



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Event: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2024-05-26
Place: Jastrzębie-Zdrój
Distance: 5.3 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Classification: 30-39 lat

Place	Participant	Number	Club	Category	Mcat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
1	MENDECKA-ZEJDLER Michalina	63		30-39 lat	1			00:00:00	00:08:23	00:19:09.91	00:19:10.28		3:36	16.6 (100%)
2	SUWAJ Aneta	480	TL ATHLETICS/ALPIN SPORT TEAM	30-39 lat	2	TL Athletics Jastrzębie	N&A	00:00:00	00:08:36	00:19:38.77	00:19:39.14	+00:00:28 (2.4%)	3:42	16.2 (97.6%)
3	DYRLAGA Justyna	51	#JUSTFEELFITTEAM	30-39 lat	3	#JustFeelFitTEAM	#MOBILITYgirls	00:00:01	00:08:47	00:20:39.08	00:20:40.90	+00:01:29 (7.2%)	3:53	15.4 (92.8%)
4	WITOSZEK Barbara	297	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39 lat	4			00:00:00	00:09:32	00:21:09.32	00:21:09.69	+00:01:59 (9.4%)	3:59	15 (90.4%)
5	JANKO Anna	206	HRMAX ŻORY	30-39 lat	5	HRmax Dziołszki		00:00:02	00:09:06	00:21:15.00	00:21:17.33	+00:02:05 (9.8%)	4:00	15 (90.4%)
6	SUDNIK Anna	519	RANNELLE	30-39 lat	6		rAnnElle	00:00:02	00:09:19	00:22:14.33	00:22:17.17	+00:03:04 (13.8%)	4:11	14.3 (86.1%)
7	NIEDOBECKA Joanna	69	AKADEMIA BIEGANIA ORNONTOWICE	30-39 lat	7			00:00:00	00:09:20	00:22:26.99	00:22:27.36	+00:03:17 (14.6%)	4:13	14.2 (85.5%)
8	WRÓBLEWSKA Judyta	500	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	30-39 lat	8	TL Athletics Jastrzębie		00:00:01	00:09:21	00:22:33.54	00:22:35.36	+00:03:23 (15.0%)	4:15	14.1 (84.9%)
9	PIETRAS Sylwia	147	MIECHOWICKA GRUPA BIEGOWA	30-39 lat	9	Miechowska Grupa Biegowa	Kwiat Miechowic	00:00:02	00:09:44	00:22:46.99	00:22:49.53	+00:03:37 (15.9%)	4:17	14 (84.3%)
10	WRÓBEL Katarzyna	517	#JUSTFEELFITTEAM	30-39 lat	10	#JustFeelFitTEAM		00:00:05	00:10:01	00:23:34.01	00:23:39.99	+00:04:24 (18.7%)	4:26	13.5 (81.3%)
11	DOMIAN Paulina	334		30-39 lat	11			00:00:03	00:10:02	00:23:39.35	00:23:42.96	+00:04:29 (19.0%)	4:27	13.4 (80.7%)
12	NGUYEN Dorota	668	RADLINIOKI W BIEGU/RYBNICKA GRUPA BIEGOWA	30-39 lat	12	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:06	00:10:28	00:23:41.37	00:23:48.04	+00:04:31 (19.1%)	4:28	13.4 (80.7%)
13	PERUGIEWICZ Joanna	731	@GOOD VIBES	30-39 lat	13		@good vibes	00:00:04	00:09:51	00:23:53.07	00:23:57.93	+00:04:43 (19.8%)	4:30	13.3 (80.1%)
14	SUSHKO Maryna	663	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	30-39 lat	14	Rybnicka Grupa Biegowa Pędzimy Razem	Zielone dziewczyny	00:00:05	00:10:33	00:23:57.68	00:24:03.50	+00:04:47 (20.0%)	4:31	13.3 (80.1%)
15	DYCZEK Basia	582	DYCZUŚ TEAM	30-39 lat	15	Dyczuś Team		00:00:08	00:10:16	00:24:00.20	00:24:08.92	+00:04:50 (20.2%)	4:31	13.3 (80.1%)
16	GRYCMAN Marta	433		30-39 lat	16		M i A	00:00:05	00:10:15	00:24:11.61	00:24:17.41	+00:05:01 (20.8%)	4:33	13.1 (78.9%)
17	BIAŁOŃCZYK Joanna	218	BYLE DO METY	30-39 lat	17	Byle do mety		00:00:14	00:11:04	00:24:30.61	00:24:45.60	+00:05:20 (21.8%)	4:37	13 (78.3%)
18	MIELAŃCZYK Patrycja	142		30-39 lat	18			00:00:02	00:10:31	00:25:04.57	00:25:07.29	+00:05:54 (23.6%)	4:43	12.7 (76.5%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5.3km	5.3km			
19	PORCZYŃSKA Patrycja	870	SPOT PSZCZYNA	30-39 lat	19	SPOT Pszczyna	Diego&Coco	00:00:11	00:11:04	00:25:12.70	00:25:24.26	+00:06:02 (24.0%)	4:45	12.6 (75.9%)
20	JANKO Joanna	157		30-39 lat	20			00:00:01	00:10:57	00:25:13.13	00:25:14.95	+00:06:03 (24.0%)	4:45	12.6 (75.9%)
21	RYŁKO-ŻYŁA Kamila	484	JUSTFEELFITTEAM	30-39 lat	21	#JustFeelFitTEAM		00:00:11	00:10:54	00:25:13.14	00:25:25.07	+00:06:03 (24.0%)	4:45	12.6 (75.9%)
22	MATERNOWSKA Sandra	819		30-39 lat	22			00:00:03	00:10:27	00:25:19.85	00:25:23.00	+00:06:09 (24.3%)	4:46	12.6 (75.9%)
23	GOZDALSKA-ZACHŁÓD Sylwia	674		30-39 lat	23			00:00:04	00:10:33	00:25:34.14	00:25:38.29	+00:06:24 (25.0%)	4:49	12.4 (74.7%)
24	GRZYBEK Małgorzata	817		30-39 lat	24			00:00:05	00:10:56	00:25:39.35	00:25:44.61	+00:06:29 (25.3%)	4:50	12.4 (74.7%)
25	KWAPISZ-BONUSIAK Dorota	2		30-39 lat	25			00:00:02	00:10:43	00:25:39.88	00:25:41.88	+00:06:29 (25.3%)	4:50	12.4 (74.7%)
26	MENTELSKA Wioleta	345	POWOLI DO CELU	30-39 lat	26	PoWoli do Celu		00:00:04	00:10:30	00:25:41.13	00:25:45.80	+00:06:31 (25.4%)	4:50	12.4 (74.7%)
27	DOMAŃSKA Joanna	41		30-39 lat	27			00:00:06	00:10:30	00:25:49.43	00:25:55.76	+00:06:39 (25.8%)	4:52	12.3 (74.1%)
28	PIDANTY Milena	465		30-39 lat	28			00:00:08	00:11:20	00:25:52.44	00:26:00.77	+00:06:42 (25.9%)	4:52	12.3 (74.1%)
29	MISTEROWICZ Kinga	290	RUNSZ-TEAM	30-39 lat	29	RunSZ-team		00:00:01	00:11:08	00:26:00.95	00:26:02.77	+00:06:51 (26.3%)	4:54	12.2 (73.5%)
30	GOŁBA-KĘSKA Ewa	283		30-39 lat	30	Wiewiórki Zimnokrwiste		00:00:39	00:11:41	00:26:02.70	00:26:42.63	+00:06:52 (26.4%)	4:54	12.2 (73.5%)
31	HANDY Samanta	138	POWOLI DO CELU	30-39 lat	31	PoWoli do Celu		00:00:14	00:10:58	00:26:08.09	00:26:22.79	+00:06:58 (26.7%)	4:55	12.2 (73.5%)
32	HANARZ Joanna	209	#JUSTFEELFITTEAM	30-39 lat	32	#JustFeelFitTEAM		00:00:07	00:11:12	00:26:30.59	00:26:38.41	+00:07:20 (27.7%)	5:00	12 (72.3%)
