



# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>82</b>	TRENUN Z SANDRĄ	30-39	1	Trenuj z Sandrą		00:00:00	00:08:05	<b>00:18:32.55</b>	<b>00:18:32.55</b>		3:29	17.2 (100%)
2	<b>MELENDECKA-ZEJDLER Michalina</b>	<b>7</b>		30-39	2	PĘDZIWIATRY		00:00:00	00:08:34	<b>00:18:55.90</b>	<b>00:18:55.90</b>	+00:00:23 (2.1%)	3:34	16.8 (97.7%)
3	<b>SUWAJ Aneta</b>	<b>42</b>	NIEBIESKIE DZIEWCZYNY	30-39	3	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:35	<b>00:19:07.60</b>	<b>00:19:07.60</b>	+00:00:35 (3.1%)	3:36	16.6 (96.5%)
4	<b>DYRLAGA Justyna</b>	<b>54</b>	JUSTFEELFIT	30-39	4	JustFeelFit		00:00:00	00:09:12	<b>00:20:35.60</b>	<b>00:20:35.60</b>	+00:02:03 (10.0%)	3:53	15.4 (89.5%)
5	<b>BIELIŃSKA Monika</b>	<b>25</b>	DOROTA I MONIKA	30-39	5	PĘDZIWIATRY	DOROTA I MONIKA	00:00:00	00:09:13	<b>00:20:37.10</b>	<b>00:20:37.10</b>	+00:02:04 (10.1%)	3:53	15.4 (89.5%)
6	<b>DZIUK Dagmara</b>	<b>84</b>	TL ATHLETICS JASTRZĘBIE	30-39	6			00:00:00	00:09:14	<b>00:20:58.10</b>	<b>00:20:58.10</b>	+00:02:25 (11.6%)	3:57	15.2 (88.4%)
7	<b>REDZIK Dorota</b>	<b>76</b>	DOROTA I MONIKA	30-39	7	Never Too Late	DOROTA I MONIKA	00:00:00	00:09:35	<b>00:21:30.65</b>	<b>00:21:30.65</b>	+00:02:58 (13.8%)	4:03	14.8 (86.0%)
8	<b>DOMIAN Paulina</b>	<b>172</b>		30-39	8			00:00:00	00:09:34	<b>00:21:57.70</b>	<b>00:21:57.70</b>	+00:03:25 (15.6%)	4:08	14.5 (84.3%)
9	<b>JANKO Anna</b>	<b>73</b>	HRMAX DZIOŁSZKI	30-39	9	HRmax Dziolszki		00:00:00	00:09:56	<b>00:22:26.85</b>	<b>00:22:26.85</b>	+00:03:54 (17.4%)	4:13	14.2 (82.6%)
10	<b>RATAJ Barbara</b>	<b>155</b>	DIABEŁKI CHARLIEGO	30-39	10	Jejkowice Biegają	Diabełki Charliego	00:00:00	00:10:00	<b>00:23:08.60</b>	<b>00:23:08.60</b>	+00:04:36 (19.9%)	4:21	13.7 (79.7%)
11	<b>FANGOR-GRAB Agata</b>	<b>665</b>	RESHAPE RUNNERS	30-39	11			00:00:00	00:10:06	<b>00:23:09.45</b>	<b>00:23:09.45</b>	+00:04:36 (19.9%)	4:22	13.7 (79.7%)
12	<b>SUSHKO Maryna</b>	<b>143</b>		30-39	12			00:00:00	00:10:17	<b>00:23:10.05</b>	<b>00:23:10.05</b>	+00:04:37 (20.0%)	4:22	13.7 (79.7%)
13	<b>JURASZEK Elzbieta</b>	<b>37</b>	JUSTFEELFIT	30-39	13	JustFeelFit		00:00:00	00:10:19	<b>00:23:14.55</b>	<b>00:23:14.55</b>	+00:04:42 (20.2%)	4:23	13.7 (79.7%)
14	<b>KUDIO Daria</b>	<b>65</b>		30-39	14	PIĘKNE I BESTIA		00:00:00	00:10:19	<b>00:23:23.45</b>	<b>00:23:23.45</b>	+00:04:50 (20.7%)	4:24	13.6 (79.1%)
15	<b>OLEŚ-ZDECHLIK Beata</b>	<b>206</b>		30-39	15			00:00:00	00:10:27	<b>00:23:53.35</b>	<b>00:23:53.35</b>	+00:05:20 (22.4%)	4:30	13.3 (77.3%)
16	<b>PANKIEWICZ Magdalena</b>	<b>183</b>	DYCUŚ TEAM	30-39	16	Dyczuś Team		00:00:00	00:10:32	<b>00:23:56.05</b>	<b>00:23:56.05</b>	+00:05:23 (22.5%)	4:30	13.3 (77.3%)
17	<b>BOGUSŁAWSKA Angelika</b>	<b>227</b>	NESSI TIME ŻORY	30-39	17			00:00:00	00:10:11	<b>00:24:13.50</b>	<b>00:24:13.50</b>	+00:05:40 (23.5%)	4:34	13.1 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
18	<b>WRÓBEL Katarzyna</b>	<b>310</b>	JUSTFEELFIT	30-39	18	JustFeelFit		00:00:00	00:10:40	<b>00:24:22.55</b>	<b>00:24:22.55</b>	+00:05:50 (23.9%)	4:35	13.1 (76.2%)
19	<b>PILCH Natalia</b>	<b>22</b>	OLZA CIESZYN	30-39	19	Olza Cieszyn		00:00:00	00:10:55	<b>00:24:23.90</b>	<b>00:24:23.90</b>	+00:05:51 (24.0%)	4:36	13 (75.6%)
20	<b>ZEMLAŁK Adriana</b>	<b>224</b>		30-39	20			00:00:00	00:10:58	<b>00:24:24.05</b>	<b>00:24:24.05</b>	+00:05:51 (24.0%)	4:36	13 (75.6%)
21	<b>GRYCMAN Marta</b>	<b>124</b>	MARTA I ANITA	30-39	21		Marta i Anita	00:00:00	00:10:42	<b>00:24:40.25</b>	<b>00:24:40.25</b>	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
22	<b>MENDECKA Daria</b>	<b>9</b>	MOSIR ŁAZISKA GÓRNE	30-39	22			00:00:00	00:10:32	<b>00:24:40.40</b>	<b>00:24:40.40</b>	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
23	<b>SITKO Agnieszka</b>	<b>299</b>		30-39	23	Radlinioki w biegu		00:00:00	00:10:52	<b>00:24:42.15</b>	<b>00:24:42.15</b>	+00:06:09 (24.9%)	4:39	12.9 (75.0%)
24	<b>MIELAŃCZYK Patrycja</b>	<b>212</b>		30-39	24			00:00:00	00:10:27	<b>00:24:45.95</b>	<b>00:24:45.95</b>	+00:06:13 (25.1%)	4:40	12.8 (74.4%)
25	<b>MISTEROWICZ Kinga</b>	<b>18</b>	RUNSZ-TEAM	30-39	25	Niedoścignione		00:00:00	00:10:49	<b>00:24:52.70</b>	<b>00:24:52.70</b>	+00:06:20 (25.5%)	4:41	12.8 (74.4%)
26	<b>MENDLA Agata</b>	<b>122</b>		30-39	26	ŁAPACZKI Zachodów słońca		00:00:00	00:10:47	<b>00:25:02.90</b>	<b>00:25:02.90</b>	+00:06:30 (26.0%)	4:43	12.7 (73.8%)
27	<b>KRAKOWCZYK Karolina</b>	<b>282</b>	ŁAPACZKI ZACHODÓW SŁOŃCA	30-39	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:50	<b>00:25:13.15</b>	<b>00:25:13.15</b>	+00:06:40 (26.5%)	4:45	12.6 (73.3%)
