

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: 30-39

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	SUWAJ Aneta	2	AZS-AWF KATOWICE / ALPINSPOORT TEAM	30-39	1	00:00:00	00:08:11	00:18:59.80	00:19:00.55		3:48	15.8 (100%)
2	DZIUK Dagmara	21	KB MOSIR JASTRZĘBIE	30-39	2	00:00:01	00:08:33	00:20:35.90	00:20:37.25	+00:01:36 (7.8%)	4:07	14.6 (92.4%)
3	PAWTEL Agata	427		30-39	3	00:00:01	00:09:04	00:21:21.85	00:21:23.40	+00:02:22 (11.1%)	4:16	14 (88.6%)
4	WOJTASZEWSKA Sabina	236	BBL RACIBÓRZ	30-39	4	00:00:03	00:08:58	00:21:22.60	00:21:26.25	+00:02:22 (11.1%)	4:16	14 (88.6%)
5	PIETRAS Sylwia	159	MIECHOWICKA GRUPA BIEGOWA	30-39	5	00:00:03	00:09:12	00:21:35.00	00:21:38.50	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
6	ADAMUS-KOWALSKA Justyna	1240		30-39	6	00:00:01	00:08:56	00:21:35.25	00:21:36.65	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
7	OPALSKA Karolina	696	KOLOROWA DRUŻYNA NESSI	30-39	7	00:00:09	00:09:45	00:22:15.25	00:22:24.60	+00:03:15 (14.6%)	4:27	13.5 (85.4%)
8	PIECZKA Monika	1080	TLROW RYBNIK	30-39	8	00:00:03	00:09:36	00:22:21.05	00:22:24.65	+00:03:21 (15.0%)	4:28	13.4 (84.8%)
9	MYSLIWIEC Ela	1179	DYSTANS LUBOMIA	30-39	9	00:00:09	00:09:36	00:22:26.00	00:22:35.00	+00:03:26 (15.3%)	4:29	13.4 (84.8%)
10	CIACIURA Magdalena	1028		30-39	10	00:00:04	00:09:32	00:22:43.35	00:22:47.75	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
11	MAJ-DZIUBAŃSKA Izabela	1302	KLUB AKMB PĘDZIWIATR GLIWICE	30-39	11	00:00:08	00:10:09	00:23:27.00	00:23:35.80	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
12	PIWISZKIS Barbara	37	KOBIETY NA 5+	30-39	12	00:00:03	00:09:35	00:23:38.90	00:23:42.25	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
12	WINIARSKA Monika	173	RUNTEAM PAWŁOWICE	30-39	13	00:00:03	00:09:50	00:23:38.95	00:23:42.25	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
14	BUTANOWICZ Marzena	654	KOLOROWA DRUŻYNA NESSI	30-39	14	00:00:07	00:09:53	00:23:39.15	00:23:46.55	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
15	SOBIESZCZAŃSKA Agnieszka	712	DYCZUŚ TEAM	30-39	15	00:00:02	00:09:59	00:23:49.55	00:23:51.55	+00:04:49 (20.3%)	4:45	12.6 (79.7%)

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16	LERCH Bożena	396	RUNTEAM PAWŁOWICE	30-39	16	00:00:06	00:09:50	00:24:07.60	00:24:14.25	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
17	WERON Magdalena	1251	SIEWIERZ BIEGA	30-39	17	00:00:07	00:10:20	00:24:17.65	00:24:25.30	+00:05:17 (21.8%)	4:51	12.3 (77.8%)
18	BUCHOWICZ Agnieszka	81	MK BIKE	30-39	18	00:00:13	00:10:20	00:24:25.85	00:24:39.10	+00:05:26 (22.2%)	4:53	12.3 (77.8%)
19	ŻBEL Ania	258	HRMAX ŻORY	30-39	19	00:00:05	00:10:20	00:24:26.00	00:24:31.15	+00:05:26 (22.3%)	4:53	12.3 (77.8%)
20	KURASZ Joanna	1289	STS BIEGATON MIKOŁÓW	30-39	20	00:00:00	00:10:24	00:24:29.30	00:24:29.30	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
21	KAROLAK Martyna	991	RUNTEAM PAWŁOWICE	30-39	21	00:00:07	00:10:17	00:24:34.70	00:24:41.75	+00:05:34 (22.7%)	4:54	12.2 (77.2%)
22	NIESŁAŃCZYK Małgorzata	998		30-39	22	00:00:07	00:10:17	00:24:46.25	00:24:54.20	+00:05:46 (23.3%)	4:57	12.1 (76.6%)
23	BOGACZ Monika	1276	ADS MASNA	30-39	23	00:00:05	00:10:33	00:24:50.90	00:24:56.05	+00:05:51 (23.5%)	4:58	12.1 (76.6%)
24	KUSIO Basia	655	PARKRUN CHRZANÓW	30-39	24	00:00:16	00:10:49	00:24:51.10	00:25:07.35	+00:05:51 (23.6%)	4:58	12.1 (76.6%)
25	BORKOWSKA Paulina	57		30-39	25	00:00:04	00:10:36	00:24:57.25	00:25:02.15	+00:05:57 (23.9%)	4:59	12 (75.9%)
26	NGUYEN Dorota	1147		30-39	26	00:00:08	00:10:37	00:25:04.55	00:25:13.05	+00:06:04 (24.2%)	5:01	12 (75.9%)
27	OCHWAT Aleksandra	643	ADS MASNA	30-39	27	00:00:09	00:10:47	00:25:15.25	00:25:24.25	+00:06:15 (24.8%)	5:03	11.9 (75.3%)
28	KANIA Agnieszka	1122	NAMBERŁANKI	30-39	28	00:00:09	00:10:50	00:25:16.40	00:25:26.30	+00:06:16 (24.8%)	5:03	11.9 (75.3%)
29	OSADNIK Sabrina	1161	DYSTANS LUBOMIA	30-39	29	00:00:12	00:10:24	00:25:17.30	00:25:30.05	+00:06:17 (24.9%)	5:03	11.9 (75.3%)
30	WOWRY Sylwia	201	OLZA CIESZYN	30-39	30	00:00:09	00:10:52	00:25:23.75	00:25:33.65	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
31	FOJCIK-PUSTELNIK Karolina	472		30-39	31	00:00:07	00:10:56	00:25:23.80	00:25:30.90	+00:06:24 (25.2%)	5:04	11.8 (74.7%)
32	GORZELAK Joanna	1027	KOBIETY NA 5+	30-39	32	00:00:13	00:10:54	00:25:38.45	00:25:52.05	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
33	GAŁĄSKA Magdalena	708	ORZESZE TEŻ BIEGA	30-39	33	00:00:13	00:10:41	00:25:47.80	00:26:01.55	+00:06:48 (26.4%)	5:09	11.6 (73.4%)
34	PASTUSZKA Aleksandra	416	FIT STACJA	30-39	34	00:00:24	00:11:24	00:25:49.10	00:26:13.80	+00:06:49 (26.4%)	5:09	11.6 (73.4%)
35	ZEMLAK Adriana	409		30-39	35	00:00:26	00:11:29	00:25:49.60	00:26:16.25	+00:06:49 (26.4%)	5:10	11.6 (73.4%)
36	TYCZYŃSKA Paulina	153	SZYBKIE ŻÓŁWIE	30-39	36	00:00:02	00:10:37	00:25:53.25	00:25:55.65	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
37	GNAS Anna	45	KOBIETY NA 5 +	30-39	37	00:00:11	00:10:44	00:25:58.30	00:26:09.30	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
38	PĘKALA Teresa	221		30-39	38	00:00:03	00:10:17	00:25:58.70	00:26:01.90	+00:06:58 (26.9%)	5:11	11.6 (73.4%)

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39	MILKOWSKA Justyna	1135	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	39	00:00:11	00:11:16	00:26:09.00	00:26:20.30	+00:07:09 (27.4%)	5:13	11.5 (72.8%)
40	AKSAMIT Ewelina	501	MYSŁOWICKI KLUB BIEGACZA NO.I	30-39	40	00:00:22	00:11:33	00:26:11.00	00:26:33.85	+00:07:11 (27.4%)	5:14	11.5 (72.8%)
41	KORDEK Dorota	652	RYTM ROZBIEGAMY TO MIASTO CZECHOWICE - DZIEDZICE	30-39	41	00:00:13	00:10:52	00:26:11.45	00:26:25.15	+00:07:11 (27.5%)	5:14	11.5 (72.8%)
42	ZHABOTYNSKA Maryna	940		30-39	42	00:00:14	00:11:23	00:26:14.10	00:26:28.30	+00:07:14 (27.6%)	5:14	11.4 (72.2%)
43	KOMAJDA Basia	742	OLZA CIESZYN	30-39	43	00:00:11	00:10:54	00:26:19.80	00:26:30.90	+00:07:20 (27.9%)	5:15	11.4 (72.2%)
44	KOWALSKA Karolina	744		30-39	44	00:00:09	00:10:54	00:26:29.50	00:26:38.70	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
45	FURMAN Sylwia	453	WIRUSY	30-39	45	00:00:06	00:10:43	00:26:31.40	00:26:38.10	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
46	NENKO Barbara	783		30-39	46	00:00:06	00:10:50	00:26:34.80	00:26:41.15	+00:07:35 (28.5%)	5:19	11.3 (71.5%)
47	BRODA Katarzyna	738		30-39	47	00:00:10	00:10:49	00:26:40.00	00:26:50.50	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
48	GREŃ Dorota	623	OLZA CIESZYN	30-39	48	00:00:11	00:11:08	00:26:41.05	00:26:52.35	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
49	ZAWIŚLAK-MOROZ Sylwia	984	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	49	00:00:05	00:10:56	00:26:43.20	00:26:48.90	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
50	PLEWNIA Irena	1259	FORMA WODZISŁAW ŚLĄSKI	30-39	50	00:00:11	00:11:09	00:26:43.60	00:26:55.10	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
51	RYSZKOWSKA Dorota	508	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	30-39	51	00:00:14	00:11:22	00:26:45.80	00:27:00.60	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
