

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: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
1	PLIŚ Renata	14	MKL MARATON ŚWINOUSZCIE	K30-39	00:00:02	00:10:10	00:17:17		00:32:16
2	ŚLĘZAK Sylwia	11		K20-29	00:00:03	00:10:55	00:18:22		00:34:17
3	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27		00:35:07
4	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33		00:36:07
5	SUWAJ Aneta	10	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22		00:36:29
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
7	DZIUK Dagmara	13	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21	00:28:52	00:37:07
8	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45	00:29:09	00:37:24
9	DYBCZYŃSKA Jadwiga	890		K30-39	00:00:09	00:11:41	00:19:51	00:29:21	00:37:51
10	BIELIŃSKA Monika	223		K30-39	00:00:04	00:11:47	00:20:04	00:29:51	00:38:12
11	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16	00:30:04	00:38:34
12	MIKOŁAJCZYK Sandra	607		K30-39	00:00:11	00:12:07	00:20:30	00:30:18	00:38:48
13	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49	00:30:32	00:39:04
14	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38	00:30:32	00:39:13
15	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00	00:31:18	00:40:09
16	REDZIK Dorota	845	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04	00:31:20	00:40:12
17	WOJTASZEWSKA Sabina	286	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18	00:31:33	00:40:20
18	PIECZKA Monika	816		K30-39	00:00:04	00:12:37	00:21:28	00:31:57	00:40:55
19	PIECUCH Agnieszka	212	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46	00:32:07	00:41:07
20	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12	00:32:19	00:41:14
21	JANKO Anna	712	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45	00:32:12	00:41:23
22	PIWISZKIS Barbara	174	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50	00:32:22	00:41:33
23	PAWTEL Agata	59		K30-39	00:00:09	00:12:49	00:21:56	00:32:38	00:41:45
24	MENŻYK Joanna	26		K40-49	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03
25	MORAWSKA Julia	468	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16	00:32:54	00:42:12
26	DYRCZ Anna	147		K40-49	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47
27	STOLORZ Katarzyna	620		K30-39	00:00:15	00:13:32	00:22:59	00:33:49	00:43:01
28	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16
29	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06	00:34:16	00:43:40
30	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39	00:34:37	00:44:00

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32
32	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23	00:34:49	00:44:34
33	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46
34	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52	00:35:07	00:44:46
35	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54
36	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59
37	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52	00:35:13	00:45:01
38	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13
39	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38	00:35:45	00:45:28
40	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29
41	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30
42	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36
43	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44
44	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57	00:35:45	00:46:01
45	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16
46	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57	00:35:53	00:46:18
47	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16	00:36:21	00:46:27
48	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12	00:36:45	00:46:53
49	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17	00:36:22	00:46:59
50	PAWŁOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12	00:36:19	00:47:01
51	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44	00:36:53	00:47:04
52	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04	00:37:03	00:47:09
53	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51	00:36:46	00:47:09
54	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47	00:36:48	00:47:29
55	TYCZYŃSKA Paulina	194	SZYBKE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56	00:37:11	00:47:46
56	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42	00:37:32	00:47:47
57	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21	00:37:38	00:47:55
58	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40	00:37:49	00:48:12
59	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56	00:37:31	00:48:21
60	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38	00:37:46	00:48:34
61	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33	00:38:11	00:48:46
62	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39	00:38:01	00:48:50
63	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22	00:38:23	00:48:58
64	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10	00:38:33	00:49:03
65	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04
66	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07
67	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08
68	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13
69	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13
70	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10	00:38:34	00:49:16
71	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52	00:38:28	00:49:19
72	BIAŁOŃCZYK Joanna	542		K30-39	00:00:26	00:15:36	00:26:24	00:38:45	00:49:24
73	MAZUR Katarzyna	455		K30-39	00:00:38	00:15:56	00:26:42	00:39:00	00:49:27
73	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51	00:39:03	00:49:29
75	KOSMALA-LANDZIŃSKA Ewa	346		K30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	BRODA Kamila	105		K20-29	00:00:28	00:15:49	00:26:31	00:39:00	00:49:38
77	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51	00:38:32	00:49:39
78	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30	00:38:39	00:49:43
79	NIEMIEC Halina	141	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40	00:39:04	00:49:44
80	KAZIMIERCZUK Monika	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41	00:39:05	00:49:44
81	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22	00:39:14	00:49:48
82	JURASZEK Elzbieta	632	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55	00:39:27	00:49:58
83	HARATYK Gabriela	295		K30-39	00:00:26	00:15:07	00:26:04	00:38:58	00:49:59
84	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13	00:39:15	00:50:09
85	POPEK Barbara	397	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10
86	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57	00:39:29	00:50:19