28	<b>PRZYŁĘCKA-HUSSAR Agnieszka</b>	<b>81</b>		30-39	28			00:00:00	00:10:55	<b>00:25:15.90</b>	<b>00:25:15.90</b>	+00:06:43 (26.6%)	4:45	12.6 (73.3%)
29	<b>NGUYEN Dorota</b>	<b>686</b>	RYBNICKA GRUPA BIEGOWA , RADLINIOKI W BIEGU	30-39	29			00:00:00	00:11:01	<b>00:25:20.30</b>	<b>00:25:20.30</b>	+00:06:47 (26.8%)	4:46	12.6 (73.3%)
30	<b>TRYBAŁA Danuta</b>	<b>603</b>	WATAHA	30-39	30	WATAHA		00:00:00	00:10:55	<b>00:25:21.05</b>	<b>00:25:21.05</b>	+00:06:48 (26.9%)	4:46	12.5 (72.7%)
31	<b>GNAŚ Anna</b>	<b>162</b>	ALPIN SPORT HOKA ONE ONE TEAM	30-39	31		Ana do Bara	00:00:00	00:10:32	<b>00:25:21.85</b>	<b>00:25:21.85</b>	+00:06:49 (26.9%)	4:46	12.5 (72.7%)
32	<b>CHORCHOS Magda</b>	<b>769</b>		30-39	32			00:00:00	00:11:03	<b>00:25:45.45</b>	<b>00:25:45.45</b>	+00:07:12 (28.0%)	4:51	12.3 (71.5%)
33	<b>BANAŚ Wioleta</b>	<b>431</b>	OPEL FIJAŁKOWSKI	30-39	33	OPEL FIJAŁKOWSKI		00:00:00	00:11:34	<b>00:25:47.05</b>	<b>00:25:47.05</b>	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
34	<b>KUPCZAK Jagoda</b>	<b>788</b>	JUSTFEELFIT	30-39	34	JustFeelFit		00:00:00	00:11:38	<b>00:25:47.10</b>	<b>00:25:47.10</b>	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
35	<b>KWAPISZ-BONUSIAK Dorota</b>	<b>280</b>		30-39	35			00:00:00	00:11:10	<b>00:25:56.40</b>	<b>00:25:56.40</b>	+00:07:23 (28.5%)	4:53	12.3 (71.5%)
36	<b>BREJNAK Agnieszka</b>	<b>219</b>	FIT WARIATKI	30-39	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:13	<b>00:25:58.15</b>	<b>00:25:58.15</b>	+00:07:25 (28.6%)	4:53	12.2 (70.9%)
37	<b>KANTOROWSKA Ania</b>	<b>101</b>	POWOLI DO CELU	30-39	37	PoWoli do Celu		00:00:00	00:11:18	<b>00:26:16.25</b>	<b>00:26:16.25</b>	+00:07:43 (29.4%)	4:57	12.1 (70.3%)
38	<b>HOŁYŃSKA-URBASIK Karolina</b>	<b>997</b>	KAROLINA I ASIA	30-39	38		Karolina i Asia	00:00:00	00:11:05	<b>00:26:23.30</b>	<b>00:26:23.30</b>	+00:07:50 (29.7%)	4:58	12.1 (70.3%)
39	<b>PIŃKOWSKA Angelika</b>	<b>85</b>		30-39	39			00:00:00	00:12:05	<b>00:26:36.00</b>	<b>00:26:36.00</b>	+00:08:03 (30.3%)	5:01	12 (69.8%)
40	<b>BARCIEWICZ Kinga</b>	<b>1217</b>		30-39	40			00:00:00	00:11:08	<b>00:26:38.00</b>	<b>00:26:38.00</b>	+00:08:05 (30.4%)	5:01	11.9 (69.2%)
41	<b>MAŁECKA Aleksandra</b>	<b>866</b>	BBAM	30-39	41		BBAM	00:00:00	00:11:56	<b>00:26:40.55</b>	<b>00:26:40.55</b>	+00:08:08 (30.5%)	5:01	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
42	<b>WITOS-GRZYBOWSKA Renata</b>	690	JUSTFEELFIT	30-39	42	JustFeelFit		00:00:00	00:11:27	<b>00:26:41.70</b>	<b>00:26:41.70</b>	+00:08:09 (30.5%)	5:02	11.9 (69.2%)
43	<b>SZULC Marta</b>	223	BURZA TEAM	30-39	43	Burza Team		00:00:00	00:11:21	<b>00:26:47.70</b>	<b>00:26:47.70</b>	+00:08:15 (30.8%)	5:03	11.9 (69.2%)
44	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	149	NESSI TIME ŻORY	30-39	44			00:00:00	00:12:04	<b>00:26:49.35</b>	<b>00:26:49.35</b>	+00:08:16 (30.9%)	5:03	11.9 (69.2%)
45	<b>PARKITA Justyna</b>	225	BDB TEAM	30-39	45			00:00:00	00:11:45	<b>00:26:53.85</b>	<b>00:26:53.85</b>	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
46	<b>KONSEK Anna</b>	746		30-39	46			00:00:00	00:11:58	<b>00:26:59.30</b>	<b>00:26:59.30</b>	+00:08:26 (31.3%)	5:05	11.8 (68.6%)
47	<b>FRANEK Agata</b>	170		30-39	47			00:00:00	00:11:20	<b>00:27:01.15</b>	<b>00:27:01.15</b>	+00:08:28 (31.4%)	5:05	11.8 (68.6%)
48	<b>WODNIAK Angela</b>	254	POWOLI DO CELU	30-39	48	PoWoli do Celu		00:00:00	00:11:30	<b>00:27:03.35</b>	<b>00:27:03.35</b>	+00:08:30 (31.5%)	5:06	11.8 (68.6%)
49	<b>NENKO Jolanta</b>	139		30-39	49			00:00:00	00:11:53	<b>00:27:03.90</b>	<b>00:27:03.90</b>	+00:08:31 (31.5%)	5:06	11.8 (68.6%)
50	<b>LERCH Bożena</b>	114		30-39	50			00:00:00	00:11:47	<b>00:27:05.25</b>	<b>00:27:05.25</b>	+00:08:32 (31.5%)	5:06	11.7 (68.0%)
51	<b>HANARZ Joanna</b>	735		30-39	51	JustFeelFit		00:00:00	00:12:12	<b>00:27:06.45</b>	<b>00:27:06.45</b>	+00:08:33 (31.6%)	5:06	11.7 (68.0%)
52	<b>WANDEL-HANUSEK Agnieszka</b>	644		30-39	52			00:00:00	00:12:23	<b>00:27:10.25</b>	<b>00:27:10.25</b>	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
53	<b>LERCH Maria</b>	116		30-39	53			00:00:00	00:11:44	<b>00:27:10.70</b>	<b>00:27:10.70</b>	+00:08:38 (31.8%)	5:07	11.7 (68.0%)
54	<b>LIPKO Izabela</b>	316		30-39	54			00:00:00	00:12:55	<b>00:27:13.00</b>	<b>00:27:13.00</b>	+00:08:40 (31.9%)	5:08	11.7 (68.0%)
55	<b>GANCARCZYK Karolina</b>	305	BIEGOWE WARIATY	30-39	55			00:00:00	00:11:57	<b>00:27:22.00</b>	<b>00:27:22.00</b>	+00:08:49 (32.2%)	5:09	11.6 (67.4%)
