



# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2024-05-26  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

**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	JAGIELSKA Ewa	1		40-49 lat	1	INCOLA TEAM		00:00:00	00:07:57	<b>00:18:19.04</b>	<b>00:18:19.41</b>		3:27	17.4 (100%)
2	LEWICKA Elżbieta	520		40-49 lat	2		rAnnElle	00:00:01	00:09:11	<b>00:21:30.03</b>	<b>00:21:31.85</b>	+00:03:10 (14.8%)	4:03	14.8 (85.1%)
3	JANEK Weronika	226		40-49 lat	3			00:00:01	00:09:23	<b>00:21:54.81</b>	<b>00:21:55.86</b>	+00:03:35 (16.4%)	4:07	14.5 (83.3%)
4	JURASZEK Elżbieta	393	JUSTFEELFITTEAM	40-49 lat	4	#JustFeelFitTEAM		00:00:06	00:09:59	<b>00:22:53.15</b>	<b>00:22:59.94</b>	+00:04:34 (20.0%)	4:19	13.9 (79.9%)
5	POŁOMSKA Edyta	368	POŁOMSCY TEAM	40-49 lat	5			00:00:03	00:09:22	<b>00:22:53.79</b>	<b>00:22:57.28</b>	+00:04:34 (20.0%)	4:19	13.9 (79.9%)
6	OPIEKULSKA Renata	983		40-49 lat	6			00:00:01	00:09:29	<b>00:22:54.32</b>	<b>00:22:56.14</b>	+00:04:35 (20.0%)	4:19	13.9 (79.9%)
7	WYPIÓR Ewa	331		40-49 lat	7			00:00:04	00:09:41	<b>00:22:58.77</b>	<b>00:23:03.38</b>	+00:04:39 (20.3%)	4:20	13.8 (79.3%)
8	KAJTOCH Jolanta	553	BIE-RUN	40-49 lat	8		Monika i Jola	00:00:02	00:09:59	<b>00:23:09.35</b>	<b>00:23:11.56</b>	+00:04:50 (20.9%)	4:22	13.7 (78.7%)
9	NENKO Barbara	984		40-49 lat	9	Never too late	Team Halemba	00:00:02	00:10:21	<b>00:23:14.82</b>	<b>00:23:17.58</b>	+00:04:55 (21.2%)	4:23	13.7 (78.7%)
10	BARSKA Agnieszka	587		40-49 lat	10	Dyczuś Team		00:00:08	00:09:48	<b>00:23:16.23</b>	<b>00:23:24.67</b>	+00:04:57 (21.3%)	4:23	13.7 (78.7%)
11	ANDROSZ Beata	909		40-49 lat	11			00:00:03	00:10:01	<b>00:23:18.55</b>	<b>00:23:22.31</b>	+00:04:59 (21.4%)	4:23	13.6 (78.2%)
12	KANDORA Joanna	675	MIECHOWICACH GRUPA BIEGOWA	40-49 lat	12	MIECHOWICKA GRUPA BIEGOWA		00:00:03	00:10:14	<b>00:23:32.57</b>	<b>00:23:36.49</b>	+00:05:13 (22.2%)	4:26	13.5 (77.6%)
13	TANISTRA - SŁOWIK Katarzyna	522	HURAGAN LIGOTA	40-49 lat	13	Huragan Ligota		00:00:24	00:10:21	<b>00:23:58.94</b>	<b>00:24:23.85</b>	+00:05:39 (23.6%)	4:31	13.3 (76.4%)
14	BINIENDA Agnieszka	449	KOBIETY WATAHY	40-49 lat	14			00:00:03	00:10:16	<b>00:24:01.91</b>	<b>00:24:05.91</b>	+00:05:42 (23.8%)	4:31	13.2 (75.9%)
15	SZOJDA Paulina	96	VIKING TRAINING CENTER	40-49 lat	15	Viking Training Center		00:00:06	00:10:16	<b>00:24:20.82</b>	<b>00:24:27.32</b>	+00:06:01 (24.8%)	4:35	13.1 (75.3%)
16	MOCHOCKA Agnieszka	728		40-49 lat	16	Team Oli Lidl		00:00:17	00:10:20	<b>00:24:22.51</b>	<b>00:24:39.88</b>	+00:06:03 (24.9%)	4:35	13.1 (75.3%)
17	NIESŁAŃCZYK Małgorzata	485	WATAHA	40-49 lat	17	Wataha		00:00:02	00:10:20	<b>00:24:29.70</b>	<b>00:24:32.34</b>	+00:06:10 (25.2%)	4:37	13 (74.7%)

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
18	<b>PERKOWSKA Daria</b>	<b>987</b>		40-49 lat	18	Kobiety na 5+		00:00:03	00:10:14	<b>00:24:32.46</b>	<b>00:24:36.28</b>	+00:06:13 (25.4%)	4:37	13 (74.7%)
19	<b>PASŁAWSKA Katarzyna</b>	<b>140</b>		40-49 lat	19	Kobiety na 5+		00:00:03	00:10:14	<b>00:24:39.26</b>	<b>00:24:43.07</b>	+00:06:20 (25.7%)	4:39	12.9 (74.1%)
20	<b>GABER Magdalena</b>	<b>202</b>	#JUSTFEELFITTEAM	40-49 lat	20	#JustFeelFitTEAM		00:00:30	00:10:47	<b>00:24:53.44</b>	<b>00:25:23.64</b>	+00:06:34 (26.4%)	4:41	12.8 (73.6%)
21	<b>KIEŁKOWSKA Maria</b>	<b>942</b>		40-49 lat	21			00:00:08	00:11:07	<b>00:25:08.60</b>	<b>00:25:17.45</b>	+00:06:49 (27.1%)	4:44	12.7 (73.0%)
22	<b>SOŁTYSEK Barbara</b>	<b>623</b>	#JUSTFEELFITTEAM	40-49 lat	22	#JustFeelFitTEAM	#MOBILITYgirls	00:00:11	00:10:55	<b>00:25:13.28</b>	<b>00:25:24.62</b>	+00:06:54 (27.4%)	4:45	12.6 (72.4%)
23	<b>SUSZCZYK Monika</b>	<b>121</b>	MORS HUBERTUS	40-49 lat	23		Gazele	00:00:10	00:11:18	<b>00:25:31.05</b>	<b>00:25:41.91</b>	+00:07:12 (28.2%)	4:48	12.5 (71.8%)
24	<b>LOSKOT Monika</b>	<b>557</b>		40-49 lat	24		Monika i Jola	00:00:02	00:10:31	<b>00:25:33.42</b>	<b>00:25:35.89</b>	+00:07:14 (28.3%)	4:49	12.4 (71.3%)
25	<b>DAICZMANEK Aleksandra</b>	<b>91</b>		40-49 lat	25			00:00:07	00:11:16	<b>00:26:06.21</b>	<b>00:26:13.59</b>	+00:07:47 (29.8%)	4:55	12.2 (70.1%)
26	<b>MUSIOŁ Helena</b>	<b>543</b>		40-49 lat	26			00:00:03	00:10:59	<b>00:26:20.31</b>	<b>00:26:23.87</b>	+00:08:01 (30.5%)	4:58	12.1 (69.5%)
27	<b>MUSIAŁ Wioletta</b>	<b>113</b>	GALOPUJĄCE ŚLIMAKI	40-49 lat	27			00:00:06	00:11:24	<b>00:26:24.28</b>	<b>00:26:30.94</b>	+00:08:05 (30.6%)	4:58	12 (69.0%)
28	<b>HANDZLIK-STARZYK Anna</b>	<b>136</b>		40-49 lat	28	Wiewiórki Zimnokrwiste		00:00:13	00:11:45	<b>00:26:29.08</b>	<b>00:26:42.96</b>	+00:08:10 (30.8%)	4:59	12 (69.0%)
29	<b>PUSTELNIK Justyna</b>	<b>707</b>		40-49 lat	29			00:00:06	00:11:04	<b>00:26:33.88</b>	<b>00:26:40.07</b>	+00:08:14 (31.0%)	5:00	12 (69.0%)
30	<b>MAZUR Małgorzata</b>	<b>750</b>		40-49 lat	30			00:00:29	00:11:26	<b>00:26:36.03</b>	<b>00:27:05.13</b>	+00:08:16 (31.1%)	5:01	12 (69.0%)
31	<b>KORDEK Dorota</b>	<b>387</b>		40-49 lat	31			00:00:12	00:11:26	<b>00:26:44.81</b>	<b>00:26:57.80</b>	+00:08:25 (31.5%)	5:02	11.9 (68.4%)
32	<b>JESIONEK Małgorzata</b>	<b>105</b>	VIKING TRAINING CENTER	40-49 lat	32	Viking Training Center		00:00:17	00:11:40	<b>00:26:50.54</b>	<b>00:27:08.03</b>	+00:08:31 (31.8%)	5:03	11.9 (68.4%)
33	<b>HELIOSZ Agnieszka</b>	<b>457</b>		40-49 lat	33			00:00:04	00:11:14	<b>00:26:52.53</b>	<b>00:26:57.50</b>	+00:08:33 (31.8%)	5:04	11.8 (67.8%)
34	<b>URBANEK Iwona</b>	<b>644</b>		40-49 lat	34			00:00:17	00:11:31	<b>00:26:55.48</b>	<b>00:27:12.87</b>	+00:08:36 (32.0%)	5:04	11.8 (67.8%)
35	<b>LACH Ewelina</b>	<b>679</b>		40-49 lat	35			00:00:08	00:11:21	<b>00:26:57.85</b>	<b>00:27:06.46</b>	+00:08:38 (32.1%)	5:05	11.8 (67.8%)
36	<b>KRAKOWCZYK Tatiana</b>	<b>153</b>		40-49 lat	36	Wiewiórki Zimnokrwiste		00:00:14	00:11:44	<b>00:27:06.15</b>	<b>00:27:20.38</b>	+00:08:47 (32.4%)	5:06	11.7 (67.2%)
37	<b>PIOTROWSKA Anna</b>	<b>554</b>	HURAGAN LIGOTA	40-49 lat	37	Huragan Ligota		00:00:24	00:12:01	<b>00:27:13.40</b>	<b>00:27:38.33</b>	+00:08:54 (32.7%)	5:08	11.7 (67.2%)
38	<b>LORENZ Agnieszka</b>	<b>261</b>		40-49 lat	38	NICE GIRLS		00:00:20	00:11:41	<b>00:27:15.18</b>	<b>00:27:35.18</b>	+00:08:56 (32.8%)	5:08	11.7 (67.2%)
39	<b>PAJESTKA Katarzyna</b>	<b>421</b>		40-49 lat	39			00:00:06	00:11:39	<b>00:27:23.86</b>	<b>00:27:30.19</b>	+00:09:04 (33.1%)	5:10	11.6 (66.7%)
40	<b>KUFIETA Magdalena</b>	<b>788</b>	DECATHLON	40-49 lat	40		M&M	00:00:09	00:11:35	<b>00:27:24.55</b>	<b>00:27:33.97</b>	+00:09:05 (33.2%)	5:10	11.6 (66.7%)
41	<b>BIEŃKO Edyta</b>	<b>446</b>		40-49 lat	41			00:00:24	00:11:38	<b>00:27:25.99</b>	<b>00:27:50.62</b>	+00:09:06 (33.2%)	5:10	11.6 (66.7%)
42	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>943</b>	PRO INDUSTRIA ŻORY TEAM	40-49 lat	42			00:00:14	00:12:02	<b>00:27:27.07</b>	<b>00:27:41.80</b>	+00:09:08 (33.3%)	5:10	11.6 (66.7%)