33	CHROMIK Krystyna	828		30-39 lat	33		Dwie szalone	00:00:23	00:11:05	00:26:30.83	00:26:53.96	+00:07:20 (27.7%)	5:00	12 (72.3%)
34	LERCH-HENCZKO Maria	645	AKTYWNIE NAKRĘCENI	30-39 lat	34			00:00:07	00:10:54	00:26:42.79	00:26:50.05	+00:07:32 (28.3%)	5:02	11.9 (71.7%)
35	MENDECKA Daria	233	MOSIR ŁAZISKA GÓRNE	30-39 lat	35			00:00:06	00:11:15	00:26:48.82	00:26:55.32	+00:07:38 (28.5%)	5:03	11.9 (71.7%)
36	SIKORA Anna	993		30-39 lat	36	Nessi Sportswear		00:00:35	00:11:37	00:26:52.09	00:27:27.49	+00:07:42 (28.7%)	5:04	11.8 (71.1%)
37	KIERMACZ Dorota	478	JEJKOWICE BIEGAJĄ	30-39 lat	37	Jejkowickie Kobiетки		00:00:03	00:11:58	00:27:11.22	00:27:15.13	+00:08:01 (29.5%)	5:07	11.7 (70.5%)
38	MACHNIK Iwona	358	JEJKOWICE BIEGAJĄ	30-39 lat	38	Jejkowickie Kobiетки		00:00:05	00:11:56	00:27:13.85	00:27:18.85	+00:08:03 (29.6%)	5:08	11.7 (70.5%)
39	GRZYB Klaudia	856		30-39 lat	39			00:00:59	00:12:23	00:27:18.05	00:28:17.57	+00:08:08 (29.8%)	5:09	11.6 (69.9%)
40	HOLONA Agata	659		30-39 lat	40			00:00:01	00:11:34	00:27:37.82	00:27:39.64	+00:08:27 (30.6%)	5:12	11.5 (69.3%)
41	RASZKA-TRZÓPEK Dorota	306		30-39 lat	41			00:00:07	00:12:13	00:27:53.59	00:28:00.69	+00:08:43 (31.3%)	5:15	11.4 (68.7%)
42	MAZUR Anna	883	ZIMNOKRWISTE WIEWIÓRKI	30-39 lat	42	Wiewiórki Zimnokrwiste		00:00:30	00:11:51	00:27:56.72	00:28:26.82	+00:08:46 (31.4%)	5:16	11.4 (68.7%)
43	SMOLORZ Anna	3		30-39 lat	43			00:00:21	00:12:21	00:28:14.07	00:28:35.97	+00:09:04 (32.1%)	5:19	11.3 (68.1%)
44	KUFKA Judyta	626		30-39 lat	44			00:00:28	00:12:06	00:28:16.38	00:28:44.85	+00:09:06 (32.2%)	5:20	11.3 (68.1%)
45	WIDUCH Katarzyna	722		30-39 lat	45		Idziemy Biegać	00:00:10	00:11:55	00:28:38.86	00:28:49.33	+00:09:28 (33.1%)	5:24	11.1 (66.9%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
46	MARCZYŃSKA Izabela	660		30-39 lat	46			00:00:05	00:11:53	00:28:40.78	00:28:46.00	+00:09:30 (33.2%)	5:24	11.1 (66.9%)
47	PARMA Anna	944		30-39 lat	47			00:00:07	00:11:52	00:28:42.57	00:28:49.93	+00:09:32 (33.2%)	5:24	11.1 (66.9%)
48	BANACH Ewa	629		30-39 lat	48			00:00:06	00:12:06	00:28:44.78	00:28:51.52	+00:09:34 (33.3%)	5:25	11.1 (66.9%)
49	HUTYRA Ewa	289		30-39 lat	49			00:00:25	00:12:26	00:29:10.01	00:29:35.43	+00:10:00 (34.3%)	5:30	10.9 (65.7%)
50	ADAMEK Stella	681		30-39 lat	50			00:00:43	00:13:10	00:29:14.34	00:29:57.88	+00:10:04 (34.5%)	5:30	10.9 (65.7%)
51	PŁOTKA Iwona	824	SZPRYCHY	30-39 lat	51	Szprychy	Szprychy	00:00:21	00:12:24	00:29:26.10	00:29:47.44	+00:10:16 (34.9%)	5:33	10.8 (65.1%)
52	SPYRKA Monika	555	KLUB BIEGACZA FARTLEK	30-39 lat	52	Klub Biegacza Fartlek	Klub Biegacza Fartlek Girls	00:00:14	00:12:05	00:29:30.11	00:29:44.53	+00:10:20 (35.0%)	5:33	10.8 (65.1%)
53	CHMURA Ewelina	127	#JUSTFEELFITTEAM	30-39 lat	53	#JustFeelFitTEAM		00:00:28	00:13:17	00:29:31.15	00:29:59.94	+00:10:21 (35.1%)	5:34	10.8 (65.1%)
54	GAŁUSZKA Katarzyna	227		30-39 lat	54			00:00:38	00:12:01	00:29:32.07	00:30:10.84	+00:10:22 (35.1%)	5:34	10.8 (65.1%)
55	PIONTEK Sabina	281	MIEDONIA FIT	30-39 lat	55			00:00:11	00:12:30	00:29:33.58	00:29:44.63	+00:10:23 (35.2%)	5:34	10.8 (65.1%)
56	KONIECKO Karolina	1323		30-39 lat	56			00:00:29	00:12:27	00:29:33.75	00:30:03.58	+00:10:23 (35.2%)	5:34	10.8 (65.1%)
57	PARCHAŃSKA-ŻUREK Iwona	451		30-39 lat	57			00:00:35	00:13:15	00:29:35.04	00:30:10.95	+00:10:25 (35.2%)	5:34	10.7 (64.5%)
58	BRASZKIEWICZ Agnieszka	957		30-39 lat	58			00:00:14	00:12:37	00:29:35.17	00:29:50.08	+00:10:25 (35.2%)	5:34	10.7 (64.5%)
59	REJBICZ Weronika	937		30-39 lat	59			00:00:14	00:12:39	00:29:38.74	00:29:53.27	+00:10:28 (35.4%)	5:35	10.7 (64.5%)
60	IWANCZEWSKA Weronika	838		30-39 lat	60	Wartkie Pieronice		00:00:37	00:12:53	00:29:45.24	00:30:23.08	+00:10:35 (35.6%)	5:36	10.7 (64.5%)
61	PAŁUCKA Monika	491	POWOLI DO CELU	30-39 lat	61	PoWoli do Celu		00:00:03	00:12:33	00:29:46.22	00:29:50.17	+00:10:36 (35.6%)	5:36	10.7 (64.5%)
62	DAWID Żaneta	436	VIKING TRAINING CENTER	30-39 lat	62	Viking Training Center		00:00:48	00:13:00	00:29:53.61	00:30:41.99	+00:10:43 (35.9%)	5:38	10.6 (63.9%)
63	GŁĄBEK Edyta	501	SPOT PSZCZYNA	30-39 lat	63	Spot Pszczyna		00:00:10	00:12:38	00:29:53.67	00:30:03.94	+00:10:43 (35.9%)	5:38	10.6 (63.9%)
64	ZAMARŁO Natalia	919		30-39 lat	64	ZZOZOLKI		00:00:14	00:13:10	00:29:57.83	00:30:12.58	+00:10:47 (36.0%)	5:39	10.6 (63.9%)
65	CHORCHOS Magda	12		30-39 lat	65			00:00:17	00:13:13	00:30:17.39	00:30:34.40	+00:11:07 (36.7%)	5:42	10.5 (63.3%)
66	SZCZOTKA Sylwia	46	#JUSTFEELFITTEAM	30-39 lat	66	#JustFeelFitTEAM		00:00:36	00:13:27	00:30:22.50	00:30:58.62	+00:11:12 (36.9%)	5:43	10.5 (63.3%)
67	LEGIERSKA Natalia	683	TL ATHLETICS JASTRZĘBIE	30-39 lat	67	TL Athletics Jastrzębie	Corridori	00:00:06	00:12:47	00:30:23.06	00:30:29.16	+00:11:13 (36.9%)	5:43	10.5 (63.3%)
68	KANTOROWSKA Ania	16	POWOLI DO CELU	30-39 lat	68	PoWoli do Celu		00:00:16	00:13:16	00:30:31.71	00:30:48.68	+00:11:21 (37.2%)	5:45	10.4 (62.7%)
69	KUŚ Monika	754		30-39 lat	69			00:00:05	00:13:05	00:30:33.57	00:30:39.35	+00:11:23 (37.3%)	5:45	10.4 (62.7%)
70	JANIK Anna	994		30-39 lat	70	Nessi Sportswear		00:00:36	00:13:53	00:30:39.56	00:31:15.86	+00:11:29 (37.5%)	5:46	10.4 (62.7%)
