

KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-05-27
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZELEST Barbara	1099	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	1	00:00:01	00:08:52	00:21:01.70	00:21:02.75		4:12	14.3 (100%)
2	ADAMCZYK-NOWAK Beata	26	MIECHOWICKA GRUPA BIEGOWA	40-49	2	00:00:03	00:09:29	00:22:17.00	00:22:20.35	+00:01:15 (5.6%)	4:27	13.5 (94.4%)
3	RENCZ Małgorzata	1281	W POGONI ZA DUCHEM	40-49	3	00:00:01	00:09:14	00:22:17.60	00:22:18.60	+00:01:15 (5.7%)	4:27	13.5 (94.4%)
4	ZĘBIK Grazyna	1222		40-49	4	00:00:02	00:09:38	00:22:24.70	00:22:26.85	+00:01:23 (6.2%)	4:28	13.4 (93.7%)
5	KOWALSKA Kinga	171	OLZA CIESZYN	40-49	5	00:00:02	00:09:38	00:22:34.40	00:22:37.15	+00:01:32 (6.8%)	4:31	13.3 (93.0%)
6	LASSOTA-BUJAK Mariola	206	#CZELADZBIEGA	40-49	6	00:00:06	00:09:37	00:22:47.80	00:22:54.05	+00:01:46 (7.8%)	4:33	13.2 (92.3%)
7	MALEJKA Katarzyna	309	ADS MASNA	40-49	7	00:00:04	00:09:44	00:22:47.80	00:22:52.60	+00:01:46 (7.8%)	4:33	13.2 (92.3%)
8	MENDEL Beata	901	ORZESZE TEŻ BIEGA	40-49	8	00:00:02	00:09:30	00:23:01.75	00:23:03.90	+00:02:00 (8.7%)	4:36	13 (90.9%)
9	ZAJĄC Iwona	1159	NUMBERŁANKI	40-49	9	00:00:02	00:09:51	00:23:06.75	00:23:08.95	+00:02:05 (9.0%)	4:37	13 (90.9%)
10	DYRCZ Anna	164		40-49	10	00:00:05	00:10:16	00:23:20.95	00:23:26.35	+00:02:19 (9.9%)	4:40	12.8 (89.5%)
11	ANDROSZ Beata	1124		40-49	11	00:00:04	00:09:57	00:23:27.40	00:23:31.55	+00:02:25 (10.4%)	4:41	12.8 (89.5%)
12	CZYŻ Leonarda	886	OLZA CIESZYN	40-49	12	00:00:03	00:09:59	00:23:37.70	00:23:40.70	+00:02:36 (11.0%)	4:43	12.7 (88.8%)
13	KANDORA Joanna	31	MIECHOWICKA GRUPA BIEGOWA	40-49	13	00:00:03	00:10:16	00:24:12.65	00:24:16.55	+00:03:10 (13.1%)	4:50	12.4 (86.7%)
14	MENŻYK Joanna	1131	SPARTAN RACE TRAINING GROUP KATOWICE	40-49	14	00:00:03	00:10:13	00:24:35.70	00:24:39.40	+00:03:34 (14.5%)	4:55	12.2 (85.3%)
15	HELIOSZ Agnieszka	630	INTERAKTYWNI	40-49	15	00:00:01	00:10:17	00:24:43.10	00:24:44.75	+00:03:41 (14.9%)	4:56	12.1 (84.6%)

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16	SICH- SOSNA Agnieszka	200		40-49	16	00:00:02	00:10:16	00:24:53.65	00:24:55.75	+00:03:51 (15.5%)	4:58	12.1 (84.6%)
17	KAFKA Ewelina	671	LICHOTA TEAM	40-49	17	00:00:07	00:10:25	00:24:56.60	00:25:04.55	+00:03:54 (15.7%)	4:59	12 (83.9%)
18	NOWAK Beata	889	OLZA CIESZYN	40-49	18	00:00:02	00:10:17	00:25:02.80	00:25:05.60	+00:04:01 (16.0%)	5:00	12 (83.9%)
19	SICH-ŚWITAŁA Małgorzata	198		40-49	19	00:00:00	00:10:19	00:25:26.00	00:25:26.00	+00:04:24 (17.3%)	5:05	11.8 (82.5%)
20	PEŁKA Urszula	1014	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	20	00:00:14	00:10:50	00:25:27.45	00:25:41.45	+00:04:25 (17.4%)	5:05	11.8 (82.5%)
21	DOBRENKO Edyta	1083		40-49	21	00:00:08	00:10:42	00:25:31.60	00:25:40.30	+00:04:29 (17.6%)	5:06	11.7 (81.8%)
22	POŁOMSKA Edyta	214	POŁOMSCY TEAM	40-49	22	00:00:06	00:10:37	00:25:35.05	00:25:41.85	+00:04:33 (17.8%)	5:07	11.7 (81.8%)
23	WOJTKOWSKA-WITALA Anna	56		40-49	23	00:00:03	00:10:37	00:25:38.55	00:25:42.15	+00:04:36 (18.0%)	5:07	11.7 (81.8%)
24	LORANC Izabela	751	BB BIELSZCZANKI BIEGAJĄ	40-49	24	00:00:05	00:10:55	00:25:43.10	00:25:48.70	+00:04:41 (18.2%)	5:08	11.7 (81.8%)
25	PASŁAWSKA Katarzyna	202	KOBIETY NA 5 +	40-49	25	00:00:03	00:10:27	00:25:46.50	00:25:49.85	+00:04:44 (18.4%)	5:09	11.6 (81.1%)
26	PAJESTKA Katarzyna	1070		40-49	26	00:00:06	00:10:42	00:25:46.75	00:25:52.80	+00:04:45 (18.4%)	5:09	11.6 (81.1%)
27	WOJAKOWSKA Katarzyna	721	K&K RUN	40-49	27	00:00:04	00:10:55	00:25:50.55	00:25:54.70	+00:04:48 (18.6%)	5:10	11.6 (81.1%)
28	SZULC Marta	143	BGB	40-49	28	00:00:11	00:10:53	00:25:53.40	00:26:05.00	+00:04:51 (18.8%)	5:10	11.6 (81.1%)
29	MIKA Aneta	961		40-49	29	00:00:11	00:10:39	00:25:55.15	00:26:06.85	+00:04:53 (18.9%)	5:11	11.6 (81.1%)
30	LAPMAN Anna	892	RADLINIOKI W BIEGU	40-49	30	00:00:07	00:10:55	00:25:55.70	00:26:02.80	+00:04:54 (18.9%)	5:11	11.6 (81.1%)
31	HEROK Joanna	748	UBS	40-49	31	00:00:05	00:11:06	00:26:00.95	00:26:06.05	+00:04:59 (19.2%)	5:12	11.5 (80.4%)
32	DRACZKA - KNOPIK Monika	847	STS BIEGATON	40-49	32	00:00:00	00:11:02	00:26:03.55	00:26:03.55	+00:05:01 (19.3%)	5:12	11.5 (80.4%)
33	POPEK Barbara	305		40-49	33	00:00:08	00:10:40	00:26:05.95	00:26:14.10	+00:05:04 (19.4%)	5:13	11.5 (80.4%)
34	BONDARCZUK Sylwia	277	SZYBKIE ŻÓŁWIE	40-49	34	00:00:02	00:10:39	00:26:13.35	00:26:15.90	+00:05:11 (19.8%)	5:14	11.4 (79.7%)
35	MROCZKA Anna	622		40-49	35	00:00:08	00:11:32	00:26:21.90	00:26:30.35	+00:05:20 (20.2%)	5:16	11.4 (79.7%)
36	GĘBOŁYŚ Beata	54	CHWALISZ CZY NIE CHWALISZ- LOTEJ Z NAMI	40-49	36	00:00:07	00:11:18	00:26:23.85	00:26:31.55	+00:05:22 (20.3%)	5:16	11.4 (79.7%)
37	SKOCZ Monika	70		40-49	37	00:00:00	00:11:38	00:26:26.10	00:26:26.10	+00:05:24 (20.5%)	5:17	11.3 (79.0%)
38	LORENZ Agnieszka	928	GALOPUJĄCE ŚLIMAKI	40-49	38	00:00:08	00:11:07	00:26:28.90	00:26:37.30	+00:05:27 (20.6%)	5:17	11.3 (79.0%)

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39	NOWAK Iwona	587		40-49	39	00:00:11	00:11:11	00:26:30.70	00:26:42.45	+00:05:29 (20.7%)	5:18	11.3 (79.0%)
