

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

Punkt pomiarowy: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	DZIUK Dagmara	13	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21	00:28:52
DQ	KUKLA Agata	623	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ
3	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45	00:29:09
4	DYBCZYŃSKA Jadwiga	890		K30-39	00:00:09	00:11:41	00:19:51	00:29:21
5	BIELIŃSKA Monika	223		K30-39	00:00:04	00:11:47	00:20:04	00:29:51
6	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16	00:30:04
7	MIKOŁAJCZYK Sandra	607		K30-39	00:00:11	00:12:07	00:20:30	00:30:18
8	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38	00:30:32
9	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49	00:30:32
10	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00	00:31:18
11	REDZIK Dorota	845	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04	00:31:20
12	WOJTASZEWSKA Sabina	286	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18	00:31:33
13	PIECZKA Monika	816		K30-39	00:00:04	00:12:37	00:21:28	00:31:57
14	PIECUCH Agnieszka	212	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46	00:32:07
15	JANKO Anna	712	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45	00:32:12
16	DYRCZ Anna	147		K40-49	00:00:11	00:12:58	00:22:02	00:32:18
17	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12	00:32:19
18	PIWISZKIS Barbara	174	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50	00:32:22
19	PAWTEL Agata	59		K30-39	00:00:09	00:12:49	00:21:56	00:32:38
20	MENŻYK Joanna	26		K40-49	00:00:15	00:12:47	00:22:00	00:32:54
21	MORAWSKA Julia	468	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16	00:32:54
22	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43
23	STOLORZ Katarzyna	620		K30-39	00:00:15	00:13:32	00:22:59	00:33:49
24	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06	00:34:16
25	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39	00:34:37
26	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47	00:34:39
27	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23	00:34:49
28	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03
29	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03
30	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52	00:35:07

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48	00:35:12
32	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12
33	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52	00:35:13
34	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18
35	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00	00:35:23
36	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06	00:35:36
37	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06	00:35:40
38	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57	00:35:45
39	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38	00:35:45
40	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57	00:35:53
41	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34	00:36:12
42	PAWLOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12	00:36:19
43	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16	00:36:21
44	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17	00:36:22
45	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12	00:36:45
46	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51	00:36:46
47	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47	00:36:48
48	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44	00:36:53
49	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04	00:37:03
50	TYCZYŃSKA Paulina	194	SZYBKIE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56	00:37:11
51	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56	00:37:31
52	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42	00:37:32
53	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21	00:37:38
54	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38	00:37:46
55	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40	00:37:49
56	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39	00:38:01
57	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33	00:38:11
58	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20
59	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21
60	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22	00:38:23
61	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56	00:38:24
62	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27
63	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52	00:38:28
64	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51	00:38:32
65	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10	00:38:33
66	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10	00:38:34
67	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30	00:38:39
68	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43
69	BIAŁOŃCZYK Joanna	542		K30-39	00:00:26	00:15:36	00:26:24	00:38:45
70	HARATYK Gabriela	295		K30-39	00:00:26	00:15:07	00:26:04	00:38:58
71	BRODA Kamila	105		K20-29	00:00:28	00:15:49	00:26:31	00:39:00
72	KOSMALA-LANDZIŃSKA Ewa	346		K30-39	00:00:31	00:15:55	00:26:38	00:39:00
73	MAZUR Katarzyna	455		K30-39	00:00:38	00:15:56	00:26:42	00:39:00
73	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51	00:39:03
75	KUBICA Edyta	891		K40-49	00:00:24	00:15:08	00:26:06	00:39:04

