

KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-05-27
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MENDECKA Michalina	1093	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	20-29	1	00:00:01	00:08:11	00:19:20.95	00:19:22.65		3:52	15.5 (100%)
2	PATAS Magdalena	192	FORMA WODZISŁAW ŚLĄSKI	20-29	2	00:00:01	00:08:25	00:20:28.85	00:20:30.15	+00:01:07 (5.5%)	4:05	14.6 (94.2%)
3	DYRLAGA Justyna	975		20-29	3	00:00:02	00:08:59	00:20:43.20	00:20:45.90	+00:01:22 (6.6%)	4:08	14.5 (93.5%)
4	SZOJDA Karolina	903	NIEDOŚCIGNIONE	20-29	4	00:00:01	00:09:12	00:21:05.25	00:21:06.55	+00:01:44 (8.2%)	4:13	14.2 (91.6%)
5	JANKO Anna	542	HRMAX ŻORY	20-29	5	00:00:01	00:09:09	00:21:47.05	00:21:48.95	+00:02:26 (11.2%)	4:21	13.8 (89.0%)
6	SZAFARCZYK Kinga	271	RUNSZ- TEAM	20-29	6	00:00:01	00:09:23	00:21:53.75	00:21:55.55	+00:02:32 (11.6%)	4:22	13.7 (88.4%)
7	MENDECKA Daria	157	MOSIR ŁAZISKA GÓRNE	20-29	7	00:00:01	00:09:18	00:22:41.50	00:22:42.80	+00:03:20 (14.7%)	4:32	13.2 (85.2%)
8	JANKO Joanna	385		20-29	8	00:00:02	00:09:51	00:23:04.20	00:23:06.55	+00:03:43 (16.1%)	4:36	13 (83.9%)
9	DZIEKAN Anna	1011		20-29	9	00:00:07	00:09:41	00:23:11.45	00:23:18.70	+00:03:50 (16.6%)	4:38	12.9 (83.2%)
10	CANIBOŁ Anna	590	RUNTEAM PAWŁOWICE	20-29	10	00:00:04	00:10:04	00:23:43.85	00:23:48.75	+00:04:22 (18.5%)	4:44	12.6 (81.3%)
11	PAWŁOK Anna	601		20-29	11	00:00:08	00:10:27	00:23:51.55	00:24:00.05	+00:04:30 (18.9%)	4:46	12.6 (81.3%)
12	KELLER-MISIARZ Natalia	598		20-29	12	00:00:05	00:09:48	00:24:08.30	00:24:13.85	+00:04:47 (19.8%)	4:49	12.4 (80.0%)
13	CHORCHOS Magda	651		20-29	13	00:00:00	00:09:44	00:24:13.65	00:24:13.65	+00:04:52 (20.1%)	4:50	12.4 (80.0%)
14	PASTUCHA Katarzyna	988	CROSS KRAPKOWICE	20-29	14	00:00:08	00:10:28	00:24:27.95	00:24:36.75	+00:05:07 (20.9%)	4:53	12.3 (79.4%)
15	PAWŁOWSKA Małgorzata	914	STS BIEGATON MIKOŁÓW	20-29	15	00:00:03	00:10:15	00:24:38.70	00:24:41.75	+00:05:17 (21.5%)	4:55	12.2 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	ŻAK Sonia	369		20-29	16	00:00:06	00:10:28	00:24:58.35	00:25:05.10	+00:05:37 (22.5%)	4:59	12 (77.4%)
17	DŁUGOSZ Patrycja	962	ADS MASNA	20-29	17	00:00:09	00:10:47	00:25:15.15	00:25:24.25	+00:05:54 (23.4%)	5:03	11.9 (76.8%)
18	DYCZEK Basia	669	DYCZUŚ TEAM	20-29	18	00:00:09	00:10:52	00:25:36.70	00:25:45.70	+00:06:15 (24.5%)	5:07	11.7 (75.5%)