40	RAŹNIAK Beata	252	KOBIETY 5+	40-49	40	00:00:09	00:11:16	00:26:40.05	00:26:49.85	+00:05:38 (21.1%)	5:20	11.3 (79.0%)
41	CHROBOK Józefa	251	OLZA CIESZYN	40-49	41	00:00:10	00:10:59	00:26:43.00	00:26:53.10	+00:05:41 (21.3%)	5:20	11.2 (78.3%)
42	SZTABLA Liliana	65		40-49	42	00:00:14	00:11:17	00:26:48.05	00:27:02.50	+00:05:46 (21.5%)	5:21	11.2 (78.3%)
43	WĘŻOWICZ Ewa	69		40-49	43	00:00:15	00:11:16	00:26:53.85	00:27:09.40	+00:05:52 (21.8%)	5:22	11.2 (78.3%)
44	ZARAŃSKA Izabela	184	MIECHOWICKA GRUPA BIEGOWA	40-49	44	00:00:21	00:11:30	00:26:55.30	00:27:17.25	+00:05:53 (21.9%)	5:23	11.1 (77.6%)
45	NALEWAJKA Wioleta	95	KOBIETY NA 5+	40-49	45	00:00:13	00:11:39	00:26:56.35	00:27:09.45	+00:05:54 (21.9%)	5:23	11.1 (77.6%)
46	GRUSZKA Ewa	857	STS BIEGATON MIKOŁÓW	40-49	46	00:00:12	00:11:33	00:27:00.00	00:27:12.55	+00:05:58 (22.1%)	5:24	11.1 (77.6%)
47	GENSTY Klaudia	372	DYSTANS LUBOMIA	40-49	47	00:00:13	00:11:40	00:27:05.65	00:27:19.55	+00:06:03 (22.4%)	5:25	11.1 (77.6%)
48	MRACHACZ Dorota	782	MIECHOWICKA GRUPA BIEGOWA	40-49	48	00:00:23	00:11:49	00:27:07.65	00:27:31.55	+00:06:05 (22.5%)	5:25	11.1 (77.6%)
49	HANDZLIK-STARZYK Anna	1007		40-49	49	00:00:17	00:11:50	00:27:08.90	00:27:26.40	+00:06:07 (22.5%)	5:25	11 (76.9%)
50	WERNIK Katarzyna	585	BESTFITCLUB RYBNIK	40-49	50	00:00:10	00:11:30	00:27:10.60	00:27:20.70	+00:06:08 (22.6%)	5:26	11 (76.9%)
51	BOJDA Brygida	800	ŚWIRY STELA	40-49	51	00:00:11	00:11:24	00:27:18.60	00:27:29.90	+00:06:16 (23.0%)	5:27	11 (76.9%)
52	ZAMOJSKA Iwona	46	MIECHOWICKA GRUPA BIEGOWA	40-49	52	00:00:05	00:11:15	00:27:25.40	00:27:31.35	+00:06:23 (23.3%)	5:29	10.9 (76.2%)
53	KRUPA-SZCZĘSNY Izabela	231	#CZELADZBIEGA	40-49	53	00:00:31	00:11:47	00:27:31.35	00:28:02.65	+00:06:29 (23.6%)	5:30	10.9 (76.2%)
54	SOBCZAK Beata	86		40-49	54	00:00:13	00:11:22	00:27:31.75	00:27:45.60	+00:06:30 (23.6%)	5:30	10.9 (76.2%)
55	SIEGMUND Jolanta	473	KOBIETY NA 5+	40-49	55	00:00:10	00:10:46	00:27:32.15	00:27:42.40	+00:06:30 (23.6%)	5:30	10.9 (76.2%)
56	KLIMEK-KARAS Sylwia	419	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	56	00:00:13	00:11:51	00:27:32.70	00:27:46.65	+00:06:31 (23.7%)	5:30	10.9 (76.2%)
57	JURCZYKOWSKA KOSIK Iwona	1247	ZABIEGANI	40-49	57	00:00:19	00:11:50	00:27:34.95	00:27:54.35	+00:06:33 (23.8%)	5:31	10.9 (76.2%)
58	BRZUSKA Kasia	59	OLZA CIESZYN	40-49	58	00:00:10	00:11:40	00:27:42.10	00:27:52.25	+00:06:40 (24.1%)	5:32	10.8 (75.5%)
59	MATUSZEWSKA Katarzyna	509	OPEL ACTIVE TEAM	40-49	59	00:00:13	00:11:48	00:27:45.20	00:27:58.75	+00:06:43 (24.2%)	5:33	10.8 (75.5%)
60	WYSOCKA Grażyna	970	KS M.E.T.A.	40-49	60	00:00:47	00:11:37	00:27:46.85	00:28:34.45	+00:06:45 (24.3%)	5:33	10.8 (75.5%)
61	HOJKA Gabriela	615		40-49	61	00:00:15	00:11:40	00:27:47.10	00:28:02.15	+00:06:45 (24.3%)	5:33	10.8 (75.5%)

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62	SKRZYPOSZEK Małgorzata	128		40-49	62	00:00:18	00:11:50	00:27:48.30	00:28:06.85	+00:06:46 (24.4%)	5:33	10.8 (75.5%)
63	COFALIK Gabriela	575		40-49	63	00:00:14	00:11:26	00:27:50.85	00:28:05.30	+00:06:49 (24.5%)	5:34	10.8 (75.5%)
64	GARUS Magdalena	1229	KOBIETY NA 5+	40-49	64	00:00:02	00:11:33	00:27:54.80	00:27:57.25	+00:06:53 (24.7%)	5:35	10.7 (74.8%)
65	SZYMCZAK Iwona	703	SIOSTRY I&E	40-49	65	00:00:30	00:12:18	00:28:01.05	00:28:32.00	+00:06:59 (24.9%)	5:36	10.7 (74.8%)
66	GRANICA Dani	604	DANI BIEGA BEZ GRANIC	40-49	66	00:00:02	00:11:29	00:28:10.50	00:28:13.40	+00:07:08 (25.4%)	5:38	10.6 (74.1%)
67	ŁUKASZEWSKA Agnieszka	778	STS BIEGATON MIKOŁÓW	40-49	67	00:00:12	00:11:52	00:28:14.80	00:28:27.55	+00:07:13 (25.6%)	5:39	10.6 (74.1%)
68	BAJCAR Beata	488	KOBIETY NA 5+	40-49	68	00:00:17	00:12:08	00:28:15.70	00:28:33.10	+00:07:14 (25.6%)	5:39	10.6 (74.1%)
69	IMIOŁCZYK Izabela	212	MIECHOWICKA GRUPA BIEGOWA	40-49	69	00:00:05	00:11:49	00:28:23.15	00:28:29.05	+00:07:21 (25.9%)	5:40	10.6 (74.1%)
70	SOKÓŁ-OLEŚ Ewelina	382	RUNTEAM PAWŁOWICE	40-49	70	00:00:03	00:11:25	00:28:26.50	00:28:30.00	+00:07:24 (26.1%)	5:41	10.5 (73.4%)
71	KAISER-CHROMIK Beata	414		40-49	71	00:00:06	00:11:33	00:28:31.25	00:28:37.50	+00:07:29 (26.3%)	5:42	10.5 (73.4%)
72	MUSIOŁ Helena	168		40-49	72	00:00:13	00:11:34	00:28:35.45	00:28:48.50	+00:07:33 (26.5%)	5:43	10.5 (73.4%)
73	BIELA Małgorzata	275	KOBIETY NA 5+	40-49	73	00:00:14	00:11:40	00:28:36.85	00:28:51.75	+00:07:35 (26.5%)	5:43	10.5 (73.4%)
74	HERCHEL Marzena	698	LET'S GO SUSZECKA GRUPA BIEGOWA	40-49	74	00:00:22	00:12:26	00:28:49.50	00:29:11.55	+00:07:47 (27.0%)	5:45	10.4 (72.7%)
75	OKOŃ Monika	161		40-49	75	00:00:22	00:12:42	00:28:50.10	00:29:12.95	+00:07:48 (27.1%)	5:46	10.4 (72.7%)
76	IWANEJKO Izabela	293		40-49	76	00:00:16	00:12:12	00:28:55.20	00:29:12.10	+00:07:53 (27.3%)	5:47	10.4 (72.7%)
77	PANEK Ela	269	BIELSZCZANKI BIEGAJĄ	40-49	77	00:00:09	00:11:58	00:29:06.15	00:29:15.60	+00:08:04 (27.7%)	5:49	10.3 (72.0%)
78	PIECHOCZEK-NIEZGODA Lucyna	1103		40-49	78	00:00:28	00:12:48	00:29:06.30	00:29:35.20	+00:08:04 (27.8%)	5:49	10.3 (72.0%)
79	CISZAK Zofia	1055	MIECHOWICKA GRUPA BIEGOWA	40-49	79	00:00:04	00:12:12	00:29:09.15	00:29:13.85	+00:08:07 (27.9%)	5:49	10.3 (72.0%)