52	SAGAN Izabela	981	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	52	00:00:20	00:11:18	00:26:51.25	00:27:11.30	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
53	KAZIMIERCZUK Monika	189		30-39	53	00:00:17	00:11:29	00:26:51.65	00:27:08.65	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
54	MAZUR-RUBINSKA Milena	316	MIECHOWICKA GRUPA BIEGOWA	30-39	54	00:00:21	00:11:48	00:26:53.70	00:27:15.10	+00:07:53 (29.4%)	5:22	11.2 (70.9%)
55	KOSMALA-LANDZIŃSKA Ewa	139		30-39	55	00:00:12	00:11:42	00:26:53.90	00:27:06.60	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
56	BEDNAREK Sylwia	819	OLZA CIESZYN	30-39	56	00:00:16	00:11:43	00:26:55.90	00:27:12.55	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
57	WRUCHA Sylwia	625		30-39	57	00:00:18	00:11:47	00:26:57.10	00:27:15.25	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
58	BANAŚ Justyna	736	ŚWIRY STELA	30-39	58	00:00:09	00:11:24	00:26:58.00	00:27:07.05	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
59	RÓŻYCKA Wiola	1250		30-39	59	00:00:07	00:10:58	00:26:58.45	00:27:05.80	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
60	KRAKOWCZYK Karolina	1016		30-39	60	00:00:13	00:11:22	00:27:00.05	00:27:13.35	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
61	RAZIUK Agnieszka	1108		30-39	61	00:00:14	00:11:19	00:27:06.70	00:27:20.85	+00:08:06 (29.9%)	5:25	11.1 (70.3%)

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62	KACZKOWSKA Julita	483	HRMAX ŻORY	30-39	62	00:00:05	00:10:40	00:27:06.80	00:27:12.25	+00:08:07 (29.9%)	5:25	11.1 (70.3%)
63	BOŻEK Bernadeta	1151	KOBIETY NA 5+	30-39	63	00:00:23	00:11:33	00:27:09.05	00:27:32.70	+00:08:09 (30.0%)	5:25	11 (69.6%)
64	GÓRA Marta	48		30-39	64	00:00:05	00:11:06	00:27:18.15	00:27:23.45	+00:08:18 (30.4%)	5:27	11 (69.6%)
65	TIEBLER Marlena	860	STS BIEGATON MIKOŁÓW	30-39	65	00:00:12	00:11:46	00:27:19.30	00:27:32.15	+00:08:19 (30.5%)	5:28	11 (69.6%)
66	STASZEWSKA Marta	1153	MORSY NA KOKSIE	30-39	66	00:00:11	00:11:13	00:27:23.90	00:27:35.80	+00:08:24 (30.7%)	5:28	10.9 (69.0%)
67	KANIA Monika	635		30-39	67	00:00:16	00:11:57	00:27:28.35	00:27:45.25	+00:08:28 (30.9%)	5:29	10.9 (69.0%)
68	MARYNIAK Ewelina	239	MIECHOWICKA GRUPA BIEGOWA/ CIDRY LOTAJOM	30-39	68	00:00:05	00:11:44	00:27:30.25	00:27:36.00	+00:08:30 (30.9%)	5:30	10.9 (69.0%)
69	RUCKA Ela	1091	BIELSZCZANKI BIEGAJĄ	30-39	69	00:00:06	00:11:13	00:27:34.10	00:27:40.60	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
70	BIZOŃ Monika	452	DYSTANS LUBOMIA	30-39	70	00:00:13	00:11:58	00:27:34.70	00:27:47.80	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
71	BOGACZ Aneta	402	KĘCKIE HARPAGANY	30-39	71	00:00:13	00:11:59	00:27:37.75	00:27:51.10	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
72	CZAPLA Marzena	1064	BIELSZCZANKI BIEGAJĄ	30-39	72	00:00:12	00:11:27	00:27:38.10	00:27:50.20	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
73	JAWOREK Monika	521		30-39	73	00:00:28	00:11:48	00:27:38.40	00:28:06.65	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
74	KAMIŃSKA Ewelina	1115		30-39	74	00:00:24	00:11:42	00:27:45.80	00:28:10.25	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
75	JURASZEK Elzbieta	982		30-39	75	00:00:28	00:11:57	00:27:46.30	00:28:14.35	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
76	WIECHOWSKA Sabina	240		30-39	76	00:00:09	00:11:22	00:27:46.85	00:27:56.65	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
77	GÓRECKA Iwona	392		30-39	77	00:00:30	00:12:27	00:27:47.95	00:28:18.25	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
78	MUSIAŁ Wioletta	875	GB GALOPUJĄCE ŚLIMAKI	30-39	78	00:00:08	00:11:23	00:27:49.00	00:27:57.90	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
79	WITKOWSKA Ania	89	KLUB KRÓLIKA STEFANA	30-39	79	00:00:25	00:12:24	00:27:50.15	00:28:15.45	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
80	SZCZEPANIK Joanna	805	MIECHOWICKA GRUPA BIEGOWA	30-39	80	00:00:04	00:11:45	00:27:50.45	00:27:55.00	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
81	SNOCHOWSKA Gabriela	92	RETRO RUNNERS	30-39	81	00:00:09	00:12:12	00:27:50.75	00:28:00.20	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
82	LIPKO Izabela	413		30-39	82	00:00:20	00:11:56	00:27:52.45	00:28:12.50	+00:08:52 (31.8%)	5:34	10.8 (68.4%)
83	WAŁĘDZIK Anna	804	MIECHOWICKA GRUPA BIEGOWA	30-39	83	00:00:04	00:11:45	00:27:52.75	00:27:57.05	+00:08:52 (31.9%)	5:34	10.8 (68.4%)
84	KUTYŁA Agnieszka	794		30-39	84	00:00:33	00:12:04	00:27:55.30	00:28:28.95	+00:08:55 (32.0%)	5:35	10.7 (67.7%)

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84	KUŁAKOWSKA-ZAGÓRSKA Justyna	795		30-39	85	00:00:33	00:12:04	00:27:55.30	00:28:28.95	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
86	BAKOWSKA Justyna	726		30-39	86	00:00:00	00:12:27	00:27:55.80	00:27:55.80	+00:08:56 (32.0%)	5:35	10.7 (67.7%)
87	DOBRY Teresa	517		30-39	87	00:00:24	00:11:35	00:27:57.20	00:28:21.90	+00:08:57 (32.0%)	5:35	10.7 (67.7%)
88	FRANEK Agata	925		30-39	88	00:00:00	00:11:44	00:28:00.80	00:28:00.80	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
89	KOSIACKA Agnieszka	672		30-39	89	00:00:17	00:11:37	00:28:01.25	00:28:18.85	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
90	ZALĘCKA Monika	938		30-39	90	00:00:10	00:12:00	00:28:01.55	00:28:12.05	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
91	PERGOŁ Elżbieta	705	SIOSTRY I&E	30-39	91	00:00:30	00:12:18	00:28:02.40	00:28:32.55	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
92	FOLTYN Bożena	229	OLZA CIESZYN	30-39	92	00:00:13	00:11:58	00:28:05.90	00:28:19.80	+00:09:06 (32.4%)	5:37	10.7 (67.7%)
93	KOPIEC Izabela	681	INTER ROPE TEAM	30-39	93	00:00:02	00:11:23	00:28:08.65	00:28:11.15	+00:09:08 (32.5%)	5:37	10.7 (67.7%)
94	SZLAUER Magdalena	255	OLZA CIESZYN	30-39	94	00:00:16	00:11:49	00:28:10.40	00:28:27.25	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
95	TERESZYŃSKA Anna	927		30-39	95	00:00:02	00:11:22	00:28:12.00	00:28:14.45	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
96	KRYSKA Eliza	1071	BB BIELSZCZANKI BIEGAJĄ	30-39	96	00:00:12	00:11:27	00:28:13.05	00:28:25.45	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
97	KAPLON Wioletta	1191		30-39	97	00:00:24	00:11:57	00:28:15.25	00:28:39.85	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
98	HERUD Magdalena	1075	EKO-OKNA RUNNERS	30-39	98	00:00:10	00:11:24	00:28:15.35	00:28:25.35	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
99	STABLA Agata	1047		30-39	99	00:00:11	00:12:13	00:28:18.20	00:28:29.90	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
100	GIEDWIŁO Marta	529	KOLOROWA DRUŻYNA NESSI	30-39	100	00:00:20	00:12:20	00:28:23.00	00:28:43.65	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
101	ZIELIŃSKA Anna	1228	MIECHOWICKA GRUPA BIEGOWA	30-39	101	00:00:05	00:11:49	00:28:23.45	00:28:29.05	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
102	DAJKA Barbara	406		30-39	102	00:00:27	00:12:47	00:28:24.00	00:28:51.00	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