19	KOT Oliwia	475	MORSY NA KOKSIE	20-29	19	00:00:10	00:10:52	00:25:40.10	00:25:51.00	+00:06:19 (24.6%)	5:08	11.7 (75.5%)
20	BURZYŃSKA Żaneta	224		20-29	20	00:00:06	00:10:25	00:25:50.85	00:25:57.35	+00:06:29 (25.1%)	5:10	11.6 (74.8%)
21	LUBSZCZYK Justyna	99		20-29	21	00:00:09	00:10:41	00:25:51.85	00:26:01.35	+00:06:30 (25.2%)	5:10	11.6 (74.8%)
22	KAMINSKA Dorota	689		20-29	22	00:00:03	00:10:13	00:25:53.25	00:25:57.05	+00:06:32 (25.3%)	5:10	11.6 (74.8%)
23	IWANEK Gabriela	1032	JUSTFEELFIT TEAM	20-29	23	00:00:07	00:10:22	00:26:00.30	00:26:07.40	+00:06:39 (25.6%)	5:12	11.5 (74.2%)
24	LERCH Ewa	798	RUNTEAM PAWŁOWICE	20-29	24	00:00:07	00:10:32	00:26:02.25	00:26:09.85	+00:06:41 (25.7%)	5:12	11.5 (74.2%)
25	BOROWICZ Roksana	374	NIGHT RUNNERS GLIWICE	20-29	25	00:00:06	00:10:47	00:26:05.65	00:26:12.00	+00:06:44 (25.8%)	5:13	11.5 (74.2%)
26	DZIĘDZIEL Ewelina	603		20-29	26	00:00:11	00:10:43	00:26:12.90	00:26:24.10	+00:06:51 (26.2%)	5:14	11.4 (73.5%)
27	PŁASZCZYMAKA Justyna	220	MIECHOWICKA GRUPA BIEGOWA	20-29	27	00:00:30	00:11:25	00:26:16.70	00:26:47.35	+00:06:55 (26.4%)	5:15	11.4 (73.5%)
28	WOJAK Aleksandra	764		20-29	28	00:00:07	00:11:37	00:26:20.70	00:26:28.30	+00:06:59 (26.6%)	5:16	11.4 (73.5%)
29	MAŃCZAK Magdalena	1102		20-29	29	00:00:14	00:11:23	00:26:32.35	00:26:46.50	+00:07:11 (27.1%)	5:18	11.3 (72.9%)
30	OLSZEWSKA Sylwia	534	MORSY NA KOKSIE	20-29	30	00:00:12	00:11:33	00:26:41.70	00:26:54.05	+00:07:20 (27.5%)	5:20	11.2 (72.3%)
31	BANASZEWSKA Aleksandra	663		20-29	31	00:00:08	00:10:34	00:26:42.45	00:26:50.85	+00:07:21 (27.6%)	5:20	11.2 (72.3%)
32	ZIELIŃSKA Karolina	256		20-29	32	00:00:09	00:11:06	00:27:11.10	00:27:20.70	+00:07:50 (28.8%)	5:26	11 (71.0%)
33	SEBEROVA Kler	1164		20-29	33	00:00:09	00:11:09	00:27:11.50	00:27:21.15	+00:07:50 (28.8%)	5:26	11 (71.0%)
34	BRODA Kamila	22		20-29	34	00:00:15	00:11:16	00:27:14.90	00:27:30.00	+00:07:53 (29.0%)	5:27	11 (71.0%)
35	KONIECZNY Sandra	682	DYCZUŚ TEAM	20-29	35	00:00:30	00:12:01	00:27:17.55	00:27:47.85	+00:07:56 (29.1%)	5:27	11 (71.0%)
36	PAWLIK Agata	388		20-29	36	00:00:03	00:10:58	00:27:23.75	00:27:27.65	+00:08:02 (29.4%)	5:28	10.9 (70.3%)
37	KAMIŃSKA Natalia	563		20-29	37	00:00:39	00:12:20	00:27:46.10	00:28:25.90	+00:08:25 (30.3%)	5:33	10.8 (69.7%)
