

# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>4</b>	TRIATHLON X TEAM / FIZJO SPORT SANDRA	30-39	1	00:00:00	00:08:05	<b>00:19:10.50</b>	<b>00:19:11.05</b>		3:37	16.6 (100%)
2	<b>SUWAJ Aneta</b>	<b>1</b>	AZS-AWF KATOWICE/ALPINSPO RT TEAM	30-39	2	00:00:00	00:08:34	<b>00:19:15.10</b>	<b>00:19:15.85</b>	+00:00:04 (0.4%)	3:37	16.5 (99.4%)
3	<b>BIELIŃSKA Monika</b>	<b>1075</b>		30-39	3	00:00:00	00:08:46	<b>00:20:28.55</b>	<b>00:20:29.45</b>	+00:01:18 (6.4%)	3:51	15.5 (93.4%)
4	<b>WOJTASZEWSKA Sabina</b>	<b>9</b>	KLUB BIEGNĘ BO LUBIĘ RACIBÓRZ	30-39	4	00:00:01	00:08:55	<b>00:21:03.95</b>	<b>00:21:05.40</b>	+00:01:53 (9.0%)	3:58	15.1 (91.0%)
5	<b>PAWTEL Agata</b>	<b>8</b>		30-39	5	00:00:01	00:09:09	<b>00:21:38.20</b>	<b>00:21:39.40</b>	+00:02:27 (11.4%)	4:04	14.7 (88.6%)
6	<b>WROŃSKA Beata</b>	<b>857</b>	NASZA SZKOŁA ZABRZE	30-39	6	00:00:01	00:09:23	<b>00:21:54.75</b>	<b>00:21:56.00</b>	+00:02:44 (12.5%)	4:08	14.5 (87.3%)
7	<b>PIETRAS Sylwia</b>	<b>190</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	7	00:00:05	00:09:41	<b>00:21:56.80</b>	<b>00:22:02.45</b>	+00:02:46 (12.6%)	4:08	14.5 (87.3%)
8	<b>KAJTOCH Jolanta</b>	<b>366</b>	BIE RUN	30-39	8	00:00:01	00:09:49	<b>00:22:38.50</b>	<b>00:22:40.45</b>	+00:03:28 (15.3%)	4:16	14 (84.3%)
9	<b>PORCZYŃSKA Patrycja</b>	<b>891</b>	SPOT PSZCZYNA	30-39	9	00:00:31	00:09:58	<b>00:22:41.90</b>	<b>00:23:13.75</b>	+00:03:31 (15.5%)	4:16	14 (84.3%)
10	<b>MYSLIWIEC Ela</b>	<b>396</b>	DYSTANS LUBOMIA	30-39	10	00:00:01	00:09:42	<b>00:22:42.90</b>	<b>00:22:44.65</b>	+00:03:32 (15.6%)	4:17	14 (84.3%)
11	<b>BODNAR Anna</b>	<b>670</b>	1 LIGA TEAM	30-39	11	00:00:02	00:09:52	<b>00:22:50.15</b>	<b>00:22:52.45</b>	+00:03:39 (16.0%)	4:18	13.9 (83.7%)
12	<b>KUDIO Daria</b>	<b>1034</b>		30-39	12	00:00:04	00:10:05	<b>00:23:01.30</b>	<b>00:23:05.95</b>	+00:03:50 (16.7%)	4:20	13.8 (83.1%)
13	<b>RYBICA Eliza</b>	<b>845</b>	KRYTA PŁYWALNIA LAGUNA	30-39	13	00:00:01	00:09:31	<b>00:23:02.75</b>	<b>00:23:04.20</b>	+00:03:52 (16.8%)	4:20	13.8 (83.1%)
14	<b>KRZYMIŃSKA Patrycja</b>	<b>342</b>	RUN BABY POLSKA	30-39	14	00:00:00	00:10:03	<b>00:23:06.05</b>	<b>00:23:07.00</b>	+00:03:55 (17.0%)	4:21	13.8 (83.1%)
15	<b>PIWISZKIS Barbara</b>	<b>149</b>	KOBIETY NA 5+	30-39	15	00:00:02	00:09:39	<b>00:23:32.55</b>	<b>00:23:34.55</b>	+00:04:22 (18.6%)	4:26	13.5 (81.3%)
16	<b>LEGIERSKA Natalia</b>	<b>972</b>	KB MOSIR JASTRZĘBIE	30-39	16	00:00:01	00:10:24	<b>00:23:39.00</b>	<b>00:23:40.50</b>	+00:04:28 (18.9%)	4:27	13.4 (80.7%)
17	<b>GLOGOWSKA-BYRTEK Kamila</b>	<b>986</b>	EKOIDEA/JUSTFEELFIT	30-39	17	00:00:01	00:10:00	<b>00:23:55.65</b>	<b>00:23:57.35</b>	+00:04:45 (19.9%)	4:30	13.3 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
18	<b>KWAPISZ-BONUSIAK Dorota</b>	<b>456</b>		30-39	18	00:00:04	00:10:29	<b>00:24:00.65</b>	<b>00:24:05.60</b>	+00:04:50 (20.1%)	4:31	13.2 (79.5%)
19	<b>STUCHLIK Magdalena</b>	<b>258</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	19	00:00:02	00:10:08	<b>00:24:03.25</b>	<b>00:24:05.80</b>	+00:04:52 (20.3%)	4:32	13.2 (79.5%)
20	<b>WINIARSKA Monika</b>	<b>738</b>	BIEGIEM PRZEZ GÓRY	30-39	20	00:00:02	00:10:08	<b>00:24:03.75</b>	<b>00:24:06.10</b>	+00:04:53 (20.3%)	4:32	13.2 (79.5%)
21	<b>LERCH Bożena</b>	<b>740</b>	RUNTEAM PAWŁOWICE	30-39	21	00:00:04	00:10:23	<b>00:24:11.85</b>	<b>00:24:16.35</b>	+00:05:01 (20.8%)	4:33	13.1 (78.9%)
22	<b>LECHOCKA Patrycja</b>	<b>1006</b>	EKO-OKNA RUNNERS	30-39	22	00:00:08	00:10:20	<b>00:24:12.90</b>	<b>00:24:21.20</b>	+00:05:02 (20.8%)	4:34	13.1 (78.9%)
23	<b>NGUYEM Dorota</b>	<b>322</b>	RYBNICKA GRUPA BIEGOWA	30-39	23	00:00:07	00:10:24	<b>00:24:26.65</b>	<b>00:24:34.15</b>	+00:05:16 (21.6%)	4:36	13 (78.3%)
24	<b>SOBOTKA Dominika</b>	<b>308</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	24	00:00:06	00:10:25	<b>00:24:26.90</b>	<b>00:24:33.85</b>	+00:05:16 (21.6%)	4:36	13 (78.3%)
25	<b>JURASZEK Elzbieta</b>	<b>219</b>	JUSTFEELFIT	30-39	25	00:00:07	00:10:48	<b>00:24:34.15</b>	<b>00:24:41.80</b>	+00:05:23 (22.0%)	4:38	12.9 (77.7%)
26	<b>KURASZ Joanna</b>	<b>160</b>	STS BIEGATON MIKOŁÓW	30-39	26	00:00:03	00:10:38	<b>00:24:37.15</b>	<b>00:24:40.40</b>	+00:05:26 (22.1%)	4:38	12.9 (77.7%)
27	<b>OPALSKA Karolina</b>	<b>1134</b>	NESSI TEAM	30-39	27	00:00:06	00:10:30	<b>00:24:37.55</b>	<b>00:24:44.50</b>	+00:05:27 (22.1%)	4:38	12.9 (77.7%)
28	<b>OLBRYCH Monika</b>	<b>755</b>	MORS HUBERTUS MYŚŁOWICE	30-39	28	00:00:02	00:10:44	<b>00:24:45.10</b>	<b>00:24:47.15</b>	+00:05:34 (22.5%)	4:40	12.8 (77.1%)
29	<b>KANIA Agnieszka</b>	<b>794</b>		30-39	29	00:00:09	00:10:36	<b>00:24:50.10</b>	<b>00:24:59.45</b>	+00:05:39 (22.8%)	4:41	12.8 (77.1%)
30	<b>BORKOWSKA Paulina</b>	<b>830</b>		30-39	30	00:00:04	00:10:38	<b>00:24:52.65</b>	<b>00:24:57.20</b>	+00:05:42 (22.9%)	4:41	12.8 (77.1%)
31	<b>KAROLAK Martyna</b>	<b>584</b>	RUNTEAM PAWŁOWICE	30-39	31	00:00:13	00:10:49	<b>00:24:55.25</b>	<b>00:25:08.45</b>	+00:05:44 (23.1%)	4:42	12.8 (77.1%)
32	<b>PAWEŁEK Paulina</b>	<b>555</b>	OŚRODEK REWALIDACYJNO - WYCHOWAWCZY DLA DZIECI W JASTRZĘBIU - ZDROJU.	30-39	32	00:00:12	00:10:50	<b>00:24:55.30</b>	<b>00:25:08.15</b>	+00:05:44 (23.1%)	4:42	12.8 (77.1%)
33	<b>KOPIEC Izabela</b>	<b>137</b>	KOSZULKA HYNIA	30-39	33	00:00:02	00:10:45	<b>00:25:09.00</b>	<b>00:25:11.35</b>	+00:05:58 (23.8%)	4:44	12.6 (75.9%)
34	<b>WOWRY Sylwia</b>	<b>1258</b>	OLZA CIESZYN	30-39	34	00:00:03	00:10:45	<b>00:25:13.70</b>	<b>00:25:16.80</b>	+00:06:03 (24.0%)	4:45	12.6 (75.9%)
35	<b>KONIECZNY Sandra</b>	<b>271</b>	DYCZUŚ TEAM	30-39	35	00:00:04	00:10:49	<b>00:25:15.30</b>	<b>00:25:19.35</b>	+00:06:04 (24.1%)	4:45	12.6 (75.9%)
36	<b>ŻAK Sonia</b>	<b>377</b>	ORŁY Z KNUROWA	30-39	36	00:00:12	00:11:04	<b>00:25:22.00</b>	<b>00:25:34.55</b>	+00:06:11 (24.4%)	4:47	12.5 (75.3%)
37	<b>GORZELAK Joanna</b>	<b>753</b>	KOBIETY NA 5+	30-39	37	00:00:06	00:10:48	<b>00:25:24.00</b>	<b>00:25:30.60</b>	+00:06:13 (24.5%)	4:47	12.5 (75.3%)
38	<b>ŁOZIŃSKA Edyta</b>	<b>1100</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	38	00:00:47	00:11:23	<b>00:25:24.65</b>	<b>00:26:12.05</b>	+00:06:14 (24.5%)	4:47	12.5 (75.3%)
39	<b>PASTUSZKA Aleksandra</b>	<b>955</b>	FIT STACJA	30-39	39	00:00:14	00:10:50	<b>00:25:31.05</b>	<b>00:25:45.65</b>	+00:06:20 (24.9%)	4:48	12.5 (75.3%)
40	<b>JAKUBOWSKA Małgorzata</b>	<b>129</b>		30-39	40	00:00:23	00:11:01	<b>00:25:40.95</b>	<b>00:26:04.00</b>	+00:06:30 (25.3%)	4:50	12.4 (74.7%)
41	<b>OPUCHLIK Aleksandra</b>	<b>861</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	41	00:00:02	00:11:13	<b>00:25:59.70</b>	<b>00:26:02.65</b>	+00:06:49 (26.2%)	4:54	12.2 (73.5%)
42	<b>DAICZMANEK Aleksandra</b>	<b>309</b>		30-39	42	00:00:08	00:11:12	<b>00:25:59.75</b>	<b>00:26:08.15</b>	+00:06:49 (26.2%)	4:54	12.2 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
43	<b>GUMULAK Anna</b>	<b>889</b>	CIDRY LOTAJOM	30-39	43	00:00:13	00:11:53	<b>00:26:15.10</b>	<b>00:26:28.70</b>	+00:07:04 (27.0%)	4:57	12.1 (72.9%)
44	<b>GIEDWIŁO Marta</b>	<b>173</b>	NESSI TEAM	30-39	44	00:00:19	00:11:43	<b>00:26:15.95</b>	<b>00:26:35.90</b>	+00:07:05 (27.0%)	4:57	12.1 (72.9%)