56	<b>MARSZAŁKOWSKA Daria</b>	21		30-39	56			00:00:00	00:12:17	<b>00:27:22.30</b>	<b>00:27:22.30</b>	+00:08:49 (32.3%)	5:09	11.6 (67.4%)
57	<b>GAJDA Magdalena</b>	94	MAGDA I OLA	30-39	57		Magda i Ola	00:00:00	00:12:22	<b>00:27:25.35</b>	<b>00:27:25.35</b>	+00:08:52 (32.4%)	5:10	11.6 (67.4%)
58	<b>LACHOWICZ Izabela</b>	49	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	58			00:00:00	00:12:19	<b>00:27:28.60</b>	<b>00:27:28.60</b>	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
59	<b>KUFKA Judyta</b>	164		30-39	59			00:00:00	00:12:19	<b>00:27:28.75</b>	<b>00:27:28.75</b>	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
60	<b>PUKAS-STĘCŁIK Karolina</b>	175		30-39	60			00:00:00	00:12:32	<b>00:27:31.60</b>	<b>00:27:31.60</b>	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
61	<b>ZAKRZEWSKA Sabina</b>	356		30-39	61			00:00:00		<b>00:27:31.85</b>	<b>00:27:31.85</b>	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
62	<b>REJBICZ Weronika</b>	850		30-39	62			00:00:00	00:12:23	<b>00:27:34.55</b>	<b>00:27:34.55</b>	+00:09:02 (32.8%)	5:12	11.5 (66.9%)
63	<b>WICHER Sabina</b>	132	MONSUN SPORT	30-39	63			00:00:00	00:12:50	<b>00:27:38.50</b>	<b>00:27:38.50</b>	+00:09:05 (32.9%)	5:12	11.5 (66.9%)
64	<b>AUGUSCIK Ewelina</b>	325	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	<b>00:27:42.15</b>	<b>00:27:42.15</b>	+00:09:09 (33.1%)	5:13	11.5 (66.9%)
65	<b>PŁAZA Monika</b>	275	KOBIETY NA 5+	30-39	65	Kobiety na 5+		00:00:00	00:12:04	<b>00:27:43.40</b>	<b>00:27:43.40</b>	+00:09:10 (33.1%)	5:13	11.5 (66.9%)
66	<b>NOWAK Magdalena</b>	199	NESSI TIME ŻORY	30-39	66			00:00:00	00:12:14	<b>00:27:44.25</b>	<b>00:27:44.25</b>	+00:09:11 (33.2%)	5:13	11.5 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
67	JĘDRYKA Patrycja	135	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	00:27:44.85	00:27:44.85	+00:09:12 (33.2%)	5:13	11.5 (66.9%)
68	PIECHA-ŁACHAJCZYK Hanna	189		30-39	68			00:00:00	00:12:46	00:27:55.85	00:27:55.85	+00:09:23 (33.6%)	5:16	11.4 (66.3%)
69	SZYMICZEK Paulina	290	DYSTANS LUBOMIA	30-39	69			00:00:00	00:12:33	00:28:00.60	00:28:00.60	+00:09:28 (33.8%)	5:16	11.4 (66.3%)
70	POLAK Sabina	511	SWIM-POL TEAM	30-39	70			00:00:00	00:12:18	00:28:01.75	00:28:01.75	+00:09:29 (33.8%)	5:17	11.4 (66.3%)
71	SZŁAPA Urszula	88	SPOT PSZCZYNA	30-39	71	SPOT Pszczyna		00:00:00	00:11:31	00:28:08.55	00:28:08.55	+00:09:36 (34.1%)	5:18	11.3 (65.7%)
72	WIERCIGROCH Mariola	166	JUSTFEELFIT	30-39	72			00:00:00	00:12:27	00:28:10.85	00:28:10.85	+00:09:38 (34.2%)	5:18	11.3 (65.7%)
73	CIELANGA Barbara	878	WATAHA	30-39	73	WATAHA		00:00:00	00:12:10	00:28:17.65	00:28:17.65	+00:09:45 (34.5%)	5:20	11.2 (65.1%)
74	GAWLAS Paulina	854		30-39	74			00:00:00	00:12:46	00:28:25.90	00:28:25.90	+00:09:53 (34.8%)	5:21	11.2 (65.1%)
75	MAZUR Aleksandra	738		30-39	75			00:00:00	00:12:23	00:28:34.10	00:28:34.10	+00:10:01 (35.1%)	5:23	11.1 (64.5%)
76	SZCZEŚNIAK Iwona	70		30-39	76			00:00:00	00:12:39	00:28:37.05	00:28:37.05	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
77	WIECHOWSKA Sabina	583	MONSUN SPORT	30-39	77			00:00:00	00:12:27	00:28:42.00	00:28:42.00	+00:10:09 (35.4%)	5:24	11.1 (64.5%)
78	PILCH Anna	428	PIGUATEAM	30-39	78	PiguaTeam		00:00:00	00:13:11	00:28:46.25	00:28:46.25	+00:10:13 (35.6%)	5:25	11.1 (64.5%)
79	TARGOSZ Aneta	108	OLZA CIESZYN	30-39	79	Olza Cieszyn		00:00:00	00:12:39	00:28:50.30	00:28:50.30	+00:10:17 (35.7%)	5:26	11 (64.0%)
80	FOLTYN Bożena	107	F	30-39	80			00:00:00	00:12:58	00:28:57.00	00:28:57.00	+00:10:24 (35.9%)	5:27	11 (64.0%)
81	KROPKA Gabriela	138	OLZA SPORT	30-39	81	Olza Cieszyn		00:00:00	00:12:25	00:28:57.75	00:28:57.75	+00:10:25 (36.0%)	5:27	11 (64.0%)
82	STEFANOW Agnieszka	598		30-39	82			00:00:00	00:13:09	00:28:58.65	00:28:58.65	+00:10:26 (36.0%)	5:27	11 (64.0%)
83	ZYGMA Żaneta	167		30-39	83			00:00:00	00:12:11	00:28:59.75	00:28:59.75	+00:10:27 (36.1%)	5:28	11 (64.0%)
84	FOJCIK Katarzyna	69	PIERUNSKIE CANGÓRY	30-39	84	PieRUNskie CanGÓRY		00:00:00	00:12:56	00:29:01.30	00:29:01.30	+00:10:28 (36.1%)	5:28	11 (64.0%)
85	KOPIEC Estera	785		30-39	85	PoWoli do Celu		00:00:00	00:11:54	00:29:03.45	00:29:03.45	+00:10:30 (36.2%)	5:28	10.9 (63.4%)
86	PIEKAR Adriana	230		30-39	86			00:00:00	00:12:43	00:29:13.95	00:29:13.95	+00:10:41 (36.6%)	5:30	10.9 (63.4%)
87	KALETA Agnieszka	93	POWOLI DO CELU	30-39	87	PoWoli do Celu		00:00:00	00:12:42	00:29:25.70	00:29:25.70	+00:10:53 (37.0%)	5:33	10.8 (62.8%)
88	KURIATA Katarzyna	286		30-39	88			00:00:00	00:13:20	00:29:27.65	00:29:27.65	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