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43	<b>GARBOŚ Weronika</b>	<b>921</b>		40-49 lat	43			00:00:18	00:11:57	<b>00:27:27.66</b>	<b>00:27:46.18</b>	+00:09:08 (33.3%)	5:10	11.6 (66.7%)
44	<b>CZYŻ Wiola</b>	<b>160</b>		40-49 lat	44			00:00:50	00:12:13	<b>00:27:28.29</b>	<b>00:28:18.97</b>	+00:09:09 (33.3%)	5:10	11.6 (66.7%)
45	<b>DYCZEK Klaudia</b>	<b>95</b>	DYCZUŚ TEAM	40-49 lat	45	Dyczuś Team		00:00:09	00:11:57	<b>00:27:35.42</b>	<b>00:27:44.94</b>	+00:09:16 (33.6%)	5:12	11.5 (66.1%)
46	<b>PIETRZYK Małgorzata</b>	<b>715</b>		40-49 lat	46			00:00:59	00:12:24	<b>00:27:35.71</b>	<b>00:28:35.14</b>	+00:09:16 (33.6%)	5:12	11.5 (66.1%)
47	<b>TALIK Monika</b>	<b>111</b>		40-49 lat	47		Baby górą	00:00:12	00:11:43	<b>00:27:51.92</b>	<b>00:28:04.65</b>	+00:09:32 (34.3%)	5:15	11.4 (65.5%)
48	<b>KASPERCZYK Aleksandra</b>	<b>256</b>	WARTKIE PIERONY	40-49 lat	48	Wartkie Pieronice		00:00:37	00:12:22	<b>00:27:59.25</b>	<b>00:28:36.67</b>	+00:09:40 (34.6%)	5:16	11.4 (65.5%)
49	<b>WANDZEL Anna</b>	<b>26</b>		40-49 lat	49			00:00:31	00:11:59	<b>00:28:04.19</b>	<b>00:28:35.64</b>	+00:09:45 (34.7%)	5:17	11.3 (64.9%)
50	<b>BAKOWSKA Justyna</b>	<b>338</b>		40-49 lat	50			00:00:18	00:12:15	<b>00:28:04.33</b>	<b>00:28:23.10</b>	+00:09:45 (34.7%)	5:17	11.3 (64.9%)
51	<b>MADEJA Aleksandra</b>	<b>376</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	51	Miechowicka Grupa Biegowa		00:00:12	00:12:18	<b>00:28:16.32</b>	<b>00:28:28.37</b>	+00:09:57 (35.2%)	5:20	11.3 (64.9%)
52	<b>DZIOBEK Dominika</b>	<b>317</b>		40-49 lat	52			00:00:03	00:11:27	<b>00:28:21.46</b>	<b>00:28:24.79</b>	+00:10:02 (35.4%)	5:20	11.2 (64.4%)
53	<b>SZEWERDA Hanna</b>	<b>541</b>		40-49 lat	53			00:00:29	00:12:17	<b>00:28:22.08</b>	<b>00:28:51.77</b>	+00:10:03 (35.4%)	5:21	11.2 (64.4%)
54	<b>RABSZTYN-PILARSKA Sylwia</b>	<b>627</b>	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:12	00:12:01	<b>00:28:22.67</b>	<b>00:28:35.37</b>	+00:10:03 (35.5%)	5:21	11.2 (64.4%)
55	<b>PIECHA-ŁACHAJCZYK Hanna</b>	<b>470</b>		40-49 lat	55		Kiedy jak nie teraz?	00:00:26	00:12:28	<b>00:28:23.23</b>	<b>00:28:49.99</b>	+00:10:04 (35.5%)	5:21	11.2 (64.4%)
56	<b>KRZAK Natalia</b>	<b>924</b>		40-49 lat	56			00:00:04	00:12:00	<b>00:28:25.55</b>	<b>00:28:30.46</b>	+00:10:06 (35.6%)	5:21	11.2 (64.4%)
57	<b>GORZELAK Joanna</b>	<b>913</b>	KOBIETY NA 5+	40-49 lat	57	Kobiety na 5+		00:00:11	00:12:06	<b>00:28:30.12</b>	<b>00:28:41.51</b>	+00:10:11 (35.7%)	5:22	11.2 (64.4%)
58	<b>SZEWCZYK Marzena</b>	<b>482</b>	JEJKOWICE BIEGAJĄ	40-49 lat	58	Jejkowickie Kobiетки		00:00:16	00:12:27	<b>00:28:35.09</b>	<b>00:28:51.97</b>	+00:10:16 (35.9%)	5:23	11.1 (63.8%)
59	<b>MARSZAŁKOWSKA Daria</b>	<b>939</b>		40-49 lat	59			00:00:14	00:12:19	<b>00:28:35.34</b>	<b>00:28:49.42</b>	+00:10:16 (35.9%)	5:23	11.1 (63.8%)
60	<b>SAJNAJ Izabela</b>	<b>321</b>		40-49 lat	60		Izolda&lwi	00:00:41	00:12:24	<b>00:28:40.94</b>	<b>00:29:22.08</b>	+00:10:21 (36.1%)	5:24	11.1 (63.8%)
61	<b>GRUSZKIEWICZ Sylwia</b>	<b>511</b>		40-49 lat	61			00:00:20		<b>00:28:44.00</b>	<b>00:29:04.87</b>	+00:10:24 (36.3%)	5:25	11.1 (63.8%)
62	<b>DĄBROWSKA Agata</b>	<b>846</b>		40-49 lat	62			00:00:13	00:12:19	<b>00:28:48.57</b>	<b>00:29:01.82</b>	+00:10:29 (36.4%)	5:26	11 (63.2%)
63	<b>JAKUBOWSKA Aleksandra</b>	<b>759</b>		40-49 lat	63			00:00:41	00:12:56	<b>00:28:58.68</b>	<b>00:29:40.60</b>	+00:10:39 (36.8%)	5:27	11 (63.2%)
64	<b>BOJDA Brygida</b>	<b>150</b>	PORANNY BESKID RUN	40-49 lat	64			00:00:15	00:12:20	<b>00:29:01.94</b>	<b>00:29:17.78</b>	+00:10:42 (36.9%)	5:28	11 (63.2%)
65	<b>SKIBA Krzysia</b>	<b>396</b>		40-49 lat	65			00:00:09	00:12:33	<b>00:29:04.51</b>	<b>00:29:13.99</b>	+00:10:45 (37.0%)	5:29	10.9 (62.6%)
66	<b>TERESZYŃSKA Anna</b>	<b>632</b>		40-49 lat	66			00:00:08	00:11:57	<b>00:29:10.96</b>	<b>00:29:19.22</b>	+00:10:51 (37.2%)	5:30	10.9 (62.6%)
67	<b>PAWLIKOWSKA Barbara</b>	<b>639</b>		40-49 lat	67		Idziemy Biegać	00:00:10	00:12:02	<b>00:29:15.37</b>	<b>00:29:25.41</b>	+00:10:56 (37.4%)	5:31	10.9 (62.6%)

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68	<b>PACHUT Justyna</b>	<b>527</b>	VIKING TRAINING CENTER	40-49 lat	68			00:00:31	00:12:48	<b>00:29:16.56</b>	<b>00:29:47.88</b>	+00:10:57 (37.4%)	5:31	10.9 (62.6%)
69	<b>GRABIAŃSKA Katarzyna</b>	<b>245</b>	VIKING TRAINING CENTER	40-49 lat	69	Viking Training Center		00:00:30	00:12:46	<b>00:29:17.90</b>	<b>00:29:48.03</b>	+00:10:58 (37.5%)	5:31	10.9 (62.6%)
70	<b>KĄKOL-WOJTAS Katarzyna</b>	<b>300</b>	POWOLI DO CELU	40-49 lat	70	PoWoli doCelu		00:00:22	00:13:07	<b>00:29:29.44</b>	<b>00:29:51.74</b>	+00:11:10 (37.9%)	5:33	10.8 (62.1%)
71	<b>ŁATA-KUNERT Magdalena</b>	<b>869</b>	FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIEC	40-49 lat	71			00:00:05	00:12:21	<b>00:29:36.50</b>	<b>00:29:41.54</b>	+00:11:17 (38.1%)	5:35	10.7 (61.5%)
72	<b>GARUS Magdalena</b>	<b>271</b>		40-49 lat	72			00:00:06	00:12:27	<b>00:29:40.12</b>	<b>00:29:47.07</b>	+00:11:21 (38.3%)	5:35	10.7 (61.5%)
73	<b>TRYBAŁA Danuta</b>	<b>497</b>		40-49 lat	73	Wataha		00:00:39	00:13:35	<b>00:29:46.96</b>	<b>00:30:26.28</b>	+00:11:27 (38.5%)	5:36	10.7 (61.5%)
74	<b>KANIA Monika</b>	<b>171</b>		40-49 lat	74			00:00:18	00:12:43	<b>00:29:47.16</b>	<b>00:30:05.79</b>	+00:11:28 (38.5%)	5:37	10.7 (61.5%)
75	<b>ŁASA Izabela</b>	<b>624</b>		40-49 lat	75	Team Oli Lidl		00:00:26	00:12:56	<b>00:29:53.90</b>	<b>00:30:20.53</b>	+00:11:34 (38.7%)	5:38	10.6 (60.9%)
76	<b>LISZKA Monika</b>	<b>217</b>	TEAM PAPRY/VIKING TRAINING CENTER	40-49 lat	76	Viking Training Center		00:00:26	00:13:35	<b>00:30:00.77</b>	<b>00:30:27.28</b>	+00:11:41 (39.0%)	5:39	10.6 (60.9%)
77	<b>ADAMUS Anna</b>	<b>384</b>	WARTKIE PIERONY	40-49 lat	77	Wartkie Pieronice		00:00:39	00:13:11	<b>00:30:01.71</b>	<b>00:30:40.95</b>	+00:11:42 (39.0%)	5:39	10.6 (60.9%)
78	<b>PRZYBYLSKA-BĄK Kasia</b>	<b>442</b>	VIKING TRAINING CENTER	40-49 lat	78	Viking Training Center		00:00:29	00:12:47	<b>00:30:02.10</b>	<b>00:30:32.04</b>	+00:11:43 (39.0%)	5:40	10.6 (60.9%)
79	<b>GÓRKA Barbara</b>	<b>452</b>	RUN TEAM	40-49 lat	79	RUNTEAM PAWŁOWICE		00:00:01	00:13:15	<b>00:30:06.18</b>	<b>00:30:08.00</b>	+00:11:47 (39.2%)	5:40	10.6 (60.9%)
80	<b>GATNER Agnieszka</b>	<b>313</b>		40-49 lat	80			00:00:06	00:12:14	<b>00:30:10.02</b>	<b>00:30:16.84</b>	+00:11:50 (39.3%)	5:41	10.5 (60.3%)
81	<b>WALA Anna</b>	<b>162</b>		40-49 lat	81			00:00:41	00:12:57	<b>00:30:10.17</b>	<b>00:30:51.97</b>	+00:11:51 (39.3%)	5:41	10.5 (60.3%)
82	<b>KĘKUŚ Dorota</b>	<b>785</b>		40-49 lat	82	Przedszkole Małych Bohaterów		00:00:04	00:12:14	<b>00:30:11.71</b>	<b>00:30:16.53</b>	+00:11:52 (39.3%)	5:41	10.5 (60.3%)
83	<b>SAMUL Karolina</b>	<b>325</b>	HURAGAN LIGOTA	40-49 lat	83	Huragan Ligota		00:00:13	00:13:28	<b>00:30:16.24</b>	<b>00:30:29.28</b>	+00:11:57 (39.5%)	5:42	10.5 (60.3%)
84	<b>RATAJCZAK Ewa</b>	<b>502</b>	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	84		Przyjaciółki	00:00:13	00:12:53	<b>00:30:17.75</b>	<b>00:30:31.52</b>	+00:11:58 (39.5%)	5:42	10.5 (60.3%)
85	<b>JACEK Dorota</b>	<b>561</b>		40-49 lat	85			00:00:08	00:12:50	<b>00:30:25.88</b>	<b>00:30:34.85</b>	+00:12:06 (39.8%)	5:44	10.5 (60.3%)
86	<b>BURZYŃSKA Beata</b>	<b>415</b>		40-49 lat	86		Różowy trampek	00:00:06	00:12:39	<b>00:30:27.14</b>	<b>00:30:33.18</b>	+00:12:08 (39.8%)	5:44	10.4 (59.8%)
87	<b>BALCAREK Magdalena</b>	<b>680</b>		40-49 lat	87			00:00:42	00:13:11	<b>00:30:33.01</b>	<b>00:31:15.79</b>	+00:12:13 (40.0%)	5:45	10.4 (59.8%)
88	<b>SZENDERA-ORSZULIK Zofia</b>	<b>47</b>		40-49 lat	88			00:00:04	00:12:32	<b>00:30:33.31</b>	<b>00:30:37.39</b>	+00:12:14 (40.1%)	5:45	10.4 (59.8%)
89	<b>JUREK Iza</b>	<b>584</b>		40-49 lat	89	NICE GIRLS		00:00:20	00:13:41	<b>00:30:57.37</b>	<b>00:31:17.82</b>	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
90	<b>KROCZEK Agata</b>	<b>695</b>		40-49 lat	90	NICE GIRLS		00:00:20	00:13:42	<b>00:30:57.43</b>	<b>00:31:17.87</b>	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
91	<b>DĄBROWSKA - KUŚNIERZ Ewelina</b>	<b>29</b>		40-49 lat	91			00:00:37	00:13:52	<b>00:30:57.56</b>	<b>00:31:35.01</b>	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
92	<b>SKWORC Ilona</b>	<b>931</b>	WARTKIE PIERONY	40-49 lat	92	Wartkie Pieronice		00:00:39	00:13:56	<b>00:31:00.53</b>	<b>00:31:39.71</b>	+00:12:41 (40.9%)	5:50	10.3 (59.2%)

