



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Półmetek K

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
1	GOLEC Paulina	20		K40-49		00:00:01	00:10:11	00:18:05	00:26:19	00:34:16
2	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39		00:00:00	00:10:33	00:18:44	00:27:16	00:35:24
3	MENDECKA-ZEJDLER Michalina	42		K30-39		00:00:01	00:10:56	00:19:04	00:27:27	00:35:35
4	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39		00:00:01	00:11:11	00:19:35	00:28:07	00:36:28
5	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49		00:00:01	00:11:11	00:19:43	00:28:45	00:37:26
6	DYBCZYŃSKA Jadwiga	101	LKS POGÓRZE	K40-49		00:00:01	00:11:22	00:20:01	00:29:03	00:37:49
7	CHROMIK Julia	189	LKS POGÓRZE	K20-29		00:00:02	00:11:22	00:20:01	00:29:02	00:38:00
8	WYSŁUCH Iza	127		K20-29		00:00:02	00:11:38	00:20:48	00:30:04	00:39:00
9	SIKORA Joanna	113	LKS POGÓRZE	K20-29		00:00:01	00:11:43	00:20:49	00:30:21	00:39:36
10	WRONECKA Emilia	115	ALCHEMIA BIEGANIA	K30-39		00:00:01	00:12:15	00:21:35	00:31:03	00:40:08
11	WARMIŃSKA Klaudia	295	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47	00:40:09
12	LASKOWSKA Katarzyna	106	INŻYNIERIA BIEGANIA	K40-49	Inżynieria biegania	00:00:02	00:12:00	00:21:11	00:30:47	00:40:16
13	MROWIEC Kinga	223	TL POGOŃ RUDA ŚLĄSKA	K20-29	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28	00:41:50
14	WRÓBLEWSKA Judyta	171	ZAWIERUCHA TRAINING ACADEMY	K20-29	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45	00:42:39
15	BIAŁOŃCZYK Joanna	225		K30-39		00:00:02	00:13:06	00:22:52	00:32:58	00:42:46
16	TYMAN Karolina	119	UKS DIAMENT GODÓW	K16-19		00:00:01	00:13:17	00:23:22	00:33:26	00:42:54
17	JANKO Anna	92	HRMAX ŻORY/ NIEWYBIEGANI	K30-39	Niewybiegani	00:00:01	00:12:50	00:22:47	00:33:16	00:43:16
18	JURASZEK Elzbieta	144	JUSTFEELFIT	K30-39		00:00:02	00:12:52	00:22:58	00:33:24	00:43:28
19	CZYŻ Marlena	120	UKS DIAMENT GODÓW	K16-19		00:00:00	00:13:18	00:23:22	00:33:30	00:43:32
20	FANGOR-GRAB Agata	194		K30-39		00:00:03	00:13:12	00:23:08	00:33:32	00:43:33
21	MAZUREK Anna	197		K30-39		00:00:04	00:13:05	00:23:06	00:33:36	00:43:54
22	PERKOWSKA Daria	410	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37	00:43:55
23	BASTA Dorota	318	ZADYSZKA OŚWIĘCIM	K40-49	Zadyszka Oświęcim	00:00:06	00:13:37	00:23:50	00:34:35	00:44:48
24	PASŁAWSKA Katarzyna	358	KOBIETY NA 5 +	K40-49	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34	00:45:08
25	JADACH Oleksandra	146	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59		00:00:04	00:13:41	00:23:57	00:34:45	00:45:17
26	RAFA Asia	276	RUNNERS TEAM NYSA	K40-49		00:00:06	00:13:48	00:24:13	00:34:53	00:45:21
27	ZAJĄC Anna	344	SCI GÓRSCY ENTUZJAŚCI	K30-39		00:00:02	00:13:31	00:23:55	00:34:49	00:45:29
28	PAWŁOK Anna	168	TRIATHLON TRAINING CENTER	K30-39		00:00:04	00:13:53	00:24:17	00:35:12	00:45:41
29	WRÓBEL Katarzyna	283		K30-39		00:00:02	00:13:37	00:24:14	00:35:19	00:45:57
30	NAWROT Aleksandra	447	BIEG Z CHRYSTUSEM!	K30-39		00:00:03	00:14:07	00:24:39	00:35:39	00:46:31

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
31	FURMANEK Ela	206	NOWAK-TEAM	K50-59	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48	00:46:41
32	URBAINSKA Ilona	234		K30-39		00:00:05	00:14:08	00:24:47	00:35:55	00:46:42
33	POPEK Barbara	215		K50-59	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45
34	HARAZIN Anna	179	2 TM 4,7	K30-39		00:00:07	00:14:08	00:25:04	00:36:27	00:47:16