45	<b>BOROWICZ Roksana</b>	<b>1276</b>	ORŁY Z KNURÓW	30-39	45	00:00:13	00:11:21	<b>00:26:18.15</b>	<b>00:26:32.05</b>	+00:07:07 (27.1%)	4:57	12.1 (72.9%)
46	<b>TIEBLER Marlena</b>	<b>229</b>	STS BIEGATON MIKOŁÓW	30-39	46	00:00:10	00:11:15	<b>00:26:20.05</b>	<b>00:26:30.30</b>	+00:07:09 (27.2%)	4:58	12.1 (72.9%)
47	<b>GNAŚ Anna</b>	<b>116</b>	KOBIETY NA 5+	30-39	47	00:00:03	00:10:57	<b>00:26:21.00</b>	<b>00:26:24.85</b>	+00:07:10 (27.2%)	4:58	12.1 (72.9%)
48	<b>RAFA Asia</b>	<b>780</b>		30-39	48	00:00:08	00:11:02	<b>00:26:21.50</b>	<b>00:26:30.05</b>	+00:07:11 (27.3%)	4:58	12.1 (72.9%)
49	<b>DURAJ Magdalena</b>	<b>1223</b>		30-39	49	00:00:02	00:10:55	<b>00:26:22.85</b>	<b>00:26:25.15</b>	+00:07:12 (27.3%)	4:58	12.1 (72.9%)
50	<b>GRZEGORZEK Katarzyna</b>	<b>295</b>	BIELSZCZANKI BIEGAJĄ	30-39	50	00:00:15	00:11:25	<b>00:26:42.65</b>	<b>00:26:58.60</b>	+00:07:32 (28.2%)	5:02	11.9 (71.7%)
51	<b>RÓŻAK Alicja</b>	<b>751</b>	RADLINIOKI W BIEGU	30-39	51	00:00:20	00:11:41	<b>00:26:46.70</b>	<b>00:27:07.15</b>	+00:07:36 (28.4%)	5:03	11.9 (71.7%)
52	<b>FRANEK Agata</b>	<b>100</b>		30-39	52	00:00:09	00:11:14	<b>00:26:47.40</b>	<b>00:26:56.85</b>	+00:07:36 (28.4%)	5:03	11.9 (71.7%)
53	<b>STOCHNIJ Katarzyna</b>	<b>680</b>		30-39	53	00:00:13	00:11:43	<b>00:26:49.95</b>	<b>00:27:03.40</b>	+00:07:39 (28.5%)	5:03	11.9 (71.7%)
54	<b>SKOTNICA Karolina</b>	<b>897</b>	SPOT PSZCZYNA	30-39	54	00:00:26	00:12:01	<b>00:26:51.35</b>	<b>00:27:17.95</b>	+00:07:40 (28.6%)	5:03	11.8 (71.1%)
55	<b>SITKO Agnieszka</b>	<b>942</b>	RADLINIOKI W BIEGU	30-39	55	00:00:21	00:11:40	<b>00:26:53.20</b>	<b>00:27:14.70</b>	+00:07:42 (28.7%)	5:04	11.8 (71.1%)
56	<b>BANASZEWSKA Aleksandra</b>	<b>118</b>	KS M.E.T.A	30-39	56	00:00:13	00:10:49	<b>00:26:53.80</b>	<b>00:27:07.35</b>	+00:07:43 (28.7%)	5:04	11.8 (71.1%)
57	<b>HERUD Magdalena</b>	<b>1066</b>	EKO-OKNA RUNNERS	30-39	57	00:00:13	00:11:03	<b>00:26:56.15</b>	<b>00:27:09.80</b>	+00:07:45 (28.8%)	5:04	11.8 (71.1%)
58	<b>URBAŃCZYK Alicja</b>	<b>119</b>		30-39	58	00:00:07	00:11:20	<b>00:26:56.15</b>	<b>00:27:03.40</b>	+00:07:45 (28.8%)	5:04	11.8 (71.1%)
59	<b>KOMAJDA Barbara</b>	<b>643</b>	OLZA CIESZYN	30-39	59	00:00:07	00:11:09	<b>00:26:56.85</b>	<b>00:27:04.60</b>	+00:07:46 (28.8%)	5:05	11.8 (71.1%)
60	<b>GÓRA Marta</b>	<b>496</b>		30-39	60	00:00:05	00:11:12	<b>00:27:00.00</b>	<b>00:27:05.10</b>	+00:07:49 (29.0%)	5:05	11.8 (71.1%)
61	<b>MAZUR-RUBINSKA Milena</b>	<b>528</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	61	00:00:03	00:11:22	<b>00:27:00.60</b>	<b>00:27:04.50</b>	+00:07:50 (29.0%)	5:05	11.8 (71.1%)
62	<b>KIECKA Ewelina</b>	<b>1024</b>		30-39	62	00:00:20	00:11:54	<b>00:27:06.00</b>	<b>00:27:26.65</b>	+00:07:55 (29.2%)	5:06	11.7 (70.5%)
63	<b>KYRCZ Barbara</b>	<b>1199</b>		30-39	63	00:00:18	00:11:28	<b>00:27:06.10</b>	<b>00:27:24.30</b>	+00:07:55 (29.2%)	5:06	11.7 (70.5%)
64	<b>DŁUGOSZ Patrycja</b>	<b>425</b>	ADSL MASNA	30-39	64	00:00:07	00:11:10	<b>00:27:10.30</b>	<b>00:27:17.65</b>	+00:07:59 (29.4%)	5:07	11.7 (70.5%)
65	<b>GWIZDAŁA Joanna</b>	<b>23</b>		30-39	65	00:00:26	00:12:07	<b>00:27:10.65</b>	<b>00:27:37.05</b>	+00:08:00 (29.4%)	5:07	11.7 (70.5%)
66	<b>WIECHOWSKA Sabina</b>	<b>469</b>		30-39	66	00:00:03	00:11:20	<b>00:27:15.00</b>	<b>00:27:18.45</b>	+00:08:04 (29.6%)	5:08	11.7 (70.5%)
67	<b>STABLA Agata</b>	<b>768</b>	RADLINIOKI W BIEGU	30-39	67	00:00:13	00:11:50	<b>00:27:28.55</b>	<b>00:27:41.90</b>	+00:08:18 (30.2%)	5:10	11.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
68	<b>MILKOWSKA Justyna</b>	<b>146</b>	DECATHLON RYBNIK & PRZYJACIELE	30-39	68	00:00:08	00:11:56	<b>00:27:33.90</b>	<b>00:27:42.75</b>	+00:08:23 (30.4%)	5:12	11.5 (69.3%)
69	<b>SUKIENNIK Aleksandra</b>	<b>535</b>	VIKING TRAINING CENTER	30-39	69	00:00:16	00:12:00	<b>00:27:35.05</b>	<b>00:27:52.00</b>	+00:08:24 (30.5%)	5:12	11.5 (69.3%)
70	<b>BUREK Gabriela</b>	<b>244</b>		30-39	70	00:00:05	00:12:04	<b>00:27:42.90</b>	<b>00:27:47.90</b>	+00:08:32 (30.8%)	5:13	11.5 (69.3%)
71	<b>HERNAS Ewa</b>	<b>14</b>		30-39	71	00:00:22	00:11:27	<b>00:27:49.30</b>	<b>00:28:11.60</b>	+00:08:38 (31.1%)	5:14	11.4 (68.7%)
72	<b>JANICKA Alicja</b>	<b>208</b>		30-39	72	00:00:11	00:11:25	<b>00:27:50.30</b>	<b>00:28:02.00</b>	+00:08:39 (31.1%)	5:15	11.4 (68.7%)
73	<b>FOLTYN Bożena</b>	<b>1139</b>	ZMARZŁY JEJ UDA BO BIEGAŁA W MROZIE	30-39	73	00:00:42	00:12:25	<b>00:27:52.65</b>	<b>00:28:35.30</b>	+00:08:42 (31.2%)	5:15	11.4 (68.7%)
74	<b>KRZYŻOWSKA Anna</b>	<b>817</b>		30-39	74	00:00:24	00:11:58	<b>00:27:55.65</b>	<b>00:28:20.00</b>	+00:08:45 (31.3%)	5:16	11.4 (68.7%)
75	<b>KOWALSKA Karolina</b>	<b>511</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	75	00:00:28	00:11:51	<b>00:27:58.95</b>	<b>00:28:27.70</b>	+00:08:48 (31.5%)	5:16	11.4 (68.7%)
76	<b>DYCZEK Klaudia</b>	<b>102</b>	DYCUŚ TEAM	30-39	76	00:00:15	00:12:07	<b>00:28:00.65</b>	<b>00:28:15.75</b>	+00:08:50 (31.5%)	5:16	11.4 (68.7%)
77	<b>SITKO Dagmara</b>	<b>793</b>		30-39	77	00:00:29	00:11:56	<b>00:28:01.50</b>	<b>00:28:31.05</b>	+00:08:51 (31.6%)	5:17	11.3 (68.1%)
78	<b>KUŁAKOWSKA-ZAGÓRSKA Justyna</b>	<b>662</b>		30-39	78	00:00:12	00:12:14	<b>00:28:05.95</b>	<b>00:28:18.10</b>	+00:08:55 (31.8%)	5:18	11.3 (68.1%)
79	<b>KUTYŁA Agnieszka</b>	<b>686</b>		30-39	79	00:00:11	00:12:15	<b>00:28:06.05</b>	<b>00:28:17.90</b>	+00:08:55 (31.8%)	5:18	11.3 (68.1%)
80	<b>HRISTOVA Daria</b>	<b>920</b>	SPOT PSZCZYNA	30-39	80	00:00:17	00:11:12	<b>00:28:07.60</b>	<b>00:28:25.55</b>	+00:08:57 (31.8%)	5:18	11.3 (68.1%)
81	<b>OŚLIZŁO Justyna</b>	<b>1210</b>		30-39	81	00:00:34	00:12:35	<b>00:28:34.75</b>	<b>00:29:09.15</b>	+00:09:24 (32.9%)	5:23	11.1 (66.9%)
82	<b>SENDAL Jolanta</b>	<b>1085</b>		30-39	82	00:00:12	00:12:25	<b>00:28:38.15</b>	<b>00:28:51.05</b>	+00:09:27 (33.0%)	5:24	11.1 (66.9%)
83	<b>GRABARCZYK-TIERIENTIEW Agnieszka</b>	<b>675</b>		30-39	83	00:00:23	00:12:41	<b>00:28:38.15</b>	<b>00:29:01.90</b>	+00:09:27 (33.0%)	5:24	11.1 (66.9%)
84	<b>PIECHA-ŁACHAJCZYK Hania</b>	<b>326</b>		30-39	84	00:00:29	00:12:56	<b>00:28:38.45</b>	<b>00:29:08.20</b>	+00:09:27 (33.1%)	5:24	11.1 (66.9%)
85	<b>SZWIEC Sandra</b>	<b>230</b>	ZABIEGANI NAUCZYCIELE	30-39	85	00:00:27	00:12:35	<b>00:28:41.20</b>	<b>00:29:08.50</b>	+00:09:30 (33.2%)	5:24	11.1 (66.9%)
86	<b>MARCSZ Natalia</b>	<b>734</b>	INTERAKTYWNI	30-39	86	00:00:08	00:11:35	<b>00:28:42.50</b>	<b>00:28:50.50</b>	+00:09:32 (33.2%)	5:24	11.1 (66.9%)
87	<b>JĘDRYKA Patrycja</b>	<b>1238</b>		30-39	87	00:00:07	00:11:35	<b>00:28:42.75</b>	<b>00:28:50.05</b>	+00:09:32 (33.2%)	5:25	11.1 (66.9%)
88	<b>ZAŁĘCKA Monika</b>	<b>1285</b>	PARKRUN KATOWICE	30-39	88	00:00:18	00:12:14	<b>00:28:45.90</b>	<b>00:29:04.85</b>	+00:09:35 (33.3%)	5:25	11.1 (66.9%)
89	<b>GOLEC-CHOLEWA Aleksandra</b>	<b>465</b>	JUSTFEELFIT TEAM	30-39	89	00:00:27	00:12:35	<b>00:28:47.30</b>	<b>00:29:14.50</b>	+00:09:36 (33.4%)	5:25	11 (66.3%)
90	<b>LANC-BUDNIOK Magdalena</b>	<b>1111</b>	OLZA CIESZYN	30-39	90	00:00:00	00:12:35	<b>00:28:47.95</b>	<b>00:28:47.95</b>	+00:09:37 (33.4%)	5:25	11 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
91	<b>POŁEDNIOK Aleksandra</b>	<b>249</b>		30-39	91	00:00:04	00:11:31	<b>00:28:48.60</b>	<b>00:28:53.55</b>	+00:09:38 (33.4%)	5:26	11 (66.3%)
