



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2021-09-19
Jastrzębie-Zdrój
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Sandra	501	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	1	Fizjo Sport Sandra - trenuj z Sandra	00:08:45	00:17:47.65		3:33	16.9 (100%)
2	SUWAJ Aneta	1	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	00:18:36.60	+00:00:48 (4.4%)	3:43	16.1 (95.3%)
3	STUCHLIK Magdalena	29	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	3		00:09:30	00:19:08.10	+00:01:20 (7.0%)	3:49	15.7 (92.9%)
4	KUBIAK Izabela	475		30-39	4		00:09:44	00:19:37.40	+00:01:49 (9.3%)	3:55	15.3 (90.5%)
5	BIELIŃSKA Monika	20	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	5	Fizjo Sport Sandra - trenuj z Sandra	00:10:18	00:20:34.05	+00:02:46 (13.5%)	4:06	14.6 (86.4%)
6	JANKO Anna	830	HRMAX ŻORY	30-39	6	HRmax Dziołszki	00:10:43	00:21:27.50	+00:03:39 (17.1%)	4:17	14 (82.8%)
7	KUDIO Daria	30		30-39	7		00:10:44	00:21:32.60	+00:03:44 (17.4%)	4:18	13.9 (82.2%)
8	OPUCHLIK Aleksandra	62	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	8		00:10:55	00:21:39.40	+00:03:51 (17.8%)	4:19	13.9 (82.2%)
9	BIAŁOŃCZYK Joanna	66		30-39	9	Byle do mety	00:11:06	00:21:52.95	+00:04:05 (18.7%)	4:22	13.7 (81.1%)
10	JURASZEK Elzbieta	46	JUSTFELLFIT	30-39	10	JustFeelFit TEAM	00:11:09	00:22:10.80	+00:04:23 (19.8%)	4:26	13.5 (79.9%)
11	LEGIERSKA Natalia	476	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	00:22:34.20	+00:04:46 (21.2%)	4:30	13.3 (78.7%)
12	MENDLA Agata	464	FORMA WODZISŁAW	30-39	12	Forma Wodzisław	00:11:14	00:22:39.80	+00:04:52 (21.5%)	4:31	13.2 (78.1%)
13	KRZYMINSKA Patrycja	726	RB ACTIV KNEIPP	30-39	13		00:11:48	00:23:06.50	+00:05:18 (23.0%)	4:37	13 (76.9%)
14	SKORUPA Magdalena	375		30-39	14		00:11:36	00:23:51.30	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
15	LERCH Bożena	64		30-39	15	RUNTEAM Pawłowice	00:12:07	00:24:34.05	+00:06:46 (27.6%)	4:54	12.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
16	NGUYEN Dorota	43	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	16		00:12:17	00:24:39.20	+00:06:51 (27.8%)	4:55	12.2 (72.2%)
17	FRANEK Agata	101		30-39	17		00:12:10	00:24:44.65	+00:06:57 (28.1%)	4:56	12.1 (71.6%)
18	SZŁAPA Urszula	192	SPOT PSZCZYNA	30-39	18	Spot Pszczyna	00:12:13	00:24:46.90	+00:06:59 (28.2%)	4:57	12.1 (71.6%)
19	KUFKA Judyta	153		30-39	19		00:12:30	00:24:56.10	+00:07:08 (28.6%)	4:59	12 (71.0%)
20	SMOLORZ Anna	217		30-39	20		00:12:44	00:24:56.80	+00:07:09 (28.7%)	4:59	12 (71.0%)
21	KURBIEL Sylwia	5021	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	30-39	21		00:12:17	00:24:57.85	+00:07:10 (28.7%)	4:59	12 (71.0%)
22	TIEBLER Marlena	161	STS BIEGATON MIKOŁÓW	30-39	22	STS Biegaton Mikołów	00:12:35	00:25:09.85	+00:07:22 (29.3%)	5:01	11.9 (70.4%)
23	WICHER Sabina	243	MONSUN SPORT	30-39	23		00:12:53	00:25:18.15	+00:07:30 (29.7%)	5:03	11.9 (70.4%)