103	GRABIAŃSKA Katarzyna	1182	VIKING TRAINING CENTER	30-39	103	00:00:21	00:12:48	00:28:26.00	00:28:47.95	+00:09:26 (33.2%)	5:41	10.6 (67.1%)
104	KOMOROWSKA Żaneta	121		30-39	104	00:00:24	00:12:50	00:28:26.65	00:28:51.55	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
105	STOLARCZYK Aleksandra	1059	RUNTEAM PAWŁOWICE	30-39	105	00:00:08	00:11:50	00:28:27.75	00:28:36.15	+00:09:27 (33.3%)	5:41	10.5 (66.5%)
106	PIŃKOWSKA Patrycja	771	BB BIELSZCZANKI BIEGAJĄ	30-39	106	00:00:36	00:12:17	00:28:29.30	00:29:05.95	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
107	GRABARCZYK-TIERIENTIEW Agnieszka	455		30-39	107	00:00:09	00:11:39	00:28:29.55	00:28:38.85	+00:09:29 (33.3%)	5:41	10.5 (66.5%)

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	BINIENDA Agnieszka	1069		30-39	108	00:00:30	00:12:29	00:28:32.10	00:29:02.80	+00:09:32 (33.4%)	5:42	10.5 (66.5%)
109	GAWEŁCZYK Marta	1218	CE PROGRESS	30-39	109	00:00:31	00:12:32	00:28:35.55	00:29:07.35	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
110	BUREK Gabriela	405		30-39	110	00:00:25	00:12:50	00:28:37.45	00:29:03.10	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
111	DAICZMANEK Aleksandra	596		30-39	111	00:00:18	00:12:18	00:28:41.00	00:28:59.85	+00:09:41 (33.8%)	5:44	10.5 (66.5%)
112	GIBAS Amanda	317	FARTLECZKI	30-39	112	00:00:25	00:12:31	00:28:43.50	00:29:08.75	+00:09:43 (33.9%)	5:44	10.4 (65.8%)
113	ŁACNY Angelika	737	KOLOROWA DRUŻYNA NESSI	30-39	113	00:00:09	00:12:28	00:28:45.10	00:28:54.15	+00:09:45 (33.9%)	5:45	10.4 (65.8%)
114	SIWY Justyna	167		30-39	114	00:00:23	00:12:41	00:28:50.15	00:29:13.20	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
115	BARTOSIK Monika	1160	#CZELADZBIEGA	30-39	115	00:00:30	00:12:46	00:28:51.80	00:29:21.95	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
116	ŁOZIŃSKA Edyta	375	MIECHOWICJA GRUPA BIEGOWA	30-39	116	00:00:05	00:11:44	00:28:52.70	00:28:57.90	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
117	SZOJDA Paulina	75	VIKING TRAINING CENTER	30-39	117	00:00:33	00:12:17	00:28:52.85	00:29:26.05	+00:09:53 (34.2%)	5:46	10.4 (65.8%)
118	JĘDRUSIAK Lidia	1178		30-39	118	00:00:00	00:12:06	00:28:54.75	00:28:54.75	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
119	GIEROŃ Katarzyna	378	DYSTANS LUBOMIA	30-39	119	00:00:13	00:12:23	00:28:55.05	00:29:08.75	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
120	SMOLORZ Anna	216		30-39	120	00:00:43	00:12:27	00:28:56.30	00:29:39.65	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
121	SZENDERA-ORSZULIK Zofia	793		30-39	121	00:00:06	00:12:06	00:29:00.40	00:29:07.25	+00:10:00 (34.5%)	5:48	10.3 (65.2%)
122	BIAŁOŃCZYK Joanna	561		30-39	122	00:00:00	00:12:17	00:29:07.70	00:29:07.70	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
123	PIOTROWSKA Anna	148		30-39	123	00:00:26	00:13:18	00:29:08.00	00:29:34.05	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
124	POŁEDNIOK Aleksandra	822		30-39	124	00:00:02	00:11:39	00:29:08.15	00:29:10.65	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
125	SITKO Agnieszka	851	RADLINIOKI W BIEGU	30-39	125	00:00:27	00:12:23	00:29:11.95	00:29:39.75	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
126	CHOLAJDA Monika	1303		30-39	126	00:00:16	00:11:54	00:29:14.35	00:29:30.40	+00:10:14 (35.0%)	5:50	10.3 (65.2%)
127	BIAŁAS Ewa	766		30-39	127	00:00:28	00:12:13	00:29:14.85	00:29:43.65	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
128	GWIZDAŁA Joanna	1214		30-39	128	00:00:23	00:12:11	00:29:17.55	00:29:40.80	+00:10:17 (35.1%)	5:51	10.2 (64.6%)
129	SURMA Bożena	876	KĘCKIE HARPAGANY	30-39	129	00:00:13	00:12:24	00:29:19.80	00:29:32.90	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
130	KUŚ Anna	9		30-39	130	00:00:10	00:12:33	00:29:21.45	00:29:32.05	+00:10:21 (35.3%)	5:52	10.2 (64.6%)

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	POSTÓŁ Karolina	945		30-39	131	00:00:04	00:12:31	00:29:25.85	00:29:30.20	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
132	FRAJHOFER Ewa	983	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	132	00:00:00	00:12:10	00:29:31.05	00:29:31.05	+00:10:31 (35.6%)	5:54	10.2 (64.6%)
133	HABRAM Joanna	51	FORMA WODZISŁAW ŚLĄSKI	30-39	133	00:00:21	00:12:38	00:29:31.40	00:29:52.40	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
134	ŻAK Joanna	841		30-39	134	00:00:23	00:12:38	00:29:34.00	00:29:57.00	+00:10:34 (35.7%)	5:54	10.1 (63.9%)
135	PRÓSZYŃSKA Agnieszka	567		30-39	135	00:00:27	00:12:53	00:29:34.05	00:30:01.25	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
136	BEDKA Daria	1237		30-39	136	00:00:18	00:12:32	00:29:34.20	00:29:52.65	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
137	SZCZERBAK Sabina	767		30-39	137	00:00:12	00:12:34	00:29:34.65	00:29:47.35	+00:10:34 (35.8%)	5:55	10.1 (63.9%)
138	CAPUTA Lucyna	1042		30-39	138	00:00:27	00:12:50	00:29:36.30	00:30:03.75	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
139	URBAŃSKA Justyna	203	MIECHOWICKA GRUPA BIEGOWA	30-39	139	00:00:31	00:13:05	00:29:37.00	00:30:08.85	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
140	ZACHURZOK Ewelina	747	OLZA CIESZYN	30-39	140	00:00:11	00:12:18	00:29:37.90	00:29:48.90	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
141	DOBRAS Anna	287	MIECHOWICKA GRUPA BIEGOWA	30-39	141	00:00:31	00:13:05	00:29:38.00	00:30:09.35	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
142	JAKUBIK Edyta	101		30-39	142	00:00:21	00:12:13	00:29:38.80	00:30:00.05	+00:10:39 (35.9%)	5:55	10.1 (63.9%)
143	WAJMAN-GRASZA Katarzyna	418	STEP-DANCE RUN	30-39	143	00:00:20	00:12:47	00:29:39.75	00:30:00.20	+00:10:39 (36.0%)	5:56	10.1 (63.9%)
144	FIZIA Joanna	96	KOLOROWA DRUŻYNA NESSI	30-39	144	00:00:16	00:12:54	00:29:46.55	00:30:02.90	+00:10:46 (36.2%)	5:57	10.1 (63.9%)
145	BARTOSIAK Dagmara	1246		30-39	145	00:00:36	00:12:36	00:29:50.00	00:30:26.40	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
146	WIĘSEK Judyta	1232	GWARKOWE DZIEWCZYNY	30-39	146	00:00:19	00:12:32	00:29:50.70	00:30:10.30	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
147	BREJTA-MACIOCHA Joanna	1198	DECATHLON RYBNIK	30-39	147	00:00:00	00:13:01	00:29:53.95	00:29:53.95	+00:10:54 (36.5%)	5:58	10 (63.3%)
148	KOWALCZYK Izabela	989	JUSTFEELFETTEAM	30-39	148	00:00:29	00:12:46	00:29:55.25	00:30:24.45	+00:10:55 (36.5%)	5:59	10 (63.3%)
149	SEBESTA-JABŁOŃSKA Karolina	218		30-39	149	00:00:17	00:12:30	00:29:57.00	00:30:14.90	+00:10:57 (36.6%)	5:59	10 (63.3%)
150	SZALENIEC Patrycja	498	BĘDZIN TEAM	30-39	150	00:00:15	00:12:37	00:30:00.90	00:30:16.80	+00:11:01 (36.7%)	6:00	10 (63.3%)
151	DĄBROWSKA Jadwiga	196	FANTASTIC	30-39	151	00:00:49	00:13:26	00:30:01.70	00:30:50.80	+00:11:01 (36.7%)	6:00	10 (63.3%)
152	STUCHLIK Gabriela	349		30-39	152	00:00:21	00:12:47	00:30:06.25	00:30:28.00	+00:11:06 (36.9%)	6:01	10 (63.3%)
153	GIŻYŃSKA Katarzyna	1043	KOBIETY NA 5+	30-39	153	00:00:14	00:12:24	00:30:07.15	00:30:21.80	+00:11:07 (36.9%)	6:01	10 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	MALISZEWSKA Beata	12		30-39	154	00:00:31	00:12:32	00:30:07.70	00:30:38.75	+00:11:07 (36.9%)	6:01	10 (63.3%)