92	<b>ŁUKASIK Aldona</b>	<b>185</b>		30-39	92	00:00:45	00:12:16	<b>00:28:53.00</b>	<b>00:29:38.00</b>	+00:09:42 (33.6%)	5:26	11 (66.3%)
93	<b>KOSIACKA Agnieszka</b>	<b>165</b>		30-39	93	00:00:11	00:11:19	<b>00:28:54.30</b>	<b>00:29:05.55</b>	+00:09:43 (33.7%)	5:27	11 (66.3%)
94	<b>CZYPIONKA Żaneta</b>	<b>223</b>	NESSI TEAM	30-39	94	00:00:19	00:12:18	<b>00:28:54.65</b>	<b>00:29:13.90</b>	+00:09:44 (33.7%)	5:27	11 (66.3%)
95	<b>SZENDERA-ORSZULIK Zofia</b>	<b>579</b>		30-39	95	00:00:05	00:12:23	<b>00:28:57.30</b>	<b>00:29:02.45</b>	+00:09:46 (33.8%)	5:27	11 (66.3%)
96	<b>GAŁĄSKA Magdalena</b>	<b>1198</b>		30-39	96	00:00:19	00:12:15	<b>00:29:00.15</b>	<b>00:29:19.95</b>	+00:09:49 (33.9%)	5:28	11 (66.3%)
97	<b>MAKUCH Joanna</b>	<b>588</b>		30-39	97	00:00:51	00:12:37	<b>00:29:06.15</b>	<b>00:29:57.20</b>	+00:09:55 (34.1%)	5:29	10.9 (65.7%)
98	<b>STRASZEWSKA Aleksandra</b>	<b>138</b>	KS M.E.T.A	30-39	98	00:00:27	00:13:22	<b>00:29:08.30</b>	<b>00:29:35.50</b>	+00:09:57 (34.2%)	5:29	10.9 (65.7%)
99	<b>STUDNIK Agnieszka</b>	<b>65</b>		30-39	99	00:00:20	00:12:59	<b>00:29:10.45</b>	<b>00:29:30.85</b>	+00:09:59 (34.3%)	5:30	10.9 (65.7%)
100	<b>NIEDZIELA Barbara</b>	<b>854</b>	50 LAT SP5	30-39	100	00:00:09	00:12:24	<b>00:29:16.30</b>	<b>00:29:26.15</b>	+00:10:05 (34.5%)	5:31	10.9 (65.7%)
101	<b>KUBICA Patrycja</b>	<b>1200</b>		30-39	101	00:00:06	00:12:23	<b>00:29:17.70</b>	<b>00:29:24.40</b>	+00:10:07 (34.5%)	5:31	10.9 (65.7%)
102	<b>JAKUBIK Edyta</b>	<b>19</b>		30-39	102	00:00:40	00:12:21	<b>00:29:20.20</b>	<b>00:30:00.60</b>	+00:10:09 (34.6%)	5:32	10.8 (65.1%)
103	<b>BEDKA Daria</b>	<b>510</b>		30-39	103	00:00:08	00:12:25	<b>00:29:20.55</b>	<b>00:29:28.90</b>	+00:10:10 (34.7%)	5:32	10.8 (65.1%)
104	<b>WIĘSEK Judyta</b>	<b>1030</b>	GWARKOWE DZIEWCZYNY	30-39	104	00:00:08	00:12:25	<b>00:29:20.90</b>	<b>00:29:29.50</b>	+00:10:10 (34.7%)	5:32	10.8 (65.1%)
105	<b>KRAKOWCZYK Karolina</b>	<b>999</b>		30-39	105	00:00:22	00:12:54	<b>00:29:22.10</b>	<b>00:29:44.85</b>	+00:10:11 (34.7%)	5:32	10.8 (65.1%)
106	<b>LISZOK Iwona</b>	<b>192</b>		30-39	106	00:00:13	00:12:22	<b>00:29:25.40</b>	<b>00:29:39.15</b>	+00:10:14 (34.8%)	5:33	10.8 (65.1%)
107	<b>DIEBEL Monika</b>	<b>88</b>		30-39	107	00:00:09	00:12:51	<b>00:29:29.55</b>	<b>00:29:39.50</b>	+00:10:19 (35.0%)	5:33	10.8 (65.1%)
108	<b>KABUT Gosia</b>	<b>277</b>	RADLINIOKI W BIEGU	30-39	108	00:00:06	00:12:45	<b>00:29:31.90</b>	<b>00:29:38.10</b>	+00:10:21 (35.1%)	5:34	10.8 (65.1%)
109	<b>ŻYTKO Magdalena</b>	<b>236</b>	DY CZUŚ TEAM	30-39	109	00:00:14	00:12:13	<b>00:29:32.35</b>	<b>00:29:46.90</b>	+00:10:21 (35.1%)	5:34	10.8 (65.1%)
110	<b>SUBIK Edyta</b>	<b>946</b>		30-39	110	00:00:07	00:11:56	<b>00:29:40.15</b>	<b>00:29:48.05</b>	+00:10:29 (35.4%)	5:36	10.7 (64.5%)
111	<b>NIESŁAŃCZYK Barbara</b>	<b>1186</b>	BZIEGACZE	30-39	111	00:00:14	00:12:24	<b>00:29:40.45</b>	<b>00:29:55.15</b>	+00:10:29 (35.4%)	5:36	10.7 (64.5%)
112	<b>KOŁAK Alicja</b>	<b>216</b>		30-39	112	00:00:23	00:12:50	<b>00:29:41.30</b>	<b>00:30:04.85</b>	+00:10:30 (35.4%)	5:36	10.7 (64.5%)
113	<b>FIZIA Joanna</b>	<b>421</b>	NESSI TEAM	30-39	113	00:00:06	00:13:01	<b>00:29:43.90</b>	<b>00:29:50.85</b>	+00:10:33 (35.5%)	5:36	10.7 (64.5%)
114	<b>WOLNY Ania</b>	<b>746</b>	OLZA CIESZYN	30-39	114	00:00:17	00:13:22	<b>00:29:46.10</b>	<b>00:30:03.55</b>	+00:10:35 (35.6%)	5:36	10.7 (64.5%)
115	<b>KUBALA Agnieszka</b>	<b>1295</b>		30-39	115	00:00:41	00:13:28	<b>00:29:47.10</b>	<b>00:30:28.15</b>	+00:10:36 (35.6%)	5:37	10.7 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
116	<b>SIWCZYK Katarzyna</b>	<b>1040</b>		30-39	116	00:00:26	00:13:05	<b>00:29:50.25</b>	<b>00:30:16.65</b>	+00:10:39 (35.7%)	5:37	10.7 (64.5%)
117	<b>GORAUS Ania</b>	<b>385</b>	ADS MASNA	30-39	117	00:00:38	00:12:44	<b>00:29:50.50</b>	<b>00:30:28.55</b>	+00:10:40 (35.7%)	5:37	10.7 (64.5%)
118	<b>KUFIETA Magdalena</b>	<b>842</b>		30-39	118	00:00:11	00:12:21	<b>00:29:55.30</b>	<b>00:30:06.95</b>	+00:10:44 (35.9%)	5:38	10.6 (63.9%)
119	<b>KUŚ Anna</b>	<b>1300</b>	UZDROWISKO USTROŃ	30-39	119	00:00:21	00:13:06	<b>00:29:56.45</b>	<b>00:30:17.95</b>	+00:10:45 (36.0%)	5:38	10.6 (63.9%)
120	<b>SPANDEL Agnieszka</b>	<b>1050</b>		30-39	120	00:00:29	00:13:58	<b>00:29:58.50</b>	<b>00:30:27.95</b>	+00:10:48 (36.0%)	5:39	10.6 (63.9%)
121	<b>SZYNAL-BENSZ Magdalena</b>	<b>962</b>		30-39	121	00:00:15	00:12:21	<b>00:29:59.40</b>	<b>00:30:14.70</b>	+00:10:48 (36.1%)	5:39	10.6 (63.9%)
122	<b>DOLNIK Katarzyna</b>	<b>405</b>		30-39	122	00:00:12	00:12:25	<b>00:29:59.45</b>	<b>00:30:12.35</b>	+00:10:48 (36.1%)	5:39	10.6 (63.9%)
123	<b>WODNIAK Angela</b>	<b>1063</b>	POWOLI DO CELU	30-39	123	00:00:25	00:12:56	<b>00:29:59.75</b>	<b>00:30:24.75</b>	+00:10:49 (36.1%)	5:39	10.6 (63.9%)
124	<b>KANTOROWSKA Anna</b>	<b>301</b>	NESSI TEAM	30-39	124	00:00:25	00:12:56	<b>00:30:02.55</b>	<b>00:30:27.95</b>	+00:10:52 (36.2%)	5:40	10.6 (63.9%)
125	<b>MACIEJCZYK Karolina</b>	<b>619</b>		30-39	125	00:00:17	00:12:57	<b>00:30:02.55</b>	<b>00:30:20.15</b>	+00:10:52 (36.2%)	5:40	10.6 (63.9%)
126	<b>KOŻUCH Emilia</b>	<b>606</b>		30-39	126	00:00:17	00:13:22	<b>00:30:03.70</b>	<b>00:30:21.30</b>	+00:10:53 (36.2%)	5:40	10.6 (63.9%)
127	<b>GÓRECKA Ewelina</b>	<b>1104</b>	JUSTFEELFIT	30-39	127	00:00:26	00:13:16	<b>00:30:09.35</b>	<b>00:30:35.55</b>	+00:10:58 (36.4%)	5:41	10.5 (63.3%)
128	<b>MUDYN Karolina</b>	<b>733</b>		30-39	128	00:00:10	00:12:08	<b>00:30:11.55</b>	<b>00:30:22.10</b>	+00:11:01 (36.5%)	5:41	10.5 (63.3%)
129	<b>WALA Anna</b>	<b>314</b>		30-39	129	00:00:27	00:12:57	<b>00:30:12.00</b>	<b>00:30:39.75</b>	+00:11:01 (36.5%)	5:41	10.5 (63.3%)
130	<b>PRÓSZYŃSKA Agnieszka</b>	<b>968</b>		30-39	130	00:00:25	00:13:02	<b>00:30:12.60</b>	<b>00:30:38.15</b>	+00:11:02 (36.5%)	5:42	10.5 (63.3%)
131	<b>SZYPUŁA Ewa</b>	<b>1305</b>	BIEGNĘ BYLE DOBIEC	30-39	131	00:00:41	00:13:09	<b>00:30:12.85</b>	<b>00:30:54.50</b>	+00:11:02 (36.5%)	5:42	10.5 (63.3%)
132	<b>BAKOWSKA Justyna</b>	<b>1275</b>		30-39	132	00:00:46	00:13:04	<b>00:30:14.90</b>	<b>00:31:01.10</b>	+00:11:04 (36.6%)	5:42	10.5 (63.3%)
133	<b>STASZEWSKA Marzena</b>	<b>1293</b>	SONKOTEAM	30-39	133	00:00:34	00:12:53	<b>00:30:16.35</b>	<b>00:30:50.40</b>	+00:11:05 (36.7%)	5:42	10.5 (63.3%)
134	<b>MOSKAŁA Magdalena</b>	<b>228</b>		30-39	134	00:00:22	00:12:28	<b>00:30:18.80</b>	<b>00:30:41.65</b>	+00:11:08 (36.7%)	5:43	10.5 (63.3%)
135	<b>GIŻYŃSKA Katarzyna</b>	<b>620</b>	KOBIETY NA 5+	30-39	135	00:00:09	00:12:33	<b>00:30:20.15</b>	<b>00:30:29.85</b>	+00:11:09 (36.8%)	5:43	10.5 (63.3%)
136	<b>ADAMIK Magdalena</b>	<b>554</b>	KOLOROWA DRUŻYNA NESSI	30-39	136	00:00:59	00:13:25	<b>00:30:25.15</b>	<b>00:31:24.35</b>	+00:11:14 (37.0%)	5:44	10.5 (63.3%)
137	<b>OGIEGŁO Dorota</b>	<b>802</b>		30-39	137	00:00:31	00:12:33	<b>00:30:29.95</b>	<b>00:31:00.95</b>	+00:11:19 (37.1%)	5:45	10.4 (62.7%)
138	<b>STĘCHŁY Marta</b>	<b>797</b>		30-39	138	00:00:06	00:12:37	<b>00:30:30.25</b>	<b>00:30:36.35</b>	+00:11:19 (37.1%)	5:45	10.4 (62.7%)
139	<b>GRYCMAN Katarzyna</b>	<b>360</b>	KS M.E.T.A	30-39	139	00:00:25	00:13:25	<b>00:30:31.40</b>	<b>00:30:56.70</b>	+00:11:20 (37.2%)	5:45	10.4 (62.7%)
