



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2022  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2022-05-22  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: 20-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTYŁA-SIKORA Barbara</b>	<b>41</b>	NIEBIESKIE DZIEWCZYNY	20-29	1	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:36	<b>00:19:21.05</b>	<b>00:19:21.05</b>		3:39	16.4 (100%)
2	<b>KRUPOWICZ Wiktoria</b>	<b>71</b>	ANIA HALSKA COACHING	20-29	2		Ania Halska Coaching	00:00:00	00:09:06	<b>00:20:49.10</b>	<b>00:20:49.10</b>	+00:01:28 (7.0%)	3:55	15.3 (93.3%)
3	<b>MROWIEC Kinga</b>	<b>66</b>	TL POGOŃ RUDA ŚLĄSKA	20-29	3			00:00:00	00:09:36	<b>00:21:34.80</b>	<b>00:21:34.80</b>	+00:02:13 (10.3%)	4:04	14.7 (89.6%)
4	<b>FILEC Wiktoria</b>	<b>789</b>	RMKS RYBNIK	20-29	4	PIĘKNE I BESTIA		00:00:00	00:09:47	<b>00:22:11.05</b>	<b>00:22:11.05</b>	+00:02:50 (12.8%)	4:11	14.3 (87.2%)
5	<b>TELEUCKA Sandra</b>	<b>35</b>	AKADEMIA BIEGANIA	20-29	5			00:00:00	00:09:59	<b>00:23:01.15</b>	<b>00:23:01.15</b>	+00:03:40 (15.9%)	4:20	13.8 (84.1%)
6	<b>WRÓBLEWSKA Judyta</b>	<b>32</b>	KLUB BIEGACZA FARTLEK	20-29	6			00:00:00	00:10:22	<b>00:23:10.90</b>	<b>00:23:10.90</b>	+00:03:49 (16.5%)	4:22	13.7 (83.5%)
7	<b>POZNIAK Małgorzata</b>	<b>110</b>		20-29	7			00:00:00	00:10:20	<b>00:23:40.10</b>	<b>00:23:40.10</b>	+00:04:19 (18.2%)	4:27	13.4 (81.7%)
8	<b>POZNIAK Maria</b>	<b>610</b>		20-29	8			00:00:00	00:10:22	<b>00:24:02.25</b>	<b>00:24:02.25</b>	+00:04:41 (19.5%)	4:32	13.2 (80.5%)
9	<b>LEPA Klaudia</b>	<b>134</b>	BBL RUDA ŚLĄSKA	20-29	9	BBL Ruda Śląska		00:00:00	00:10:50	<b>00:25:49.90</b>	<b>00:25:49.90</b>	+00:06:28 (25.1%)	4:52	12.3 (75.0%)
10	<b>ZDUNIAK Anita</b>	<b>429</b>		20-29	10			00:00:00	00:11:42	<b>00:26:22.05</b>	<b>00:26:22.05</b>	+00:07:01 (26.6%)	4:58	12.1 (73.8%)
11	<b>ŁAPA Julia</b>	<b>83</b>		20-29	11			00:00:00	00:11:40	<b>00:26:39.30</b>	<b>00:26:39.30</b>	+00:07:18 (27.4%)	5:01	11.9 (72.6%)
12	<b>TRYBAŁA Weronika</b>	<b>623</b>	WATAHA	20-29	12	WATAHA		00:00:00	00:11:36	<b>00:26:53.80</b>	<b>00:26:53.80</b>	+00:07:32 (28.1%)	5:04	11.8 (72.0%)
13	<b>GOŁOFIT Edyta</b>	<b>221</b>	OPEL FIJAŁKOWSKI	20-29	13	OPEL FIJAŁKOWSKI		00:00:00	00:12:20	<b>00:27:13.60</b>	<b>00:27:13.60</b>	+00:07:52 (28.9%)	5:08	11.7 (71.3%)
14	<b>MIKOŁAJEC Paulina</b>	<b>203</b>		20-29	14			00:00:00	00:12:30	<b>00:28:06.60</b>	<b>00:28:06.60</b>	+00:08:45 (31.2%)	5:18	11.3 (68.9%)
15	<b>KUBIEŃ Karolina</b>	<b>875</b>	JUSTFEELFIT	20-29	15	JustFeelFit		00:00:00	00:12:07	<b>00:28:12.20</b>	<b>00:28:12.20</b>	+00:08:51 (31.4%)	5:19	11.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