155	REYMANN Milena	978	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	155	00:00:35	00:12:37	00:30:07.90	00:30:43.05	+00:11:08 (37.0%)	6:01	10 (63.3%)
156	DUCHNOWSKA Katarzyna	986	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	156	00:00:34	00:12:39	00:30:08.25	00:30:43.15	+00:11:08 (37.0%)	6:01	10 (63.3%)
157	HOLISZ-JANUSZEK Joanna	245		30-39	157	00:00:33	00:12:45	00:30:10.65	00:30:43.85	+00:11:10 (37.1%)	6:02	9.9 (62.7%)
158	KOLORZ-SAJDAK Beata	724		30-39	158	00:00:39	00:13:15	00:30:16.65	00:30:56.60	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
159	ROGAŁA Anna	904		30-39	159	00:00:24	00:12:33	00:30:22.55	00:30:47.25	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
160	GATNER Agnieszka	428		30-39	160	00:00:36	00:13:29	00:30:25.45	00:31:01.75	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
161	WĘGRZYN Ewa	580		30-39	161	00:00:11	00:12:18	00:30:27.95	00:30:39.65	+00:11:28 (37.6%)	6:05	9.8 (62.0%)
162	SZCZĘSNA Edyta	144	RYTM CZECHOWICE - DZIEDZICE	30-39	162	00:00:27	00:13:13	00:30:28.75	00:30:56.05	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
163	SKÓRA Aneta	525		30-39	163	00:00:23	00:13:12	00:30:29.30	00:30:52.95	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
164	PODSIADŁO Nina	408		30-39	164	00:00:23	00:13:12	00:30:29.75	00:30:52.95	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
165	BZOWSKA Aleksandra	362	NIGHTRUNNERS GLIWICE	30-39	165	00:00:22	00:13:13	00:30:30.10	00:30:52.75	+00:11:30 (37.7%)	6:06	9.8 (62.0%)
166	PRZESÓR Barbara	571		30-39	166	00:00:06	00:12:27	00:30:32.60	00:30:38.65	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
167	SZEFER Wioleta	545		30-39	167	00:00:18	00:12:47	00:30:32.65	00:30:51.40	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
168	SZWEDA-KUBOSZEK Katarzyna	537	SPOT PSZCZYNA	30-39	168	00:00:24	00:12:54	00:30:33.30	00:30:57.40	+00:11:33 (37.8%)	6:06	9.8 (62.0%)
169	SZEFER Sylwia	547	KOBIETY 5+	30-39	169	00:00:18	00:12:47	00:30:33.90	00:30:51.90	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
170	KUBICA Patrycja	722	OLZA CIESZYN	30-39	170	00:00:12	00:12:32	00:30:34.05	00:30:46.25	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
171	GOLEC-CHOLEWA Aleksandra	994	JUSTFEELFIT TEAM	30-39	171	00:00:28	00:12:55	00:30:37.30	00:31:05.90	+00:11:37 (38.0%)	6:07	9.8 (62.0%)
172	SKWARK Aneta	899		30-39	172	00:00:25	00:13:31	00:30:38.30	00:31:03.65	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
173	PLESZCZYŃSKA Iwona	83		30-39	173	00:00:20	00:12:56	00:30:39.65	00:31:00.40	+00:11:39 (38.0%)	6:08	9.8 (62.0%)
174	FROSZTĘGA Katarzyna	951	SISTERS	30-39	174	00:00:25	00:13:31	00:30:41.70	00:31:07.50	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
175	CICHY Agnieszka	137		30-39	175	00:00:17	00:12:52	00:30:43.30	00:31:00.95	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
176	SZCZELINA Marta	489	KOLOROWA DRUŻYNA NESSI	30-39	176	00:00:06	00:12:39	00:30:43.65	00:30:49.85	+00:11:43 (38.2%)	6:08	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	MARSZALIK Anna	411		30-39	177	00:00:02	00:12:28	00:30:45.95	00:30:48.05	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
178	JĘDRZEJEWSKA Beata	1067		30-39	178	00:00:30	00:12:44	00:30:48.35	00:31:18.85	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
179	SITKO Dagmara	830	GWARKOWE DZIEWCZYNY	30-39	179	00:00:19	00:12:54	00:30:50.45	00:31:10.15	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
180	ADAMIK Magda	437	KOLOROWA DRUŻYNA NESSI	30-39	180	00:01:36	00:13:00	00:30:51.80	00:32:28.45	+00:11:52 (38.4%)	6:10	9.7 (61.4%)
181	SIKORA Agnieszka	324	NIGHT RUNNERS	30-39	181	00:00:40	00:13:25	00:30:51.90	00:31:32.20	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
182	ĆWIEK-ŁACH Ewa	799		30-39	182	00:00:10	00:12:09	00:30:55.05	00:31:05.65	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
183	PROCNER Dorota	921		30-39	183	00:00:37	00:13:31	00:30:55.10	00:31:32.70	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
184	IWANOWICZ Anna	233	PARKRUN CHRZANÓW	30-39	184	00:00:16	00:13:13	00:30:55.30	00:31:11.90	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
185	ROZMUS-PROCNER Patrycja	931	WAPIENICKI TEAM	30-39	185	00:00:37	00:13:31	00:30:55.45	00:31:32.70	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
186	ZDEB Barbara	310	NIGHT RUNNERS ZABRZE	30-39	186	00:00:42	00:13:43	00:31:05.55	00:31:47.80	+00:12:05 (38.9%)	6:13	9.7 (61.4%)
187	SZADY Barbara	61		30-39	187	00:00:38	00:13:47	00:31:05.80	00:31:44.50	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
188	HALSZKA Joanna	780		30-39	188	00:00:23	00:13:32	00:31:06.65	00:31:30.60	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
189	KUPCZEWSKA Izabela	1139	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	189	00:00:09	00:12:58	00:31:07.55	00:31:17.05	+00:12:07 (39.0%)	6:13	9.6 (60.8%)
190	SOBEL Beata	980		30-39	190	00:00:29	00:12:55	00:31:12.25	00:31:41.60	+00:12:12 (39.1%)	6:14	9.6 (60.8%)
191	MENŻYK Anna	668		30-39	191	00:00:41	00:13:53	00:31:13.50	00:31:55.35	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
192	JACAK Marta	180		30-39	192	00:00:45	00:13:21	00:31:14.50	00:32:00.35	+00:12:14 (39.2%)	6:15	9.6 (60.8%)
193	MORIC Anna	278	KOLOROWA DRUŻYNA NESSI	30-39	193	00:00:11	00:12:45	00:31:19.30	00:31:30.60	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
194	ŚMIGIELSKA Justyna	1140	MORSY NA KOKSIE	30-39	194	00:00:42	00:13:15	00:31:22.50	00:32:05.35	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
195	NALEPA Marta	865		30-39	195	00:00:19	00:12:45	00:31:23.80	00:31:43.45	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
196	OKOŃ Elżbieta	379		30-39	196	00:00:23	00:13:04	00:31:24.15	00:31:47.40	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
197	KUBACZKA-LIGENZA Sylwia	426	#CZELADZBIEGA	30-39	197	00:00:31	00:13:17	00:31:28.25	00:32:00.00	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
198	BRYCHCY Estera	1138	RUNTEAM PAWŁOWICE	30-39	198	00:00:07	00:13:09	00:31:30.35	00:31:38.15	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
199	RUCIŃSKA Kinga	740		30-39	199	00:00:07	00:12:27	00:31:30.40	00:31:37.50	+00:12:30 (39.7%)	6:18	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	DARNOWSKA-HYLA Julia	1111		30-39	200	00:00:17	00:13:01	00:31:32.85	00:31:50.65	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
201	ŚLEZIONA Katarzyna	1068		30-39	201	00:00:16	00:13:01	00:31:33.65	00:31:49.80	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
202	GŁĄB Magdalena	205		30-39	202	00:00:33	00:13:03	00:31:34.70	00:32:08.45	+00:12:34 (39.8%)	6:19	9.5 (60.1%)
203	WIŚNIEWSKA Justyna	34	KOBIETY NA 5+	30-39	203	00:00:14	00:12:47	00:31:35.50	00:31:49.95	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
204	DOLNIK Katarzyna	1003		30-39	204	00:00:18	00:13:55	00:31:35.60	00:31:54.35	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
205	KARKULA Katarzyna	1051		30-39	205	00:00:23	00:13:27	00:31:36.20	00:31:59.20	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