38	TRZYPULSKA Klaudia	237	DRUŻYNA ING	20-29	38	00:00:07	00:11:14	00:27:48.85	00:27:56.60	+00:08:27 (30.4%)	5:33	10.8 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	SKORUPA Magdalena	154		20-29	39	00:00:24	00:12:19	00:27:49.40	00:28:13.65	+00:08:28 (30.5%)	5:33	10.8 (69.7%)
40	WIENCEK Ania	300	LET'S GO SUSZECKA GRUPA BIEGOWA	20-29	40	00:00:22	00:12:26	00:27:50.30	00:28:12.95	+00:08:29 (30.5%)	5:34	10.8 (69.7%)
41	SZEWCZYK Agnieszka	1185		20-29	41	00:00:02	00:11:42	00:27:58.10	00:28:00.75	+00:08:37 (30.8%)	5:35	10.7 (69.0%)
42	KONIOR Basia	745		20-29	42	00:00:26	00:12:05	00:28:05.40	00:28:32.20	+00:08:44 (31.1%)	5:37	10.7 (69.0%)
43	BURDZIK Katarzyna	176		20-29	43	00:00:07	00:11:51	00:28:07.30	00:28:14.30	+00:08:46 (31.2%)	5:37	10.7 (69.0%)
44	FILIK Anna	282	#CZELADZBIEGA	20-29	44	00:00:30	00:11:44	00:28:15.00	00:28:45.70	+00:08:54 (31.5%)	5:39	10.6 (68.4%)
45	KOBA Natalia	1264		20-29	45	00:00:20	00:12:07	00:28:26.80	00:28:47.40	+00:09:05 (32.0%)	5:41	10.5 (67.7%)
46	ZELENT Karolina	147		20-29	46	00:00:21	00:12:11	00:28:37.55	00:28:59.50	+00:09:16 (32.4%)	5:43	10.5 (67.7%)
47	RAJWA Magdalena	1005		20-29	47	00:00:08	00:11:24	00:28:42.05	00:28:50.15	+00:09:21 (32.6%)	5:44	10.5 (67.7%)
48	GWIZDAŁA Dominika	140		20-29	48	00:00:30	00:12:39	00:29:02.15	00:29:32.40	+00:09:41 (33.4%)	5:48	10.3 (66.5%)
49	PORĘBSKA Karolina	11		20-29	49	00:00:06	00:11:14	00:29:06.95	00:29:13.75	+00:09:46 (33.5%)	5:49	10.3 (66.5%)
50	JUSZCZYK Izabela	459		20-29	50	00:00:29	00:12:13	00:29:09.45	00:29:38.50	+00:09:48 (33.6%)	5:49	10.3 (66.5%)
51	NOWAK Magdalena	665	BWM	20-29	51	00:00:13	00:12:26	00:29:10.45	00:29:24.40	+00:09:49 (33.7%)	5:50	10.3 (66.5%)
52	KUBIAK Edyta	1230		20-29	52	00:00:03	00:12:22	00:29:11.05	00:29:14.05	+00:09:50 (33.7%)	5:50	10.3 (66.5%)
53	KRÓL Barbara	18	DECATHLON ŻORY	20-29	53	00:00:24	00:12:55	00:29:12.00	00:29:36.75	+00:09:51 (33.7%)	5:50	10.3 (66.5%)
54	GLANOWSKA Kamila	446	BB BIELSZCZANKI BIEGAJĄ	20-29	54	00:00:30	00:12:26	00:29:14.85	00:29:45.60	+00:09:53 (33.8%)	5:51	10.3 (66.5%)
55	HETMANIOK Agnieszka	1226		20-29	55	00:00:11	00:11:58	00:29:19.90	00:29:31.70	+00:09:58 (34.0%)	5:52	10.2 (65.8%)
56	MAZUR Beata	621	FANTASTIC ANIA SIKORA	20-29	56	00:00:00	00:12:43	00:29:19.95	00:29:19.95	+00:09:59 (34.0%)	5:51	10.2 (65.8%)
57	PARCHAŃSKA Iwona	909		20-29	57	00:00:16	00:12:37	00:29:26.80	00:29:43.05	+00:10:05 (34.3%)	5:53	10.2 (65.8%)
