



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-05-21
Jastrzębie-Zdrój
5.3 km

KOBIETY NA 5+ :: BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 40-49 lat

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	GRIMAN Joanna	205	MOJŻYSZ TEAM/ERIGO	40-49 lat	1	PĘDZIWIATRY		00:00:00	00:08:23	00:19:27.55	00:19:27.55		3:40	16.3 (100%)
2	REDZIK Dorota	647	NEVER TOO LATE	40-49 lat	2		Dorota i Monika	00:00:00	00:08:56	00:20:30.55	00:20:30.55	+00:01:03 (5.1%)	3:52	15.5 (95.1%)
3	ADAMCZYK-NOWAK Beata	4	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	3	Miechowska Grupa Biegowa		00:00:00	00:09:05	00:20:54.50	00:20:54.50	+00:01:26 (6.9%)	3:56	15.2 (93.3%)
4	BIELIŃSKA Monika	39		40-49 lat	4	PĘDZIWIATRY	Dorota i Monika	00:00:00	00:09:11	00:21:33.50	00:21:33.50	+00:02:05 (9.7%)	4:03	14.8 (90.8%)
5	NENKO Barbara	533	TEACHERS	40-49 lat	5		Teachers	00:00:00	00:09:29	00:22:00.15	00:22:00.15	+00:02:32 (11.6%)	4:09	14.5 (89.0%)
6	TANISTRA - SŁOWIK Katarzyna	774	HURAGAN LIGOTA	40-49 lat	6	HURAGAN LIGOTA		00:00:00	00:09:15	00:22:00.95	00:22:00.95	+00:02:33 (11.6%)	4:09	14.5 (89.0%)
7	ANDROSZ Beata	7	BBL RUDA ŚLĄSKA	40-49 lat	7			00:00:00	00:09:18	00:22:03.25	00:22:03.25	+00:02:35 (11.8%)	4:09	14.4 (88.3%)
8	LEWICKA Elżbieta	427		40-49 lat	8		Biegające Wirusy	00:00:00	00:09:26	00:22:13.35	00:22:13.35	+00:02:45 (12.4%)	4:11	14.3 (87.7%)
9	PARZYCH Katarzyna	590	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49 lat	9	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:09:38	00:22:31.70	00:22:31.70	+00:03:04 (13.6%)	4:14	14.1 (86.5%)
10	SUSZCZYK Monika	740		40-49 lat	10	Mors Hubertus	Mysłowickie Frele	00:00:00	00:09:56	00:22:45.70	00:22:45.70	+00:03:18 (14.5%)	4:17	14 (85.9%)
11	DOBRENKO Edyta	961		40-49 lat	11			00:00:00	00:10:01	00:23:05.90	00:23:05.90	+00:03:38 (15.8%)	4:21	13.8 (84.7%)
12	JANEK Weronika	248		40-49 lat	12			00:00:00	00:09:52	00:23:09.40	00:23:09.40	+00:03:41 (16.0%)	4:22	13.7 (84.0%)
13	OPIEKULSKA Renata	566		40-49 lat	13			00:00:00	00:09:55	00:23:20.50	00:23:20.50	+00:03:52 (16.6%)	4:24	13.6 (83.4%)
14	KOPIEC Izabela	347		40-49 lat	14	Matki żony i biegaczki		00:00:00	00:10:02	00:23:33.75	00:23:33.75	+00:04:06 (17.4%)	4:26	13.5 (82.8%)

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
15	PASŁAWSKA Katarzyna	591	KOBIETY NA 5+	40-49 lat	15	Kobiety na 5+		00:00:00	00:10:10	00:24:02.45	00:24:02.45	+00:04:34 (19.1%)	4:32	13.2 (81.0%)
16	NIEŚLAŃCZYK Małgorzata	540	WATAHA	40-49 lat	16	WATAHA		00:00:00	00:10:09	00:24:21.10	00:24:21.10	+00:04:53 (20.1%)	4:35	13.1 (80.4%)
17	KANDORA Joanna	293	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	17	Miechowska Grupa Biegowa		00:00:00	00:10:31	00:24:29.20	00:24:29.20	+00:05:01 (20.5%)	4:37	13 (79.8%)
18	WYPIÓR Ewa	836		40-49 lat	18			00:00:00	00:10:20	00:24:30.80	00:24:30.80	+00:05:03 (20.6%)	4:37	13 (79.8%)
19	JUTKA Kasia	1192		40-49 lat	19			00:00:00	00:11:33	00:25:05.45	00:25:05.45	+00:05:37 (22.4%)	4:43	12.7 (77.9%)
20	WOWRY Sylwia	825	OLZA CIESZYN	40-49 lat	20	Olza Cieszyn	BiS	00:00:00	00:10:35	00:25:10.00	00:25:10.00	+00:05:42 (22.7%)	4:44	12.6 (77.3%)
21	GÓRSKA Agnieszka	201	BDB TEAM	40-49 lat	21	BDB Team		00:00:00	00:11:06	00:25:22.95	00:25:22.95	+00:05:55 (23.3%)	4:47	12.5 (76.7%)
22	SOCHORKOVÁ Aneta	710		40-49 lat	22			00:00:00	00:10:59	00:25:27.15	00:25:27.15	+00:05:59 (23.5%)	4:48	12.5 (76.7%)
23	CZERWIŃSKA Sonia	98		40-49 lat	23			00:00:00	00:10:49	00:25:32.15	00:25:32.15	+00:06:04 (23.8%)	4:49	12.5 (76.7%)
24	PIWOŃSKA Ada	617	PIRATKI Z SZARLOTY	40-49 lat	24	Piratki z Szarloty	Piratki z Szarloty	00:00:00	00:10:48	00:25:43.85	00:25:43.85	+00:06:16 (24.4%)	4:51	12.4 (76.1%)
25	UNGEHOJER Małgorzata	787		40-49 lat	25			00:00:00	00:10:45	00:26:07.45	00:26:07.45	+00:06:39 (25.5%)	4:55	12.2 (74.8%)
26	LOSKOT Monika	436	J&M	40-49 lat	26		J&M	00:00:00	00:10:49	00:26:08.75	00:26:08.75	+00:06:41 (25.6%)	4:55	12.2 (74.8%)
27	HELIOSZ Agnieszka	229	PIRATKI Z SZARLOTY	40-49 lat	27	Piratki z Szarloty		00:00:00	00:10:57	00:26:09.15	00:26:09.15	+00:06:41 (25.6%)	4:56	12.2 (74.8%)
28	SOŁTYSEK Barbara	713	JUSTFEELFITTEAM	40-49 lat	28	JustfeelfitTEAM	MOBILITY GIRLS	00:00:00	00:11:30	00:26:09.75	00:26:09.75	+00:06:42 (25.6%)	4:56	12.2 (74.8%)
29	KWARCIŃSKA Maria	414	BDB TEAM	40-49 lat	29	BDB Team		00:00:00	00:11:37	00:26:11.55	00:26:11.55	+00:06:44 (25.7%)	4:56	12.1 (74.2%)
30	MENŻYK Joanna	491	MORS HUBERTUS MYŚŁOWICE	40-49 lat	30	Mors Hubertus	Myśłowickie Frele	00:00:00	00:11:07	00:26:13.50	00:26:13.50	+00:06:45 (25.8%)	4:56	12.1 (74.2%)
31	GREENE Agnieszka	204	HÓNYM DO METY	40-49 lat	31	JUST FOR FUN		00:00:00	00:11:59	00:26:23.00	00:26:23.00	+00:06:55 (26.2%)	4:58	12.1 (74.2%)
32	PAJESTKA Katarzyna	579		40-49 lat	32			00:00:00	00:11:32	00:26:28.65	00:26:28.65	+00:07:01 (26.5%)	4:59	12 (73.6%)
33	SLISZ Maria	691	DECATHLON & PRZYJACIELE	40-49 lat	33		M&M	00:00:00	00:11:35	00:26:32.65	00:26:32.65	+00:07:05 (26.7%)	5:00	12 (73.6%)
34	MAZUR Małgorzata	484		40-49 lat	34			00:00:00	00:11:27	00:26:36.00	00:26:36.00	+00:07:08 (26.8%)	5:01	12 (73.6%)
35	SICH-ŚWITAŁA Małgorzata	676		40-49 lat	35	Matki żony i biegaczki		00:00:00	00:11:46	00:26:38.70	00:26:38.70	+00:07:11 (27.0%)	5:01	11.9 (73.0%)
36	PIWKO Anna	616		40-49 lat	36			00:00:00	00:11:50	00:27:09.05	00:27:09.05	+00:07:41 (28.3%)	5:07	11.7 (71.8%)
37	KASPERCZYK Aleksandra	299	WARTKIE PIERONY	40-49 lat	37	Wartkie Pierony		00:00:00	00:11:57	00:27:10.25	00:27:10.25	+00:07:42 (28.4%)	5:07	11.7 (71.8%)
38	PIOTROWSKA Anna	612	HURAGAN LIGOTA	40-49 lat	38	HURAGAN LIGOTA		00:00:00	00:11:30	00:27:11.00	00:27:11.00	+00:07:43 (28.4%)	5:07	11.7 (71.8%)