71	PATAŁĄG Sandra	55		30-39 lat	71			00:00:36	00:13:21	00:30:40.67	00:31:16.92	+00:11:30 (37.5%)	5:47	10.4 (62.7%)
72	MALISZEWSKA Beata	792		30-39 lat	72			00:00:24	00:12:45	00:30:45.43	00:31:10.24	+00:11:35 (37.7%)	5:48	10.3 (62.0%)

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										5.3km	5.3km			Gap
73	WIERCIGROCH Mariola	173		30-39 lat	73	#JustFeelFitTEAM		00:00:28	00:13:24	00:30:48.43 (37.8%)	00:31:16.74	+00:11:38 (37.8%)	5:48	10.3 (62.0%)
74	CZECH Karolina	804		30-39 lat	74			00:00:19	00:13:14	00:30:51.47 (37.9%)	00:31:10.53	+00:11:41 (37.9%)	5:49	10.3 (62.0%)
75	SOBIK Anna	850		30-39 lat	75			00:00:09	00:13:01	00:30:56.28 (38.1%)	00:31:05.41	+00:11:46 (38.1%)	5:50	10.3 (62.0%)
76	SNOCHOWSKA Gabriela	796	SKLEP BIEGACZA RUNNING TEAM	30-39 lat	76			00:00:53	00:14:18	00:30:59.17 (38.1%)	00:31:52.43	+00:11:49 (38.1%)	5:50	10.3 (62.0%)
77	HAŚNIK Daria	972		30-39 lat	77	NAJLEPSZE		00:00:34	00:13:16	00:30:59.69 (38.2%)	00:31:34.34	+00:11:49 (38.2%)	5:50	10.3 (62.0%)
78	LACHOWICZ Izabela	422	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39 lat	78			00:00:31	00:13:10	00:31:00.91 (38.2%)	00:31:32.74	+00:11:50 (38.2%)	5:50	10.3 (62.0%)
79	SZYSZKA Natalia	605		30-39 lat	79	Po jednej Babci		00:00:08	00:13:10	00:31:05.56 (38.4%)	00:31:14.37	+00:11:55 (38.4%)	5:51	10.2 (61.4%)
80	WALEK Natalia	693		30-39 lat	80			00:00:16	00:13:29	00:31:06.00 (38.4%)	00:31:22.18	+00:11:56 (38.4%)	5:52	10.2 (61.4%)
81	MICHALSKA Monika	867		30-39 lat	81			00:00:12	00:13:13	00:31:07.21 (38.4%)	00:31:20.05	+00:11:57 (38.4%)	5:52	10.2 (61.4%)
82	KOSIACKA Agnieszka	8		30-39 lat	82			00:00:16	00:14:12	00:31:07.86 (38.4%)	00:31:24.01	+00:11:57 (38.4%)	5:52	10.2 (61.4%)
83	GACH Anna	591		30-39 lat	83			00:00:05	00:12:06	00:31:09.52 (38.5%)	00:31:15.12	+00:11:59 (38.5%)	5:52	10.2 (61.4%)
84	WÓJCIK Anna	769	ZZOZOLKI	30-39 lat	84	ZZOZOLKI		00:00:39	00:14:08	00:31:25.58 (39.0%)	00:32:04.97	+00:12:15 (39.0%)	5:55	10.1 (60.8%)
85	CHRZĄSTEK Magdalena	432		30-39 lat	85			00:00:17	00:12:57	00:31:28.04 (39.1%)	00:31:45.98	+00:12:18 (39.1%)	5:56	10.1 (60.8%)
86	KURIATA Katarzyna	130		30-39 lat	86	Team Oli Lidl		00:00:18	00:13:46	00:31:29.74 (39.1%)	00:31:47.91	+00:12:19 (39.1%)	5:56	10.1 (60.8%)
87	AUGUŚCIK Ewelina	495	KOBIETY NA 5+	30-39 lat	87			00:00:11	00:13:30	00:31:39.05 (39.4%)	00:31:50.59	+00:12:29 (39.4%)	5:58	10 (60.2%)
88	GOŁĄBEK Anna	661		30-39 lat	88			00:00:14	00:13:31	00:31:50.41 (39.8%)	00:32:05.01	+00:12:40 (39.8%)	6:00	10 (60.2%)
89	BURDZIK Weronika	499		30-39 lat	89			00:00:15	00:13:30	00:31:59.33 (40.1%)	00:32:14.58	+00:12:49 (40.1%)	6:02	9.9 (59.6%)
90	DROBNY Joanna	766		30-39 lat	90			00:00:08	00:13:38	00:31:59.43 (40.1%)	00:32:07.70	+00:12:49 (40.1%)	6:02	9.9 (59.6%)
91	SIEKIERKA Klaudia	149		30-39 lat	91			00:00:03	00:12:41	00:32:04.76 (40.3%)	00:32:08.58	+00:12:54 (40.3%)	6:03	9.9 (59.6%)
92	PAJĄK Mariola	151	#JUSTFEELFITTEAM	30-39 lat	92	#JustFeelFitTEAM		00:00:34	00:14:02	00:32:06.85 (40.3%)	00:32:41.25	+00:12:56 (40.3%)	6:03	9.9 (59.6%)
93	WOWRA Aleksandra	662		30-39 lat	93			00:00:21	00:14:20	00:32:07.58 (40.3%)	00:32:29.06	+00:12:57 (40.3%)	6:03	9.9 (59.6%)
94	ŻEBRACKA- MEJER Kornelia	985		30-39 lat	94			00:00:02	00:13:18	00:32:07.93 (40.4%)	00:32:09.93	+00:12:58 (40.4%)	6:03	9.9 (59.6%)
95	FIZIA Joanna	930		30-39 lat	95			00:00:12	00:13:50	00:32:09.88 (40.4%)	00:32:22.41	+00:12:59 (40.4%)	6:03	9.9 (59.6%)
96	HETMANIOK Agnieszka	381		30-39 lat	96			00:00:41	00:13:04	00:32:10.25 (40.4%)	00:32:51.96	+00:13:00 (40.4%)	6:04	9.9 (59.6%)
97	KUSZOWSKA Julia	938	JEJKOWICKIE KOBIETKI	30-39 lat	97	Jejkowickie Kobiетки		00:00:27	00:13:54	00:32:13.09 (40.5%)	00:32:40.30	+00:13:03 (40.5%)	6:04	9.9 (59.6%)
98	BUREK Gabriela	85	RUNTEAM	30-39 lat	98			00:00:54	00:14:15	00:32:21.54 (40.8%)	00:33:15.99	+00:13:11 (40.8%)	6:06	9.8 (59.0%)
99	KUBIAK Izabela	32		30-39 lat	99			00:00:36	00:13:45	00:32:26.88 (40.9%)	00:33:03.61	+00:13:16 (40.9%)	6:07	9.8 (59.0%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5.3km	5.3km			
100	BAŁUCH Michalina	894	SPECIALTEAM	30-39 lat	100	SpecialTeam	SpecialTeam M&M	00:00:17	00:14:11	00:32:27.54	00:32:44.57	+00:13:17 (41.0%)	6:07	9.8 (59.0%)
101	PAWLIK Natalia	34	BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW	30-39 lat	101			00:00:32	00:13:19	00:32:29.08	00:33:01.34	+00:13:19 (41.0%)	6:07	9.8 (59.0%)
102	STĘPIEŃ Sandra	216		30-39 lat	102			00:00:09	00:13:09	00:32:30.10	00:32:40.06	+00:13:20 (41.0%)	6:07	9.8 (59.0%)
103	JANOSZ Natalia	30	SPOT PSZCZYNA	30-39 lat	103	Spot Pszczyna		00:00:14	00:13:26	00:32:32.10	00:32:46.37	+00:13:22 (41.1%)	6:08	9.8 (59.0%)
104	DROBIAK Kornelia	512	KOBIETY NA 5+	30-39 lat	104			00:00:13	00:14:07	00:32:34.21	00:32:47.93	+00:13:24 (41.2%)	6:08	9.8 (59.0%)
105	SUKIENNIK Aleksandra	532	VIKING TRAINING CENTER	30-39 lat	105	Viking Training Center		00:00:20	00:12:59	00:32:35.14	00:32:56.02	+00:13:25 (41.2%)	6:08	9.8 (59.0%)
106	LENART-ZYGMUNT Martyna	106		30-39 lat	106			00:00:38	00:14:15	00:32:39.45	00:33:17.80	+00:13:29 (41.3%)	6:09	9.7 (58.4%)
107	GAŁUSZKA Małgorzata	196		30-39 lat	107	Wiewiórki Zimnokrwiste		00:00:12	00:14:16	00:32:44.48	00:32:56.69	+00:13:34 (41.5%)	6:10	9.7 (58.4%)
