

KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-05-26
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	SZELEST Barbara	6	MORS HUBERTUS MYSŁOWICE	40-49	1	00:00:00	00:08:51	00:20:36.95	00:20:37.70		3:53	15.4 (100%)
2	RENCZ Małgorzata	586	MORS HUBERTUS MYSŁOWICE	40-49	2	00:00:00	00:08:48	00:20:41.90	00:20:42.65	+00:00:04 (0.4%)	3:54	15.4 (100%)
3	ADAMCZYK-NOWAK Beata	600	MIECHOWICKA GRUPA BIEGOWA	40-49	3	00:00:02	00:09:05	00:20:51.85	00:20:54.35	+00:00:14 (1.2%)	3:56	15.2 (98.7%)
4	ADAMUS-KOWALSKA Justyna	10	LKS IMIELIN	40-49	4	00:00:01	00:08:54	00:21:23.70	00:21:25.15	+00:00:46 (3.6%)	4:02	14.9 (96.8%)
5	WODZIŃSKA Danuta	145		40-49	5	00:00:01	00:09:26	00:21:48.45	00:21:50.00	+00:01:11 (5.5%)	4:06	14.6 (94.8%)
6	BISKUP Anna	278	STS BIEGATON MIKOŁÓW	40-49	6	00:00:01	00:09:25	00:22:04.70	00:22:05.70	+00:01:27 (6.6%)	4:09	14.4 (93.5%)
7	MALEJKA Katarzyna	415	ADS MASNA	40-49	7	00:00:07	00:09:46	00:22:39.20	00:22:46.45	+00:02:02 (9.0%)	4:16	14 (90.9%)
8	ZĘBIK Grażyna	519	OLZA CIESZYN	40-49	8	00:00:02	00:09:54	00:23:48.00	00:23:50.85	+00:03:11 (13.4%)	4:29	13.4 (87.0%)
9	STĘPIEŃ-WYROBIEC Olga	446	JKLA JAWOR JAWORZNO	40-49	9	00:00:09	00:10:06	00:23:57.10	00:24:06.50	+00:03:20 (13.9%)	4:31	13.3 (86.4%)
10	ANDROSZ Beata	781		40-49	10	00:00:02	00:09:59	00:23:58.95	00:24:01.30	+00:03:22 (14.0%)	4:31	13.3 (86.4%)
11	JURECZKO Monika	423	STS BIEGATON	40-49	11	00:00:02	00:10:11	00:23:59.15	00:24:01.75	+00:03:22 (14.0%)	4:31	13.3 (86.4%)
12	WYSOCKA Agnieszka	834	NESSI TEAM	40-49	12	00:00:04	00:10:05	00:24:03.10	00:24:07.30	+00:03:26 (14.3%)	4:32	13.2 (85.7%)
13	MENŻYK Joanna	43	MORS HUBERTUS MYSŁOWICE	40-49	13	00:00:01	00:10:14	00:24:08.80	00:24:10.55	+00:03:31 (14.6%)	4:33	13.2 (85.7%)
14	STANULA Karolina	958	ŻORY	40-49	14	00:00:08	00:10:50	00:24:24.30	00:24:32.70	+00:03:47 (15.5%)	4:36	13 (84.4%)
15	LORANC Izabela	819	NUTREND BIEGA	40-49	15	00:00:02	00:10:42	00:24:38.15	00:24:40.65	+00:04:01 (16.3%)	4:38	12.9 (83.8%)

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16	PARZYCH Katarzyna	112	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	16	00:00:07	00:10:37	00:24:59.80	00:25:06.80	+00:04:22 (17.5%)	4:42	12.7 (82.5%)
17	CZYŻ Leonarda	1197	OLZA CIESZYN	40-49	17	00:00:02	00:10:44	00:25:06.15	00:25:09.05	+00:04:29 (17.9%)	4:44	12.7 (82.5%)
18	NIESŁAŃCZYK Małgorzata	161		40-49	18	00:00:02	00:10:30	00:25:06.65	00:25:09.55	+00:04:29 (17.9%)	4:44	12.7 (82.5%)
19	NOWAK Beata	1207	OLZA CIESZYN	40-49	19	00:00:03	00:10:43	00:25:14.05	00:25:17.15	+00:04:37 (18.3%)	4:45	12.6 (81.8%)
20	GĘBOŁYŚ Beata	1271	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	40-49	20	00:00:03	00:10:45	00:25:15.70	00:25:19.40	+00:04:38 (18.4%)	4:46	12.6 (81.8%)
21	DOMIN-ZBYL Agnieszka	1035		40-49	21	00:00:04	00:10:38	00:25:22.50	00:25:27.00	+00:04:45 (18.8%)	4:47	12.5 (81.2%)
22	PASŁAWSKA Katarzyna	105	KOBIETY NA 5 +	40-49	22	00:00:03	00:10:44	00:25:23.50	00:25:27.35	+00:04:46 (18.8%)	4:47	12.5 (81.2%)
23	SICH- SOSNA Agnieszka	204		40-49	23	00:00:02	00:11:02	00:25:25.25	00:25:27.90	+00:04:48 (18.9%)	4:47	12.5 (81.2%)
24	SICH-ŚWITAŁA Małgorzata	180		40-49	24	00:00:02	00:11:02	00:25:25.65	00:25:28.20	+00:04:48 (18.9%)	4:47	12.5 (81.2%)
25	HANDZLIK-STARZYK Anna	221		40-49	25	00:00:13	00:11:06	00:25:26.95	00:25:40.75	+00:04:50 (19.0%)	4:48	12.5 (81.2%)
26	GREENE Agnieszka	1170		40-49	26	00:00:10	00:11:00	00:25:28.60	00:25:39.45	+00:04:51 (19.1%)	4:48	12.5 (81.2%)
27	MANISZEWSKA Dorota	437	OLZA CIESZYN	40-49	27	00:00:05	00:10:43	00:25:32.35	00:25:37.45	+00:04:55 (19.3%)	4:49	12.5 (81.2%)
28	BROCZKOWSKA Sylwia	186		40-49	28	00:00:04	00:10:37	00:25:34.35	00:25:38.60	+00:04:57 (19.4%)	4:49	12.4 (80.5%)
29	KASPERCZYK Aleksandra	927		40-49	29	00:00:03	00:10:43	00:25:36.90	00:25:40.00	+00:04:59 (19.5%)	4:50	12.4 (80.5%)
30	MARYNIAK Ewelina	782		40-49	30	00:00:13	00:11:07	00:25:49.05	00:26:02.20	+00:05:12 (20.1%)	4:52	12.3 (79.9%)
31	LORENZ Agnieszka	994	GALOPUJĄCE ŚLIMAKI	40-49	31	00:00:07	00:10:53	00:25:52.35	00:25:59.45	+00:05:15 (20.3%)	4:52	12.3 (79.9%)