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39	KRAKOWCZYK Tatiana	370		40-49 lat	39	Wiewiórki Zimnokrwiste		00:00:00	00:12:03	00:27:12.40	00:27:12.40	+00:07:44 (28.5%)	5:07	11.7 (71.8%)
40	ROLNIK Monika	655		40-49 lat	40		M&K	00:00:00	00:11:45	00:27:13.40	00:27:13.40	+00:07:45 (28.5%)	5:08	11.7 (71.8%)
41	HANDZLIK-STARZYK Anna	225		40-49 lat	41	Wiewiórki Zimnokrwiste		00:00:00	00:11:53	00:27:15.10	00:27:15.10	+00:07:47 (28.6%)	5:08	11.7 (71.8%)
42	MYSIAK Beata	522	BDB TEAM	40-49 lat	42	BDB Team		00:00:00	00:11:41	00:27:18.55	00:27:18.55	+00:07:51 (28.7%)	5:09	11.6 (71.2%)
43	PUSTELNIK Justyna	637		40-49 lat	43			00:00:00	00:11:27	00:27:19.05	00:27:19.05	+00:07:51 (28.8%)	5:09	11.6 (71.2%)
44	MUSIAŁ Wioletta	519	SZARE MORSY	40-49 lat	44	Szare Morsy		00:00:00	00:11:34	00:27:20.15	00:27:20.15	+00:07:52 (28.8%)	5:09	11.6 (71.2%)
45	SKWORC Ilona	690	WARTKIE PIERONY	40-49 lat	45	Wartkie Pierony		00:00:00	00:12:04	00:27:27.95	00:27:27.95	+00:08:00 (29.2%)	5:10	11.6 (71.2%)
46	NOWACZEK Ela	547	WARTKIE PIERONY	40-49 lat	46	Wartkie Pierony	Wartkie Pieronice	00:00:00	00:11:56	00:27:28.25	00:27:28.25	+00:08:00 (29.2%)	5:10	11.6 (71.2%)
47	SOKÓŁ-PISZCZEK Agnieszka	712	TEAM ŻORY	40-49 lat	47			00:00:00	00:12:10	00:27:30.20	00:27:30.20	+00:08:02 (29.2%)	5:11	11.6 (71.2%)
48	KUSTRA-POLAK Monika	404	JEJKOWICE KOBIETKI	40-49 lat	48	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:11:52	00:27:32.20	00:27:32.20	+00:08:04 (29.3%)	5:11	11.5 (70.6%)
49	KOTOWICZ Anna	356		40-49 lat	49			00:00:00	00:11:40	00:27:42.75	00:27:42.75	+00:08:15 (29.8%)	5:13	11.5 (70.6%)
50	FILIPIAK Beata	142	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	50			00:00:00	00:11:23	00:27:43.10	00:27:43.10	+00:08:15 (29.8%)	5:13	11.5 (70.6%)
51	FRANEK Agata	150		40-49 lat	51			00:00:00	00:11:22	00:27:43.75	00:27:43.75	+00:08:16 (29.8%)	5:13	11.5 (70.6%)
52	JASEK Wioletta	262	KOBIETY WATAHY	40-49 lat	52			00:00:00	00:11:49	00:27:49.85	00:27:49.85	+00:08:22 (30.1%)	5:14	11.4 (69.9%)
53	PROKOP Iwona	634	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49 lat	53		Teachers	00:00:00	00:12:08	00:27:56.65	00:27:56.65	+00:08:29 (30.4%)	5:16	11.4 (69.9%)
54	GORZELAK Joanna	194	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:00	00:11:57	00:27:58.00	00:27:58.00	+00:08:30 (30.4%)	5:16	11.4 (69.9%)
55	GÓRECKA Iwona	197		40-49 lat	55			00:00:00	00:12:32	00:28:05.30	00:28:05.30	+00:08:37 (30.7%)	5:17	11.3 (69.3%)
56	KLOZIK Agnieszka	316		40-49 lat	56			00:00:00	00:11:31	00:28:12.40	00:28:12.40	+00:08:44 (31.0%)	5:19	11.3 (69.3%)
57	WINIARSKA Monika	807	YNO ULTRA	40-49 lat	57			00:00:00	00:12:05	00:28:14.00	00:28:14.00	+00:08:46 (31.1%)	5:19	11.3 (69.3%)
58	CEGLARSKA Sonia	78	JEJKOWICE BIEGAJĄ	40-49 lat	58	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:12:30	00:28:15.25	00:28:15.25	+00:08:47 (31.1%)	5:19	11.3 (69.3%)
59	LACH Ewelina	417		40-49 lat	59			00:00:00	00:12:06	00:28:26.10	00:28:26.10	+00:08:58 (31.6%)	5:21	11.2 (68.7%)
60	ADAMUS Anna	405	WARTKIE PIERONY	40-49 lat	60	Wartkie Pierony		00:00:00	00:12:05	00:28:31.40	00:28:31.40	+00:09:03 (31.8%)	5:22	11.2 (68.7%)
61	GIEROŃ Katarzyna	179	DYSTANS LUBOMIA	40-49 lat	61		KK	00:00:00	00:12:21	00:28:33.15	00:28:33.15	+00:09:05 (31.8%)	5:23	11.1 (68.1%)
62	KORDEK Dorota	350		40-49 lat	62			00:00:00	00:12:07	00:28:35.85	00:28:35.85	+00:09:08 (32.0%)	5:23	11.1 (68.1%)
63	GENSTY Klaudia	176	DYSTANS LUBOMIA	40-49 lat	63		KK	00:00:00	00:12:37	00:28:43.45	00:28:43.45	+00:09:15 (32.3%)	5:25	11.1 (68.1%)

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64	SZŁAPA Urszula	756	SPOT PSZCZYNA	40-49 lat	64	SPOT Pszczyna		00:00:00	00:11:13	00:28:45.40	00:28:45.40	+00:09:17 (32.3%)	5:25	11.1 (68.1%)
65	BORUTA Wioletta	57		40-49 lat	65			00:00:00	00:12:04	00:28:50.70	00:28:50.70	+00:09:23 (32.5%)	5:26	11 (67.5%)
66	DOBRENKO Edyta	116		40-49 lat	66			00:00:00	00:12:32	00:28:51.90	00:28:51.90	+00:09:24 (32.6%)	5:26	11 (67.5%)
67	KĘKUŚ Dorota	304	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	40-49 lat	67			00:00:00	00:12:15	00:29:01.45	00:29:01.45	+00:09:33 (33.0%)	5:28	11 (67.5%)
68	TERESZYŃSKA Anna	776		40-49 lat	68			00:00:00	00:11:38	00:29:01.80	00:29:01.80	+00:09:34 (33.0%)	5:28	11 (67.5%)
69	GATNER Agnieszka	171		40-49 lat	69			00:00:00	00:12:19	00:29:05.10	00:29:05.10	+00:09:37 (33.1%)	5:29	10.9 (66.9%)
69	ŁASA Izabela	443		40-49 lat	70			00:00:00	00:12:30	00:29:05.10	00:29:05.10	+00:09:37 (33.1%)	5:29	10.9 (66.9%)
71	KĄKOL-WOJTAS Katarzyna	303	POWOLI DO CELU	40-49 lat	71	PoWoli do Celu		00:00:00	00:12:45	00:29:10.25	00:29:10.25	+00:09:42 (33.3%)	5:30	10.9 (66.9%)
72	PLESZCZYŃSKA Iwona	619		40-49 lat	72		Izolda&lwi	00:00:00	00:12:33	00:29:28.70	00:29:28.70	+00:10:01 (34.0%)	5:33	10.8 (66.3%)
73	ŁATKA Dorota	444		40-49 lat	73			00:00:00	00:12:24	00:29:36.45	00:29:36.45	+00:10:08 (34.3%)	5:35	10.7 (65.6%)
74	HALSZKA Joanna	222		40-49 lat	74		funfelki	00:00:00	00:12:59	00:29:38.85	00:29:38.85	+00:10:11 (34.4%)	5:35	10.7 (65.6%)
75	PIECHA-ŁACHAJCZYK Hanna	602		40-49 lat	75			00:00:00	00:12:55	00:29:41.00	00:29:41.00	+00:10:13 (34.4%)	5:36	10.7 (65.6%)
76	KAMIŃSKA Agnieszka	292		40-49 lat	76			00:00:00	00:12:36	00:29:43.05	00:29:43.05	+00:10:15 (34.5%)	5:36	10.7 (65.6%)
77	BUREK Alina	72		40-49 lat	77			00:00:00	00:12:26	00:29:49.40	00:29:49.40	+00:10:21 (34.8%)	5:37	10.7 (65.6%)
78	FRAJHOFER Ewka	149		40-49 lat	78	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:12:19	00:29:58.85	00:29:58.85	+00:10:31 (35.1%)	5:39	10.6 (65.0%)
79	BITNER-RYSZKA Natalia	43		40-49 lat	79			00:00:00	00:13:12	00:30:00.55	00:30:00.55	+00:10:33 (35.2%)	5:39	10.6 (65.0%)
80	ŻBEL Ania	862		40-49 lat	80			00:00:00	00:13:12	00:30:00.80	00:30:00.80	+00:10:33 (35.2%)	5:39	10.6 (65.0%)
81	WIDERA Elżbieta	801		40-49 lat	81	HRmax dziółszki		00:00:00	00:13:15	00:30:02.35	00:30:02.35	+00:10:34 (35.2%)	5:40	10.6 (65.0%)
82	SAJNAJ Izabela	669		40-49 lat	82		Izolda&lwi	00:00:00	00:12:46	00:30:06.45	00:30:06.45	+00:10:38 (35.4%)	5:40	10.6 (65.0%)
83	KUŚNIERZ Ewelina Dąbrowska	411	MIRAZ RACE TEAM	40-49 lat	83	Miraz Race Team		00:00:00	00:13:20	00:30:13.95	00:30:13.95	+00:10:46 (35.6%)	5:42	10.5 (64.4%)
84	MUSIOŁ Bożena	521		40-49 lat	84			00:00:00	00:11:54	00:30:14.75	00:30:14.75	+00:10:47 (35.7%)	5:42	10.5 (64.4%)
85	DĄBROWSKA Agata	106	NESSI TIME ŻORY	40-49 lat	85			00:00:00	00:13:14	00:30:15.85	00:30:15.85	+00:10:48 (35.7%)	5:42	10.5 (64.4%)
86	JAKUBOWSKA Agnieszka	243	HRMAX DZIOŁSZKI	40-49 lat	86	HRmax dziółszki		00:00:00	00:13:15	00:30:16.20	00:30:16.20	+00:10:48 (35.7%)	5:42	10.5 (64.4%)

