%)
194	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	84	00:00:40	00:18:11	00:30:36	00:44:49	00:57:18	01:00:49.30	01:01:29.35	+00:26:36 (43.7%)	6:04	9.9 (56.6%)
195	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	01:01:01.05	01:01:44.40	+00:26:48 (43.9%)	6:06	9.8 (56.0%)
196	BOŻEK Dagmara	52		K40-49	67	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	+00:26:52 (44.0%)	6:06	9.8 (56.0%)
197	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	68	00:00:45	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	+00:26:53 (44.0%)	6:06	9.8 (56.0%)
198	MIŚKOWIEC Agnieszka	41		K40-49	69	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	+00:27:04 (44.2%)	6:07	9.8 (56.0%)
199	GAJ Monika	651	DAR - BUD TEAM	K30-39	86	00:00:44	00:18:28	00:30:59	00:45:23	00:57:41	01:01:17.60	01:02:01.75	+00:27:04 (44.2%)	6:07	9.8 (56.0%)
200	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	30	00:00:31	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	+00:27:13 (44.3%)	6:08	9.8 (56.0%)
201	SZPYRA Sonia	68		K40-49	70	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	+00:27:22 (44.4%)	6:09	9.7 (55.4%)
202	KRAUZ Sandra	437		K20-29	31	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	+00:27:24 (44.5%)	6:09	9.7 (55.4%)
203	ŚWIERCZ Anna	478		K40-49	71	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	+00:27:29 (44.6%)	6:10	9.7 (55.4%)
204	POKORA Izabela	99	KOLKA TEAM	K30-39	87	00:00:36	00:17:16	00:29:46	00:44:57	00:58:01	01:01:45.10	01:02:21.25	+00:27:32 (44.6%)	6:10	9.7 (55.4%)
205	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	5	00:00:42	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	+00:27:33 (44.6%)	6:10	9.7 (55.4%)
206	SAWICKA Marta	96		K30-39	88	00:00:45	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	+00:28:02 (45.0%)	6:13	9.6 (54.9%)
207	HETMANIOK Agnieszka	83		K20-29	32	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	+00:28:09 (45.2%)	6:14	9.6 (54.9%)
208	WALA Anna	180		K30-39	89	00:00:22	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	+00:28:10 (45.2%)	6:14	9.6 (54.9%)
209	STEKLA Joanna	598		K50-59	12	00:00:37	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	+00:28:17 (45.3%)	6:15	9.6 (54.9%)
210	GÓRNY Jola	460		K40-49	72	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	+00:28:28 (45.4%)	6:16	9.6 (54.9%)
211	MORIC Anna	496		K30-39	90	00:00:36	00:17:04	00:29:18	00:44:50	00:58:42	01:02:46.65	01:03:23.50	+00:28:33 (45.5%)	6:16	9.6 (54.9%)

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
212	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	91	00:00:47	00:18:38	00:31:34	00:46:50	00:59:24	01:02:51.10	01:03:38.50	+00:28:38 (45.6%)	6:17	9.5 (54.3%)
213	PYZIK Barbara	196		K30-39	92	00:00:39	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	+00:28:44 (45.6%)	6:17	9.5 (54.3%)
214	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	93	00:00:45	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	+00:28:48 (45.7%)	6:18	9.5 (54.3%)
215	KUCZA-CHMIEL Kalina	518		K40-49	73	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	+00:28:58 (45.9%)	6:19	9.5 (54.3%)
216	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	74	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	+00:29:06 (46.0%)	6:20	9.5 (54.3%)
217	ZAİK Karolina	549		K20-29	33	00:00:36	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	+00:29:07 (46.0%)	6:20	9.5 (54.3%)
218	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	75	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	+00:29:10 (46.0%)	6:20	9.5 (54.3%)