80	REK Katarzyna	837	RADLINIOKI W BIEGU	40-49	80	00:00:28	00:12:24	00:29:09.30	00:29:37.55	+00:08:07 (27.9%)	5:49	10.3 (72.0%)
81	HEJNA Izabela	846	RADLINIOKI W BIEGU	40-49	81	00:00:28	00:13:02	00:29:15.05	00:29:43.15	+00:08:13 (28.1%)	5:51	10.3 (72.0%)
82	ROZMUS Marzena	588	ŚWIERCZYNIEC RUNNING	40-49	82	00:00:27	00:12:47	00:29:15.15	00:29:42.35	+00:08:13 (28.1%)	5:51	10.3 (72.0%)
83	PYTEL Renata	170	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	83	00:00:32	00:12:18	00:29:21.70	00:29:54.35	+00:08:20 (28.4%)	5:52	10.2 (71.3%)
84	TRELA Dorota	995	JUST FEEL FIT TEAM	40-49	84	00:00:29	00:12:03	00:29:22.80	00:29:52.20	+00:08:21 (28.4%)	5:52	10.2 (71.3%)

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85	WODECKA Sabina	209	FORMA WODZISŁAW ŚLĄSKI	40-49	85	00:00:05	00:12:02	00:29:24.95	00:29:30.65	+00:08:23 (28.5%)	5:53	10.2 (71.3%)
86	STANISLAWISZYN Małgorzata	950	NR	40-49	86	00:00:04	00:12:32	00:29:26.00	00:29:30.10	+00:08:24 (28.6%)	5:53	10.2 (71.3%)
87	PIECYK Adrianna	175		40-49	87	00:00:14	00:11:46	00:29:28.60	00:29:43.35	+00:08:26 (28.7%)	5:53	10.2 (71.3%)
88	ROSGA Anna	1142		40-49	88	00:00:29	00:12:35	00:29:29.55	00:29:59.25	+00:08:27 (28.7%)	5:54	10.2 (71.3%)
89	CEPUCHOWICZ Sylwia	810	W POGONI ZA DUCHEM	40-49	89	00:00:14	00:12:33	00:29:32.75	00:29:47.55	+00:08:31 (28.8%)	5:54	10.2 (71.3%)
90	SMOLIŃSKA Ilona	150		40-49	90	00:00:00	00:12:44	00:29:34.10	00:29:34.10	+00:08:32 (28.9%)	5:54	10.1 (70.6%)
91	LATA Beata	922		40-49	91	00:00:15	00:12:32	00:29:35.10	00:29:50.35	+00:08:33 (28.9%)	5:55	10.1 (70.6%)
92	BROCKA Anita	337		40-49	92	00:00:27	00:12:25	00:29:37.05	00:30:04.65	+00:08:35 (29.0%)	5:55	10.1 (70.6%)
93	GROŃSKA Agnieszka	1090		40-49	93	00:00:15	00:12:34	00:29:37.50	00:29:53.20	+00:08:35 (29.0%)	5:55	10.1 (70.6%)
94	TOMASZEWSKA Magdalena	1092		40-49	94	00:00:34	00:13:23	00:29:39.85	00:30:14.70	+00:08:38 (29.1%)	5:56	10.1 (70.6%)
95	JĘDRZEJEK Michalina	449		40-49	95	00:00:23	00:13:16	00:29:42.75	00:30:06.65	+00:08:41 (29.2%)	5:56	10.1 (70.6%)
96	JUCHA Monika	891	SZYBKIE ŻÓŁWIE	40-49	96	00:00:23	00:12:25	00:29:46.90	00:30:10.85	+00:08:45 (29.4%)	5:57	10.1 (70.6%)
97	IZABELA Woźniak	13	INTER ROPE TEAM	40-49	97	00:00:08	00:12:26	00:29:47.80	00:29:56.50	+00:08:46 (29.4%)	5:57	10.1 (70.6%)
98	PRZYBYŁA Kasia	775		40-49	98	00:00:14	00:12:30	00:29:50.20	00:30:04.80	+00:08:48 (29.5%)	5:58	10.1 (70.6%)
99	ZIEMIŃSKA Patrycja	510	ŚWIRY STELA	40-49	99	00:00:11	00:12:27	00:29:51.80	00:30:03.55	+00:08:50 (29.6%)	5:58	10 (69.9%)
100	AUGUSTYN Agnieszka	1112	MORSY NA KOKSIE	40-49	100	00:00:41	00:12:27	00:29:54.65	00:30:36.00	+00:08:52 (29.7%)	5:59	10 (69.9%)
101	OSZCZĘDA Marzena	323		40-49	101	00:00:14	00:11:43	00:29:56.35	00:30:10.65	+00:08:54 (29.8%)	5:59	10 (69.9%)
102	URBAŃSKA Justyna	262		40-49	102	00:00:25	00:12:55	00:30:00.25	00:30:25.30	+00:08:58 (29.9%)	6:00	10 (69.9%)
103	TYKIERKA Małgorzata	1169	TOXPRESS	40-49	103	00:00:38	00:13:14	00:30:01.75	00:30:39.95	+00:09:00 (30.0%)	6:00	10 (69.9%)
104	RAWICZ-GROTOWSKA Jowita	1006		40-49	104	00:00:10	00:12:50	00:30:03.45	00:30:14.25	+00:09:01 (30.0%)	6:00	10 (69.9%)
105	MIELKE Dagmara	254		40-49	105	00:00:27	00:12:28	00:30:09.90	00:30:37.30	+00:09:08 (30.3%)	6:02	9.9 (69.2%)
106	KOWAL Beata	40	MIECHOWICKA GRUPA BIEGOWA	40-49	106	00:00:32	00:13:22	00:30:10.20	00:30:42.40	+00:09:08 (30.3%)	6:02	9.9 (69.2%)
107	WALUSZ Jolanta	462	SZOMBIERKI RUNNERS	40-49	107	00:00:42	00:12:51	00:30:11.65	00:30:53.80	+00:09:09 (30.4%)	6:02	9.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	KĘPKA Joanna	850	WYMYŚLANKA	40-49	108	00:00:20	00:11:58	00:30:11.70	00:30:32.10	+00:09:10 (30.4%)	6:02	9.9 (69.2%)
109	GÓRSKA Magda	299		40-49	109	00:00:17	00:12:40	00:30:11.95	00:30:29.45	+00:09:10 (30.4%)	6:02	9.9 (69.2%)
110	OSIADŁY Anna	887		40-49	110	00:00:19	00:12:58	00:30:25.75	00:30:45.30	+00:09:24 (30.9%)	6:05	9.9 (69.2%)
111	FRYDECKA Mirosława	1202	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	111	00:00:32	00:13:22	00:30:26.20	00:30:58.80	+00:09:24 (30.9%)	6:05	9.9 (69.2%)
112	PIETROSZEK Władysława	1052	MATKA I CÓRKA	40-49	112	00:00:24	00:13:06	00:30:26.35	00:30:50.95	+00:09:24 (30.9%)	6:05	9.9 (69.2%)
113	KRZESZOWSKA Beata	298	MIECHOWICKA GRUPA BIEGOWA	40-49	113	00:00:34	00:13:04	00:30:28.35	00:31:03.20	+00:09:26 (31.0%)	6:05	9.8 (68.5%)
114	BLANA Małgorzata	1263		40-49	114	00:00:31	00:12:34	00:30:29.10	00:31:00.10	+00:09:27 (31.0%)	6:05	9.8 (68.5%)
115	KOZOK Małgorzata	178	STS BIEGATON MIKOŁÓW	40-49	115	00:00:15	00:12:34	00:30:41.30	00:30:56.80	+00:09:39 (31.5%)	6:08	9.8 (68.5%)
116	BOŻEK Dagmara	425		40-49	116	00:00:12	00:12:30	00:30:45.60	00:30:57.70	+00:09:43 (31.6%)	6:09	9.8 (68.5%)
117	MISZCZAK Anna	469	BIEGIEMANIA	40-49	117	00:00:14	00:12:27	00:30:48.20	00:31:02.65	+00:09:46 (31.7%)	6:09	9.7 (67.8%)
118	WACŁAWIK Ewa	193	FANTASTIC ANIA SIKORA	40-49	118	00:00:19	00:13:17	00:30:48.65	00:31:08.50	+00:09:46 (31.8%)	6:09	9.7 (67.8%)
