

KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-05-26
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ŚLĘZAK Sylwia	3	1 SECOND TEAM	20-29	1	00:00:00	00:07:57	00:18:30.40	00:18:31.00		3:29	17.2 (100%)
2	MENDECKA Michalina	2	MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM	20-29	2	00:00:00	00:08:16	00:19:24.80	00:19:25.45	+00:00:54 (4.7%)	3:39	16.4 (95.3%)
3	PATAS Magdalena	5	FORMA WODZISŁAW ŚLASKI	20-29	3	00:00:00	00:08:37	00:19:56.15	00:19:57.05	+00:01:25 (7.2%)	3:45	15.9 (92.4%)
4	MENDECKA Daria	363	MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM	20-29	4	00:00:00	00:08:46	00:20:17.85	00:20:18.45	+00:01:47 (8.8%)	3:49	15.7 (91.3%)
5	JANKO Anna	107	HRMAX ŻORY	20-29	5	00:00:01	00:09:16	00:21:26.35	00:21:27.80	+00:02:55 (13.7%)	4:02	14.8 (86.0%)
6	KRUPOWICZ Wiktoria	1188		20-29	6	00:00:05	00:09:39	00:22:23.10	00:22:28.90	+00:03:52 (17.3%)	4:13	14.2 (82.6%)
7	MISTEROWICZ Kinga	371	RUNSZ-TEAM	20-29	7	00:00:00	00:10:10	00:23:19.55	00:23:20.20	+00:04:49 (20.7%)	4:24	13.6 (79.1%)
8	FEDEROWICZ Paulina	304		20-29	8	00:00:09	00:10:21	00:24:09.30	00:24:18.45	+00:05:38 (23.4%)	4:33	13.2 (76.7%)
9	POZNIAK Maria	1136		20-29	9	00:00:08	00:10:26	00:24:17.40	00:24:26.25	+00:05:47 (23.8%)	4:35	13.1 (76.2%)
10	FILEC Wiktoria	69	INŻYNIERIA BIEGANIA	20-29	10	00:00:02	00:10:24	00:24:31.95	00:24:34.90	+00:06:01 (24.6%)	4:37	13 (75.6%)
11	KUŁAKOWSKA Patrycja	108		20-29	11	00:00:03	00:10:28	00:25:07.85	00:25:10.95	+00:06:37 (26.4%)	4:44	12.7 (73.8%)
12	WŁOKA Jessica	1187	BIEGAMY Z OSZCZEPEM	20-29	12	00:00:07	00:10:35	00:25:24.50	00:25:32.15	+00:06:54 (27.2%)	4:47	12.5 (72.7%)
13	WILCZEK Małgorzata	745		20-29	13	00:00:13	00:11:02	00:25:25.45	00:25:39.20	+00:06:55 (27.2%)	4:47	12.5 (72.7%)
14	SMYCZEK Magdalena	749		20-29	14	00:00:27	00:11:06	00:25:29.95	00:25:57.75	+00:06:59 (27.4%)	4:48	12.5 (72.7%)
15	DYCZEK Basia	367	DYCZUŚ TEAM	20-29	15	00:00:04	00:11:12	00:25:47.95	00:25:52.35	+00:07:17 (28.3%)	4:52	12.3 (71.5%)

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16	KUBIAK Edyta	434		20-29	16	00:00:06	00:11:29	00:25:50.80	00:25:56.90	+00:07:20 (28.4%)	4:52	12.3 (71.5%)
17	BURZYŃSKA Żaneta	189		20-29	17	00:00:03	00:10:49	00:25:54.70	00:25:58.30	+00:07:24 (28.6%)	4:53	12.3 (71.5%)
18	BURY Natalia	90	JUSTFEELFIT TEAM	20-29	18	00:00:23	00:10:54	00:26:04.65	00:26:28.10	+00:07:34 (29.0%)	4:55	12.2 (70.9%)
19	LERCH Ewa	833	RUNTEAM PAWŁOWICE	20-29	19	00:00:10	00:11:12	00:26:24.50	00:26:35.05	+00:07:54 (29.9%)	4:59	12 (69.8%)