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87	KACZOREK Anna	283	HRMAX DZIOŁSZKI	40-49 lat	87	HRmax dziolszki		00:00:00	00:13:15	00:30:16.30	00:30:16.30	+00:10:48 (35.7%)	5:42	10.5 (64.4%)
88	JARON Katarzyna	259		40-49 lat	88			00:00:00	00:12:03	00:30:19.25	00:30:19.25	+00:10:51 (35.8%)	5:43	10.5 (64.4%)
89	ZIELOSKO Beata	854		40-49 lat	89			00:00:00	00:13:10	00:30:20.25	00:30:20.25	+00:10:52 (35.9%)	5:43	10.5 (64.4%)
90	LISOWSKA Agnieszka	432		40-49 lat	90			00:00:00	00:12:50	00:30:21.80	00:30:21.80	+00:10:54 (35.9%)	5:43	10.5 (64.4%)
91	ŚLUSARCZYK Wioletta	771	BIEGAMY/MORSUJEMY	40-49 lat	91			00:00:00	00:12:36	00:30:25.05	00:30:25.05	+00:10:57 (36.0%)	5:44	10.5 (64.4%)
92	WIECHOWSKA Sabina	802	MONSUN SPORT	40-49 lat	92			00:00:00	00:12:20	00:30:25.10	00:30:25.10	+00:10:57 (36.0%)	5:44	10.5 (64.4%)
93	MARZAŁKOWSKA Daria	471		40-49 lat	93			00:00:00	00:13:57	00:30:25.45	00:30:25.45	+00:10:57 (36.0%)	5:44	10.5 (64.4%)
94	GAŁKIEWICZ Monika	162	BDB TEAM	40-49 lat	94	BDB Team		00:00:00	00:13:00	00:30:27.05	00:30:27.05	+00:10:59 (36.1%)	5:44	10.4 (63.8%)
95	MADEJA Zofia	454	POWOLIDOCELU	40-49 lat	95	PoWoli do Celu		00:00:00	00:13:32	00:30:29.35	00:30:29.35	+00:11:01 (36.2%)	5:45	10.4 (63.8%)
96	BIZOŃ Monika	44		40-49 lat	96			00:00:00	00:12:57	00:30:38.20	00:30:38.20	+00:11:10 (36.5%)	5:46	10.4 (63.8%)
97	SOBINA Roksana	707	KLUB BIEGACZA FARTLEK	40-49 lat	97	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.15	00:30:39.15	+00:11:11 (36.5%)	5:46	10.4 (63.8%)
98	SZTABLA Liliana	760	KLUB BIEGACZA FARTLEK	40-49 lat	98	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.85	00:30:39.85	+00:11:12 (36.5%)	5:46	10.4 (63.8%)
99	TYRYTKO Sylwia	783	WATAHA	40-49 lat	99	WATAHA		00:00:00	00:13:20	00:30:43.35	00:30:43.35	+00:11:15 (36.7%)	5:47	10.4 (63.8%)
100	GOLASIK Katarzyna	188	JUSTFEELFITTEAM	40-49 lat	100	JustfeelfitTEAM		00:00:00	00:13:40	00:30:43.50	00:30:43.50	+00:11:15 (36.7%)	5:47	10.4 (63.8%)
101	OLSZAK Joanna	564	JUST FOR FAN	40-49 lat	101	JUST FOR FUN		00:00:00	00:13:23	00:30:48.35	00:30:48.35	+00:11:20 (36.8%)	5:48	10.3 (63.2%)
102	DZIEWIRZ Aurelia	134		40-49 lat	102			00:00:00	00:12:45	00:30:49.65	00:30:49.65	+00:11:22 (36.9%)	5:48	10.3 (63.2%)
103	NOSAL Maria	546		40-49 lat	103			00:00:00	00:12:49	00:30:50.20	00:30:50.20	+00:11:22 (36.9%)	5:49	10.3 (63.2%)
104	GÓRKA Barbara	199	RUNTEAM PAWŁOWICE	40-49 lat	104	RUNTEAM Pawłowice		00:00:00	00:13:35	00:30:52.15	00:30:52.15	+00:11:24 (37.0%)	5:49	10.3 (63.2%)
105	FRANICZEK Bożena	151		40-49 lat	105			00:00:00	00:12:46	00:30:52.45	00:30:52.45	+00:11:24 (37.0%)	5:49	10.3 (63.2%)
106	PARKITA Justyna	588	BDB TEAM	40-49 lat	106	BDB Team		00:00:00	00:13:01	00:30:56.20	00:30:56.20	+00:11:28 (37.1%)	5:50	10.3 (63.2%)
107	KUŚ Elżbieta	408		40-49 lat	107		rude ze śląska	00:00:00	00:13:52	00:30:58.05	00:30:58.05	+00:11:30 (37.2%)	5:50	10.3 (63.2%)
108	LIPKA Edyta	429		40-49 lat	108			00:00:00	00:12:52	00:30:58.50	00:30:58.50	+00:11:30 (37.2%)	5:50	10.3 (63.2%)
109	BOŁOTIUCH Katarzyna	54	POWOLI DO CELU	40-49 lat	109	PoWoli do Celu		00:00:00	00:13:04	00:30:59.75	00:30:59.75	+00:11:32 (37.2%)	5:50	10.3 (63.2%)
110	MALINOWSKA Aneta	461	OLZA CIESZYN	40-49 lat	110	Olza Cieszyn		00:00:00	00:13:11	00:31:08.40	00:31:08.40	+00:11:40 (37.5%)	5:52	10.2 (62.6%)
111	BOMBOR Antonina	55		40-49 lat	111			00:00:00	00:13:33	00:31:10.05	00:31:10.05	+00:11:42 (37.6%)	5:52	10.2 (62.6%)