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
93	<b>GROLIK Karolina</b>	<b>573</b>		40-49 lat	93			00:00:31	00:13:11	<b>00:31:01.20</b>	<b>00:31:32.80</b>	+00:12:42 (40.9%)	5:51	10.3 (59.2%)
94	<b>BRZUSKA Katarzyna</b>	<b>50</b>	ZZOZOLKI	40-49 lat	94	ZZOZOLKI		00:00:39	00:13:19	<b>00:31:02.29</b>	<b>00:31:41.42</b>	+00:12:43 (41.0%)	5:51	10.2 (58.6%)
95	<b>BOMBOR Antonina</b>	<b>712</b>		40-49 lat	95			00:00:51	00:13:30	<b>00:31:03.52</b>	<b>00:31:55.31</b>	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
96	<b>LISZKA Joanna</b>	<b>43</b>		40-49 lat	96			00:00:46	00:15:00	<b>00:31:03.79</b>	<b>00:31:50.20</b>	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
97	<b>TOMAN Antonina</b>	<b>703</b>		40-49 lat	97			00:00:35	00:13:38	<b>00:31:04.96</b>	<b>00:31:40.19</b>	+00:12:45 (41.1%)	5:51	10.2 (58.6%)
98	<b>CZEKAJŁO Paulina</b>	<b>280</b>	OSZEK TEAM	40-49 lat	98	Team OczeK		00:00:47	00:14:55	<b>00:31:07.31</b>	<b>00:31:54.93</b>	+00:12:48 (41.1%)	5:52	10.2 (58.6%)
99	<b>DĄBROWSKA Katarzyna</b>	<b>349</b>		40-49 lat	99			00:00:07	00:12:56	<b>00:31:11.81</b>	<b>00:31:19.39</b>	+00:12:52 (41.3%)	5:53	10.2 (58.6%)
100	<b>KRZYŻOWSKA Iwona</b>	<b>318</b>		40-49 lat	100			00:00:17	00:13:43	<b>00:31:15.88</b>	<b>00:31:33.70</b>	+00:12:56 (41.4%)	5:53	10.2 (58.6%)
101	<b>ROJ Anna</b>	<b>310</b>		40-49 lat	101			00:00:17	00:13:45	<b>00:31:18.56</b>	<b>00:31:36.07</b>	+00:12:59 (41.5%)	5:54	10.2 (58.6%)
102	<b>MARSZOLIK Angela</b>	<b>559</b>		40-49 lat	102			00:00:52	00:13:48	<b>00:31:19.49</b>	<b>00:32:12.00</b>	+00:13:00 (41.5%)	5:54	10.2 (58.6%)
103	<b>DOBRENIUK Aurelia</b>	<b>70</b>		40-49 lat	103			00:00:09	00:12:42	<b>00:31:19.97</b>	<b>00:31:29.53</b>	+00:13:00 (41.5%)	5:54	10.2 (58.6%)
104	<b>ZIEMIŃSKA Patrycja</b>	<b>10</b>		40-49 lat	104			00:00:15	00:13:25	<b>00:31:24.22</b>	<b>00:31:39.47</b>	+00:13:05 (41.7%)	5:55	10.1 (58.0%)
105	<b>HERCHEL Marzena</b>	<b>316</b>	SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON	40-49 lat	105			00:00:23	00:13:24	<b>00:31:25.91</b>	<b>00:31:49.13</b>	+00:13:06 (41.7%)	5:55	10.1 (58.0%)
106	<b>KLIMEK-KARAS Sylwia</b>	<b>907</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49 lat	106	Rozbiegamy To Miasto - Czechowice-Dziedzice		00:00:12	00:14:05	<b>00:31:26.41</b>	<b>00:31:38.79</b>	+00:13:07 (41.7%)	5:55	10.1 (58.0%)
107	<b>BORUTA Wioletta</b>	<b>293</b>		40-49 lat	107			00:00:14	00:13:29	<b>00:31:29.79</b>	<b>00:31:44.33</b>	+00:13:10 (41.8%)	5:56	10.1 (58.0%)
108	<b>JURASZEK Agnieszka</b>	<b>713</b>	JUST FEEL FIT	40-49 lat	108	#JustFeelFitTEAM		00:00:34	00:13:30	<b>00:31:30.88</b>	<b>00:32:05.09</b>	+00:13:11 (41.9%)	5:56	10.1 (58.0%)
109	<b>DĄBROWSKA Emilia</b>	<b>1321</b>	PARTLEK	40-49 lat	109	PARTLEK		00:00:28	00:13:27	<b>00:31:30.88</b>	<b>00:31:59.04</b>	+00:13:11 (41.9%)	5:56	10.1 (58.0%)
110	<b>SOBINA Roksana</b>	<b>970</b>	KLUB BIEGACZA FARTLEK	40-49 lat	110	Klub Biegacza Fartlek		00:00:27	00:13:27	<b>00:31:31.13</b>	<b>00:31:59.01</b>	+00:13:12 (41.9%)	5:56	10.1 (58.0%)
111	<b>WOŹNIAK Aleksandra</b>	<b>357</b>		40-49 lat	111	Team Oli Lidl		00:00:18	00:13:18	<b>00:31:32.62</b>	<b>00:31:51.03</b>	+00:13:13 (41.9%)	5:56	10.1 (58.0%)
112	<b>GWIZDAŁA Joanna</b>	<b>609</b>		40-49 lat	112			00:00:47	00:13:21	<b>00:31:35.33</b>	<b>00:32:23.22</b>	+00:13:16 (42.0%)	5:57	10.1 (58.0%)
113	<b>JĘDRZEJEWSKA Beata</b>	<b>492</b>	MIRAZ RACE TEAM	40-49 lat	113			00:00:45	00:13:48	<b>00:31:43.47</b>	<b>00:32:28.92</b>	+00:13:24 (42.3%)	5:59	10 (57.5%)
114	<b>CEGLARSKA Alicja</b>	<b>344</b>	JEJKOWICE BIEGAJĄ	40-49 lat	114	Jejkowickie Kobiетки		00:00:05	00:13:35	<b>00:31:45.36</b>	<b>00:31:50.71</b>	+00:13:26 (42.3%)	5:59	10 (57.5%)
115	<b>ZAWADZKA Beba</b>	<b>122</b>		40-49 lat	115			00:00:49	00:14:26	<b>00:31:47.31</b>	<b>00:32:37.03</b>	+00:13:28 (42.4%)	5:59	10 (57.5%)
116	<b>TARGOSZ Aneta</b>	<b>161</b>		40-49 lat	116	ZZOZOLKI		00:00:50	00:13:48	<b>00:31:47.34</b>	<b>00:32:38.11</b>	+00:13:28 (42.4%)	5:59	10 (57.5%)