32	SZAJBEL Joanna	1119	PARKRUN KATOWICE	40-49	32	00:00:08	00:11:03	00:25:52.35	00:26:01.20	+00:05:15 (20.3%)	4:53	12.3 (79.9%)
33	SZYMURA Izabela	518	DECATHLON RYBNIK & PRZYJACIELE	40-49	33	00:00:10	00:11:09	00:25:54.30	00:26:04.85	+00:05:17 (20.4%)	4:53	12.3 (79.9%)
34	SZWEDA Dorota	837		40-49	34	00:00:04	00:10:42	00:25:55.35	00:26:00.15	+00:05:18 (20.5%)	4:53	12.3 (79.9%)
35	SOŁTYSEK Barbara	117	JUSTFEELFIT TEAM	40-49	35	00:00:23	00:10:54	00:25:56.50	00:26:19.95	+00:05:19 (20.5%)	4:53	12.3 (79.9%)
36	HELIOSZ Agnieszka	533	INTERAKTYWNI KROSTOSZOWICE	40-49	36	00:00:02	00:10:59	00:25:56.60	00:25:58.65	+00:05:19 (20.5%)	4:53	12.3 (79.9%)
37	PAJESTKA Katarzyna	343		40-49	37	00:00:06	00:10:43	00:25:59.15	00:26:05.85	+00:05:22 (20.7%)	4:54	12.2 (79.2%)
38	KRUPOWICZ Aneta	1183		40-49	38	00:00:05	00:10:50	00:26:00.55	00:26:06.20	+00:05:23 (20.7%)	4:54	12.2 (79.2%)

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39	PAWŁOWSKA Beata	903	RADLINIOKI W BIEGU	40-49	39	00:00:27	00:11:48	00:26:07.65	00:26:34.90	+00:05:30 (21.1%)	4:55	12.2 (79.2%)
40	DRACZKA-KNOPIK Monika	58	STS BIEGATON MIKOŁÓW	40-49	40	00:00:09	00:11:21	00:26:19.15	00:26:28.90	+00:05:42 (21.7%)	4:57	12.1 (78.6%)
41	KANDORA Joanna	468	MIECHOWICKA GRUPA BIEGOWA	40-49	41	00:00:05	00:11:03	00:26:19.30	00:26:25.20	+00:05:42 (21.7%)	4:58	12.1 (78.6%)
42	ZAMOJSKA Iwona	636	MIECHOWICKA GRUPA BIEGOWA	40-49	42	00:00:05	00:11:03	00:26:19.55	00:26:25.45	+00:05:42 (21.7%)	4:58	12.1 (78.6%)
43	DOBRY Teresa	582		40-49	43	00:00:15	00:11:07	00:26:24.85	00:26:39.90	+00:05:47 (22.0%)	4:58	12 (77.9%)
44	GARUS Magdalena	904		40-49	44	00:00:01	00:11:05	00:26:26.50	00:26:28.45	+00:05:49 (22.0%)	4:59	12 (77.9%)
45	BOJDA Brygida	567	ŚWIRYSTELA	40-49	45	00:00:09	00:11:08	00:26:32.85	00:26:42.20	+00:05:55 (22.3%)	5:00	12 (77.9%)
46	WACŁAWIK Ewa	203		40-49	46	00:00:33	00:11:42	00:26:36.65	00:27:10.40	+00:05:59 (22.5%)	5:01	11.9 (77.3%)
47	LAPMAN Anna	1263		40-49	47	00:00:09	00:11:13	00:26:37.50	00:26:47.15	+00:06:00 (22.6%)	5:01	11.9 (77.3%)
48	CHROBOK Józefa	391	OLZA CIESZYN	40-49	48	00:00:06	00:11:15	00:26:40.45	00:26:46.55	+00:06:03 (22.7%)	5:01	11.9 (77.3%)
49	NYKIEL Małgorzata	313	MIECHOWICKA GRUPA BIEGOWA	40-49	49	00:00:47	00:11:46	00:26:43.20	00:27:31.15	+00:06:06 (22.8%)	5:02	11.9 (77.3%)
50	ZARAŃSKA Izabela	976	MIECHOWICKA GRUPA BIEGOWA	40-49	50	00:00:04	00:11:16	00:26:44.55	00:26:48.75	+00:06:07 (22.9%)	5:02	11.9 (77.3%)
51	MORAWIEC Ola	951	MIECHOWICKA GRUPA BIEGOWA	40-49	51	00:00:48	00:11:41	00:26:48.10	00:27:36.10	+00:06:11 (23.1%)	5:03	11.9 (77.3%)
52	GÓRECKA Iwona	1022		40-49	52	00:00:52	00:11:49	00:26:48.10	00:27:40.50	+00:06:11 (23.1%)	5:03	11.9 (77.3%)
53	AKSAMIT Ewelina	148	MORS HUBERTUS MYŚLOWICE	40-49	53	00:00:52	00:11:58	00:26:49.50	00:27:42.20	+00:06:12 (23.1%)	5:03	11.9 (77.3%)
54	JANIK Ilona	1074	ŚWIRY STELA	40-49	54	00:00:10	00:11:45	00:26:52.35	00:27:02.70	+00:06:15 (23.3%)	5:04	11.8 (76.6%)
55	KUCZEK Katarzyna	864		40-49	55	00:00:12	00:11:20	00:26:56.40	00:27:08.45	+00:06:19 (23.5%)	5:04	11.8 (76.6%)
56	LEMAŃSKA KAMPA Barbara	432	STS BIEGATON MIKOŁÓW	40-49	56	00:00:09	00:11:22	00:27:07.20	00:27:16.45	+00:06:30 (24.0%)	5:06	11.7 (76.0%)
57	WOŹNIAK Joanna	1052		40-49	57	00:00:05	00:11:39	00:27:08.35	00:27:13.45	+00:06:31 (24.0%)	5:07	11.7 (76.0%)
58	ŁUKASZEWSKA Agnieszka	267	STS BIEGATON MIKOŁÓW	40-49	58	00:00:09	00:11:22	00:27:14.15	00:27:23.20	+00:06:37 (24.3%)	5:08	11.7 (76.0%)
59	BRODA Katarzyna	379		40-49	59	00:00:06	00:11:14	00:27:22.75	00:27:29.35	+00:06:45 (24.7%)	5:10	11.6 (75.3%)
60	SAGAN Izabela	1298	BANK SPÓŁDZIELCZY	40-49	60	00:00:23	00:11:31	00:27:25.10	00:27:48.85	+00:06:48 (24.8%)	5:10	11.6 (75.3%)
61	ZIEMIŃSKA Patrycja	1036	ŚWIRY STELA	40-49	61	00:00:09	00:11:18	00:27:30.85	00:27:40.05	+00:06:53 (25.1%)	5:11	11.6 (75.3%)

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62	KRAUSE Sylwia	196	RADLINIOKI W BIEGU	40-49	62	00:00:26	00:11:55	00:27:37.55	00:28:03.65	+00:07:00 (25.4%)	5:12	11.5 (74.7%)
63	RAŻNIAK Beatka	280	KOBIETY NA 5+	40-49	63	00:00:04	00:11:55	00:27:40.80	00:27:45.55	+00:07:03 (25.5%)	5:13	11.5 (74.7%)