20	SKORUPA Magdalena	195		20-29	20	00:00:50	00:11:50	00:26:30.80	00:27:21.10	+00:08:00 (30.2%)	5:00	12 (69.8%)
21	GEMBALA Monika	809		20-29	21	00:00:14	00:11:56	00:26:51.15	00:27:05.40	+00:08:20 (31.1%)	5:03	11.8 (68.6%)
22	HYŁA Aleksandra	32	KRS MORSY.PL	20-29	22	00:00:15	00:11:47	00:26:58.00	00:27:13.75	+00:08:27 (31.4%)	5:05	11.8 (68.6%)
23	WRÓBEL Anna	1059	RUNTEAM PAWŁOWICE	20-29	23	00:00:04	00:11:18	00:27:02.30	00:27:06.95	+00:08:31 (31.6%)	5:06	11.8 (68.6%)
24	KOZIOROWSKA Olimpia	1057		20-29	24	00:00:40	00:12:18	00:27:13.65	00:27:54.55	+00:08:43 (32.0%)	5:08	11.7 (68.0%)
25	BURDZIK Katarzyna	355		20-29	25	00:00:00	00:12:13	00:27:25.75	00:27:25.75	+00:08:55 (32.5%)	5:10	11.6 (67.4%)
26	SPYRKA Monika	187	KLUB BIEGACZA FARTLEK	20-29	26	00:00:09	00:11:24	00:27:30.65	00:27:40.15	+00:09:00 (32.7%)	5:11	11.6 (67.4%)
27	SŁODZIŃSKA Magdalena	699		20-29	27	00:00:10	00:11:17	00:27:31.85	00:27:42.40	+00:09:01 (32.8%)	5:11	11.5 (66.9%)
28	KAPŁON Magdalena	225	MORS HUBERTUS MYSŁOWICE	20-29	28	00:00:54	00:12:25	00:27:54.50	00:28:48.55	+00:09:24 (33.7%)	5:15	11.4 (66.3%)
29	PORĘBSKA Karolina	1148	KOBIETY NA 5+	20-29	29	00:00:03	00:11:14	00:28:06.95	00:28:10.55	+00:09:36 (34.2%)	5:18	11.3 (65.7%)
30	SZEWCZYK Paulina	560	WIRUSY	20-29	30	00:00:12	00:11:40	00:28:07.60	00:28:20.00	+00:09:37 (34.2%)	5:18	11.3 (65.7%)
31	MROZEK Aleksandra	1117		20-29	31	00:00:33	00:11:55	00:28:11.55	00:28:45.40	+00:09:41 (34.4%)	5:19	11.3 (65.7%)
32	LEPA Klaudia	880		20-29	32	00:00:02	00:11:23	00:28:11.70	00:28:14.25	+00:09:41 (34.4%)	5:19	11.3 (65.7%)
33	ZIELIŃSKA Karolina	747		20-29	33	00:00:07	00:12:19	00:28:43.55	00:28:51.50	+00:10:13 (35.6%)	5:25	11.1 (64.5%)
34	KAMIŃSKA Natalia	155		20-29	34	00:00:45	00:12:38	00:28:53.35	00:29:39.10	+00:10:22 (35.9%)	5:27	11 (64.0%)
35	NAWARYŃSKA Katarzyna	234	WAWRZINEK TEAM	20-29	35	00:00:06	00:12:37	00:29:01.85	00:29:08.00	+00:10:31 (36.3%)	5:28	11 (64.0%)
36	CANIBOŁ Anna	624	RUNTEAM PAWŁOWICE	20-29	36	00:00:11	00:12:34	00:29:07.25	00:29:19.10	+00:10:36 (36.4%)	5:29	10.9 (63.4%)
37	PŁASZCZYMAKA Justyna	1080	MIECHOWICKA GRUPA BIEGOWA	20-29	37	00:00:47	00:12:52	00:29:08.95	00:29:56.15	+00:10:38 (36.5%)	5:30	10.9 (63.4%)
38	GUBAŁA Monika	693		20-29	38	00:00:13	00:12:21	00:29:13.55	00:29:27.05	+00:10:43 (36.7%)	5:30	10.9 (63.4%)

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39	WAWRZYNKIEWICZ Kamila	997		20-29	39	00:00:26	00:13:21	00:29:17.65	00:29:44.55	+00:10:47 (36.8%)	5:31	10.9 (63.4%)
40	HETMANIOK Agnieszka	289		20-29	40	00:00:29	00:12:54	00:29:23.70	00:29:52.85	+00:10:53 (37.0%)	5:32	10.8 (62.8%)