87	DURAJ Magdalena	145		K30-39	00:00:33	00:16:09	00:27:24	00:40:04	00:50:23
88	MUSIAŁ Maria	407		K50-59	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26
89	LERCH Marysia	257	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23	00:39:29	00:50:34
90	KUBICA Edyta	891		K40-49	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37
91	HARAZIN Ania	571		K20-29	00:00:35	00:16:01	00:27:11	00:39:47	00:50:38
92	CHROBOK Józefa	532		K40-49	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42
93	CIESLAR Kasia	646		K30-39	00:00:32	00:16:15	00:27:25	00:40:09	00:50:42
94	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01	00:39:43	00:50:44
95	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52	00:39:44	00:50:44
96	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52	00:39:37	00:50:49
97	MARCZAK-OLEJNICZAK Ania	718		K30-39	00:00:39	00:16:11	00:27:19	00:40:03	00:50:54
98	STABLA Agata	335		K30-39	00:00:18	00:15:27	00:26:32	00:39:44	00:51:03
99	GÓRA Marta	327		K30-39	00:00:07	00:15:17	00:26:26	00:39:40	00:51:04
100	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06
101	MAREK-WRÓBEL Edyta	680		K60-69	00:00:35	00:16:08	00:27:23	00:40:10	00:51:08
102	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22	00:40:08	00:51:10
103	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09	00:40:01	00:51:17
104	JESIONEK Małgorzata	731		K30-39	00:00:38	00:15:57	00:27:06	00:40:04	00:51:19
105	PRZYBYSZ Kinga	204		K20-29	00:00:37	00:16:12	00:27:25	00:40:16	00:51:25
106	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16	00:39:42	00:51:28
107	PODBIOL Agnieszka	558		K20-29	00:00:43	00:15:21	00:26:12	00:39:56	00:51:36
108	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11	00:40:21	00:51:37
109	SIEGMUND Jolanta	63		K40-49	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45
110	GWIZDAŁA Dominika	138		K20-29	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45
111	CIMAŁA Katarzyna	232		K20-29	00:00:41	00:16:15	00:27:24	00:40:24	00:51:48
112	SKWARK Aneta	255		K30-39	00:00:27	00:15:48	00:27:13	00:40:22	00:51:53
113	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12	00:40:30	00:51:54
114	KOLORZ-STYLOK Katarzyna	640		K40-49	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59
115	FROSZTĘGA Katarzyna	835		K30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:08
116	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15	00:41:12	00:52:08
117	SŁOTWIŃSKA Anna	177		K40-49	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10
118	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43	00:40:55	00:52:20
119	KOSMAŁA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07	00:41:20	00:52:31
120	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31	00:40:59	00:52:37

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						2.9km	5km	7.3km	9.4km
121	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39
122	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44
123	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45
124	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45
125	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24	00:40:54	00:52:50
126	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25	00:40:58	00:52:53
127	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19	00:41:35	00:52:55
128	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58
129	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06
130	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17
131	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57	00:41:27	00:53:21
132	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32	00:41:34	00:53:25
133	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37	00:41:27	00:53:27
134	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02	00:41:44	00:53:29
135	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33
136	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34	00:41:31	00:53:34
137	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31	00:42:02	00:53:36
138	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40
139	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25	00:41:27	00:53:40
140	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48	00:41:43	00:53:54
141	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56
142	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57
143	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53	00:42:17	00:53:57
144	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06
145	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24	00:42:14	00:54:06
146	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24	00:42:14	00:54:07
147	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58	00:42:36	00:54:25
148	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26
149	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37
150	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K60-69	00:00:29	00:17:18	00:29:12	00:42:51	00:54:42
151	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47
152	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05	00:42:49	00:54:51
153	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01	00:42:58	00:54:56
154	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46	00:42:50	00:55:04
155	RĘKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26	00:42:03	00:55:05
156	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05
157	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10
158	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09	00:43:52	00:55:13
159	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02	00:42:14	00:55:14
160	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16
161	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16
162	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17
163	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13	00:43:10	00:55:17
164	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24	00:43:27	00:55:22
165	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
166	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36
167	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40
168	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27	00:44:00	00:55:44
169	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50
170	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05	00:43:51	00:55:50
171	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13	00:42:58	00:55:52
172	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07	00:44:17	00:55:53
173	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15	00:43:52	00:55:53
174	TYCZYŃSKA Małgorzata	285	SZYBKE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50	00:43:17	00:55:55
175	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12	00:43:23	00:55:57