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
112	SZAROWICZ Joanna	743		40-49 lat	112	Miechowska Grupa Biegowa		00:00:00	00:13:09	00:31:15.65	00:31:15.65	+00:11:48 (37.8%)	5:53	10.2 (62.6%)
113	DOBRENIUK Aurelia	115		40-49 lat	113			00:00:00	00:12:59	00:31:16.80	00:31:16.80	+00:11:49 (37.8%)	5:53	10.2 (62.6%)
114	MADEJA Aleksandra	453	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	114	Miechowska Grupa Biegowa		00:00:00	00:13:25	00:31:26.40	00:31:26.40	+00:11:58 (38.1%)	5:55	10.1 (62.0%)
115	MUSIOŁ Helena	520		40-49 lat	115			00:00:00	00:12:51	00:31:27.85	00:31:27.85	+00:12:00 (38.2%)	5:56	10.1 (62.0%)
116	JURASZEK Agnieszka	276	JUSTFEELFIT TEAM	40-49 lat	116	JustfeelfitTEAM		00:00:00	00:13:49	00:31:29.95	00:31:29.95	+00:12:02 (38.2%)	5:56	10.1 (62.0%)
117	GROMADZKA Justyna	208	KOBIETYWATAHY	40-49 lat	117			00:00:00	00:12:55	00:31:30.25	00:31:30.25	+00:12:02 (38.2%)	5:56	10.1 (62.0%)
118	PIETROSZEK Władysława	607		40-49 lat	118			00:00:00	00:13:04	00:31:31.00	00:31:31.00	+00:12:03 (38.3%)	5:56	10.1 (62.0%)
119	BODZIANOWSKA Joanna	51	GOLDENTTEAM	40-49 lat	119		Golden Team	00:00:00	00:12:39	00:31:33.45	00:31:33.45	+00:12:05 (38.3%)	5:57	10.1 (62.0%)
120	GAJ Monika	158	DAR-BUD TEAM	40-49 lat	120			00:00:00	00:13:49	00:31:34.30	00:31:34.30	+00:12:06 (38.4%)	5:57	10.1 (62.0%)
121	MOSZ Weronika	509		40-49 lat	121			00:00:00	00:13:46	00:31:38.15	00:31:38.15	+00:12:10 (38.5%)	5:58	10.1 (62.0%)
122	KUŚ Joanna	407		40-49 lat	122	Rozbiegamy to miasto- Czechowice Dziedzice		00:00:00	00:13:57	00:31:40.10	00:31:40.10	+00:12:12 (38.6%)	5:58	10 (61.3%)
123	KLIMEK-KARAS Sylwia	315	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49 lat	123	Rozbiegamy to miasto - Czechowice- Dziedzice		00:00:00	00:13:57	00:31:41.20	00:31:41.20	+00:12:13 (38.6%)	5:58	10 (61.3%)
124	PIWISZKIS Barbara	615	KOBIETY NA 5+	40-49 lat	124	Kobiety na 5+	AnadoBara	00:00:00	00:13:06	00:31:44.80	00:31:44.80	+00:12:17 (38.7%)	5:59	10 (61.3%)
124	KUFIETA Ewelina Ina	390		40-49 lat	125		Blond rakiety	00:00:00	00:13:08	00:31:44.80	00:31:44.80	+00:12:17 (38.7%)	5:59	10 (61.3%)
126	UKLEJA Ela	786		40-49 lat	126			00:00:00	00:14:18	00:31:46.60	00:31:46.60	+00:12:19 (38.8%)	5:59	10 (61.3%)
127	ROSGA Anna	658		40-49 lat	127			00:00:00	00:12:44	00:31:48.90	00:31:48.90	+00:12:21 (38.8%)	6:00	10 (61.3%)
128	CZYRNEK Ewa	100	SMAKI BIEGANIA	40-49 lat	128	Smaki biegania	siostry	00:00:00	00:13:10	00:31:49.90	00:31:49.90	+00:12:22 (38.9%)	6:00	10 (61.3%)
129	BAŁA Justyna	14	KOBIETY NA 5+	40-49 lat	129	Kobiety na 5+		00:00:00	00:13:36	00:31:51.85	00:31:51.85	+00:12:24 (38.9%)	6:00	10 (61.3%)
130	LIPKO Izabela	430		40-49 lat	130			00:00:00	00:15:11	00:31:52.35	00:31:52.35	+00:12:24 (38.9%)	6:00	10 (61.3%)
131	GRUSZKIEWICZ Sylwia	210	BORKO TEAM	40-49 lat	131		Borko Team	00:00:00	00:14:52	00:31:53.60	00:31:53.60	+00:12:26 (39.0%)	6:00	10 (61.3%)
132	ANIOŁ-BARLIK Agnieszka	8		40-49 lat	132			00:00:00	00:13:20	00:31:54.90	00:31:54.90	+00:12:27 (39.0%)	6:01	10 (61.3%)
133	JANIK Izabela	251		40-49 lat	133	JUST FOR FUN		00:00:00	00:13:12	00:31:58.85	00:31:58.85	+00:12:31 (39.2%)	6:01	9.9 (60.7%)

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
134	KŁEK Marzena	322		40-49 lat	134			00:00:00	00:13:53	00:32:00.70	00:32:00.70	+00:12:33 (39.2%)	6:02	9.9 (60.7%)
135	JAWORSKA Ewa	269		40-49 lat	135			00:00:00	00:13:56	00:32:10.30	00:32:10.30	+00:12:42 (39.5%)	6:04	9.9 (60.7%)
136	SZPYRA Sonia	758		40-49 lat	136			00:00:00	00:13:22	00:32:11.60	00:32:11.60	+00:12:44 (39.6%)	6:04	9.9 (60.7%)
137	SOBOL Ewa	708		40-49 lat	137		funfelki	00:00:00	00:13:33	00:32:11.80	00:32:11.80	+00:12:44 (39.6%)	6:04	9.9 (60.7%)
138	ZACZYŃSKA-POZNIAK Jarosława	840		40-49 lat	138			00:00:00	00:13:56	00:32:15.20	00:32:15.20	+00:12:47 (39.7%)	6:05	9.9 (60.7%)
139	ROŚCZAK Sylwia	659		40-49 lat	139			00:00:00	00:13:48	00:32:17.85	00:32:17.85	+00:12:50 (39.8%)	6:05	9.9 (60.7%)
140	DONOCIK Bogusława	120		40-49 lat	140			00:00:00	00:14:21	00:32:19.95	00:32:19.95	+00:12:52 (39.8%)	6:05	9.8 (60.1%)
141	WOSIŃSKA Helena	822	RUNTEAM PAWŁOWICE	40-49 lat	141	RUNTEAM Pawłowice		00:00:00	00:13:36	00:32:20.85	00:32:20.85	+00:12:53 (39.8%)	6:06	9.8 (60.1%)
142	MASZCZYŃSKA-SKALIK Anna	475		40-49 lat	142			00:00:00	00:14:38	00:32:22.70	00:32:22.70	+00:12:55 (39.9%)	6:06	9.8 (60.1%)
143	BROLL Agnieszka	63		40-49 lat	143			00:00:00	00:13:48	00:32:25.95	00:32:25.95	+00:12:58 (40.0%)	6:06	9.8 (60.1%)
144	GAJOS Agnieszka	161	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	144	Miechowicka Grupa Biegowa		00:00:00	00:14:14	00:32:26.35	00:32:26.35	+00:12:58 (40.0%)	6:07	9.8 (60.1%)
145	JAWOREK Monika	268		40-49 lat	145			00:00:00	00:13:56	00:32:27.25	00:32:27.25	+00:12:59 (40.0%)	6:07	9.8 (60.1%)
146	WOŹNIAK Aleksandra	826		40-49 lat	146			00:00:00	00:13:37	00:32:28.45	00:32:28.45	+00:13:00 (40.1%)	6:07	9.8 (60.1%)
147	WYSOCKA Magdalena	838		40-49 lat	147			00:00:00	00:13:48	00:32:33.50	00:32:33.50	+00:13:05 (40.2%)	6:08	9.8 (60.1%)
148	SOSNA Iwona	715		40-49 lat	148			00:00:00	00:13:53	00:32:34.05	00:32:34.05	+00:13:06 (40.2%)	6:08	9.8 (60.1%)
149	BRZÓZKA Beata	66		40-49 lat	149			00:00:00	00:13:45	00:32:36.05	00:32:36.05	+00:13:08 (40.3%)	6:09	9.8 (60.1%)
150	SZEWERDA Hanna	755		40-49 lat	150			00:00:00	00:13:41	00:32:37.65	00:32:37.65	+00:13:10 (40.4%)	6:09	9.7 (59.5%)
151	KONIECZNA Magdalena	340		40-49 lat	151			00:00:00	00:13:29	00:32:38.30	00:32:38.30	+00:13:10 (40.4%)	6:09	9.7 (59.5%)
152	MATUĆ Aleksandra	478	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	152	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:40.25	00:32:40.25	+00:13:12 (40.4%)	6:09	9.7 (59.5%)
153	BURZYŃSKA Beata	74		40-49 lat	153			00:00:00	00:13:24	00:32:45.85	00:32:45.85	+00:13:18 (40.6%)	6:10	9.7 (59.5%)
154	FECZKO Lucyna	139		40-49 lat	154			00:00:00	00:12:56	00:32:48.90	00:32:48.90	+00:13:21 (40.7%)	6:11	9.7 (59.5%)
155	KUCHMISTRZ Izabela	384		40-49 lat	155			00:00:00	00:14:16	00:32:51.50	00:32:51.50	+00:13:23 (40.8%)	6:11	9.7 (59.5%)
156	UTRATA Jolanta	789	BESTIE	40-49 lat	156	BESTie	BESTie	00:00:00	00:13:55	00:32:55.85	00:32:55.85	+00:13:28 (40.9%)	6:12	9.7 (59.5%)