41	TRZYBULSKA Klaudia	1140	DRUŻYNA ING	20-29	41	00:00:09	00:12:18	00:29:41.05	00:29:50.90	+00:11:10 (37.7%)	5:36	10.7 (62.2%)
42	FOJCIK Katarzyna	564	YNO ULTRA	20-29	42	00:00:06	00:12:19	00:29:46.70	00:29:53.40	+00:11:16 (37.9%)	5:37	10.7 (62.2%)
43	BIELA Adrianna	980		20-29	43	00:00:22	00:12:22	00:29:53.95	00:30:16.25	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
44	SKOCZYŃSKA Małgorzata	442		20-29	44	00:00:19	00:12:40	00:29:56.30	00:30:16.15	+00:11:25 (38.2%)	5:39	10.6 (61.6%)
45	KOBA Natalia	526		20-29	45	00:00:32	00:12:56	00:29:58.15	00:30:30.15	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
46	CIMAŁA Katarzyna	752		20-29	46	00:00:11	00:11:46	00:29:58.25	00:30:09.25	+00:11:27 (38.3%)	5:39	10.6 (61.6%)
47	WIDENKA Joanna	1267	DYSTANS LUBOMIA	20-29	47	00:00:29	00:12:50	00:30:16.65	00:30:46.10	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
48	KRÓL Barbara	1289	DECATHLON ŻORY	20-29	48	00:00:54	00:13:38	00:30:18.75	00:31:13.65	+00:11:48 (38.9%)	5:43	10.5 (61.0%)
49	GAJDA Magdalena	538	50 LAT SP5	20-29	49	00:00:23	00:13:32	00:30:21.90	00:30:45.75	+00:11:51 (39.1%)	5:43	10.5 (61.0%)
50	PIECHOTA Hanna	1290	DECATHLON ŻORY	20-29	50	00:00:56	00:13:39	00:30:23.35	00:31:19.50	+00:11:52 (39.1%)	5:43	10.5 (61.0%)
51	KOŁODZIEJ Julia	1154		20-29	51	00:00:04	00:12:32	00:30:24.95	00:30:28.95	+00:11:54 (39.2%)	5:44	10.5 (61.0%)
52	JAKACKA Agata	351		20-29	52	00:00:35	00:14:33	00:30:36.35	00:31:11.80	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
53	SUŁGUT Marlena	650	RADLINIOKI W BIEGU	20-29	53	00:00:30	00:13:09	00:30:36.40	00:31:06.85	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
54	STALMACH Justyna	1280		20-29	54	00:00:20	00:13:29	00:30:38.40	00:30:58.70	+00:12:08 (39.6%)	5:46	10.4 (60.5%)
55	KELNER Karolina	769		20-29	55	00:00:15	00:13:27	00:30:44.45	00:30:59.50	+00:12:14 (39.8%)	5:47	10.3 (59.9%)
56	PILCH Lucyna	1265	CZARNE FIT	20-29	56	00:00:42	00:13:55	00:30:49.85	00:31:31.85	+00:12:19 (40.0%)	5:48	10.3 (59.9%)
57	MIKA Paulina	1226	RADLINIOKI W BIEGU	20-29	57	00:00:05	00:12:45	00:30:55.45	00:31:00.95	+00:12:25 (40.2%)	5:50	10.3 (59.9%)
58	SZYMICZEK Paulina	537	DYSTANS LUBOMIA	20-29	58	00:00:30	00:12:52	00:30:56.65	00:31:27.45	+00:12:26 (40.2%)	5:50	10.3 (59.9%)
59	WANIEK Justyna	540		20-29	59	00:00:52	00:13:59	00:31:03.95	00:31:56.40	+00:12:33 (40.4%)	5:51	10.2 (59.3%)
60	CYRULIK Ania	395		20-29	60	00:00:15	00:13:30	00:31:06.70	00:31:22.15	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