119	MATUĆ Aleksandra	93	MIECHOWICKA GRUPA BEGOWA	40-49	119	00:00:34	00:13:20	00:30:49.50	00:31:23.80	+00:09:47 (31.8%)	6:09	9.7 (67.8%)
120	JURCZYK Magdalena	356	MIECHOWICKA GRUPA BIEGOWA	40-49	120	00:00:24	00:14:01	00:30:52.95	00:31:17.70	+00:09:51 (31.9%)	6:10	9.7 (67.8%)
121	KUBISTY Anna	185		40-49	121	00:00:02	00:12:34	00:30:57.90	00:31:00.15	+00:09:56 (32.1%)	6:11	9.7 (67.8%)
122	SZPYRA Sonia	66		40-49	122	00:00:07	00:12:42	00:30:59.05	00:31:06.50	+00:09:57 (32.1%)	6:11	9.7 (67.8%)
123	KASPRZYCKA-SZUBARSKA Katarzyna	871	OLZA CIESZYN	40-49	123	00:00:26	00:13:31	00:31:05.60	00:31:32.35	+00:10:03 (32.4%)	6:13	9.6 (67.1%)
124	KUBAS Alina	41	KLUB BIEGACZA FARTLEK	40-49	124	00:00:16	00:12:40	00:31:05.70	00:31:22.65	+00:10:04 (32.4%)	6:13	9.6 (67.1%)
125	GŁÓWCZYK Izabella	758	KOBIETY NA 5+	40-49	125	00:00:25	00:13:29	00:31:06.00	00:31:31.85	+00:10:04 (32.4%)	6:13	9.6 (67.1%)
126	FILIPIAK Beata	42	MIECHOWICKA GRUPA BIEGOWA	40-49	126	00:00:05	00:12:07	00:31:06.35	00:31:11.55	+00:10:04 (32.4%)	6:13	9.6 (67.1%)
127	SZYMURA Izabela	1009		40-49	127	00:00:44	00:13:38	00:31:09.60	00:31:54.20	+00:10:07 (32.5%)	6:14	9.6 (67.1%)
128	ZAJAC SWOBODA Beata	477	AMATOR	40-49	128	00:00:18	00:13:06	00:31:15.70	00:31:34.20	+00:10:14 (32.7%)	6:15	9.6 (67.1%)
129	SKOCZEK Agnieszka	549	CHILLOUT	40-49	129	00:00:33	00:13:05	00:31:15.80	00:31:49.25	+00:10:14 (32.7%)	6:15	9.6 (67.1%)
130	BURZYŃSKA Beata	1101		40-49	130	00:00:06	00:12:44	00:31:16.00	00:31:22.35	+00:10:14 (32.7%)	6:15	9.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	MALINOWSKA Aneta	60	OLZA CIESZYN	40-49	131	00:00:27	00:13:05	00:31:20.60	00:31:47.85	+00:10:18 (32.9%)	6:16	9.6 (67.1%)
132	KONIECZKA Katarzyna	191	MIECHOWICKA GRUPA BIEGOWA	40-49	132	00:00:46	00:13:44	00:31:22.65	00:32:09.55	+00:10:20 (33.0%)	6:16	9.6 (67.1%)
133	PTASZYŃSKA Justyna	848	RADLINIOKI W BIEGU	40-49	133	00:00:42	00:13:35	00:31:22.80	00:32:05.10	+00:10:21 (33.0%)	6:16	9.6 (67.1%)
134	KUCZA-CHMIEL Kalina	1227		40-49	134	00:00:44	00:13:22	00:31:28.70	00:32:13.35	+00:10:27 (33.2%)	6:17	9.5 (66.4%)
135	ROMBERG Agnieszka	43	MIECHOWICKA GRUPA BIEGOWA	40-49	135	00:00:33	00:13:21	00:31:29.45	00:32:02.70	+00:10:27 (33.2%)	6:17	9.5 (66.4%)
136	GÓRNY Jola	272	NUTREND TEAM	40-49	136	00:00:01	00:12:10	00:31:29.60	00:31:31.25	+00:10:27 (33.2%)	6:18	9.5 (66.4%)
137	MARCINKOWSKA Beata	393	#CZELADZBIEGA	40-49	137	00:00:31	00:13:08	00:31:30.20	00:32:01.95	+00:10:28 (33.3%)	6:18	9.5 (66.4%)
138	ZŁOCIAK Agnieszka	666		40-49	138	00:00:34	00:13:02	00:31:34.65	00:32:08.85	+00:10:32 (33.4%)	6:18	9.5 (66.4%)
139	DOBOSZ Ilona	624		40-49	139	00:00:05	00:12:24	00:31:35.15	00:31:40.40	+00:10:33 (33.4%)	6:19	9.5 (66.4%)
140	PINGIELSKA Małgorzata	838	RADLINIOKI W BIEGU	40-49	140	00:00:27	00:13:26	00:31:35.35	00:32:03.20	+00:10:33 (33.4%)	6:19	9.5 (66.4%)
141	MARCINKIEWICZ-KLUCZNIK Ewa	302	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	141	00:00:07	00:12:48	00:31:37.00	00:31:44.95	+00:10:35 (33.5%)	6:19	9.5 (66.4%)
142	FECZKO Lucyna	1166		40-49	142	00:00:16	00:13:35	00:31:41.20	00:31:58.10	+00:10:39 (33.6%)	6:20	9.5 (66.4%)
143	KACZOREK Ania	210		40-49	143	00:00:21	00:13:30	00:31:42.85	00:32:03.95	+00:10:41 (33.7%)	6:20	9.5 (66.4%)
144	SRADOMSKA Barbara	1224	HRMAX ŻORY	40-49	144	00:00:21	00:13:31	00:31:43.20	00:32:04.45	+00:10:41 (33.7%)	6:20	9.5 (66.4%)
145	PASZEK Hania	611	HRMAX DZIOŁSZKI	40-49	145	00:00:20	00:13:30	00:31:43.70	00:32:04.15	+00:10:42 (33.7%)	6:20	9.5 (66.4%)
146	KOGUT Edyta	1291	HR MAX DZIOŁSZKI	40-49	146	00:00:20	00:13:30	00:31:44.05	00:32:04.20	+00:10:42 (33.7%)	6:20	9.5 (66.4%)
147	LIDUK Wioletta	1038		40-49	147	00:00:14	00:12:33	00:31:44.95	00:31:59.55	+00:10:43 (33.8%)	6:21	9.4 (65.7%)
148	BARTECKA Sabina	560	HRMAX ŻORY	40-49	148	00:00:19	00:13:30	00:31:45.25	00:32:04.25	+00:10:43 (33.8%)	6:21	9.4 (65.7%)
149	BASEK Marta	420	HR MAX DZIOŁSZKI	40-49	149	00:00:18	00:13:31	00:31:45.35	00:32:03.95	+00:10:43 (33.8%)	6:21	9.4 (65.7%)
150	KUCZEK Katarzyna	1037	PGB SPORTOWA PACZKA	40-49	150	00:00:14	00:12:33	00:31:45.45	00:31:59.45	+00:10:43 (33.8%)	6:21	9.4 (65.7%)
151	KAŁUS Ewa	467	HRMAX ŻORY	40-49	151	00:00:18	00:13:31	00:31:45.55	00:32:04.05	+00:10:43 (33.8%)	6:21	9.4 (65.7%)
152	PUSTELNIK Ewa	107		40-49	152	00:00:18	00:13:30	00:31:45.70	00:32:03.85	+00:10:44 (33.8%)	6:21	9.4 (65.7%)
153	DZIAŁKOWSKA Barbara	790		40-49	153	00:00:22	00:13:06	00:31:46.40	00:32:09.05	+00:10:44 (33.8%)	6:21	9.4 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	KATARZYNA Wesołowska	8		40-49	154	00:00:10	00:12:35	00:31:46.50	00:31:57.20	+00:10:44 (33.8%)	6:21	9.4 (65.7%)
155	KORCZEWSKA Beata	1234	MIECHOWICKA GRUPA BIEGOWA	40-49	155	00:00:33	00:13:32	00:31:48.00	00:32:21.30	+00:10:46 (33.9%)	6:21	9.4 (65.7%)
156	RADZIEWICZ Renata	479	SPOT	40-49	156	00:00:45	00:14:15	00:31:49.20	00:32:35.10	+00:10:47 (33.9%)	6:22	9.4 (65.7%)
157	PETRYKOWSKA Elżbieta	578	AMATOR	40-49	157	00:00:07	00:12:51	00:31:50.95	00:31:58.35	+00:10:49 (34.0%)	6:22	9.4 (65.7%)
158	SYLWIA Kopel	1127	KOBIETY NA 5+	40-49	158	00:00:32	00:13:21	00:31:54.60	00:32:26.75	+00:10:52 (34.1%)	6:22	9.4 (65.7%)