176	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07	00:43:25	00:55:57
177	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12	00:43:58	00:55:59
178	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59
179	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59
180	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04	00:44:07	00:56:02
181	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04
182	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59	00:44:34	00:56:04
183	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45	00:43:14	00:56:05
184	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04	00:43:43	00:56:12
185	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19
186	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22
187	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42	00:44:15	00:56:27
188	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38
189	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27	00:43:46	00:56:54
190	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05	00:44:30	00:56:56
191	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03	00:44:26	00:57:01
192	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36	00:44:49	00:57:18
193	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33	00:44:35	00:57:21
194	BOŻEK Dagmara	52		K40-49	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30
195	MIŚKOWIEC Agnieszka	41		K40-49	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32
196	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05	00:44:07	00:57:33
197	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10	00:45:16	00:57:35
198	GAJ Monika	651	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59	00:45:23	00:57:41
199	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03	00:45:27	00:57:44
200	KRAUZ Sandra	437		K20-29	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56
201	POKORA Izabela	99	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46	00:44:57	00:58:01
202	ŚWIERCZ Anna	478		K40-49	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01
203	SZPYRA Sonia	68		K40-49	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03
204	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55	00:45:42	00:58:13
205	MORIC Anna	496		K30-39	00:00:36	00:17:04	00:29:18	00:44:50	00:58:42
206	STEKLA Joanna	598		K50-59	00:00:37	00:17:30	00:30:19	00:45:38	00:58:42
207	HETMANIOK Agnieszka	83		K20-29	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44
208	WALA Anna	180		K30-39	00:00:22	00:16:54	00:29:55	00:45:27	00:58:45
209	GÓRNY Jola	460		K40-49	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57
210	SAWICKA Marta	96		K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
211	PYZIK Barbara	196		K30-39	00:00:39	00:17:10	00:30:08	00:46:05	00:59:11
212	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:16
213	ZAIK Karolina	549		K20-29	00:00:36	00:16:32	00:29:15	00:45:35	00:59:18
214	KUCZA-CHMIEL Kalina	518		K40-49	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24
215	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34	00:46:50	00:59:24
216	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34
217	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48
218	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52
219	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57	00:46:29	00:59:53
220	ZAKRZEWSKA Barbara	683		K40-49	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56
221	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35
222	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25	00:47:04	01:00:40
223	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18	00:47:03	01:00:42
224	CZAK Renata	785		K30-39	00:00:30	00:17:24	00:30:43	00:46:36	01:00:42
225	SŁABOŃ Ania	273		K30-39	00:00:41	00:18:05	00:31:18	00:47:15	01:00:42
226	JUNKA Maria	699		K30-39	00:00:23	00:17:39	00:31:21	00:46:54	01:00:59
227	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04	00:47:43	01:01:19
228	GRZELAK Patrycja	213		K30-39	00:00:37	00:18:49	00:31:59	00:47:44	01:01:21
229	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34	00:48:04	01:01:22
230	ZIĘTARA Agata	347		K40-49	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37
231	MOORE Colleen	803		K20-29	00:00:29	00:17:57	00:31:28	00:47:46	01:01:40
232	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10	00:48:01	01:01:41
233	KIERMASZEK Barbara	428	J TEAM	K50-59	00:00:34	00:19:10	00:32:23	00:48:22	01:01:59
234	ROTTER Hanna	427	J TEAM	K50-59	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01
235	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04
236	ŚPIEWAK Agnieszka	675		K30-39	00:00:38	00:19:30	00:33:08	00:48:55	01:02:14
237	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27
238	BRAUN Justyna	572		K30-39	00:00:46	00:19:00	00:32:01	00:48:41	01:02:32
239	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15	00:49:01	01:02:47
240	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02
241	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04	00:49:09	01:03:10
242	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27
243	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51	00:48:57	01:03:27
244	KLACZEK Anna	681		K40-49	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34
245	ZYCHOWSKA Dominika	526		K20-29	00:00:39	00:18:56	00:33:06	00:49:41	01:04:10
246	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08	00:50:25	01:04:22
247	SUCHY Mariola	692		K40-49	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29
248	HERZYK Beata	657		K40-49	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31
249	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05	00:50:35	01:04:37
250	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10	00:50:48	01:05:21
251	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09	00:50:47	01:05:21
252	WÓJCIAK Magdalena	375		K30-39	00:00:33	00:19:34	00:33:46	00:50:36	01:05:23
253	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58
254	LAZAR Joanna	126		K30-39	00:00:46	00:19:53	00:34:01	00:51:01	01:07:05
255	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18	00:52:40	01:07:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
256	SAWICKA Agnieszka	594		K30-39	00:00:45	00:20:23	00:35:18	00:53:02	01:07:49
257	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24
258	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24
259	RUMPEL Maria	95	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46	00:53:59	01:09:22
260	PROKOPIUK Adriana	261		K30-39	00:00:45	00:20:09	00:35:18	00:53:28	01:09:35
261	GŁĄB Mariola	207		K30-39	00:00:40	00:20:37	00:36:31	00:54:58	01:11:12
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)