108	KRAWCZYK Monika	802		30-39 lat	108			00:00:07	00:13:20	00:32:48.43	00:32:56.39	+00:13:38 (41.6%)	6:11	9.7 (58.4%)
109	FARUGA Angelina	725		30-39 lat	109			00:00:15	00:14:10	00:32:52.29	00:33:08.02	+00:13:42 (41.7%)	6:12	9.7 (58.4%)
110	ZIELIŃSKA Karolina	666		30-39 lat	110			00:00:41	00:14:12	00:32:55.21	00:33:36.73	+00:13:45 (41.8%)	6:12	9.7 (58.4%)
111	BIELECKA Anna	589	VIKING TRAINING CENTER	30-39 lat	111	Viking Training Center		00:00:38	00:14:36	00:32:57.54	00:33:35.97	+00:13:47 (41.9%)	6:13	9.7 (58.4%)
112	SZYMICZEK Paulina	503	DYSTANS LUBOMIA	30-39 lat	112			00:00:40	00:14:41	00:32:58.56	00:33:39.36	+00:13:48 (41.9%)	6:13	9.6 (57.8%)
113	WAWRYK-BIZOŃ Żaneta	505		30-39 lat	113			00:00:40	00:14:39	00:32:58.61	00:33:39.35	+00:13:48 (41.9%)	6:13	9.6 (57.8%)
114	KOCERBA Katarzyna	569	JEJKOWICE BIEGAJĄ	30-39 lat	114			00:00:32	00:14:37	00:33:03.24	00:33:35.64	+00:13:53 (42.0%)	6:14	9.6 (57.8%)
115	BURY Natalia	267	#JUSTFEELFITTEAM	30-39 lat	115	#JustFeelFitTEAM		00:00:34	00:13:28	00:33:07.40	00:33:42.35	+00:13:57 (42.1%)	6:14	9.6 (57.8%)
116	KŁOPEĆ Weronika	855		30-39 lat	116			00:00:32	00:14:30	00:33:09.18	00:33:41.62	+00:13:59 (42.2%)	6:15	9.6 (57.8%)
117	GIEZEK Dorota	434		30-39 lat	117			00:00:16	00:14:04	00:33:17.88	00:33:34.45	+00:14:07 (42.4%)	6:16	9.6 (57.8%)
118	JANCZAR Angelika	94		30-39 lat	118			00:00:08	00:14:17	00:33:23.86	00:33:32.58	+00:14:13 (42.6%)	6:17	9.5 (57.2%)
119	HAIN Klaudia	975	MAŁE LAMPARTY	30-39 lat	119			00:00:06	00:13:42	00:33:27.69	00:33:34.52	+00:14:17 (42.7%)	6:18	9.5 (57.2%)
120	GAŚSIOR Roksana	1322		30-39 lat	120			00:00:44	00:14:01	00:33:29.21	00:34:13.24	+00:14:19 (42.8%)	6:19	9.5 (57.2%)
121	SURY Sylwia	571		30-39 lat	121			00:00:05	00:14:03	00:33:33.64	00:33:39.41	+00:14:23 (42.9%)	6:19	9.5 (57.2%)
122	DAMIĘCKA Magda	650		30-39 lat	122			00:00:02	00:14:52	00:33:35.37	00:33:37.37	+00:14:25 (42.9%)	6:20	9.5 (57.2%)
123	KAFARA Joanna	889	WATAHA	30-39 lat	123	Wataha		00:00:39	00:15:36	00:33:42.33	00:34:21.91	+00:14:32 (43.1%)	6:21	9.4 (56.6%)
124	ARENDARSKA Patrycja	270		30-39 lat	124			00:00:38	00:14:39	00:33:44.61	00:34:22.91	+00:14:34 (43.2%)	6:21	9.4 (56.6%)
125	WOŚ Magdalena	68		30-39 lat	125	PieRUNskie CanGÓRY		00:00:28	00:14:02	00:33:46.37	00:34:14.54	+00:14:36 (43.3%)	6:22	9.4 (56.6%)
126	ULMAN Justyna	547		30-39 lat	126		Krejzolki	00:00:27	00:14:36	00:33:52.28	00:34:19.42	+00:14:42 (43.4%)	6:23	9.4 (56.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
127	BRYCHCY Estera	13		30-39 lat	127			00:00:54	00:14:47	00:33:52.81 (43.4%)	00:34:47.68	+00:14:42 (43.4%)	6:23	9.4 (56.6%)
128	BUCZAK Klaudia	158	ŻUBRÓWKI	30-39 lat	128	Żubrówki		00:01:06	00:14:49	00:33:53.42 (43.4%)	00:34:59.48	+00:14:43 (43.4%)	6:23	9.4 (56.6%)
129	KOŁODYŃSKA Justyna	165		30-39 lat	129			00:00:09	00:14:26	00:33:53.75 (43.5%)	00:34:03.60	+00:14:43 (43.5%)	6:23	9.4 (56.6%)
130	ZAREMBA Justyna	299		30-39 lat	130			00:00:19	00:14:41	00:33:56.58 (43.5%)	00:34:16.29	+00:14:46 (43.5%)	6:24	9.4 (56.6%)
131	GAPIŃSKA Joanna	372		30-39 lat	131			00:00:13	00:14:36	00:33:57.26 (43.6%)	00:34:11.15	+00:14:47 (43.6%)	6:24	9.4 (56.6%)
132	SODZAWICZNA Magdalena	222		30-39 lat	132	Viking Training Center		00:00:28	00:13:58	00:34:00.08 (43.6%)	00:34:28.46	+00:14:50 (43.6%)	6:24	9.4 (56.6%)
133	NOWICKA Ola	282		30-39 lat	133			00:00:27	00:14:04	00:34:05.02 (43.8%)	00:34:32.99	+00:14:55 (43.8%)	6:25	9.3 (56.0%)
134	GOLEC Monika	100		30-39 lat	134			00:00:14	00:14:25	00:34:07.19 (43.8%)	00:34:22.07	+00:14:57 (43.8%)	6:26	9.3 (56.0%)
135	TOPOLIŃSKA Dorota	881		30-39 lat	135			00:00:06	00:13:49	00:34:08.42 (43.9%)	00:34:14.55	+00:14:58 (43.9%)	6:26	9.3 (56.0%)
136	WOJTAS Paulina	800	TEAM OLI LIDL	30-39 lat	136	Team Oli Lidl		00:00:18	00:14:46	00:34:11.74 (44.0%)	00:34:30.34	+00:15:01 (44.0%)	6:26	9.3 (56.0%)
137	BYRTEK Anna	664	#JUSTFEELFITTEAM	30-39 lat	137	#JustFeelFitTEAM		00:00:42	00:15:33	00:34:12.16 (44.0%)	00:34:55.05	+00:15:02 (44.0%)	6:27	9.3 (56.0%)
138	GUDZIK Angelika	515		30-39 lat	138			00:00:19	00:14:36	00:34:21.20 (44.2%)	00:34:40.76	+00:15:11 (44.2%)	6:28	9.3 (56.0%)
139	KUŹNIK Edyta	125		30-39 lat	139			00:00:09	00:13:58	00:34:22.14 (44.2%)	00:34:31.52	+00:15:12 (44.2%)	6:29	9.3 (56.0%)
140	CZERWIŃSKA Iwona	64		30-39 lat	140			00:00:53	00:15:08	00:34:22.49 (44.2%)	00:35:15.50	+00:15:12 (44.2%)	6:29	9.3 (56.0%)
141	PAGIEŁA Katarzyna	391		30-39 lat	141			00:00:31	00:15:33	00:34:24.31 (44.3%)	00:34:55.36	+00:15:14 (44.3%)	6:29	9.2 (55.4%)
142	MADALIŃSKA Karolina	174		30-39 lat	142			00:00:04	00:14:16	00:34:27.74 (44.4%)	00:34:31.85	+00:15:17 (44.4%)	6:30	9.2 (55.4%)
143	PRUDEL Joanna	733		30-39 lat	143			00:00:10	00:13:56	00:34:31.28 (44.5%)	00:34:41.92	+00:15:21 (44.5%)	6:30	9.2 (55.4%)
144	PIECHOCKA-WARZECHA Katarzyna	927		30-39 lat	144			00:00:11	00:14:07	00:34:31.38 (44.5%)	00:34:43.26	+00:15:21 (44.5%)	6:30	9.2 (55.4%)
145	GOLEC-CHOLEWA Aleksandra	221		30-39 lat	145			00:00:14	00:14:28	00:34:31.69 (44.5%)	00:34:46.06	+00:15:21 (44.5%)	6:30	9.2 (55.4%)