61	EBERHARD Nikola	1292	DECATHLON ŻORY	20-29	61	00:00:57	00:13:26	00:31:10.65	00:32:08.50	+00:12:40 (40.6%)	5:53	10.2 (59.3%)

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62	LACHOWICZ Izabela	550		20-29	62	00:00:40	00:13:49	00:31:14.10	00:31:55.00	+00:12:43 (40.8%)	5:53	10.2 (59.3%)
63	SZCZEPAŃSKA Joanna	453	MORS HUBERTUS MYSŁOWICE	20-29	63	00:00:05	00:12:42	00:31:15.65	00:31:21.00	+00:12:45 (40.8%)	5:53	10.2 (59.3%)
64	RUSEK Aleksandra	991		20-29	64	00:00:41	00:13:54	00:31:17.90	00:31:59.35	+00:12:47 (40.9%)	5:54	10.2 (59.3%)
65	JĘDRZEJAK Małgorzata	932		20-29	65	00:00:53	00:13:58	00:31:20.05	00:32:13.10	+00:12:49 (40.9%)	5:54	10.1 (58.7%)
66	WACHTARCZYK Dominika	581		20-29	66	00:00:34	00:14:24	00:31:22.70	00:31:56.95	+00:12:52 (41.0%)	5:55	10.1 (58.7%)
67	PAŃTAK Liwia	1284		20-29	67	00:00:50	00:13:52	00:31:23.40	00:32:14.15	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
68	SZYMIK Żaneta	963		20-29	68	00:00:41	00:13:54	00:31:40.95	00:32:22.45	+00:13:10 (41.6%)	5:58	10 (58.1%)
69	PIEKARCZYK Katarzyna	1107		20-29	69	00:00:43	00:13:55	00:31:48.05	00:32:31.70	+00:13:17 (41.8%)	6:00	10 (58.1%)
70	JAWORSKA Magdalena	790	SPOT PSZCZYNA	20-29	70	00:00:16	00:13:31	00:31:55.00	00:32:11.55	+00:13:24 (42.0%)	6:01	10 (58.1%)
71	MARSZALIK Anna	92		20-29	71	00:00:04	00:13:08	00:32:00.70	00:32:04.75	+00:13:30 (42.2%)	6:02	9.9 (57.6%)
72	WASZKA Marta	1247		20-29	72	00:00:37	00:13:22	00:32:11.70	00:32:49.15	+00:13:41 (42.5%)	6:04	9.9 (57.6%)
73	TRZCIŃSKA Joanna	1102	KOBIETY NA 5+	20-29	73	00:00:07	00:12:53	00:32:11.95	00:32:19.25	+00:13:41 (42.5%)	6:04	9.9 (57.6%)
74	JASZCZAK Małgorzata	199		20-29	74	00:00:13	00:13:52	00:32:12.75	00:32:25.75	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
75	MURAS-JAROMIN Justyna	1179	SPOT PSZCZYNA	20-29	75	00:00:15	00:13:40	00:32:17.95	00:32:33.15	+00:13:47 (42.7%)	6:05	9.8 (57.0%)
76	SZOSTEK Renata	466		20-29	76	00:00:04	00:13:00	00:32:19.90	00:32:24.40	+00:13:49 (42.8%)	6:06	9.8 (57.0%)
77	BUJAK Krystyna	1082		20-29	77	00:00:18	00:13:18	00:32:26.15	00:32:44.95	+00:13:55 (42.9%)	6:07	9.8 (57.0%)
78	FECZKO Monika	714		20-29	78	00:00:15	00:13:10	00:32:30.80	00:32:46.55	+00:14:00 (43.1%)	6:08	9.8 (57.0%)
79	MUSIOŁ Małgorzata	865		20-29	79	00:00:20	00:14:02	00:32:48.60	00:33:08.75	+00:14:18 (43.6%)	6:11	9.7 (56.4%)
80	WIERCIGROCH Mariola	1072	JUSTFEELFIT TEAM	20-29	80	00:00:24	00:14:19	00:32:53.45	00:33:18.15	+00:14:23 (43.7%)	6:12	9.7 (56.4%)
81	STUHLIK Monika	681		20-29	81	00:00:45	00:13:55	00:32:54.30	00:33:39.85	+00:14:23 (43.8%)	6:12	9.7 (56.4%)