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
117	<b>GÓRKA Aleksandra</b>	<b>805</b>		40-49 lat	117			00:00:16	00:13:16	<b>00:31:48.22</b>	<b>00:32:05.13</b>	+00:13:29 (42.4%)	6:00	10 (57.5%)
118	<b>DZIEWIRZ Aurelia</b>	<b>885</b>		40-49 lat	118			00:00:07	00:13:13	<b>00:31:48.31</b>	<b>00:31:55.90</b>	+00:13:29 (42.4%)	6:00	10 (57.5%)
119	<b>ZIMNY Celina</b>	<b>401</b>	SMAKI BIEGANIA	40-49 lat	119			00:00:09	00:13:05	<b>00:31:48.40</b>	<b>00:31:58.05</b>	+00:13:29 (42.4%)	6:00	10 (57.5%)
120	<b>TYRYTKO Sylwia</b>	<b>322</b>	WATAHA	40-49 lat	120	Wataha		00:00:39	00:13:58	<b>00:31:49.05</b>	<b>00:32:28.88</b>	+00:13:30 (42.4%)	6:00	10 (57.5%)
121	<b>ROŚCZAK Sylwia</b>	<b>767</b>		40-49 lat	121			00:00:07	00:12:54	<b>00:31:51.93</b>	<b>00:31:59.73</b>	+00:13:32 (42.5%)	6:00	10 (57.5%)
122	<b>GROMADZKA Justyna</b>	<b>253</b>	KOBIETY WATAHY	40-49 lat	122			00:00:45	00:13:31	<b>00:31:53.71</b>	<b>00:32:39.52</b>	+00:13:34 (42.6%)	6:00	10 (57.5%)
123	<b>KŁEK Marzena</b>	<b>945</b>		40-49 lat	123			00:00:07	00:13:13	<b>00:31:56.57</b>	<b>00:32:04.25</b>	+00:13:37 (42.7%)	6:01	10 (57.5%)
124	<b>POŁEDNIOK Aleksandra</b>	<b>551</b>		40-49 lat	124			00:00:10	00:13:14	<b>00:31:56.91</b>	<b>00:32:07.78</b>	+00:13:37 (42.7%)	6:01	10 (57.5%)
125	<b>BALICKA Magdalena</b>	<b>596</b>		40-49 lat	125			00:00:48	00:13:55	<b>00:31:58.35</b>	<b>00:32:46.63</b>	+00:13:39 (42.7%)	6:01	9.9 (56.9%)
126	<b>KOKOT Monika</b>	<b>440</b>		40-49 lat	126			00:00:39	00:13:17	<b>00:31:58.50</b>	<b>00:32:38.48</b>	+00:13:39 (42.7%)	6:01	9.9 (56.9%)
127	<b>SAGAN Izabela</b>	<b>413</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49 lat	127	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:03	00:13:02	<b>00:31:59.16</b>	<b>00:32:03.08</b>	+00:13:40 (42.7%)	6:02	9.9 (56.9%)
128	<b>ŁAPA Aleksandra</b>	<b>4</b>	4A	40-49 lat	128		4A	00:00:43	00:13:21	<b>00:31:59.84</b>	<b>00:32:43.33</b>	+00:13:40 (42.8%)	6:02	9.9 (56.9%)
129	<b>KOZDROŃ Anna</b>	<b>195</b>	LECOM ŚWIONY	40-49 lat	129			00:00:36	00:13:45	<b>00:32:06.45</b>	<b>00:32:42.64</b>	+00:13:47 (42.9%)	6:03	9.9 (56.9%)
130	<b>WIECZOREK Małgorzata</b>	<b>621</b>	WARTKIE PIERONICE	40-49 lat	130			00:00:38	00:14:09	<b>00:32:08.64</b>	<b>00:32:47.13</b>	+00:13:49 (43.0%)	6:03	9.9 (56.9%)
131	<b>KŁOZIK Agnieszka</b>	<b>6</b>		40-49 lat	131			00:00:02	00:13:07	<b>00:32:09.14</b>	<b>00:32:11.43</b>	+00:13:50 (43.0%)	6:03	9.9 (56.9%)
132	<b>KŁOSEK Monika</b>	<b>976</b>		40-49 lat	132			00:00:56	00:13:33	<b>00:32:14.12</b>	<b>00:33:10.19</b>	+00:13:55 (43.2%)	6:04	9.9 (56.9%)
133	<b>OLSCHIMKE Kasia</b>	<b>181</b>	K.S. M.E.T.A	40-49 lat	133	K.S. M.E.T.A		00:00:34	00:14:22	<b>00:32:15.47</b>	<b>00:32:49.64</b>	+00:13:56 (43.2%)	6:05	9.9 (56.9%)
134	<b>KAMIŃSKA Agnieszka</b>	<b>62</b>		40-49 lat	134			00:00:53	00:13:53	<b>00:32:16.26</b>	<b>00:33:09.33</b>	+00:13:57 (43.2%)	6:05	9.9 (56.9%)
135	<b>WOLSKA Marta</b>	<b>212</b>		40-49 lat	135		Baby górą	00:00:29	00:14:25	<b>00:32:17.19</b>	<b>00:32:46.45</b>	+00:13:58 (43.3%)	6:05	9.9 (56.9%)
136	<b>KOTLARCZYK Katarzyna</b>	<b>710</b>		40-49 lat	136	Wiewiórki Zimnokrwiste		00:00:31	00:13:30	<b>00:32:28.86</b>	<b>00:33:00.28</b>	+00:14:09 (43.6%)	6:07	9.8 (56.3%)
137	<b>HYJEK Ewa</b>	<b>863</b>		40-49 lat	137			00:00:04	00:13:34	<b>00:32:36.45</b>	<b>00:32:41.03</b>	+00:14:17 (43.8%)	6:09	9.8 (56.3%)
138	<b>TYTKO-HAŁADA Małgorzata</b>	<b>847</b>		40-49 lat	138			00:00:07	00:13:11	<b>00:32:37.29</b>	<b>00:32:45.06</b>	+00:14:18 (43.8%)	6:09	9.7 (55.7%)
139	<b>KAŁUS Joanna</b>	<b>548</b>	UKS REFLEX RYBNIK	40-49 lat	139			00:00:29	00:13:43	<b>00:32:37.68</b>	<b>00:33:07.24</b>	+00:14:18 (43.9%)	6:09	9.7 (55.7%)
140	<b>JABŁOŃSKA-ŚLAZIŃSKA Anna</b>	<b>963</b>		40-49 lat	140			00:00:22	00:14:17	<b>00:32:41.35</b>	<b>00:33:04.34</b>	+00:14:22 (44.0%)	6:10	9.7 (55.7%)
141	<b>ANIÓŁ-BARLIK Agnieszka</b>	<b>198</b>		40-49 lat	141			00:00:03	00:13:38	<b>00:32:46.78</b>	<b>00:32:50.34</b>	+00:14:27 (44.1%)	6:10	9.7 (55.7%)

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
142	<b>SOSNA Iwona</b>	<b>652</b>		40-49 lat	142			00:00:09	00:13:10	<b>00:32:49.51</b>	<b>00:32:58.64</b>	+00:14:30 (44.2%)	6:11	9.7 (55.7%)
143	<b>BOBER Alicja</b>	<b>275</b>		40-49 lat	143			00:00:25	00:14:17	<b>00:32:51.35</b>	<b>00:33:16.99</b>	+00:14:32 (44.2%)	6:11	9.7 (55.7%)
144	<b>KUREK Joanna</b>	<b>774</b>		40-49 lat	144	INCOLA TEAM		00:00:17	00:14:17	<b>00:32:57.00</b>	<b>00:33:14.97</b>	+00:14:37 (44.4%)	6:13	9.7 (55.7%)
145	<b>WOSIŃSKA Helena</b>	<b>538</b>		40-49 lat	145	RUNTEAM PAWŁOWICE		00:00:53	00:14:16	<b>00:33:03.27</b>	<b>00:33:56.62</b>	+00:14:44 (44.6%)	6:14	9.6 (55.2%)
146	<b>MILDNER Grażyna</b>	<b>159</b>		40-49 lat	146	Viking Training Center		00:00:17	00:13:38	<b>00:33:07.75</b>	<b>00:33:25.46</b>	+00:14:48 (44.7%)	6:14	9.6 (55.2%)
147	<b>SZCZUKA Joanna</b>	<b>426</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	147	Miechowicka Grupa Biegowa		00:00:26	00:14:04	<b>00:33:13.54</b>	<b>00:33:40.44</b>	+00:14:54 (44.9%)	6:16	9.6 (55.2%)
148	<b>KUSTRA-POLAK Monika</b>	<b>911</b>	JEJKOWICE BIEGAJĄ	40-49 lat	148	Jejkowickie Kobiетки		00:00:27	00:13:56	<b>00:33:22.40</b>	<b>00:33:49.67</b>	+00:15:03 (45.1%)	6:17	9.5 (54.6%)
149	<b>DONOCIK Bogusława</b>	<b>23</b>		40-49 lat	149	ZZOZOLKI		00:00:41	00:14:59	<b>00:33:24.19</b>	<b>00:34:05.41</b>	+00:15:05 (45.2%)	6:18	9.5 (54.6%)
150	<b>KONIECZNA Magdalena</b>	<b>965</b>		40-49 lat	150			00:00:37	00:14:18	<b>00:33:24.66</b>	<b>00:34:02.37</b>	+00:15:05 (45.2%)	6:18	9.5 (54.6%)
151	<b>PIETROSZEK Władysława</b>	<b>71</b>		40-49 lat	151			00:00:08	00:13:16	<b>00:33:28.44</b>	<b>00:33:36.44</b>	+00:15:09 (45.3%)	6:18	9.5 (54.6%)
152	<b>JAFERNIK Małgorzata</b>	<b>690</b>		40-49 lat	152			00:00:40	00:14:43	<b>00:33:34.89</b>	<b>00:34:14.93</b>	+00:15:15 (45.5%)	6:20	9.5 (54.6%)
153	<b>LUPA Monika</b>	<b>327</b>		40-49 lat	153			00:00:24	00:14:03	<b>00:33:40.09</b>	<b>00:34:04.50</b>	+00:15:21 (45.6%)	6:21	9.4 (54.0%)
154	<b>WOŹNIAK Anna</b>	<b>489</b>	KOBIETY WATAHY	40-49 lat	154			00:00:45	00:13:48	<b>00:33:42.50</b>	<b>00:34:27.82</b>	+00:15:23 (45.7%)	6:21	9.4 (54.0%)
155	<b>TRYBAŁA Monika</b>	<b>888</b>	WATAHA	40-49 lat	155	Wataha		00:00:38	00:15:37	<b>00:33:43.88</b>	<b>00:34:22.01</b>	+00:15:24 (45.7%)	6:21	9.4 (54.0%)
156	<b>GŁĄB Agnieszka</b>	<b>439</b>	SPOT PSZCZYNA	40-49 lat	156	SPOT Pszczyna		00:00:12	00:13:41	<b>00:33:44.36</b>	<b>00:33:56.96</b>	+00:15:25 (45.7%)	6:21	9.4 (54.0%)
157	<b>DUTKA - BĘBEN Kinga</b>	<b>929</b>		40-49 lat	157			00:00:12	00:14:10	<b>00:33:44.42</b>	<b>00:33:56.80</b>	+00:15:25 (45.7%)	6:21	9.4 (54.0%)
158	<b>BOGACZ-BUCHTA Anna</b>	<b>570</b>		40-49 lat	158			00:00:30	00:14:49	<b>00:33:47.35</b>	<b>00:34:17.38</b>	+00:15:28 (45.8%)	6:22	9.4 (54.0%)
159	<b>ZDEB Basia</b>	<b>38</b>		40-49 lat	159			00:00:50	00:14:44	<b>00:33:48.73</b>	<b>00:34:39.44</b>	+00:15:29 (45.8%)	6:22	9.4 (54.0%)
160	<b>KWIATKOWSKA Elwira</b>	<b>419</b>	ZABIEGANY TEAM	40-49 lat	160			00:00:04	00:14:09	<b>00:33:49.28</b>	<b>00:33:53.82</b>	+00:15:30 (45.8%)	6:22	9.4 (54.0%)
161	<b>SMAGA Ewelina</b>	<b>546</b>		40-49 lat	161		Krejzolki	00:00:27	00:14:35	<b>00:33:52.76</b>	<b>00:34:20.55</b>	+00:15:33 (45.9%)	6:23	9.4 (54.0%)
162	<b>SIWY Monika</b>	<b>72</b>	VIKING TRAINING CENTER	40-49 lat	162	Viking Training Center		00:00:22	00:14:38	<b>00:33:53.86</b>	<b>00:34:16.44</b>	+00:15:34 (46.0%)	6:23	9.4 (54.0%)
163	<b>KRÓL Magdalena</b>	<b>49</b>		40-49 lat	163			00:00:21	00:14:37	<b>00:33:56.65</b>	<b>00:34:17.88</b>	+00:15:37 (46.0%)	6:24	9.4 (54.0%)
164	<b>IDZIKOWSKA Elżbieta</b>	<b>302</b>		40-49 lat	164			00:00:20	00:14:14	<b>00:33:57.27</b>	<b>00:34:18.00</b>	+00:15:38 (46.1%)	6:24	9.4 (54.0%)
165	<b>TATARCZYK Justyna</b>	<b>179</b>		40-49 lat	165			00:00:08	00:14:29	<b>00:33:59.10</b>	<b>00:34:08.09</b>	+00:15:40 (46.1%)	6:24	9.4 (54.0%)
166	<b>PULUT Anna</b>	<b>479</b>		40-49 lat	166			00:00:16	00:14:28	<b>00:34:01.28</b>	<b>00:34:17.55</b>	+00:15:42 (46.2%)	6:25	9.3 (53.4%)