24	AUGUŚCIK Ewelina	648	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	00:25:23.20	+00:07:35 (29.9%)	5:04	11.8 (69.8%)
25	BAK Marzena	920		30-39	25		00:12:41	00:25:26.00	+00:07:38 (30.0%)	5:05	11.8 (69.8%)
26	KRAKOWCZYK Karolina	927	INTERAKTYWNI KROSTOSZOWIECE	30-39	26	InterAktywni	00:12:57	00:25:27.60	+00:07:39 (30.1%)	5:05	11.8 (69.8%)
27	GAJDA Magdalena	77		30-39	27		00:12:57	00:25:31.70	+00:07:44 (30.3%)	5:06	11.8 (69.8%)
28	MARCZYŃSKA Izabela	113		30-39	28		00:12:40	00:25:38.50	+00:07:50 (30.6%)	5:07	11.7 (69.2%)
29	BIZOŃ Monika	181	DYSTANS LUBOMIA	30-39	29	Dystans Lubomia	00:12:45	00:25:41.75	+00:07:54 (30.8%)	5:08	11.7 (69.2%)
30	KOPIEC Estera	861		30-39	30		00:12:49	00:25:42.95	+00:07:55 (30.8%)	5:08	11.7 (69.2%)
31	KOTOWICZ Anna	143		30-39	31		00:12:59	00:25:46.10	+00:07:58 (30.9%)	5:09	11.6 (68.6%)
32	SOBINA Roksana	47	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	00:25:49.30	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
33	LERCH Maria	156	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	00:25:50.20	+00:08:02 (31.1%)	5:10	11.6 (68.6%)
34	WIECHOWSKA Sabina	159	MONSUN SPORT	30-39	34		00:12:56	00:26:00.80	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
35	PUKAS-STĘCLIK Karolina	222		30-39	35		00:13:06	00:26:06.65	+00:08:19 (31.9%)	5:13	11.5 (68.0%)
36	ZAKRZEWSKA Sabina	505		30-39	36		00:12:49	00:26:13.05	+00:08:25 (32.1%)	5:14	11.4 (67.5%)
37	KAPŁON Magdalena	255	WINNICZEK TEAM	30-39	37		00:13:06	00:26:24.25	+00:08:36 (32.6%)	5:16	11.4 (67.5%)
38	BARTOSZEK Izabela	625	RUNTEAM PAWŁOWICE	30-39	38	RUNTEAM Pawłowice	00:13:39	00:26:44.25	+00:08:56 (33.4%)	5:20	11.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
39	BANAŚ Wioleta	304	OPEL FIJAŁKOWSKI	30-39	39	Opel Fijałkowski	00:12:55	00:26:52.05	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
40	JĘDRYKA Patrycja	196	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	00:26:55.30	+00:09:07 (33.9%)	5:23	11.1 (65.7%)
41	WSZOŁEK Karolina	522	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	41	Fizjo Sport Sandra - trenuj z Sandra	00:13:23	00:26:57.20	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
42	GWIZDAŁA Joanna	105		30-39	42		00:13:18	00:26:59.40	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
43	BARCIEWICZ Kinga	744		30-39	43		00:13:30	00:26:59.45	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
44	BANASZEWSKA Aleksandra	420		30-39	44		00:13:24	00:27:10.85	+00:09:23 (34.5%)	5:26	11 (65.1%)
45	FIZIA Joanna	251		30-39	45	Kolorowa Drużyna Nessi	00:13:51	00:27:16.50	+00:09:28 (34.8%)	5:27	11 (65.1%)
46	PYZIK Barbara	234	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	00:27:17.55	+00:09:29 (34.8%)	5:27	11 (65.1%)
47	SOKÓŁ-PISZCZEK Agnieszka	316		30-39	47		00:13:47	00:27:19.35	+00:09:31 (34.9%)	5:27	11 (65.1%)