89	BOBER Alicja	467		30-39	89			00:00:00	00:12:42	00:29:27.90	00:29:27.90	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
90	WITOS-PAZDAN Ewelina	684	JUSTFEELFIT	30-39	90			00:00:00	00:13:11	00:29:30.60	00:29:30.60	+00:10:58 (37.2%)	5:33	10.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
91	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	91			00:00:00	00:13:03	<b>00:29:31.30</b>	<b>00:29:31.30</b>	+00:10:58 (37.2%)	5:34	10.8 (62.8%)
92	<b>POLNY Daria</b>	<b>391</b>		30-39	92			00:00:00	00:13:43	<b>00:29:33.85</b>	<b>00:29:33.85</b>	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
93	<b>PILCH Lucyna</b>	<b>859</b>	PIGUA TEAM	30-39	93	PiguaTeam		00:00:00	00:13:13	<b>00:29:49.05</b>	<b>00:29:49.05</b>	+00:11:16 (37.8%)	5:37	10.7 (62.2%)
94	<b>NOSAL Maria</b>	<b>399</b>		30-39	94			00:00:00	00:12:58	<b>00:29:53.00</b>	<b>00:29:53.00</b>	+00:11:20 (38.0%)	5:38	10.6 (61.6%)
95	<b>SZEFER Wioleta</b>	<b>213</b>		30-39	95			00:00:00	00:12:46	<b>00:29:56.10</b>	<b>00:29:56.10</b>	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
96	<b>SERAFIN Agnieszka</b>	<b>374</b>	AGNIESZKA&EWELINA	30-39	96		Agnieszka&Ewelina	00:00:00	00:13:17	<b>00:29:58.70</b>	<b>00:29:58.70</b>	+00:11:26 (38.1%)	5:39	10.6 (61.6%)
97	<b>LISIECKA Magdalena</b>	<b>426</b>		30-39	97			00:00:00	00:13:19	<b>00:29:59.75</b>	<b>00:29:59.75</b>	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
98	<b>NOWAK Justyna</b>	<b>713</b>		30-39	98			00:00:00	00:13:57	<b>00:30:00.20</b>	<b>00:30:00.20</b>	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
99	<b>DROBIAK Kornelia</b>	<b>498</b>	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
99	<b>DĄBROWSKA Katarzyna</b>	<b>462</b>		30-39	100			00:00:00	00:13:48	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
101	<b>PALUCH Karolina</b>	<b>646</b>		30-39	101			00:00:00	00:13:34	<b>00:30:08.95</b>	<b>00:30:08.95</b>	+00:11:36 (38.5%)	5:41	10.6 (61.6%)
102	<b>NIESŁAŃCZYK Barbara</b>	<b>484</b>		30-39	102			00:00:00	00:13:27	<b>00:30:15.60</b>	<b>00:30:15.60</b>	+00:11:43 (38.7%)	5:42	10.5 (61.0%)
103	<b>KARBOWY Izabela</b>	<b>48</b>	JEJKOWICE BIEGAJĄ	30-39	103	Jejkowice Biegają		00:00:00	00:14:03	<b>00:30:18.00</b>	<b>00:30:18.00</b>	+00:11:45 (38.8%)	5:43	10.5 (61.0%)
104	<b>DOMAŃSKA Joanna</b>	<b>171</b>		30-39	104			00:00:00	00:12:43	<b>00:30:18.80</b>	<b>00:30:18.80</b>	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
105	<b>HADUCH Aneta</b>	<b>798</b>		30-39	105			00:00:00	00:12:55	<b>00:30:19.00</b>	<b>00:30:19.00</b>	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
106	<b>BANASZEWSKA Aleksandra</b>	<b>176</b>		30-39	106			00:00:00	00:12:20	<b>00:30:19.25</b>	<b>00:30:19.25</b>	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
107	<b>MARCISZ Natalia</b>	<b>546</b>		30-39	107			00:00:00	00:12:55	<b>00:30:23.50</b>	<b>00:30:23.50</b>	+00:11:50 (39.0%)	5:43	10.5 (61.0%)
108	<b>KOZŁOWSKA Anna</b>	<b>838</b>		30-39	108	Byle do mety		00:00:00	00:12:51	<b>00:30:23.55</b>	<b>00:30:23.55</b>	+00:11:51 (39.0%)	5:43	10.5 (61.0%)
108	<b>KMIECIK Marcelina</b>	<b>488</b>		30-39	109			00:00:00	00:13:39	<b>00:30:23.55</b>	<b>00:30:23.55</b>	+00:11:51 (39.0%)	5:43	10.5 (61.0%)
110	<b>ZIOBRO Kamila</b>	<b>410</b>	REBELION OF FREE RUNNERS	30-39	110			00:00:00		<b>00:30:33.55</b>	<b>00:30:33.55</b>	+00:12:01 (39.3%)	5:45	10.4 (60.5%)
111	<b>FIZIA Joanna</b>	<b>190</b>		30-39	111	Nessi Team		00:00:00	00:13:36	<b>00:30:37.45</b>	<b>00:30:37.45</b>	+00:12:04 (39.5%)	5:46	10.4 (60.5%)
112	<b>EISLER Anna</b>	<b>899</b>		30-39	112	JustFeelFit		00:00:00	00:14:04	<b>00:30:38.80</b>	<b>00:30:38.80</b>	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
113	<b>MATUSIAK Paulina</b>	<b>257</b>		30-39	113			00:00:00	00:13:09	<b>00:30:39.50</b>	<b>00:30:39.50</b>	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
114	<b>KOTOSKA Żaneta</b>	<b>787</b>		30-39	114			00:00:00	00:13:27	<b>00:30:51.25</b>	<b>00:30:51.25</b>	+00:12:18 (39.9%)	5:49	10.3 (59.9%)
115	<b>WOŚ Magda</b>	<b>352</b>	PIERUNSKIE CANGÓRY	30-39	115	PieRUNskie CanGÓRY		00:00:00	00:13:00	<b>00:30:53.85</b>	<b>00:30:53.85</b>	+00:12:21 (40.0%)	5:49	10.3 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
116	<b>MALISZEWSKA Beata</b>	<b>205</b>		30-39	116			00:00:00	00:13:18	<b>00:30:58.25</b>	<b>00:30:58.25</b>	+00:12:25 (40.1%)	5:50	10.3 (59.9%)
117	<b>KONICKA Edi</b>	<b>728</b>		30-39	117			00:00:00	00:13:41	<b>00:31:04.20</b>	<b>00:31:04.20</b>	+00:12:31 (40.3%)	5:51	10.2 (59.3%)