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
167	PASTUSIAK Janina	989		40-49 lat	167			00:00:22	00:15:03	00:34:03.43	00:34:25.66	+00:15:44 (46.2%)	6:25	9.3 (53.4%)
168	STUZIK Mariola	619		40-49 lat	168			00:00:21	00:15:04	00:34:04.16	00:34:25.57	+00:15:45 (46.2%)	6:25	9.3 (53.4%)
169	SARZYŃSKA Iwona	829		40-49 lat	169	Szprychy		00:00:17	00:14:27	00:34:04.30	00:34:22.13	+00:15:45 (46.2%)	6:25	9.3 (53.4%)
170	SOBEL Beata	19		40-49 lat	170			00:00:14	00:14:04	00:34:07.53	00:34:21.68	+00:15:48 (46.3%)	6:26	9.3 (53.4%)
171	DREWNIAK Magdalena	246	JUSTFEELFITTEAM	40-49 lat	171	#JustFeelFitTEAM		00:00:43	00:15:33	00:34:12.07	00:34:55.25	+00:15:53 (46.4%)	6:27	9.3 (53.4%)
172	MISIOŁEK Gośka	312		40-49 lat	172			00:00:18	00:15:33	00:34:13.02	00:34:31.08	+00:15:53 (46.5%)	6:27	9.3 (53.4%)
173	NOWROT Ewa	373		40-49 lat	173			00:00:22	00:14:31	00:34:13.48	00:34:35.84	+00:15:54 (46.5%)	6:27	9.3 (53.4%)
174	SOŁODUCHA Justyna	462		40-49 lat	174			00:00:29	00:14:28	00:34:19.02	00:34:48.22	+00:15:59 (46.6%)	6:28	9.3 (53.4%)
175	HRYNKIEWICZ Izabela	311		40-49 lat	175			00:00:24	00:14:06	00:34:20.54	00:34:45.04	+00:16:01 (46.7%)	6:28	9.3 (53.4%)
176	DUSZA Jolanta	865	SMAKI BIEGANIA	40-49 lat	176			00:00:10	00:13:38	00:34:22.13	00:34:32.42	+00:16:03 (46.7%)	6:29	9.3 (53.4%)
177	SADLOK Anna	902		40-49 lat	177	SpecialTeam	EwAnka	00:00:17	00:14:20	00:34:29.93	00:34:47.45	+00:16:10 (46.9%)	6:30	9.2 (52.9%)
178	PIETRUSZEWSKA Magdalena	276	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	178	Miechowicka Grupa Biegowa		00:00:07	00:14:44	00:34:30.87	00:34:37.92	+00:16:11 (46.9%)	6:30	9.2 (52.9%)
179	FECZKO Lucyna	811		40-49 lat	179			00:00:15	00:14:23	00:34:33.28	00:34:49.08	+00:16:14 (47.0%)	6:31	9.2 (52.9%)
180	KUCHMISTRZ Izabela	265		40-49 lat	180			00:00:49	00:14:43	00:34:39.96	00:35:29.44	+00:16:20 (47.2%)	6:32	9.2 (52.9%)
181	SIKORA Agnieszka	264		40-49 lat	181			00:00:27	00:15:28	00:34:42.90	00:35:10.62	+00:16:23 (47.2%)	6:32	9.2 (52.9%)
182	KUCZEK Katarzyna	534		40-49 lat	182			00:00:48	00:16:02	00:34:46.91	00:35:35.63	+00:16:27 (47.3%)	6:33	9.1 (52.3%)
183	BOŻEK Dagmara	42		40-49 lat	183	Team Oli Lidl		00:00:19	00:14:59	00:34:46.93	00:35:05.98	+00:16:27 (47.3%)	6:33	9.1 (52.3%)
184	KUJAWA Marzena	120		40-49 lat	184	Team Oli Lidl		00:00:18	00:14:59	00:34:47.20	00:35:05.85	+00:16:28 (47.3%)	6:33	9.1 (52.3%)
185	MOSZ Weronika	564		40-49 lat	185			00:00:26	00:14:44	00:34:51.22	00:35:17.44	+00:16:32 (47.4%)	6:34	9.1 (52.3%)
186	WYSOCKA Magdalena	429		40-49 lat	186			00:00:25	00:14:45	00:34:51.32	00:35:17.28	+00:16:32 (47.4%)	6:34	9.1 (52.3%)
187	BOKŁAK Magdalena	954		40-49 lat	187			00:00:45	00:15:29	00:34:51.46	00:35:37.46	+00:16:32 (47.5%)	6:34	9.1 (52.3%)
188	FLAK Ewa	830		40-49 lat	188	Wartkie Pieronice		00:01:01	00:14:46	00:34:59.61	00:36:01.31	+00:16:40 (47.7%)	6:36	9.1 (52.3%)
189	LEWANDOWSKA Aneta	962		40-49 lat	189			00:00:46	00:15:34	00:35:01.06	00:35:47.30	+00:16:42 (47.7%)	6:36	9.1 (52.3%)
190	SZYMAŃSKA Anna	928	DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE	40-49 lat	190	Wiewiórki Zimnokrwiste		00:00:32	00:15:18	00:35:02.89	00:35:35.27	+00:16:43 (47.7%)	6:36	9.1 (52.3%)
191	ROMBERG Agnieszka	144	MIECHOWICE GRUPA BIEGOWA	40-49 lat	191	Miechowicka Grupa Biegowa		00:00:26	00:15:01	00:35:04.66	00:35:30.76	+00:16:45 (47.8%)	6:36	9.1 (52.3%)



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
192	<b>DERECHOWSKA Agnieszka</b>	<b>224</b>		40-49 lat	192			00:00:41	00:15:53	<b>00:35:09.27</b>	<b>00:35:51.07</b>	+00:16:50 (47.9%)	6:37	9 (51.7%)
193	<b>MORGAŁA Daria</b>	<b>604</b>		40-49 lat	193			00:00:40	00:15:55	<b>00:35:10.56</b>	<b>00:35:51.02</b>	+00:16:51 (47.9%)	6:38	9 (51.7%)
194	<b>PLESZCZYŃSKA Iwona</b>	<b>305</b>		40-49 lat	194			00:00:54	00:14:39	<b>00:35:12.71</b>	<b>00:36:06.85</b>	+00:16:53 (48.0%)	6:38	9 (51.7%)
195	<b>GŁÓWCZYK Izabella</b>	<b>340</b>	KOBIETY NA 5+	40-49 lat	195	Kobiety na 5+		00:00:11	00:14:25	<b>00:35:12.88</b>	<b>00:35:24.80</b>	+00:16:53 (48.0%)	6:38	9 (51.7%)
196	<b>WRÓBEL Ewa</b>	<b>568</b>	ITMBW	40-49 lat	196			00:00:07	00:15:05	<b>00:35:19.20</b>	<b>00:35:26.29</b>	+00:17:00 (48.1%)	6:39	9 (51.7%)
197	<b>ŚLEBODA Bożena</b>	<b>323</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	197	Miechowicka Grupa Biegowa		00:00:33	00:15:05	<b>00:35:19.45</b>	<b>00:35:53.14</b>	+00:17:00 (48.1%)	6:39	9 (51.7%)
198	<b>KOKOT Justyna</b>	<b>496</b>	HARCIOLE	40-49 lat	198			00:00:25	00:15:04	<b>00:35:25.34</b>	<b>00:35:51.27</b>	+00:17:06 (48.3%)	6:40	9 (51.7%)
199	<b>FIRLA Lidka</b>	<b>580</b>	ZZOZOLKI	40-49 lat	199	ZZOZOLKI		00:00:35	00:15:02	<b>00:35:28.19</b>	<b>00:36:03.49</b>	+00:17:09 (48.4%)	6:41	9 (51.7%)
200	<b>BAŁA Justyna</b>	<b>115</b>		40-49 lat	200	Kobiety na 5+		00:00:13	00:14:05	<b>00:35:29.64</b>	<b>00:35:43.43</b>	+00:17:10 (48.4%)	6:41	9 (51.7%)
201	<b>BUGAŃSKA Edyta</b>	<b>326</b>		40-49 lat	201	Wiewiórki Zimnokrwiste		00:00:12	00:14:16	<b>00:35:32.02</b>	<b>00:35:44.85</b>	+00:17:12 (48.5%)	6:42	8.9 (51.1%)
202	<b>MARSZALIK Ania</b>	<b>347</b>		40-49 lat	202			00:00:23	00:14:28	<b>00:35:32.16</b>	<b>00:35:55.80</b>	+00:17:13 (48.5%)	6:42	8.9 (51.1%)
203	<b>GŁĄB Magdalena</b>	<b>133</b>		40-49 lat	203			00:00:19	00:15:22	<b>00:35:35.18</b>	<b>00:35:55.05</b>	+00:17:16 (48.5%)	6:42	8.9 (51.1%)
204	<b>ZŁOCIĄK Agnieszka</b>	<b>215</b>		40-49 lat	204			00:00:20	00:15:22	<b>00:35:35.45</b>	<b>00:35:55.75</b>	+00:17:16 (48.5%)	6:42	8.9 (51.1%)
205	<b>TOBIASZ Justyna</b>	<b>533</b>	VIKING TRAINING CENTER	40-49 lat	205	Viking Training Center		00:00:21	00:15:17	<b>00:35:38.50</b>	<b>00:36:00.17</b>	+00:17:19 (48.6%)	6:43	8.9 (51.1%)
206	<b>MASZCZYŃSKA-SKALIK Anna</b>	<b>330</b>		40-49 lat	206			00:00:33	00:15:35	<b>00:35:41.57</b>	<b>00:36:14.82</b>	+00:17:22 (48.7%)	6:43	8.9 (51.1%)
207	<b>STRZODA Barbara</b>	<b>706</b>		40-49 lat	207			00:00:30	00:15:16	<b>00:35:45.21</b>	<b>00:36:15.90</b>	+00:17:26 (48.8%)	6:44	8.9 (51.1%)
208	<b>ŻYWICA Dorota</b>	<b>262</b>		40-49 lat	208	Huragan Ligota		00:00:16	00:14:59	<b>00:35:47.36</b>	<b>00:36:03.43</b>	+00:17:28 (48.8%)	6:45	8.9 (51.1%)
209	<b>DZIĘCIELEWSKA Sylwia</b>	<b>899</b>		40-49 lat	209	Byle do mety		00:00:43	00:15:17	<b>00:35:52.88</b>	<b>00:36:36.19</b>	+00:17:33 (48.9%)	6:46	8.9 (51.1%)
210	<b>BLANIK Agnieszka</b>	<b>842</b>		40-49 lat	210			00:00:44	00:15:20	<b>00:35:53.59</b>	<b>00:36:37.97</b>	+00:17:34 (49.0%)	6:46	8.9 (51.1%)
211	<b>DYNIA Magdalena</b>	<b>93</b>	DYŃKI TEAM	40-49 lat	211			00:01:04	00:15:29	<b>00:36:03.34</b>	<b>00:37:07.63</b>	+00:17:44 (49.2%)	6:48	8.8 (50.6%)
212	<b>REYMANN Milena</b>	<b>776</b>		40-49 lat	212	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:45	00:15:35	<b>00:36:10.87</b>	<b>00:36:56.36</b>	+00:17:51 (49.4%)	6:49	8.8 (50.6%)
213	<b>KANIA Bożena</b>	<b>348</b>		40-49 lat	213	55-lat SP5		00:00:52	00:16:12	<b>00:36:12.85</b>	<b>00:37:04.99</b>	+00:17:53 (49.4%)	6:49	8.8 (50.6%)
214	<b>STEBEL Marzena</b>	<b>898</b>	SPOT PSZCZYNA	40-49 lat	214	SPOT Pszczyna		00:00:12		<b>00:36:20.90</b>	<b>00:36:32.96</b>	+00:18:01 (49.6%)	6:51	8.8 (50.6%)
215	<b>PEPEK Bożena</b>	<b>789</b>		40-49 lat	215			00:00:40	00:15:27	<b>00:36:22.62</b>	<b>00:37:03.28</b>	+00:18:03 (49.6%)	6:51	8.7 (50.0%)
216	<b>CITUK Iwona</b>	<b>420</b>	VIKING TRAINING CENTER	40-49 lat	216	Viking Training Center		00:00:20	00:15:57	<b>00:36:33.12</b>	<b>00:36:53.17</b>	+00:18:14 (49.9%)	6:53	8.7 (50.0%)