48	MADALIŃSKA Karolina	909		30-39	48		00:13:48	00:27:21.20	+00:09:33 (34.9%)	5:28	11 (65.1%)
49	NOWAK Magdalena	766	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	00:27:23.50	+00:09:35 (35.0%)	5:28	11 (65.1%)
50	PASTUSIAK Janina	855		30-39	50		00:14:01	00:27:24.55	+00:09:36 (35.1%)	5:28	10.9 (64.5%)
51	DOMAŃSKA Joanna	83		30-39	51		00:13:21	00:27:26.85	+00:09:39 (35.2%)	5:29	10.9 (64.5%)
52	KANTOROWSKA Anna	41	POWOLI DO CELU	30-39	52	PoWoli do Celu	00:13:28	00:27:38.40	+00:09:50 (35.6%)	5:31	10.9 (64.5%)
53	WODNIAK Angela	147	POWOLI DO CELU	30-39	53	PoWoli do Celu	00:13:35	00:27:38.90	+00:09:51 (35.6%)	5:31	10.9 (64.5%)
54	PIEKAR Adriana	339		30-39	54		00:13:34	00:27:43.10	+00:09:55 (35.8%)	5:32	10.8 (63.9%)
55	DYJACH Dominika	194		30-39	55		00:14:06	00:27:44.70	+00:09:57 (35.9%)	5:32	10.8 (63.9%)
56	TARGOSZ Aneta	252	OLZA CIESZYN	30-39	56	Olza Cieszyn	00:13:51	00:27:46.95	+00:09:59 (36.0%)	5:33	10.8 (63.9%)
57	BĄKOWSKA Justyna	372		30-39	57		00:14:03	00:27:48.00	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
58	TRYBAŁA Danuta	903	WATAHA	30-39	58		00:14:12	00:27:54.45	+00:10:06 (36.2%)	5:34	10.8 (63.9%)
59	BOBER Alicja	340		30-39	59		00:13:40	00:27:55.05	+00:10:07 (36.3%)	5:35	10.7 (63.3%)
60	MARSZAŁKOWSKA Daria	622		30-39	60		00:14:15	00:27:57.55	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
61	JABŁOŃSKA-ŚLAZIŃSKA Anna	913		30-39	61		00:14:10	00:28:04.50	+00:10:16 (36.6%)	5:36	10.7 (63.3%)

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62	TYTKO-HAŁADA Małgorzata	268		30-39	62		00:13:53	00:28:06.95	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
63	KCZ Karina	73		30-39	63		00:13:56	00:28:08.90	+00:10:21 (36.8%)	5:37	10.7 (63.3%)
64	GROMADZKA Justyna	686	KOBIETY WATAHY	30-39	64		00:13:58	00:28:11.55	+00:10:23 (36.9%)	5:38	10.6 (62.7%)
65	GÓRA Marta	383		30-39	65		00:14:11	00:28:12.20	+00:10:24 (36.9%)	5:38	10.6 (62.7%)
66	PAŁYS Agata	651		30-39	66		00:13:52	00:28:24.25	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
67	ORŁOWSKA Joanna	773		30-39	67	BB Bielszczanki Biegają	00:14:30	00:28:32.00	+00:10:44 (37.6%)	5:42	10.5 (62.1%)
68	REJBICZ Weronika	520		30-39	68		00:14:16	00:28:36.00	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
69	KOSIACKA Agnieszka	826		30-39	69		00:14:13	00:28:42.25	+00:10:54 (38.0%)	5:44	10.5 (62.1%)
70	MAZUR Aleksandra	728		30-39	70		00:14:38	00:28:43.25	+00:10:55 (38.0%)	5:44	10.4 (61.5%)
71	KAMIŃSKA Agnieszka	471		30-39	71		00:14:28	00:28:47.30	+00:10:59 (38.2%)	5:45	10.4 (61.5%)
72	KURIATA Katarzyna	273		30-39	72		00:15:27	00:28:49.30	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
73	BORKOWSKA- HERDA Anna	112		30-39	73		00:13:38	00:28:49.45	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
74	DROBIAK Kornelia	292		30-39	74		00:14:06	00:28:49.75	+00:11:02 (38.3%)	5:45	10.4 (61.5%)