159	DELEWSKA Dorota	512	NIGHT RUNNERS	40-49	159	00:00:39	00:13:36	00:31:54.80	00:32:34.60	+00:10:53 (34.1%)	6:23	9.4 (65.7%)
160	ŻURKE Basia	859		40-49	160	00:00:27	00:12:53	00:31:55.10	00:32:22.80	+00:10:53 (34.1%)	6:23	9.4 (65.7%)
161	BARDOSZ Renata	589	NIGHT RUNNERS	40-49	161	00:00:39	00:13:37	00:31:55.35	00:32:34.85	+00:10:53 (34.1%)	6:23	9.4 (65.7%)
162	DOROBEK Agata	582		40-49	162	00:00:36	00:13:40	00:31:58.50	00:32:34.80	+00:10:56 (34.2%)	6:23	9.4 (65.7%)
163	STOPYRA Agnieszka	684	BRAK	40-49	163	00:00:16	00:13:03	00:32:00.10	00:32:16.65	+00:10:58 (34.3%)	6:24	9.4 (65.7%)
164	BERNAT Katarzyna	902		40-49	164	00:00:35	00:13:15	00:32:05.25	00:32:40.35	+00:11:03 (34.5%)	6:25	9.4 (65.7%)
165	ŚWIERCZ Anna	187	KOBIETY NA 5+	40-49	165	00:00:14	00:12:58	00:32:06.80	00:32:21.70	+00:11:05 (34.5%)	6:25	9.3 (65.0%)
166	PŁASKA Barbara	62	KOBIETY NA 5+	40-49	166	00:00:14	00:12:58	00:32:07.35	00:32:21.55	+00:11:05 (34.5%)	6:25	9.3 (65.0%)
167	KAŃTOCH Izabela	158	HAM EXPERT	40-49	167	00:00:43	00:13:44	00:32:07.85	00:32:51.65	+00:11:06 (34.6%)	6:25	9.3 (65.0%)
168	MAZUROWSKA Bogusława	1040		40-49	168	00:00:26	00:13:20	00:32:15.20	00:32:41.40	+00:11:13 (34.8%)	6:27	9.3 (65.0%)
169	MYŚLIWIEC Monika	1156	KOBIETY NA 5+	40-49	169	00:00:02	00:13:00	00:32:19.10	00:32:21.90	+00:11:17 (34.9%)	6:27	9.3 (65.0%)
170	SIKORA Anna	247	FANTASTIC ANIA SIKORA	40-49	170	00:00:00	00:13:03	00:32:20.25	00:32:20.25	+00:11:18 (35.0%)	6:28	9.3 (65.0%)
171	KRZEMPEK Bogusława	71	WAPIENICKI TEAM	40-49	171	00:00:37	00:13:31	00:32:21.50	00:32:58.70	+00:11:19 (35.0%)	6:28	9.3 (65.0%)
172	MIŚKOWIEC Agnieszka	1136		40-49	172	00:00:38	00:13:42	00:32:21.95	00:32:59.95	+00:11:20 (35.0%)	6:28	9.3 (65.0%)
173	GODZIC Magdalena	451		40-49	173	00:00:29	00:13:19	00:32:26.40	00:32:55.45	+00:11:24 (35.2%)	6:29	9.2 (64.3%)
174	SZCZĘŚBNIAK DUDAŁA Małgorzata	1239	#CZELADZBIEGA	40-49	174	00:00:30	00:13:14	00:32:28.25	00:32:58.85	+00:11:26 (35.2%)	6:29	9.2 (64.3%)
175	ZIEJA Iza	364		40-49	175	00:00:05	00:13:33	00:32:29.25	00:32:34.50	+00:11:27 (35.3%)	6:29	9.2 (64.3%)
176	KOZDĘBA Katarzyna	1072		40-49	176	00:00:30	00:14:18	00:32:32.30	00:33:02.50	+00:11:30 (35.4%)	6:30	9.2 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	KOŁODZIEJ Ilona	527	-----	40-49	177	00:00:47	00:14:02	00:32:32.95	00:33:20.10	+00:11:31 (35.4%)	6:30	9.2 (64.3%)
178	KLEPACKA Edyta	219		40-49	178	00:00:33	00:13:53	00:32:37.60	00:33:10.80	+00:11:35 (35.5%)	6:31	9.2 (64.3%)
179	JAKIMCZUK Małgorzata	806		40-49	179	00:00:00	00:14:07	00:32:40.45	00:32:40.45	+00:11:38 (35.6%)	6:32	9.2 (64.3%)
180	KRZACZEK Aleksandra	849	RADLINIOKI W BIEGU	40-49	180	00:00:27	00:13:41	00:32:41.30	00:33:09.10	+00:11:39 (35.7%)	6:32	9.2 (64.3%)
181	PRZYBYŁA Violetta	543	PARKRUN TYCHY	40-49	181	00:00:02	00:13:04	00:32:44.80	00:32:46.95	+00:11:43 (35.8%)	6:32	9.2 (64.3%)
182	FOJCIK Asia	145	SBD ENERGETYK RYBNIK	40-49	182	00:00:00	00:13:51	00:32:49.40	00:32:49.40	+00:11:47 (35.9%)	6:33	9.1 (63.6%)
183	NAWROCKA Agnieszka	213		40-49	183	00:00:28	00:14:00	00:32:55.35	00:33:23.35	+00:11:53 (36.1%)	6:35	9.1 (63.6%)
184	GASZKA Sylwia	225		40-49	184	00:00:27	00:13:29	00:32:55.55	00:33:22.65	+00:11:53 (36.1%)	6:35	9.1 (63.6%)
185	JAROSIŃSKA Barbara	608		40-49	185	00:00:28	00:14:00	00:32:55.85	00:33:24.65	+00:11:54 (36.1%)	6:35	9.1 (63.6%)
186	MAGDALENA Gałuszka	1050	FORTUNA SISTERS	40-49	186	00:00:38	00:14:48	00:32:59.00	00:33:37.05	+00:11:57 (36.2%)	6:35	9.1 (63.6%)
187	BORUS Joanna	438	OLZA CIESZYN	40-49	187	00:00:28	00:13:57	00:32:59.90	00:33:28.50	+00:11:58 (36.3%)	6:36	9.1 (63.6%)
188	ADAMUS Katarzyna	67	OLZA CIESZYN	40-49	188	00:00:33	00:14:05	00:33:03.00	00:33:36.30	+00:12:01 (36.4%)	6:36	9.1 (63.6%)
189	NOWAK Anna	456		40-49	189	00:00:29	00:13:56	00:33:06.25	00:33:35.35	+00:12:04 (36.5%)	6:37	9.1 (63.6%)
190	PUDA Dorota	1183		40-49	190	00:00:22	00:13:50	00:33:06.30	00:33:29.25	+00:12:04 (36.5%)	6:37	9.1 (63.6%)
191	PROKOPENKO Aga	122		40-49	191	00:01:06	00:13:35	00:33:08.90	00:34:15.45	+00:12:07 (36.6%)	6:37	9 (62.9%)
192	BRODA Beata	263		40-49	192	00:00:14	00:13:21	00:33:09.45	00:33:23.95	+00:12:07 (36.6%)	6:37	9 (62.9%)
193	WERESZCZAK Agnieszka	133		40-49	193	00:00:33	00:13:40	00:33:10.80	00:33:44.45	+00:12:09 (36.6%)	6:38	9 (62.9%)
194	ADAMUS Anna	573	BRAK	40-49	194	00:00:36	00:13:45	00:33:12.85	00:33:49.05	+00:12:11 (36.7%)	6:38	9 (62.9%)
195	ROLA Agnieszka	1012		40-49	195	00:00:53	00:14:13	00:33:14.15	00:34:07.50	+00:12:12 (36.7%)	6:38	9 (62.9%)
196	CYWIŃSKA Elżbieta	304	ŚWIERCZYNIC RUNNING	40-49	196	00:00:26	00:14:15	00:33:26.25	00:33:52.60	+00:12:24 (37.1%)	6:41	9 (62.9%)
197	WRÓBLEWSKA Joanna	494		40-49	197	00:00:28	00:14:12	00:33:30.85	00:33:58.90	+00:12:29 (37.3%)	6:42	9 (62.9%)
198	HEKIERT Wioleta	297	MIECHOWICKA GRUPA BIEGOWA	40-49	198	00:00:07	00:13:36	00:33:35.35	00:33:42.80	+00:12:33 (37.4%)	6:43	8.9 (62.2%)