140	<b>CAPUTA Lucyna</b>	<b>760</b>	JUSTFEELFIT	30-39	140	00:00:25	00:12:53	<b>00:30:33.15</b>	<b>00:30:58.65</b>	+00:11:22 (37.2%)	5:45	10.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
141	<b>SZALA Beata</b>	<b>94</b>	SBD ENERGETYK RYBNIK	30-39	141	00:00:40	00:13:06	<b>00:30:40.45</b>	<b>00:31:20.75</b>	+00:11:29 (37.5%)	5:47	10.4 (62.7%)
142	<b>GAWĘŁCZYK Marta</b>	<b>494</b>	CE PROGRESS	30-39	142	00:00:48	00:13:54	<b>00:30:42.20</b>	<b>00:31:30.85</b>	+00:11:31 (37.5%)	5:47	10.4 (62.7%)
143	<b>PILCH Anna</b>	<b>1235</b>		30-39	143	00:00:42	00:13:55	<b>00:30:42.90</b>	<b>00:31:25.10</b>	+00:11:32 (37.6%)	5:47	10.4 (62.7%)
144	<b>JĘDRUSIAK Lidia</b>	<b>1174</b>		30-39	144	00:00:17	00:12:57	<b>00:30:47.25</b>	<b>00:31:05.20</b>	+00:11:36 (37.7%)	5:48	10.3 (62.0%)
145	<b>CZERNIECKA Judyta</b>	<b>1142</b>	DYSTANS LUBOMIA	30-39	145	00:00:32	00:13:41	<b>00:30:48.15</b>	<b>00:31:20.95</b>	+00:11:37 (37.7%)	5:48	10.3 (62.0%)
146	<b>GORUS Anna</b>	<b>1097</b>	NIGHT RUNNERS ZABRZE	30-39	146	00:00:44	00:13:55	<b>00:30:50.50</b>	<b>00:31:34.55</b>	+00:11:40 (37.8%)	5:49	10.3 (62.0%)
147	<b>NOWOŻYŃ Joanna</b>	<b>1098</b>	SPOT PSZCZYNA	30-39	147	00:00:17	00:13:07	<b>00:30:58.40</b>	<b>00:31:16.25</b>	+00:11:47 (38.1%)	5:50	10.3 (62.0%)
148	<b>KUPCZEWSKA Izabela</b>	<b>568</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	148	00:00:04	00:12:56	<b>00:30:59.90</b>	<b>00:31:04.70</b>	+00:11:49 (38.1%)	5:50	10.3 (62.0%)
149	<b>KOSMALA-LANDZIŃSKA Ewa</b>	<b>252</b>		30-39	149	00:00:30	00:13:37	<b>00:31:00.85</b>	<b>00:31:30.85</b>	+00:11:50 (38.2%)	5:50	10.3 (62.0%)
150	<b>PLESZCZYŃSKA Iwona</b>	<b>374</b>		30-39	150	00:00:26	00:13:22	<b>00:31:01.00</b>	<b>00:31:27.90</b>	+00:11:50 (38.2%)	5:51	10.3 (62.0%)
151	<b>SIKORA Agnieszka</b>	<b>61</b>	INIEMAMOCNI TRI TEAM	30-39	151	00:00:19	00:12:52	<b>00:31:01.10</b>	<b>00:31:20.35</b>	+00:11:50 (38.2%)	5:51	10.3 (62.0%)
152	<b>ZACHURZOK Ewelina</b>	<b>1279</b>	OLZA CIESZYN	30-39	152	00:00:06	00:12:25	<b>00:31:02.15</b>	<b>00:31:08.75</b>	+00:11:51 (38.2%)	5:51	10.2 (61.4%)
153	<b>DOBRAS Anna</b>	<b>1093</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	153	00:00:51	00:14:15	<b>00:31:02.90</b>	<b>00:31:54.55</b>	+00:11:52 (38.2%)	5:51	10.2 (61.4%)
154	<b>KUŹNIK Edyta</b>	<b>213</b>		30-39	154	00:00:13	00:13:13	<b>00:31:07.15</b>	<b>00:31:20.50</b>	+00:11:56 (38.4%)	5:52	10.2 (61.4%)
155	<b>RUMPEL Maria</b>	<b>390</b>	KS M.E.T.A.	30-39	155	00:00:26	00:13:39	<b>00:31:07.85</b>	<b>00:31:34.55</b>	+00:11:57 (38.4%)	5:52	10.2 (61.4%)
156	<b>KAFKA Magdalena</b>	<b>205</b>	CE PROGRESS	30-39	156	00:00:48	00:13:54	<b>00:31:08.20</b>	<b>00:31:57.00</b>	+00:11:57 (38.4%)	5:52	10.2 (61.4%)
157	<b>SUDLITZ Anna</b>	<b>959</b>		30-39	157	00:00:13	00:13:00	<b>00:31:13.20</b>	<b>00:31:26.25</b>	+00:12:02 (38.6%)	5:53	10.2 (61.4%)
158	<b>KAŁUŻA Basia</b>	<b>858</b>	BIELSZCZANKI BIEGAJĄ	30-39	158	00:00:32	00:13:09	<b>00:31:16.70</b>	<b>00:31:49.10</b>	+00:12:06 (38.7%)	5:54	10.2 (61.4%)
159	<b>KWESTOROWSKA Sandra</b>	<b>16</b>	KWESTORUN	30-39	159	00:00:09	00:12:49	<b>00:31:17.05</b>	<b>00:31:26.30</b>	+00:12:06 (38.7%)	5:54	10.2 (61.4%)
160	<b>KOWALCZYK Zuzanna</b>	<b>1291</b>	DECATHLON ŻORY	30-39	160	00:00:54	00:13:38	<b>00:31:17.90</b>	<b>00:32:12.00</b>	+00:12:07 (38.7%)	5:54	10.2 (61.4%)
161	<b>EISLER Anna</b>	<b>136</b>	NESSI TEAM	30-39	161	00:00:32	00:13:41	<b>00:31:18.10</b>	<b>00:31:50.55</b>	+00:12:07 (38.7%)	5:54	10.2 (61.4%)
162	<b>WIRTH Agnieszka</b>	<b>863</b>		30-39	162	00:00:22	00:13:45	<b>00:31:22.80</b>	<b>00:31:44.85</b>	+00:12:12 (38.9%)	5:55	10.1 (60.8%)
163	<b>SIENKIEWICZ Gabriela</b>	<b>127</b>	POWOLI DO CELU	30-39	163	00:00:25	00:13:27	<b>00:31:23.75</b>	<b>00:31:49.65</b>	+00:12:13 (38.9%)	5:55	10.1 (60.8%)
164	<b>SZADY Barbara</b>	<b>762</b>		30-39	164	00:00:05	00:13:01	<b>00:31:24.00</b>	<b>00:31:29.95</b>	+00:12:13 (38.9%)	5:55	10.1 (60.8%)
165	<b>CHUDEK Agnieszka</b>	<b>939</b>	SPOT PSZCZYNA	30-39	165	00:00:17	00:12:29	<b>00:31:25.80</b>	<b>00:31:43.45</b>	+00:12:15 (39.0%)	5:55	10.1 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
166	<b>TARGOSZ Aneta</b>	<b>987</b>	OLZA CIESZYN	30-39	166	00:00:40	00:13:30	<b>00:31:30.70</b>	<b>00:32:11.05</b>	+00:12:20 (39.1%)	5:56	10.1 (60.8%)
167	<b>CIOCH Emilia</b>	<b>853</b>		30-39	167	00:00:25	00:13:35	<b>00:31:32.15</b>	<b>00:31:57.95</b>	+00:12:21 (39.2%)	5:56	10.1 (60.8%)
168	<b>KOLONKO Zuzanna</b>	<b>989</b>	DYSTANS LUBOMIA	30-39	168	00:00:32	00:13:41	<b>00:31:33.00</b>	<b>00:32:05.80</b>	+00:12:22 (39.2%)	5:57	10.1 (60.8%)
169	<b>WYSZYNSKA Karina</b>	<b>697</b>	DAR BUD TEAM	30-39	169	00:00:44	00:14:07	<b>00:31:33.85</b>	<b>00:32:17.85</b>	+00:12:23 (39.3%)	5:57	10.1 (60.8%)
170	<b>FIGIEL Agnieszka</b>	<b>627</b>		30-39	170	00:00:40	00:13:12	<b>00:31:36.00</b>	<b>00:32:16.70</b>	+00:12:25 (39.3%)	5:57	10.1 (60.8%)
171	<b>SZUŚCIK Dagmara Bartosiak</b>	<b>348</b>		30-39	171	00:00:30	00:13:14	<b>00:31:36.30</b>	<b>00:32:06.90</b>	+00:12:25 (39.3%)	5:57	10.1 (60.8%)
172	<b>DRABIK Sylwia</b>	<b>1128</b>		30-39	172	00:00:24	00:13:55	<b>00:31:37.85</b>	<b>00:32:02.65</b>	+00:12:27 (39.4%)	5:58	10.1 (60.8%)
173	<b>SZOJDA Paulina</b>	<b>7</b>	VIKING TRAINING CENTER	30-39	173	00:00:40	00:13:12	<b>00:31:39.30</b>	<b>00:32:19.95</b>	+00:12:28 (39.4%)	5:58	10 (60.2%)
174	<b>WAWOCZNY Anita</b>	<b>502</b>	KOBIETY NA 5+	30-39	174	00:00:24	00:13:48	<b>00:31:39.30</b>	<b>00:32:03.80</b>	+00:12:28 (39.4%)	5:58	10 (60.2%)
175	<b>GAJ Monika</b>	<b>1225</b>	DAR BUD TEAM	30-39	175	00:00:44	00:13:54	<b>00:31:40.55</b>	<b>00:32:24.90</b>	+00:12:30 (39.5%)	5:58	10 (60.2%)
176	<b>SZLAUER Magdalena</b>	<b>879</b>	OLZA CIESZYN	30-39	176	00:00:35	00:13:44	<b>00:31:40.85</b>	<b>00:32:16.65</b>	+00:12:30 (39.5%)	5:58	10 (60.2%)
177	<b>JASNY Agata</b>	<b>91</b>	ADS MASNA	30-39	177	00:00:37	00:13:13	<b>00:31:42.85</b>	<b>00:32:20.80</b>	+00:12:32 (39.5%)	5:59	10 (60.2%)
178	<b>WĘGRZYN Ewa</b>	<b>388</b>	SPOT PSZCZYNA, SONKO TEAM	30-39	178	00:00:20	00:13:26	<b>00:31:43.40</b>	<b>00:32:03.95</b>	+00:12:32 (39.6%)	5:59	10 (60.2%)
179	<b>SPYRA Agnieszka</b>	<b>1184</b>		30-39	179	00:00:24	00:13:15	<b>00:31:44.30</b>	<b>00:32:09.00</b>	+00:12:33 (39.6%)	5:59	10 (60.2%)
180	<b>KANIA Sylwia</b>	<b>949</b>	SPOT PSZCZYNA	30-39	180	00:00:16	00:13:31	<b>00:31:53.60</b>	<b>00:32:09.85</b>	+00:12:43 (39.9%)	6:00	10 (60.2%)
181	<b>KLONOWSKA Monika</b>	<b>67</b>	WAWRZINEK TEAM	30-39	181	00:00:31	00:13:48	<b>00:32:02.45</b>	<b>00:32:34.15</b>	+00:12:51 (40.2%)	6:02	9.9 (59.6%)
182	<b>SOBEL Beata</b>	<b>24</b>	JUSTFEELFIT	30-39	182	00:00:27	00:13:39	<b>00:32:03.25</b>	<b>00:32:30.25</b>	+00:12:52 (40.2%)	6:02	9.9 (59.6%)
183	<b>GORALCZYK Agnieszka</b>	<b>330</b>		30-39	183	00:00:14	00:13:59	<b>00:32:08.05</b>	<b>00:32:22.15</b>	+00:12:57 (40.3%)	6:03	9.9 (59.6%)
184	<b>GŁĄB Magdalena</b>	<b>1237</b>		30-39	184	00:00:24	00:13:39	<b>00:32:08.30</b>	<b>00:32:32.75</b>	+00:12:57 (40.3%)	6:03	9.9 (59.6%)
185	<b>BORUTA Wioletta</b>	<b>1252</b>		30-39	185	00:00:47	00:14:11	<b>00:32:11.25</b>	<b>00:32:59.05</b>	+00:13:00 (40.4%)	6:04	9.9 (59.6%)
186	<b>HUBA Agnieszka</b>	<b>851</b>	KOBIETY 5+	30-39	186	00:00:07	00:12:53	<b>00:32:12.45</b>	<b>00:32:19.65</b>	+00:13:01 (40.5%)	6:04	9.9 (59.6%)
