

# 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: Najlepsze Polki

Punkt pomiarowy: 5,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km
1	<b>PLIŚ Renata</b>	<b>14</b>	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17
2	<b>ŚLĘZAK Sylwia</b>	<b>11</b>		K20-29	00:00:03	00:10:55	00:18:22
3	<b>GOLBA Kasia</b>	<b>12</b>	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27
4	<b>KRAWCZYK Magdalena</b>	<b>777</b>	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33
5	<b>DZIUK Dagmara</b>	<b>13</b>	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21
6	<b>SUWAJ Aneta</b>	<b>10</b>	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22
DQ	<b>KUKLA Agata</b>	<b>623</b>	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ
8	<b>MENDECKA Daria</b>	<b>781</b>	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45
9	<b>DYBCZYŃSKA Jadwiga</b>	<b>890</b>		K30-39	00:00:09	00:11:41	00:19:51
10	<b>BIELIŃSKA Monika</b>	<b>223</b>		K30-39	00:00:04	00:11:47	00:20:04
11	<b>LEWICKA Elżbieta</b>	<b>415</b>	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16
12	<b>MIKOŁAJCZYK Sandra</b>	<b>607</b>		K30-39	00:00:11	00:12:07	00:20:30
13	<b>PIETROCZUK Sylwia</b>	<b>875</b>	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38
14	<b>LASKOWSKA Katarzyna</b>	<b>801</b>	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49
15	<b>LACHOWSKA Magdalena</b>	<b>828</b>	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00
16	<b>REDZIK Dorota</b>	<b>845</b>	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04
17	<b>GAJ Paulina</b>	<b>735</b>	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12
18	<b>WOJTASZEWSKA Sabina</b>	<b>286</b>	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18
19	<b>PIECZKA Monika</b>	<b>816</b>		K30-39	00:00:04	00:12:37	00:21:28
20	<b>JANKO Anna</b>	<b>712</b>	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45
21	<b>PIECUCH Agnieszka</b>	<b>212</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46
22	<b>PIWISZKIS Barbara</b>	<b>174</b>	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50
23	<b>PAWTEL Agata</b>	<b>59</b>		K30-39	00:00:09	00:12:49	00:21:56
24	<b>MENŻYK Joanna</b>	<b>26</b>		K40-49	00:00:15	00:12:47	00:22:00
25	<b>DYRCZ Anna</b>	<b>147</b>		K40-49	00:00:11	00:12:58	00:22:02
26	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>749</b>	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16
27	<b>MORAWSKA Julia</b>	<b>468</b>	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16
28	<b>KOWALSKA Kinga</b>	<b>21</b>	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46
29	<b>ZĘBIK Grażyna</b>	<b>426</b>		K40-49	00:00:20	00:13:22	00:22:47
30	<b>STOLORZ Katarzyna</b>	<b>620</b>		K30-39	00:00:15	00:13:32	00:22:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
31	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06
32	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19
33	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23
34	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39
35	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41
36	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48
37	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51
38	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52
39	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52
40	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54
41	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57
42	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57
43	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00
44	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06