75	OLSCHIMKE Kasia	699	META	30-39	75		00:14:44	00:28:55.50	+00:11:07 (38.5%)	5:47	10.4 (61.5%)
76	SOBCZAK Magdalena	928		30-39	76		00:14:36	00:29:11.00	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
77	SZEFER Wioleta	229		30-39	77		00:14:17	00:29:11.70	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
78	SŁOWIŃSKA Joanna	512	RUNTEAM PAWŁOWICE	30-39	78	RUNTEAM Pawłowice	00:14:31	00:29:11.80	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
79	BUREK Gabriela	559	RUNTEAM PAWŁOWICE	30-39	79	RUNTEAM Pawłowice	00:12:58	00:29:12.15	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
80	CHROMIK Krystyna	461	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	00:29:13.35	+00:11:25 (39.1%)	5:50	10.3 (60.9%)
81	SPYRKA Monika	53	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	00:29:20.95	+00:11:33 (39.4%)	5:52	10.2 (60.4%)
82	SZALA Beata	88	SEBET TRUCHTING TEAM	30-39	82		00:14:50	00:29:24.90	+00:11:37 (39.5%)	5:52	10.2 (60.4%)
83	MĘDRALA Ola	709		30-39	83		00:14:37	00:29:31.20	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
84	PARCHAŃSKA Iwona	206		30-39	84		00:14:53	00:29:35.50	+00:11:47 (39.9%)	5:55	10.1 (59.8%)

Czas netto 5km										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Różn	Tempo min/km	Tempo km/h
85	MACIOŃCZYK Katarzyna	621		30-39	85		00:14:34	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
86	GŁĄB Magdalena	485		30-39	86		00:14:17	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
87	SKOCZYNSKA Malgorzata	1091		30-39	87		00:14:45	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
88	BRANDYS Krystyna	547		30-39	88		00:14:36	+00:12:02 (40.4%)	5:58	10.1 (59.8%)
89	SITKO Dagmara	398		30-39	89		00:14:46	+00:12:07 (40.5%)	5:58	10 (59.2%)
90	KURPANEK Milena	5025		30-39	90		00:15:07	+00:12:10 (40.6%)	5:59	10 (59.2%)
91	MATUSZCZYK Renata	300	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	+00:12:12 (40.7%)	5:59	10 (59.2%)
92	PAŁASZ Marta	729		30-39	92		00:14:46	+00:12:19 (40.9%)	6:01	10 (59.2%)
93	GÓRECKA Ewelina	391	JUSTFEELFIT	30-39	93	JustFeelFit TEAM	00:14:58	+00:12:22 (41.0%)	6:01	10 (59.2%)
94	SOJKA Anna	106		30-39	94		00:14:52	+00:12:23 (41.0%)	6:02	9.9 (58.6%)
95	MOSKAŁA Magdalena	351		30-39	95		00:15:24	+00:12:27 (41.2%)	6:02	9.9 (58.6%)
96	KAFARA Joanna	905	WATAHA	30-39	96		00:15:41	+00:12:27 (41.2%)	6:03	9.9 (58.6%)
97	BALCAR Elżbieta	556		30-39	97		00:14:25	+00:12:29 (41.3%)	6:03	9.9 (58.6%)
98	MATUSIAK Paulina	376		30-39	98		00:14:44	+00:12:32 (41.3%)	6:03	9.9 (58.6%)
99	GĄSIOR Katarzyna	629		30-39	99		00:15:16	+00:12:41 (41.6%)	6:05	9.8 (58.0%)
100	KUBALA Agnieszka	324		30-39	100		00:15:30	+00:12:43 (41.7%)	6:06	9.8 (58.0%)
101	PTASIŃSKA Iwona	701		30-39	101		00:15:49	+00:12:45 (41.8%)	6:06	9.8 (58.0%)
102	TRZCIŃSKA Joanna	271	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