219	ZAKRZEWSKA Barbara	683		K40-49	76	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	+00:29:25 (46.2%)	6:21	9.4 (53.7%)
220	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	77	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	+00:29:25 (46.2%)	6:21	9.4 (53.7%)
221	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	94	00:00:30	00:18:04	00:30:57	00:46:29	00:59:53	01:03:44.45	01:04:14.55	+00:29:31 (46.3%)	6:22	9.4 (53.7%)
222	SŁABOŃ Ania	273		K30-39	95	00:00:41	00:18:05	00:31:18	00:47:15	01:00:42	01:04:21.60	01:05:03.15	+00:30:08 (46.8%)	6:26	9.3 (53.1%)
223	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	78	00:00:39	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	+00:30:15 (46.9%)	6:26	9.3 (53.1%)
224	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	79	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	+00:30:18 (47.0%)	6:27	9.3 (53.1%)
225	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	34	00:00:30	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	+00:30:18 (47.0%)	6:27	9.3 (53.1%)
226	CZAK Renata	785		K30-39	96	00:00:30	00:17:24	00:30:43	00:46:36	01:00:42	01:04:34.05	01:05:04.30	+00:30:21 (47.0%)	6:27	9.3 (53.1%)
227	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	97	00:00:35	00:18:34	00:32:34	00:48:04	01:01:22	01:04:55.95	01:05:31.35	+00:30:43 (47.3%)	6:29	9.2 (52.6%)
228	MOORE Colleen	803		K20-29	35	00:00:29	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	+00:30:50 (47.4%)	6:30	9.2 (52.6%)
229	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	98	00:00:00	00:18:45	00:32:04	00:47:43	01:01:19	01:05:06.80	01:05:06.80	+00:30:53 (47.5%)	6:30	9.2 (52.6%)
230	JUNKA Maria	699		K30-39	99	00:00:23	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	+00:31:00 (47.5%)	6:31	9.2 (52.6%)
231	GRZELAK Patrycja	213		K30-39	100	00:00:37	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	+00:31:01 (47.6%)	6:31	9.2 (52.6%)
232	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	101	00:00:44	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	+00:31:05 (47.6%)	6:31	9.2 (52.6%)
233	ZIĘTARA Agata	347		K40-49	80	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	+00:31:15 (47.7%)	6:32	9.2 (52.6%)
234	ŚPIEWAK Agnieszka	675		K30-39	102	00:00:38	00:19:30	00:33:08	00:48:55	01:02:14	01:05:36.20	01:06:14.60	+00:31:23 (47.8%)	6:33	9.1 (52.0%)
235	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	81	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	+00:31:41 (48.1%)	6:35	9.1 (52.0%)
236	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	82	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	+00:31:49 (48.2%)	6:36	9.1 (52.0%)
237	KIERMASZEK Barbara	428	J TEAM	K50-59	13	00:00:34	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	+00:31:49 (48.2%)	6:36	9.1 (52.0%)
238	ROTTER Hanna	427	J TEAM	K50-59	14	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	+00:31:49 (48.2%)	6:36	9.1 (52.0%)
239	BRAUN Justyna	572		K30-39	103	00:00:46	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	+00:32:06 (48.4%)	6:37	9 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
240	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	104	00:00:48	00:19:37	00:33:15	00:49:01	01:02:47	01:06:27.35	01:07:16.10	+00:32:14 (48.5%)	6:38	9 (51.4%)
241	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	83	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	+00:32:41 (48.9%)	6:41	9 (51.4%)
242	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	84	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	+00:32:43 (48.9%)	6:41	9 (51.4%)