16	<b>GŁĄBEK Edyta</b>	<b>595</b>	SPOT PSZCZYNS	20-29	16			00:00:00	00:12:36	<b>00:28:13.85</b>	<b>00:28:13.85</b>	+00:08:52 (31.5%)	5:19	11.3 (68.9%)
17	<b>WIECZOREK Marta</b>	<b>47</b>	PIERUNSKIE CANGÓRY	20-29	17	PieRUNskie CanGÓRY		00:00:00	00:12:56	<b>00:29:23.75</b>	<b>00:29:23.75</b>	+00:10:02 (34.2%)	5:32	10.8 (65.9%)
18	<b>BROJEK Martyna</b>	<b>372</b>		20-29	18			00:00:00	00:13:56	<b>00:29:30.80</b>	<b>00:29:30.80</b>	+00:10:09 (34.4%)	5:33	10.8 (65.9%)
19	<b>WĄSIK Karolina</b>	<b>756</b>		20-29	19			00:00:00	00:13:13	<b>00:29:35.50</b>	<b>00:29:35.50</b>	+00:10:14 (34.6%)	5:34	10.7 (65.2%)
20	<b>MAĆKÓW Klaudia</b>	<b>120</b>		20-29	20			00:00:00	00:12:51	<b>00:30:14.15</b>	<b>00:30:14.15</b>	+00:10:53 (36.0%)	5:42	10.5 (64.0%)
21	<b>PAWLIK Patrycja</b>	<b>840</b>		20-29	21			00:00:00		<b>00:30:21.00</b>	<b>00:30:21.00</b>	+00:10:59 (36.2%)	5:43	10.5 (64.0%)
22	<b>RADWAŃSKA Agata</b>	<b>236</b>		20-29	22			00:00:00	00:13:52	<b>00:30:32.35</b>	<b>00:30:32.35</b>	+00:11:11 (36.6%)	5:45	10.4 (63.4%)
23	<b>KALISZ Magdalena</b>	<b>245</b>		20-29	23			00:00:00	00:13:00	<b>00:30:59.65</b>	<b>00:30:59.65</b>	+00:11:38 (37.6%)	5:50	10.3 (62.8%)
24	<b>CELER Justyna</b>	<b>187</b>		20-29	24			00:00:00	00:13:29	<b>00:31:04.55</b>	<b>00:31:04.55</b>	+00:11:43 (37.7%)	5:51	10.2 (62.2%)
25	<b>SŁODZIŃSKA Magdalena</b>	<b>415</b>		20-29	25			00:00:00	00:13:02	<b>00:31:10.90</b>	<b>00:31:10.90</b>	+00:11:49 (37.9%)	5:52	10.2 (62.2%)
26	<b>FILIPIAK Joanna</b>	<b>636</b>		20-29	26			00:00:00	00:13:51	<b>00:31:14.80</b>	<b>00:31:14.80</b>	+00:11:53 (38.1%)	5:53	10.2 (62.2%)
27	<b>SZTUCHLIK Aleksandra</b>	<b>851</b>		20-29	27	Przedszkole Małych Bohaterów		00:00:00	00:13:19	<b>00:31:18.30</b>	<b>00:31:18.30</b>	+00:11:57 (38.2%)	5:54	10.2 (62.2%)
28	<b>MARZEC Sylwia</b>	<b>691</b>	JUSTFEELFIT	20-29	28	JustFeelFit		00:00:00	00:14:33	<b>00:31:19.15</b>	<b>00:31:19.15</b>	+00:11:58 (38.2%)	5:54	10.2 (62.2%)
29	<b>JASIK Karolina</b>	<b>853</b>	BBL RUDA ŚLĄSKA	20-29	29	BBL Ruda Śląska		00:00:00	00:14:13	<b>00:31:32.30</b>	<b>00:31:32.30</b>	+00:12:11 (38.6%)	5:56	10.1 (61.6%)
30	<b>BIELA Adrianna</b>	<b>89</b>		20-29	30			00:00:00	00:13:05	<b>00:31:47.10</b>	<b>00:31:47.10</b>	+00:12:26 (39.1%)	5:59	10 (61.0%)
31	<b>JASZCZAK Małgorzata</b>	<b>473</b>		20-29	31			00:00:00	00:13:51	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:12:28 (39.2%)	6:00	10 (61.0%)
32	<b>ŁUPIŃSKA Marlena</b>	<b>267</b>		20-29	32			00:00:00	00:13:19	<b>00:31:50.85</b>	<b>00:31:50.85</b>	+00:12:29 (39.2%)	6:00	10 (61.0%)