45	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06
46	PAWLOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12
47	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16
48	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17
49	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34
50	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38
51	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44
52	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47
53	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51
54	TYCZYŃSKA Paulina	194	SZYBKIE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56
55	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56
56	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04
57	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12
58	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21
59	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22
60	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30
61	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33
62	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38
63	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39
64	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39
65	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40
66	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42
67	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51
68	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52
69	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56
70	HARATYK Gabriela	295		K30-39	00:00:26	00:15:07	00:26:04
71	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05
72	KUBICA Edyta	891		K40-49	00:00:24	00:15:08	00:26:06
73	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06
74	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10
75	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
76	<b>PODBIOL Agnieszka</b>	<b>558</b>		K20-29	00:00:43	00:15:21	00:26:12
77	<b>POPEK Barbara</b>	<b>397</b>	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13
78	<b>MYNARSKA Ligia</b>	<b>896</b>	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13
79	<b>KUJAŃSKA Aleksandra</b>	<b>811</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16
80	<b>CHROBOK Józefa</b>	<b>532</b>		K40-49	00:00:30	00:15:22	00:26:21
81	<b>LUBSZCZYK Justyna</b>	<b>584</b>	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22
82	<b>LERCH Marysia</b>	<b>257</b>	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23
83	<b>BIAŁOŃCZYK Joanna</b>	<b>542</b>		K30-39	00:00:26	00:15:36	00:26:24
84	<b>GENSTY Klaudia</b>	<b>639</b>	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25
85	<b>GÓRA Marta</b>	<b>327</b>		K30-39	00:00:07	00:15:17	00:26:26
86	<b>BRODA Kamila</b>	<b>105</b>		K20-29	00:00:28	00:15:49	00:26:31
87	<b>STABLA Agata</b>	<b>335</b>		K30-39	00:00:18	00:15:27	00:26:32
88	<b>MUSIAŁ Maria</b>	<b>407</b>		K50-59	00:00:31	00:15:40	00:26:36
89	<b>KOSMALA-LANDZIŃSKA Ewa</b>	<b>346</b>		K30-39	00:00:31	00:15:55	00:26:38
90	<b>NIEMIEC Halina</b>	<b>141</b>	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40
91	<b>KAZIMIERCZUK Monika</b>	<b>446</b>	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41
92	<b>MAZUR Katarzyna</b>	<b>455</b>		K30-39	00:00:38	00:15:56	00:26:42
92	<b>ROMANIUK-DEMONCHAUX Katarzyna</b>	<b>853</b>	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51
94	<b>KRAUSE Sylwia</b>	<b>289</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52
95	<b>WERNIK Katarzyna</b>	<b>469</b>	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52
96	<b>ZELENT Karolina</b>	<b>33</b>	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54