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	NIEMIEC Halina	141	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40	00:39:04
77	POPEK Barbara	397	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13	00:39:05
78	KAZIMIERCZUK Monika	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41	00:39:05
79	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22	00:39:14
80	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13	00:39:15
81	CHROBOK Józefa	532		K40-49	00:00:30	00:15:22	00:26:21	00:39:26
82	JURASZEK Elzbieta	632	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55	00:39:27
83	LERCH Marysia	257	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23	00:39:29
84	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57	00:39:29
85	MUSIAŁ Maria	407		K50-59	00:00:31	00:15:40	00:26:36	00:39:31
86	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52	00:39:37
87	GÓRA Marta	327		K30-39	00:00:07	00:15:17	00:26:26	00:39:40
88	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16	00:39:42
89	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01	00:39:43
90	STABLA Agata	335		K30-39	00:00:18	00:15:27	00:26:32	00:39:44
91	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52	00:39:44
92	HARAZIN Ania	571		K20-29	00:00:35	00:16:01	00:27:11	00:39:47
93	PODBIOL Agnieszka	558		K20-29	00:00:43	00:15:21	00:26:12	00:39:56
94	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09	00:40:01
95	MARCZAK-OLEJNICZAK Ania	718		K30-39	00:00:39	00:16:11	00:27:19	00:40:03
96	DURAJ Magdalena	145		K30-39	00:00:33	00:16:09	00:27:24	00:40:04
97	JESIONEK Małgorzata	731		K30-39	00:00:38	00:15:57	00:27:06	00:40:04
98	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54	00:40:06
99	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22	00:40:08
100	CIESLAR Kasia	646		K30-39	00:00:32	00:16:15	00:27:25	00:40:09
101	MAREK-WRÓBEL Edyta	680		K60-69	00:00:35	00:16:08	00:27:23	00:40:10
102	SIEGMUND Jolanta	63		K40-49	00:00:29	00:16:04	00:27:13	00:40:11
103	PRZYBYSZ Kinga	204		K20-29	00:00:37	00:16:12	00:27:25	00:40:16
104	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11	00:40:21
105	SKWARK Aneta	255		K30-39	00:00:27	00:15:48	00:27:13	00:40:22
106	CIMAŁA Katarzyna	232		K20-29	00:00:41	00:16:15	00:27:24	00:40:24
107	SŁOTWIŃSKA Anna	177		K40-49	00:00:28	00:16:03	00:27:15	00:40:26
108	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12	00:40:30
109	KOLORZ-STYLOK Katarzyna	640		K40-49	00:00:32	00:16:12	00:27:23	00:40:36
110	FROSZTĘGA Katarzyna	835		K30-39	00:00:27	00:16:12	00:27:29	00:40:37
111	GWIZDAŁA Dominika	138		K20-29	00:00:41	00:16:16	00:27:31	00:40:38
112	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24	00:40:54
113	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43	00:40:55
114	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25	00:40:58
115	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31	00:40:59
116	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09	00:41:00
117	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04
118	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42	00:41:05
119	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15	00:41:12
120	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06	00:41:17