146	LISZOK Iwona	364		30-39 lat	146			00:00:22	00:14:34	00:34:33.18 (44.5%)	00:34:55.68	+00:15:23 (44.5%)	6:31	9.2 (55.4%)
147	SZYNAL Magdalena	634		30-39 lat	147			00:00:23	00:14:29	00:34:45.68 (44.9%)	00:35:09.15	+00:15:35 (44.9%)	6:33	9.2 (55.4%)
148	BRANDYS Krystyna	135	DYŃKI TEAM	30-39 lat	148			00:01:02	00:15:35	00:34:59.16 (45.2%)	00:36:01.47	+00:15:49 (45.2%)	6:36	9.1 (54.8%)
149	SZMUK Karina	744		30-39 lat	149			00:00:46	00:15:30	00:34:59.23 (45.2%)	00:35:45.86	+00:15:49 (45.2%)	6:36	9.1 (54.8%)
150	OLSZEWSKA Oliwia	780		30-39 lat	150			00:01:01	00:15:33	00:34:59.48 (45.2%)	00:36:01.35	+00:15:49 (45.2%)	6:36	9.1 (54.8%)
151	KACZMARCZYK-ZIELIŃSKA Magdalena	563		30-39 lat	151	RUNTEAM PAWŁOWICE		00:00:56	00:16:01	00:35:03.92 (45.3%)	00:36:00.78	+00:15:54 (45.3%)	6:36	9.1 (54.8%)
152	PAWELA Sylwia	764		30-39 lat	152			00:00:11	00:14:15	00:35:08.68 (45.5%)	00:35:19.72	+00:15:58 (45.5%)	6:37	9.1 (54.8%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
153	KALETA Agnieszka	129	POWOLI DO CELU	30-39 lat	153	PoWoli doCelu		00:00:17	00:14:27	00:35:11.17	00:35:28.90	+00:16:01 (45.5%)	6:38	9 (54.2%)
154	NOSOL Karolina	689		30-39 lat	154			00:00:39	00:14:44	00:35:12.34	00:35:51.82	+00:16:02 (45.6%)	6:38	9 (54.2%)
155	HRISTOVA Daria	871	SPOT PSZCZYNA	30-39 lat	155	SPOT Pszczyna	Diego&Coco	00:00:14	00:14:10	00:35:16.85	00:35:31.25	+00:16:06 (45.7%)	6:39	9 (54.2%)
156	KOZŁOWSKA Malwina	128		30-39 lat	156			00:00:17	00:14:47	00:35:23.33	00:35:40.54	+00:16:13 (45.8%)	6:40	9 (54.2%)
157	PŁOSKA Marzena	139		30-39 lat	157			00:00:16	00:14:46	00:35:23.64	00:35:40.49	+00:16:13 (45.9%)	6:40	9 (54.2%)
158	TRZCIŃSKA Joanna	92	KOBIETY NA 5+	30-39 lat	158	Kobiety na 5+		00:00:11	00:14:42	00:35:25.52	00:35:36.53	+00:16:15 (45.9%)	6:40	9 (54.2%)
159	KAMEJSZA Olga	472	ZABIERZÓW BIEGA	30-39 lat	159			00:01:01	00:15:41	00:35:26.49	00:36:27.62	+00:16:16 (45.9%)	6:41	9 (54.2%)
160	KRZYŻOWSKA Marzena	656		30-39 lat	160			00:00:07	00:14:41	00:35:29.77	00:35:37.39	+00:16:19 (46.0%)	6:41	9 (54.2%)
161	TWARDAWA Magdalena	849		30-39 lat	161	Team Oli Lidl		00:00:27	00:15:40	00:35:33.75	00:36:00.79	+00:16:23 (46.1%)	6:42	8.9 (53.6%)
162	KEMPA-GOŁĄB Agnieszka	459	VIKING TRAINING CENTER	30-39 lat	162	Viking Training Center		00:00:20	00:15:14	00:35:38.75	00:35:59.62	+00:16:28 (46.2%)	6:43	8.9 (53.6%)
163	DRAGON Paulina	395		30-39 lat	163			00:00:26	00:15:38	00:35:39.53	00:36:05.85	+00:16:29 (46.3%)	6:43	8.9 (53.6%)
164	CZERNIEJ Natalia	884		30-39 lat	164			00:00:03	00:13:53	00:35:41.83	00:35:45.76	+00:16:31 (46.3%)	6:43	8.9 (53.6%)
165	KARAŚ Daria	783		30-39 lat	165			00:00:46	00:15:28	00:35:47.43	00:36:33.81	+00:16:37 (46.5%)	6:45	8.9 (53.6%)
166	LASKOWSKA Anna	779		30-39 lat	166			00:01:01	00:15:35	00:35:49.92	00:36:51.82	+00:16:40 (46.5%)	6:45	8.9 (53.6%)
167	FOJCIK Kasia	257	PIERUNSKIE CANGÓRY	30-39 lat	167	PieRUNskie CanGÓRY	Kangurzyce	00:00:28	00:14:47	00:35:55.47	00:36:23.98	+00:16:45 (46.7%)	6:46	8.9 (53.6%)
168	RUSZAŁA Karolina	453	KĄTY BIEGAJĄ	30-39 lat	168			00:00:42	00:15:44	00:36:01.65	00:36:44.20	+00:16:51 (46.8%)	6:47	8.8 (53.0%)
169	PIEROŃ Julia	702		30-39 lat	169	Po jednej Babci		00:00:07	00:14:20	00:36:04.20	00:36:12.15	+00:16:54 (46.9%)	6:48	8.8 (53.0%)
170	WYSKIEL Marta	132		30-39 lat	170			00:00:51	00:15:09	00:36:06.51	00:36:57.86	+00:16:56 (46.9%)	6:48	8.8 (53.0%)
171	WOJDANOWSKA Małgorzata	219		30-39 lat	171			00:00:31	00:14:12	00:36:07.98	00:36:39.89	+00:16:58 (47.0%)	6:48	8.8 (53.0%)
172	KONOPKA Magdalena	86		30-39 lat	172	55-lat SP5		00:00:51	00:16:26	00:36:13.12	00:37:04.84	+00:17:03 (47.1%)	6:50	8.8 (53.0%)
173	BULANDA Martyna	406	VIKING TRAINING CENTER	30-39 lat	173	Viking Training Center		00:00:30	00:14:36	00:36:13.69	00:36:44.13	+00:17:03 (47.1%)	6:50	8.8 (53.0%)
174	MATUSZEK Anna	83		30-39 lat	174			00:00:05	00:15:01	00:36:14.12	00:36:19.87	+00:17:04 (47.1%)	6:50	8.8 (53.0%)
175	JANIK Anna	148		30-39 lat	175	Wiewiórki Zimnokrwiste		00:00:13	00:14:22	00:36:15.65	00:36:29.53	+00:17:05 (47.1%)	6:50	8.8 (53.0%)
176	MACHNIK Marta	471		30-39 lat	176			00:00:01	00:13:58	00:36:18.27	00:36:20.09	+00:17:08 (47.2%)	6:50	8.8 (53.0%)
177	KARBOWY Marzena	562	ZATYRANI.PL GRATISOWNIA.PL	30-39 lat	177	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE		00:00:44	00:15:52	00:36:25.14	00:37:09.26	+00:17:15 (47.4%)	6:52	8.7 (52.4%)
178	CZERWIŃSKA Klaudyna	996		30-39 lat	178	OPEL Fijałkowski		00:00:12	00:15:21	00:36:32.22	00:36:44.73	+00:17:22 (47.5%)	6:53	8.7 (52.4%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
179	BUCHOLC Mariola	777		30-39 lat	179			00:00:06	00:15:01	00:36:33.74 (47.6%)	00:36:40.07	+00:17:23 (47.6%)	6:53	8.7 (52.4%)
180	LABZA Anna	593		30-39 lat	180			00:00:50	00:15:43	00:36:35.22 (47.6%)	00:37:25.45	+00:17:25 (47.6%)	6:54	8.7 (52.4%)
181	ROKITA Magdalena	576		30-39 lat	181			00:00:41	00:16:36	00:36:35.91 (47.6%)	00:37:16.97	+00:17:25 (47.6%)	6:54	8.7 (52.4%)
182	KIETRYS Anna	810		30-39 lat	182			00:00:10	00:15:54	00:36:37.30 (47.7%)	00:36:47.59	+00:17:27 (47.7%)	6:54	8.7 (52.4%)
183	MATUSIAK Paulina	723		30-39 lat	183			00:00:25	00:15:18	00:36:42.82 (47.8%)	00:37:07.84	+00:17:32 (47.8%)	6:55	8.7 (52.4%)