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
157	BOBER Alicja	50		40-49 lat	157			00:00:00	00:14:19	00:32:58.00	00:32:58.00	+00:13:30 (41.0%)	6:13	9.6 (58.9%)
158	STABLA Agata	719	RADLINIOKI W BIEGU	40-49 lat	158		Kaktusiary	00:00:00	00:13:16	00:33:02.30	00:33:02.30	+00:13:34 (41.1%)	6:13	9.6 (58.9%)
159	ZIMNY Cecylia	856	SMAKI BIEGANIA	40-49 lat	159	Smaki bieganania	siostry	00:00:00	00:13:15	00:33:04.80	00:33:04.80	+00:13:37 (41.2%)	6:14	9.6 (58.9%)
160	KAŁUS Joanna	290		40-49 lat	160			00:00:00	00:13:18	00:33:06.55	00:33:06.55	+00:13:39 (41.2%)	6:14	9.6 (58.9%)
161	PILCH Mirosława	610	NESSI TIME ŻORY	40-49 lat	161			00:00:00	00:13:57	00:33:06.60	00:33:06.60	+00:13:39 (41.2%)	6:14	9.6 (58.9%)
162	ŚLEBODA Bożena	769	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	162	Miechowska Grupa Biegowa		00:00:00	00:15:01	00:33:06.70	00:33:06.70	+00:13:39 (41.2%)	6:14	9.6 (58.9%)
163	KWIATKOWSKA Elwira	416		40-49 lat	163			00:00:00	00:13:35	00:33:11.30	00:33:11.30	+00:13:43 (41.4%)	6:15	9.6 (58.9%)
164	WIECZOREK Małgorzata	804		40-49 lat	164			00:00:00	00:14:35	00:33:15.50	00:33:15.50	+00:13:47 (41.5%)	6:16	9.6 (58.9%)
165	PAINTA Jadzia	576	SPOT	40-49 lat	165	SPOT Pszczyna		00:00:00	00:14:18	00:33:15.60	00:33:15.60	+00:13:48 (41.5%)	6:16	9.6 (58.9%)
166	ZAGÓRSKA Beata	841		40-49 lat	166			00:00:00	00:14:01	00:33:16.45	00:33:16.45	+00:13:48 (41.5%)	6:16	9.6 (58.9%)
167	SZYPUŁA Ewa	767		40-49 lat	167			00:00:00	00:14:08	00:33:21.80	00:33:21.80	+00:13:54 (41.7%)	6:17	9.5 (58.3%)
168	SIKORA Agnieszka	677		40-49 lat	168			00:00:00	00:14:06	00:33:22.00	00:33:22.00	+00:13:54 (41.7%)	6:17	9.5 (58.3%)
169	KLYSZCZ Honorata	320	PIRATKI Z SZALOTY	40-49 lat	169	Piratki z Szarloty		00:00:00	00:12:58	00:33:24.90	00:33:24.90	+00:13:57 (41.8%)	6:18	9.5 (58.3%)
170	BĄK-ŚCIERSKA Beata	24	BESTIE	40-49 lat	170			00:00:00	00:14:05	00:33:29.45	00:33:29.45	+00:14:01 (41.9%)	6:19	9.5 (58.3%)
171	MAZUR Aleksandra	483		40-49 lat	171			00:00:00	00:14:20	00:33:30.65	00:33:30.65	+00:14:03 (41.9%)	6:19	9.5 (58.3%)
172	OZIMEK Aldona	572		40-49 lat	172			00:00:00	00:14:37	00:33:30.75	00:33:30.75	+00:14:03 (41.9%)	6:19	9.5 (58.3%)
173	SOŁTYSIK Zdzisia	714	PIRATKI Z SZARLOTY	40-49 lat	173	Piratki z Szarloty		00:00:00	00:13:40	00:33:35.50	00:33:35.50	+00:14:07 (42.1%)	6:20	9.5 (58.3%)
174	STOPYRA Agnieszka	728		40-49 lat	174			00:00:00	00:13:54	00:33:35.55	00:33:35.55	+00:14:08 (42.1%)	6:20	9.5 (58.3%)
175	NOGA Joanna	543		40-49 lat	175			00:00:00	00:14:36	00:33:38.70	00:33:38.70	+00:14:11 (42.2%)	6:20	9.5 (58.3%)
176	WESOŁOWSKA Katarzyna	800		40-49 lat	176			00:00:00	00:14:44	00:33:40.05	00:33:40.05	+00:14:12 (42.2%)	6:21	9.4 (57.7%)
177	KOLAT Jadzia	334	KOBIETY NA 5+	40-49 lat	177	Kobiety na 5+		00:00:00	00:14:02	00:33:48.35	00:33:48.35	+00:14:20 (42.4%)	6:22	9.4 (57.7%)
178	SZELIGA Ola	753	BDB TEAM	40-49 lat	178	BDB Team		00:00:00	00:15:10	00:33:49.45	00:33:49.45	+00:14:21 (42.5%)	6:22	9.4 (57.7%)
179	SZWEDA-KUBOSZEK Katarzyna	763		40-49 lat	179			00:00:00	00:14:35	00:33:49.65	00:33:49.65	+00:14:22 (42.5%)	6:22	9.4 (57.7%)
180	HRYNKIEWICZ Izabela	235		40-49 lat	180			00:00:00	00:14:13	00:33:52.65	00:33:52.65	+00:14:25 (42.6%)	6:23	9.4 (57.7%)

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
181	BATKO Agnieszka	21		40-49 lat	181			00:00:00	00:14:16	00:33:54.00	00:33:54.00	+00:14:26 (42.6%)	6:23	9.4 (57.7%)
182	PANFIL Beata	585		40-49 lat	182			00:00:00	00:13:13	00:33:56.15	00:33:56.15	+00:14:28 (42.7%)	6:24	9.4 (57.7%)
183	KUREK Joanna	401		40-49 lat	183	INCOLA TEAM		00:00:00	00:14:59	00:33:57.80	00:33:57.80	+00:14:30 (42.7%)	6:24	9.4 (57.7%)
184	DERECHOWSKA Agnieszka	110		40-49 lat	184			00:00:00	00:15:01	00:34:02.75	00:34:02.75	+00:14:35 (42.8%)	6:25	9.3 (57.1%)
185	MORGAŁA Daria	508		40-49 lat	185			00:00:00	00:15:01	00:34:03.10	00:34:03.10	+00:14:35 (42.9%)	6:25	9.3 (57.1%)
186	SARZYŃSKA Iwona	670		40-49 lat	186			00:00:00	00:13:46	00:34:09.90	00:34:09.90	+00:14:42 (43.0%)	6:26	9.3 (57.1%)
187	TYTKO-HAŁADA Małgorzata	785		40-49 lat	187			00:00:00	00:14:08	00:34:10.05	00:34:10.05	+00:14:42 (43.0%)	6:26	9.3 (57.1%)
188	SUCHY Katarzyna	735		40-49 lat	188			00:00:00	00:14:25	00:34:12.40	00:34:12.40	+00:14:44 (43.1%)	6:27	9.3 (57.1%)
189	CEGLARSKA Alicja	79	JEJKOWICE BIEGAJĄ	40-49 lat	189	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:14:56	00:34:13.90	00:34:13.90	+00:14:46 (43.2%)	6:27	9.3 (57.1%)
190	ZDEB Basia	849		40-49 lat	190		Fit Bezy	00:00:00	00:14:33	00:34:17.85	00:34:17.85	+00:14:50 (43.3%)	6:28	9.3 (57.1%)
191	BEDNAREK Anita	26		40-49 lat	191			00:00:00	00:13:50	00:34:18.00	00:34:18.00	+00:14:50 (43.3%)	6:28	9.3 (57.1%)
192	SZCZUKA Joanna	752	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	192	Miechowicka Grupa Biegowa		00:00:00	00:14:26	00:34:19.65	00:34:19.65	+00:14:52 (43.3%)	6:28	9.3 (57.1%)
193	ŁAPA Aleksandra	441	4A	40-49 lat	193			00:00:00	00:14:47	00:34:21.20	00:34:21.20	+00:14:53 (43.4%)	6:28	9.3 (57.1%)
194	ŁEPEK Bożena	445		40-49 lat	194			00:00:00	00:14:23	00:34:26.60	00:34:26.60	+00:14:59 (43.5%)	6:29	9.2 (56.4%)
195	HOŁDA Sabina	232		40-49 lat	195			00:00:00	00:15:34	00:34:29.65	00:34:29.65	+00:15:02 (43.6%)	6:30	9.2 (56.4%)
196	MARCOL-WUTZKE Ewelina	465		40-49 lat	196			00:00:00	00:14:21	00:34:34.55	00:34:34.55	+00:15:07 (43.7%)	6:31	9.2 (56.4%)
197	JORDAN Monika	274		40-49 lat	197			00:00:00	00:13:43	00:34:35.80	00:34:35.80	+00:15:08 (43.8%)	6:31	9.2 (56.4%)
198	PYZIK Barbara	639	SZARE MORSY	40-49 lat	198	Szare Morsy		00:00:00	00:14:05	00:34:36.50	00:34:36.50	+00:15:08 (43.8%)	6:31	9.2 (56.4%)
199	KOKOT Justyna	333		40-49 lat	199			00:00:00	00:14:35	00:34:39.80	00:34:39.80	+00:15:12 (43.9%)	6:32	9.2 (56.4%)
200	WRÓBEL Ewa	830		40-49 lat	200			00:00:00	00:14:50	00:34:41.70	00:34:41.70	+00:15:14 (43.9%)	6:32	9.2 (56.4%)
201	BOGACZ-BUCHTA Anna	53		40-49 lat	201			00:00:00	00:14:47	00:34:43.05	00:34:43.05	+00:15:15 (43.9%)	6:33	9.2 (56.4%)
202	MAROSZEK Aleksandra	467		40-49 lat	202			00:00:00	00:14:13	00:34:43.85	00:34:43.85	+00:15:16 (44.0%)	6:33	9.2 (56.4%)
203	BLANIK Agnieszka	46		40-49 lat	203			00:00:00	00:14:29	00:34:45.25	00:34:45.25	+00:15:17 (44.0%)	6:33	9.2 (56.4%)
204	TATARCZYK Justyna	775		40-49 lat	204			00:00:00	00:14:45	00:34:47.20	00:34:47.20	+00:15:19 (44.1%)	6:33	9.1 (55.8%)