64	BINIENDA Agnieszka	239	WATAHA	40-49	64	00:00:38	00:12:34	00:27:42.05	00:28:20.75	+00:07:05 (25.6%)	5:13	11.5 (74.7%)
65	SZEWCZYK Katarzyna	576	WIRUSY	40-49	65	00:00:11	00:11:24	00:27:42.65	00:27:53.95	+00:07:05 (25.6%)	5:13	11.5 (74.7%)
66	KANDORA Anna	919	CIDRY LOTAJOM	40-49	66	00:00:14	00:11:52	00:27:43.75	00:27:58.45	+00:07:06 (25.7%)	5:13	11.5 (74.7%)
67	WROŃSKA Magdalena	867		40-49	67	00:00:02	00:11:35	00:27:51.65	00:27:53.65	+00:07:14 (26.0%)	5:15	11.4 (74.0%)
68	JANICKA Sylwia	45	'DRUŻYNA KOPERNIKA'	40-49	68	00:00:23	00:11:58	00:27:52.35	00:28:15.60	+00:07:15 (26.0%)	5:15	11.4 (74.0%)
69	HOJKA Gabriela	1163		40-49	69	00:00:37	00:12:02	00:27:53.00	00:28:30.35	+00:07:16 (26.1%)	5:15	11.4 (74.0%)
70	POCIENNIK Justyna	1157	BRYKAJĄCA GRUPA BIEGOWA	40-49	70	00:00:35	00:12:25	00:27:54.70	00:28:30.45	+00:07:17 (26.1%)	5:16	11.4 (74.0%)
71	SZEWCZYK Joanna	956		40-49	71	00:00:03	00:11:16	00:28:00.80	00:28:03.90	+00:07:23 (26.4%)	5:16	11.4 (74.0%)
72	NALEWAJKA Wioleta	181	KOBIETY NA 5+	40-49	72	00:00:07	00:11:08	00:28:03.55	00:28:10.75	+00:07:26 (26.5%)	5:17	11.3 (73.4%)
73	KIEŁKOWSKA Agnieszka	570	KOBIETY NA 5+	40-49	73	00:00:22	00:11:56	00:28:03.70	00:28:26.50	+00:07:26 (26.5%)	5:17	11.3 (73.4%)
74	PANEK Elżbieta	728	BIELSZCZANKI BIEGAJĄ	40-49	74	00:00:01	00:11:39	00:28:03.75	00:28:05.45	+00:07:26 (26.5%)	5:17	11.3 (73.4%)
75	ŻYTKO Ania	86		40-49	75	00:00:15	00:11:41	00:28:04.05	00:28:19.80	+00:07:27 (26.5%)	5:17	11.3 (73.4%)
76	BURAKOWSKA Małgorzata	572	ZABIEGANI NAUCZYCIELE	40-49	76	00:00:08	00:11:54	00:28:04.10	00:28:12.35	+00:07:27 (26.6%)	5:17	11.3 (73.4%)
77	SKRZYPOSZEK Małgorzata	287		40-49	77	00:00:16	00:12:03	00:28:04.45	00:28:20.85	+00:07:27 (26.6%)	5:17	11.3 (73.4%)
78	GRABOWSKA Iwona	345	NESSI TEAM	40-49	78	00:00:24	00:12:14	00:28:05.65	00:28:29.80	+00:07:28 (26.6%)	5:17	11.3 (73.4%)
79	MAĆKÓW Agnieszka	1014		40-49	79	00:00:14	00:11:22	00:28:06.40	00:28:21.25	+00:07:29 (26.7%)	5:18	11.3 (73.4%)
80	GENSTY Klaudia	832	DYSTANS LUBOMIA	40-49	80	00:00:07	00:11:54	00:28:13.95	00:28:21.85	+00:07:37 (27.0%)	5:19	11.3 (73.4%)
81	KSEPKO Renata	1116	BIELSZCZANKI BIEGAJĄ	40-49	81	00:00:18	00:12:35	00:28:19.30	00:28:38.05	+00:07:42 (27.2%)	5:20	11.2 (72.7%)
82	PIOTROWSKA Anna	1149		40-49	82	00:00:11	00:12:31	00:28:20.95	00:28:32.40	+00:07:44 (27.3%)	5:20	11.2 (72.7%)
83	JĘDRZEJEK Michalina	158		40-49	83	00:00:03	00:11:52	00:28:23.35	00:28:26.90	+00:07:46 (27.4%)	5:21	11.2 (72.7%)
84	KLIMEK-KARAS Sylwia	850	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	84	00:00:04	00:12:22	00:28:26.95	00:28:31.35	+00:07:50 (27.5%)	5:22	11.2 (72.7%)

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85	SMOLIŃSKA Ilona	134		40-49	85	00:00:49	00:12:39	00:28:37.05	00:29:26.75	+00:08:00 (28.0%)	5:23	11.1 (72.1%)
86	MATIASZEWSKA Małgorzata	876		40-49	86	00:00:12	00:12:17	00:28:38.70	00:28:51.20	+00:08:01 (28.0%)	5:24	11.1 (72.1%)
87	DĄBROWSKA Emilia	147		40-49	87	00:00:14	00:12:04	00:28:40.10	00:28:54.80	+00:08:03 (28.1%)	5:24	11.1 (72.1%)
88	CHYTROSZEK Eleonora	21	BWM	40-49	88	00:00:13	00:12:11	00:28:42.40	00:28:55.60	+00:08:05 (28.2%)	5:24	11.1 (72.1%)
89	STOCHLA Małgorzata	1110		40-49	89	00:00:12	00:12:25	00:28:47.50	00:29:00.15	+00:08:10 (28.4%)	5:26	11 (71.4%)
90	BRZUSKA Kasia	376	OLZA CIESZYN	40-49	90	00:00:35	00:12:26	00:28:48.95	00:29:24.10	+00:08:12 (28.5%)	5:26	11 (71.4%)
91	MIŚKOWIEC Agnieszka	51	KB FARTLEK	40-49	91	00:00:11	00:11:59	00:28:52.55	00:29:04.00	+00:08:15 (28.6%)	5:26	11 (71.4%)
92	PISKORZ Aleksandra	667	MIECHOWICKA GRUPA BIEGOWA	40-49	92	00:00:47	00:12:40	00:28:54.80	00:29:42.45	+00:08:17 (28.7%)	5:27	11 (71.4%)
93	GAJEWSKA Agnieszka	458	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	93	00:00:14	00:12:16	00:28:56.00	00:29:10.70	+00:08:19 (28.7%)	5:27	11 (71.4%)
94	PŁASKA Barbara	170	KOBIETY NA 5+	40-49	94	00:00:06	00:11:36	00:28:56.95	00:29:03.50	+00:08:20 (28.8%)	5:27	11 (71.4%)
95	MAKOSZ Barbara	1191	RUNTEAM PAWLOWICE	40-49	95	00:00:28	00:12:10	00:29:01.75	00:29:30.60	+00:08:24 (29.0%)	5:28	11 (71.4%)
96	PEŁKA Urszula	378	DECATHLON RYBNIK & PRZYJACIELE	40-49	96	00:00:11	00:12:24	00:29:04.95	00:29:15.95	+00:08:28 (29.1%)	5:29	10.9 (70.8%)