199	ANTONIEWSKA Katarzyna	443		40-49	199	00:00:41	00:13:59	00:33:41.60	00:34:23.40	+00:12:39 (37.6%)	6:44	8.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	OSTROWSKA Izabela	1035	KOBIETY NA 5+	40-49	200	00:00:50	00:14:08	00:33:42.25	00:34:32.35	+00:12:40 (37.6%)	6:44	8.9 (62.2%)
201	WESOŁY Agnieszka	123	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:46	00:15:07	00:33:44.85	00:34:31.45	+00:12:43 (37.7%)	6:45	8.9 (62.2%)
202	KRÓL Magdalena	1196	KING TEAM	40-49	202	00:00:43	00:14:20	00:33:49.10	00:34:32.55	+00:12:47 (37.8%)	6:45	8.9 (62.2%)
203	PODESZWA Barbara	648	WYMYŚLANKA	40-49	203	00:00:46	00:14:59	00:33:49.35	00:34:36.10	+00:12:47 (37.8%)	6:46	8.9 (62.2%)
204	MAZUR Małgorzata	1109	KOBIETY NA 5+	40-49	204	00:00:23	00:14:18	00:33:50.25	00:34:13.80	+00:12:48 (37.9%)	6:46	8.9 (62.2%)
205	MRÓZ-NOWIŃSKA Iwona	1076	MORSY NA KOKSIE	40-49	205	00:00:54	00:14:36	00:33:53.05	00:34:47.75	+00:12:51 (37.9%)	6:46	8.9 (62.2%)
206	SERAFIN-CHWAŁEK Joanna	1130	KOBIETY 5+	40-49	206	00:00:46	00:14:29	00:33:53.65	00:34:40.20	+00:12:51 (38.0%)	6:46	8.8 (61.5%)
207	DZIĘCIELEWSKA Sylwia	564		40-49	207	00:00:43	00:13:51	00:33:54.05	00:34:37.40	+00:12:52 (38.0%)	6:46	8.8 (61.5%)
208	TOBICZYK-TEPER Agnieszka	546		40-49	208	00:00:34	00:13:56	00:34:00.85	00:34:35.65	+00:12:59 (38.2%)	6:48	8.8 (61.5%)
209	WĘGLEWSKA Marzena	600		40-49	209	00:00:08	00:13:47	00:34:01.20	00:34:09.40	+00:12:59 (38.2%)	6:48	8.8 (61.5%)
210	KOLARZ Kasia	898	BB BIELSZCZANI BIEGAJĄ	40-49	210	00:00:23	00:14:18	00:34:04.85	00:34:28.10	+00:13:03 (38.3%)	6:49	8.8 (61.5%)
211	MAROSZEK Aleksandra	680		40-49	211	00:00:18	00:13:35	00:34:05.25	00:34:24.15	+00:13:03 (38.3%)	6:49	8.8 (61.5%)
212	NĘDZA LIGĘZA Wioletta	817		40-49	212	00:00:41	00:14:35	00:34:08.10	00:34:49.50	+00:13:06 (38.4%)	6:49	8.8 (61.5%)
213	ADAMCZAK Renata	1248	INTER ROPE TEAM	40-49	213	00:00:39	00:14:35	00:34:09.35	00:34:48.55	+00:13:07 (38.4%)	6:49	8.8 (61.5%)
214	BROCZKOWSKA Sylwia	49		40-49	214	00:00:37	00:14:40	00:34:12.05	00:34:49.95	+00:13:10 (38.5%)	6:50	8.8 (61.5%)
215	SŁUPIK Bożena	833		40-49	215	00:00:22	00:14:07	00:34:12.20	00:34:34.65	+00:13:10 (38.5%)	6:50	8.8 (61.5%)
216	KAJTOCH Ewa	1018	AKADEMIA BIEGANIA W SWIERKLANACH	40-49	216	00:00:32	00:13:42	00:34:14.90	00:34:47.25	+00:13:13 (38.6%)	6:51	8.8 (61.5%)
217	HERDA Sławomira	558		40-49	217	00:00:35	00:13:51	00:34:15.10	00:34:50.50	+00:13:13 (38.6%)	6:51	8.8 (61.5%)
217	SŁUPECKA Beata	44	KOBIETY NA 5+	40-49	218	00:00:50	00:14:02	00:34:15.10	00:35:05.70	+00:13:13 (38.6%)	6:51	8.8 (61.5%)
219	HABER Katarzyna	1292	MIECHOWICKA GRUPA BIEGOWA	40-49	219	00:00:25	00:14:29	00:34:20.10	00:34:45.20	+00:13:18 (38.8%)	6:52	8.7 (60.8%)
220	DOBOSZ Katarzyna	818	MIECHOWICKA GRUPA BIEGOWA	40-49	220	00:00:24	00:14:30	00:34:20.15	00:34:44.60	+00:13:18 (38.8%)	6:52	8.7 (60.8%)
221	SZEWERDA Hanna	353	BTM RUNNERS	40-49	221	00:00:27	00:13:35	00:34:27.30	00:34:54.55	+00:13:25 (39.0%)	6:53	8.7 (60.8%)
222	SZYMKOWSKA Zuzanna	403	BTM RUNNERS	40-49	222	00:00:26	00:13:38	00:34:27.95	00:34:54.40	+00:13:26 (39.0%)	6:53	8.7 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	BŁOŃSKA-POLAK Ewa	352	BTM RUNNERS	40-49	223	00:00:25	00:13:37	00:34:28.55	00:34:54.40	+00:13:26 (39.0%)	6:53	8.7 (60.8%)
224	NOWAK Ewelina	118	KOBIETY NA 5+	40-49	224	00:00:48	00:14:33	00:34:32.00	00:35:20.50	+00:13:30 (39.1%)	6:54	8.7 (60.8%)
225	SURY-WOLNIEWICZ Kamila	1110	KOBIETY NA 5+	40-49	225	00:00:53	00:14:50	00:34:35.85	00:35:29.50	+00:13:34 (39.2%)	6:55	8.7 (60.8%)
226	DOBIJA-PAW Anna	1029	KĘCKIE HARPAGANY	40-49	226	00:00:41	00:14:31	00:34:37.00	00:35:18.05	+00:13:35 (39.3%)	6:55	8.7 (60.8%)
227	ZŁOCH Agnieszka	937	KĘCKIE HARPAGANY	40-49	227	00:00:40	00:14:32	00:34:37.75	00:35:18.20	+00:13:36 (39.3%)	6:55	8.7 (60.8%)
228	ŁEPEK Bożena	238		40-49	228	00:00:43	00:14:59	00:34:42.00	00:35:25.30	+00:13:40 (39.4%)	6:56	8.6 (60.1%)
229	SERAFIN Izabela	1284	KLUB BIEGACZA FARTLEK	40-49	229	00:00:44	00:14:39	00:34:43.05	00:35:27.60	+00:13:41 (39.4%)	6:56	8.6 (60.1%)
230	MARYJOSZ Katarzyna	253		40-49	230	00:00:33	00:14:21	00:34:43.60	00:35:16.60	+00:13:41 (39.4%)	6:56	8.6 (60.1%)
231	MAC Joanna	1192		40-49	231	00:00:43	00:14:59	00:34:44.50	00:35:27.60	+00:13:42 (39.5%)	6:56	8.6 (60.1%)
232	PISKORZ Maugo	933	MIECHOWICKA GRUPA BIEGOWA	40-49	232	00:00:44	00:13:40	00:34:45.00	00:35:29.70	+00:13:43 (39.5%)	6:57	8.6 (60.1%)
233	OLEARCZYK Marcelina	880		40-49	233	00:00:12	00:13:21	00:34:50.25	00:35:02.35	+00:13:48 (39.6%)	6:58	8.6 (60.1%)
234	STOCHLA Małgorzata	1024		40-49	234	00:00:19	00:13:56	00:34:52.05	00:35:11.10	+00:13:50 (39.7%)	6:58	8.6 (60.1%)
235	KABAŁA Monika	1287		40-49	235	00:00:00	00:15:45	00:34:52.55	00:34:52.55	+00:13:50 (39.7%)	6:58	8.6 (60.1%)
236	KOTOWICZ Bernadetta	1212		40-49	236	00:00:37	00:14:57	00:34:53.95	00:35:31.15	+00:13:52 (39.7%)	6:58	8.6 (60.1%)
237	WROZA Renata	1121		40-49	237	00:00:30	00:14:27	00:35:11.15	00:35:42.00	+00:14:09 (40.2%)	7:02	8.5 (59.4%)
238	POPE-ŚWIDZIKOWSKA Małgorzata	85		40-49	238	00:00:32	00:13:52	00:35:18.00	00:35:50.40	+00:14:16 (40.4%)	7:03	8.5 (59.4%)
239	ZWIOREK Anna	80	MIECHOWICKA GRUPA BIEGOWA	40-49	239	00:00:48	00:15:26	00:35:19.25	00:36:07.45	+00:14:17 (40.5%)	7:03	8.5 (59.4%)