184	MICHALAK Marta	998		30-39 lat	184	OPEL Fijałkowski		00:00:10	00:15:50	00:36:45.99 (47.9%)	00:36:56.72	+00:17:36 (47.9%)	6:56	8.7 (52.4%)
185	LAZAR Joanna	274		30-39 lat	185			00:00:48	00:15:27	00:36:56.04 (48.1%)	00:37:44.87	+00:17:46 (48.1%)	6:58	8.6 (51.8%)
186	LISICKA Sabina	408		30-39 lat	186	#JustFeelFitTEAM		00:00:06	00:15:12	00:37:02.10 (48.3%)	00:37:08.45	+00:17:52 (48.3%)	6:59	8.6 (51.8%)
187	CZYSZCZON Paulina	524	VIKING TRAINING CENTER	30-39 lat	187	Viking Training Center		00:00:20	00:15:20	00:37:05.84 (48.3%)	00:37:25.89	+00:17:55 (48.3%)	6:59	8.6 (51.8%)
188	DAMIS Daria	52		30-39 lat	188			00:01:04	00:15:20	00:37:07.42 (48.4%)	00:38:12.30	+00:17:57 (48.4%)	7:00	8.6 (51.8%)
189	MARUSZCZYK Małgorzata	692	VIKING TRAINING CENTER	30-39 lat	189	Viking Training Center		00:00:39	00:16:29	00:37:10.34 (48.4%)	00:37:49.70	+00:18:00 (48.4%)	7:00	8.6 (51.8%)
190	JAKUBIK Edyta	763		30-39 lat	190			00:00:54	00:14:55	00:37:13.82 (48.5%)	00:38:08.42	+00:18:03 (48.5%)	7:01	8.5 (51.2%)
191	KŁOPEĆ Sylwia	854		30-39 lat	191			00:00:34	00:15:29	00:37:13.96 (48.5%)	00:37:48.37	+00:18:04 (48.5%)	7:01	8.5 (51.2%)
192	HEROK Michalina	536		30-39 lat	192			00:00:42	00:15:49	00:37:19.49 (48.7%)	00:38:02.00	+00:18:09 (48.7%)	7:02	8.5 (51.2%)
193	DZIEDZINA Anna	807		30-39 lat	193			00:00:19	00:17:41	00:37:30.48 (48.9%)	00:37:49.51	+00:18:20 (48.9%)	7:04	8.5 (51.2%)
194	GRZEGOSZCZYK Żaneta	803		30-39 lat	194			00:00:08	00:14:40	00:37:38.30 (49.1%)	00:37:46.43	+00:18:28 (49.1%)	7:06	8.4 (50.6%)
195	KRZYSZTOPORSKA Karolina	346		30-39 lat	195			00:00:52	00:17:03	00:37:39.30 (49.1%)	00:38:32.05	+00:18:29 (49.1%)	7:06	8.4 (50.6%)
196	KACHEL Sonia	844	SONIAKACHEL@VP.PL	30-39 lat	196	Szprychy		00:00:20	00:17:24	00:37:45.36 (49.2%)	00:38:05.87	+00:18:35 (49.2%)	7:07	8.4 (50.6%)
197	JURKOWSKA Monika	103	KOBIETY NA 5+	30-39 lat	197	Kobiety na 5+		00:00:17	00:16:12	00:37:47.45 (49.3%)	00:38:05.00	+00:18:37 (49.3%)	7:07	8.4 (50.6%)
198	MAZUREK Beata	590	ŻUBRÓWKI	30-39 lat	198	Żubrówki		00:01:10	00:16:58	00:37:50.73 (49.4%)	00:39:00.80	+00:18:40 (49.4%)	7:08	8.4 (50.6%)
199	PIECHOCIŃSKA Katarzyna	914		30-39 lat	199	Szare Morsy		00:00:57	00:16:02	00:37:51.43 (49.4%)	00:38:48.96	+00:18:41 (49.4%)	7:08	8.4 (50.6%)
200	BOREK Karolina	900	BYLE DO METY	30-39 lat	200			00:00:42	00:15:40	00:37:52.79 (49.4%)	00:38:34.97	+00:18:42 (49.4%)	7:08	8.4 (50.6%)
201	SŁYSZ Natalia	642	BYLE DO METY	30-39 lat	201	Byle do mety		00:00:44	00:16:25	00:37:53.09 (49.4%)	00:38:37.74	+00:18:43 (49.4%)	7:08	8.4 (50.6%)
202	MURAS-JAROMIN Justyna	878		30-39 lat	202			00:00:31	00:16:17	00:37:53.97 (49.4%)	00:38:25.63	+00:18:44 (49.4%)	7:08	8.4 (50.6%)
203	ZŁOTKOWSKA Sylwia	741	WATAHA	30-39 lat	203	Wataha		00:00:21	00:15:16	00:37:55.27 (49.5%)	00:38:16.65	+00:18:45 (49.5%)	7:09	8.4 (50.6%)
204	DULIBAN Agnieszka	940		30-39 lat	204			00:00:20	00:15:56	00:37:56.82 (49.5%)	00:38:17.46	+00:18:46 (49.5%)	7:09	8.4 (50.6%)
205	CISŁO Katarzyna	37	POWOLI DO CELU	30-39 lat	205	PoWoli doCelu		00:00:17	00:16:13	00:37:58.21 (49.5%)	00:38:15.40	+00:18:48 (49.5%)	7:09	8.4 (50.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
206	KMIECIAK Dominika	167	RUNPATOLA	30-39 lat	206			00:00:30	00:15:55	00:38:02.69 (49.6%)	00:38:33.31	+00:18:52 (49.6%)	7:10	8.4 (50.6%)
207	PORĘBA Wiola	866	AKTYWNI RYDUŁTOWY	30-39 lat	207			00:00:29	00:15:57	00:38:04.19 (49.7%)	00:38:33.73	+00:18:54 (49.7%)	7:10	8.4 (50.6%)
208	KUBALA Joanna	952	AKTYWNI RYDUŁTOWY	30-39 lat	208			00:00:28	00:15:57	00:38:04.71 (49.7%)	00:38:33.66	+00:18:54 (49.7%)	7:10	8.4 (50.6%)
209	SADOWSKA Kamila	926		30-39 lat	209			00:00:20	00:15:55	00:38:06.10 (49.7%)	00:38:26.85	+00:18:56 (49.7%)	7:11	8.3 (50.0%)
210	WALA Roksana	948		30-39 lat	210	TEAM MAŁYCH BOHATERÓW :-)		00:00:32	00:16:44	00:38:10.15 (49.8%)	00:38:43.02	+00:19:00 (49.8%)	7:12	8.3 (50.0%)
211	JANISZEWKA Patrycja	917	BYLE DO METY	30-39 lat	211	Byle do mety		00:00:43	00:15:30	00:38:13.54 (49.9%)	00:38:57.39	+00:19:03 (49.9%)	7:12	8.3 (50.0%)
212	PLATA Marlena	521		30-39 lat	212			00:00:37	00:16:49	00:38:13.82 (49.9%)	00:38:51.02	+00:19:03 (49.9%)	7:12	8.3 (50.0%)
213	SMOŁKA Katarzyna	508	FLUENTBE	30-39 lat	213			00:00:36	00:17:31	00:38:17.91 (50.0%)	00:38:54.43	+00:19:07 (50.0%)	7:13	8.3 (50.0%)
214	PIERÓŃ-KŁAKUS Aneta	701		30-39 lat	214	Po jednej Babci		00:00:08	00:15:20	00:38:20.39 (50.0%)	00:38:28.76	+00:19:10 (50.0%)	7:13	8.3 (50.0%)
215	BANACH-HAN Kinga	673		30-39 lat	215			00:00:03	00:15:51	00:38:21.90 (50.0%)	00:38:25.56	+00:19:11 (50.0%)	7:14	8.3 (50.0%)
216	KACZOREK Malwina	1276		30-39 lat	216			00:00:25	00:15:26	00:38:27.12 (50.2%)	00:38:53.04	+00:19:17 (50.2%)	7:15	8.3 (50.0%)
217	HUBA Agnieszka	134	KOBIETY NA 5+	30-39 lat	217	Kobiety na 5+		00:00:12	00:14:41	00:38:36.11 (50.4%)	00:38:49.02	+00:19:26 (50.4%)	7:16	8.2 (49.4%)
218	WAGNER Natalia	647		30-39 lat	218			00:00:06	00:16:21	00:38:41.73 (50.5%)	00:38:48.56	+00:19:31 (50.5%)	7:17	8.2 (49.4%)
219	SCHMIDT Magdalena	893		30-39 lat	219	55-lat SP5		00:00:52	00:16:31	00:38:46.61 (50.6%)	00:39:39.27	+00:19:36 (50.6%)	7:18	8.2 (49.4%)