187	<b>TATARCZYK Justyna</b>	<b>340</b>		30-39	187	00:00:17	00:13:51	<b>00:32:12.45</b>	<b>00:32:29.60</b>	+00:13:01 (40.5%)	6:04	9.9 (59.6%)
188	<b>ZIELIŃSKA Anna</b>	<b>418</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	188	00:00:50	00:14:09	<b>00:32:12.55</b>	<b>00:33:03.15</b>	+00:13:02 (40.5%)	6:04	9.9 (59.6%)
189	<b>SMAGA Ewelina</b>	<b>631</b>		30-39	189	00:00:29	00:14:08	<b>00:32:13.55</b>	<b>00:32:42.75</b>	+00:13:03 (40.5%)	6:04	9.9 (59.6%)
190	<b>KONIECZNY Katarzyna</b>	<b>716</b>		30-39	190	00:00:28	00:13:44	<b>00:32:15.35</b>	<b>00:32:44.00</b>	+00:13:04 (40.6%)	6:05	9.9 (59.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
191	<b>SZCZELINA Marta</b>	<b>1143</b>	NESSI TEAM	30-39	191	00:00:30	00:13:23	<b>00:32:16.30</b>	<b>00:32:46.95</b>	+00:13:05 (40.6%)	6:05	9.9 (59.6%)
192	<b>SĘDKOWSKA Kinga</b>	<b>435</b>		30-39	192	00:00:27	00:13:29	<b>00:32:16.30</b>	<b>00:32:43.40</b>	+00:13:05 (40.6%)	6:05	9.9 (59.6%)
193	<b>FREJ Anna</b>	<b>977</b>	CIDRY LOTAJOM	30-39	193	00:00:14	00:13:11	<b>00:32:18.45</b>	<b>00:32:32.85</b>	+00:13:07 (40.6%)	6:05	9.8 (59.0%)
194	<b>DAJKA Barbara</b>	<b>253</b>		30-39	194	00:00:05	00:12:58	<b>00:32:19.25</b>	<b>00:32:24.30</b>	+00:13:08 (40.7%)	6:05	9.8 (59.0%)
195	<b>TOKAREWICZ Justyna</b>	<b>95</b>		30-39	195	00:00:17	00:13:37	<b>00:32:20.35</b>	<b>00:32:38.25</b>	+00:13:09 (40.7%)	6:06	9.8 (59.0%)
196	<b>CHAŁCZYŃSKA Agnieszka</b>	<b>594</b>	W POGONI ZA DUCHEM	30-39	196	00:00:43	00:14:21	<b>00:32:20.70</b>	<b>00:33:04.05</b>	+00:13:10 (40.7%)	6:06	9.8 (59.0%)
197	<b>BUJAK Katarzyna</b>	<b>1090</b>		30-39	197	00:00:18	00:13:19	<b>00:32:26.50</b>	<b>00:32:44.90</b>	+00:13:16 (40.9%)	6:07	9.8 (59.0%)
198	<b>ROLNIK Joanna</b>	<b>1203</b>		30-39	198	00:00:21	00:13:40	<b>00:32:30.80</b>	<b>00:32:51.80</b>	+00:13:20 (41.0%)	6:07	9.8 (59.0%)
199	<b>KALETA Agnieszka</b>	<b>451</b>	POWOLIDOCELU	30-39	199	00:00:25	00:13:53	<b>00:32:32.95</b>	<b>00:32:58.75</b>	+00:13:22 (41.1%)	6:08	9.8 (59.0%)
200	<b>MARCINKOWSKA Magdalena</b>	<b>979</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	200	00:00:50	00:14:14	<b>00:32:33.55</b>	<b>00:33:23.85</b>	+00:13:23 (41.1%)	6:08	9.8 (59.0%)
201	<b>BATKO Agnieszka</b>	<b>248</b>		30-39	201	00:00:42	00:14:01	<b>00:32:34.40</b>	<b>00:33:16.75</b>	+00:13:23 (41.1%)	6:08	9.8 (59.0%)
202	<b>SANDOMIERSKA Anita</b>	<b>113</b>		30-39	202	00:00:55	00:14:02	<b>00:32:35.15</b>	<b>00:33:30.55</b>	+00:13:24 (41.2%)	6:08	9.8 (59.0%)
203	<b>WROŻYNA Patrycja</b>	<b>1248</b>		30-39	203	00:00:45	00:14:17	<b>00:32:36.35</b>	<b>00:33:21.45</b>	+00:13:25 (41.2%)	6:09	9.8 (59.0%)
204	<b>WIENCEK Katarzyna</b>	<b>748</b>	POZYTYWNE BIELSKO	30-39	204	00:00:38	00:14:07	<b>00:32:36.50</b>	<b>00:33:14.55</b>	+00:13:26 (41.2%)	6:09	9.8 (59.0%)
205	<b>CICHY Agnieszka</b>	<b>1070</b>		30-39	205	00:00:52	00:14:07	<b>00:32:38.40</b>	<b>00:33:30.50</b>	+00:13:27 (41.3%)	6:09	9.7 (58.4%)
206	<b>ĆWIEK-ŁACH Ewa</b>	<b>238</b>		30-39	206	00:00:32	00:13:22	<b>00:32:38.85</b>	<b>00:33:11.30</b>	+00:13:28 (41.3%)	6:09	9.7 (58.4%)
207	<b>PIWOŃSKA Adriana</b>	<b>486</b>	INTERAKTYWNI KROSTOSZOWICE	30-39	207	00:00:07	00:12:32	<b>00:32:39.90</b>	<b>00:32:47.40</b>	+00:13:29 (41.3%)	6:09	9.7 (58.4%)
208	<b>WINDER Weronika</b>	<b>1243</b>		30-39	208	00:00:44	00:13:55	<b>00:32:43.25</b>	<b>00:33:27.90</b>	+00:13:32 (41.4%)	6:10	9.7 (58.4%)
209	<b>MULKA Ula</b>	<b>616</b>		30-39	209	00:00:41	00:13:58	<b>00:32:43.40</b>	<b>00:33:25.05</b>	+00:13:32 (41.4%)	6:10	9.7 (58.4%)
210	<b>CZMOK Paulina</b>	<b>68</b>		30-39	210	00:00:19	00:13:58	<b>00:32:44.60</b>	<b>00:33:04.15</b>	+00:13:34 (41.4%)	6:10	9.7 (58.4%)
211	<b>KAJZAR Ewa</b>	<b>141</b>		30-39	211	00:00:22	00:14:11	<b>00:32:45.70</b>	<b>00:33:08.25</b>	+00:13:35 (41.5%)	6:10	9.7 (58.4%)
212	<b>BOMBOR Antonina</b>	<b>869</b>		30-39	212	00:00:20	00:14:02	<b>00:32:47.80</b>	<b>00:33:08.65</b>	+00:13:37 (41.5%)	6:11	9.7 (58.4%)
213	<b>WANDZEL Anna</b>	<b>1060</b>		30-39	213	00:00:28	00:14:00	<b>00:32:53.65</b>	<b>00:33:22.60</b>	+00:13:43 (41.7%)	6:12	9.7 (58.4%)
214	<b>REYMANN Milena</b>	<b>1297</b>	BANK SPÓŁDZIELNY	30-39	214	00:00:25	00:13:12	<b>00:32:55.80</b>	<b>00:33:21.45</b>	+00:13:45 (41.8%)	6:12	9.7 (58.4%)
215	<b>GRABOWSKA Joanna</b>	<b>25</b>	JUSTFEELFIT TEAM	30-39	215	00:00:24	00:13:56	<b>00:32:56.70</b>	<b>00:33:21.40</b>	+00:13:46 (41.8%)	6:13	9.7 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
216	<b>KAMEJSZA Olga</b>	<b>262</b>	ZABIERZÓW BIEGA	30-39	216	00:00:37	00:15:06	<b>00:32:58.45</b>	<b>00:33:35.70</b>	+00:13:47 (41.8%)	6:13	9.6 (57.8%)
217	<b>NOWAK Agnieszka</b>	<b>182</b>		30-39	217	00:00:42	00:14:13	<b>00:33:05.35</b>	<b>00:33:47.65</b>	+00:13:54 (42.1%)	6:14	9.6 (57.8%)
218	<b>KUBIS Barbara</b>	<b>1196</b>	SPOT PSZCZYNA	30-39	218	00:00:15	00:13:41	<b>00:33:06.20</b>	<b>00:33:22.15</b>	+00:13:55 (42.1%)	6:14	9.6 (57.8%)
219	<b>WAWOCZNA Malina</b>	<b>702</b>		30-39	219	00:00:21	00:14:21	<b>00:33:06.30</b>	<b>00:33:27.35</b>	+00:13:55 (42.1%)	6:14	9.6 (57.8%)
220	<b>PILCH Anna</b>	<b>1268</b>	CZARNE FIT	30-39	220	00:00:42	00:14:14	<b>00:33:08.00</b>	<b>00:33:50.55</b>	+00:13:57 (42.1%)	6:15	9.6 (57.8%)
221	<b>KAŁUŻNA Aleksandra</b>	<b>1251</b>	DYCZUŚ TEAM	30-39	221	00:00:16	00:13:10	<b>00:33:09.35</b>	<b>00:33:25.35</b>	+00:13:58 (42.2%)	6:15	9.6 (57.8%)
222	<b>KONAR Katarzyna</b>	<b>982</b>		30-39	222	00:00:32	00:14:12	<b>00:33:09.75</b>	<b>00:33:42.00</b>	+00:13:59 (42.2%)	6:15	9.6 (57.8%)
223	<b>SOBCZAK Magdalena</b>	<b>470</b>		30-39	223	00:00:14	00:13:45	<b>00:33:09.80</b>	<b>00:33:24.45</b>	+00:13:59 (42.2%)	6:15	9.6 (57.8%)
224	<b>KAMIŃSKA Agnieszka</b>	<b>1115</b>		30-39	224	00:00:51	00:14:06	<b>00:33:10.45</b>	<b>00:34:01.90</b>	+00:13:59 (42.2%)	6:15	9.6 (57.8%)
225	<b>LPIŃSKA Monika</b>	<b>1019</b>		30-39	225	00:00:31	00:14:18	<b>00:33:11.10</b>	<b>00:33:42.35</b>	+00:14:00 (42.2%)	6:15	9.6 (57.8%)
226	<b>KOWALCZYK Basia</b>	<b>1099</b>		30-39	226	00:00:52	00:14:00	<b>00:33:21.35</b>	<b>00:34:13.90</b>	+00:14:10 (42.5%)	6:17	9.5 (57.2%)
227	<b>ŚNIETKA Anna</b>	<b>1257</b>		30-39	227	00:00:51	00:13:59	<b>00:33:21.80</b>	<b>00:34:13.25</b>	+00:14:11 (42.5%)	6:17	9.5 (57.2%)
228	<b>JANIK Izabela</b>	<b>1213</b>		30-39	228	00:00:10	00:13:52	<b>00:33:22.85</b>	<b>00:33:33.20</b>	+00:14:12 (42.6%)	6:17	9.5 (57.2%)
229	<b>KUBIŃSKA Aleksandra</b>	<b>711</b>		30-39	229	00:00:29	00:14:17	<b>00:33:25.95</b>	<b>00:33:55.10</b>	+00:14:15 (42.6%)	6:18	9.5 (57.2%)
230	<b>WÓJCIK Anna</b>	<b>1127</b>		30-39	230	00:00:09	00:13:09	<b>00:33:29.80</b>	<b>00:33:39.40</b>	+00:14:19 (42.8%)	6:19	9.5 (57.2%)
231	<b>BLANIK Aga</b>	<b>1212</b>	RADLINIOKI W BIEGU	30-39	231	00:00:32	00:13:36	<b>00:33:30.30</b>	<b>00:34:02.50</b>	+00:14:19 (42.8%)	6:19	9.5 (57.2%)
232	<b>POŁOK-MIGAS Justyna</b>	<b>736</b>		30-39	232	00:00:21	00:13:52	<b>00:33:30.30</b>	<b>00:33:51.50</b>	+00:14:19 (42.8%)	6:19	9.5 (57.2%)
233	<b>KAJDA Zuzanna</b>	<b>98</b>		30-39	233	00:00:17	00:14:34	<b>00:33:31.40</b>	<b>00:33:48.50</b>	+00:14:20 (42.8%)	6:19	9.5 (57.2%)