240	PRZYWARA Ewelina	169		40-49	240	00:00:45	00:14:20	00:35:20.20	00:36:05.95	+00:14:18 (40.5%)	7:04	8.5 (59.4%)
241	RAJS Ewelina	484	WRŚ	40-49	241	00:00:56	00:15:34	00:35:47.70	00:36:43.75	+00:14:46 (41.3%)	7:09	8.4 (58.7%)
242	BAK-ŚCIERSKA Beata	551	ŚCIERSCY TEAM	40-49	242	00:00:47	00:15:17	00:35:53.00	00:36:40.90	+00:14:51 (41.4%)	7:10	8.4 (58.7%)
243	CZARNECKA Małgorzata	32	MIECHOWICKA GRUPA BIEGOWA	40-49	243	00:00:39	00:15:14	00:35:56.25	00:36:35.90	+00:14:54 (41.5%)	7:11	8.3 (58.0%)
244	PANEK Agnieszka	519	KOLOROWA DRUŻYNA NESSI	40-49	244	00:00:47	00:15:29	00:35:56.90	00:36:44.05	+00:14:55 (41.5%)	7:11	8.3 (58.0%)
245	ŚLIWA Kornelia	566	MIECHOWICKA GRUPA BIEGOWA	40-49	245	00:00:46	00:15:14	00:35:58.15	00:36:44.65	+00:14:56 (41.5%)	7:11	8.3 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	SZABLICKA Agata	824		40-49	246	00:00:04	00:14:47	00:36:05.75	00:36:10.40	+00:15:04 (41.7%)	7:13	8.3 (58.0%)
247	SZEWCZUK Agnieszka	562		40-49	247	00:00:00	00:14:53	00:36:06.80	00:36:06.80	+00:15:05 (41.8%)	7:13	8.3 (58.0%)
248	ROS-PARYPA Diana	1084		40-49	248	00:00:43	00:14:57	00:36:20.15	00:37:03.60	+00:15:18 (42.1%)	7:16	8.3 (58.0%)
249	ŚWIDER Anna	215		40-49	249	00:00:50	00:15:29	00:36:37.65	00:37:27.85	+00:15:35 (42.6%)	7:19	8.2 (57.3%)
250	DYNIA Magdalena	82		40-49	250	00:00:36	00:14:34	00:36:39.90	00:37:16.80	+00:15:38 (42.6%)	7:20	8.2 (57.3%)
251	JANECKA Ela	642		40-49	251	00:00:52	00:14:57	00:36:45.25	00:37:37.55	+00:15:43 (42.8%)	7:21	8.2 (57.3%)
252	NALEPKA Katarzyna	29	MIECHOWICKA GRUPA BIEGOWA	40-49	252	00:00:46	00:15:27	00:36:46.85	00:37:33.00	+00:15:45 (42.8%)	7:21	8.2 (57.3%)
253	PAWĘZOWSKA Anna	500	BĘDZIN TEAM	40-49	253	00:00:45	00:15:36	00:37:02.90	00:37:48.40	+00:16:01 (43.2%)	7:24	8.1 (56.6%)
254	KACZKIEWICZ Agnieszka	138	NIGHT RUNNERS GLIWICE	40-49	254	00:00:19	00:14:52	00:37:04.35	00:37:24.25	+00:16:02 (43.3%)	7:25	8.1 (56.6%)
255	CZAPEK Ania	946	NIGHT RUNNERS GLIWICE	40-49	255	00:00:19	00:14:40	00:37:04.75	00:37:24.30	+00:16:03 (43.3%)	7:25	8.1 (56.6%)
256	OL Klaudia	1145		40-49	256	00:00:30	00:14:57	00:37:06.00	00:37:36.55	+00:16:04 (43.3%)	7:25	8.1 (56.6%)
257	HONCEK Magdalena	1255		40-49	257	00:00:53	00:16:53	00:37:07.40	00:38:01.05	+00:16:05 (43.4%)	7:25	8.1 (56.6%)
258	NAWARYŃSKA Ewa	366		40-49	258	00:00:45	00:16:35	00:37:16.05	00:38:01.35	+00:16:14 (43.6%)	7:27	8.1 (56.6%)
259	WOJDALSKA-ŚLEDZIŃSKA Agata	401	KOLOROWA DRUŻYNA NESSI	40-49	259	00:00:39	00:15:43	00:37:30.65	00:38:10.25	+00:16:28 (43.9%)	7:30	8 (55.9%)
260	ĆWIKLAK Barbara	647	FIT STACJA	40-49	260	00:00:18	00:14:50	00:37:32.20	00:37:50.65	+00:16:30 (44.0%)	7:30	8 (55.9%)
260	PELACZYK Wioletta	127	KOBIETY NA 5+	40-49	261	00:00:47	00:14:57	00:37:32.20	00:38:19.80	+00:16:30 (44.0%)	7:30	8 (55.9%)
262	HAWĘŁKA Joanna	579		40-49	262	00:00:03	00:14:47	00:37:50.80	00:37:54.50	+00:16:49 (44.4%)	7:34	7.9 (55.2%)
263	BOGUSZ Bogumila	1128		40-49	263	00:00:00	00:15:17	00:37:53.45	00:37:53.45	+00:16:51 (44.5%)	7:34	7.9 (55.2%)
264	STAŚKIEWICZ Monika	1213		40-49	264	00:00:30	00:14:27	00:37:56.80	00:38:27.65	+00:16:55 (44.6%)	7:35	7.9 (55.2%)
265	TETLA Barbara	1036		40-49	265	00:00:43	00:16:15	00:38:06.50	00:38:49.55	+00:17:04 (44.8%)	7:37	7.9 (55.2%)
266	SZATANIK Iwona	797	OLZA CIESZYN	40-49	266	00:00:32	00:15:38	00:38:16.30	00:38:48.55	+00:17:14 (45.1%)	7:39	7.8 (54.5%)
267	GRINIG Mirela	261		40-49	267	00:00:35	00:16:08	00:38:33.40	00:39:08.50	+00:17:31 (45.5%)	7:42	7.8 (54.5%)
268	STYRNOL Beata	1195		40-49	268	00:00:44	00:16:37	00:38:33.90	00:39:18.75	+00:17:32 (45.5%)	7:42	7.8 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	ZIENTEK Danuta	803		40-49	269	00:00:56	00:16:11	00:38:48.85	00:39:44.85	+00:17:47 (45.8%)	7:45	7.7 (53.8%)
270	SPYRKA Małgorzata	787	AMATORKA	40-49	270	00:00:33	00:15:14	00:38:54.35	00:39:27.65	+00:17:52 (46.0%)	7:46	7.7 (53.8%)
271	KUBUSZEWSKA Katarzyna	1181	MORSYNA KOKSIE	40-49	271	00:00:54	00:15:16	00:39:08.75	00:40:02.75	+00:18:07 (46.3%)	7:49	7.7 (53.8%)
272	PISAREK Dorota	211		40-49	272	00:00:32	00:15:52	00:39:14.10	00:39:46.65	+00:18:12 (46.4%)	7:50	7.6 (53.1%)
273	GALAS Agnieszka	1143	MORSY NA KOKSIE	40-49	273	00:00:54	00:16:06	00:39:17.40	00:40:11.65	+00:18:15 (46.5%)	7:51	7.6 (53.1%)
274	MUCHA Ewa	114	#CZELADZBIEGA	40-49	274	00:00:41	00:16:17	00:39:21.00	00:40:02.85	+00:18:19 (46.6%)	7:52	7.6 (53.1%)
275	SOJAK Ewa	1260	ASWC	40-49	275	00:00:23	00:15:50	00:39:29.00	00:39:52.60	+00:18:27 (46.7%)	7:53	7.6 (53.1%)
276	ZALEWSKA Barbara	259	KOBIETY NA 5+	40-49	276	00:00:17	00:15:28	00:39:32.55	00:39:50.25	+00:18:30 (46.8%)	7:54	7.6 (53.1%)
277	DOMINIAK Monika	814	BA-DO	40-49	277	00:00:56	00:16:48	00:39:45.05	00:40:41.75	+00:18:43 (47.1%)	7:57	7.5 (52.4%)
278	JAROSZ Jolanta	507	MYSŁOWICKI KLUB BIEACZA NO.I	40-49	278	00:00:42	00:17:05	00:39:47.65	00:40:30.30	+00:18:45 (47.2%)	7:57	7.5 (52.4%)
279	BRZANA Anna	656		40-49	279	00:00:47	00:16:54	00:39:57.15	00:40:44.45	+00:18:55 (47.4%)	7:59	7.5 (52.4%)