97	FRYDECKA Mirosława	151	DECATHLON RYBNIK & PRZYJACIELE	40-49	97	00:00:10	00:12:25	00:29:05.00	00:29:15.85	+00:08:28 (29.1%)	5:29	10.9 (70.8%)
98	BIELA Małgorzata	993	KOBIETY NA 5+	40-49	98	00:00:23	00:12:21	00:29:09.45	00:29:33.05	+00:08:32 (29.3%)	5:30	10.9 (70.8%)
99	ZYBURA Mirka	712		40-49	99	00:00:10	00:12:51	00:29:14.60	00:29:24.65	+00:08:37 (29.5%)	5:30	10.9 (70.8%)
100	BERNAT Katarzyna	50		40-49	100	00:00:33	00:12:05	00:29:15.70	00:29:49.30	+00:08:38 (29.5%)	5:31	10.9 (70.8%)
101	TOMASZEWSKA Magdalena	1013		40-49	101	00:00:11	00:13:05	00:29:15.70	00:29:27.35	+00:08:38 (29.5%)	5:31	10.9 (70.8%)
102	KUFIETA Ewelina	349		40-49	102	00:00:33	00:12:07	00:29:16.10	00:29:49.55	+00:08:39 (29.6%)	5:31	10.9 (70.8%)
103	JABŁOŃSKA Sabina	34		40-49	103	00:00:16	00:12:29	00:29:17.70	00:29:34.55	+00:08:40 (29.6%)	5:31	10.9 (70.8%)
104	WRUCHA Sylwia	1228		40-49	104	00:00:29	00:13:03	00:29:17.85	00:29:47.55	+00:08:40 (29.6%)	5:31	10.9 (70.8%)
105	KOKOT Justyna	656		40-49	105	00:00:13	00:12:08	00:29:18.75	00:29:32.70	+00:08:41 (29.7%)	5:31	10.8 (70.1%)
106	KRZOWSKA Ewa	131		40-49	106	00:00:14	00:12:12	00:29:19.95	00:29:34.85	+00:08:43 (29.7%)	5:32	10.8 (70.1%)
107	HERCHEL Marzena	320	LET'STO SUSZECKA GRUPA BIEGOWA	40-49	107	00:00:17	00:12:34	00:29:23.85	00:29:41.45	+00:08:46 (29.9%)	5:32	10.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
108	ROZMUS-PROCNER Patrycja	800	BIELSZCZANKI BIEGAJĄ	40-49	108	00:00:18	00:12:40	00:29:24.30	00:29:42.55	+00:08:47 (29.9%)	5:32	10.8 (70.1%)
109	PROKOP Iwona	766	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	109	00:00:16	00:12:25	00:29:28.40	00:29:44.95	+00:08:51 (30.1%)	5:33	10.8 (70.1%)
110	KUBISTY Anka	26		40-49	110	00:00:03	00:12:14	00:29:33.00	00:29:36.95	+00:08:56 (30.2%)	5:34	10.8 (70.1%)
111	SOSNA Agata	578		40-49	111	00:00:21	00:12:36	00:29:33.85	00:29:55.30	+00:08:56 (30.3%)	5:34	10.8 (70.1%)
112	GRANICA Dani	1026	DANI BIEGA BEZ GRANIC	40-49	112	00:00:09	00:12:12	00:29:36.05	00:29:45.25	+00:08:59 (30.4%)	5:35	10.7 (69.5%)
113	MALINOWSKA Aneta	655	OLZA CIESZYN	40-49	113	00:00:18	00:12:31	00:29:41.00	00:29:59.80	+00:09:04 (30.5%)	5:36	10.7 (69.5%)
114	BORUS Joanna	480	OLZA CIESZYN	40-49	114	00:00:17	00:13:22	00:29:45.45	00:30:03.35	+00:09:08 (30.7%)	5:36	10.7 (69.5%)
115	MUSIOŁ Helena	831		40-49	115	00:00:32	00:12:39	00:29:48.05	00:30:20.50	+00:09:11 (30.8%)	5:37	10.7 (69.5%)
116	DĄBROWSKA-KUŚNIERZ Ewelina	512	OSOBA PRYWATNA	40-49	116	00:00:47	00:13:01	00:29:55.20	00:30:42.45	+00:09:18 (31.1%)	5:38	10.6 (68.8%)
117	WESOŁOWSKA Katarzyna	1301	UZDROWISKO USTROŃ	40-49	117	00:00:21	00:13:06	00:29:56.35	00:30:18.15	+00:09:19 (31.1%)	5:39	10.6 (68.8%)
118	JAWOREK Monika	508		40-49	118	00:00:43	00:13:33	00:29:59.60	00:30:42.85	+00:09:22 (31.3%)	5:39	10.6 (68.8%)
119	ADAMIAK Edyta	1255	ŚWIRY STELA	40-49	119	00:00:10	00:12:26	00:30:00.70	00:30:10.70	+00:09:23 (31.3%)	5:39	10.6 (68.8%)
120	OSTROWSKA Izabela	122	KOBIETY NA 5+	40-49	120	00:00:23	00:12:11	00:30:05.10	00:30:28.45	+00:09:28 (31.5%)	5:40	10.6 (68.8%)
121	DOBRENIUK Aurelia	1273		40-49	121	00:00:14	00:12:48	00:30:08.30	00:30:23.00	+00:09:31 (31.6%)	5:41	10.5 (68.2%)
122	PASZEK Ewa	1138	BIELSZCZANKI BIEGAJĄ	40-49	122	00:00:22	00:13:10	00:30:09.20	00:30:31.95	+00:09:32 (31.6%)	5:41	10.5 (68.2%)
123	WIECZOREK Iwona	1065		40-49	123	00:00:00	00:14:06	00:30:09.55	00:30:09.55	+00:09:32 (31.6%)	5:41	10.5 (68.2%)
124	RANSZ Beata	872		40-49	124	00:00:03	00:12:23	00:30:10.80	00:30:14.55	+00:09:33 (31.7%)	5:41	10.5 (68.2%)
125	DZIAŁKOWSKA Barbara	1083		40-49	125	00:00:24	00:13:15	00:30:13.70	00:30:38.65	+00:09:36 (31.8%)	5:42	10.5 (68.2%)
126	ROZMUS Marzena	669	ŚWIERCZYNIEC RUNNING	40-49	126	00:00:35	00:13:35	00:30:16.80	00:30:52.35	+00:09:39 (31.9%)	5:42	10.5 (68.2%)
127	ZIELOSKO Beata	970	BBL MIKOŁÓW	40-49	127	00:00:33	00:13:18	00:30:16.95	00:30:50.05	+00:09:40 (31.9%)	5:42	10.5 (68.2%)
128	NAWARYŃSKA Ewa	53	WAWRZINEK TEAM	40-49	128	00:00:06	00:12:56	00:30:17.15	00:30:23.55	+00:09:40 (31.9%)	5:42	10.5 (68.2%)