35	POŁOMSKA Edyta	239	POLOMSCY TEAM	K40-49	POLOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19	00:47:42
36	KRÓTKI Janina	349	EASYRUN RACIBÓRZ	K30-39		00:00:04	00:14:12	00:24:54	00:36:33	00:47:44
37	MUSIAŁ Wioletta	356	GALOPUJĄCE ŚLIMAKI	K40-49	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49	00:47:53
38	LORENZ Agnieszka	385	GB GALOPUJĄCE ŚLIMAKI	K40-49	Galopujące Ślimaki	00:00:06	00:14:27	00:25:21	00:36:47	00:47:57
39	RAŻNIAK Beata	444	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58
40	KRYSZTAFKIEWICZ Katarzyna	261		K40-49		00:00:06	00:14:44	00:25:40	00:37:07	00:48:13
41	URBANEK Iwona	576		K30-39		00:00:10	00:14:21	00:25:16	00:36:52	00:48:18
42	GANCARCZYK Karolina	506		K30-39		00:00:03	00:14:16	00:25:28	00:37:07	00:48:25
43	GMITRZUK-ZMORZYŃSKA Ewelina	409		K30-39		00:00:05	00:14:32	00:25:25	00:37:07	00:48:31
44	MAZUR Małgorzata	327		K40-49		00:00:07	00:14:43	00:25:47	00:37:22	00:48:33
45	PIWISZKIS Barbara	4	STREET SPIRIT- TEAM NOWAK	K40-49	Street Spirit-Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24	00:48:51
46	PIWOŃSKA Ada	556	INTERAKTYWNI KROSTOSZOWICE	K40-49		00:00:06	00:14:37	00:25:54	00:37:45	00:49:07
47	OGIERMAN Małgorzata	338		K50-59		00:00:02	00:14:26	00:25:35	00:37:44	00:49:44
48	GACH Bernadeta	524	KS GRYF KIETRZ	K40-49		00:00:06	00:15:40	00:27:07	00:38:49	00:49:55
49	KULA Katarzyna	433	STUDIO ENERGIA TEAM RYBNIK	K30-39	Studio Energia Team Rybnik	00:00:07	00:15:14	00:26:40	00:38:45	00:50:18
50	DĄBROWSKA Agata	430	NESSI TIME ŻORY	K40-49	Nessi Time Żory	00:00:08	00:16:02	00:28:00	00:39:55	00:50:58
51	MAREK-WRÓBEL Edyta	257	NIEZRZESZONA	K60-69		00:00:05	00:15:38	00:27:06	00:39:24	00:51:04
52	GORZELAK Joanna	453	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14	00:51:13
53	KOTOWICZ Anna	334		K40-49		00:00:05	00:15:25	00:27:08	00:39:27	00:51:13
54	KLUCZNIOK Magda	455		K16-19		00:00:08	00:14:48	00:26:29	00:39:14	00:51:20
55	LERCH Maria	370	AKTYWNIE NAKRĘCENI	K30-39		00:00:05	00:15:20	00:27:07	00:39:53	00:51:37
56	GENSTY Klaudia	392	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:51	00:27:43	00:40:01	00:51:37
57	PIECHA-ŁACHAJCZYK Hanna	416		K30-39		00:00:09	00:16:04	00:27:58	00:40:06	00:51:42
58	GIEROŃ Katarzyna	399	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:52	00:27:48	00:40:22	00:52:24
59	JURKIEWICZ-FILIKS Basia	532		K40-49		00:00:09	00:16:12	00:28:13	00:40:32	00:52:35
60	TRYBAŁA Weronika	550	WATAHA	K20-29	WATAHA	00:00:07	00:16:54	00:29:02	00:41:14	00:52:37
61	WERNIK Katarzyna	398	BESTFITCLUB RYBNIK	K50-59		00:00:08	00:15:47	00:27:46	00:40:25	00:52:37
62	NOWAK Magdalena	537	NESSI TIME ŻORY	K30-39	Nessi Time Żory	00:00:08	00:16:02	00:28:04	00:40:35	00:52:37
63	PAPLA Jolanta	423		K20-29		00:00:05	00:15:54	00:28:04	00:40:41	00:52:50
64	KRAUSE Sylwia	316	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:16:19	00:28:20	00:40:51	00:52:58
65	MIKOŁAJEC Paulina	183		K20-29		00:00:04	00:16:14	00:28:25	00:41:16	00:53:26
66	KORDEK Dorota	360		K30-39		00:00:05	00:15:44	00:28:03	00:40:52	00:53:28
67	BRANKA Barbara	555		K40-49		00:00:08	00:16:27	00:28:58	00:41:42	00:53:43
68	JĘDRYKA Patrycja	547	GB GALOPUJĄCE ŚLIMAKI	K30-39		00:00:06	00:15:46	00:28:15	00:41:17	00:53:48
69	BAJCAR Beata	379	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06
70	HEJNA Izabela	586	RADLINIOKI W BIEGU	K50-59	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48	00:54:14