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
205	BEDNARSKA Anna	27		40-49 lat	205	BESTie		00:00:00	00:14:43	00:34:56.40	00:34:56.40	+00:15:28 (44.3%)	6:35	9.1 (55.8%)
206	KOWALIK-STANIA Agnieszka	359	BESTIE	40-49 lat	206			00:00:00	00:14:44	00:34:56.95	00:34:56.95	+00:15:29 (44.3%)	6:35	9.1 (55.8%)
207	ROMBERG Agnieszka	657	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	207	Miechowicka Grupa Biegowa		00:00:00	00:15:03	00:35:04.40	00:35:04.40	+00:15:36 (44.5%)	6:36	9.1 (55.8%)
208	SMAGA Ewelina	699		40-49 lat	208	Sądówki	Biegające Sądówki	00:00:00	00:13:45	00:35:06.05	00:35:06.05	+00:15:38 (44.6%)	6:37	9.1 (55.8%)
209	RUSZCZYŃSKA Anna	663		40-49 lat	209			00:00:00	00:15:22	00:35:08.15	00:35:08.15	+00:15:40 (44.6%)	6:37	9.1 (55.8%)
210	KLEPACKA Edyta	312		40-49 lat	210			00:00:00	00:15:22	00:35:08.30	00:35:08.30	+00:15:40 (44.6%)	6:37	9.1 (55.8%)
211	REYMANN Milena	650		40-49 lat	211	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:15:29	00:35:08.55	00:35:08.55	+00:15:41 (44.6%)	6:37	9.1 (55.8%)
212	ŻEBROWSKA Matylda	864	MORS HUBERTUS MYŚŁOWICE	40-49 lat	212	Mors Hubertus		00:00:00	00:13:52	00:35:11.50	00:35:11.50	+00:15:43 (44.7%)	6:38	9 (55.2%)
213	KIDOŃ Joanna	306		40-49 lat	213			00:00:00	00:14:27	00:35:14.60	00:35:14.60	+00:15:47 (44.8%)	6:38	9 (55.2%)
214	KOSTKA Karolina	355	SRS CZANTORIA	40-49 lat	214	JUST FOR FUN		00:00:00	00:14:26	00:35:15.55	00:35:15.55	+00:15:48 (44.8%)	6:39	9 (55.2%)
215	PIETRUSZEWSKA Magdalena	608	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	215	Miechowicka Grupa Biegowa		00:00:00	00:14:56	00:35:15.70	00:35:15.70	+00:15:48 (44.8%)	6:39	9 (55.2%)
216	PANEK Ela	584	BIEGAMY/MORSUJEMY	40-49 lat	216			00:00:00	00:14:08	00:35:17.70	00:35:17.70	+00:15:50 (44.9%)	6:39	9 (55.2%)
217	SMOZIK Mariola	701		40-49 lat	217			00:00:00	00:14:53	00:35:28.40	00:35:28.40	+00:16:00 (45.1%)	6:41	9 (55.2%)
218	NOWROT Ewa	555		40-49 lat	218			00:00:00	00:14:39	00:35:30.45	00:35:30.45	+00:16:02 (45.2%)	6:41	9 (55.2%)
219	DUSZA Jolka	126	SMAKI BIEGANIA	40-49 lat	219			00:00:00	00:14:46	00:35:40.95	00:35:40.95	+00:16:13 (45.5%)	6:43	8.9 (54.6%)
220	POWALA. Karina	629	KS FORMA WODZISŁAW ŚLĄSKI	40-49 lat	220			00:00:00	00:14:39	00:35:41.45	00:35:41.45	+00:16:13 (45.5%)	6:43	8.9 (54.6%)
221	BALICKA Magdalena	13		40-49 lat	221			00:00:00	00:15:21	00:35:48.95	00:35:48.95	+00:16:21 (45.7%)	6:45	8.9 (54.6%)
222	BIEGUN Iwona	36	JUSTFEELFITTEAM	40-49 lat	222	JustfeelfitTEAM		00:00:00	00:15:05	00:35:58.05	00:35:58.05	+00:16:30 (45.9%)	6:47	8.8 (54.0%)
223	SOBEL Beata	704		40-49 lat	223			00:00:00	00:15:05	00:36:04.75	00:36:04.75	+00:16:37 (46.1%)	6:48	8.8 (54.0%)
224	DUTKA-BĘBEN Kinga	127	ROZBIEGAMY TO MIASTO-CZECHOWICE DZIEDZICE	40-49 lat	224	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:53	00:36:05.45	00:36:05.45	+00:16:37 (46.1%)	6:48	8.8 (54.0%)
225	BORDA Grażyna	56	KOBIETY NA 5+	40-49 lat	225	Kobiety na 5+		00:00:00	00:14:35	00:36:05.65	00:36:05.65	+00:16:38 (46.1%)	6:48	8.8 (54.0%)
226	DYNIA Magdalena	130	DYŃKI TEAM	40-49 lat	226	Dyńki Team		00:00:00	00:15:25	00:36:07.35	00:36:07.35	+00:16:39 (46.1%)	6:48	8.8 (54.0%)

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
227	BOŻEK Dagmara	58		40-49 lat	227			00:00:00	00:15:11	00:36:22.50	00:36:22.50	+00:16:54 (46.5%)	6:51	8.7 (53.4%)
228	KUJAWA Marzena	392		40-49 lat	228			00:00:00	00:15:12	00:36:23.05	00:36:23.05	+00:16:55 (46.5%)	6:51	8.7 (53.4%)
229	BUGAŃSKA Edyta	68		40-49 lat	229	Wiewiórki Zimnokrwiste		00:00:00	00:15:04	00:36:26.80	00:36:26.80	+00:16:59 (46.6%)	6:52	8.7 (53.4%)
230	LORENZ Agnieszka	434	GB GALOPUJĄCE ŚLIMAKI	40-49 lat	230			00:00:00	00:15:10	00:36:27.05	00:36:27.05	+00:16:59 (46.6%)	6:52	8.7 (53.4%)
231	TOMALA Beata	779		40-49 lat	231			00:00:00	00:15:32	00:36:28.35	00:36:28.35	+00:17:00 (46.6%)	6:52	8.7 (53.4%)
232	MILDNER Grażyna	500	VIKINGI TRAINING CENTER	40-49 lat	232			00:00:00	00:15:27	00:36:32.40	00:36:32.40	+00:17:04 (46.7%)	6:53	8.7 (53.4%)
233	GABER Magdalena	155	#JUSTFEELFITTEAM	40-49 lat	233	JustfeelfitTEAM		00:00:00	00:10:08	00:36:34.00	00:36:34.00	+00:17:06 (46.8%)	6:53	8.7 (53.4%)
234	GROSIAK Marta	209		40-49 lat	234			00:00:00	00:15:28	00:36:35.00	00:36:35.00	+00:17:07 (46.8%)	6:54	8.7 (53.4%)
235	BIAŁEK Daria	33	BDB TEAM	40-49 lat	235	BDB Team		00:00:00	00:15:46	00:36:45.60	00:36:45.60	+00:17:18 (47.1%)	6:56	8.7 (53.4%)
236	KUŚ Małgorzata	406	BDB TEAM	40-49 lat	236	BDB Team		00:00:00	00:15:46	00:36:45.90	00:36:45.90	+00:17:18 (47.1%)	6:56	8.7 (53.4%)
237	ŻYWICA Dorota	868	HURAGAN LIGOTA	40-49 lat	237	Huragan Ligota		00:00:00	00:15:33	00:36:49.95	00:36:49.95	+00:17:22 (47.2%)	6:56	8.6 (52.8%)
238	KUCZEK Elwira	387		40-49 lat	238			00:00:00	00:15:44	00:36:51.85	00:36:51.85	+00:17:24 (47.2%)	6:57	8.6 (52.8%)
239	KUCZEK Katarzyna	386	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49 lat	239			00:00:00	00:15:44	00:36:52.45	00:36:52.45	+00:17:24 (47.2%)	6:57	8.6 (52.8%)
240	OSZEK Karolina	569		40-49 lat	240		Oczek Tean	00:00:00	00:15:39	00:37:00.10	00:37:00.10	+00:17:32 (47.4%)	6:58	8.6 (52.8%)
241	DREWNIAK Magdalena	122	#JUSTFEELFITTEAM	40-49 lat	241	JustfeelfitTEAM		00:00:00	00:16:25	00:37:00.70	00:37:00.70	+00:17:33 (47.4%)	6:58	8.6 (52.8%)
242	DRÓŻDŻ Monika	124		40-49 lat	242			00:00:00	00:15:48	00:37:03.80	00:37:03.80	+00:17:36 (47.5%)	6:59	8.6 (52.8%)
243	KRÓL Justyna	373		40-49 lat	243			00:00:00	00:16:05	00:37:12.75	00:37:12.75	+00:17:45 (47.7%)	7:01	8.5 (52.1%)
244	MARSZALIK Ania	469		40-49 lat	244			00:00:00	00:15:05	00:37:13.70	00:37:13.70	+00:17:46 (47.7%)	7:01	8.5 (52.1%)
245	FLAK Ewa	145		40-49 lat	245			00:00:00	00:15:37	00:37:15.30	00:37:15.30	+00:17:47 (47.8%)	7:01	8.5 (52.1%)
246	MIKOŁAJCZYK Magdalena	289	HRMAX ŻORY	40-49 lat	246	HRmax dziółszki		00:00:00	00:15:30	00:37:17.20	00:37:17.20	+00:17:49 (47.8%)	7:02	8.5 (52.1%)
247	KOZŁOWSKA Barbara	366	GEPARDY ŻORY	40-49 lat	247			00:00:00	00:15:42	00:37:35.00	00:37:35.00	+00:18:07 (48.2%)	7:05	8.5 (52.1%)
248	POŁEDNIOK Aleksandra	625		40-49 lat	248			00:00:00	00:16:24	00:37:40.40	00:37:40.40	+00:18:12 (48.3%)	7:06	8.4 (51.5%)
249	IDZIKOWSKA Elżbieta	237		40-49 lat	249	Oribanda		00:00:00	00:16:04	00:37:44.55	00:37:44.55	+00:18:17 (48.4%)	7:07	8.4 (51.5%)
250	NIEDŹWIEDŹ Maja	538		40-49 lat	250			00:00:00	00:14:47	00:37:45.95	00:37:45.95	+00:18:18 (48.5%)	7:07	8.4 (51.5%)
251	SOBEL Izabela	705		40-49 lat	251			00:00:00	00:15:16	00:37:54.00	00:37:54.00	+00:18:26 (48.7%)	7:09	8.4 (51.5%)