82	SKRZYPCZAK Edyta	1146		20-29	82	00:00:55	00:15:00	00:32:57.60	00:33:52.85	+00:14:27 (43.9%)	6:13	9.7 (56.4%)
83	JARCZOK Agnieszka	1049		20-29	83	00:00:03	00:13:42	00:33:00.85	00:33:04.25	+00:14:30 (43.9%)	6:13	9.6 (55.8%)
84	KOTAS Zuzanna	1021		20-29	84	00:00:52	00:14:02	00:33:08.00	00:34:00.95	+00:14:37 (44.1%)	6:15	9.6 (55.8%)

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85	BURDZIK Weronika	1164		20-29	85	00:00:11	00:13:17	00:33:08.40	00:33:19.40	+00:14:38 (44.2%)	6:15	9.6 (55.8%)
86	WILERT Monika	804		20-29	86	00:00:48		00:33:12.75	00:34:01.65	+00:14:42 (44.3%)	6:16	9.6 (55.8%)
87	SKROBOL Paulina	282	SBG LET'S GO	20-29	87	00:00:16	00:13:55	00:33:24.15	00:33:41.05	+00:14:53 (44.6%)	6:18	9.5 (55.2%)
88	SZKATUŁA Jadwiga	427	WKURW_TEAM	20-29	88	00:00:18	00:13:53	00:33:29.80	00:33:48.35	+00:14:59 (44.8%)	6:19	9.5 (55.2%)
89	MAĆKÓW Klaudia	109	AMATOR	20-29	89	00:00:15	00:13:38	00:33:32.55	00:33:48.50	+00:15:02 (44.8%)	6:19	9.5 (55.2%)
90	WASIAK Angelika	101	MORSY NA KOKSIE	20-29	90	00:00:31	00:14:10	00:33:33.55	00:34:05.35	+00:15:03 (44.9%)	6:20	9.5 (55.2%)
91	KALISZ Magdalena	1244		20-29	91	00:00:36	00:13:29	00:33:36.10	00:34:12.15	+00:15:05 (44.9%)	6:20	9.5 (55.2%)
92	ŻEGLEŃ Magdalena	580		20-29	92	00:00:07	00:12:18	00:33:36.90	00:33:44.55	+00:15:06 (44.9%)	6:20	9.5 (55.2%)
93	NIERADZIK Daria	934		20-29	93	00:00:43	00:15:04	00:33:48.75	00:34:32.40	+00:15:18 (45.3%)	6:22	9.4 (54.7%)
94	ŚLEDŹ Dorota	545	HRMAX ŻORY	20-29	94	00:00:39	00:14:45	00:34:07.55	00:34:46.85	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
95	KLIMALA Julia	691		20-29	95	00:00:16	00:13:26	00:34:31.20	00:34:47.50	+00:16:00 (46.4%)	6:30	9.2 (53.5%)
96	KOCUR Michalina	544		20-29	96	00:00:34	00:14:23	00:34:31.80	00:35:06.40	+00:16:01 (46.4%)	6:30	9.2 (53.5%)
97	KŁAK Natalia	1185		20-29	97	00:00:35	00:14:33	00:34:33.25	00:35:08.45	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
98	KACZMARCZYK Magdalena	139	RUNTEAM PAWŁOWICE	20-29	98	00:00:30	00:14:35	00:34:38.25	00:35:08.30	+00:16:07 (46.6%)	6:32	9.2 (53.5%)
99	BRZANA Klaudia	275	KOLONIE	20-29	99	00:00:37	00:14:17	00:34:39.75	00:35:17.00	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
100	KIONKA Katarzyna	684		20-29	100	00:00:49	00:15:50	00:34:41.40	00:35:30.90	+00:16:11 (46.7%)	6:32	9.2 (53.5%)
101	POSŁUSZNA Monika	935	SPOT PSZCZYNA	20-29	101	00:00:25	00:15:16	00:34:57.05	00:35:22.55	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