71	DROBIAK Kornelia	511	KOBIETY NA 5+	K30-39	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43	00:54:20
72	MARSZOLIK Angela	256		K40-49		00:00:07	00:16:12	00:28:48	00:41:49	00:54:24
73	KARBOWY Izabela	195	JEJKOWICE BIEGAJĄ	K30-39	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33
74	CEGLARSKA Sonia	386	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33
75	PASTUSIAK Janina	573		K40-49		00:00:01	00:15:48	00:28:18	00:41:40	00:54:36

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
76	KRZYK Małgorzata	496		K40-49		00:00:04	00:16:53	00:29:14	00:42:13	00:54:45
77	TARGOSZ Aneta	552	OLZA CIESZYN	K30-39	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47	00:54:47
78	GAŁKIEWICZ Monika	390		K40-49		00:00:08	00:16:01	00:28:31	00:41:52	00:54:53
79	GAJDA Magdalena	351		K30-39		00:00:07	00:16:30	00:29:02	00:42:14	00:54:55
80	GRZONKA Magdalena	359		K40-49		00:00:01	00:15:44	00:28:25	00:41:45	00:54:57
81	DOBRENIUK Aurelia	523		K40-49		00:00:08	00:16:11	00:28:45	00:42:04	00:55:03
82	PŁASKA Barbara	463		K50-59	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06
83	KARASIEWICZ-STARCZEWSKA Elżbieta	361		K30-39		00:00:07	00:16:13	00:28:43	00:42:02	00:55:08
84	GÓRKA Barbara	534		K40-49	RUNTEAM Pawłowice	00:00:08	00:16:58	00:29:35	00:42:44	00:55:11
85	KOWALONEK Aleksandra	590		K20-29		00:00:02	00:16:00	00:28:34	00:42:08	00:55:16
86	TRYBAŁA Danuta	549	WATAHA	K30-39	WATAHA	00:00:07	00:16:54	00:29:22	00:42:30	00:55:23
87	TYRYTKO Sylwia	538	WATAHA	K40-49	WATAHA	00:00:07	00:16:54	00:29:23	00:42:30	00:55:24
88	SOKÓŁ-OLEŚ Ewelina	427	RUNTEAM PAWŁOWICE	K50-59	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29
89	PASZEK Hania	443	HRMAX ŻORY	K40-49		00:00:03	00:15:59	00:28:32	00:42:17	00:55:34
90	HOLONA Bożena	572		K50-59		00:00:07	00:17:06	00:29:42	00:42:50	00:55:41
91	MOSZ Weronika	450		K40-49		00:00:03	00:16:55	00:29:37	00:42:54	00:55:49
92	SOCHA Marlena	528	TL POGOŃ RUDA ŚLĄSKA	K40-49	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01	00:56:13
93	NIESŁAŃCZYK Barbara	503		K30-39		00:00:11	00:16:51	00:29:34	00:43:02	00:56:24
94	OSOWSKA Katarzyna	451		K40-49		00:00:05	00:16:20	00:29:15	00:42:52	00:56:29
95	ZIĘTARA Agata	460		K50-59		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33
96	MAZUR Aleksandra	400		K30-39		00:00:03	00:16:24	00:29:21	00:43:14	00:56:38
97	DOMAŃSKA Joanna	393		K30-39		00:00:09	00:16:32	00:29:33	00:43:28	00:56:43
98	SŁOWIŃSKA Joanna	589	RUNTEAM PAWŁOWICE	K30-39		00:00:04	00:16:56	00:29:44	00:43:31	00:56:54
99	KARPETA Ilona	562		K30-39		00:00:09	00:17:29	00:30:20	00:44:12	00:57:07
100	KAJSZTURA Weronika	563		K30-39		00:00:09	00:17:29	00:30:19	00:44:12	00:57:07
101	ŻYŁA Bogumiła	553	KLUB BIEGACZA RTV EURO AGD	K30-39		00:00:09	00:17:38	00:30:29	00:44:03	00:57:23
102	MARCZYŃSKA Izabela	551	BEACHVOLLEYBALL	K30-39		00:00:05	00:17:13	00:30:23	00:44:16	00:57:50
103	FECZKO Lucyna	578		K40-49		00:00:02	00:16:30	00:29:37	00:43:57	00:58:01
104	BOMBOR Antonina	561		K40-49		00:00:07	00:17:10	00:30:27	00:44:29	00:58:01
105	SIKORA Alicja	271		K70+		00:00:08	00:17:55	00:31:06	00:44:59	00:58:08
106	KĄŁUS Joanna	476		K40-49		00:00:07	00:17:05	00:30:20	00:44:28	00:58:20
107	KOLAT Jadzia	497	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50	00:58:51
108	WYSOCKA Magdalena	583		K40-49		00:00:03	00:17:00	00:30:34	00:44:56	00:59:00
109	GAWEŁ Julia	546		K20-29		00:04:21	00:17:49	00:31:24	00:45:41	00:59:13