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
217	<b>BATKO Agnieszka</b>	<b>378</b>		40-49 lat	217			00:00:58	00:15:31	<b>00:36:36.21</b>	<b>00:37:34.98</b>	+00:18:17 (50.0%)	6:54	8.7 (50.0%)
218	<b>BUREK Alina</b>	<b>518</b>		40-49 lat	218			00:00:41	00:15:20	<b>00:36:38.37</b>	<b>00:37:19.38</b>	+00:18:19 (50.0%)	6:54	8.7 (50.0%)
219	<b>PETRYKOWSKA Elżbieta</b>	<b>369</b>		40-49 lat	219			00:00:51	00:15:11	<b>00:36:40.01</b>	<b>00:37:32.01</b>	+00:18:20 (50.0%)	6:55	8.7 (50.0%)
220	<b>CICHOŃ Iwona</b>	<b>386</b>	HURAGAN LIGOTA	40-49 lat	220	Huragan Ligota		00:00:24	00:15:42	<b>00:36:42.91</b>	<b>00:37:07.33</b>	+00:18:23 (50.1%)	6:55	8.7 (50.0%)
221	<b>CICHY Agnieszka</b>	<b>126</b>		40-49 lat	221			00:00:19	00:15:28	<b>00:36:45.62</b>	<b>00:37:05.16</b>	+00:18:26 (50.2%)	6:56	8.7 (50.0%)
222	<b>SMOLEŃ Dagmara</b>	<b>398</b>		40-49 lat	222	Viking Training Center		00:00:19	00:15:26	<b>00:36:48.63</b>	<b>00:37:07.70</b>	+00:18:29 (50.2%)	6:56	8.6 (49.4%)
223	<b>KUCHARCZYK Aneta</b>	<b>237</b>	VIKING TRAINING CENTER	40-49 lat	223	Viking Training Center		00:00:19	00:15:27	<b>00:36:48.88</b>	<b>00:37:07.94</b>	+00:18:29 (50.2%)	6:56	8.6 (49.4%)
224	<b>PRZYWARA Ewelina</b>	<b>760</b>		40-49 lat	224			00:00:51	00:15:46	<b>00:36:54.90</b>	<b>00:37:46.28</b>	+00:18:35 (50.4%)	6:57	8.6 (49.4%)
225	<b>STRASZEWSKA Aleksandra</b>	<b>97</b>	KLUB SPORTOWY M.E.T.A.	40-49 lat	225			00:00:33	00:15:50	<b>00:36:59.83</b>	<b>00:37:33.62</b>	+00:18:40 (50.5%)	6:58	8.6 (49.4%)
226	<b>MAROSZEK Aleksandra</b>	<b>483</b>		40-49 lat	226			00:00:08	00:14:37	<b>00:37:03.61</b>	<b>00:37:12.18</b>	+00:18:44 (50.6%)	6:59	8.6 (49.4%)
227	<b>SUCHY Katarzyna</b>	<b>859</b>		40-49 lat	227	Szprychy		00:00:19	00:15:50	<b>00:37:06.14</b>	<b>00:37:25.58</b>	+00:18:47 (50.6%)	7:00	8.6 (49.4%)
228	<b>KWAŚNIEWSKA Kasia</b>	<b>848</b>		40-49 lat	228			00:00:15	00:15:24	<b>00:37:06.70</b>	<b>00:37:22.22</b>	+00:18:47 (50.6%)	7:00	8.6 (49.4%)
229	<b>SZABLICKA Monika</b>	<b>726</b>	MAGDA	40-49 lat	229	Magda		00:00:40	00:15:13	<b>00:37:08.63</b>	<b>00:37:48.89</b>	+00:18:49 (50.7%)	7:00	8.6 (49.4%)
230	<b>DEMSKA-ĆWIERTKA Izabela</b>	<b>586</b>	VIKING TRAINING CENTER	40-49 lat	230	Viking Training Center		00:00:38	00:16:30	<b>00:37:09.94</b>	<b>00:37:48.31</b>	+00:18:50 (50.7%)	7:00	8.6 (49.4%)
231	<b>KACZMAREK Ewa</b>	<b>950</b>		40-49 lat	231			00:00:32	00:15:47	<b>00:37:13.03</b>	<b>00:37:45.75</b>	+00:18:53 (50.8%)	7:01	8.5 (48.9%)
232	<b>REK Katarzyna</b>	<b>494</b>	RADLINIOKI W BIEGU	40-49 lat	232	Radlinioki w biegu		00:00:43	00:15:33	<b>00:37:22.55</b>	<b>00:38:06.54</b>	+00:19:03 (51.0%)	7:03	8.5 (48.9%)
233	<b>STACHOŃ Sylwia</b>	<b>461</b>	4A	40-49 lat	233			00:00:59	00:16:03	<b>00:37:30.34</b>	<b>00:38:30.29</b>	+00:19:11 (51.2%)	7:04	8.5 (48.9%)
234	<b>KUBIS Barbara</b>	<b>670</b>		40-49 lat	234			00:00:31	00:16:19	<b>00:37:53.81</b>	<b>00:38:25.77</b>	+00:19:34 (51.7%)	7:08	8.4 (48.3%)
235	<b>STRUFF Karolina</b>	<b>825</b>	SZPRYCHY	40-49 lat	235		Szprychy	00:00:21	00:15:41	<b>00:38:01.62</b>	<b>00:38:23.20</b>	+00:19:42 (51.8%)	7:10	8.4 (48.3%)
236	<b>PADIASEK Dominika</b>	<b>821</b>	HRMAX ŻORY	40-49 lat	236	HRmax Dziółszki		00:00:37	00:16:15	<b>00:38:05.48</b>	<b>00:38:43.33</b>	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
237	<b>KACZOREK Anna</b>	<b>353</b>	HRMAX DZIOLSZK	40-49 lat	237	HRmax Dziółszki		00:00:35	00:16:23	<b>00:38:05.75</b>	<b>00:38:41.06</b>	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
238	<b>JAKUBOWSKA Agnieszka</b>	<b>61</b>	HRMAX ŻORY	40-49 lat	238	HRmax Dziółszki		00:00:35	00:16:22	<b>00:38:05.76</b>	<b>00:38:41.14</b>	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
239	<b>BODZIONY Anna</b>	<b>737</b>	HRMAX	40-49 lat	239	HRmax Dziółszki		00:00:37	00:16:23	<b>00:38:06.49</b>	<b>00:38:43.70</b>	+00:19:47 (51.9%)	7:11	8.3 (47.7%)
240	<b>SERAFIN CHWAŁEK Joanna</b>	<b>118</b>		40-49 lat	240			00:00:27	00:15:41	<b>00:38:07.00</b>	<b>00:38:34.31</b>	+00:19:47 (51.9%)	7:11	8.3 (47.7%)
241	<b>TOMAN Aneta</b>	<b>694</b>	HRMAX DZIOLSZKI	40-49 lat	241	HRmax Dziółszki		00:00:36	00:16:24	<b>00:38:07.18</b>	<b>00:38:43.43</b>	+00:19:48 (51.9%)	7:11	8.3 (47.7%)