102	HABER Karolina	1120		20-29	102	00:00:49	00:14:47	00:35:01.70	00:35:51.10	+00:16:31 (47.2%)	6:36	9.1 (52.9%)
103	RAKSZAWA Anna	77		20-29	103	00:00:09	00:13:45	00:35:02.65	00:35:12.50	+00:16:32 (47.2%)	6:36	9.1 (52.9%)
104	KIERMASZEK Paulina	1068		20-29	104	00:00:39	00:15:22	00:35:03.10	00:35:42.35	+00:16:32 (47.2%)	6:36	9.1 (52.9%)
105	BRODA Kamila	612		20-29	105	00:00:56	00:14:43	00:35:10.05	00:36:06.65	+00:16:39 (47.4%)	6:38	9 (52.3%)
106	PAWELSKA Kamila	915	SPOT PSZCZYNA	20-29	106	00:00:23	00:15:19	00:35:12.25	00:35:35.70	+00:16:41 (47.4%)	6:38	9 (52.3%)
107	MĘDREK Marzena	911	SPOT PSZCZYNA	20-29	107	00:00:22	00:15:20	00:35:12.60	00:35:35.45	+00:16:42 (47.4%)	6:38	9 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
108	PŁAZA Agnieszka	321		20-29	108	00:00:19	00:13:59	00:35:23.60	00:35:43.15	+00:16:53 (47.7%)	6:40	9 (52.3%)
109	STĘPIŃSKA Patrycja	352		20-29	109	00:00:27	00:15:17	00:35:46.65	00:36:14.45	+00:17:16 (48.3%)	6:45	8.9 (51.7%)
110	JURCZYK Barbara	543	STUDIO ENERGIA FITNESS RYBNIK	20-29	110	00:00:00	00:15:44	00:35:52.10	00:35:52.10	+00:17:21 (48.4%)	6:46	8.9 (51.7%)
111	KLIMEK Monika	242	DYSTANS LUBOMIA	20-29	111	00:00:34	00:16:01	00:36:29.45	00:37:03.60	+00:17:59 (49.3%)	6:53	8.7 (50.6%)
112	PYTLIK Agata	566	SISTERS	20-29	112	00:00:16	00:15:01	00:36:38.15	00:36:55.05	+00:18:07 (49.5%)	6:54	8.7 (50.6%)
113	STYSZ Daria	268	MORS HUBERTUS MYSŁOWICE	20-29	113	00:00:55	00:16:09	00:37:10.90	00:38:06.75	+00:18:40 (50.2%)	7:00	8.6 (50.0%)
114	KUBIK Anna	885		20-29	114	00:00:51	00:15:59	00:37:12.95	00:38:04.80	+00:18:42 (50.3%)	7:01	8.5 (49.4%)
115	LAMPKA Katarzyna	130		20-29	115	00:00:15	00:14:42	00:37:22.00	00:37:37.70	+00:18:51 (50.5%)	7:03	8.5 (49.4%)
116	SURMA Adrianna	302	RADLINIOKI W BIEGU	20-29	116	00:00:04	00:14:59	00:37:24.80	00:37:29.75	+00:18:54 (50.5%)	7:03	8.5 (49.4%)
117	PUDA Patrycja	785		20-29	117	00:00:43	00:16:56	00:37:34.15	00:38:17.70	+00:19:03 (50.7%)	7:05	8.5 (49.4%)
118	BAJCAR Justyna	901	KOBIETY NA 5+	20-29	118	00:00:08	00:15:13	00:38:10.90	00:38:19.15	+00:19:40 (51.5%)	7:12	8.3 (48.3%)
119	CEBULA Marta	689		20-29	119	00:00:08	00:15:52	00:38:22.70	00:38:31.05	+00:19:52 (51.8%)	7:14	8.3 (48.3%)
120	MYŚLIWIEC Seniorita	666	KOBIETY NA 5+	20-29	120	00:00:07	00:15:53	00:38:23.00	00:38:30.90	+00:19:52 (51.8%)	7:14	8.3 (48.3%)
121	GOJDKA Ewelina	887	KOBIETY NA 5+	20-29	121	00:00:08	00:15:15	00:38:36.85	00:38:45.35	+00:20:06 (52.1%)	7:17	8.2 (47.7%)
122	NOSOL Karolina	444	PW RAFI	20-29	122	00:00:33	00:16:03	00:38:46.00	00:39:19.35	+00:20:15 (52.3%)	7:18	8.2 (47.7%)