103	HUBA Agnieszka	264	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
104	JASKÓŁA Izabela	794		30-39	104		00:14:44	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
105	LASKOWSKA Anna	434		30-39	105		00:15:38	+00:12:51 (42.0%)	6:07	9.8 (58.0%)
106	KURCBART Magdalena	531		30-39	106		00:14:55	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
107	KUŹNIK Edyta	370		30-39	107		00:15:42	+00:13:09 (42.5%)	6:11	9.7 (57.4%)

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108	SKROBOL Paulina	586	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	00:31:05.95	+00:13:18 (42.8%)	6:13	9.7 (57.4%)
109	STRZAŁKA - LECH Magdalena	305	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	00:31:07.20	+00:13:19 (42.8%)	6:13	9.6 (56.8%)
110	LISZOK Iwona	309		30-39	110		00:15:26	00:31:09.55	+00:13:21 (42.9%)	6:13	9.6 (56.8%)
111	OLEJEK Anna	741		30-39	111		00:15:12	00:31:11.75	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
112	KUJAWA Marzena	259		30-39	112		00:15:27	00:31:15.95	+00:13:28 (43.1%)	6:15	9.6 (56.8%)
113	SIENKIEWICZ Gabriela	545	PO WOLI DO CELU	30-39	113	PoWoliDoCelu	00:15:46	00:31:32.80	+00:13:45 (43.6%)	6:18	9.5 (56.2%)
114	BALICKA Magdalena	441		30-39	114		00:15:33	00:31:38.75	+00:13:51 (43.8%)	6:19	9.5 (56.2%)
115	SZLAUR Ewelina	664		30-39	115		00:15:56	00:31:42.30	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
116	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	00:31:46.50	+00:13:58 (44.0%)	6:21	9.4 (55.6%)
117	DREWNIAK Magdalena	346	JUSTFELLFIT	30-39	117	JustFeelFit	00:16:29	00:31:49.45	+00:14:01 (44.1%)	6:21	9.4 (55.6%)
118	WOWRA Agnieszka	665		30-39	118		00:15:56	00:31:53.20	+00:14:05 (44.2%)	6:22	9.4 (55.6%)
119	KUKLA Agata	929	POWOLI DO CELU	30-39	119		00:16:26	00:32:08.20	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
120	MIŚ Ela	863	JUSTFEELFIT	30-39	120	JustFeelFit TEAM	00:16:30	00:32:09.00	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
121	DRANICZAREK Anna	792		30-39	121		00:16:02	00:32:09.15	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
122	JAKUBIK Edyta	266		30-39	122		00:16:12	00:32:12.30	+00:14:24 (44.7%)	6:26	9.3 (55.0%)
123	PEPEK Bożena	681		30-39	123		00:15:50	00:32:18.45	+00:14:30 (44.9%)	6:27	9.3 (55.0%)
124	ZDUNEK Dorota	576		30-39	124		00:16:07	00:32:28.35	+00:14:40 (45.2%)	6:29	9.2 (54.4%)
125	KOZŁOWSKA Patrycja	780		30-39	125	Byle do mety	00:15:53	00:32:31.00	+00:14:43 (45.3%)	6:30	9.2 (54.4%)
126	CZERWIŃSKA Klaudyna	301	OPEL FIJAŁKOWSKI	30-39	126	Opel Fijałkowski	00:16:47	00:32:35.25	+00:14:47 (45.4%)	6:31	9.2 (54.4%)
127	ZAGÓRSKA Beata	355		30-39	127		00:16:11	00:32:43.60	+00:14:55 (45.6%)	6:32	9.2 (54.4%)
128	LIPIŃSKA Monika	404	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	00:32:49.85	+00:15:02 (45.8%)	6:33	9.1 (53.8%)