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
252	KĘPKA Joanna	305		40-49 lat	252			00:00:00	00:15:24	00:37:56.20	00:37:56.20	+00:18:28 (48.7%)	7:09	8.4 (51.5%)
253	SERAFIN-CHWAŁEK Joanna	673		40-49 lat	253			00:00:00	00:15:20	00:37:57.70	00:37:57.70	+00:18:30 (48.7%)	7:09	8.4 (51.5%)
254	GŁĄB Agnieszka	185	SPOT PSZCZYNA	40-49 lat	254	SPOT Pszczyna		00:00:00	00:14:27	00:38:02.05	00:38:02.05	+00:18:34 (48.8%)	7:10	8.4 (51.5%)
255	STEBEL Marzena	723	SPOT PSZCZYNA	40-49 lat	255	SPOT Pszczyna		00:00:00	00:14:28	00:38:02.25	00:38:02.25	+00:18:34 (48.8%)	7:10	8.4 (51.5%)
256	KOCZY-GAŁUSZKA Edyta	330	SPOT	40-49 lat	256			00:00:00	00:14:18	00:38:02.80	00:38:02.80	+00:18:35 (48.9%)	7:10	8.4 (51.5%)
257	SŁABOŃ-SIKORA Aneta	692	STOWARZYSZENIE POGORIA BIEGA	40-49 lat	257			00:00:00	00:15:53	00:38:03.80	00:38:03.80	+00:18:36 (48.9%)	7:10	8.4 (51.5%)
258	JANCZARA Ewa	245		40-49 lat	258			00:00:00	00:15:47	00:38:09.50	00:38:09.50	+00:18:41 (49.0%)	7:11	8.3 (50.9%)
259	CICHOŃ Iwona	89	HURAGAN LIGOTA	40-49 lat	259	HURAGAN LIGOTA		00:00:00	00:16:20	00:38:11.10	00:38:11.10	+00:18:43 (49.0%)	7:12	8.3 (50.9%)
260	KOWALCZYK Barbara	358		40-49 lat	260			00:00:00	00:15:59	00:38:13.85	00:38:13.85	+00:18:46 (49.1%)	7:12	8.3 (50.9%)
261	BARTNIK Joanna	19	STREET SPIRIT	40-49 lat	261			00:00:00	00:15:56	00:38:14.00	00:38:14.00	+00:18:46 (49.1%)	7:12	8.3 (50.9%)
262	ANDROSZ Joanna	6		40-49 lat	262			00:00:00	00:15:39	00:38:15.20	00:38:15.20	+00:18:47 (49.1%)	7:13	8.3 (50.9%)
263	KOBIELA Bogna	327	HURAGA LIGOTA	40-49 lat	263			00:00:00	00:16:20	00:38:17.35	00:38:17.35	+00:18:49 (49.2%)	7:13	8.3 (50.9%)
264	SZOJDA Paulina	757	VIKING TRAINING CENTER	40-49 lat	264			00:00:00	00:15:35	00:38:23.35	00:38:23.35	+00:18:55 (49.3%)	7:14	8.3 (50.9%)
265	NAWARYŃSKA Ewa	529		40-49 lat	265			00:00:00	00:17:13	00:38:27.95	00:38:27.95	+00:19:00 (49.4%)	7:15	8.3 (50.9%)
266	SZWED Anna	693		40-49 lat	266	Miechowska Grupa Biegowa		00:00:00	00:16:25	00:38:32.35	00:38:32.35	+00:19:04 (49.5%)	7:16	8.3 (50.9%)
267	DACENKO Joanna	101		40-49 lat	267			00:00:00	00:16:53	00:38:41.50	00:38:41.50	+00:19:13 (49.7%)	7:17	8.2 (50.3%)
268	KUCHARSKA Anna	383		40-49 lat	268	Lecymy Durś	Defibrylator	00:00:00	00:15:11	00:38:55.50	00:38:55.50	+00:19:27 (50.0%)	7:20	8.2 (50.3%)
269	DZIENDZIEL Renia	132		40-49 lat	269			00:00:00	00:16:15	00:38:55.65	00:38:55.65	+00:19:28 (50.0%)	7:20	8.2 (50.3%)
270	ORDZOWIAŁA Karolina	568		40-49 lat	270			00:00:00	00:15:52	00:38:56.25	00:38:56.25	+00:19:28 (50.0%)	7:20	8.2 (50.3%)
271	PALARZ Jolanta	580	. . .	40-49 lat	271	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:54	00:38:58.85	00:38:58.85	+00:19:31 (50.1%)	7:21	8.2 (50.3%)
272	GARUS Angelika	169		40-49 lat	272			00:00:00	00:16:23	00:39:06.55	00:39:06.55	+00:19:39 (50.2%)	7:22	8.1 (49.7%)
273	SZEWCZUK Agnieszka	754		40-49 lat	273	Byle Do Mety		00:00:00	00:15:57	00:39:08.85	00:39:08.85	+00:19:41 (50.3%)	7:23	8.1 (49.7%)
274	WYRWICH Angelika	837		40-49 lat	274			00:00:00	00:16:44	00:39:09.00	00:39:09.00	+00:19:41 (50.3%)	7:23	8.1 (49.7%)