118	<b>SŁOWIŃSKA Joanna</b>	<b>156</b>	RUNTEAM PAWŁOWICE	30-39	118			00:00:00	00:13:30	<b>00:31:08.45</b>	<b>00:31:08.45</b>	+00:12:35 (40.5%)	5:52	10.2 (59.3%)
119	<b>HANZLIK Martyna</b>	<b>831</b>		30-39	119			00:00:00	00:12:42	<b>00:31:10.05</b>	<b>00:31:10.05</b>	+00:12:37 (40.5%)	5:52	10.2 (59.3%)
120	<b>KRAWCZYK Monika</b>	<b>817</b>		30-39	120			00:00:00	00:13:08	<b>00:31:13.50</b>	<b>00:31:13.50</b>	+00:12:40 (40.6%)	5:53	10.2 (59.3%)
121	<b>SMAGA Ewelina</b>	<b>354</b>		30-39	121			00:00:00	00:14:04	<b>00:31:14.25</b>	<b>00:31:14.25</b>	+00:12:41 (40.6%)	5:53	10.2 (59.3%)
122	<b>JAKIMOWICZ Patrycja</b>	<b>413</b>	NESSI TEAM	30-39	122	Nessi Team		00:00:00	00:12:57	<b>00:31:19.95</b>	<b>00:31:19.95</b>	+00:12:47 (40.8%)	5:54	10.2 (59.3%)
123	<b>SNOCHOWSKA Gabriela</b>	<b>435</b>	SKLEP BIEGACZA RUNNING TEAM	30-39	123			00:00:00	00:14:34	<b>00:31:29.90</b>	<b>00:31:29.90</b>	+00:12:57 (41.1%)	5:56	10.1 (58.7%)
124	<b>KONOPKA Magdalena</b>	<b>532</b>		30-39	124			00:00:00	00:13:23	<b>00:31:32.35</b>	<b>00:31:32.35</b>	+00:12:59 (41.2%)	5:56	10.1 (58.7%)
125	<b>MADALINSKA Karolina</b>	<b>302</b>		30-39	125			00:00:00	00:13:19	<b>00:31:37.40</b>	<b>00:31:37.40</b>	+00:13:04 (41.4%)	5:57	10.1 (58.7%)
126	<b>SITKO Dagmara</b>	<b>304</b>		30-39	126			00:00:00	00:14:17	<b>00:31:37.95</b>	<b>00:31:37.95</b>	+00:13:05 (41.4%)	5:57	10.1 (58.7%)
127	<b>HRYNKIEWICZ Izabela</b>	<b>386</b>		30-39	127			00:00:00	00:13:41	<b>00:31:39.25</b>	<b>00:31:39.25</b>	+00:13:06 (41.4%)	5:58	10 (58.1%)
128	<b>PANFIL Beata</b>	<b>645</b>		30-39	128			00:00:00	00:13:11	<b>00:31:41.50</b>	<b>00:31:41.50</b>	+00:13:08 (41.5%)	5:58	10 (58.1%)
129	<b>HUBA Agnieszka</b>	<b>244</b>	KOBIETY NA 5+	30-39	129	Kobiety na 5+		00:00:00	00:13:25	<b>00:31:48.15</b>	<b>00:31:48.15</b>	+00:13:15 (41.7%)	6:00	10 (58.1%)
130	<b>SAMUL Karolina</b>	<b>329</b>	HURAGAN LIGOTA	30-39	130			00:00:00	00:14:25	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:13:16 (41.7%)	6:00	10 (58.1%)
131	<b>KUJAWA Marzena</b>	<b>235</b>		30-39	131			00:00:00	00:13:55	<b>00:31:58.45</b>	<b>00:31:58.45</b>	+00:13:25 (42.0%)	6:01	9.9 (57.6%)
132	<b>KAMIŃSKA Agnieszka</b>	<b>296</b>		30-39	132			00:00:00	00:14:07	<b>00:32:05.40</b>	<b>00:32:05.40</b>	+00:13:32 (42.2%)	6:03	9.9 (57.6%)
133	<b>JAKUBIK Edyta</b>	<b>442</b>		30-39	133			00:00:00	00:13:43	<b>00:32:22.40</b>	<b>00:32:22.40</b>	+00:13:49 (42.7%)	6:06	9.8 (57.0%)
134	<b>BRYCHCY Estera</b>	<b>446</b>	WATAHA-ŁĄCZY NAS BIEGANIE	30-39	134			00:00:00	00:14:32	<b>00:32:24.10</b>	<b>00:32:24.10</b>	+00:13:51 (42.8%)	6:06	9.8 (57.0%)
135	<b>STRZAŁKA-LECH Magdalena</b>	<b>887</b>		30-39	135			00:00:00	00:13:32	<b>00:32:26.45</b>	<b>00:32:26.45</b>	+00:13:53 (42.8%)	6:07	9.8 (57.0%)
136	<b>KARAŚ Daria</b>	<b>600</b>		30-39	136			00:00:00	00:13:25	<b>00:32:26.55</b>	<b>00:32:26.55</b>	+00:13:54 (42.8%)	6:07	9.8 (57.0%)
137	<b>JURASZEK Agnieszka</b>	<b>335</b>	JUSTFEELFIT	30-39	137	JustFeelFit		00:00:00	00:14:40	<b>00:32:26.65</b>	<b>00:32:26.65</b>	+00:13:54 (42.8%)	6:07	9.8 (57.0%)
138	<b>ZŁOTKOWSKA Sylwia</b>	<b>858</b>	WILCZKI	30-39	138	WATAHA		00:00:00	00:13:40	<b>00:32:29.30</b>	<b>00:32:29.30</b>	+00:13:56 (42.9%)	6:07	9.8 (57.0%)
139	<b>PAGIEŁA Katarzyna</b>	<b>545</b>		30-39	139			00:00:00	00:14:45	<b>00:32:31.40</b>	<b>00:32:31.40</b>	+00:13:58 (43.0%)	6:08	9.8 (57.0%)
140	<b>MIŚ Elżbieta</b>	<b>339</b>	JUSTFEELFIT	30-39	140	JustFeelFit		00:00:00	00:14:41	<b>00:32:31.80</b>	<b>00:32:31.80</b>	+00:13:59 (43.0%)	6:08	9.8 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
141	KAFARA Joanna	293	WATAHA	30-39	141			00:00:00	00:14:24	00:32:37.40	00:32:37.40	+00:14:04 (43.2%)	6:09	9.7 (56.4%)
142	PARCHAŃSKA-ŻUREK Iwona	100		30-39	142			00:00:00	00:14:11	00:32:38.80	00:32:38.80	+00:14:06 (43.2%)	6:09	9.7 (56.4%)
143	KISZKA-MAZIARCZUK Berenika	786	A I B	30-39	143	Lecymy Durś	A i B	00:00:00	00:14:51	00:32:40.75	00:32:40.75	+00:14:08 (43.3%)	6:09	9.7 (56.4%)
144	FARUGA Angelina	382		30-39	144			00:00:00	00:14:13	00:32:41.35	00:32:41.35	+00:14:08 (43.3%)	6:10	9.7 (56.4%)
145	SADOWSKA-LASYK Kamila	775		30-39	145			00:00:00	00:14:23	00:32:45.65	00:32:45.65	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
146	GOJNY Daria	896		30-39	146			00:00:00	00:14:12	00:32:49.65	00:32:49.65	+00:14:17 (43.5%)	6:11	9.7 (56.4%)
147	URBAŚ Monika	319		30-39	147	Kobiety na 5+		00:00:00	00:13:52	00:32:53.80	00:32:53.80	+00:14:21 (43.6%)	6:12	9.7 (56.4%)
148	ALEKSA Lucyna	605	MIECHOWICKA GRUPA BIEGOWA	30-39	148	Miechowicka Grupa Biegowa		00:00:00	00:14:53	00:33:04.65	00:33:04.65	+00:14:32 (43.9%)	6:14	9.6 (55.8%)