129	SZCZYGIEŁ Anna	394		40-49	129	00:00:16	00:13:23	00:30:17.15	00:30:34.00	+00:09:40 (31.9%)	5:43	10.5 (68.2%)
130	GAJDAMAKIN Patrycja	635		40-49	130	00:00:17	00:13:23	00:30:18.60	00:30:35.65	+00:09:41 (32.0%)	5:43	10.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
131	STOPYRA Agnieszka	497		40-49	131	00:00:16	00:13:18	00:30:20.25	00:30:36.25	+00:09:43 (32.0%)	5:43	10.5 (68.2%)
132	PIETROSZEK Władysława	270		40-49	132	00:00:05	00:12:24	00:30:20.70	00:30:26.65	+00:09:43 (32.1%)	5:43	10.5 (68.2%)
133	KUBICA Monika	1122	BEST FIT	40-49	133	00:00:14	00:12:42	00:30:24.75	00:30:38.95	+00:09:47 (32.2%)	5:44	10.5 (68.2%)
134	FECZKO Lucyna	700		40-49	134	00:00:16	00:13:08	00:30:25.05	00:30:41.20	+00:09:48 (32.2%)	5:44	10.5 (68.2%)
135	WERNIK Katarzyna	1018	BESTFITCLUB RYBNIK	40-49	135	00:00:14	00:12:42	00:30:25.15	00:30:39.35	+00:09:48 (32.2%)	5:44	10.5 (68.2%)
136	IDZIKOWSKA Elżbieta	1241		40-49	136	00:00:53	00:13:05	00:30:26.40	00:31:20.15	+00:09:49 (32.3%)	5:44	10.4 (67.5%)
137	SMYCZEK Joanna	758		40-49	137	00:00:34	00:13:13	00:30:26.55	00:31:01.05	+00:09:49 (32.3%)	5:44	10.4 (67.5%)
138	BONDARCZUK Sylwia	571	SZYBKIE ŻÓŁWIE	40-49	138	00:00:31	00:12:32	00:30:28.90	00:31:00.05	+00:09:51 (32.4%)	5:45	10.4 (67.5%)
139	CYWIŃSKA Elżbieta	679	ŚWIERCZYNICZEC RUNNING	40-49	139	00:00:35	00:13:36	00:30:32.15	00:31:07.35	+00:09:55 (32.5%)	5:45	10.4 (67.5%)
140	HAJZYK Eveline	1169	DECATHLON RYBNIK & PRZYJACIELE	40-49	140	00:00:00	00:12:40	00:30:33.65	00:30:34.55	+00:09:56 (32.5%)	5:46	10.4 (67.5%)
141	COFALIK Gabriela	1029	DECATHLON RYBNIK & PRZYJACIELE	40-49	141	00:00:11	00:12:29	00:30:34.05	00:30:45.45	+00:09:57 (32.6%)	5:46	10.4 (67.5%)
142	ZIĘTARA Agata	1045		40-49	142	00:00:22	00:13:07	00:30:35.70	00:30:58.25	+00:09:58 (32.6%)	5:46	10.4 (67.5%)
143	JĘDRZEJEWSKA Beata	212	WATAHA	40-49	143	00:00:36	00:13:15	00:30:35.70	00:31:11.85	+00:09:58 (32.6%)	5:46	10.4 (67.5%)
144	SŁUPIK Bożena	448		40-49	144	00:00:23	00:13:24	00:30:36.75	00:31:00.20	+00:09:59 (32.7%)	5:46	10.4 (67.5%)
145	BAJCAR Beata	611	KOBIETY NA 5+	40-49	145	00:00:08	00:12:34	00:30:37.45	00:30:46.35	+00:10:00 (32.7%)	5:46	10.4 (67.5%)
146	FOJCIK Asia	764	SBD ENERGETYK RYBNIK	40-49	146	00:00:40	00:13:05	00:30:40.50	00:31:20.65	+00:10:03 (32.8%)	5:47	10.4 (67.5%)
147	MAROSZEK Aleksandra	235		40-49	147	00:00:07	00:12:38	00:30:44.70	00:30:52.65	+00:10:07 (32.9%)	5:48	10.3 (66.9%)
148	GIEL Agata	1135		40-49	148	00:00:23	00:13:52	00:30:46.35	00:31:09.80	+00:10:09 (33.0%)	5:48	10.3 (66.9%)
149	SZTABLA Liliana	698		40-49	149	00:00:35	00:14:01	00:30:49.65	00:31:24.80	+00:10:12 (33.1%)	5:48	10.3 (66.9%)
150	DELEWSKA Dorota	1005	NIGHT RUNNERS ZABRZE	40-49	150	00:00:44	00:13:54	00:30:50.30	00:31:34.50	+00:10:13 (33.1%)	5:49	10.3 (66.9%)
151	CZAJKOWSKA-OCZADŁY Anna	703		40-49	151	00:00:34	00:14:01	00:30:50.65	00:31:24.95	+00:10:13 (33.2%)	5:49	10.3 (66.9%)
152	BETAŃSKA Aneta	292	KOBIETY NA 5+	40-49	152	00:00:21	00:13:04	00:30:53.10	00:31:14.65	+00:10:16 (33.2%)	5:49	10.3 (66.9%)
153	WESOŁY Agnieszka	18	MIECHOWICKA GRUPA BIEGOWA	40-49	153	00:00:51	00:13:57	00:30:53.50	00:31:44.65	+00:10:16 (33.3%)	5:49	10.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
154	KĄŁUS Joanna	325		40-49	154	00:00:26	00:12:46	00:30:53.55	00:31:19.80	+00:10:16 (33.3%)	5:49	10.3 (66.9%)
155	ŁEPEK Bożena	172		40-49	155	00:00:19	00:13:18	00:30:58.30	00:31:18.05	+00:10:21 (33.4%)	5:50	10.3 (66.9%)
156	MAC Joann	1027		40-49	156	00:00:19	00:13:19	00:30:58.50	00:31:18.35	+00:10:21 (33.4%)	5:50	10.3 (66.9%)
157	BEM - POŹNIAK Iwona	757	MIECHOWICKA GRUPA BIEGOWA	40-49	157	00:00:51	00:14:15	00:31:03.30	00:31:54.55	+00:10:26 (33.6%)	5:51	10.2 (66.2%)
158	KOZOK Małgorzata	455	NESSI TEAM	40-49	158	00:00:10	00:12:58	00:31:03.90	00:31:14.50	+00:10:26 (33.6%)	5:51	10.2 (66.2%)
159	BIERZA Alina	273	FITOLKA	40-49	159	00:00:12	00:12:29	00:31:04.90	00:31:17.00	+00:10:27 (33.7%)	5:51	10.2 (66.2%)
160	PEPEK Aneta	490		40-49	160	00:00:16	00:13:09	00:31:11.60	00:31:28.05	+00:10:34 (33.9%)	5:53	10.2 (66.2%)
161	GABRUŚ Iwona	1056	PĘDZĄCE ŻÓŁWIE IMI	40-49	161	00:00:40	00:13:48	00:31:14.25	00:31:55.15	+00:10:37 (34.0%)	5:53	10.2 (66.2%)