97	<b>JURASZEK Elzbieta</b>	<b>632</b>	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55
98	<b>JAGODZIŃSKA Magdalena</b>	<b>605</b>	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57
99	<b>CHOJCAN Beata</b>	<b>424</b>	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01
100	<b>SOBIERAJSKA Renata</b>	<b>575</b>	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05
101	<b>JESIONEK Małgorzata</b>	<b>731</b>		K30-39	00:00:38	00:15:57	00:27:06
102	<b>PIECYK Adrianna</b>	<b>190</b>		K40-49	00:00:26	00:15:46	00:27:09
103	<b>GIEROŃ Katarzyna</b>	<b>709</b>	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09
104	<b>HARAZIN Ania</b>	<b>571</b>		K20-29	00:00:35	00:16:01	00:27:11
105	<b>KOMAJDA Basia</b>	<b>343</b>	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11
106	<b>MIŁOBÓG Ewa</b>	<b>779</b>	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12
107	<b>SKWARK Aneta</b>	<b>255</b>		K30-39	00:00:27	00:15:48	00:27:13
108	<b>SIEGMUND Jolanta</b>	<b>63</b>		K40-49	00:00:29	00:16:04	00:27:13
109	<b>SŁOTWIŃSKA Anna</b>	<b>177</b>		K40-49	00:00:28	00:16:03	00:27:15
110	<b>MARCZAK-OLEJNICZAK Ania</b>	<b>718</b>		K30-39	00:00:39	00:16:11	00:27:19
111	<b>NALEWAJKA Wioleta</b>	<b>87</b>	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22
112	<b>KOLORZ-STYLOK Katarzyna</b>	<b>640</b>		K40-49	00:00:32	00:16:12	00:27:23
113	<b>MAREK-WRÓBEL Edyta</b>	<b>680</b>		K60-69	00:00:35	00:16:08	00:27:23
114	<b>DURAJ Magdalena</b>	<b>145</b>		K30-39	00:00:33	00:16:09	00:27:24
115	<b>HYŁA Aleksandra</b>	<b>373</b>	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24
116	<b>CIMAŁA Katarzyna</b>	<b>232</b>		K20-29	00:00:41	00:16:15	00:27:24
117	<b>GREŃ Dorota</b>	<b>629</b>	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25
118	<b>CIESLAR Kasia</b>	<b>646</b>		K30-39	00:00:32	00:16:15	00:27:25
119	<b>PRZYBYSZ Kinga</b>	<b>204</b>		K20-29	00:00:37	00:16:12	00:27:25
120	<b>GWIZDAŁA Joanna</b>	<b>139</b>		K30-39	00:00:41	00:16:07	00:27:25

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
121	<b>REKAL Dorota</b>	<b>552</b>		K50-59	00:00:27	00:15:41	00:27:26
122	<b>CHWAŁEK Agnieszka</b>	<b>522</b>		K20-29	00:00:42	00:16:46	00:27:26
123	<b>FROSZTĘGA Katarzyna</b>	<b>835</b>		K30-39	00:00:27	00:16:12	00:27:29
124	<b>JĘDRUSIAK Lidia</b>	<b>649</b>		K30-39	00:00:32	00:16:13	00:27:31
125	<b>GWIZDAŁA Dominika</b>	<b>138</b>		K20-29	00:00:41	00:16:16	00:27:31
126	<b>MUSIAŁ Wioletta</b>	<b>271</b>	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32
127	<b>FRYDECKA Mirosława</b>	<b>537</b>	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34
128	<b>FRAJHOFER Ewa</b>	<b>868</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37
129	<b>PYTEL Renata</b>	<b>440</b>		K40-49	00:00:07	00:16:10	00:27:42
130	<b>OSZCZĘDA Marzena</b>	<b>224</b>	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42
131	<b>FLASZ Anna</b>	<b>192</b>		K30-39	00:00:27	00:16:23	00:27:43
132	<b>PRÓSZYŃSKA Agnieszka</b>	<b>244</b>		K30-39	00:00:36	00:16:15	00:27:48
133	<b>BIELA Małgorzata</b>	<b>284</b>	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50
134	<b>HEJNA Izabela</b>	<b>466</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53
135	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>487</b>		K30-39	00:00:37	00:16:29	00:27:57
136	<b>NOWAK Magdalena</b>	<b>351</b>	BWM	K20-29	00:00:34	00:16:31	00:28:02
137	<b>CIEŚLAR Ewa</b>	<b>701</b>		K30-39	00:00:37	00:16:16	00:28:02
138	<b>FECZKO Lucyna</b>	<b>493</b>		K40-49	00:00:31	00:16:26	00:28:03
139	<b>BARAN Irena</b>	<b>25</b>	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04
140	<b>KIEŁKOWSKA Agnieszka</b>	<b>217</b>		K40-49	00:00:43	00:16:43	00:28:06