206	PYZIK Barbara	728		30-39	206	00:00:38	00:13:43	00:31:36.70	00:32:15.05	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
207	HUBA Agnieszka	553	KOBIETY NA 5+	30-39	207	00:00:21	00:12:18	00:31:40.60	00:32:01.60	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
208	WOJDANOWSKA Małgorzata	1117		30-39	208	00:00:34	00:13:15	00:31:40.85	00:32:15.65	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
209	DYCZEK Klaudia	640	DYCUŚ TEAM	30-39	209	00:00:29	00:13:45	00:31:42.10	00:32:11.95	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
210	HERDUŚ Lucyna	753		30-39	210	00:00:24	00:13:34	00:31:43.50	00:32:07.70	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
211	LEPICH Katarzyna	1236	MIECHOWICKA GRUPA BIEGOWA	30-39	211	00:00:33	00:13:32	00:31:44.10	00:32:17.30	+00:12:44 (40.1%)	6:20	9.5 (60.1%)
212	LISZOK Iwona	597		30-39	212	00:00:16	00:13:20	00:31:44.85	00:32:01.45	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
213	PADIASEK Dominika	487	HRMAX ŻORY	30-39	213	00:00:18	00:13:33	00:31:45.55	00:32:04.45	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
214	WALA Anna	1220		30-39	214	00:00:11	00:12:07	00:31:46.85	00:31:58.65	+00:12:47 (40.2%)	6:21	9.4 (59.5%)
215	MARCINKOWSKA Magdalena	119	MIECHOWICKA GRUPA BIEGOWA	30-39	215	00:00:31	00:13:34	00:31:50.35	00:32:21.65	+00:12:50 (40.3%)	6:22	9.4 (59.5%)
216	MAZUR Justyna	387	FANTASTIC ANIA SIKORA	30-39	216	00:00:20	00:13:34	00:31:51.65	00:32:12.00	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
217	WOSIŃSKA Helena	942	RUNTEAM PAWŁOWICE	30-39	217	00:00:20	00:13:08	00:31:53.80	00:32:14.30	+00:12:54 (40.4%)	6:22	9.4 (59.5%)
218	ZAGÓRSKA Beata	1297	NIEDŹWIEDŹ TEAM	30-39	218	00:00:49	00:13:28	00:31:54.10	00:32:43.10	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
219	GORUS Anna	719	NIGHT RUNNERS ZABRZE	30-39	219	00:00:40	00:13:35	00:31:54.50	00:32:35.35	+00:12:54 (40.5%)	6:23	9.4 (59.5%)
220	HRYNKIEWICZ Izabela	1098		30-39	220	00:00:26	00:12:57	00:31:56.85	00:32:23.00	+00:12:57 (40.5%)	6:23	9.4 (59.5%)
221	PILCH Anna	1155		30-39	221	00:00:33	00:14:03	00:32:03.15	00:32:36.55	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
221	KISZKA Oriana	20	DIAGNOSTIX	30-39	222	00:00:33	00:14:03	00:32:03.15	00:32:36.65	+00:13:03 (40.7%)	6:24	9.4 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	TOMAN Aneta	1199	HRMAXZORY	30-39	223	00:00:00	00:13:53	00:32:04.10	00:32:04.10	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
224	SAWICKA Marta	47		30-39	224	00:00:47	00:13:58	00:32:04.80	00:32:52.70	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
225	KUFIETA Ewelina Ina	664		30-39	225	00:00:35	00:13:15	00:32:05.35	00:32:40.45	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
226	KANTOROWSKA Ania	699	POWOLI DO CELU	30-39	226	00:00:40	00:13:36	00:32:12.15	00:32:52.45	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
227	GRZELAK Patrycja	583	KOBIETY NA 5+	30-39	227	00:00:16	00:13:24	00:32:15.35	00:32:32.15	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
228	SZALA Beata	267	SBD ENERGETYK RYBNIK	30-39	228	00:00:33	00:13:18	00:32:16.60	00:32:49.60	+00:13:16 (41.1%)	6:27	9.3 (58.9%)
229	KSEPKO Kasia	91		30-39	229	00:00:34	00:13:54	00:32:17.15	00:32:52.00	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
230	BAŁA Justyna	151	KOBIETY NA 5+	30-39	230	00:00:24	00:13:37	00:32:18.65	00:32:43.60	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
231	KOWALCZYK Zuzanna	16	DECATHLON ŻORY	30-39	231	00:00:24	00:13:55	00:32:25.15	00:32:49.35	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
232	STANISZEWSKA-COLIK Magdalena	524		30-39	232	00:00:03	00:13:39	00:32:25.35	00:32:28.85	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
233	BUJAK-KAPA Dorota	958	#CZELADZBIEGA	30-39	233	00:00:29	00:13:15	00:32:28.90	00:32:58.85	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
234	KSIĄDZ Aneta	802		30-39	234	00:00:25	00:13:58	00:32:29.70	00:32:55.55	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
235	GORAUS Anna	188	ADS MASNA	30-39	235	00:00:31	00:13:18	00:32:29.85	00:33:01.65	+00:13:30 (41.5%)	6:30	9.2 (58.2%)
236	MARCYNIAK Katarzyna	1119		30-39	236	00:00:30	00:14:17	00:32:32.30	00:33:02.45	+00:13:32 (41.6%)	6:30	9.2 (58.2%)
237	KAJDA Zuzanna	78	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	237	00:00:20	00:13:26	00:32:33.10	00:32:53.70	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
238	AUGUŚCIK Ewelina	30		30-39	238	00:00:19	00:13:21	00:32:36.35	00:32:56.05	+00:13:36 (41.7%)	6:31	9.2 (58.2%)
239	CHROBOK Natalia	734	OLZA CIESZYN	30-39	239	00:00:21	00:13:20	00:32:37.05	00:32:58.65	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
240	ŻERDKA Agnieszka	1106	BRYKAJĄCA GRUPA BIEGOWA	30-39	240	00:00:32	00:13:44	00:32:39.15	00:33:11.75	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
241	SIENKIEWICZ Gabriela	761		30-39	241	00:00:38	00:13:42	00:32:39.95	00:33:18.65	+00:13:40 (41.8%)	6:32	9.2 (58.2%)
242	GRZYŚKA Katarzyna	371		30-39	242	00:01:19	00:13:58	00:32:40.80	00:34:00.75	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
243	TOKAREWICZ Justyna	936		30-39	243	00:00:22	00:13:55	00:32:41.70	00:33:03.95	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
244	SUDLITZ Anna	1049	FORTUNA SISTERS	30-39	244	00:00:38	00:14:48	00:32:48.90	00:33:27.55	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
245	SZLAUR Ewelina	720	OLZA CIESZYN	30-39	245	00:00:44	00:14:47	00:32:50.00	00:33:34.20	+00:13:50 (42.1%)	6:34	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	DRYNDA Jolanta	735		30-39	246	00:00:10	00:13:21	00:32:50.10	00:33:00.80	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
247	TOWŚCIK Anna	918		30-39	247	00:00:23	00:13:55	00:32:52.75	00:33:16.00	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
247	RODAK Agnieszka	1125	W POGONI ZA DUCHEM	30-39	248	00:00:34	00:14:11	00:32:52.75	00:33:27.50	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
249	MAZUR Aleksandra	365		30-39	249	00:00:45	00:15:13	00:32:53.35	00:33:38.50	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
250	STRZODA Barbara	448	PSZCZYNA BIEGA	30-39	250	00:00:13	00:13:21	00:32:56.05	00:33:09.35	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
250	TATARCZYK Justyna	481		30-39	251	00:00:33	00:14:01	00:32:56.05	00:33:29.50	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
252	KRYSTEK Ewelina	715	PSZCZYNA BIEGA	30-39	252	00:00:12	00:13:22	00:32:59.70	00:33:12.55	+00:13:59 (42.4%)	6:36	9.1 (57.6%)
253	SAMSEL Zuzanna	557		30-39	253	00:00:44	00:14:19	00:33:00.30	00:33:44.35	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
254	JÓZEF Ania	314	ADS MASNA	30-39	254	00:00:15	00:13:43	00:33:01.90	00:33:17.50	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
255	TARGOSZ Aneta	24	OLZA CIESZYN	30-39	255	00:00:32	00:14:06	00:33:04.10	00:33:36.60	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
256	LANGE Katarzyna	756	VIKING TRAINING CENTER	30-39	256	00:00:49	00:15:12	00:33:04.65	00:33:54.35	+00:14:04 (42.6%)	6:37	9.1 (57.6%)