234	<b>JUNKA Marta</b>	<b>1073</b>		30-39	234	00:00:27	00:13:47	<b>00:33:33.20</b>	<b>00:34:00.70</b>	+00:14:22 (42.9%)	6:19	9.5 (57.2%)
235	<b>SZTURC Klaudia</b>	<b>202</b>	KB MCKIS JAWORZNO	30-39	235	00:00:45	00:14:37	<b>00:33:33.80</b>	<b>00:34:19.55</b>	+00:14:23 (42.9%)	6:20	9.5 (57.2%)
236	<b>WIŚNIEWSKA Justyna</b>	<b>227</b>	KOBIETY NA 5+	30-39	236	00:00:22	00:13:36	<b>00:33:36.50</b>	<b>00:33:58.65</b>	+00:14:26 (42.9%)	6:20	9.5 (57.2%)
237	<b>KUJAWA Marzena</b>	<b>984</b>		30-39	237	00:00:20	00:13:30	<b>00:33:37.05</b>	<b>00:33:57.90</b>	+00:14:26 (43.0%)	6:20	9.5 (57.2%)
238	<b>LIPKO Izabela</b>	<b>27</b>		30-39	238	00:00:19	00:13:31	<b>00:33:37.85</b>	<b>00:33:57.80</b>	+00:14:27 (43.0%)	6:20	9.5 (57.2%)
239	<b>KRASIŃSKA Inga</b>	<b>96</b>		30-39	239	00:00:47	00:15:10	<b>00:33:39.20</b>	<b>00:34:26.25</b>	+00:14:28 (43.0%)	6:20	9.5 (57.2%)
240	<b>ZDEB Barbara</b>	<b>323</b>		30-39	240	00:00:57	00:15:02	<b>00:33:40.20</b>	<b>00:34:37.50</b>	+00:14:29 (43.1%)	6:21	9.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
241	<b>ĆWIKLIŃSKA-SŁOWIK Magdalena</b>	<b>1076</b>		30-39	241	00:00:00	00:13:38	<b>00:33:46.65</b>	<b>00:33:46.65</b>	+00:14:36 (43.2%)	6:22	9.4 (56.6%)
242	<b>STAWARCZYK Anna</b>	<b>730</b>	CPJ TEAM	30-39	242	00:00:27	00:14:40	<b>00:33:51.20</b>	<b>00:34:18.60</b>	+00:14:40 (43.4%)	6:23	9.4 (56.6%)
243	<b>BRYCHCY Estera</b>	<b>36</b>	RUNTEAM PAWŁOWICE	30-39	243	00:00:31	00:14:19	<b>00:33:55.55</b>	<b>00:34:27.10</b>	+00:14:45 (43.5%)	6:24	9.4 (56.6%)
244	<b>WIECZOREK Klaudia</b>	<b>652</b>		30-39	244	00:00:25	00:14:33	<b>00:33:57.35</b>	<b>00:34:23.10</b>	+00:14:46 (43.5%)	6:24	9.4 (56.6%)
245	<b>AUGUŚCIK Ewelina</b>	<b>917</b>		30-39	245	00:00:09	00:14:27	<b>00:33:57.65</b>	<b>00:34:06.80</b>	+00:14:47 (43.5%)	6:24	9.4 (56.6%)
246	<b>SZEFER Wioleta</b>	<b>334</b>		30-39	246	00:00:05	00:13:42	<b>00:33:59.65</b>	<b>00:34:05.15</b>	+00:14:49 (43.6%)	6:24	9.4 (56.6%)
247	<b>LIPIŃSKA Anna</b>	<b>713</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	247	00:00:49	00:14:52	<b>00:34:00.90</b>	<b>00:34:50.75</b>	+00:14:50 (43.6%)	6:25	9.3 (56.0%)
248	<b>WIDERA Elżbieta</b>	<b>644</b>	HRMAX ŻORY	30-39	248	00:00:40	00:14:43	<b>00:34:06.10</b>	<b>00:34:46.50</b>	+00:14:55 (43.8%)	6:26	9.3 (56.0%)
249	<b>LASKOWSKA Anna</b>	<b>1061</b>		30-39	249	00:00:43	00:14:56	<b>00:34:06.20</b>	<b>00:34:49.55</b>	+00:14:55 (43.8%)	6:26	9.3 (56.0%)
250	<b>FARUGA Angelina</b>	<b>1159</b>		30-39	250	00:00:52	00:15:27	<b>00:34:06.85</b>	<b>00:34:58.90</b>	+00:14:56 (43.8%)	6:26	9.3 (56.0%)
251	<b>PADIASEK Dominika</b>	<b>1303</b>	HRMAX ŻORY / HRMAX DZIOŁSZKI	30-39	251	00:00:39	00:14:39	<b>00:34:07.45</b>	<b>00:34:46.95</b>	+00:14:56 (43.8%)	6:26	9.3 (56.0%)
252	<b>SAWICKA Marta</b>	<b>250</b>	KOBIETY NA 5+	30-39	252	00:00:23	00:13:30	<b>00:34:08.45</b>	<b>00:34:32.30</b>	+00:14:57 (43.8%)	6:26	9.3 (56.0%)
253	<b>ŻBEL Ania</b>	<b>327</b>	HRMAX ŻORY / HRMAX DZIOŁSZKI	30-39	253	00:00:38	00:14:44	<b>00:34:08.65</b>	<b>00:34:46.70</b>	+00:14:58 (43.8%)	6:26	9.3 (56.0%)
254	<b>ERWIN Marta</b>	<b>22</b>	OTK RZEŹNIK	30-39	254	00:00:40	00:15:12	<b>00:34:09.25</b>	<b>00:34:49.95</b>	+00:14:58 (43.9%)	6:26	9.3 (56.0%)
255	<b>DRAJEWICZ Magdalena</b>	<b>35</b>	WAWRZINEK TEAM	30-39	255	00:00:30	00:14:25	<b>00:34:10.75</b>	<b>00:34:41.20</b>	+00:15:00 (43.9%)	6:26	9.3 (56.0%)
256	<b>GARBACZ Joanna</b>	<b>929</b>		30-39	256	00:00:12	00:13:45	<b>00:34:10.80</b>	<b>00:34:22.95</b>	+00:15:00 (43.9%)	6:26	9.3 (56.0%)
257	<b>OSZEK Karolina</b>	<b>13</b>	WAWRZINEK TEAM	30-39	257	00:00:30	00:14:25	<b>00:34:10.95</b>	<b>00:34:41.50</b>	+00:15:00 (43.9%)	6:26	9.3 (56.0%)
258	<b>GUMIELA Justyna</b>	<b>1012</b>		30-39	258	00:00:51	00:14:44	<b>00:34:11.40</b>	<b>00:35:03.35</b>	+00:15:00 (43.9%)	6:27	9.3 (56.0%)
259	<b>KRYSTEK Ewelina</b>	<b>1007</b>	PSZCZYNA BIEGA	30-39	259	00:00:04	00:14:14	<b>00:34:11.80</b>	<b>00:34:16.05</b>	+00:15:01 (43.9%)	6:27	9.3 (56.0%)
260	<b>PROKOPIUK Adriana</b>	<b>409</b>	KLUB BIEGACZA FARTLEK	30-39	260	00:00:34	00:14:38	<b>00:34:15.15</b>	<b>00:34:49.75</b>	+00:15:04 (44.0%)	6:27	9.3 (56.0%)
261	<b>DĄBROWSKA Agata</b>	<b>1094</b>	FABRYKA FORMY ŻORY	30-39	261	00:00:46	00:15:03	<b>00:34:16.70</b>	<b>00:35:02.80</b>	+00:15:06 (44.1%)	6:27	9.3 (56.0%)
262	<b>GOCMAN Natalia</b>	<b>166</b>		30-39	262	00:00:32	00:14:37	<b>00:34:20.05</b>	<b>00:34:53.00</b>	+00:15:09 (44.2%)	6:28	9.3 (56.0%)
263	<b>GAŚSIOR Katarzyna</b>	<b>198</b>		30-39	263	00:00:29	00:13:43	<b>00:34:22.40</b>	<b>00:34:52.15</b>	+00:15:11 (44.2%)	6:29	9.2 (55.4%)
264	<b>LEWANDOWSKA Anna</b>	<b>632</b>		30-39	264	00:00:45	00:14:49	<b>00:34:22.70</b>	<b>00:35:07.80</b>	+00:15:12 (44.2%)	6:29	9.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
265	<b>WANDEL-HANUSEK Agnieszka</b>	<b>481</b>		30-39	265	00:00:33	00:14:28	<b>00:34:23.35</b>	<b>00:34:56.80</b>	+00:15:12 (44.2%)	6:29	9.2 (55.4%)
266	<b>GROMADZKA Justyna</b>	<b>29</b>		30-39	266	00:00:38	00:13:55	<b>00:34:23.95</b>	<b>00:35:02.50</b>	+00:15:13 (44.3%)	6:29	9.2 (55.4%)
267	<b>URBAŚ Monika</b>	<b>475</b>		30-39	267	00:00:45	00:14:47	<b>00:34:32.60</b>	<b>00:35:18.00</b>	+00:15:22 (44.5%)	6:31	9.2 (55.4%)
268	<b>STOLARCZYK Aleksandra</b>	<b>859</b>	RUNTEAM PAWŁOWICE	30-39	268	00:00:32	00:14:41	<b>00:34:38.65</b>	<b>00:35:10.95</b>	+00:15:28 (44.7%)	6:32	9.2 (55.4%)
269	<b>NOWAKOWSKA Agnieszka</b>	<b>11</b>	SEASTER`S	30-39	269	00:00:41	00:15:11	<b>00:34:40.00</b>	<b>00:35:21.25</b>	+00:15:29 (44.7%)	6:32	9.2 (55.4%)
270	<b>ZAGÓRSKA Beata</b>	<b>773</b>		30-39	270	00:00:21	00:14:43	<b>00:34:42.20</b>	<b>00:35:03.25</b>	+00:15:31 (44.7%)	6:32	9.2 (55.4%)
271	<b>LEPICH Katarzyna</b>	<b>661</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	271	00:00:49	00:14:52	<b>00:34:42.30</b>	<b>00:35:32.00</b>	+00:15:31 (44.7%)	6:33	9.2 (55.4%)
272	<b>KROCZEK Magdalena</b>	<b>945</b>		30-39	272	00:00:00	00:14:00	<b>00:34:42.70</b>	<b>00:34:42.70</b>	+00:15:32 (44.8%)	6:32	9.2 (55.4%)
273	<b>SŁOWIK Weronika</b>	<b>164</b>	NESSI TEAM	30-39	273	00:00:20	00:14:24	<b>00:34:43.60</b>	<b>00:35:04.35</b>	+00:15:33 (44.8%)	6:33	9.2 (55.4%)
274	<b>WITKOWICZ Monika</b>	<b>792</b>		30-39	274	00:00:29	00:15:50	<b>00:34:43.60</b>	<b>00:35:13.15</b>	+00:15:33 (44.8%)	6:33	9.2 (55.4%)
275	<b>PRZYBYCIN Bożena</b>	<b>169</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	275	00:00:41	00:15:43	<b>00:34:45.55</b>	<b>00:35:27.45</b>	+00:15:35 (44.8%)	6:33	9.1 (54.8%)
276	<b>KRUSZONA Anna</b>	<b>899</b>		30-39	276	00:00:21	00:14:43	<b>00:34:49.80</b>	<b>00:35:11.00</b>	+00:15:39 (44.9%)	6:34	9.1 (54.8%)
277	<b>ZIELONKA Agnieszka</b>	<b>506</b>		30-39	277	00:00:16	00:15:00	<b>00:34:50.80</b>	<b>00:35:07.35</b>	+00:15:40 (45.0%)	6:34	9.1 (54.8%)
278	<b>KWAŚNIEWSKA Katarzyna</b>	<b>910</b>		30-39	278	00:00:28	00:14:33	<b>00:34:52.75</b>	<b>00:35:21.60</b>	+00:15:42 (45.0%)	6:34	9.1 (54.8%)
279	<b>ANDROSZ Joanna</b>	<b>246</b>		30-39	279	00:00:39	00:14:52	<b>00:34:55.10</b>	<b>00:35:34.75</b>	+00:15:44 (45.1%)	6:35	9.1 (54.8%)
280	<b>KSEPKO Kasia</b>	<b>375</b>		30-39	280	00:00:39	00:15:19	<b>00:34:56.50</b>	<b>00:35:36.45</b>	+00:15:46 (45.1%)	6:35	9.1 (54.8%)