33	<b>RUSEK Aleksandra</b>	<b>727</b>		20-29	33			00:00:00		<b>00:32:10.75</b>	<b>00:32:10.75</b>	+00:12:49 (39.9%)	6:04	9.9 (60.4%)
34	<b>DYRLAGA Danusia</b>	<b>687</b>	JUSTFEELFIT	20-29	34			00:00:00	00:14:42	<b>00:32:26.45</b>	<b>00:32:26.45</b>	+00:13:05 (40.4%)	6:07	9.8 (59.8%)
35	<b>BURDZIK Weronika</b>	<b>830</b>		20-29	35			00:00:00	00:13:47	<b>00:32:28.25</b>	<b>00:32:28.25</b>	+00:13:07 (40.4%)	6:07	9.8 (59.8%)
36	<b>MAĆKÓW Małgorzata</b>	<b>249</b>		20-29	36			00:00:00	00:13:32	<b>00:32:45.55</b>	<b>00:32:45.55</b>	+00:13:24 (40.9%)	6:10	9.7 (59.1%)
37	<b>PTASIŃSKA Iwona</b>	<b>483</b>		20-29	37			00:00:00		<b>00:32:54.90</b>	<b>00:32:54.90</b>	+00:13:33 (41.2%)	6:12	9.7 (59.1%)
38	<b>WALEK Natalia</b>	<b>505</b>		20-29	38			00:00:00	00:15:07	<b>00:32:55.95</b>	<b>00:32:55.95</b>	+00:13:34 (41.2%)	6:12	9.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
39	LERCH Ewa	113		20-29	39			00:00:00	00:13:58	00:33:41.50	00:33:41.50	+00:14:20 (42.6%)	6:21	9.4 (57.3%)
40	POCHYLCZUK Zuzanna	667		20-29	40			00:00:00	00:13:51	00:33:47.60	00:33:47.60	+00:14:26 (42.7%)	6:22	9.4 (57.3%)
41	NIEDZIELA Roksana	633		20-29	41			00:00:00	00:14:36	00:34:12.60	00:34:12.60	+00:14:51 (43.4%)	6:27	9.3 (56.7%)
42	KRUCEK Ewelina	837	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	42	Przedszkole Małych Bohaterów		00:00:00	00:15:11	00:34:25.65	00:34:25.65	+00:15:04 (43.8%)	6:29	9.2 (56.1%)
43	ROSTALSKA Sylwia	880		20-29	43			00:00:00	00:13:17	00:34:30.55	00:34:30.55	+00:15:09 (43.9%)	6:30	9.2 (56.1%)
44	SMYCZEK Dominika	889		20-29	44			00:00:00	00:15:35	00:34:37.15	00:34:37.15	+00:15:16 (44.1%)	6:31	9.2 (56.1%)
45	BRODA Kamila	486		20-29	45			00:00:00	00:14:37	00:34:40.30	00:34:40.30	+00:15:19 (44.2%)	6:32	9.2 (56.1%)
46	ZIEJA Martyna	860		20-29	46			00:00:00	00:15:12	00:34:41.40	00:34:41.40	+00:15:20 (44.2%)	6:32	9.2 (56.1%)
47	KMIECIAK Dominika	602		20-29	47			00:00:00	00:15:11	00:34:51.15	00:34:51.15	+00:15:30 (44.5%)	6:34	9.1 (55.5%)
48	CIEMIĘGA Izabela	512		20-29	48			00:00:00	00:15:23	00:35:11.95	00:35:11.95	+00:15:50 (45.0%)	6:38	9 (54.9%)
49	SKRZYPIEC Martyna	863		20-29	49			00:00:00	00:15:32	00:35:33.80	00:35:33.80	+00:16:12 (45.6%)	6:42	8.9 (54.3%)
50	WYSOCKA Agnieszka	844		20-29	50			00:00:00	00:15:14	00:35:38.95	00:35:38.95	+00:16:17 (45.7%)	6:43	8.9 (54.3%)
51	GRZONKA Adrianna	552	RADLINIOKI W BIEGU	20-29	51	Radlinioki w biegu		00:00:00	00:15:17	00:35:47.85	00:35:47.85	+00:16:26 (45.9%)	6:45	8.9 (54.3%)
52	POSŁUSZNA Monika	561		20-29	52			00:00:00	00:16:01	00:35:57.40	00:35:57.40	+00:16:36 (46.2%)	6:46	8.8 (53.7%)