257	JAFERNIK Małgorzata	1262	PW RAFI	30-39	257	00:00:35	00:14:04	00:33:05.45	00:33:41.35	+00:14:05 (42.6%)	6:37	9.1 (57.6%)
258	KISIELEWSKA Mirella	480		30-39	258	00:00:44	00:13:53	00:33:06.85	00:33:50.95	+00:14:07 (42.6%)	6:37	9.1 (57.6%)
259	KISZKA Wioletta	897		30-39	259	00:01:12	00:13:52	00:33:16.35	00:34:28.45	+00:14:16 (42.9%)	6:39	9 (57.0%)
260	KINEL Agnieszka	63	ADS MASNA	30-39	260	00:00:00	00:13:57	00:33:17.50	00:33:17.50	+00:14:17 (42.9%)	6:39	9 (57.0%)
261	JAROŃ Katarzyna	530		30-39	261	00:00:12	00:13:17	00:33:19.50	00:33:31.90	+00:14:19 (43.0%)	6:39	9 (57.0%)
262	LASKOWSKA Anna	864		30-39	262	00:00:36	00:14:34	00:33:20.70	00:33:57.00	+00:14:20 (43.0%)	6:40	9 (57.0%)
263	LISZKA Ania	967		30-39	263	00:00:09	00:13:21	00:33:21.00	00:33:30.00	+00:14:21 (43.0%)	6:40	9 (57.0%)
264	JANOTA Monika	434	GB GALOPUJĄCE ŚLIMAKI	30-39	264	00:00:26	00:13:50	00:33:21.30	00:33:47.35	+00:14:21 (43.0%)	6:40	9 (57.0%)
265	STROJEK Agnieszka	536		30-39	265	00:00:13	00:13:45	00:33:28.85	00:33:41.90	+00:14:29 (43.3%)	6:41	9 (57.0%)
266	TOBICZYK Barbara	486		30-39	266	00:00:20	00:13:35	00:33:32.20	00:33:52.35	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
267	TOKAREWICZ Kasia	360	ZEBRY	30-39	267	00:00:22	00:13:57	00:33:32.70	00:33:55.65	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
268	WIRTH Agnieszka	554		30-39	268	00:00:36	00:14:33	00:33:32.75	00:34:09.40	+00:14:32 (43.4%)	6:42	8.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	BLANIK Aga	730		30-39	269	00:00:29	00:13:53	00:33:36.85	00:34:06.20	+00:14:37 (43.5%)	6:43	8.9 (56.3%)
270	URBAŚ Monika	436	KOBIETY 5+	30-39	270	00:00:28	00:13:57	00:33:40.00	00:34:08.70	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
271	WÓJCIK Anna	279	DRUŻYNA ING	30-39	271	00:00:07	00:14:05	00:33:40.60	00:33:47.80	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
272	ŚWIETLIK Joanna	613		30-39	272	00:00:12	00:13:46	00:33:48.50	00:34:01.30	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
273	ORZECHOWSKA Iwona	619	MYSŁOWICKI KLUB NO 1	30-39	273	00:00:10	00:13:31	00:33:48.55	00:33:59.45	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
274	GÓRAL Alina	657		30-39	274	00:00:50	00:14:15	00:33:51.95	00:34:42.85	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
275	GÓRECKA Aleksandra	673	INTER ROPE TEAM	30-39	275	00:00:40	00:14:34	00:34:01.40	00:34:41.70	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
276	OSZEK Karolina	1066	AMATOR	30-39	276	00:00:30	00:14:22	00:34:01.45	00:34:31.70	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
277	KLONOWSKA Monika	1062		30-39	277	00:00:29	00:14:23	00:34:01.95	00:34:31.45	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
278	KUBIŃSKA Aleksandra	606		30-39	278	00:00:28	00:14:31	00:34:05.75	00:34:34.10	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
279	BŁĄŻEJEWSKA Magdalena	73		30-39	279	00:00:38	00:14:39	00:34:11.15	00:34:49.80	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
280	PIETRUSZEWSKA Magdalena	770	MIECHOWICKA GRUPA BIEGOWA	30-39	280	00:00:46	00:14:55	00:34:11.20	00:34:58.00	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
281	PEPEK Aneta	1277		30-39	281	00:00:42	00:14:29	00:34:16.10	00:34:58.55	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
282	MORGAŁA Daria	315		30-39	282	00:00:50	00:14:55	00:34:16.20	00:35:06.80	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
283	CZMOK Paulina	539		30-39	283	00:00:21	00:14:22	00:34:17.25	00:34:38.65	+00:15:17 (44.6%)	6:51	8.8 (55.7%)
284	SZAFRON Gosia	644	SPOT PSZCZYNA	30-39	284	00:00:25	00:14:01	00:34:18.60	00:34:44.00	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
285	WÓJCIAK Magdalena	142		30-39	285	00:00:23	00:13:47	00:34:19.45	00:34:42.95	+00:15:19 (44.7%)	6:51	8.7 (55.1%)
286	BADACZEWSKA Anna	1266	BTM RUNNERS	30-39	286	00:00:28	00:13:36	00:34:26.35	00:34:54.35	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
287	WĘGOREK Monika	357	BTM RUNNERS	30-39	287	00:00:27	00:13:36	00:34:27.40	00:34:54.40	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
288	SAWICKA Agnieszka	181		30-39	288	00:00:46	00:14:40	00:34:30.00	00:35:16.60	+00:15:30 (44.9%)	6:54	8.7 (55.1%)
289	SZCZUREK Barbara	1010		30-39	289	00:00:54	00:15:03	00:34:31.10	00:35:25.10	+00:15:31 (45.0%)	6:54	8.7 (55.1%)
290	ĆWIKLIŃSKA-SŁOWIK Magdalena	679		30-39	290	00:00:28	00:14:27	00:34:33.80	00:35:02.60	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
291	SMAGA Ewelina	605		30-39	291	00:00:00	00:14:59	00:34:34.15	00:34:34.15	+00:15:34 (45.0%)	6:54	8.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	BOMBIK Edyta	896		30-39	292	00:00:48	00:14:21	00:34:37.00	00:35:25.10	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
293	KRASIŃSKA Inga	976		30-39	293	00:00:47	00:14:22	00:34:37.40	00:35:25.30	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
294	PRZYBYCIN Bożena	398		30-39	294	00:00:47	00:14:54	00:34:38.20	00:35:25.35	+00:15:38 (45.2%)	6:55	8.7 (55.1%)
295	JORDAN Monika	577		30-39	295	00:00:23	00:13:48	00:34:40.45	00:35:04.35	+00:15:40 (45.2%)	6:56	8.6 (54.4%)
296	CHAREŻA Agnieszka	1025	DRUŻYNA KOBIETY NA 5+	30-39	296	00:00:44	00:14:39	00:34:43.05	00:35:27.90	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
297	DAMIĘCKA Magda	1271	RUNTEAM PAWŁOWICE	30-39	297	00:00:00	00:15:07	00:34:47.25	00:34:47.25	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
298	GIZA Anna	1022		30-39	298	00:00:19	00:13:57	00:34:50.55	00:35:10.10	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
299	SENDAL Jolanta	1020		30-39	299	00:00:18	00:13:57	00:34:52.20	00:35:11.10	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
300	ROZALSKA Magdalena	1157		30-39	300	00:00:34	00:13:27	00:34:52.85	00:35:27.35	+00:15:53 (45.5%)	6:58	8.6 (54.4%)
301	HOLA Barbara	637		30-39	301	00:00:00	00:14:02	00:34:54.35	00:34:54.35	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
302	KUCZERA Bernadeta	503		30-39	302	00:00:39	00:14:26	00:34:58.60	00:35:37.75	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
303	ŁUKASIK Aldona	284	NMS	30-39	303	00:01:18	00:13:56	00:35:00.80	00:36:19.15	+00:16:01 (45.7%)	7:00	8.6 (54.4%)
304	KOPEĆ Ewelina	370		30-39	304	00:00:32	00:14:30	00:35:04.65	00:35:36.85	+00:16:04 (45.8%)	7:00	8.6 (54.4%)
305	MACIOŃCZYK Katarzyna	1278		30-39	305	00:00:17	00:14:08	00:35:11.10	00:35:28.20	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
306	KOLARCZYK Kamila	450	WIRUSY	30-39	306	00:00:37	00:14:10	00:35:12.35	00:35:49.65	+00:16:12 (46.0%)	7:02	8.5 (53.8%)
307	PIETRZAK Justyna	242		30-39	307	00:00:06	00:14:18	00:35:18.50	00:35:24.65	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
308	GRYCMAN Katarzyna	1275	KS M.E.T.A.	30-39	308	00:00:48	00:16:00	00:35:20.70	00:36:09.50	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
309	KOZŁOWSKA Patrycja	533		30-39	309	00:00:40	00:14:13	00:35:20.75	00:36:01.30	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
310	KOŚNIAK Beata	116	O CO BIEGA W KALETACH	30-39	310	00:00:31	00:14:52	00:35:24.45	00:35:55.55	+00:16:24 (46.3%)	7:04	8.5 (53.8%)