58	CIMAŁA Katarzyna	306		20-29	58	00:00:12	00:11:51	00:29:32.25	00:29:44.35	+00:10:11 (34.5%)	5:54	10.2 (65.8%)
59	KUŹNIK Ewa	1268		20-29	59	00:00:13	00:12:24	00:29:36.35	00:29:49.40	+00:10:15 (34.6%)	5:55	10.1 (65.2%)
60	TRZCIŃSKA Joanna	115	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	00:29:41.65	00:30:02.35	+00:10:20 (34.8%)	5:56	10.1 (65.2%)
61	GORAUS-GŁOWANIA Daria	110	ADS MASNA	20-29	61	00:00:23	00:13:22	00:29:50.95	00:30:14.35	+00:10:30 (35.2%)	5:58	10.1 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	VLTAVSKÁ Zuzana	576	SK ČERNÉ PLÍCE	20-29	62	00:00:19	00:12:52	00:29:59.00	00:30:18.80	+00:10:38 (35.5%)	5:59	10 (64.5%)
63	NOWAK Anna	15	DECATHLON ŽORY	20-29	63	00:00:00	00:13:19	00:30:06.15	00:30:06.15	+00:10:45 (35.7%)	6:01	10 (64.5%)
64	MIŚ Ela	993	JUSTFEELFIT TEAM	20-29	64	00:00:07	00:12:22	00:30:06.65	00:30:13.75	+00:10:45 (35.7%)	6:01	10 (64.5%)
65	RYBARSKA Dorota	808		20-29	65	00:00:26	00:13:40	00:30:10.30	00:30:36.50	+00:10:49 (35.9%)	6:02	9.9 (63.9%)
66	KUŹNIK Edyta	844		20-29	66	00:00:30	00:13:06	00:30:16.75	00:30:47.60	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
67	PIECHA Klaudia	1197	DECATHLON RYBNIK	20-29	67	00:00:00	00:13:18	00:30:22.90	00:30:22.90	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
68	GÓRKIEWICZ Magdalena	784		20-29	68	00:00:34	00:13:35	00:30:37.80	00:31:11.95	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
69	CYRULIK Ania	948		20-29	69	00:00:16	00:13:10	00:30:39.45	00:30:55.70	+00:11:18 (36.9%)	6:07	9.8 (63.2%)
70	WIECZOREK Klaudia	338	KOBIEY NA 5+	20-29	70	00:00:32	00:13:27	00:30:51.25	00:31:23.65	+00:11:30 (37.3%)	6:10	9.7 (62.6%)
71	FECZKO Monika	1170		20-29	71	00:00:16	00:12:33	00:30:55.70	00:31:11.75	+00:11:34 (37.4%)	6:11	9.7 (62.6%)
72	PRZYBYŁA Magdalena	290		20-29	72	00:00:29	00:13:09	00:31:00.35	00:31:30.05	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
73	SOJKA Ania	670		20-29	73	00:00:33	00:14:00	00:31:00.45	00:31:33.60	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
74	JEWUŁA Karolina	445	KOBIETA NA 5+	20-29	74	00:00:29	00:12:25	00:31:06.30	00:31:36.15	+00:11:45 (37.8%)	6:13	9.6 (61.9%)
75	ADAMCZYK Sandra	1013		20-29	75	00:00:28	00:12:48	00:31:40.70	00:32:08.70	+00:12:19 (38.9%)	6:20	9.5 (61.3%)
76	ZIELINA Katarzyna	732		20-29	76	00:00:49	00:14:24	00:31:46.65	00:32:36.10	+00:12:25 (39.1%)	6:21	9.4 (60.6%)