162	ROSGA Anna	1230		40-49	162	00:00:11	00:12:49	00:31:14.90	00:31:26.85	+00:10:37 (34.0%)	5:53	10.2 (66.2%)
163	BLANA Małgorzata	1260		40-49	163	00:00:11	00:12:50	00:31:14.95	00:31:26.90	+00:10:38 (34.0%)	5:53	10.2 (66.2%)
164	KOWAL Beata	598	MIECHOWICKA GRUPA BIEGOWA	40-49	164	00:00:50	00:14:10	00:31:16.05	00:32:06.60	+00:10:39 (34.1%)	5:53	10.2 (66.2%)
165	JAWORSKA Barbara	1232	BIELSZCZANKI BIEGAJĄ	40-49	165	00:00:31	00:13:10	00:31:17.90	00:31:49.00	+00:10:40 (34.1%)	5:54	10.2 (66.2%)
166	KASPRZYCKA -SZUBARSKA Katarzyna	708	OLZA CIESZYN	40-49	166	00:00:38	00:13:42	00:31:20.80	00:31:58.80	+00:10:43 (34.2%)	5:54	10.1 (65.6%)
167	ADAMUS Katarzyna	79	OLZA CIESZYN	40-49	167	00:00:37	00:13:42	00:31:21.50	00:31:59.25	+00:10:44 (34.3%)	5:55	10.1 (65.6%)
168	GÓRNY Jola	162	BB BIELSZCZANKI BIEGAJĄ	40-49	168	00:00:03	00:12:19	00:31:22.30	00:31:25.40	+00:10:45 (34.3%)	5:55	10.1 (65.6%)
169	KRZEMPEK Bogusława	80	UBS	40-49	169	00:00:18	00:13:18	00:31:23.35	00:31:42.20	+00:10:46 (34.3%)	5:55	10.1 (65.6%)
170	BURZYŃSKA Beata	422		40-49	170	00:00:17	00:13:09	00:31:33.30	00:31:51.00	+00:10:56 (34.7%)	5:57	10.1 (65.6%)
171	WOSIŃSKA Helena	954	RUNTEAM PAWŁOWICE	40-49	171	00:00:28	00:13:26	00:31:34.55	00:32:02.80	+00:10:57 (34.7%)	5:57	10.1 (65.6%)
172	NYKIEL Joanna	924		40-49	172	00:00:45	00:13:44	00:31:34.85	00:32:20.25	+00:10:57 (34.7%)	5:57	10.1 (65.6%)
173	KĘPKA Joanna	447	KOLONIE	40-49	173	00:00:20	00:13:09	00:31:37.75	00:31:57.90	+00:11:00 (34.8%)	5:57	10.1 (65.6%)
174	SZCZUKA Joanna	871	MIECHOWICKA GRUPA BIEGOWA	40-49	174	00:00:51	00:13:54	00:31:39.70	00:32:31.55	+00:11:02 (34.9%)	5:58	10 (64.9%)
175	MUSIOŁ Zuzanna	921	DYSTANS LUBOMIA	40-49	175	00:00:32	00:13:41	00:31:41.35	00:32:13.50	+00:11:04 (34.9%)	5:58	10 (64.9%)
176	ŻEBROWSKA Matylda	93	MORS HUBERTUS MYSŁOWICE	40-49	176	00:00:57	00:14:25	00:31:45.80	00:32:43.25	+00:11:08 (35.1%)	5:59	10 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
177	GASZKA Sylwia	562		40-49	177	00:00:43	00:13:18	00:31:47.00	00:32:30.75	+00:11:10 (35.1%)	5:59	10 (64.9%)
178	PILCH Mirosława	1231		40-49	178	00:00:51	00:14:07	00:31:50.90	00:32:42.45	+00:11:13 (35.3%)	6:00	10 (64.9%)
179	GODZIC Magdalena	964		40-49	179	00:00:16	00:13:36	00:31:52.35	00:32:08.40	+00:11:15 (35.3%)	6:00	10 (64.9%)
180	KOZŁOWSKA Bożena	354		40-49	180	00:00:28	00:13:15	00:31:53.50	00:32:21.75	+00:11:16 (35.4%)	6:00	10 (64.9%)
181	WIŚNIEWSKA Mirella	441		40-49	181	00:00:18	00:13:26	00:31:54.45	00:32:13.15	+00:11:17 (35.4%)	6:01	10 (64.9%)
182	BAK-ŚCIERSKA Beata	514	NESSI TEAM	40-49	182	00:00:23	00:13:19	00:31:57.40	00:32:20.75	+00:11:20 (35.5%)	6:01	10 (64.9%)
183	PIECHOCZEK-NIEZGODA Lucyna	1171		40-49	183	00:00:36	00:13:59	00:31:58.45	00:32:35.25	+00:11:21 (35.5%)	6:02	9.9 (64.3%)
184	KMIECIK Izabela	844		40-49	184	00:00:14	00:13:01	00:32:02.15	00:32:16.25	+00:11:25 (35.6%)	6:02	9.9 (64.3%)
185	ROZMUS Ewa	383	POWOLI DO CELU	40-49	185	00:00:25	00:13:53	00:32:02.25	00:32:27.55	+00:11:25 (35.7%)	6:02	9.9 (64.3%)
186	WRÓBLEWSKA Joanna	1152		40-49	186	00:00:17	00:13:26	00:32:09.90	00:32:27.35	+00:11:32 (35.9%)	6:04	9.9 (64.3%)
187	ZACZYŃSKA-POZNIAK Jarosława	1126		40-49	187	00:00:35	00:13:57	00:32:11.60	00:32:46.85	+00:11:34 (36.0%)	6:04	9.9 (64.3%)
188	IMIOŁCZYK Izabela	737	MIECHOWICKA GRUPA BIEGOWA	40-49	188	00:00:50	00:14:09	00:32:12.75	00:33:03.05	+00:11:35 (36.0%)	6:04	9.9 (64.3%)
189	ZŁOCIAK Agnieszka	1216		40-49	189	00:00:25	00:13:38	00:32:13.80	00:32:39.75	+00:11:36 (36.0%)	6:04	9.9 (64.3%)
190	KUBAS Alina	905	KLUB BIEGACZA FARTLEK	40-49	190	00:00:35	00:14:01	00:32:15.50	00:32:51.35	+00:11:38 (36.1%)	6:05	9.9 (64.3%)
191	OLSZYNA Katarzyna	41		40-49	191	00:00:36		00:32:17.65	00:32:54.20	+00:11:40 (36.2%)	6:05	9.8 (63.6%)
192	GŁÓWCZYK Izabela	1294	KOBIETY NA 5+	40-49	192	00:00:39	00:14:24	00:32:19.35	00:32:59.30	+00:11:42 (36.2%)	6:06	9.8 (63.6%)
193	PAWEŁEK Barbara	1227		40-49	193	00:00:19	00:14:01	00:32:19.60	00:32:39.20	+00:11:42 (36.2%)	6:06	9.8 (63.6%)
194	JUCHA Monika	818		40-49	194	00:00:18	00:13:22	00:32:20.30	00:32:38.55	+00:11:43 (36.2%)	6:06	9.8 (63.6%)