141	<b>KOSMAŁA Stanisława</b>	<b>472</b>		K60-69	00:00:30	00:16:40	00:28:07
142	<b>TARNOWSKA Edyta</b>	<b>443</b>		K30-39	00:00:32	00:16:07	00:28:07
143	<b>REK Katarzyna</b>	<b>540</b>	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08
144	<b>ŻAGIEL Edyta</b>	<b>102</b>		K50-59	00:00:33	00:16:29	00:28:13
145	<b>BRZUSKA Katarzyna</b>	<b>120</b>	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15
146	<b>ŻŁOBICKA Agnieszka</b>	<b>768</b>	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15
147	<b>BURZYŃSKA Beata</b>	<b>266</b>		K40-49	00:00:35	00:16:27	00:28:16
148	<b>ĆWIOK Barbara</b>	<b>546</b>	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19
149	<b>HERUD Magdalena</b>	<b>761</b>	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19
150	<b>KACZOREK Ania</b>	<b>386</b>	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20
151	<b>WILSZ Ewa</b>	<b>481</b>	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21
152	<b>BAJCAR Beata</b>	<b>184</b>	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24
153	<b>GIŻYŃSKA Katarzyna</b>	<b>253</b>	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24
154	<b>BADURA Dorota</b>	<b>628</b>		K30-39	00:00:26	00:15:58	00:28:27
155	<b>SOBCZYK Renata</b>	<b>625</b>	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30
156	<b>STANUŁA Dominika</b>	<b>228</b>		K20-29	00:00:34	00:16:44	00:28:31
157	<b>GAŁKIEWICZ Monika</b>	<b>759</b>		K40-49	00:00:33	00:16:30	00:28:36
158	<b>DONOCIK Bogusława</b>	<b>508</b>	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44
159	<b>HERDUŚ Lucyna</b>	<b>806</b>		K30-39	00:00:34	00:16:43	00:28:45
160	<b>SZKODA Magda</b>	<b>839</b>		K30-39	00:00:38	00:16:43	00:28:46
161	<b>TYCZYŃSKA Małgorzata</b>	<b>285</b>	SZYBKIE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50
162	<b>ŻEBROWSKA Matylda</b>	<b>73</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53
163	<b>MUSIOŁ Helena</b>	<b>88</b>		K40-49	00:00:29	00:16:35	00:28:55
164	<b>WOJTAŚ Patrycja</b>	<b>734</b>	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58
165	<b>LISZOK Iwona</b>	<b>117</b>		K30-39	00:00:38	00:16:59	00:29:01

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
166	<b>NIEDZIOŁKO Bożena</b>	<b>90</b>	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04
167	<b>ROMAŃSKA Klaudia</b>	<b>711</b>	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05
168	<b>PODBIOŁ Inez</b>	<b>557</b>		K30-39	00:00:44	00:17:24	00:29:05
169	<b>TYKIERKA Małgorzata</b>	<b>842</b>	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06
170	<b>BETAŃSKA Aneta</b>	<b>158</b>	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07
171	<b>KOSOWSKA Grażyna</b>	<b>576</b>	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07
172	<b>GAŃKO Grażyna</b>	<b>399</b>		K50-59	00:00:18	00:17:12	00:29:12
173	<b>SIENIAWSKA Janina</b>	<b>109</b>	KS KOZIOŁEK KĘDZIERZYN-KOŻLE	K60-69	00:00:29	00:17:18	00:29:12
174	<b>STEKLA MAJER Anna</b>	<b>421</b>	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12
175	<b>WACŁAWIK Ewa</b>	<b>301</b>	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12
176	<b>ZAGÓRSKA Ania</b>	<b>717</b>		K30-39	00:00:39	00:17:05	00:29:13
177	<b>ZAIK Karolina</b>	<b>549</b>		K20-29	00:00:36	00:16:32	00:29:15
178	<b>SZCZELINA Marta</b>	<b>39</b>		K30-39	00:00:37	00:17:02	00:29:15
179	<b>MORIC Anna</b>	<b>496</b>		K30-39	00:00:36	00:17:04	00:29:18
180	<b>WYSZYŃSKA Karina</b>	<b>738</b>	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24
181	<b>FABRYKIEWICZ Joanna</b>	<b>412</b>		K30-39	00:00:37	00:17:03	00:29:27
182	<b>MOSKAŁA Magdalena</b>	<b>163</b>		K20-29	00:00:40	00:17:15	00:29:33