77	POLIWKA-FILIPOWSKA Karolina	858		20-29	77	00:00:53	00:14:23	00:32:17.95	00:33:11.00	+00:12:57 (40.1%)	6:27	9.3 (60.0%)
78	VAIDYAN Vimala	828		20-29	78	00:00:03	00:13:14	00:32:20.05	00:32:23.05	+00:12:59 (40.2%)	6:28	9.3 (60.0%)
79	PIECHOTA Hanna	17	DECATHLON ŽORY	20-29	79	00:00:25	00:13:55	00:32:24.00	00:32:49.25	+00:13:03 (40.3%)	6:28	9.3 (60.0%)
80	JASZCZAK Małgorzata	134		20-29	80	00:00:17	00:13:38	00:32:25.15	00:32:42.80	+00:13:04 (40.3%)	6:29	9.3 (60.0%)
81	WRZOSEK Karolina	35	#CZELADZBIEGA	20-29	81	00:00:29	00:13:15	00:32:28.85	00:32:58.55	+00:13:07 (40.4%)	6:29	9.2 (59.4%)
82	JAKACKA Agata	1048		20-29	82	00:00:49	00:15:18	00:32:37.35	00:33:27.05	+00:13:16 (40.7%)	6:31	9.2 (59.4%)
83	STEKLA-MAJER Anna	1096		20-29	83	00:00:27	00:13:47	00:32:45.20	00:33:12.75	+00:13:24 (40.9%)	6:33	9.2 (59.4%)
84	NĘDZA Luiza	816		20-29	84	00:00:41	00:14:31	00:32:47.55	00:33:28.95	+00:13:26 (41.0%)	6:33	9.2 (59.4%)

Zawody w biegach długich - 10 km												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	MIKA Emilia	646		20-29	85	00:00:39	00:13:41	00:32:47.70	00:33:27.65	+00:13:26 (41.0%)	6:33	9.1 (58.7%)
86	SKRZYPCZAK Edyta	877		20-29	86	00:00:05	00:15:01	00:33:01.85	00:33:07.15	+00:13:40 (41.4%)	6:36	9.1 (58.7%)
87	HALSZKA Dominika	996		20-29	87	00:00:24	00:14:02	00:33:04.55	00:33:28.95	+00:13:43 (41.5%)	6:36	9.1 (58.7%)
88	SZKATUŁA Jadwiga	953		20-29	88	00:00:26	00:13:53	00:33:13.70	00:33:39.85	+00:13:52 (41.8%)	6:38	9 (58.1%)
89	SERWIN Asia	532		20-29	89	00:00:20	00:12:55	00:33:15.20	00:33:35.70	+00:13:54 (41.8%)	6:39	9 (58.1%)
90	ARASZCZUK Magdalena	19	DECATHLON ŻORY	20-29	90	00:00:00	00:13:31	00:33:34.00	00:33:34.00	+00:14:13 (42.4%)	6:42	8.9 (57.4%)
91	CZECH Marta	878		20-29	91	00:00:35	00:14:21	00:33:35.55	00:34:11.25	+00:14:14 (42.4%)	6:43	8.9 (57.4%)
92	WIŚNIECKA Ania	882		20-29	92	00:00:35	00:14:20	00:33:35.75	00:34:11.25	+00:14:14 (42.4%)	6:43	8.9 (57.4%)
93	KLIMCZAK Ewa	935		20-29	93	00:00:21	00:13:57	00:33:40.90	00:34:02.45	+00:14:19 (42.6%)	6:44	8.9 (57.4%)
94	RUTKA Magdalena	1274		20-29	94	00:00:39	00:13:41	00:33:42.15	00:34:21.90	+00:14:21 (42.6%)	6:44	8.9 (57.4%)
95	PAWLIK Natalia	422		20-29	95	00:00:24	00:13:35	00:33:51.95	00:34:16.75	+00:14:31 (42.9%)	6:46	8.9 (57.4%)