129	SŁOWIK Kornelia	453	KOLOROWA DRUŻYNA NESSI	30-39	129	Kolorowa Drużyna Nessi	00:16:15	00:32:54.80	+00:15:07 (45.9%)	6:34	9.1 (53.8%)
130	SZYNAL Magdalena	511		30-39	130		00:15:48	00:32:59.05	+00:15:11 (46.1%)	6:35	9.1 (53.8%)

Czas netto 5km										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Różn	Tempo min/km	Tempo km/h
131	KSEPKO Katarzyna	405		30-39	131		00:16:15	+00:15:24 (46.4%)	6:38	9 (53.3%)
132	POŁEDNIOK Aleksandra	152		30-39	132		00:16:10	+00:15:31 (46.6%)	6:39	9 (53.3%)
133	DROZDZIOK Elżbieta	908	WATAHA	30-39	133		00:16:59	+00:15:32 (46.6%)	6:40	9 (53.3%)
134	TYRYTKO Sylwia	602	WATAHA	30-39	134		00:16:59	+00:15:32 (46.6%)	6:40	9 (53.3%)
135	GARUS Angelika	278		30-39	135		00:16:10	+00:15:34 (46.7%)	6:40	9 (53.3%)
136	CICHY Agnieszka	435		30-39	136		00:16:25	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
137	KOWALCZYK Basia	598		30-39	137		00:16:27	+00:15:47 (47.0%)	6:43	8.9 (52.7%)
138	GROSIK Marta	673		30-39	138		00:16:33	+00:15:56 (47.2%)	6:44	8.9 (52.7%)
139	HRYNKIEWICZ Katarzyna	644		30-39	139		00:16:39	+00:16:04 (47.5%)	6:46	8.9 (52.7%)
140	ZMUDA Ewelina	538		30-39	140		00:16:38	+00:16:09 (47.6%)	6:47	8.8 (52.1%)
141	STANO Monika	678		30-39	141		00:17:15	+00:16:10 (47.6%)	6:47	8.8 (52.1%)
142	WAWOCZNY Anita	487	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	+00:16:11 (47.6%)	6:47	8.8 (52.1%)
143	BATKO Agnieszka	544		30-39	143		00:17:19	+00:16:21 (47.9%)	6:49	8.8 (52.1%)
144	ŚLEDZIEWSKA Agata	693		30-39	144		00:17:00	+00:16:28 (48.1%)	6:51	8.8 (52.1%)
145	ZIELONKA Agnieszka	253		30-39	145	Cioteczki	00:17:15	+00:16:50 (48.6%)	6:55	8.7 (51.5%)
146	DAMIĘCKA Magda	462	RUNTEAM	30-39	146	RUNTEAM Pawłowice	00:17:30	+00:17:00 (48.9%)	6:57	8.6 (50.9%)
147	SUDLITZ Anna	449	FORTUNA TEAM	30-39	147		00:18:12	+00:17:08 (49.1%)	6:59	8.6 (50.9%)
148	KWAŚNIEWSKA Kasia	593		30-39	148		00:16:43	+00:17:10 (49.1%)	6:59	8.6 (50.9%)
149	KACZMARCZYK-ZIELIŃSKA Magdalena	468	RUNTEAM PAWŁOWICE	30-39	149	RUNTEAM Pawłowice	00:17:10	+00:17:12 (49.2%)	7:00	8.6 (50.9%)
150	ROJEK Wioleta	845		30-39	150		00:17:16	+00:17:23 (49.4%)	7:02	8.5 (50.3%)
151	BALCERAK Beata	348		30-39	151		00:17:04	+00:17:28 (49.5%)	7:03	8.5 (50.3%)
152	DUDA Magdalena	652		30-39	152		00:17:04	+00:17:28 (49.5%)	7:03	8.5 (50.3%)
153	LEPICH Katarzyna	380	MIECHOWICKA GRUPA BIEGOWA	30-39	153	Miechowska Grupa Biegowa	00:16:55	+00:17:33 (49.7%)	7:04	8.5 (50.3%)

Czas netto 5km										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Różn	Tempo min/km	Tempo km/h
154	GŁĄB Mariola	669		30-39	154		00:17:11	+00:17:36 (49.7%)	7:04	8.5 (50.3%)
155	BAJER Marzena	775	DYSTANS LUBOMIA	30-39	155	Dystans Lubomia	00:18:00	+00:17:41 (49.9%)	7:05	8.5 (50.3%)
156	GIBAS Amanda	478	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	+00:18:07 (50.5%)	7:11	8.4 (49.7%)