243	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	105	00:00:29	00:18:49	00:33:04	00:49:09	01:03:10	01:07:01.40	01:07:31.15	+00:32:48 (49.0%)	6:42	9 (51.4%)
244	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	106	00:00:40	00:19:14	00:32:51	00:48:57	01:03:27	01:07:14.85	01:07:55.20	+00:33:01 (49.1%)	6:43	8.9 (50.9%)
245	KLACZEK Anna	681		K40-49	85	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	+00:33:24 (49.4%)	6:45	8.9 (50.9%)
246	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	107	00:00:44	00:19:52	00:34:08	00:50:25	01:04:22	01:08:01.50	01:08:46.25	+00:33:48 (49.7%)	6:48	8.8 (50.3%)
247	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	4	00:00:32	00:19:58	00:34:05	00:50:35	01:04:37	01:08:08.75	01:08:40.90	+00:33:55 (49.8%)	6:48	8.8 (50.3%)
248	ZYCHOWSKA Dominika	526		K20-29	36	00:00:39	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	+00:33:55 (49.8%)	6:48	8.8 (50.3%)
249	HERZYK Beata	657		K40-49	86	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	+00:34:06 (49.9%)	6:50	8.8 (50.3%)
250	SUCHY Mariola	692		K40-49	87	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	+00:34:16 (50.0%)	6:50	8.8 (50.3%)
251	WÓJCIAK Magdalena	375		K30-39	108	00:00:33	00:19:34	00:33:46	00:50:36	01:05:23	01:09:23.50	01:09:57.15	+00:35:10 (50.7%)	6:56	8.6 (49.1%)
252	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	37	00:00:42	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	+00:35:11 (50.7%)	6:56	8.6 (49.1%)
253	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	109	00:00:41	00:19:59	00:34:10	00:50:48	01:05:21	01:09:24.05	01:10:06.00	+00:35:11 (50.7%)	6:56	8.6 (49.1%)
254	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	88	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	+00:35:56 (51.2%)	7:00	8.6 (49.1%)
255	LAZAR Joanna	126		K30-39	110	00:00:46	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	+00:37:04 (52.0%)	7:07	8.4 (48.0%)
256	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	15	00:00:37	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	+00:37:39 (52.4%)	7:11	8.3 (47.4%)
257	SAWICKA Agnieszka	594		K30-39	111	00:00:45	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	+00:38:00 (52.6%)	7:13	8.3 (47.4%)
258	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	16	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	+00:38:43 (53.1%)	7:17	8.2 (46.9%)
259	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	38	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	+00:38:43 (53.1%)	7:17	8.2 (46.9%)
260	RUMPEL Maria	95	KS M.E.T.A.	K30-39	112	00:00:40	00:21:34	00:36:46	00:53:59	01:09:22	01:13:50.15	01:14:30.80	+00:39:37 (53.7%)	7:23	8.1 (46.3%)
261	PROKOPIUK Adriana	261		K30-39	113	00:00:45	00:20:09	00:35:18	00:53:28	01:09:35	01:14:18.45	01:15:04.30	+00:40:05 (54.0%)	7:25	8.1 (46.3%)
262	GŁĄB Mariola	207		K30-39	114	00:00:40	00:20:37	00:36:31	00:54:58	01:11:12	01:14:59.60	01:15:40.25	+00:40:46 (54.4%)	7:30	8 (45.7%)
263	MAJ-DZIUBAŃSKA Izabela	749	AKMB PĘDZIWIATR GLIWICE	K30-39	115	00:00:17	00:12:46	00:22:16					+00:05:00	4:27	13.5 (77.1%)
264	CHWAŁEK Agnieszka	522		K20-29	39	00:00:42	00:16:46	00:27:26					+00:10:09	5:29	10.9 (62.3%)
265	HAN Julia	374		K16-19	5	00:00:17	00:13:35						+00:03:26	4:41	12.8 (73.1%)
266	SZCZYGIEŁ Adriana	753	BENERUNNER	K30-39	116	00:00:24	00:15:39						+00:05:29	5:23	11.1 (63.4%)

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	
267	WAGNER Natalia	42		K30-39	117	00:00:45										(0.0%)
DQ	KUKLA Agata	623	POWOLI DO CELU	K30-39		DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ	00:39:17.30 DQ	DQ		-	-	(0.0%)

Znaleziono 268 wynik(ów)