110	MARCISZ Natalia	515		K30-39		00:00:05	00:16:39	00:30:07	00:44:43	00:59:24
111	ZAKRZEWSKA Barbara	531		K40-49		00:00:07	00:16:31	00:30:03	00:44:51	00:59:38
112	KUBIK Aleksandra	545	-	K40-49		00:00:05	00:17:27	00:31:01	00:45:29	00:59:39
113	ORŁOWSKA Joanna	571	ULTRA BESKID SPORT	K40-49		00:00:10	00:17:46	00:31:31	00:46:07	00:59:52
114	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39		00:00:06	00:17:24	00:32:03	00:46:34	01:00:08
115	KOLORZ-STYLOK Katarzyna	417		K40-49		00:00:06	00:17:18	00:31:10	00:46:09	01:00:09
116	MALISZEWSKA Beata	469		K30-39		00:00:03	00:17:31	00:31:19	00:45:41	01:00:33
117	JARCZEWSKA Renata	567		K50-59		00:00:08	00:17:41	00:31:25	00:46:06	01:00:39
118	ZIEJA Martyna	396		K20-29		00:00:11	00:17:43	00:31:33	00:46:10	01:00:53
119	STEKLA MAJER Anna	448	GRUPA SPORTOWA REKORD	K30-39		00:00:07	00:16:38	00:30:12	00:45:28	01:01:19

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
120	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51	01:01:19
121	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51	01:01:19
122	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25
123	JASTRZĘBSKA Ewa	542		K50-59		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29
124	CEMBALA Magda	543		K40-49		00:00:10	00:18:41	00:33:07	00:47:57	01:01:47
125	RATAJSZCZAK-MAŁYS Ewa	512	NORDIC WALKING TAEM RACIBÓRZ	K50-59		00:00:06	00:18:59	00:32:59	00:47:40	01:01:49
126	GŁÓWCZYK Izabella	548		K40-49	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15	01:02:02
127	LISOWSKA Agnieszka	434		K40-49		00:00:05	00:18:11	00:32:28	00:48:04	01:03:16
128	KARAŚ Daria	508		K30-39		00:00:11	00:18:12	00:32:34	00:48:25	01:03:19
129	ZAGÓRSKA Beata	569		K40-49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09	01:03:20
130	ZIMNY Cecylia	484	SMAKI BIEGANIA	K40-49		00:00:05	00:18:10	00:32:51	00:48:45	01:03:51
131	PIPIRO Grażyna	540	KOBIETY NA5+	K60-69	Kobiety na 5+	00:00:03	00:19:00	00:33:39	00:49:26	01:04:22
132	DYNIA Magdalena	502		K40-49		00:00:10	00:18:27	00:33:17	00:49:22	01:04:31
133	IDZIKOWSKA Elżbieta	574		K40-49		00:00:01	00:18:35	00:33:25	00:49:29	01:04:38
134	GAŃKO Grażyna	411		K60-69		00:00:10	00:19:33	00:34:15	00:49:59	01:04:53
135	CEGLARSKA Alicja	520	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:19:09	00:33:45	00:49:35	01:04:55
136	REK Katarzyna	581	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:19:03	00:34:05	00:49:54	01:05:02
137	STEKLA Joanna	489		K50-59		00:00:07	00:18:09	00:33:04	00:49:27	01:05:35
138	BETLEJ Dorota	499		K30-39		00:00:10	00:19:38	00:34:25	00:50:45	01:06:48
139	KOŁODZIEJCZYK Aleksandra	565	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:09	00:19:49	00:35:53	00:53:02	01:09:55
140	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15	01:11:10
141	JUTKA Katarzyna	557		K40-49		00:00:08	00:21:28	00:38:16	00:56:35	01:14:12
142	SZOJDA Paulina	558	VIKING TRAINING CENTER	K40-49		00:00:08	00:21:27	00:38:16	00:56:35	01:14:12
143	KUŚMIRSKA-KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38
144	ROTTER Hanna	401		K60-69		00:00:02	00:20:37	00:38:02	00:57:40	01:16:47
145	KIERMASZEK Barbara	588		K60-69		00:00:03	00:20:37	00:38:03	00:57:41	01:16:54
146	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27	01:17:28
147	OLCZYK Wioletta	491		K50-59	Kobiety na 5+	00:00:03	00:19:02	00:34:12		
	MORAWSKA Julia	136		K20-29		DNF	00:12:25 DNF	00:22:40 DNF	DNF	DNF

Znaleziono 148 wynik(ów)