96	MORAWIEC Magdalena	1254	BTM RUNNERS	20-29	96	00:00:27	00:13:35	00:34:27.25	00:34:54.65	+00:15:06 (43.8%)	6:53	8.7 (56.1%)
97	PARSZEWSKA Ola	359	BTM RUNNERS	20-29	97	00:00:26	00:13:37	00:34:27.35	00:34:54.05	+00:15:06 (43.8%)	6:53	8.7 (56.1%)
98	ROSA Aśka	197		20-29	98	00:00:06	00:13:40	00:34:27.65	00:34:34.15	+00:15:06 (43.9%)	6:53	8.7 (56.1%)
99	MROZEK Karolina	1123		20-29	99	00:00:45	00:14:55	00:34:37.15	00:35:23.10	+00:15:16 (44.1%)	6:55	8.7 (56.1%)
100	NOSOL Karolina	1256	PW RAFI	20-29	100	00:00:36	00:14:03	00:34:48.80	00:35:24.80	+00:15:27 (44.4%)	6:57	8.6 (55.5%)
101	ITCZAK Mirella	667		20-29	101	00:00:50	00:15:44	00:34:57.10	00:35:47.65	+00:15:36 (44.6%)	6:59	8.6 (55.5%)
102	KONIOR Katarzyna	743		20-29	102	00:00:36	00:14:20	00:35:03.85	00:35:39.95	+00:15:42 (44.8%)	7:00	8.6 (55.5%)
103	TRACZ Adrianna	755		20-29	103	00:00:34	00:14:22	00:35:04.50	00:35:39.40	+00:15:43 (44.8%)	7:01	8.6 (55.5%)
104	ĆWIKLAK Weronika	746		20-29	104	00:00:17	00:14:41	00:35:07.30	00:35:24.95	+00:15:46 (44.9%)	7:01	8.5 (54.8%)
105	KAŁA Anna	1223		20-29	105	00:01:08	00:14:10	00:35:16.85	00:36:24.85	+00:15:55 (45.2%)	7:03	8.5 (54.8%)
106	MAJER Justyna	952		20-29	106	00:00:15	00:14:21	00:35:18.40	00:35:33.85	+00:15:57 (45.2%)	7:03	8.5 (54.8%)
107	PROCEK Dominika	334		20-29	107	00:00:37	00:14:19	00:35:22.05	00:35:59.60	+00:16:01 (45.3%)	7:04	8.5 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	GĄSIOR Katarzyna	1019		20-29	108	00:00:42	00:14:10	00:35:26.70	00:36:09.45	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
109	CHUCZ Agnieszka	166		20-29	109	00:00:38	00:14:32	00:35:28.10	00:36:06.20	+00:16:07 (45.4%)	7:05	8.5 (54.8%)
110	MATERNOWSKA Sandra	1041		20-29	110	00:00:16	00:13:39	00:35:37.85	00:35:54.40	+00:16:16 (45.7%)	7:07	8.4 (54.2%)
111	SZEWCZYK Agnieszka	1257		20-29	111	00:00:37	00:14:51	00:35:39.40	00:36:16.95	+00:16:18 (45.7%)	7:07	8.4 (54.2%)
112	WRONA Aleksandra	774		20-29	112	00:00:55	00:15:16	00:35:47.50	00:36:42.85	+00:16:26 (45.9%)	7:09	8.4 (54.2%)
113	JEZIOROWSKA-CAPANDA Patrycja	160		20-29	113	00:00:00	00:15:10	00:36:05.95	00:36:05.95	+00:16:45 (46.4%)	7:13	8.3 (53.5%)
114	STĘPIŃSKA Patrycja	963		20-29	114	00:00:21	00:14:32	00:36:21.60	00:36:43.50	+00:17:00 (46.8%)	7:16	8.2 (52.9%)
115	FABIA Sylwia	454		20-29	115	00:00:48	00:15:42	00:36:50.30	00:37:38.60	+00:17:29 (47.5%)	7:22	8.1 (52.3%)