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
275	GŁUSZAK Aleksandra	186	KOBIETY NA 5+	40-49 lat	275	Kobiety na 5+		00:00:00	00:16:07	00:39:14.35	00:39:14.35	+00:19:46 (50.4%)	7:24	8.1 (49.7%)
276	MYŚLIWIEC Monika	523	KOBIETY NA 5+	40-49 lat	276	Kobiety na 5+		00:00:00	00:16:07	00:39:14.70	00:39:14.70	+00:19:47 (50.4%)	7:24	8.1 (49.7%)
277	KOŁODZIEJCZYK Aleksandra	336	RADLINIOKI W BIEGU	40-49 lat	277			00:00:00	00:16:21	00:39:15.75	00:39:15.75	+00:19:48 (50.4%)	7:24	8.1 (49.7%)
278	NAWROCKA Agnieszka	531	KS M.E.T.A	40-49 lat	278			00:00:00	00:16:31	00:39:26.00	00:39:26.00	+00:19:58 (50.7%)	7:26	8.1 (49.7%)
279	KUBIS Barbara	381		40-49 lat	279			00:00:00	00:16:29	00:39:35.60	00:39:35.60	+00:20:08 (50.9%)	7:28	8 (49.1%)
280	ROJEK CZEKAJ Patrycja	654		40-49 lat	280			00:00:00	00:17:50	00:39:37.40	00:39:37.40	+00:20:09 (50.9%)	7:28	8 (49.1%)
281	SZCZUCHNIAK Adriana	751		40-49 lat	281			00:00:00	00:16:33	00:39:37.90	00:39:37.90	+00:20:10 (50.9%)	7:28	8 (49.1%)
282	REK Katarzyna	648	RADLINIOKI W BIEGU	40-49 lat	282	Radlinioki w biegu		00:00:00	00:16:15	00:39:43.00	00:39:43.00	+00:20:15 (51.0%)	7:29	8 (49.1%)
283	KUCIEJ Justyna	385	SZARE MORSY	40-49 lat	283	Szare Morsy		00:00:00	00:16:54	00:39:44.05	00:39:44.05	+00:20:16 (51.0%)	7:29	8 (49.1%)
284	JAROSZEWSKA Justyna	260	BZIEGACZE	40-49 lat	284			00:00:00	00:15:50	00:40:02.85	00:40:02.85	+00:20:35 (51.4%)	7:33	7.9 (48.5%)
285	HAJZYK Eveline	221		40-49 lat	285			00:00:00	00:16:43	00:40:19.35	00:40:19.35	+00:20:51 (51.7%)	7:36	7.9 (48.5%)
286	BRZANA Anna	64		40-49 lat	286	Kolonie		00:00:00	00:16:27	00:40:29.10	00:40:29.10	+00:21:01 (51.9%)	7:38	7.9 (48.5%)
287	BIAŁAS Joanna	31		40-49 lat	287			00:00:00	00:16:38	00:40:32.45	00:40:32.45	+00:21:04 (52.0%)	7:38	7.8 (47.9%)
288	ZALEWSKA Barbara	844	KOBIETY NA 5+	40-49 lat	288	Kobiety na 5+		00:00:00	00:17:02	00:40:37.35	00:40:37.35	+00:21:09 (52.1%)	7:39	7.8 (47.9%)
289	PODESZWA Katarzyna	624		40-49 lat	289			00:00:00	00:17:02	00:40:38.25	00:40:38.25	+00:21:10 (52.1%)	7:40	7.8 (47.9%)
290	LIPIŃSKA Iza	428		40-49 lat	290	SISITERS		00:00:00	00:16:19	00:40:39.35	00:40:39.35	+00:21:11 (52.1%)	7:40	7.8 (47.9%)
291	WRÓBEL Barbara	831		40-49 lat	291	SISITERS		00:00:00	00:16:19	00:40:39.60	00:40:39.60	+00:21:12 (52.1%)	7:40	7.8 (47.9%)
292	GAJDA Aleksandra	159		40-49 lat	292			00:00:00	00:17:08	00:41:41.75	00:41:41.75	+00:22:14 (53.3%)	7:51	7.6 (46.6%)
293	MIŚKOWIEC Agnieszka	505		40-49 lat	293			00:00:00	00:16:32	00:41:49.10	00:41:49.10	+00:22:21 (53.5%)	7:53	7.6 (46.6%)
294	SURY-WOLNIEWICZ Kamila	738	KOBIETY NA 5+	40-49 lat	294	Kobiety na 5+		00:00:00	00:17:36	00:42:02.45	00:42:02.45	+00:22:34 (53.7%)	7:55	7.6 (46.6%)
295	DOBOSZ Katarzyna	113	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	295	Miechowska Grupa Biegowa		00:00:00	00:18:07	00:42:22.05	00:42:22.05	+00:22:54 (54.1%)	7:59	7.5 (46.0%)
296	JANCZURA Marzena	246		40-49 lat	296			00:00:00	00:17:20	00:42:22.75	00:42:22.75	+00:22:55 (54.1%)	7:59	7.5 (46.0%)
297	BROCKA Joanna	60		40-49 lat	297			00:00:00	00:17:52	00:42:27.35	00:42:27.35	+00:22:59 (54.2%)	8:00	7.5 (46.0%)
298	PALUCH Agnieszka	581		40-49 lat	298			00:00:00	00:17:50	00:42:35.00	00:42:35.00	+00:23:07 (54.3%)	8:02	7.5 (46.0%)

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
299	JARZABEK Monika	261		40-49 lat	299			00:00:00	00:17:06	00:42:37.20	00:42:37.20	+00:23:09 (54.3%)	8:02	7.5 (46.0%)
300	GARAJ Magdalena	168		40-49 lat	300			00:00:00	00:17:37	00:42:37.60	00:42:37.60	+00:23:10 (54.3%)	8:02	7.5 (46.0%)
301	WOWRA Beata	824		40-49 lat	301			00:00:00	00:18:07	00:42:47.55	00:42:47.55	+00:23:20 (54.5%)	8:04	7.4 (45.4%)
302	ZAWADZKA Beba Beata	846	FIT BEZY	40-49 lat	302		Fit Bezy	00:00:00	00:18:07	00:42:47.85	00:42:47.85	+00:23:20 (54.5%)	8:04	7.4 (45.4%)
303	STAŚKIEWICZ Beata	721	SOCJAL CORPO GROUP	40-49 lat	303		Socjal Corpo Group	00:00:00	00:18:20	00:43:20.25	00:43:20.25	+00:23:52 (55.1%)	8:10	7.3 (44.8%)
304	RATAJCZAK Ewa	644	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	304			00:00:00	00:17:34	00:43:27.40	00:43:27.40	+00:23:59 (55.2%)	8:11	7.3 (44.8%)
305	STAŚKIEWICZ Monika	722		40-49 lat	305			00:00:00	00:17:28	00:43:31.60	00:43:31.60	+00:24:04 (55.3%)	8:12	7.3 (44.8%)
306	HEKIERT Wioleta	228	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	306	Miechowska Grupa Biegowa		00:00:00	00:18:32	00:43:51.25	00:43:51.25	+00:24:23 (55.6%)	8:16	7.3 (44.8%)
307	GURCZYŃSKA Monika	218		40-49 lat	307			00:00:00	00:19:39	00:44:19.35	00:44:19.35	+00:24:51 (56.1%)	8:21	7.2 (44.2%)
308	SŁUPECKA Beata	697		40-49 lat	308			00:00:00	00:17:30	00:44:32.95	00:44:32.95	+00:25:05 (56.3%)	8:24	7.1 (43.6%)
309	BUCZAK Jolanta	67		40-49 lat	309			00:00:00	00:18:28	00:44:42.45	00:44:42.45	+00:25:14 (56.5%)	8:26	7.1 (43.6%)
310	JEZUITA Ewa	273	WATAHA	40-49 lat	310	WATAHA		00:00:00	00:18:51	00:46:22.45	00:46:22.45	+00:26:54 (58.0%)	8:44	6.9 (42.3%)
311	GIBAS Amanda	178		40-49 lat	311			00:00:00	00:18:49	00:46:45.45	00:46:45.45	+00:27:17 (58.4%)	8:49	6.8 (41.7%)
312	MAJKOWSKA Agnieszka	458		40-49 lat	312			00:00:00	00:17:13	00:47:18.55	00:47:18.55	+00:27:51 (58.9%)	8:55	6.7 (41.1%)
313	STEFANIAK Justyna	724	POGORIA BIEGA	40-49 lat	313			00:00:00	00:21:09	00:47:35.40	00:47:35.40	+00:28:07 (59.1%)	8:58	6.7 (41.1%)
314	LEJTAN Joanna	423		40-49 lat	314			00:00:00	00:19:46	00:48:02.45	00:48:02.45	+00:28:34 (59.5%)	9:03	6.6 (40.5%)
315	DĄBROWSKA Justyna	107		40-49 lat	315			00:00:00	00:20:04	00:48:21.00	00:48:21.00	+00:28:53 (59.8%)	9:07	6.6 (40.5%)
316	NALEPKA Katarzyna	525	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	316	Miechowska Grupa Biegowa		00:00:00	00:21:39	00:50:25.10	00:50:25.10	+00:30:57 (61.4%)	9:30	6.3 (38.7%)
317	PRASAK Sabina	632	POGORIA BOEGA	40-49 lat	317	Pogoria Biega		00:00:00	00:21:11	00:50:30.85	00:50:30.85	+00:31:03 (61.5%)	9:31	6.3 (38.7%)
318	BOGACKA Joanna	52		40-49 lat	318		Byle do mety	00:00:00	00:21:05	00:50:42.05	00:50:42.05	+00:31:14 (61.6%)	9:33	6.3 (38.7%)
319	NOWOK Katarzyna	553		40-49 lat	319			00:00:00	00:22:20	00:52:57.00	00:52:57.00	+00:33:29 (63.2%)	9:59	6 (36.8%)
320	WAWOCZNY Anita	795	KOBIETY NA 5+	40-49 lat	320	Kobiety na 5+		00:00:00	00:24:43	00:54:12.05	00:54:12.05	+00:34:44 (64.1%)	10:13	5.9 (36.2%)
321	SAWICKA Marta	671	KOBIETY NA 5+	40-49 lat	321	Kobiety na 5+		00:00:00	00:24:44	00:54:13.40	00:54:13.40	+00:34:45 (64.1%)	10:13	5.9 (36.2%)

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
322	PERKOWSKA Daria	599	KOBIETY NA 5+	40-49 lat	322	Kobiety na 5+		00:00:00	00:09:26			+00:01:03	3:46	15.9 (97.5%)

Znaleziono 322 wynik(ów)