220	WODNIAK Angela	74	POWOLI DO CELU	30-39 lat	220	PoWoli doCelu		00:00:18	00:16:13	00:38:49.66 (50.6%)	00:39:08.03	+00:19:39 (50.6%)	7:19	8.2 (49.4%)
221	MAGIERA Barbara	269	POWOLI DO CELU	30-39 lat	221	PoWoli do Celu		00:00:17	00:16:15	00:38:49.99 (50.6%)	00:39:07.20	+00:19:40 (50.6%)	7:19	8.2 (49.4%)
222	MAREK Sylwia	879		30-39 lat	222			00:00:34	00:16:51	00:38:52.27 (50.7%)	00:39:26.32	+00:19:42 (50.7%)	7:20	8.2 (49.4%)
223	MARON Honorata	549		30-39 lat	223			00:00:08	00:16:16	00:38:58.85 (50.8%)	00:39:07.74	+00:19:48 (50.8%)	7:21	8.2 (49.4%)
224	BARAN Karolina	525		30-39 lat	224			00:00:41	00:16:46	00:39:00.68 (50.9%)	00:39:42.05	+00:19:50 (50.9%)	7:21	8.2 (49.4%)
225	ŚNIEG Alicja	747		30-39 lat	225			00:00:10	00:15:59	00:39:04.37 (50.9%)	00:39:14.44	+00:19:54 (50.9%)	7:22	8.1 (48.8%)
226	PATAŁĄG Katarzyna	24		30-39 lat	226			00:00:37	00:15:56	00:39:08.20 (51.0%)	00:39:45.61	+00:19:58 (51.0%)	7:23	8.1 (48.8%)
227	KAMIŃSKA Aleksandra	530		30-39 lat	227			00:00:41	00:16:46	00:39:11.81 (51.1%)	00:39:53.00	+00:20:01 (51.1%)	7:23	8.1 (48.8%)
228	STELMACH Marta	749		30-39 lat	228			00:00:08	00:16:20	00:39:19.51 (51.3%)	00:39:27.58	+00:20:09 (51.3%)	7:25	8.1 (48.8%)
229	GŁĄB Mariola	665		30-39 lat	229			00:00:36	00:15:59	00:39:34.32 (51.6%)	00:40:10.41	+00:20:24 (51.6%)	7:27	8 (48.2%)
230	GARUS Daria	285		30-39 lat	230			00:00:28	00:16:20	00:39:36.44 (51.6%)	00:40:05.31	+00:20:26 (51.6%)	7:28	8 (48.2%)
231	WANDZEL Iwona	117		30-39 lat	231			00:00:30	00:16:09	00:39:37.48 (51.6%)	00:40:07.92	+00:20:27 (51.6%)	7:28	8 (48.2%)
232	DRANICZAREK Anna	481		30-39 lat	232			00:00:07	00:16:24	00:39:41.40 (51.7%)	00:39:48.44	+00:20:31 (51.7%)	7:29	8 (48.2%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
233	PARCHAŃSKA Oliwia	617		30-39 lat	233	Byle do mety		00:00:26	00:17:35	00:39:41.65 (51.7%)	00:40:08.10	+00:20:31 (51.7%)	7:29	8 (48.2%)
234	BETLEJ Dorota	572		30-39 lat	234			00:00:39	00:16:02	00:39:52.10 (51.9%)	00:40:31.54	+00:20:42 (51.9%)	7:31	8 (48.2%)
235	OSTAPIUK Anna	40		30-39 lat	235			00:00:33	00:16:57	00:39:56.91 (52.0%)	00:40:30.89	+00:20:47 (52.0%)	7:32	8 (48.2%)
236	BRODA Kamila	229		30-39 lat	236			00:00:36	00:16:39	00:40:00.90 (52.1%)	00:40:37.17	+00:20:50 (52.1%)	7:32	8 (48.2%)
237	OWCZARZY Agnieszka	597	GRAŻYNY 87	30-39 lat	237	GRAŻYNY 87		00:00:56	00:16:45	00:40:01.64 (52.1%)	00:40:57.80	+00:20:51 (52.1%)	7:33	7.9 (47.6%)
238	UHEREK Agnieszka	599		30-39 lat	238	GRAŻYNY 87		00:00:55	00:16:45	00:40:02.24 (52.1%)	00:40:57.66	+00:20:52 (52.1%)	7:33	7.9 (47.6%)
239	LIMAŃSKA Joanna	585	VIKING TRAINING CENTER	30-39 lat	239	Viking Training Center		00:00:39	00:16:50	00:40:14.96 (52.4%)	00:40:54.21	+00:21:05 (52.4%)	7:35	7.9 (47.6%)
240	WÓJCIK Dorota	724		30-39 lat	240	Byle do mety		00:00:44	00:16:26	00:40:15.84 (52.4%)	00:41:00.64	+00:21:05 (52.4%)	7:35	7.9 (47.6%)
241	OLEŚ Ula	947		30-39 lat	241	TEAM MAŁYCH BOHATERÓW :-)		00:00:26	00:17:37	00:40:29.58 (52.7%)	00:40:56.11	+00:21:19 (52.7%)	7:38	7.9 (47.6%)
242	FOLTYN Dominika	877		30-39 lat	242			00:00:33	00:17:39	00:40:30.66 (52.7%)	00:41:04.29	+00:21:20 (52.7%)	7:38	7.9 (47.6%)
243	MIKŁUSIAK Barbara	845		30-39 lat	243	Szprychy		00:00:19	00:17:54	00:40:31.84 (52.7%)	00:40:51.57	+00:21:21 (52.7%)	7:38	7.8 (47.0%)
244	KULIG-GOC Gabriela	207		30-39 lat	244			00:00:40	00:17:35	00:40:47.16 (53.0%)	00:41:27.29	+00:21:37 (53.0%)	7:41	7.8 (47.0%)
245	JELONEK Klaudia	180		30-39 lat	245			00:00:38	00:17:35	00:40:48.12 (53.0%)	00:41:26.83	+00:21:38 (53.0%)	7:41	7.8 (47.0%)
246	ŚLEZIONA Katarzyna	379		30-39 lat	246			00:00:18	00:16:36	00:41:08.45 (53.4%)	00:41:26.77	+00:21:58 (53.4%)	7:45	7.7 (46.4%)
247	NOWAK-MARKITON Karolina	951		30-39 lat	247			00:00:10	00:18:31	00:41:10.05 (53.4%)	00:41:20.68	+00:22:00 (53.4%)	7:46	7.7 (46.4%)
248	JAKIEŁEK Barbara	225		30-39 lat	248	Wiewiórki Zimnokrwiste		00:00:14	00:16:45	00:41:16.91 (53.6%)	00:41:31.44	+00:22:06 (53.6%)	7:47	7.7 (46.4%)
249	MILCUSZEK Magdalena	90		30-39 lat	249			00:00:15	00:17:08	00:41:17.02 (53.6%)	00:41:32.39	+00:22:07 (53.6%)	7:47	7.7 (46.4%)
250	GUBAŁA Monika	727		30-39 lat	250			00:00:29	00:18:47	00:41:17.25 (53.6%)	00:41:46.50	+00:22:07 (53.6%)	7:47	7.7 (46.4%)
251	KOŻDOŃ Jagoda	56		30-39 lat	251			00:00:05	00:16:38	00:41:22.72 (53.7%)	00:41:28.23	+00:22:12 (53.7%)	7:48	7.7 (46.4%)
252	NOWAK Malwina	936		30-39 lat	252			00:00:11	00:18:12	00:41:31.14 (53.8%)	00:41:42.68	+00:22:21 (53.8%)	7:50	7.7 (46.4%)
253	MATIOSZEK Agnieszka	88		30-39 lat	253			00:00:47	00:17:49	00:41:49.21 (54.2%)	00:42:36.71	+00:22:39 (54.2%)	7:53	7.6 (45.8%)
254	GLICA Katarzyna	756		30-39 lat	254			00:00:11	00:17:56	00:42:05.60 (54.5%)	00:42:16.88	+00:22:55 (54.5%)	7:56	7.6 (45.8%)
255	BALCERAK Beata	250		30-39 lat	255			00:00:25	00:17:13	00:42:12.12 (54.6%)	00:42:37.67	+00:23:02 (54.6%)	7:57	7.5 (45.2%)
256	KOSTKA Justyna	655		30-39 lat	256			00:00:08	00:18:28	00:42:14.53 (54.6%)	00:42:23.07	+00:23:04 (54.6%)	7:58	7.5 (45.2%)
257	MYŚLIWIEC Seniorita	137	KOBIETY NA 5+	30-39 lat	257	Kobiety na 5+		00:00:08	00:17:04	00:42:42.37 (55.1%)	00:42:51.04	+00:23:32 (55.1%)	8:03	7.4 (44.6%)