183	<b>DOBRENIUK Aurelia</b>	<b>591</b>		K40-49	00:00:39	00:17:13	00:29:38
184	<b>PASZENDA Katarzyna</b>	<b>390</b>	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42
185	<b>POKORA Izabela</b>	<b>99</b>	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46
186	<b>WALA Anna</b>	<b>180</b>		K30-39	00:00:22	00:16:54	00:29:55
187	<b>HETMANIOK Agnieszka</b>	<b>83</b>		K20-29	00:00:23	00:16:53	00:29:55
188	<b>GÓRNY Jola</b>	<b>460</b>		K40-49	00:00:31	00:17:21	00:29:55
189	<b>SŁODZIŃSKA Magdalena</b>	<b>688</b>		K20-29	00:00:42	00:17:40	00:29:57
190	<b>MIŚKOWIEC Agnieszka</b>	<b>41</b>		K40-49	00:00:39	00:17:10	00:29:59
191	<b>JURKIEWICZ-FILIKS Basia</b>	<b>652</b>		K40-49	00:00:47	00:17:59	00:29:59
192	<b>HOLONA Bożena</b>	<b>251</b>	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00
193	<b>CYLC Agnieszka</b>	<b>755</b>	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02
194	<b>SZPYRA Sonia</b>	<b>68</b>		K40-49	00:00:28	00:17:33	00:30:02
195	<b>PŁASKA Barbara</b>	<b>202</b>	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02
196	<b>KOŁAK Alicja</b>	<b>476</b>		K30-39	00:00:39	00:17:43	00:30:03
197	<b>ZIĘBA Anna</b>	<b>789</b>	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04
198	<b>BRANDYS Krystyna</b>	<b>70</b>		K30-39	00:00:40	00:17:39	00:30:05
199	<b>WIDENKA Joanna</b>	<b>293</b>	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05
200	<b>PYZIK Barbara</b>	<b>196</b>		K30-39	00:00:39	00:17:10	00:30:08
201	<b>STOPYRA Agnieszka</b>	<b>124</b>		K40-49	00:00:43	00:17:46	00:30:09
202	<b>MALISZEWSKA Beata</b>	<b>72</b>		K30-39	00:00:44	00:17:46	00:30:09
203	<b>ŚWIERCZ Anna</b>	<b>478</b>		K40-49	00:00:42	00:17:48	00:30:11
204	<b>STEKLA Joanna</b>	<b>598</b>		K50-59	00:00:37	00:17:30	00:30:19
205	<b>BOŻEK Dagmara</b>	<b>52</b>		K40-49	00:00:39	00:17:51	00:30:21
206	<b>KRAUZ Sandra</b>	<b>437</b>		K20-29	00:00:37	00:17:56	00:30:29
207	<b>PRZYŁUCKA Grażyna</b>	<b>638</b>	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29
208	<b>ORŁOWSKA Joanna</b>	<b>371</b>	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36
209	<b>SOBCZYK Gabriela</b>	<b>248</b>	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39
210	<b>CZAK Renata</b>	<b>785</b>		K30-39	00:00:30	00:17:24	00:30:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
211	<b>MALINOWSKA Aneta</b>	<b>331</b>	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54
212	<b>PIPIRO Grażyna</b>	<b>193</b>	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55
213	<b>KUCZERA Bernadeta</b>	<b>414</b>	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57
214	<b>SITKO Dagmara</b>	<b>597</b>		K30-39	00:00:44	00:18:28	00:30:59
215	<b>GAJ Monika</b>	<b>651</b>	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59
216	<b>KASPRZYCKA-SZUBARSKA Katarzyna</b>	<b>567</b>	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03
217	<b>MARCZYK-LURANC Ewa</b>	<b>775</b>	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10
218	<b>ZAKRZEWSKA Barbara</b>	<b>683</b>		K40-49	00:00:35	00:18:02	00:31:15
219	<b>KUCZA-CHMIEL Kalina</b>	<b>518</b>		K40-49	00:00:39	00:18:14	00:31:17
220	<b>BOSIACKA Marta</b>	<b>279</b>	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18
221	<b>SŁABOŃ Ania</b>	<b>273</b>		K30-39	00:00:41	00:18:05	00:31:18
222	<b>JUNKA Maria</b>	<b>699</b>		K30-39	00:00:23	00:17:39	00:31:21
223	<b>KRZACZEK Aleksandra</b>	<b>389</b>	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25
224	<b>MOORE Colleen</b>	<b>803</b>		K20-29	00:00:29	00:17:57	00:31:28
225	<b>ADAMUS Katarzyna</b>	<b>269</b>	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34