195	KOTOWICZ Bernadetta	365		40-49	195	00:00:25	00:13:50	00:32:21.85	00:32:47.65	+00:11:44 (36.3%)	6:06	9.8 (63.6%)
196	SICZEK Małgorzata	424		40-49	196	00:00:25	00:13:50	00:32:21.85	00:32:47.75	+00:11:44 (36.3%)	6:06	9.8 (63.6%)
197	OLSZEWSKA Dorota	886	KOBIETY NA 5+	40-49	197	00:00:38	00:14:02	00:32:24.90	00:33:03.85	+00:11:47 (36.4%)	6:06	9.8 (63.6%)
198	PIECHACZEK Kinga	521		40-49	198	00:00:14	00:13:33	00:32:26.20	00:32:40.50	+00:11:49 (36.4%)	6:07	9.8 (63.6%)
199	JAROSIŃSKA Barbara	42		40-49	199	00:00:16	00:13:36	00:32:29.40	00:32:45.95	+00:11:52 (36.5%)	6:07	9.8 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
200	MIKA Aneta	168	DECATHLON RYBNIK & PRZYJACIELE	40-49	200	00:00:55	00:14:02	00:32:31.15	00:33:26.90	+00:11:54 (36.6%)	6:08	9.8 (63.6%)
201	KORCZEWSKA Beata	634	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:50	00:14:15	00:32:32.65	00:33:23.00	+00:11:55 (36.7%)	6:08	9.8 (63.6%)
202	ROMBERG Agnieszka	177	MIECHOWICKA GRUPA BIEGOWA	40-49	202	00:00:50	00:14:12	00:32:32.90	00:33:23.55	+00:11:55 (36.7%)	6:08	9.8 (63.6%)
203	CZYRNEK Ewa	583	DECATHLON RYBNIK & PRZYJACIELE	40-49	203	00:00:55	00:14:24	00:32:38.60	00:33:34.05	+00:12:01 (36.8%)	6:09	9.7 (63.0%)
204	TROJAN Jolanta	595		40-49	204	00:00:09	00:13:57	00:32:42.10	00:32:51.85	+00:12:05 (37.0%)	6:10	9.7 (63.0%)
205	JANKOWSKA Bacia	784	WIRUSY	40-49	205	00:00:11	00:13:48	00:32:42.40	00:32:53.75	+00:12:05 (37.0%)	6:10	9.7 (63.0%)
206	JASEK Wiola	541	WATAHA	40-49	206	00:00:35	00:13:44	00:32:43.20	00:33:18.45	+00:12:06 (37.0%)	6:10	9.7 (63.0%)
207	BARTNIK Joanna	231	STREET SPIRIT	40-49	207	00:00:29	00:14:07	00:32:43.45	00:33:12.90	+00:12:06 (37.0%)	6:10	9.7 (63.0%)
208	DUDEK KOMANIECKA Patrycja	621	DECATHLON RYBNIK & PRZYJACIELE	40-49	208	00:00:23	00:14:10	00:32:44.40	00:33:08.30	+00:12:07 (37.0%)	6:10	9.7 (63.0%)
209	BIAŁAS Joanna	1189	SPOT PSZCZYNA	40-49	209	00:00:15	00:13:41	00:33:06.20	00:33:21.70	+00:12:29 (37.7%)	6:14	9.6 (62.3%)
210	WOJDALSKA-ŚLEDZIŃSKA Agata	260	NESSI TEAM	40-49	210	00:00:26	00:14:11	00:33:06.70	00:33:33.40	+00:12:29 (37.7%)	6:14	9.6 (62.3%)
211	FRANKE Barbara	1028		40-49	211	00:00:22	00:13:18	00:33:10.50	00:33:32.95	+00:12:33 (37.9%)	6:15	9.6 (62.3%)
212	MATUĆ Aleksandra	324	MIECHOWICKA GRUPA BIEGOWA	40-49	212	00:00:50	00:14:15	00:33:11.50	00:34:02.05	+00:12:34 (37.9%)	6:15	9.6 (62.3%)
213	NOWAK Anna	536	OLZA CIESZYN	40-49	213	00:00:18	00:13:51	00:33:11.75	00:33:29.95	+00:12:34 (37.9%)	6:15	9.6 (62.3%)
214	GREGORCZYK Magdalena	556	STARY MŁYN MIKOŁÓW	40-49	214	00:00:14	00:13:09	00:33:12.85	00:33:27.15	+00:12:35 (37.9%)	6:16	9.6 (62.3%)
215	DOBOSZ Katarzyna	881	MIECHOWICKA GRUPA BIEGOWA	40-49	215	00:00:47	00:14:41	00:33:14.55	00:34:02.25	+00:12:37 (38.0%)	6:16	9.6 (62.3%)
216	LAKSA Marlena	731	MIECHOWICKA GRUPA BIEGOWA	40-49	216	00:00:53	00:14:12	00:33:17.80	00:34:11.30	+00:12:40 (38.1%)	6:16	9.5 (61.7%)
217	LIDUK Violetta	873		40-49	217	00:00:12	00:13:12	00:33:19.00	00:33:31.25	+00:12:42 (38.1%)	6:17	9.5 (61.7%)
218	ŚLEBODA Bożena	485	MIECHOWICKA GRUPA BIEGOWA	40-49	218	00:00:46	00:14:17	00:33:24.50	00:34:10.70	+00:12:47 (38.3%)	6:18	9.5 (61.7%)
219	ROLA Agnieszka	1177		40-49	219	00:00:39	00:14:12	00:33:26.60	00:34:05.80	+00:12:49 (38.4%)	6:18	9.5 (61.7%)
220	BOŻEK Dagmara	335		40-49	220	00:00:19	00:13:31	00:33:37.90	00:33:57.75	+00:13:00 (38.7%)	6:20	9.5 (61.7%)
221	KMIECIAK Grażyna	852		40-49	221	00:00:32	00:13:35	00:33:42.40	00:34:14.80	+00:13:05 (38.8%)	6:21	9.4 (61.0%)
222	PUDA Dorota	694		40-49	222	00:00:34	00:14:23	00:33:45.05	00:34:19.55	+00:13:08 (38.9%)	6:22	9.4 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
223	MICHALIK Małgorzata	577	MIECHOWICKA GRUPA BIEGOWA	40-49	223	00:00:48	00:15:23	00:33:45.20	00:34:33.55	+00:13:08 (38.9%)	6:22	9.4 (61.0%)
224	JORDAN Monika	224		40-49	224	00:00:12	00:13:41	00:33:46.30	00:33:58.65	+00:13:09 (39.0%)	6:22	9.4 (61.0%)
225	PETRYKOWSKA Elżbieta	353		40-49	225	00:00:09	00:13:33	00:33:47.60	00:33:57.30	+00:13:10 (39.0%)	6:22	9.4 (61.0%)