311	CHRUSZCZ Katarzyna	919	KOBIETY NA 5+	30-39	311	00:00:45	00:14:30	00:35:25.70	00:36:10.90	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
312	ZAŁUBSKA Beata	112	DRUŻYNA BB BIELSZCZANKI BIEGAJĄ	30-39	312	00:00:37	00:14:43	00:35:28.80	00:36:06.30	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
313	BANAŚ Katarzyna	1001	VIKING TRAINING CENTER	30-39	313	00:00:21	00:13:48	00:35:30.60	00:35:52.15	+00:16:30 (46.5%)	7:06	8.4 (53.2%)
314	WITKOWSKA Magdalena	866		30-39	314	00:00:41	00:14:58	00:35:33.05	00:36:14.10	+00:16:33 (46.6%)	7:06	8.4 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	NOWAK Agnieszka	1241	#CZELADZBIEGA	30-39	315	00:00:31	00:14:43	00:35:38.90	00:36:10.40	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
316	SZULIK Wioletta	676		30-39	316	00:00:29	00:14:27	00:35:39.20	00:36:08.70	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
316	BAJER Marzena	1162	DYSTANS LUBOMIA	30-39	317	00:00:54	00:15:36	00:35:39.20	00:36:33.45	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
318	SLADECZEK Izabela	1296	PAWŁOWICE	30-39	318	00:00:46	00:15:08	00:35:55.00	00:36:41.05	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
319	MATUNIN Alina	1081	MIECHOWICKA GRUPA BIEGOWA	30-39	319	00:00:40	00:15:20	00:35:56.00	00:36:36.10	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
320	LAPCZYK Magdalena	839	LICHOTAEM	30-39	320	00:00:38	00:14:53	00:36:03.15	00:36:41.35	+00:17:03 (47.3%)	7:12	8.3 (52.5%)
321	PROKOPIUK Adriana	288	KLUB BIEGACZA FARTLEK	30-39	321	00:00:47	00:14:39	00:36:06.40	00:36:53.55	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
322	SOBCZAK Magdalena	879		30-39	322	00:00:46	00:15:09	00:36:10.25	00:36:56.25	+00:17:10 (47.5%)	7:14	8.3 (52.5%)
323	MULKA Urszula	146		30-39	323	00:00:48	00:14:41	00:36:10.95	00:36:59.15	+00:17:11 (47.5%)	7:14	8.3 (52.5%)
324	KORALEWSKA Kinga	363		30-39	324	00:00:43	00:15:31	00:36:15.30	00:36:59.20	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
325	MODLIŃSKA Paulina	1235		30-39	325	00:00:43	00:15:31	00:36:15.75	00:36:59.00	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
326	BOMBOR Antonina	336		30-39	326	00:00:43	00:15:19	00:36:15.95	00:36:59.85	+00:17:16 (47.6%)	7:15	8.3 (52.5%)
327	KAŁUŻA Aleksandra	593	KOBIETY NA 5+	30-39	327	00:00:21	00:14:28	00:36:21.10	00:36:42.50	+00:17:21 (47.7%)	7:16	8.3 (52.5%)
328	BIL Malwina	1063	KOBIETY NA 5+	30-39	328	00:00:21	00:14:28	00:36:27.45	00:36:49.15	+00:17:27 (47.9%)	7:17	8.2 (51.9%)
329	GŁĄB Mariola	941		30-39	329	00:00:50	00:14:49	00:36:28.60	00:37:19.15	+00:17:28 (47.9%)	7:17	8.2 (51.9%)
330	WISEŁKA Lucyna	289		30-39	330	00:00:55	00:15:25	00:36:33.25	00:37:28.30	+00:17:33 (48.0%)	7:18	8.2 (51.9%)
331	BRANDYS Krystyna	461		30-39	331	00:00:36	00:14:34	00:36:39.65	00:37:16.55	+00:17:39 (48.2%)	7:20	8.2 (51.9%)
332	PEPEK Bożena	812		30-39	332	00:00:40	00:14:55	00:36:39.95	00:37:20.65	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
333	ZIELONKA Agnieszka	1273		30-39	333	00:00:40	00:15:16	00:36:40.10	00:37:20.85	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
334	KARWACKA Sylwia	541		30-39	334	00:00:00	00:16:04	00:36:40.35	00:36:40.35	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
335	SARNECKA-BĘBENEK Aleksandra	76	GB GALOPUJĄCE ŚLIMAKI	30-39	335	00:00:41	00:15:06	00:36:41.95	00:37:23.15	+00:17:42 (48.2%)	7:20	8.2 (51.9%)
336	ISKRA Joanna	492		30-39	336	00:00:48	00:15:42	00:36:49.20	00:37:37.85	+00:17:49 (48.4%)	7:21	8.1 (51.3%)
337	WYSOCKA Aneta	506	WKURW_TEAM	30-39	337	00:00:44	00:15:18	00:36:50.30	00:37:35.15	+00:17:50 (48.4%)	7:22	8.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	FABIAŃSKA Katarzyna	1023	MORSY NA KOKSIE	30-39	338	00:00:42	00:14:33	00:36:52.30	00:37:34.60	+00:17:52 (48.5%)	7:22	8.1 (51.3%)
339	HARATYK Joanna	381		30-39	339	00:00:54	00:15:44	00:37:04.35	00:37:59.25	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
340	HERZYK Alicja	956		30-39	340	00:00:22	00:16:41	00:37:06.65	00:37:28.95	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
341	KROCZEK Magdalena	1137		30-39	341	00:00:39	00:14:53	00:37:08.25	00:37:47.40	+00:18:08 (48.8%)	7:25	8.1 (51.3%)
342	SABAT Katarzyna	135		30-39	342	00:00:45	00:14:49	00:37:09.75	00:37:55.05	+00:18:09 (48.9%)	7:26	8.1 (51.3%)
343	CZAPOROWSKI Daria	893		30-39	343	00:00:35	00:15:04	00:37:10.80	00:37:45.95	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
344	SKRABARCZYK Anna	710	POWOLI DO CELU	30-39	344	00:00:40	00:14:53	00:37:11.45	00:37:51.95	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
345	STANO Monika	765	KOBIETY NA 5+	30-39	345	00:00:49	00:15:40	00:37:13.15	00:38:03.05	+00:18:13 (49.0%)	7:26	8.1 (51.3%)
346	IGNACEK Aleksandra	835		30-39	346	00:00:04	00:14:49	00:37:18.50	00:37:23.15	+00:18:18 (49.1%)	7:27	8 (50.6%)
347	BIERNACKA Teresa	609	MIRAZ RACE TEAM	30-39	347	00:00:40	00:15:33	00:37:20.05	00:38:00.80	+00:18:20 (49.1%)	7:28	8 (50.6%)
348	KORCZYK Beata	156	KOLOROWA DRUŻYNA NESSI	30-39	348	00:00:10	00:14:31	00:37:20.40	00:37:30.80	+00:18:20 (49.1%)	7:28	8 (50.6%)
349	STEFAŃSKA Dorota	1087		30-39	349	00:00:46	00:16:01	00:37:23.05	00:38:09.25	+00:18:23 (49.2%)	7:28	8 (50.6%)
350	ZABORSKA Magdalena	296		30-39	350	00:00:55	00:16:13	00:37:25.15	00:38:20.85	+00:18:25 (49.2%)	7:29	8 (50.6%)
351	PERKA Monika	1249		30-39	351	00:00:00	00:16:15	00:37:26.50	00:37:26.50	+00:18:26 (49.3%)	7:29	8 (50.6%)
352	SIENKIEWICZ-MARCINOWSKA Aleksandra	905		30-39	352	00:03:02	00:16:01	00:37:33.50	00:40:35.80	+00:18:33 (49.4%)	7:30	8 (50.6%)
353	STRASZEWSKA Aleksandra	733	KS M.E.T.A.	30-39	353	00:00:48	00:16:04	00:37:34.30	00:38:23.20	+00:18:34 (49.4%)	7:31	8 (50.6%)
354	RUMPEL Maria	291	KS M.E.T.A.	30-39	354	00:00:48	00:16:05	00:37:34.40	00:38:23.05	+00:18:34 (49.4%)	7:31	8 (50.6%)
355	ŚWIERCZ Sylwia	1294	RUNTEAM PAWŁOWICE	30-39	355	00:00:47	00:16:45	00:37:37.05	00:38:24.75	+00:18:37 (49.5%)	7:31	8 (50.6%)
356	PTASIŃSKA Iwona	1286		30-39	356	00:00:47	00:16:45	00:37:37.35	00:38:24.85	+00:18:37 (49.5%)	7:31	8 (50.6%)
357	BATKO Agnieszka	776	BA-DO	30-39	357	00:00:56	00:16:48	00:37:39.75	00:38:36.60	+00:18:39 (49.6%)	7:32	8 (50.6%)
358	STASZEWSKA Bogusia	629	FANTASTIC ANIA SIKORA	30-39	358	00:00:49	00:15:06	00:37:41.40	00:38:31.00	+00:18:41 (49.6%)	7:32	8 (50.6%)
359	TOMCZAK Kinga	190		30-39	359	00:00:44	00:16:48	00:37:47.30	00:38:31.35	+00:18:47 (49.7%)	7:33	7.9 (50.0%)
360	KARWOT Malwina	845		30-39	360	00:00:19	00:15:33	00:38:05.35	00:38:24.60	+00:19:05 (50.1%)	7:37	7.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	CZECH Sylwia	417		30-39	361	00:00:53	00:16:04	00:38:12.25	00:39:05.95	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
362	PALUCH Agnieszka	540		30-39	362	00:00:41	00:15:36	00:38:12.30	00:38:53.60	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
363	KLIMA Agnieszka	1261		30-39	363	00:00:45	00:16:35	00:38:33.05	00:39:18.60	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
364	MAŚLANKA-CUBER Barbara	1267		30-39	364	00:00:41	00:14:53	00:38:49.90	00:39:31.55	+00:19:50 (51.1%)	7:46	7.7 (48.7%)