123	ZIEJA Martyna	1137		20-29	123	00:00:55	00:15:48	00:38:47.95	00:39:43.00	+00:20:17 (52.3%)	7:19	8.2 (47.7%)
124	ŻEBROWSKA Weronika	862	MORS HUBERTUS MYSŁOWICE	20-29	124	00:00:56	00:16:08	00:39:23.55	00:40:19.60	+00:20:53 (53.0%)	7:25	8.1 (47.1%)
125	WRONA Aleksandra	943		20-29	125	00:00:54	00:16:09	00:39:24.85	00:40:19.75	+00:20:54 (53.0%)	7:26	8.1 (47.1%)
126	WÓJCIK Małgorzata	952		20-29	126	00:00:54	00:16:10	00:39:25.00	00:40:19.90	+00:20:54 (53.0%)	7:26	8.1 (47.1%)
127	GRANIECZNY Simona	156		20-29	127	00:00:15	00:15:48	00:39:34.90	00:39:50.55	+00:21:04 (53.2%)	7:28	8 (46.5%)
128	DAMIS Daria	759		20-29	128	00:00:42	00:17:58	00:39:47.90	00:40:30.75	+00:21:17 (53.5%)	7:30	8 (46.5%)
129	ARASZCZUK Magdalena	1288	DECATHLON ŻORY	20-29	129	00:00:56	00:15:47	00:40:17.80	00:41:13.85	+00:21:47 (54.1%)	7:36	7.9 (45.9%)
130	ROŻEK Dagmara	615		20-29	130	00:00:47	00:17:13	00:40:35.40	00:41:22.40	+00:22:05 (54.4%)	7:39	7.8 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
131	NIESTROJ Justyna	463	OSP MARKOWICE	20-29	131	00:00:14	00:16:38	00:41:01.55	00:41:16.50	+00:22:31 (54.9%)	7:44	7.7 (44.8%)
132	SZOTEK Sylwia	647		20-29	132	00:00:30	00:17:13	00:41:11.95	00:41:42.30	+00:22:41 (55.1%)	7:46	7.7 (44.8%)
133	PIETRZYK Sylwia	625		20-29	133	00:00:30	00:17:15	00:41:12.00	00:41:42.35	+00:22:41 (55.1%)	7:46	7.7 (44.8%)
134	PISAREK Magdalena	1004		20-29	134	00:00:18	00:16:35	00:41:22.70	00:41:41.40	+00:22:52 (55.3%)	7:48	7.7 (44.8%)
135	CZERWIŃSKA Ewelina	489		20-29	135	00:00:34	00:16:59	00:41:32.70	00:42:07.60	+00:23:02 (55.5%)	7:50	7.7 (44.8%)
136	JEZIOROWSKA-CAPANDA Patrycja	419		20-29	136	00:00:34	00:16:59	00:41:33.45	00:42:08.35	+00:23:03 (55.5%)	7:50	7.7 (44.8%)
137	SPYRKA Natalia	261		20-29	137	00:00:14	00:17:18	00:43:00.00	00:43:14.85	+00:24:29 (57.0%)	8:06	7.4 (43.0%)
138	MATUĆ Karolina	398	MIECHOWICKA GRUPA BIEGOWA	20-29	138	00:00:53	00:19:00	00:45:33.30	00:46:26.85	+00:27:02 (59.4%)	8:35	7 (40.7%)
139	KORDOŃ Żaneta	297	SGB LET'S GO	20-29	139	00:00:19	00:19:06	00:46:02.10	00:46:21.75	+00:27:31 (59.8%)	8:41	6.9 (40.1%)
140	GRZESICA Agnieszka	883	MORS HUBERTUS MYSŁOWICE	20-29	140	00:00:44	00:19:35	00:46:27.35	00:47:11.35	+00:27:56 (60.2%)	8:45	6.8 (39.5%)
141	BAGIŃSKA Paulina	561		20-29	141	00:00:30	00:18:40	00:46:36.00	00:47:06.35	+00:28:05 (60.3%)	8:47	6.8 (39.5%)
142	KRAKOWSKA Angelika	175	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:02:37	00:21:41	00:50:52.80	00:53:30.75	+00:32:22 (63.6%)	9:36	6.2 (36.0%)

Znaleziono 142 wynik(ów)