226	<b>SZKLORZ Dominika</b>	<b>511</b>	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34
227	<b>OSTROWSKA Izabela</b>	<b>314</b>	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35
228	<b>SAWICKA Marta</b>	<b>96</b>		K30-39	00:00:45	00:19:00	00:31:50
229	<b>WAWOCZNY Anita</b>	<b>538</b>	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50
230	<b>OLSZEWSKA Dorota</b>	<b>360</b>	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59
231	<b>GRZELAK Patrycja</b>	<b>213</b>		K30-39	00:00:37	00:18:49	00:31:59
232	<b>BRAUN Justyna</b>	<b>572</b>		K30-39	00:00:46	00:19:00	00:32:01
233	<b>KABUT Małgorzata</b>	<b>388</b>	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04
234	<b>AUGUŚCIK Ewelina</b>	<b>784</b>	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10
235	<b>KIERMASZEK Barbara</b>	<b>428</b>	J TEAM	K50-59	00:00:34	00:19:10	00:32:23
236	<b>ROTTER Hanna</b>	<b>427</b>	J TEAM	K50-59	00:00:33	00:19:11	00:32:24
237	<b>BAK Karina</b>	<b>503</b>	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34
238	<b>ZAGÓRSKA Beata</b>	<b>89</b>	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51
239	<b>ZIĘTARA Agata</b>	<b>347</b>		K40-49	00:00:40	00:19:15	00:32:55
240	<b>BARTNIK Joanna</b>	<b>176</b>	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00
241	<b>KOSAŁKA Dominika</b>	<b>848</b>	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04
242	<b>ZYCHOWSKA Dominika</b>	<b>526</b>		K20-29	00:00:39	00:18:56	00:33:06
243	<b>ŚPIEWAK Agnieszka</b>	<b>675</b>		K30-39	00:00:38	00:19:30	00:33:08
244	<b>ŁUKASIK Aldona</b>	<b>858</b>	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15
245	<b>KLACZEK Anna</b>	<b>681</b>		K40-49	00:00:38	00:19:30	00:33:17
246	<b>KUBAS Alina</b>	<b>278</b>	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22
247	<b>POPE-ŚWIDZIKOWSKA Małgorzata</b>	<b>856</b>		K40-49	00:00:00	00:19:47	00:33:40
248	<b>WÓJCIAK Magdalena</b>	<b>375</b>		K30-39	00:00:33	00:19:34	00:33:46
249	<b>LAZAR Joanna</b>	<b>126</b>		K30-39	00:00:46	00:19:53	00:34:01
250	<b>ŚLEDŹ Dorota</b>	<b>76</b>	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05
251	<b>OLEJNIK Ewa</b>	<b>684</b>	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08
252	<b>KACZMARCZYK Magdalena</b>	<b>75</b>	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09
253	<b>BRYCHCY Estera</b>	<b>62</b>	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10
254	<b>ZALEWSKA Barbara</b>	<b>149</b>	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11
255	<b>HERZYK Beata</b>	<b>657</b>		K40-49	00:00:43	00:19:53	00:34:11

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km
256	<b>SUCHY Mariola</b>	<b>692</b>		K40-49	00:00:44	00:20:21	00:34:23
257	<b>KOWALSKA Dorota</b>	<b>237</b>	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18
258	<b>PROKOPIUK Adriana</b>	<b>261</b>		K30-39	00:00:45	00:20:09	00:35:18
259	<b>SAWICKA Agnieszka</b>	<b>594</b>		K30-39	00:00:45	00:20:23	00:35:18
260	<b>MYŚLIWIEC Barbara</b>	<b>337</b>	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06
261	<b>ŁANUCHA Mariola</b>	<b>100</b>	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07
262	<b>GŁĄB Mariola</b>	<b>207</b>		K30-39	00:00:40	00:20:37	00:36:31
263	<b>RUMPEL Maria</b>	<b>95</b>	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46
264	<b>ULATOWSKA Alicja</b>	<b>913</b>	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51
265	<b>HAN Julia</b>	<b>374</b>		K16-19	00:00:17	00:13:35	
266	<b>SZCZYGIĘŁ Adriana</b>	<b>753</b>	BENERUNNER	K30-39	00:00:24	00:15:39	
267	<b>PASŁAWSKA Katarzyna</b>	<b>30</b>	KOBIETY NA 5 +	K40-49	00:00:31		
268	<b>WAGNER Natalia</b>	<b>42</b>		K30-39	00:00:45		

Znaleziono 268 wynik(ów)