149	TRAWNICKA Małgosia	450		30-39	149			00:00:00	00:14:29	00:33:07.75	00:33:07.75	+00:14:35 (44.0%)	6:14	9.6 (55.8%)
150	KRZYŻOWSKA Marzena	519		30-39	150			00:00:00	00:14:18	00:33:09.90	00:33:09.90	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
151	BETLEJ Dorota	541		30-39	151			00:00:00	00:14:02	00:33:21.35	00:33:21.35	+00:14:48 (44.4%)	6:17	9.5 (55.2%)
152	GŁĄB Magdalena	363		30-39	152			00:00:00	00:14:57	00:33:22.10	00:33:22.10	+00:14:49 (44.4%)	6:17	9.5 (55.2%)
153	KAMEJSZA Olga	237	ZABIERZÓW BIEGA	30-39	153			00:00:00	00:14:04	00:33:25.65	00:33:25.65	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
154	JELITKO Ania	868		30-39	154			00:00:00	00:15:16	00:33:25.70	00:33:25.70	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
155	GOLEC Monika	829		30-39	155			00:00:00	00:14:54	00:33:44.95	00:33:44.95	+00:15:12 (45.1%)	6:21	9.4 (54.7%)
156	CHRZĄSTEK Magdalena	737		30-39	156			00:00:00	00:14:22	00:33:50.60	00:33:50.60	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
157	WOJDANOWSKA Małgorzata	397	LECYMY DURŚ	30-39	157	Lecymy Durś	Lecymy Durś	00:00:00	00:14:52	00:33:51.45	00:33:51.45	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
158	DEPTA KLIMAS Magdalena	842		30-39	158			00:00:00	00:14:09	00:33:52.70	00:33:52.70	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
159	KUCHARSKA Anna	792	A I B	30-39	159	Lecymy Durś	A i B	00:00:00	00:14:52	00:33:52.75	00:33:52.75	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
160	GAŚIOR Katarzyna	513		30-39	160			00:00:00	00:14:54	00:34:01.65	00:34:01.65	+00:15:29 (45.5%)	6:25	9.3 (54.1%)
161	KUBALA Agnieszka	174		30-39	161			00:00:00	00:14:29	00:34:02.80	00:34:02.80	+00:15:30 (45.5%)	6:25	9.3 (54.1%)
162	KALETA Agata	334	JUSTFEELFIT	30-39	162	JustFeelFit		00:00:00	00:14:59	00:34:08.40	00:34:08.40	+00:15:35 (45.7%)	6:26	9.3 (54.1%)
163	GOLEC-CHOLEWA Aleksandra	704		30-39	163			00:00:00	00:14:54	00:34:08.55	00:34:08.55	+00:15:36 (45.7%)	6:26	9.3 (54.1%)
164	BIAŁOŃCZYK Joanna	36		30-39	164	Byle do mety		00:00:00	00:14:25	00:34:13.70	00:34:13.70	+00:15:41 (45.8%)	6:27	9.3 (54.1%)
165	NOWICKA Ola	651		30-39	165			00:00:00	00:14:45	00:34:21.40	00:34:21.40	+00:15:48 (46.0%)	6:28	9.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
166	<b>JANIK Anna</b>	<b>622</b>	WIEWIÓRKI ZIMNOKRWISTE	30-39	166		Wiewiórki Zimnokrwiste	00:00:00	00:14:35	<b>00:34:23.95</b>	<b>00:34:23.95</b>	+00:15:51 (46.1%)	6:29	9.2 (53.5%)
167	<b>SPYRKA Monika</b>	<b>587</b>		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	<b>00:34:25.80</b>	<b>00:34:25.80</b>	+00:15:53 (46.1%)	6:29	9.2 (53.5%)
168	<b>KAJSZTURA Weronika</b>	<b>836</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	168	Przedszkole Małych Bohaterów		00:00:00	00:15:11	<b>00:34:26.15</b>	<b>00:34:26.15</b>	+00:15:53 (46.2%)	6:29	9.2 (53.5%)
169	<b>ŁOSKOT Aneta</b>	<b>365</b>		30-39	169			00:00:00	00:14:54	<b>00:34:32.90</b>	<b>00:34:32.90</b>	+00:16:00 (46.3%)	6:30	9.2 (53.5%)
170	<b>ZMUDA Ewelina</b>	<b>243</b>		30-39	170			00:00:00	00:14:26	<b>00:34:34.90</b>	<b>00:34:34.90</b>	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
171	<b>KUKLA Agata</b>	<b>262</b>		30-39	171	PoWoli do Celu		00:00:00	00:16:03	<b>00:34:41.55</b>	<b>00:34:41.55</b>	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
172	<b>PAŁYS Agata</b>	<b>378</b>		30-39	172			00:00:00	00:14:07	<b>00:34:49.10</b>	<b>00:34:49.10</b>	+00:16:16 (46.7%)	6:34	9.1 (52.9%)
173	<b>PORĘBA Wiola</b>	<b>688</b>		30-39	173			00:00:00	00:15:10	<b>00:34:50.75</b>	<b>00:34:50.75</b>	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
174	<b>ADAMUS-KLIMM Ewelina</b>	<b>762</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	174	Przedszkole Małych Bohaterów		00:00:00	00:15:38	<b>00:34:56.10</b>	<b>00:34:56.10</b>	+00:16:23 (46.9%)	6:35	9.1 (52.9%)
175	<b>DREWNIAK Magdalena</b>	<b>306</b>	JUSTFEELFIT	30-39	175	JustFeelFit		00:00:00		<b>00:35:00.85</b>	<b>00:35:00.85</b>	+00:16:28 (47.0%)	6:36	9.1 (52.9%)
176	<b>SPANDEL Agnieszka</b>	<b>806</b>		30-39	176			00:00:00	00:15:04	<b>00:35:01.50</b>	<b>00:35:01.50</b>	+00:16:28 (47.1%)	6:36	9.1 (52.9%)
177	<b>BRANDYS Krystyna</b>	<b>295</b>		30-39	177			00:00:00	00:15:09	<b>00:35:08.60</b>	<b>00:35:08.60</b>	+00:16:36 (47.2%)	6:37	9.1 (52.9%)
178	<b>HUDECKAY Katarzyna</b>	<b>807</b>		30-39	178			00:00:00	00:15:04	<b>00:35:10.95</b>	<b>00:35:10.95</b>	+00:16:38 (47.3%)	6:38	9 (52.3%)