281	<b>WYRBA Dorota</b>	<b>1220</b>		30-39	281	00:00:54	00:16:18	<b>00:35:01.20</b>	<b>00:35:55.85</b>	+00:15:50 (45.2%)	6:36	9.1 (54.8%)
282	<b>LERCH Dorota</b>	<b>1246</b>	50 LAT SP5	30-39	282	00:00:09	00:13:39	<b>00:35:01.50</b>	<b>00:35:11.15</b>	+00:15:51 (45.3%)	6:36	9.1 (54.8%)
283	<b>MAZURKIEWICZ BŁASZCZYK Weronika</b>	<b>211</b>	MORS HUBERTUS MYSŁOWICE	30-39	283	00:00:57	00:14:58	<b>00:35:03.70</b>	<b>00:36:01.30</b>	+00:15:53 (45.3%)	6:36	9.1 (54.8%)
284	<b>TOKAREWICZ Kasia</b>	<b>39</b>	ZEBRY	30-39	284	00:00:22	00:14:34	<b>00:35:05.75</b>	<b>00:35:27.90</b>	+00:15:55 (45.4%)	6:37	9.1 (54.8%)
285	<b>JAFERNIK Małgorzata</b>	<b>46</b>	PW RAFI	30-39	285	00:00:32	00:14:49	<b>00:35:08.50</b>	<b>00:35:41.45</b>	+00:15:58 (45.4%)	6:37	9 (54.2%)
286	<b>ŚWIDERSKA Anna</b>	<b>416</b>	POWOLI DO CELU	30-39	286	00:00:28	00:14:41	<b>00:35:10.10</b>	<b>00:35:38.75</b>	+00:15:59 (45.5%)	6:38	9 (54.2%)
287	<b>GRZYŚKA Katarzyna</b>	<b>200</b>		30-39	287	00:00:50	00:15:50	<b>00:35:18.60</b>	<b>00:36:09.35</b>	+00:16:08 (45.7%)	6:39	9 (54.2%)
288	<b>HANSLIK Katarzyna</b>	<b>826</b>	RUNTEAM PAWŁOWICE	30-39	288	00:00:46	00:15:51	<b>00:35:23.30</b>	<b>00:36:10.15</b>	+00:16:12 (45.8%)	6:40	9 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
289	<b>STRĘCIOK Agnieszka</b>	<b>1283</b>	FRELKI	30-39	289	00:00:50	00:14:58	<b>00:35:23.45</b>	<b>00:36:14.30</b>	+00:16:12 (45.8%)	6:40	9 (54.2%)
290	<b>DANEL Ewelina</b>	<b>500</b>		30-39	290	00:00:30	00:14:26	<b>00:35:24.00</b>	<b>00:35:54.95</b>	+00:16:13 (45.8%)	6:40	9 (54.2%)
291	<b>KATRYNIOK Ewa</b>	<b>272</b>	KS M. E.T.A.	30-39	291	00:00:25	00:14:12	<b>00:35:32.95</b>	<b>00:35:58.10</b>	+00:16:22 (46.1%)	6:42	8.9 (53.6%)
292	<b>KOŚNIAK Beata</b>	<b>796</b>	O CO BIEGA W KALETACH	30-39	292	00:00:27	00:15:25	<b>00:35:36.15</b>	<b>00:36:03.30</b>	+00:16:25 (46.1%)	6:43	8.9 (53.6%)
293	<b>LAZAR Joanna</b>	<b>825</b>		30-39	293	00:00:44	00:15:03	<b>00:35:40.25</b>	<b>00:36:24.25</b>	+00:16:29 (46.2%)	6:43	8.9 (53.6%)
294	<b>MORGAŁA Daria</b>	<b>1221</b>		30-39	294	00:00:42	00:15:19	<b>00:35:42.75</b>	<b>00:36:25.30</b>	+00:16:32 (46.3%)	6:44	8.9 (53.6%)
295	<b>SERWATKA Angelika</b>	<b>346</b>	WATAHA	30-39	295	00:00:37	00:14:11	<b>00:35:43.50</b>	<b>00:36:20.85</b>	+00:16:33 (46.3%)	6:44	8.9 (53.6%)
296	<b>SATŁAWA-JANIEC Alicja</b>	<b>786</b>		30-39	296	00:00:37	00:14:45	<b>00:35:52.80</b>	<b>00:36:29.95</b>	+00:16:42 (46.6%)	6:46	8.9 (53.6%)
297	<b>MADEJSKA Magdalena</b>	<b>338</b>	MORS HUBERTUS MYSŁOWICE	30-39	297	00:00:06	00:14:47	<b>00:35:57.00</b>	<b>00:36:03.25</b>	+00:16:46 (46.7%)	6:46	8.8 (53.0%)
298	<b>SZWED Ania</b>	<b>241</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	298	00:00:49	00:15:15	<b>00:35:58.95</b>	<b>00:36:48.30</b>	+00:16:48 (46.7%)	6:47	8.8 (53.0%)
299	<b>STEFAŃSKA Dorota</b>	<b>1281</b>		30-39	299	00:00:17	00:15:08	<b>00:36:05.45</b>	<b>00:36:23.40</b>	+00:16:54 (46.9%)	6:48	8.8 (53.0%)
300	<b>PROCNER Estera</b>	<b>1250</b>	CZARNE FIT	30-39	300	00:00:42	00:15:00	<b>00:36:06.45</b>	<b>00:36:49.35</b>	+00:16:55 (46.9%)	6:48	8.8 (53.0%)
301	<b>CHROBOK Natalia</b>	<b>373</b>	OLZA CIESZYN	30-39	301	00:00:52	00:15:13	<b>00:36:06.65</b>	<b>00:36:59.35</b>	+00:16:56 (46.9%)	6:48	8.8 (53.0%)
302	<b>JAMA Lucyna</b>	<b>240</b>		30-39	302	00:00:39	00:14:59	<b>00:36:07.70</b>	<b>00:36:47.45</b>	+00:16:57 (46.9%)	6:49	8.8 (53.0%)
303	<b>SŁOWIK Kora</b>	<b>565</b>	POWOLI DO CELU	30-39	303	00:00:23	00:15:04	<b>00:36:12.00</b>	<b>00:36:35.90</b>	+00:17:01 (47.0%)	6:49	8.8 (53.0%)
304	<b>MĘDRALA Aleksandra</b>	<b>735</b>		30-39	304	00:00:30	00:15:32	<b>00:36:12.15</b>	<b>00:36:42.75</b>	+00:17:01 (47.0%)	6:49	8.8 (53.0%)
305	<b>SZYNAL Magdalena</b>	<b>1037</b>		30-39	305	00:00:15	00:14:26	<b>00:36:13.50</b>	<b>00:36:28.70</b>	+00:17:03 (47.1%)	6:50	8.8 (53.0%)
306	<b>ZALUBSKA Beata</b>	<b>596</b>	BIELSZCZANKI BIEGAJĄ	30-39	306	00:00:19	00:14:24	<b>00:36:20.90</b>	<b>00:36:40.00</b>	+00:17:10 (47.2%)	6:51	8.7 (52.4%)
307	<b>ZMUDA Ewelina</b>	<b>1121</b>		30-39	307	00:00:13	00:14:23	<b>00:36:24.90</b>	<b>00:36:38.70</b>	+00:17:14 (47.3%)	6:52	8.7 (52.4%)
308	<b>BIELIŃSKA Anna</b>	<b>998</b>		30-39	308	00:00:55	00:15:22	<b>00:36:28.70</b>	<b>00:37:24.10</b>	+00:17:18 (47.4%)	6:53	8.7 (52.4%)
309	<b>BRANDYS Krystyna</b>	<b>501</b>		30-39	309	00:00:46	00:15:10	<b>00:36:29.75</b>	<b>00:37:16.25</b>	+00:17:19 (47.5%)	6:53	8.7 (52.4%)
310	<b>MODLIŃSKA Paulina</b>	<b>664</b>		30-39	310	00:00:30	00:15:32	<b>00:36:36.45</b>	<b>00:37:06.95</b>	+00:17:25 (47.6%)	6:54	8.7 (52.4%)
311	<b>KORALEWSKA Kinga</b>	<b>126</b>		30-39	311	00:00:30	00:15:31	<b>00:36:36.50</b>	<b>00:37:06.75</b>	+00:17:26 (47.6%)	6:54	8.7 (52.4%)
312	<b>GŁĄB Mariola</b>	<b>828</b>		30-39	312	00:00:56	00:15:06	<b>00:36:37.10</b>	<b>00:37:33.85</b>	+00:17:26 (47.6%)	6:54	8.7 (52.4%)
313	<b>PEPEK Bożena</b>	<b>357</b>		30-39	313	00:00:16	00:15:02	<b>00:36:38.35</b>	<b>00:36:55.30</b>	+00:17:27 (47.7%)	6:54	8.7 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
314	<b>LAPCZYK Magdalena</b>	<b>288</b>	MORSY SKOCZÓW	30-39	314	00:00:39	00:15:30	<b>00:36:39.55</b>	<b>00:37:19.40</b>	+00:17:29 (47.7%)	6:55	8.7 (52.4%)
315	<b>BATKO Ania</b>	<b>72</b>		30-39	315	00:00:42	00:15:51	<b>00:36:40.45</b>	<b>00:37:23.00</b>	+00:17:29 (47.7%)	6:55	8.7 (52.4%)
316	<b>LIPOK Iwona</b>	<b>990</b>	MIECHOWICACH GRUPA BIEGOWA	30-39	316	00:00:14	00:15:49	<b>00:36:43.60</b>	<b>00:36:57.90</b>	+00:17:33 (47.8%)	6:55	8.7 (52.4%)
317	<b>KOŹDOŃ Jagoda</b>	<b>431</b>	INŻYNIERIA BIEGANIA TEAM	30-39	317	00:00:23	00:15:36	<b>00:36:45.70</b>	<b>00:37:08.85</b>	+00:17:35 (47.8%)	6:56	8.7 (52.4%)
318	<b>PYZIK Barbara</b>	<b>380</b>	KLUB BIEGACZA FARTLEK	30-39	318	00:00:33	00:15:22	<b>00:36:49.85</b>	<b>00:37:23.50</b>	+00:17:39 (47.9%)	6:56	8.6 (51.8%)
319	<b>CYFKA Agnieszka</b>	<b>548</b>		30-39	319	00:00:37	00:15:59	<b>00:36:51.10</b>	<b>00:37:28.20</b>	+00:17:40 (48.0%)	6:57	8.6 (51.8%)
320	<b>BRAUN Justyna</b>	<b>1208</b>		30-39	320	00:00:56	00:15:00	<b>00:36:56.15</b>	<b>00:37:52.90</b>	+00:17:45 (48.1%)	6:58	8.6 (51.8%)
321	<b>KOTOSKA Aneta</b>	<b>243</b>		30-39	321	00:00:10	00:14:30	<b>00:36:57.10</b>	<b>00:37:07.85</b>	+00:17:46 (48.1%)	6:58	8.6 (51.8%)
322	<b>KASPER Julia</b>	<b>1141</b>	CROSSTRENING RACIBÓRZ	30-39	322	00:00:57	00:15:41	<b>00:37:01.30</b>	<b>00:37:58.95</b>	+00:17:50 (48.2%)	6:59	8.6 (51.8%)
322	<b>ISKRA Joanna</b>	<b>191</b>	CROSSTRENING RACIBÓRZ	30-39	323	00:00:57	00:15:41	<b>00:37:01.50</b>	<b>00:37:58.95</b>	+00:17:51 (48.2%)	6:59	8.6 (51.8%)
324	<b>PTASIŃSKA Iwona</b>	<b>426</b>		30-39	324	00:00:31	00:15:41	<b>00:37:02.60</b>	<b>00:37:34.00</b>	+00:17:52 (48.2%)	6:59	8.6 (51.8%)
325	<b>SEKUŁA Marlena</b>	<b>587</b>		30-39	325	00:00:43	00:15:29	<b>00:37:08.50</b>	<b>00:37:52.05</b>	+00:17:58 (48.4%)	7:00	8.6 (51.8%)
326	<b>BAŁAZIŃSKA Agnieszka</b>	<b>142</b>	MORS HUBERTUS MYSŁOWICE	30-39	326	00:00:55	00:16:09	<b>00:37:11.00</b>	<b>00:38:06.85</b>	+00:18:00 (48.4%)	7:00	8.6 (51.8%)
327	<b>WOWRA Agata</b>	<b>157</b>		30-39	327	00:00:51	00:15:59	<b>00:37:13.05</b>	<b>00:38:04.70</b>	+00:18:02 (48.5%)	7:01	8.5 (51.2%)