116	HABER Karolina	856		20-29	116	00:00:25	00:14:43	00:36:54.20	00:37:19.60	+00:17:33 (47.6%)	7:22	8.1 (52.3%)
117	GUBAŁA Monika	243	W POGONI ZA MOTYLEM	20-29	117	00:00:48	00:16:09	00:37:03.05	00:37:51.25	+00:17:42 (47.8%)	7:24	8.1 (52.3%)
118	BRZANA Klaudia	791		20-29	118	00:00:46	00:16:03	00:37:08.75	00:37:54.95	+00:17:47 (47.9%)	7:25	8.1 (52.3%)
119	NAWARYŃSKA Katarzyna	1120	STRONG WOMEN	20-29	119	00:00:44	00:16:36	00:37:15.85	00:38:00.55	+00:17:54 (48.1%)	7:27	8.1 (52.3%)
120	PŁAZA Monika	1186		20-29	120	00:00:51	00:16:12	00:37:24.95	00:38:16.10	+00:18:04 (48.3%)	7:29	8 (51.6%)
121	GOLDA Joanna	645		20-29	121	00:00:46	00:16:03	00:37:26.70	00:38:13.25	+00:18:05 (48.3%)	7:29	8 (51.6%)
122	PŁAZA Agnieszka	1184		20-29	122	00:00:51	00:16:12	00:37:29.25	00:38:20.45	+00:18:08 (48.4%)	7:29	8 (51.6%)
123	NIKSA Anita	1154		20-29	123	00:00:13	00:14:52	00:38:03.90	00:38:17.50	+00:18:42 (49.2%)	7:36	7.9 (51.0%)
124	PUDA Patrycja	617	STACJAFITNESS	20-29	124	00:00:51	00:16:07	00:38:09.15	00:39:00.90	+00:18:48 (49.3%)	7:37	7.9 (51.0%)
125	FOKS Agnieszka	333	RUNTEAM PAWŁOWICE	20-29	125	00:00:44	00:14:48	00:38:10.10	00:38:54.45	+00:18:49 (49.3%)	7:38	7.9 (51.0%)
126	MYŚLIWIEC Barbara	27	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	00:38:10.95	00:38:26.85	+00:18:50 (49.3%)	7:38	7.9 (51.0%)
127	CEBULA Marta	432		20-29	127	00:00:15	00:16:03	00:38:11.20	00:38:26.65	+00:18:50 (49.3%)	7:38	7.9 (51.0%)
128	SKOWROŃSKA Patrycja	811	BB BIELSZCZANKI BIEGAJĄ	20-29	128	00:00:05	00:15:12	00:38:27.25	00:38:33.15	+00:19:06 (49.7%)	7:41	7.8 (50.3%)
129	COFALIK Hanna	1026	AKADEMIA BIEGANIA ŚWIERKLANY	20-29	129	00:00:34	00:15:24	00:38:42.55	00:39:16.95	+00:19:21 (50.0%)	7:44	7.8 (50.3%)
130	DAMIS Daria	1193	-	20-29	130	00:01:01	00:16:11	00:38:59.00	00:40:00.85	+00:19:38 (50.4%)	7:47	7.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	KŁAK Natalia	1129		20-29	131	00:00:50	00:15:37	00:39:03.90	00:39:54.10	+00:19:42 (50.5%)	7:48	7.7 (49.7%)
132	KIERMASZEK Paulina	916	J TEAM	20-29	132	00:00:15	00:17:15	00:39:16.45	00:39:31.90	+00:19:55 (50.7%)	7:51	7.6 (49.0%)
133	ŻYŁA Katarzyna	947		20-29	133	00:00:15	00:16:10	00:39:26.70	00:39:42.25	+00:20:05 (50.9%)	7:53	7.6 (49.0%)
134	KOSZEWSKA Natalia	163		20-29	134	00:00:07	00:14:50	00:39:27.95	00:39:35.35	+00:20:07 (51.0%)	7:53	7.6 (49.0%)