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						2.9km	5km	7.3km
121	KOSMALA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07	00:41:20
122	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22
123	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22
124	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22
125	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37	00:41:27
126	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57	00:41:27
127	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25	00:41:27
128	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34	00:41:31
129	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32	00:41:34
130	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19	00:41:35
131	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48	00:41:43
132	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02	00:41:44
133	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47
134	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51
135	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58
136	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31	00:42:02
137	RĘKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26	00:42:03
138	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06
139	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04	00:42:08
140	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03	00:42:14
141	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24	00:42:14
142	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24	00:42:14
143	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02	00:42:14
144	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53	00:42:17
145	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21
146	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16	00:42:24
147	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33
148	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58	00:42:36
149	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05	00:42:49
150	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46	00:42:50
151	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŻLE	K60-69	00:00:29	00:17:18	00:29:12	00:42:51
152	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53
153	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13	00:42:58
154	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01	00:42:58
155	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36	00:42:59
156	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08
157	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13	00:43:10
158	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12	00:43:12
159	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45	00:43:14
160	TYCZYŃSKA Małgorzata	285	SZYBKE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50	00:43:17
161	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12	00:43:23
162	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59	00:43:24
163	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07	00:43:25
164	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24	00:43:27
165	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
166	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55	00:43:36
167	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04	00:43:43
168	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38	00:43:44
169	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27	00:43:46
170	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50
171	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05	00:43:51
172	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15	00:43:52
173	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09	00:43:52
174	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09	00:43:54
175	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55
176	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57	00:43:55
177	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12	00:43:58
178	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27	00:44:00
179	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04	00:44:07
180	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05	00:44:07
181	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42	00:44:15
182	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07	00:44:17
183	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03	00:44:26
184	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05	00:44:30
185	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31
186	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59	00:44:34
187	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35
188	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33	00:44:35
189	MIŚKOWIEC Agnieszka	41		K40-49	00:00:39	00:17:10	00:29:59	00:44:42
190	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36	00:44:49
191	MORIC Anna	496		K30-39	00:00:36	00:17:04	00:29:18	00:44:50
192	BOŹEK Dagmara	52		K40-49	00:00:39	00:17:51	00:30:21	00:44:52
193	SZPYRA Sonia	68		K40-49	00:00:28	00:17:33	00:30:02	00:44:56
194	POKORA Izabela	99	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46	00:44:57
195	KRAUZ Sandra	437		K20-29	00:00:37	00:17:56	00:30:29	00:45:05
196	ŚWIERCZ Anna	478		K40-49	00:00:42	00:17:48	00:30:11	00:45:13
197	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10	00:45:16
198	GÓRNY Jola	460		K40-49	00:00:31	00:17:21	00:29:55	00:45:17
199	GAJ Monika	651	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59	00:45:23
200	HETMANIOK Agnieszka	83		K20-29	00:00:23	00:16:53	00:29:55	00:45:26
201	WALA Anna	180		K30-39	00:00:22	00:16:54	00:29:55	00:45:27
202	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03	00:45:27
203	ZAIK Karolina	549		K20-29	00:00:36	00:16:32	00:29:15	00:45:35
204	STEKLA Joanna	598		K50-59	00:00:37	00:17:30	00:30:19	00:45:38
205	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55	00:45:42
206	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56
207	PYZIK Barbara	196		K30-39	00:00:39	00:17:10	00:30:08	00:46:05
208	KUCZA-CHMIEL Kalina	518		K40-49	00:00:39	00:18:14	00:31:17	00:46:22
209	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57	00:46:29
210	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
211	CZAK Renata	785		K30-39	00:00:30	00:17:24	00:30:43	00:46:36
212	ZAKRZEWSKA Barbara	683		K40-49	00:00:35	00:18:02	00:31:15	00:46:36
213	SAWICKA Marta	96		K30-39	00:00:45	00:19:00	00:31:50	00:46:36
214	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50	00:46:36
215	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38
216	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34	00:46:50
217	JUNKA Maria	699		K30-39	00:00:23	00:17:39	00:31:21	00:46:54
218	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02
219	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18	00:47:03
220	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25	00:47:04
221	SŁABOŃ Ania	273		K30-39	00:00:41	00:18:05	00:31:18	00:47:15
222	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04	00:47:43
223	GRZELAK Patrycja	213		K30-39	00:00:37	00:18:49	00:31:59	00:47:44
224	MOORE Colleen	803		K20-29	00:00:29	00:17:57	00:31:28	00:47:46
225	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10	00:48:01
226	BĄK Karina	503	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34	00:48:04
227	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12
228	ZIĘTARA Agata	347		K40-49	00:00:40	00:19:15	00:32:55	00:48:19
229	KIERMASZEK Barbara	428	J TEAM	K50-59	00:00:34	00:19:10	00:32:23	00:48:22
230	ROTTER Hanna	427	J TEAM	K50-59	00:00:33	00:19:11	00:32:24	00:48:24
231	BRAUN Justyna	572		K30-39	00:00:46	00:19:00	00:32:01	00:48:41
232	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44
233	ŚPIEWAK Agnieszka	675		K30-39	00:00:38	00:19:30	00:33:08	00:48:55
234	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51	00:48:57
235	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15	00:49:01
236	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04	00:49:09
237	KLACZEK Anna	681		K40-49	00:00:38	00:19:30	00:33:17	00:49:19
238	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19
239	ZYCHOWSKA Dominika	526		K20-29	00:00:39	00:18:56	00:33:06	00:49:41
240	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	00:00:00	00:19:47	00:33:40	00:49:42
241	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08	00:50:25
242	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05	00:50:35
243	WÓJCIAK Magdalena	375		K30-39	00:00:33	00:19:34	00:33:46	00:50:36
244	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09	00:50:47
245	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10	00:50:48
246	SUCHY Mariola	692		K40-49	00:00:44	00:20:21	00:34:23	00:50:53
247	HERZYK Beata	657		K40-49	00:00:43	00:19:53	00:34:11	00:51:00
248	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11	00:51:01
249	LAZAR Joanna	126		K30-39	00:00:46	00:19:53	00:34:01	00:51:01
250	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18	00:52:40
251	SAWICKA Agnieszka	594		K30-39	00:00:45	00:20:23	00:35:18	00:53:02
252	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07	00:53:24
253	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06	00:53:24
254	PROKOPIUK Adriana	261		K30-39	00:00:45	00:20:09	00:35:18	00:53:28
255	RUMPEL Maria	95	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46	00:53:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
256	GŁĄB Mariola	207		K30-39	00:00:40	00:20:37	00:36:31	00:54:58
257	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33	
258	PLIŚ Renata	14	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17	
259	SUWAJ Aneta	10	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22	
260	ŚLĘZAK Sylwia	11		K20-29	00:00:03	00:10:55	00:18:22	
261	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27	
262	ULATOWSKA Alicja	913	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51	
263	HAN Julia	374		K16-19	00:00:17	00:13:35		
264	MAJ-DZIUBAŃSKA Izabela	749	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16	
265	SZCZYGIEŁ Adriana	753	BENERUNNER	K30-39	00:00:24	00:15:39		
266	PASŁAWSKA Katarzyna	30	KOBIETY NA 5 +	K40-49	00:00:31			
267	CHWAŁEK Agnieszka	522		K20-29	00:00:42	00:16:46	00:27:26	
268	WAGNER Natalia	42		K30-39	00:00:45			

Znaleziono 268 wynik(ów)