328	<b>BOMBIK Edyta</b>	<b>174</b>		30-39	328	00:00:47	00:15:54	<b>00:37:19.25</b>	<b>00:38:06.60</b>	+00:18:08 (48.6%)	7:02	8.5 (51.2%)
329	<b>MŁOCEK Ewelina</b>	<b>1048</b>		30-39	329	00:00:54	00:16:19	<b>00:37:19.60</b>	<b>00:38:14.55</b>	+00:18:09 (48.6%)	7:02	8.5 (51.2%)
330	<b>ORDZOWIAŁA Karolina</b>	<b>839</b>		30-39	330	00:00:26	00:15:34	<b>00:37:20.75</b>	<b>00:37:46.85</b>	+00:18:10 (48.7%)	7:02	8.5 (51.2%)
331	<b>PALUCH Agnieszka</b>	<b>1069</b>		30-39	331	00:00:27	00:15:13	<b>00:37:23.75</b>	<b>00:37:51.60</b>	+00:18:13 (48.7%)	7:03	8.5 (51.2%)
332	<b>DRYNDA Jolanta</b>	<b>593</b>		30-39	332	00:00:48	00:15:11	<b>00:37:28.50</b>	<b>00:38:17.15</b>	+00:18:18 (48.8%)	7:04	8.5 (51.2%)
333	<b>BALCERAK Beata</b>	<b>517</b>		30-39	333	00:00:26	00:15:34	<b>00:37:29.15</b>	<b>00:37:55.40</b>	+00:18:18 (48.8%)	7:04	8.5 (51.2%)
334	<b>GÓRAL Alina</b>	<b>125</b>		30-39	334	00:00:38	00:15:16	<b>00:37:49.40</b>	<b>00:38:27.65</b>	+00:18:38 (49.3%)	7:08	8.4 (50.6%)
335	<b>MAŃDOK Kasia</b>	<b>1195</b>		30-39	335	00:00:17	00:15:04	<b>00:37:56.35</b>	<b>00:38:13.45</b>	+00:18:45 (49.5%)	7:09	8.4 (50.6%)
336	<b>KWIATONŃ Patrycja</b>	<b>28</b>	RUNTEAM PAWŁOWICE	30-39	336	00:00:28	00:15:43	<b>00:38:01.15</b>	<b>00:38:29.55</b>	+00:18:50 (49.6%)	7:10	8.4 (50.6%)
337	<b>WOJNAROWSKA Anna</b>	<b>1259</b>		30-39	337	00:00:57	00:16:04	<b>00:38:01.25</b>	<b>00:38:58.30</b>	+00:18:50 (49.6%)	7:10	8.4 (50.6%)
338	<b>BARTNICKA Barbara</b>	<b>542</b>		30-39	338	00:00:27	00:15:44	<b>00:38:01.65</b>	<b>00:38:29.45</b>	+00:18:51 (49.6%)	7:10	8.4 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
339	<b>WOJCIECHOWICZ Magda</b>	<b>1130</b>		30-39	339	00:00:57	00:16:04	<b>00:38:01.80</b>	<b>00:38:59.05</b>	+00:18:51 (49.6%)	7:10	8.4 (50.6%)
340	<b>DAMIĘCKA Magda</b>	<b>660</b>	RUNTEAM PAWŁOWICE	30-39	340	00:00:25	00:15:46	<b>00:38:03.35</b>	<b>00:38:29.25</b>	+00:18:52 (49.6%)	7:10	8.4 (50.6%)
341	<b>BĄKOWSKA Anna</b>	<b>1032</b>		30-39	341	00:00:51	00:16:24	<b>00:38:13.30</b>	<b>00:39:04.70</b>	+00:19:02 (49.8%)	7:12	8.3 (50.0%)
342	<b>ZDUNEK Dorota</b>	<b>505</b>		30-39	342	00:00:49	00:16:28	<b>00:38:16.50</b>	<b>00:39:06.45</b>	+00:19:06 (49.9%)	7:13	8.3 (50.0%)
343	<b>SKWARK Aneta</b>	<b>1204</b>		30-39	343	00:00:28	00:15:24	<b>00:38:17.65</b>	<b>00:38:46.60</b>	+00:19:07 (49.9%)	7:13	8.3 (50.0%)
344	<b>BOBER Aneta</b>	<b>12</b>		30-39	344	00:00:28	00:16:37	<b>00:38:40.15</b>	<b>00:39:08.60</b>	+00:19:29 (50.4%)	7:17	8.2 (49.4%)
345	<b>NIEDŹWIEDŹ Maja</b>	<b>721</b>		30-39	345	00:00:32	00:15:05	<b>00:38:42.40</b>	<b>00:39:15.35</b>	+00:19:31 (50.5%)	7:18	8.2 (49.4%)
346	<b>BARON Katarzyna</b>	<b>835</b>	KOSMO DENTAL TEAM	30-39	346	00:00:32	00:16:00	<b>00:38:44.60</b>	<b>00:39:16.65</b>	+00:19:34 (50.5%)	7:18	8.2 (49.4%)
347	<b>SKRABARCZYK Anna</b>	<b>558</b>	POWOLI DO CELU	30-39	347	00:00:26	00:15:52	<b>00:38:45.50</b>	<b>00:39:12.20</b>	+00:19:35 (50.5%)	7:18	8.2 (49.4%)
348	<b>CHOLEWA Magdalena</b>	<b>1194</b>		30-39	348	00:00:54	00:15:32	<b>00:38:51.10</b>	<b>00:39:45.25</b>	+00:19:40 (50.6%)	7:19	8.2 (49.4%)
349	<b>NOWAK Malwina</b>	<b>948</b>		30-39	349	00:00:35	00:17:17	<b>00:38:55.20</b>	<b>00:39:30.35</b>	+00:19:44 (50.7%)	7:20	8.2 (49.4%)
350	<b>SARNECKA-BĘBENEK Aleksandra</b>	<b>1161</b>	GB GALOPUJACE ŚLIMAKI	30-39	350	00:00:35	00:16:30	<b>00:38:58.70</b>	<b>00:39:34.65</b>	+00:19:48 (50.8%)	7:21	8.2 (49.4%)
351	<b>BANASIK Dorota</b>	<b>523</b>		30-39	351	00:00:20	00:15:48	<b>00:39:00.35</b>	<b>00:39:20.50</b>	+00:19:49 (50.8%)	7:21	8.2 (49.4%)
352	<b>STACHERSKA Elzbieta</b>	<b>440</b>	SK ČERNE PLÍCE	30-39	352	00:00:49	00:16:28	<b>00:39:08.90</b>	<b>00:39:58.75</b>	+00:19:58 (51.0%)	7:23	8.1 (48.8%)
353	<b>PIETER Anna</b>	<b>471</b>		30-39	353	00:00:24	00:16:36	<b>00:39:10.00</b>	<b>00:39:34.20</b>	+00:19:59 (51.0%)	7:23	8.1 (48.8%)
354	<b>PIKSA Ewelina</b>	<b>604</b>		30-39	354	00:00:12	00:16:29	<b>00:39:13.10</b>	<b>00:39:25.35</b>	+00:20:02 (51.1%)	7:23	8.1 (48.8%)
355	<b>MACHOCZEK Aleksandra</b>	<b>1214</b>		30-39	355	00:00:34	00:16:41	<b>00:39:14.35</b>	<b>00:39:48.40</b>	+00:20:03 (51.1%)	7:24	8.1 (48.8%)
356	<b>ŚIAKAŁA Adrianna</b>	<b>930</b>		30-39	356	00:00:15	00:15:38	<b>00:39:30.00</b>	<b>00:39:45.30</b>	+00:20:19 (51.5%)	7:27	8.1 (48.8%)
357	<b>ŻARSKA Katarzyna</b>	<b>266</b>	KOBIETY NA 5+	30-39	357	00:00:00	00:16:47	<b>00:39:36.65</b>	<b>00:39:36.65</b>	+00:20:26 (51.6%)	7:28	8 (48.2%)
358	<b>STEFANIK - KARCZEWSKA Katarzyna</b>	<b>286</b>		30-39	358	00:00:41	00:17:59	<b>00:39:49.15</b>	<b>00:40:30.65</b>	+00:20:38 (51.8%)	7:30	8 (48.2%)
359	<b>MACIOŃCZYK Katarzyna</b>	<b>410</b>		30-39	359	00:00:24	00:16:45	<b>00:39:50.90</b>	<b>00:40:15.10</b>	+00:20:40 (51.9%)	7:31	8 (48.2%)
360	<b>DARNOWSKA-HYLA Julia</b>	<b>957</b>		30-39	360	00:00:16	00:16:27	<b>00:40:02.10</b>	<b>00:40:18.65</b>	+00:20:51 (52.1%)	7:33	7.9 (47.6%)
361	<b>BURYAN Kamila</b>	<b>931</b>		30-39	361	00:00:13	00:16:58	<b>00:40:23.60</b>	<b>00:40:37.25</b>	+00:21:13 (52.5%)	7:37	7.9 (47.6%)
362	<b>TKACZ Ania</b>	<b>76</b>	MORSY NA KOKSIE	30-39	362	00:00:01	00:17:28	<b>00:40:57.55</b>	<b>00:40:58.75</b>	+00:21:47 (53.2%)	7:43	7.8 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
363	<b>CAŁKA Sylwia</b>	<b>918</b>	DECATHLON RYBNIK I PRZYJACIELE	30-39	363	00:00:11	00:16:44	<b>00:41:42.05</b>	<b>00:41:53.90</b>	+00:22:31 (54.0%)	7:52	7.6 (45.8%)
364	<b>MAGIEREK Magdalena</b>	<b>645</b>		30-39	364	00:00:42	00:17:58	<b>00:42:19.70</b>	<b>00:43:02.45</b>	+00:23:09 (54.7%)	7:59	7.5 (45.2%)
365	<b>WAJMAN Katarzyna</b>	<b>44</b>		30-39	365	00:00:41	00:17:59	<b>00:42:21.20</b>	<b>00:43:02.40</b>	+00:23:10 (54.7%)	7:59	7.5 (45.2%)
366	<b>SZCZEGODZINSKA Kasia</b>	<b>601</b>		30-39	366	00:00:55	00:17:51	<b>00:43:00.40</b>	<b>00:43:55.65</b>	+00:23:49 (55.4%)	8:06	7.4 (44.6%)
367	<b>GIBAS Amanda</b>	<b>569</b>	KLUB BIEGACZA FARTLEK	30-39	367	00:00:33	00:17:18	<b>00:43:18.15</b>	<b>00:43:51.75</b>	+00:24:07 (55.7%)	8:10	7.3 (44.0%)
368	<b>STAROŃ Marlena</b>	<b>855</b>	MORS HUBERTUS MYSŁOWICE	30-39	368	00:00:41	00:17:14	<b>00:43:19.70</b>	<b>00:44:00.75</b>	+00:24:09 (55.7%)	8:10	7.3 (44.0%)
369	<b>STRZODA Barbara</b>	<b>222</b>	PSZCZYNA BIEGA	30-39	369	00:02:22	00:18:42	<b>00:43:47.55</b>	<b>00:46:09.65</b>	+00:24:37 (56.2%)	8:15	7.3 (44.0%)
370	<b>VAIDYAN Eliza</b>	<b>557</b>		30-39	370	00:00:02	00:18:26	<b>00:44:22.40</b>	<b>00:44:25.20</b>	+00:25:11 (56.8%)	8:22	7.2 (43.4%)
371	<b>KALUS Wioletta</b>	<b>898</b>		30-39	371	00:00:46	00:18:53	<b>00:45:13.30</b>	<b>00:45:59.90</b>	+00:26:02 (57.6%)	8:31	7 (42.2%)
372	<b>ZACHŁOD Joanna</b>	<b>473</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	372	00:00:54	00:18:59	<b>00:45:32.65</b>	<b>00:46:27.00</b>	+00:26:22 (57.9%)	8:35	7 (42.2%)
373	<b>GÓRNICZ Patrycja</b>	<b>633</b>		30-39	373	00:00:44	00:18:36	<b>00:46:07.45</b>	<b>00:46:52.15</b>	+00:26:56 (58.4%)	8:42	6.9 (41.6%)
374	<b>BAZGIER Magdalena</b>	<b>607</b>		30-39	374	00:00:44	00:18:36	<b>00:46:20.10</b>	<b>00:47:04.80</b>	+00:27:09 (58.6%)	8:44	6.9 (41.6%)
375	<b>DYGAN Jagoda</b>	<b>988</b>		30-39	375	00:00:56	00:21:52	<b>00:52:31.25</b>	<b>00:53:27.70</b>	+00:33:20 (63.5%)	9:54	6.1 (36.7%)

Znaleziono 375 wynik(ów)