365	MAGIEREK Magdalena	1194		30-39	365	00:01:02	00:16:11	00:38:59.05	00:40:01.10	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
366	KOŹDOŃ Jagoda	25		30-39	366	00:00:39	00:16:16	00:39:09.50	00:39:48.50	+00:20:09 (51.5%)	7:49	7.7 (48.7%)
367	NOWAK Agnieszka	1175	MORSY NA KOKSIE	30-39	367	00:00:54	00:16:06	00:39:17.40	00:40:11.65	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
368	NOWAK Dominika	207		30-39	368	00:00:28	00:15:54	00:39:27.15	00:39:56.05	+00:20:27 (51.8%)	7:53	7.6 (48.1%)
369	SŁOTA Justyna	1253	MIECHOWICKA GRUPA BIEGOWA	30-39	369	00:00:53	00:16:53	00:39:40.80	00:40:34.40	+00:20:41 (52.1%)	7:56	7.6 (48.1%)
370	WAKUŁA Jolanta	639		30-39	370	00:00:34	00:16:40	00:39:46.75	00:40:21.25	+00:20:46 (52.2%)	7:57	7.5 (47.5%)
371	WOWRA Agata	53		30-39	371	00:00:48	00:16:41	00:39:53.90	00:40:42.70	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
372	GŁADOSZ Renata	504		30-39	372	00:00:48	00:16:40	00:39:53.95	00:40:42.75	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
373	JASZEK-ŚWIERCZEK Sandra	627	DYSTANS LUBOMIA	30-39	373	00:00:49	00:16:19	00:39:57.05	00:40:46.35	+00:20:57 (52.4%)	7:59	7.5 (47.5%)
374	KABUT Małgorzata	906	RADLINIOKI W BIEGU	30-39	374	00:00:28	00:16:00	00:39:59.80	00:40:28.35	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
375	AUGUSTYN Anna	768	ADS MASNA	30-39	375	00:00:50	00:16:46	00:39:59.85	00:40:50.05	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
376	SZCZEPANIK Marta	731		30-39	376	00:00:57	00:16:58	00:40:06.60	00:41:04.05	+00:21:06 (52.6%)	8:01	7.5 (47.5%)
377	PIKSA Ewelina	303		30-39	377	00:00:44	00:17:27	00:40:07.10	00:40:51.20	+00:21:07 (52.6%)	8:01	7.5 (47.5%)
378	ŻARSKA Katarzyna	485	KOBIETY NA 5+	30-39	378	00:00:53	00:16:44	00:40:08.05	00:41:01.10	+00:21:08 (52.7%)	8:01	7.5 (47.5%)
379	CHOLEWA Magdalena	1174		30-39	379	00:00:50	00:16:16	00:40:19.35	00:41:09.55	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
380	BŁASZCZYK Agnieszka	1054		30-39	380	00:00:49	00:16:55	00:40:34.10	00:41:24.00	+00:21:34 (53.2%)	8:07	7.4 (46.8%)
381	OWOCKA Ewa	182	MIECHOWICKA GRUPA BIEGOWA	30-39	381	00:00:52	00:17:01	00:40:51.00	00:41:43.00	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
382	ORKOWSKA- TLAŁKA Edyta	1004		30-39	382	00:01:25	00:16:51	00:41:11.80	00:42:37.50	+00:22:12 (53.9%)	8:14	7.3 (46.2%)
383	SZŁAPA Urszula	964	SPOT PSZCZYNA	30-39	383	00:00:45	00:16:06	00:41:26.35	00:42:11.35	+00:22:26 (54.2%)	8:17	7.2 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	KIEŁKOWSKA Ewelina	1078		30-39	384	00:00:51	00:16:13	00:41:33.90	00:42:25.60	+00:22:34 (54.3%)	8:18	7.2 (45.6%)
385	MITRĘGA Anna	217		30-39	385	00:00:54	00:16:53	00:41:51.70	00:42:46.30	+00:22:51 (54.6%)	8:22	7.2 (45.6%)
386	STAROŃ Marlena	568		30-39	386	00:00:53	00:16:54	00:41:52.70	00:42:46.35	+00:22:52 (54.6%)	8:22	7.2 (45.6%)
387	KOZŁOWSKA Barbara	1245		30-39	387	00:00:34	00:16:22	00:42:02.70	00:42:37.60	+00:23:02 (54.8%)	8:24	7.1 (44.9%)
388	RODZIEWICZ Agnieszka	1173		30-39	388	00:00:50	00:17:16	00:42:13.60	00:43:04.50	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
389	ŻAK Iwona	842		30-39	389	00:00:12	00:12:42	00:42:19.80	00:42:31.80	+00:23:20 (55.1%)	8:27	7.1 (44.9%)
390	SMOLARSKA Paulina	1225		30-39	390	00:00:43	00:17:31	00:42:34.40	00:43:17.55	+00:23:34 (55.4%)	8:30	7 (44.3%)
391	LIPIŃSKA Iza	1221	SZOMBIERKI RUNNERS	30-39	391	00:00:42	00:17:32	00:42:34.50	00:43:17.40	+00:23:34 (55.4%)	8:31	7 (44.3%)
392	POLAK Aneta	934		30-39	392	00:00:34	00:16:42	00:42:35.95	00:43:10.20	+00:23:36 (55.4%)	8:31	7 (44.3%)
393	CHODAK Magda	162		30-39	393	00:00:34	00:16:41	00:42:36.05	00:43:10.55	+00:23:36 (55.4%)	8:31	7 (44.3%)
394	BUDZIK Joanna	100		30-39	394	00:00:33	00:16:43	00:42:36.25	00:43:10.20	+00:23:36 (55.4%)	8:31	7 (44.3%)
395	BENO-GĘSIKOWSKA Dorota	433		30-39	395	00:00:51	00:18:14	00:42:39.85	00:43:31.05	+00:23:40 (55.5%)	8:32	7 (44.3%)
396	PIECHACZEK Katarzyna	559	KOBIETY 5+	30-39	396	00:00:23	00:16:39	00:42:42.70	00:43:05.85	+00:23:42 (55.5%)	8:32	7 (44.3%)
397	RYBICA Eliza	1061		30-39	397	00:00:55	00:19:04	00:42:53.45	00:43:49.25	+00:23:53 (55.7%)	8:34	7 (44.3%)
398	KREMZER Iwona	400		30-39	398	00:00:57	00:17:58	00:43:11.05	00:44:08.65	+00:24:11 (56.0%)	8:38	6.9 (43.7%)
399	BAZGIER Magdalena	1065		30-39	399	00:01:02	00:17:02	00:43:20.95	00:44:23.40	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
400	WOJTASIŃSKA Grażyna	174	MIECHOWICKA GRUPA BIEGOWA	30-39	400	00:00:52	00:17:53	00:43:21.50	00:44:14.40	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
401	ZACHŁOD Joanna	79	MIECHOWICKA GRUPA BIEGOWA	30-39	401	00:00:52	00:17:53	00:43:22.40	00:44:14.95	+00:24:22 (56.2%)	8:40	6.9 (43.7%)
402	SEKUŁA Marlena	276		30-39	402	00:00:55	00:17:08	00:43:26.40	00:44:21.60	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
403	URBANEK Barbara	785	VIKING TRAINING CENTER	30-39	403	00:00:49	00:18:10	00:43:38.55	00:44:27.65	+00:24:38 (56.5%)	8:43	6.9 (43.7%)
404	ŁUCARZ Anna	410	KOLOROWA DRUŻYNA NESSI	30-39	404	00:00:10	00:17:28	00:44:20.05	00:44:30.25	+00:25:20 (57.2%)	8:52	6.8 (43.0%)
405	KUCZERA Beata	311	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	405	00:03:18	00:19:57	00:44:21.45	00:47:39.55	+00:25:21 (57.2%)	8:52	6.8 (43.0%)
406	STACHERSKA Elzbieta	152	SK ČERNÉ PLÍCE OSTRAVA	30-39	406	00:03:11	00:19:39	00:44:30.85	00:47:42.25	+00:25:31 (57.3%)	8:54	6.7 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	GĘBSKA Agnieszka	280		30-39	407	00:00:00	00:20:54	00:44:33.00	00:44:33.00	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
408	BAŃBUŁA Anna	332		30-39	408	00:00:22	00:17:46	00:44:53.40	00:45:15.45	+00:25:53 (57.7%)	8:58	6.7 (42.4%)
409	GEMBALCZYK Izabela	94		30-39	409	00:00:39	00:18:27	00:45:01.05	00:45:40.20	+00:26:01 (57.8%)	9:00	6.7 (42.4%)
410	SZCZEPANIK Aleksandra	1141	KOBIETY NA 5+	30-39	410	00:00:52	00:18:54	00:45:12.05	00:46:04.40	+00:26:12 (58.0%)	9:02	6.6 (41.8%)
411	WŁOCHOWICZ Olga	466	LECYMY DURS	30-39	411	00:03:05	00:19:44	00:46:01.30	00:49:06.30	+00:27:01 (58.7%)	9:12	6.5 (41.1%)
412	PARZYCH Agnieszka	1176		30-39	412	00:00:51	00:20:34	00:47:12.75	00:48:04.25	+00:28:12 (59.8%)	9:26	6.4 (40.5%)
413	WAGNER Natalia	813		30-39	413	00:00:51	00:20:34	00:47:13.15	00:48:04.45	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
414	BOJDOŁ-GOLANKO Joanna	685		30-39	414	00:00:52	00:19:36	00:47:27.65	00:48:19.95	+00:28:27 (60.0%)	9:29	6.3 (39.9%)
415	SWOBODA Anna	447	WIRUSY	30-39	415	00:01:06	00:19:19	00:47:29.75	00:48:36.00	+00:28:29 (60.0%)	9:30	6.3 (39.9%)
416	KADŁUBEK Bożena	368	TAXERKI	30-39	416	00:00:52	00:19:53	00:48:31.40	00:49:23.75	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
417	SZCZOTKA Agnieszka	367	TAXERKI	30-39	417	00:00:52	00:19:53	00:48:31.60	00:49:23.70	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
418	FERENC Sonia	1252	ASWC	30-39	418	00:03:09	00:22:53	00:52:45.15	00:55:54.35	+00:33:45 (64.0%)	10:33	5.7 (36.1%)
419	KOJ Agnieszka	552		30-39	419	00:03:08	00:23:33	00:55:46.20	00:58:54.45	+00:36:46 (65.9%)	11:09	5.4 (34.2%)

Znaleziono 419 wynik(ów)