179	<b>BYRTEK Anna</b>	<b>367</b>	JUSTFEELFIT	30-39	179	JustFeelFit		00:00:00	00:15:51	<b>00:35:12.45</b>	<b>00:35:12.45</b>	+00:16:39 (47.3%)	6:38	9 (52.3%)
180	<b>KOZŁOWSKA Patrycja</b>	<b>578</b>		30-39	180	Byle do mety		00:00:00	00:14:29	<b>00:35:24.60</b>	<b>00:35:24.60</b>	+00:16:52 (47.6%)	6:40	9 (52.3%)
181	<b>PLATA Marlena</b>	<b>576</b>		30-39	181			00:00:00	00:15:50	<b>00:35:26.45</b>	<b>00:35:26.45</b>	+00:16:53 (47.7%)	6:41	9 (52.3%)
182	<b>PEPEK Bożena</b>	<b>260</b>		30-39	182			00:00:00	00:15:26	<b>00:35:35.45</b>	<b>00:35:35.45</b>	+00:17:02 (47.9%)	6:42	8.9 (51.7%)
183	<b>JASKÓŁA Izabela</b>	<b>699</b>		30-39	183			00:00:00	00:14:23	<b>00:35:40.45</b>	<b>00:35:40.45</b>	+00:17:07 (48.0%)	6:43	8.9 (51.7%)
184	<b>SURMA-MAGOŃ Gosia</b>	<b>447</b>	RADLINIOKI W BIEGU	30-39	184	Radlinioki w biegu		00:00:00	00:15:18	<b>00:35:48.75</b>	<b>00:35:48.75</b>	+00:17:16 (48.2%)	6:45	8.9 (51.7%)
185	<b>KOTOSKA Aneta</b>	<b>780</b>		30-39	185			00:00:00	00:14:22	<b>00:35:53.35</b>	<b>00:35:53.35</b>	+00:17:20 (48.3%)	6:46	8.9 (51.7%)
186	<b>SZYPUŁA Joanna</b>	<b>703</b>		30-39	186			00:00:00	00:15:55	<b>00:35:57.70</b>	<b>00:35:57.70</b>	+00:17:25 (48.4%)	6:46	8.8 (51.2%)
187	<b>CISŁO Katarzyna</b>	<b>584</b>	POWOLI DO CELU	30-39	187	PoWoli do Celu		00:00:00	00:15:45	<b>00:36:15.15</b>	<b>00:36:15.15</b>	+00:17:42 (48.9%)	6:50	8.8 (51.2%)
188	<b>BIAŁACH Małgorzata</b>	<b>800</b>		30-39	188			00:00:00	00:16:40	<b>00:36:16.60</b>	<b>00:36:16.60</b>	+00:17:44 (48.9%)	6:50	8.8 (51.2%)
189	<b>HERUD Magdalena</b>	<b>516</b>	EKO-OKNA RUNNERS	30-39	189			00:00:00	00:15:51	<b>00:36:22.95</b>	<b>00:36:22.95</b>	+00:17:50 (49.0%)	6:51	8.7 (50.6%)
190	<b>SIENKIEWICZ Gabriela</b>	<b>283</b>	POWOLIDOCELU	30-39	190			00:00:00	00:15:19	<b>00:36:24.20</b>	<b>00:36:24.20</b>	+00:17:51 (49.1%)	6:52	8.7 (50.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
191	ŚLEZIONA Katarzyna	841		30-39	191			00:00:00	00:15:12	<b>00:36:27.60</b>	<b>00:36:27.60</b>	+00:17:55 (49.1%)	6:52	8.7 (50.6%)
192	KOŹDOŃ Jagoda	469		30-39	192			00:00:00	00:15:54	<b>00:36:33.40</b>	<b>00:36:33.40</b>	+00:18:00 (49.3%)	6:53	8.7 (50.6%)
193	STEFANIK Katarzyna	471		30-39	193			00:00:00	00:16:27	<b>00:36:34.75</b>	<b>00:36:34.75</b>	+00:18:02 (49.3%)	6:53	8.7 (50.6%)
194	KWAŚNIEWSKA Kasia	477		30-39	194			00:00:00	00:15:39	<b>00:36:36.15</b>	<b>00:36:36.15</b>	+00:18:03 (49.3%)	6:54	8.7 (50.6%)
195	DAMIĘCKA Magda	707	RUNTEAM PAWŁOWICE	30-39	195			00:00:00	00:15:33	<b>00:36:37.05</b>	<b>00:36:37.05</b>	+00:18:04 (49.4%)	6:54	8.7 (50.6%)
196	SŁOMSKA Agata	507		30-39	196			00:00:00	00:15:19	<b>00:36:37.70</b>	<b>00:36:37.70</b>	+00:18:05 (49.4%)	6:54	8.7 (50.6%)
197	OSTAPIUK Anna	864		30-39	197			00:00:00	00:15:18	<b>00:36:44.20</b>	<b>00:36:44.20</b>	+00:18:11 (49.5%)	6:55	8.7 (50.6%)
198	DAMIS Daria	444		30-39	198			00:00:00	00:16:26	<b>00:36:46.85</b>	<b>00:36:46.85</b>	+00:18:14 (49.6%)	6:56	8.6 (50.0%)
199	SIREK Izabela	441	OLZA CIESZYN	30-39	199	Olza Cieszyn		00:00:00	00:16:03	<b>00:36:56.35</b>	<b>00:36:56.35</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
200	SZYNAL Magdalena	503		30-39	201			00:00:00	00:16:26	<b>00:37:12.25</b>	<b>00:37:12.25</b>	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
200	LISZOK Iwona	445		30-39	200			00:00:00	00:16:26	<b>00:37:12.25</b>	<b>00:37:12.25</b>	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
202	KŁUSAK Halina	826		30-39	202			00:00:00	00:16:20	<b>00:37:16.35</b>	<b>00:37:16.35</b>	+00:18:43 (50.3%)	7:01	8.5 (49.4%)
203	ORDZOWIAŁA Karolina	692		30-39	203			00:00:00	00:15:39	<b>00:37:23.55</b>	<b>00:37:23.55</b>	+00:18:51 (50.4%)	7:03	8.5 (49.4%)
204	CICHY Agnieszka	297		30-39	204			00:00:00	00:15:30	<b>00:37:29.50</b>	<b>00:37:29.50</b>	+00:18:56 (50.5%)	7:04	8.5 (49.4%)
205	MATLOCH Sandra	700		30-39	205			00:00:00	00:16:08	<b>00:37:30.20</b>	<b>00:37:30.20</b>	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
206	KOWALCZYK Basia	624		30-39	206			00:00:00	00:15:40	<b>00:37:38.85</b>	<b>00:37:38.85</b>	+00:19:06 (50.7%)	7:06	8.4 (48.8%)
207	OLEŚ Ula	750		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	<b>00:37:46.70</b>	<b>00:37:46.70</b>	+00:19:14 (50.9%)	7:07	8.4 (48.8%)
208	GÓRNICZ Patrycja	652		30-39	208			00:00:00	00:16:45	<b>00:38:04.15</b>	<b>00:38:04.15</b>	+00:19:31 (51.3%)	7:10	8.4 (48.8%)
209	PARCHAŃSKA Oliwia	790		30-39	209			00:00:00	00:16:17	<b>00:38:11.60</b>	<b>00:38:11.60</b>	+00:19:39 (51.5%)	7:12	8.3 (48.3%)
210	TRZCIŃSKA Joanna	461	KOBIETY NA 5+	30-39	210	Kobiety na 5+		00:00:00	00:16:25	<b>00:38:23.15</b>	<b>00:38:23.15</b>	+00:19:50 (51.7%)	7:14	8.3 (48.3%)