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
242	<b>OSMAŃSKA Ewa</b>	<b>615</b>		40-49 lat	242		PSIAPSI1	00:00:28	00:16:08	<b>00:38:07.60</b>	<b>00:38:36.09</b>	+00:19:48 (52.0%)	7:11	8.3 (47.7%)
243	<b>KAŁUS Ewa</b>	<b>230</b>	HRMAX ŻORY	40-49 lat	243	HRmax	Dziółszki	00:00:33	00:16:24	<b>00:38:07.74</b>	<b>00:38:40.75</b>	+00:19:48 (52.0%)	7:11	8.3 (47.7%)
244	<b>ŻBEL Ania</b>	<b>9</b>	HRMAX ŻORY	40-49 lat	244	HRmax	Dziółszki	00:00:32	00:16:24	<b>00:38:09.89</b>	<b>00:38:42.34</b>	+00:19:50 (52.0%)	7:11	8.3 (47.7%)
245	<b>CEREMON Joanna</b>	<b>890</b>		40-49 lat	245			00:00:04	00:15:17	<b>00:38:10.76</b>	<b>00:38:15.38</b>	+00:19:51 (52.0%)	7:12	8.3 (47.7%)
246	<b>RYBAK Monika</b>	<b>742</b>		40-49 lat	246		Kiedy jak nie teraz?	00:00:28	00:16:32	<b>00:38:12.41</b>	<b>00:38:40.79</b>	+00:19:53 (52.1%)	7:12	8.3 (47.7%)
247	<b>WIKA Agnieszka</b>	<b>861</b>		40-49 lat	247	Po jednej Babci	Aaa ale fajne dziewczyny	00:00:08	00:15:17	<b>00:38:19.95</b>	<b>00:38:28.76</b>	+00:20:00 (52.2%)	7:13	8.3 (47.7%)
248	<b>DACENKO Joanna</b>	<b>669</b>		40-49 lat	248			00:00:15	00:15:52	<b>00:38:27.73</b>	<b>00:38:43.61</b>	+00:20:08 (52.4%)	7:15	8.3 (47.7%)
249	<b>ROJEK-CZEKAJ Patrycja</b>	<b>791</b>		40-49 lat	249			00:00:09	00:15:39	<b>00:38:28.27</b>	<b>00:38:38.24</b>	+00:20:09 (52.4%)	7:15	8.3 (47.7%)
250	<b>ŚMIGIEL Aneta</b>	<b>814</b>	RADLINIOKI W BIEGU	40-49 lat	250	Radlinioki w biegu		00:00:46	00:16:29	<b>00:38:31.16</b>	<b>00:39:18.11</b>	+00:20:12 (52.4%)	7:16	8.3 (47.7%)
251	<b>KLYSZCZ Honorata</b>	<b>699</b>		40-49 lat	251			00:00:46	00:16:26	<b>00:38:31.46</b>	<b>00:39:18.13</b>	+00:20:12 (52.5%)	7:16	8.3 (47.7%)
252	<b>ANDROSZ Joanna</b>	<b>324</b>		40-49 lat	252			00:00:13	00:15:46	<b>00:38:32.80</b>	<b>00:38:46.44</b>	+00:20:13 (52.5%)	7:16	8.3 (47.7%)
253	<b>MYŚLIWIEC Monika</b>	<b>581</b>		40-49 lat	253	Kobiety na 5+		00:00:09	00:15:55	<b>00:38:39.13</b>	<b>00:38:49.08</b>	+00:20:20 (52.6%)	7:17	8.2 (47.1%)
254	<b>GARUS Andzia</b>	<b>467</b>		40-49 lat	254			00:00:16	00:16:10	<b>00:38:43.53</b>	<b>00:38:59.70</b>	+00:20:24 (52.7%)	7:18	8.2 (47.1%)
255	<b>ZAGÓRSKA Beata</b>	<b>319</b>		40-49 lat	255	ZZOZOLKI		00:00:44	00:16:39	<b>00:38:55.91</b>	<b>00:39:40.39</b>	+00:20:36 (53.0%)	7:20	8.2 (47.1%)
256	<b>LOREK Jolanta</b>	<b>355</b>		40-49 lat	256			00:00:44	00:16:40	<b>00:38:56.13</b>	<b>00:39:40.52</b>	+00:20:37 (53.0%)	7:20	8.2 (47.1%)
257	<b>OSZEK Karolina</b>	<b>76</b>	TEAM OCZEK	40-49 lat	257	Team OczeK		00:00:46	00:16:27	<b>00:38:59.33</b>	<b>00:39:46.33</b>	+00:20:40 (53.0%)	7:21	8.2 (47.1%)
258	<b>ZMUDA Wioleta</b>	<b>260</b>	KLUB SPORTOWY META	40-49 lat	258			00:00:34	00:16:57	<b>00:39:15.31</b>	<b>00:39:49.97</b>	+00:20:56 (53.3%)	7:24	8.1 (46.6%)
259	<b>WOŹNICKA Anna</b>	<b>175</b>	WIEWIÓRKI ZIMNOKRWISTE	40-49 lat	259	Wiewiórki Zimnokrwiste		00:00:12	00:15:48	<b>00:39:23.04</b>	<b>00:39:35.24</b>	+00:21:03 (53.5%)	7:25	8.1 (46.6%)
260	<b>TUSZYŃSKA Anna</b>	<b>107</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	260		Miechowicka Grupa Biegowa	00:00:44	00:17:19	<b>00:39:24.66</b>	<b>00:40:09.00</b>	+00:21:05 (53.5%)	7:26	8.1 (46.6%)
261	<b>PYZIK Barbara</b>	<b>14</b>		40-49 lat	261			00:00:13	00:15:18	<b>00:39:25.61</b>	<b>00:39:39.48</b>	+00:21:06 (53.5%)	7:26	8.1 (46.6%)
262	<b>KOŁODZIEJCZYK Aleksandra</b>	<b>78</b>	RADLINIOKI W BIEGU	40-49 lat	262	Radlinioki w biegu		00:00:47	00:16:26	<b>00:39:26.10</b>	<b>00:40:13.83</b>	+00:21:07 (53.6%)	7:26	8.1 (46.6%)
263	<b>KLEPACKA Edyta</b>	<b>403</b>		40-49 lat	263			00:00:36	00:17:43	<b>00:39:42.77</b>	<b>00:40:19.14</b>	+00:21:23 (53.9%)	7:29	8 (46.0%)
264	<b>RUSZCZYŃSKA Anna</b>	<b>407</b>		40-49 lat	264			00:00:35	00:17:42	<b>00:39:43.43</b>	<b>00:40:19.15</b>	+00:21:24 (53.9%)	7:29	8 (46.0%)
265	<b>GRZELAK Patrycja</b>	<b>352</b>		40-49 lat	265			00:00:15	00:16:29	<b>00:39:45.37</b>	<b>00:40:00.53</b>	+00:21:26 (53.9%)	7:30	8 (46.0%)
266	<b>RADUCKA Kinga</b>	<b>837</b>		40-49 lat	266	NICE GIRLS		00:00:18	00:16:43	<b>00:39:56.93</b>	<b>00:40:15.89</b>	+00:21:37 (54.1%)	7:32	8 (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
267	<b>PIWOWAR Beata</b>	<b>836</b>		40-49 lat	267	NICE GIRLS		00:00:18	00:16:44	<b>00:39:57.82</b>	<b>00:40:16.24</b>	+00:21:38 (54.2%)	7:32	8 (46.0%)
268	<b>KOWALCZYK Basia</b>	<b>170</b>		40-49 lat	268			00:00:07	00:16:29	<b>00:39:59.61</b>	<b>00:40:06.71</b>	+00:21:40 (54.2%)	7:32	8 (46.0%)
269	<b>NALEPKA Katarzyna</b>	<b>109</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	269	Miechowska Grupa Biegowa	Idymy durś	00:00:44	00:17:19	<b>00:40:00.15</b>	<b>00:40:44.72</b>	+00:21:41 (54.2%)	7:32	8 (46.0%)
270	<b>KUCZEK Elwira</b>	<b>831</b>		40-49 lat	270		Dwie Szczigi	00:00:48	00:16:30	<b>00:40:03.64</b>	<b>00:40:52.38</b>	+00:21:44 (54.3%)	7:33	7.9 (45.4%)
271	<b>KRÓL Justyna</b>	<b>832</b>		40-49 lat	271		Dwie Szczigi	00:00:48	00:16:29	<b>00:40:04.36</b>	<b>00:40:52.90</b>	+00:21:45 (54.3%)	7:33	7.9 (45.4%)
272	<b>KUŚKA Justyna</b>	<b>610</b>	PSIAPSI	40-49 lat	272		Psiapsi	00:00:26	00:15:52	<b>00:40:09.81</b>	<b>00:40:36.29</b>	+00:21:50 (54.4%)	7:34	7.9 (45.4%)
273	<b>NIEDŹWIEDŹ Maja</b>	<b>339</b>		40-49 lat	273			00:00:09	00:15:43	<b>00:40:20.86</b>	<b>00:40:30.07</b>	+00:22:01 (54.6%)	7:36	7.9 (45.4%)
274	<b>LISOWSKA Agnieszka</b>	<b>784</b>		40-49 lat	274			00:00:28	00:17:18	<b>00:40:21.05</b>	<b>00:40:49.17</b>	+00:22:02 (54.6%)	7:36	7.9 (45.4%)
275	<b>RACIBORSKA Agnieszka</b>	<b>786</b>		40-49 lat	275			00:00:27	00:17:19	<b>00:40:21.71</b>	<b>00:40:49.26</b>	+00:22:02 (54.6%)	7:36	7.9 (45.4%)
276	<b>SZWED Ania</b>	<b>241</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	276	MIECHOWICKA GRUPA BIEGOWA		00:00:31	00:17:28	<b>00:40:29.74</b>	<b>00:41:01.24</b>	+00:22:10 (54.8%)	7:38	7.9 (45.4%)
277	<b>KAJSTURA Katarzyna</b>	<b>622</b>	VIKING TRAINING CENTER	40-49 lat	277	Viking Training Center		00:00:21	00:17:01	<b>00:40:32.60</b>	<b>00:40:53.88</b>	+00:22:13 (54.8%)	7:38	7.8 (44.8%)
278	<b>STEFANIAK Justyna</b>	<b>110</b>	POGORIA BIEGA	40-49 lat	278			00:00:33	00:17:12	<b>00:40:34.47</b>	<b>00:41:07.52</b>	+00:22:15 (54.9%)	7:39	7.8 (44.8%)
279	<b>BIAŁAS Joanna</b>	<b>875</b>	SPOT PSZCZYNA	40-49 lat	279			00:00:10	00:16:41	<b>00:40:36.65</b>	<b>00:40:47.65</b>	+00:22:17 (54.9%)	7:39	7.8 (44.8%)
280	<b>SZCZUCHNIAK Adriana</b>	<b>284</b>		40-49 lat	280			00:00:45	00:17:06	<b>00:40:45.83</b>	<b>00:41:31.11</b>	+00:22:26 (55.1%)	7:41	7.8 (44.8%)
281	<b>KAJMOWICZ-SOPICKA Jolanta</b>	<b>982</b>		40-49 lat	281	INCOLA TEAM		00:00:53	00:17:52	<b>00:41:02.61</b>	<b>00:41:56.01</b>	+00:22:43 (55.4%)	7:44	7.7 (44.3%)
282	<b>DERYŁO Sylwia</b>	<b>988</b>		40-49 lat	282	INCOLA TEAM		00:00:53	00:17:52	<b>00:41:02.64</b>	<b>00:41:56.06</b>	+00:22:43 (55.4%)	7:44	7.7 (44.3%)
283	<b>PAŁYS Agata</b>	<b>736</b>	SZARE MORSY	40-49 lat	283			00:00:00	00:16:25	<b>00:41:14.23</b>	<b>00:41:14.60</b>	+00:22:55 (55.6%)	7:46	7.7 (44.3%)
284	<b>SIEROTA Renata</b>	<b>887</b>		40-49 lat	284			00:00:17	00:17:06	<b>00:41:14.76</b>	<b>00:41:32.19</b>	+00:22:55 (55.6%)	7:46	7.7 (44.3%)
285	<b>WODZYŃSKA-KOCZY Marta</b>	<b>294</b>		40-49 lat	285			00:00:16	00:16:39	<b>00:41:15.38</b>	<b>00:41:32.12</b>	+00:22:56 (55.6%)	7:46	7.7 (44.3%)
286	<b>BARTNIK Joanna</b>	<b>251</b>	STREET SPIRIT	40-49 lat	286		Dwie szalone	00:00:23	00:16:58	<b>00:41:16.78</b>	<b>00:41:40.67</b>	+00:22:57 (55.6%)	7:47	7.7 (44.3%)
287	<b>BYCINA Edyta</b>	<b>935</b>		40-49 lat	287			00:00:35	00:17:24	<b>00:41:27.55</b>	<b>00:42:02.92</b>	+00:23:08 (55.8%)	7:49	7.7 (44.3%)
288	<b>GRECZNER Jowita</b>	<b>359</b>		40-49 lat	288	Wiewiórki Zimnokrwiste		00:00:36	00:17:50	<b>00:41:30.48</b>	<b>00:42:06.60</b>	+00:23:11 (55.9%)	7:49	7.7 (44.3%)
289	<b>BROCKA Joanna</b>	<b>672</b>		40-49 lat	289			00:00:34	00:17:24	<b>00:41:30.97</b>	<b>00:42:05.92</b>	+00:23:11 (55.9%)	7:49	7.7 (44.3%)
290	<b>POREMSKA Elżbieta</b>	<b>901</b>	AKTYWNI LYSKI	40-49 lat	290			00:00:28	00:17:42	<b>00:41:39.46</b>	<b>00:42:08.35</b>	+00:23:20 (56.0%)	7:51	7.6 (43.7%)
291	<b>CZYŻAK Beata</b>	<b>385</b>		40-49 lat	291	ZZOZOLKI		00:00:33	00:19:35	<b>00:41:57.23</b>	<b>00:42:30.96</b>	+00:23:38 (56.3%)	7:54	7.6 (43.7%)