280	WOŹNIAK Anna	179		40-49	280	00:01:04	00:17:26	00:40:12.40	00:41:16.75	+00:19:10 (47.7%)	8:02	7.5 (52.4%)
281	JAKUBIEC Izabela	511		40-49	281	00:00:34	00:16:56	00:40:28.05	00:41:02.60	+00:19:26 (48.0%)	8:05	7.4 (51.7%)
282	SKOCZYKŁODA Iwona	840	WYMYŚLANKA	40-49	282	00:00:47	00:16:54	00:40:35.20	00:41:22.60	+00:19:33 (48.2%)	8:07	7.4 (51.7%)
283	FRAĆ Elżbieta	1073		40-49	283	00:00:20	00:16:31	00:40:36.50	00:40:56.85	+00:19:34 (48.2%)	8:07	7.4 (51.7%)
284	PAWEŁEK Barbara	250		40-49	284	00:00:10	00:14:23	00:40:44.10	00:40:54.70	+00:19:42 (48.4%)	8:08	7.4 (51.7%)
285	WELET Marzena	340		40-49	285	00:00:22	00:16:41	00:40:47.60	00:41:09.75	+00:19:45 (48.5%)	8:09	7.4 (51.7%)
286	PODŁUSKA Monika	90		40-49	286	00:00:48	00:16:52	00:40:55.55	00:41:43.80	+00:19:53 (48.6%)	8:11	7.3 (51.0%)
287	PAWLIK Kasia	470	FIZJOFRELKI	40-49	287	00:00:54	00:17:47	00:41:17.65	00:42:11.80	+00:20:15 (49.1%)	8:15	7.3 (51.0%)
288	MADEJA Aleksandra	1158	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:24	00:14:37	00:41:18.45	00:41:42.90	+00:20:16 (49.1%)	8:15	7.3 (51.0%)
289	PINOCZEK Mariola	965	KOBIETY 5+	40-49	289	00:00:37	00:16:48	00:41:20.05	00:41:57.55	+00:20:18 (49.1%)	8:16	7.3 (51.0%)
290	GRELA Izabela	1233	BRAK	40-49	290	00:01:07	00:16:30	00:41:20.15	00:42:27.15	+00:20:18 (49.1%)	8:16	7.3 (51.0%)
291	GOŁĘBIEWSKA Katarzyna	1150		40-49	291	00:00:53	00:16:58	00:41:29.65	00:42:22.70	+00:20:27 (49.3%)	8:17	7.2 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	WILK Grażyna	474	LECYMY DURS	40-49	292	00:03:07	00:17:50	00:41:36.90	00:44:44.35	+00:20:35 (49.5%)	8:19	7.2 (50.3%)
293	ŻEBROWSKA Matylda	195	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	293	00:00:52	00:13:26	00:41:39.85	00:42:32.10	+00:20:38 (49.5%)	8:20	7.2 (50.3%)
294	GREŃ Joanna	1190		40-49	294	00:01:04	00:17:27	00:41:46.95	00:42:51.00	+00:20:45 (49.7%)	8:21	7.2 (50.3%)
295	SOŁTYSIK Maria	208	POGORIA BIEGA	40-49	295	00:00:41	00:17:13	00:41:59.00	00:42:40.40	+00:20:57 (49.9%)	8:23	7.1 (49.7%)
296	WOJTAL Danuta	855		40-49	296	00:00:45	00:17:42	00:42:04.25	00:42:49.75	+00:21:02 (50.0%)	8:24	7.1 (49.7%)
297	SZYMANEK Karina	342		40-49	297	00:00:18	00:18:41	00:42:13.70	00:42:31.90	+00:21:12 (50.2%)	8:26	7.1 (49.7%)
298	GRZĄBA Ilona	84		40-49	298	00:00:38	00:18:00	00:42:28.50	00:43:07.20	+00:21:26 (50.5%)	8:29	7.1 (49.7%)
299	PLACEK - BURLIGA Barbara	124		40-49	299	00:00:38	00:18:00	00:42:28.75	00:43:07.35	+00:21:27 (50.5%)	8:29	7.1 (49.7%)
300	MARUSZCZAK Justyna	120	MIECHOWICKA GRUPA BIEGOWA	40-49	300	00:00:49	00:17:46	00:42:45.65	00:43:34.65	+00:21:43 (50.8%)	8:33	7 (49.0%)
301	KROCHMALSKA Jadwiga	141	MIECHOWICKA GRUPA BIEGOWA	40-49	301	00:00:48	00:17:47	00:42:46.15	00:43:34.80	+00:21:44 (50.8%)	8:33	7 (49.0%)
302	GAJDA Aleksandra	1242	MAX FIT&GYM	40-49	302	00:00:54	00:18:26	00:42:51.20	00:43:45.30	+00:21:49 (50.9%)	8:34	7 (49.0%)
303	STEFANIAK Justyna	223	POGORIA BIEGA	40-49	303	00:00:42	00:18:02	00:42:59.35	00:43:41.35	+00:21:57 (51.1%)	8:35	7 (49.0%)
304	PRASAK Sabina	286	POGORIA BIEGA	40-49	304	00:00:40	00:18:05	00:43:21.40	00:44:01.95	+00:22:19 (51.5%)	8:40	6.9 (48.3%)
305	LISIOWSKA Katarzyna	354	KOBIETY NA 5+	40-49	305	00:00:41	00:18:04	00:43:44.80	00:44:26.45	+00:22:43 (51.9%)	8:45	6.9 (48.3%)
306	MERKEL Sabina	570	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	306	00:03:18	00:19:56	00:44:21.20	00:47:39.45	+00:23:19 (52.6%)	8:52	6.8 (47.6%)
307	POKORNY Agnieszka	1114	#CZELADZBIEGA	40-49	307	00:03:05	00:19:39	00:44:25.35	00:47:31.20	+00:23:23 (52.7%)	8:53	6.8 (47.6%)
308	BOJDOŁ Justyna	544		40-49	308	00:00:51	00:19:36	00:44:39.80	00:45:31.10	+00:23:38 (52.9%)	8:56	6.7 (46.9%)
309	DANIKIEWICZ Wioletta	1180	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	309	00:00:27	00:18:07	00:45:16.45	00:45:43.45	+00:24:14 (53.6%)	9:03	6.6 (46.2%)
310	JANKOWSKA Anita	358		40-49	310	00:00:53	00:20:35	00:48:16.45	00:49:09.60	+00:27:14 (56.4%)	9:39	6.2 (43.4%)
311	WAWOCZNY Mariola	974		40-49	311	00:00:37	00:19:29	00:48:30.75	00:49:07.75	+00:27:29 (56.7%)	9:42	6.2 (43.4%)
312	BAGIŃSKA Beata	1244		40-49	312	00:00:52	00:19:50	00:48:36.80	00:49:29.05	+00:27:35 (56.7%)	9:43	6.2 (43.4%)
313	BIELEC Alina	330	ŚWIERCZYŃSKI RUNNING	40-49	313	00:01:06	00:20:43	00:50:01.55	00:51:07.95	+00:28:59 (58.0%)	10:00	6 (42.0%)
314	MADEJ Anna	325	ŚWIERCZYNIEC RUNNING	40-49	314	00:01:06	00:20:43	00:50:02.20	00:51:08.20	+00:29:00 (58.0%)	10:00	6 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	SZYPUŁA Barbara	326	ŚWIERCZYNIEC RUNINNG	40-49	315	00:01:05	00:20:43	00:50:02.70	00:51:08.45	+00:29:01 (58.0%)	10:00	6 (42.0%)
316	CZARNYNOGA Beata	327	ŚWIERCZYNIEC RUNNING	40-49	316	00:01:05	00:20:41	00:50:03.65	00:51:08.75	+00:29:01 (58.0%)	10:00	6 (42.0%)
317	WOJTEK Gabi	614		40-49	317	00:03:04	00:21:40	00:51:01.80	00:54:06.05	+00:30:00 (58.8%)	10:12	5.9 (41.3%)
318	KADŁUBEK Magdalena	285		40-49	318	00:03:19	00:23:13	00:52:39.95	00:55:59.60	+00:31:38 (60.1%)	10:32	5.7 (39.9%)
319	NIEMIEC Ania	268		40-49	319	00:00:28	00:16:41			+00:07:50	6:40	9 (62.9%)

Znaleziono 319 wynik(ów)