211	WAGNER Natalia	912		30-39	211			00:00:00	00:17:06	<b>00:38:35.30</b>	<b>00:38:35.30</b>	+00:20:02 (51.9%)	7:16	8.2 (47.7%)
212	BALCERAK Beata	689		30-39	212			00:00:00	00:15:52	<b>00:38:59.50</b>	<b>00:38:59.50</b>	+00:20:26 (52.4%)	7:21	8.2 (47.7%)
213	KACZOREK Małgorzata	839		30-39	213			00:00:00	00:15:35	<b>00:39:11.30</b>	<b>00:39:11.30</b>	+00:20:38 (52.7%)	7:23	8.1 (47.1%)
214	KLARENBACH Agnieszka	678		30-39	214			00:00:00	00:17:22	<b>00:39:12.35</b>	<b>00:39:12.35</b>	+00:20:39 (52.7%)	7:23	8.1 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
215	<b>LERCH-WÓJCIK Anna</b>	<b>884</b>		30-39	215			00:00:00	00:17:18	<b>00:39:16.00</b>	<b>00:39:16.00</b>	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
216	<b>ŚNIEG Alicja</b>	<b>877</b>		30-39	216			00:00:00	00:17:22	<b>00:39:20.35</b>	<b>00:39:20.35</b>	+00:20:47 (52.9%)	7:25	8.1 (47.1%)
217	<b>SMOLARSKA Paulina</b>	<b>808</b>		30-39	217			00:00:00	00:16:48	<b>00:39:31.50</b>	<b>00:39:31.50</b>	+00:20:58 (53.1%)	7:27	8 (46.5%)
218	<b>GIBAS Amanda</b>	<b>485</b>	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	<b>00:39:52.15</b>	<b>00:39:52.15</b>	+00:21:19 (53.5%)	7:31	8 (46.5%)
219	<b>WACŁAWIK Agnieszka</b>	<b>531</b>		30-39	219			00:00:00	00:17:03	<b>00:40:04.75</b>	<b>00:40:04.75</b>	+00:21:32 (53.7%)	7:33	7.9 (45.9%)
220	<b>MAGIERA Barbara</b>	<b>563</b>	POWOLI DO CELU	30-39	220	PoWoli do Celu		00:00:00	00:17:01	<b>00:40:10.10</b>	<b>00:40:10.10</b>	+00:21:37 (53.8%)	7:34	7.9 (45.9%)
221	<b>MŁOCEK Ewelina</b>	<b>694</b>		30-39	221			00:00:00	00:18:00	<b>00:40:10.60</b>	<b>00:40:10.60</b>	+00:21:38 (53.8%)	7:34	7.9 (45.9%)
222	<b>ZAJĄCZKOWSKA Emilia</b>	<b>815</b>	SOCJAL CORPO GROUP	30-39	222		Socjal Corpo Group	00:00:00	00:18:19	<b>00:40:35.95</b>	<b>00:40:35.95</b>	+00:22:03 (54.3%)	7:39	7.8 (45.3%)
223	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>497</b>	RUNTEAM PAWŁOWICE	30-39	223			00:00:00	00:17:30	<b>00:40:52.00</b>	<b>00:40:52.00</b>	+00:22:19 (54.6%)	7:42	7.8 (45.3%)
224	<b>NIERADZIK Daria</b>	<b>524</b>		30-39	224			00:00:00	00:17:12	<b>00:40:54.80</b>	<b>00:40:54.80</b>	+00:22:22 (54.7%)	7:43	7.8 (45.3%)
225	<b>LAZAR Joanna</b>	<b>768</b>		30-39	225			00:00:00	00:17:18	<b>00:41:21.65</b>	<b>00:41:21.65</b>	+00:22:49 (55.2%)	7:48	7.7 (44.8%)
226	<b>SKRABARCZYK Anna</b>	<b>520</b>		30-39	226			00:00:00	00:18:25	<b>00:42:30.05</b>	<b>00:42:30.05</b>	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
227	<b>ŚWIDERSKA Anna</b>	<b>558</b>	POWOLI DO CELU	30-39	227	PoWoli do Celu		00:00:00	00:18:25	<b>00:42:30.45</b>	<b>00:42:30.45</b>	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
228	<b>SPYRKA Natalia</b>	<b>795</b>		30-39	228			00:00:00	00:18:05	<b>00:42:52.30</b>	<b>00:42:52.30</b>	+00:24:19 (56.7%)	8:05	7.4 (43.0%)
229	<b>BOBER Aneta</b>	<b>556</b>		30-39	229			00:00:00	00:18:08	<b>00:43:00.75</b>	<b>00:43:00.75</b>	+00:24:28 (56.9%)	8:06	7.4 (43.0%)
230	<b>BURYAN Kamila</b>	<b>527</b>		30-39	230			00:00:00	00:18:17	<b>00:43:28.40</b>	<b>00:43:28.40</b>	+00:24:55 (57.3%)	8:12	7.3 (42.4%)
231	<b>BAZGIER Magdalena</b>	<b>661</b>		30-39	231			00:00:00	00:18:37	<b>00:43:39.10</b>	<b>00:43:39.10</b>	+00:25:06 (57.5%)	8:14	7.3 (42.4%)
232	<b>SZCZEPANIK Marta</b>	<b>886</b>		30-39	232			00:00:00	00:19:01	<b>00:44:12.70</b>	<b>00:44:12.70</b>	+00:25:40 (58.1%)	8:20	7.2 (41.9%)
233	<b>MAGIEREK Magdalena</b>	<b>588</b>		30-39	233			00:00:00	00:20:24	<b>00:46:38.70</b>	<b>00:46:38.70</b>	+00:28:06 (60.2%)	8:47	6.8 (39.5%)
234	<b>DAMIS Jessica</b>	<b>627</b>		30-39	234			00:00:00	00:20:24	<b>00:46:39.50</b>	<b>00:46:39.50</b>	+00:28:06 (60.3%)	8:48	6.8 (39.5%)
235	<b>WOŹNY Izabela</b>	<b>573</b>		30-39	235			00:00:00	00:20:25	<b>00:46:39.85</b>	<b>00:46:39.85</b>	+00:28:07 (60.3%)	8:48	6.8 (39.5%)
236	<b>PIERZCHAŁA Magdalena</b>	<b>590</b>	MORS HUBERTUS MYSŁOWICE	30-39	236			00:00:00	00:24:05	<b>00:52:47.95</b>	<b>00:52:47.95</b>	+00:34:15 (64.9%)	9:57	6 (34.9%)
237	<b>TRZCIŃSKA Paulina</b>	<b>714</b>		30-39	237			00:00:00		<b>00:52:59.90</b>	<b>00:52:59.90</b>	+00:34:27 (65.0%)	9:59	6 (34.9%)
238	<b>WARLEWSKA Angelina</b>	<b>894</b>	PUSZYSTE JEST PIĘKNE	30-39	238	UZDROWISKO	Puszyste jest piękne	00:00:00	00:23:20	<b>00:53:33.15</b>	<b>00:53:33.15</b>	+00:35:00 (65.4%)	10:06	5.9 (34.3%)
239	<b>KOSIACKA Agnieszka</b>	<b>111</b>		30-39	239			00:00:00	00:24:51	<b>00:54:02.10</b>	<b>00:54:02.10</b>	+00:35:29 (65.7%)	10:11	5.9 (34.3%)

Znaleziono 239 wynik(ów)