135	ZALEWSKA Wiola	826	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	00:39:33.05	00:39:49.95	+00:20:12 (51.1%)	7:54	7.6 (49.0%)
136	SZYMAŃSKA Katarzyna	412		20-29	136	00:00:54	00:17:10	00:39:54.20	00:40:48.85	+00:20:33 (51.5%)	7:58	7.5 (48.4%)
137	SURMA Adrianna	862	RADLINIOKI W BIEGU	20-29	137	00:00:28	00:16:00	00:39:59.70	00:40:28.55	+00:20:38 (51.6%)	8:00	7.5 (48.4%)
138	ŻUROWSKA Aleksandra	686		20-29	138	00:00:44	00:17:03	00:40:02.60	00:40:47.50	+00:20:41 (51.7%)	8:00	7.5 (48.4%)
139	NOWAK Malwina	1044	KOBIETY NA 5+	20-29	139	00:00:51	00:17:59	00:40:21.80	00:41:13.25	+00:21:00 (52.1%)	8:04	7.4 (47.7%)
140	ZIEJA Martyna	569		20-29	140	00:00:05	00:16:26	00:40:31.85	00:40:37.10	+00:21:10 (52.3%)	8:06	7.4 (47.7%)
141	KORDOŃ Żaneta	350	SUSZECKA GRUPA BIEGOWA LET'S GO	20-29	141	00:00:49	00:16:59	00:40:44.35	00:41:33.65	+00:21:23 (52.5%)	8:08	7.4 (47.7%)
142	FILIPIAK Angelika	33	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:00:51	00:17:03	00:40:51.30	00:41:43.10	+00:21:30 (52.6%)	8:10	7.3 (47.1%)
143	MACHETA Sabina	636	DYSTANS LUBOMIA	20-29	143	00:00:49	00:16:20	00:40:51.60	00:41:41.05	+00:21:30 (52.6%)	8:10	7.3 (47.1%)
144	KAROLIK Daria	64		20-29	144	00:00:55	00:16:47	00:42:05.05	00:43:00.85	+00:22:44 (54.0%)	8:25	7.1 (45.8%)
145	MATUĆ Karolina	104	MIECHOWICKA GRUPA BIEGOWA	20-29	145	00:00:53	00:17:52	00:43:22.10	00:44:15.25	+00:24:01 (55.4%)	8:40	6.9 (44.5%)
146	MUSIAŁ Paulina	913		20-29	146	00:00:41	00:18:17	00:43:26.60	00:44:07.95	+00:24:05 (55.5%)	8:41	6.9 (44.5%)
147	SKORUPKA Alina	1301		20-29	147	00:00:50	00:18:36	00:45:10.25	00:46:01.05	+00:25:49 (57.2%)	9:02	6.6 (42.6%)
148	ŻEBROWSKA Weronika	266	MYSŁOWICKI KLUB BIEGACZA NO I	20-29	148	00:00:45	00:19:03	00:47:08.05	00:47:53.35	+00:27:47 (58.9%)	9:25	6.4 (41.3%)
149	KWAPISZ-BONUSIAK Dorota	490		20-29	149	00:00:51	00:20:33	00:47:13.30	00:48:04.60	+00:27:52 (59.0%)	9:26	6.4 (41.3%)
150	SZCZEPANIK Weronika	1272	KOLOROWA DRUŻYNA NESSI	20-29	150	00:01:24	00:20:27	00:48:07.90	00:49:32.10	+00:28:46 (59.8%)	9:37	6.2 (40.0%)
151	FIGUROWICZ Dominika	861	MIECHOWICKA GRUPA BIEGOWA	20-29	151	00:03:22	00:22:31	00:50:17.85	00:53:40.75	+00:30:56 (61.5%)	10:03	6 (38.7%)
152	BAGIŃSKA Paulina	1238		20-29	152	00:00:52	00:19:50			+00:11:40	7:56	7.6 (49.0%)
153	REDLIN-KASELA Roksana	595	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