157	ŚLEZIONA Katarzyna	270		30-39	157		00:17:23	+00:18:18 (50.7%)	7:13	8.3 (49.1%)
158	ZIELONKA Dorota	275		30-39	158	Cioteczki	00:17:53	+00:18:55 (51.5%)	7:20	8.2 (48.5%)
159	KOŹDOŃ Jagoda	543		30-39	159		00:18:31	+00:18:56 (51.6%)	7:20	8.2 (48.5%)
160	SIREK Izabela	635	OLZA CIESZYN	30-39	160	Olza Cieszyn	00:17:47	+00:18:57 (51.6%)	7:20	8.2 (48.5%)
161	DAMIS Daria	668		30-39	161		00:18:13	+00:19:09 (51.8%)	7:23	8.1 (47.9%)
162	KROCZEK Magdalena	451	FORTUNA TEAM	30-39	162		00:18:19	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
163	ŚCIĘGAJ Joanna	430		30-39	163		00:18:03	+00:19:23 (52.1%)	7:26	8.1 (47.9%)
164	SZOJDA Paulina	799	VIKING TRAINING CENTER/BIEGNĘ BYLE DOBIEC	30-39	164		00:18:13	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
165	JUTKA Kasia	891		30-39	165		00:18:13	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
166	STEFANIK Katarzyna	343		30-39	166		00:18:16	+00:19:35 (52.4%)	7:28	8 (47.3%)
167	LEKI Grażyna	774		30-39	167		00:18:16	+00:19:36 (52.4%)	7:28	8 (47.3%)
168	MAGIEREK Magdalena	618		30-39	168		00:18:16	+00:19:36 (52.4%)	7:28	8 (47.3%)
169	PIERZCHAŁA Magdalena	263	MORS HUBERTUS MYŚŁOWICE	30-39	169	MORS Hubertus Myslowice	00:18:12	+00:19:54 (52.8%)	7:32	8 (47.3%)
170	MAGIERA Barbara	517		30-39	170	PoWoliDoCelu	00:19:17	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
171	KALETA Agnieszka	186	POWOLI DO CELU	30-39	171	PoWoliDoCelu	00:19:16	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
172	ŚWIDERSKA Anna	513	POWOLI DO CELU	30-39	172	PoWoli do Celu	00:19:17	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
173	BAZGIER Magdalena	768		30-39	173		00:19:25	+00:21:50 (55.1%)	7:55	7.6 (45.0%)
174	ISKRA Joanna	548		30-39	174		00:19:28	+00:21:51 (55.1%)	7:55	7.6 (45.0%)
175	TOMCZYK Anna	750		30-39	175		00:20:25	+00:23:11 (56.6%)	8:11	7.3 (43.2%)
176	BURYAN Kamila	645		30-39	176		00:20:21	+00:23:19 (56.7%)	8:13	7.3 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
177	SZCZEPANIK Aleksandra	526	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	00:41:21.95	+00:23:34 (57.0%)	8:16	7.3 (43.2%)
178	BOBER Aneta	676		30-39	178		00:20:24	00:41:41.05	+00:23:53 (57.3%)	8:20	7.2 (42.6%)
179	KUBICIUS Zofia	689	OLZA CIESZYN	30-39	179	Olza Cieszyn	00:21:04	00:42:41.15	+00:24:53 (58.3%)	8:32	7 (41.4%)
180	BŁASZCZYK Marta	776		30-39	180		00:19:49	00:42:55.80	+00:25:08 (58.6%)	8:35	7 (41.4%)
181	SZCZEGODZIŃSKA Katarzyna	381		30-39	181		00:21:50	00:44:18.15	+00:26:30 (59.8%)	8:51	6.8 (40.2%)
182	BARTNICKA Barbara	649	RUNTEAM PAWŁOWICE	30-39	182	RUNTEAM Pawłowice	00:22:56	00:46:21.20	+00:28:33 (61.6%)	9:16	6.5 (38.5%)
183	SZYMAŃSKA Magdalena	647		30-39	183		00:22:58	00:46:22.00	+00:28:34 (61.6%)	9:16	6.5 (38.5%)
184	KWIATOŃ Patrycja	630	RUNTEAM PAWŁOWICE	30-39	184	RUNTEAM Pawłowice	00:22:58	00:46:22.65	+00:28:35 (61.6%)	9:16	6.5 (38.5%)

Znaleziono 184 wynik(ów)