258	WYSTEMP Ewelina	614		30-39 lat	258			00:02:48	00:17:48	00:42:46.47 (55.2%)	00:45:35.18	+00:23:36 (55.2%)	8:04	7.4 (44.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
259	WAMBERSKA Beata	201		30-39 lat	259			00:00:22	00:17:31	00:43:00.28 (55.4%)	00:43:22.49 (55.4%)	+00:23:50 (55.4%)	8:06	7.4 (44.6%)
260	SZCZEPANIK Marta	671		30-39 lat	260			00:00:51	00:18:30	00:43:01.83 (55.5%)	00:43:53.69 (55.5%)	+00:23:51 (55.5%)	8:06	7.4 (44.6%)
261	GÓRNICZ Patrycja	651		30-39 lat	261			00:00:36	00:17:28	00:43:08.43 (55.6%)	00:43:45.26 (55.6%)	+00:23:58 (55.6%)	8:08	7.4 (44.6%)
262	FIZIA Katarzyna	618		30-39 lat	262	PSIAPSI1		00:00:28	00:19:33	00:43:20.43 (55.8%)	00:43:48.76 (55.8%)	+00:24:10 (55.8%)	8:10	7.3 (44.0%)
263	BAZGIER Magdalena	654		30-39 lat	263			00:00:36	00:17:28	00:43:29.36 (55.9%)	00:44:06.22 (55.9%)	+00:24:19 (55.9%)	8:12	7.3 (44.0%)
264	OLBER Justyna	918		30-39 lat	264			00:00:34	00:18:48	00:43:38.13 (56.1%)	00:44:12.23 (56.1%)	+00:24:28 (56.1%)	8:13	7.3 (44.0%)
265	BARCZYCKA Monika	755		30-39 lat	265			00:00:27	00:18:08	00:43:55.86 (56.4%)	00:44:23.15 (56.4%)	+00:24:45 (56.4%)	8:17	7.2 (43.4%)
266	GOMUŁKA Anna	99		30-39 lat	266			00:00:37	00:17:53	00:44:09.31 (56.6%)	00:44:46.90 (56.6%)	+00:24:59 (56.6%)	8:19	7.2 (43.4%)
267	MONIKA Monika	258		30-39 lat	267			00:00:11	00:18:31	00:44:29.64 (56.9%)	00:44:41.16 (56.9%)	+00:25:19 (56.9%)	8:23	7.1 (42.8%)
268	FABIN Marta	635		30-39 lat	268	Team Oli Lidl		00:00:22	00:18:03	00:44:30.47 (56.9%)	00:44:52.93 (56.9%)	+00:25:20 (56.9%)	8:23	7.1 (42.8%)
269	KASTELIK Ilona	607		30-39 lat	269	Psiapsi		00:00:26	00:19:09	00:44:59.45 (57.4%)	00:45:26.00 (57.4%)	+00:25:49 (57.4%)	8:29	7.1 (42.8%)
270	WOLNY Żaneta	565		30-39 lat	270	Wolny Tim		00:00:34	00:19:48	00:45:04.41 (57.5%)	00:45:39.00 (57.5%)	+00:25:54 (57.5%)	8:30	7.1 (42.8%)
271	RODZIEWICZ Agnieszka	684		30-39 lat	271			00:00:56	00:19:25	00:45:16.51 (57.7%)	00:46:13.34 (57.7%)	+00:26:06 (57.7%)	8:32	7 (42.2%)
272	ŻYŁA Sonia	946		30-39 lat	272			00:00:29	00:18:13	00:45:19.12 (57.7%)	00:45:48.27 (57.7%)	+00:26:09 (57.7%)	8:33	7 (42.2%)
273	SZCZEPANIK Aleksandra	116		30-39 lat	273			00:00:14	00:18:42	00:45:31.16 (57.9%)	00:45:45.60 (57.9%)	+00:26:21 (57.9%)	8:35	7 (42.2%)
274	MROWCZYK Kamila	751		30-39 lat	274			00:00:25	00:18:40	00:45:39.11 (58.0%)	00:46:04.91 (58.0%)	+00:26:29 (58.0%)	8:36	7 (42.2%)
275	KONOWALCZUK Iza	633		30-39 lat	275			00:00:27	00:19:31	00:46:26.82 (58.7%)	00:46:54.60 (58.7%)	+00:27:16 (58.7%)	8:45	6.8 (41.0%)
276	WIĘDŁOCHA-GRABKA Marta	752		30-39 lat	276			00:00:27	00:19:30	00:46:27.10 (58.7%)	00:46:54.56 (58.7%)	+00:27:17 (58.7%)	8:45	6.8 (41.0%)
277	JAMIOŁA Kinga	542		30-39 lat	277			00:02:36	00:21:12	00:46:30.11 (58.8%)	00:49:06.56 (58.8%)	+00:27:20 (58.8%)	8:46	6.8 (41.0%)
278	WITKOWSKA-DOLNY Sandra	390		30-39 lat	278	GRAŻYNY 87		00:00:57	00:20:07	00:46:31.70 (58.8%)	00:47:29.29 (58.8%)	+00:27:21 (58.8%)	8:46	6.8 (41.0%)
279	PRUC Jolanta	808	GRAŻYNY 87	30-39 lat	279	GRAŻYNY 87		00:00:55	00:20:09	00:46:33.49 (58.8%)	00:47:29.40 (58.8%)	+00:27:23 (58.8%)	8:46	6.8 (41.0%)
280	BALAS Małgorzata	123	VIKING TRAINING CENTER	30-39 lat	280	Viking Training Center		00:00:23	00:19:29	00:46:36.70 (58.9%)	00:47:00.07 (58.9%)	+00:27:26 (58.9%)	8:47	6.8 (41.0%)
281	BIZACKA Marzena	371	VIKING TRAINING CENTER	30-39 lat	281	Viking Training Center		00:00:23	00:19:29	00:46:36.73 (58.9%)	00:47:00.34 (58.9%)	+00:27:26 (58.9%)	8:47	6.8 (41.0%)
282	PŁACZEK Dominika	430		30-39 lat	282			00:00:26	00:20:32	00:48:32.59 (60.5%)	00:48:58.86 (60.5%)	+00:29:22 (60.5%)	9:09	6.6 (39.8%)
283	MARCZOK Marta	601		30-39 lat	283			00:00:24	00:20:34	00:48:34.12 (60.5%)	00:48:59.01 (60.5%)	+00:29:24 (60.5%)	9:09	6.5 (39.2%)
284	PIŁATOWSKA Magdalena	424		30-39 lat	284			00:00:24	00:20:34	00:48:34.20 (60.5%)	00:48:59.10 (60.5%)	+00:29:24 (60.5%)	9:09	6.5 (39.2%)
285	BUJAK Magdalena	73	VIKING TRAINING CENTER	30-39 lat	285	Viking Training Center		00:00:22	00:22:08	00:52:06.66 (63.2%)	00:52:28.87 (63.2%)	+00:32:56 (63.2%)	9:49	6.1 (36.7%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
286	WOLAŃSKA Barbara	383		30-39 lat	286	GRAŻYNY 87		00:01:10	00:20:45	00:53:54.41	00:55:05.10	+00:34:44 (64.4%)	10:10	5.9 (35.5%)
287	KIEŁKOWSKA Ewelina	682		30-39 lat	287	GRAŻYNY 87		00:00:55	00:21:00	00:54:10.84	00:55:06.22	+00:35:00 (64.6%)	10:13	5.9 (35.5%)
288	KORBEL Klaudia	956		30-39 lat	288	TEAM MAŁYCH BOHATERÓW :-)		00:02:52	00:23:39	00:54:29.86	00:57:22.14	+00:35:19 (64.8%)	10:16	5.8 (34.9%)
289	BUREK Sonia	980	TEAM MAŁYCH BOHATERÓW	30-39 lat	289	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:43	00:54:34.52	00:57:26.43	+00:35:24 (64.9%)	10:17	5.8 (34.9%)
290	TRZCIŃSKA Paulina	44		30-39 lat	290			00:00:10	00:25:00	00:57:47.66	00:57:58.23	+00:38:37 (66.8%)	10:54	5.5 (33.1%)
291	SZCZEPANIK Bogumiła	27		30-39 lat	291			00:00:40		01:00:37.96	01:01:18.15	+00:41:28 (68.4%)	11:26	5.2 (31.3%)
292	SKRZYPIEC Martyna	864		30-39 lat	292			00:00:45	00:16:06			+00:07:43	6:26	9.3 (56.0%)
293	JABŁOŃSKA Aleksandra	964		30-39 lat	293			00:00:22						(0.0%)

Total 293 results.