53	MITURA Patrycja	801		20-29	53			00:00:00	00:16:40	00:36:18.65	00:36:18.65	+00:16:57 (46.7%)	6:50	8.8 (53.7%)
54	LISICKA Sabina	1218	JUSTFEELFIT	20-29	54	JustFeelFit		00:00:00	00:16:12	00:36:47.15	00:36:47.15	+00:17:26 (47.4%)	6:56	8.6 (52.4%)
55	WACHTARCZYK Dominika	525		20-29	55			00:00:00	00:16:39	00:36:53.00	00:36:53.00	+00:17:31 (47.5%)	6:57	8.6 (52.4%)
56	MAJ Dominika	802		20-29	56			00:00:00	00:16:20	00:36:54.00	00:36:54.00	+00:17:32 (47.6%)	6:57	8.6 (52.4%)
57	PŁOTKA Joanna	888		20-29	57			00:00:00	00:15:37	00:36:55.90	00:36:55.90	+00:17:34 (47.6%)	6:57	8.6 (52.4%)
58	ŚLEDŹ Dorota	533	HRMAX ŻORY	20-29	58	HRmax Dziółszki		00:00:00		00:36:56.10	00:36:56.10	+00:17:35 (47.6%)	6:58	8.6 (52.4%)
59	NIESTRÓJ Żaneta	620		20-29	59			00:00:00	00:15:47	00:37:09.05	00:37:09.05	+00:17:48 (47.9%)	7:00	8.6 (52.4%)
60	NOWAK Wiktoria	845		20-29	60			00:00:00	00:16:18	00:37:34.90	00:37:34.90	+00:18:13 (48.5%)	7:05	8.5 (51.8%)
61	HEROK Michalina	385		20-29	61			00:00:00	00:16:39	00:37:37.85	00:37:37.85	+00:18:16 (48.6%)	7:05	8.5 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
62	<b>SOBOL Emilia</b>	<b>825</b>		20-29	62			00:00:00	00:16:33	<b>00:38:03.30</b>	<b>00:38:03.30</b>	+00:18:42 (49.2%)	7:10	8.4 (51.2%)
63	<b>MYŚLIWIEC Barbara</b>	<b>298</b>	KOBIETY NA 5+	20-29	63	Kobiety na 5+		00:00:00	00:16:26	<b>00:38:23.85</b>	<b>00:38:23.85</b>	+00:19:02 (49.6%)	7:14	8.3 (50.6%)
64	<b>MROWIEC Edyta</b>	<b>200</b>		20-29	64			00:00:00	00:17:11	<b>00:38:34.80</b>	<b>00:38:34.80</b>	+00:19:13 (49.8%)	7:16	8.2 (50.0%)
65	<b>IDZIKOWSKA Urszula</b>	<b>569</b>		20-29	65			00:00:00	00:17:30	<b>00:39:48.30</b>	<b>00:39:48.30</b>	+00:20:27 (51.4%)	7:30	8 (48.8%)
66	<b>NAWARYŃSKA Katarzyna</b>	<b>606</b>		20-29	66			00:00:00	00:16:57	<b>00:39:49.15</b>	<b>00:39:49.15</b>	+00:20:28 (51.4%)	7:30	8 (48.8%)
67	<b>NIEDŹWIEDŹ Julia</b>	<b>599</b>		20-29	67			00:00:00	00:17:57	<b>00:43:08.75</b>	<b>00:43:08.75</b>	+00:23:47 (55.2%)	8:08	7.4 (45.1%)
68	<b>KNOPIK Martyna</b>	<b>773</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	68	Przedszkole Małych Bohaterów		00:00:00	00:20:24	<b>00:48:14.55</b>	<b>00:48:14.55</b>	+00:28:53 (59.9%)	9:06	6.6 (40.2%)
69	<b>MALICH Aleksandra</b>	<b>747</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	69	Przedszkole Małych Bohaterów		00:00:00	00:22:53	<b>00:50:40.95</b>	<b>00:50:40.95</b>	+00:31:19 (61.8%)	9:33	6.3 (38.4%)
70	<b>ŻEBROWSKA Weronika</b>	<b>564</b>	MORS HUBERTUS MYSŁOWICE	20-29	70			00:00:00	00:24:05	<b>00:52:48.85</b>	<b>00:52:48.85</b>	+00:33:27 (63.4%)	9:57	6 (36.6%)

Znaleziono 70 wynik(ów)