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
292	<b>STANIÓW-KLUSKA Agnieszka</b>	<b>906</b>		40-49 lat	292	Wiewiórki Zimnokrwiste		00:00:49	00:19:01	<b>00:41:58.65</b>	<b>00:42:47.69</b>	+00:23:39 (56.4%)	7:55	7.6 (43.7%)
293	<b>BRYŁA Małgorzata</b>	<b>720</b>		40-49 lat	293		Socjo Corpo Group	00:00:43	00:18:00	<b>00:42:06.92</b>	<b>00:42:50.40</b>	+00:23:47 (56.5%)	7:56	7.6 (43.7%)
294	<b>ORDZOWIAŁA Karolina</b>	<b>598</b>		40-49 lat	294			00:00:25	00:17:13	<b>00:42:13.60</b>	<b>00:42:38.89</b>	+00:23:54 (56.6%)	7:57	7.5 (43.1%)
295	<b>PALUCH Agnieszka</b>	<b>263</b>		40-49 lat	295			00:00:18	00:17:22	<b>00:42:14.16</b>	<b>00:42:32.49</b>	+00:23:55 (56.6%)	7:58	7.5 (43.1%)
296	<b>BROLL Agnieszka</b>	<b>678</b>		40-49 lat	296			00:01:02	00:18:35	<b>00:42:32.97</b>	<b>00:43:35.74</b>	+00:24:13 (57.0%)	8:01	7.5 (43.1%)
297	<b>GAJDA Aleksandra</b>	<b>826</b>		40-49 lat	297	Szprychy		00:00:21	00:17:54	<b>00:42:34.43</b>	<b>00:42:56.02</b>	+00:24:15 (57.0%)	8:01	7.5 (43.1%)
298	<b>WAWOCZNY Anita</b>	<b>392</b>	KOBIETY NA 5+	40-49 lat	298	Kobiety na 5+		00:00:12	00:17:18	<b>00:42:39.84</b>	<b>00:42:52.20</b>	+00:24:20 (57.1%)	8:02	7.5 (43.1%)
299	<b>SAWICKA Marta</b>	<b>211</b>	KOBIETY NA 5+	40-49 lat	299	Kobiety na 5+		00:00:12	00:17:18	<b>00:42:39.99</b>	<b>00:42:52.34</b>	+00:24:20 (57.1%)	8:02	7.5 (43.1%)
300	<b>KOLAT Jadwiga</b>	<b>57</b>	KOBIETY NA 5+	40-49 lat	300	Kobiety na 5+		00:00:13	00:16:54	<b>00:42:40.58</b>	<b>00:42:54.05</b>	+00:24:21 (57.1%)	8:03	7.5 (43.1%)
301	<b>GŁUSZAK Aleksandra</b>	<b>332</b>	KOBIETY NA 5+	40-49 lat	301	Kobiety na 5+		00:00:09	00:16:58	<b>00:42:42.24</b>	<b>00:42:51.25</b>	+00:24:23 (57.1%)	8:03	7.4 (42.5%)
302	<b>BETAŃSKA Aneta</b>	<b>155</b>	KOBIETY NA 5+	40-49 lat	302	Kobiety na 5+		00:00:08	00:17:03	<b>00:42:42.29</b>	<b>00:42:51.29</b>	+00:24:23 (57.1%)	8:03	7.4 (42.5%)
303	<b>ZALEWSKA Barbara</b>	<b>190</b>	KOBIETY NA 5+	40-49 lat	303	Kobiety na 5+		00:00:07	00:17:30	<b>00:42:46.47</b>	<b>00:42:53.73</b>	+00:24:27 (57.2%)	8:04	7.4 (42.5%)
304	<b>KNAPEK Anna</b>	<b>292</b>		40-49 lat	304	Wiewiórki Zimnokrwiste		00:00:02	00:17:55	<b>00:42:53.41</b>	<b>00:42:55.41</b>	+00:24:34 (57.3%)	8:05	7.4 (42.5%)
305	<b>JUTKA Kasia</b>	<b>17</b>		40-49 lat	305			00:00:22	00:17:32	<b>00:43:00.01</b>	<b>00:43:22.40</b>	+00:24:40 (57.4%)	8:06	7.4 (42.5%)
306	<b>GALAS Martyna</b>	<b>58</b>		40-49 lat	306			00:00:31	00:17:47	<b>00:43:07.20</b>	<b>00:43:38.46</b>	+00:24:48 (57.5%)	8:08	7.4 (42.5%)
307	<b>LORENZ Wioletta</b>	<b>958</b>		40-49 lat	307			00:00:37	00:18:53	<b>00:43:08.12</b>	<b>00:43:45.67</b>	+00:24:49 (57.5%)	8:08	7.4 (42.5%)
308	<b>DUDA Magdalena</b>	<b>287</b>		40-49 lat	308			00:02:21	00:18:59	<b>00:43:18.53</b>	<b>00:45:40.44</b>	+00:24:59 (57.7%)	8:10	7.3 (42.0%)
309	<b>OSTASZEWSKA Wioletta</b>	<b>868</b>	VIKING TRAINING CENTER	40-49 lat	309	Viking Training Center		00:00:26	00:17:35	<b>00:43:21.73</b>	<b>00:43:48.37</b>	+00:25:02 (57.8%)	8:10	7.3 (42.0%)
310	<b>MIŁOWSKA Sylwia</b>	<b>567</b>		40-49 lat	310			00:00:27	00:18:08	<b>00:43:55.71</b>	<b>00:44:23.02</b>	+00:25:36 (58.3%)	8:17	7.2 (41.4%)
311	<b>STAŚKIEWICZ Beata</b>	<b>721</b>		40-49 lat	311		Socjo Corpo Group	00:00:43	00:18:43	<b>00:44:01.27</b>	<b>00:44:44.95</b>	+00:25:42 (58.4%)	8:18	7.2 (41.4%)
312	<b>KATRYNIOK Ewa</b>	<b>231</b>	KLUB SPORTOWY M.E.T.A.	40-49 lat	312			00:00:35	00:18:26	<b>00:44:18.46</b>	<b>00:44:53.53</b>	+00:25:59 (58.7%)	8:21	7.2 (41.4%)
313	<b>DUDEK Janeta</b>	<b>781</b>		40-49 lat	313	Team Oli Lidl		00:00:22	00:18:03	<b>00:44:30.83</b>	<b>00:44:53.00</b>	+00:26:11 (58.9%)	8:23	7.1 (40.8%)
314	<b>KLIMEK Justyna</b>	<b>566</b>	VIKING TRAINING CENTER	40-49 lat	314	Viking Training Center		00:00:25	00:17:31	<b>00:45:29.50</b>	<b>00:45:55.10</b>	+00:27:10 (59.7%)	8:34	7 (40.2%)
315	<b>KWIATKOWSKA Berta</b>	<b>616</b>	VIKING TRAINING CENTER	40-49 lat	315	Viking Training Center		00:00:24	00:18:27	<b>00:45:30.14</b>	<b>00:45:55.04</b>	+00:27:11 (59.7%)	8:35	7 (40.2%)
316	<b>MACHOWSKA Renata</b>	<b>272</b>	VIKING TRAINING CENTER	40-49 lat	316	Viking Training Center		00:00:24	00:17:32	<b>00:45:30.57</b>	<b>00:45:55.16</b>	+00:27:11 (59.8%)	8:35	7 (40.2%)

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
317	<b>ZAWADA Magdalena</b>	<b>367</b>		40-49 lat	317	ZZOZOLKI		00:00:33	00:19:35	<b>00:45:40.87</b>	<b>00:46:14.55</b>	+00:27:21 (59.9%)	8:36	7 (40.2%)
318	<b>SŁOTA Justyna</b>	<b>22</b>	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	318	Miechowicka Grupa Biegowa		00:00:44	00:19:12	<b>00:46:09.83</b>	<b>00:46:54.07</b>	+00:27:50 (60.3%)	8:42	6.9 (39.7%)
319	<b>WŁOCH Izabela</b>	<b>184</b>	VIKING TRAINING CENTER	40-49 lat	319	Viking Training Center		00:00:21	00:19:34	<b>00:46:18.79</b>	<b>00:46:40.40</b>	+00:27:59 (60.4%)	8:44	6.9 (39.7%)
320	<b>STOMPEL Justyna</b>	<b>815</b>		40-49 lat	320			00:00:33	00:20:04	<b>00:46:24.69</b>	<b>00:46:58.41</b>	+00:28:05 (60.5%)	8:45	6.9 (39.7%)
321	<b>KOPYTEK Aneta</b>	<b>977</b>	RUNAWAYS	40-49 lat	321			00:02:22	00:19:58	<b>00:46:27.49</b>	<b>00:48:49.51</b>	+00:28:08 (60.6%)	8:45	6.8 (39.1%)
322	<b>SZŁAPA Urszula</b>	<b>36</b>	SPOT PSZCZYNA	40-49 lat	322	SPOT Pszczyna	Gabi i Ula	00:00:31	00:19:35	<b>00:46:55.16</b>	<b>00:47:26.49</b>	+00:28:36 (61.0%)	8:51	6.8 (39.1%)
323	<b>WOŹNIAK Magdalena</b>	<b>458</b>		40-49 lat	323			00:00:23	00:20:16	<b>00:47:05.97</b>	<b>00:47:29.51</b>	+00:28:46 (61.1%)	8:53	6.8 (39.1%)
324	<b>SŁUPECKA Beata</b>	<b>336</b>		40-49 lat	324			00:00:23	00:18:45	<b>00:47:44.92</b>	<b>00:48:08.89</b>	+00:29:25 (61.6%)	9:00	6.7 (38.5%)
325	<b>LEJTAN Joanna</b>	<b>243</b>		40-49 lat	325			00:00:45	00:20:22	<b>00:48:33.84</b>	<b>00:49:19.72</b>	+00:30:14 (62.3%)	9:09	6.5 (37.4%)
326	<b>STRYCHARZ Aleksandra</b>	<b>768</b>	OCZEK TEAM	40-49 lat	326	Team OczeK		00:02:40	00:23:17	<b>00:53:04.97</b>	<b>00:55:45.22</b>	+00:34:45 (65.5%)	10:00	6 (34.5%)
327	<b>BORDA Grażyna</b>	<b>80</b>	KOBIETY NA 5+	40-49 lat	327	Kobiety na 5+		00:00:12	00:24:58	<b>00:57:46.10</b>	<b>00:57:58.25</b>	+00:39:27 (68.3%)	10:53	5.5 (31.6%)

Znaleziono 327 wynik(ów)