226	PICH Janeta	726		40-49	226	00:00:27	00:14:43	00:33:51.05	00:34:18.85	+00:13:14 (39.1%)	6:23	9.4 (61.0%)
227	WYLOTEK Barbara	1249		40-49	227	00:00:37	00:14:03	00:33:53.20	00:34:31.05	+00:13:16 (39.2%)	6:23	9.4 (61.0%)
228	DZIĘCIELEWSKA Sylwia	436	BYLE DO METY	40-49	228	00:00:48	00:14:33	00:33:54.95	00:34:43.80	+00:13:18 (39.2%)	6:23	9.4 (61.0%)
229	MYŚLIWIEC Monika	110	KOBIETY NA 5+	40-49	229	00:00:09	00:14:27	00:33:57.30	00:34:06.45	+00:13:20 (39.3%)	6:24	9.4 (61.0%)
230	SZEFER Sylwia	123		40-49	230	00:00:05	00:13:41	00:33:58.75	00:34:04.40	+00:13:21 (39.3%)	6:24	9.4 (61.0%)
231	STEFANIAK Justyna	319	POGORIA BIEGA	40-49	231	00:00:37	00:14:28	00:33:59.35	00:34:36.65	+00:13:22 (39.3%)	6:24	9.4 (61.0%)
232	WRÓBEL Katarzyna	965	DYCUŚ TEAM	40-49	232	00:00:15	00:14:41	00:34:03.25	00:34:18.40	+00:13:26 (39.5%)	6:25	9.3 (60.4%)
233	KANIA Bożena	407	50 LAT SP5	40-49	233	00:00:09	00:13:42	00:34:03.90	00:34:13.55	+00:13:26 (39.5%)	6:25	9.3 (60.4%)
234	KACZOREK Anna	936	HRMAX	40-49	234	00:00:39	00:14:45	00:34:07.00	00:34:46.80	+00:13:30 (39.6%)	6:26	9.3 (60.4%)
235	BASEK Marta	1205	HRMAX ŻORY	40-49	235	00:00:38	00:14:45	00:34:08.00	00:34:46.65	+00:13:31 (39.6%)	6:26	9.3 (60.4%)
236	TOMAN Aneta	527	HRMAX ŻORY	40-49	236	00:00:38	00:14:45	00:34:08.25	00:34:47.20	+00:13:31 (39.6%)	6:26	9.3 (60.4%)
237	KAŁUS Ewa	404	HRMAX ŻORY	40-49	237	00:00:38	00:14:45	00:34:08.45	00:34:46.85	+00:13:31 (39.6%)	6:26	9.3 (60.4%)
238	BUGLA Weronika	928	DYSTANS CLUB LUBOMIA	40-49	238	00:00:32	00:14:33	00:34:11.20	00:34:43.90	+00:13:34 (39.7%)	6:26	9.3 (60.4%)
239	KUCZERA-JARGOT Aldona	549		40-49	239	00:00:10	00:14:04	00:34:16.35	00:34:26.60	+00:13:39 (39.8%)	6:27	9.3 (60.4%)
240	DOBOSZ Ilona	114		40-49	240	00:00:10	00:14:04	00:34:17.70	00:34:28.55	+00:13:40 (39.9%)	6:28	9.3 (60.4%)
241	PAWLIK Małgorzata	520		40-49	241	00:00:46	00:14:36	00:34:21.95	00:35:08.65	+00:13:45 (40.0%)	6:29	9.3 (60.4%)
242	SURY-WOLNIEWICZ Kamila	417	KOBIETY NA 5+	40-49	242	00:00:06	00:13:51	00:34:25.75	00:34:32.60	+00:13:48 (40.1%)	6:29	9.2 (59.7%)
243	SZPYRA Sonia	188		40-49	243	00:00:05	00:13:58	00:34:28.35	00:34:33.85	+00:13:51 (40.2%)	6:30	9.2 (59.7%)
244	JACAK Marta	482		40-49	244	00:00:26	00:14:13	00:34:30.10	00:34:56.85	+00:13:53 (40.2%)	6:30	9.2 (59.7%)
245	SŁUPECKA Beata	476	KOBIETY NA 5+	40-49	245	00:00:21	00:14:26	00:34:34.65	00:34:56.60	+00:13:57 (40.4%)	6:31	9.2 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
246	HABER Kasia	1113	MIECHOWICKA GRUPA BIEGOWA	40-49	246	00:00:48	00:14:55	00:34:35.30	00:35:24.20	+00:13:58 (40.4%)	6:31	9.2 (59.7%)
247	SOKÓŁ-OLEŚ Ewelina	78		40-49	247	00:00:28	00:14:36	00:34:40.35	00:35:08.40	+00:14:03 (40.5%)	6:32	9.2 (59.7%)
248	PRZYBYŁA Violetta	150	NESSI TEAM	40-49	248	00:00:21	00:14:23	00:34:43.10	00:35:04.10	+00:14:06 (40.6%)	6:33	9.2 (59.7%)
249	BIERNAT Agnieszka	1067		40-49	249	00:00:48	00:14:35	00:34:49.45	00:35:38.40	+00:14:12 (40.8%)	6:34	9.1 (59.1%)
250	HEKIERT Wioleta	40	MIECHOWICKA GRUPA BIEGOWA	40-49	250	00:00:48	00:15:17	00:34:52.20	00:35:41.05	+00:14:15 (40.9%)	6:34	9.1 (59.1%)
251	BAŁA Justyna	245	KOBIETY NA 5+	40-49	251	00:00:39	00:14:52	00:34:56.60	00:35:35.90	+00:14:19 (41.0%)	6:35	9.1 (59.1%)
252	NAWROCKA Agnieszka	599		40-49	252	00:00:42	00:14:43	00:34:57.05	00:35:39.95	+00:14:20 (41.0%)	6:35	9.1 (59.1%)
253	RAKSZAWA Izabela	66		40-49	253	00:00:09	00:13:49	00:35:03.05	00:35:12.30	+00:14:26 (41.2%)	6:36	9.1 (59.1%)
254	KONIECZNA Marzena	488	OLZA CIESZYN	40-49	254	00:00:17	00:14:12	00:35:05.75	00:35:23.05	+00:14:28 (41.3%)	6:37	9.1 (59.1%)
255	NYSZTAL Izabela	57		40-49	255	00:00:24	00:15:04	00:35:09.20	00:35:33.75	+00:14:32 (41.4%)	6:37	9 (58.4%)
256	BRODA Beata	663		40-49	256	00:00:57	00:14:42	00:35:09.70	00:36:06.75	+00:14:32 (41.4%)	6:37	9 (58.4%)
257	ADAMCZAK Renata	637		40-49	257	00:00:19	00:14:22	00:35:14.15	00:35:33.90	+00:14:37 (41.5%)	6:38	9 (58.4%)
258	POCHWYT Ines	269		40-49	258	00:00:37	00:14:37	00:35:25.00	00:36:02.35	+00:14:48 (41.8%)	6:40	9 (58.4%)
259	OLEARCZYK Joanna	814	FRELKI	40-49	259	00:00:49	00:14:59	00:35:25.20	00:36:14.40	+00:14:48 (41.8%)	6:40	9 (58.4%)
260	KOZDĘBA Katarzyna	97		40-49	260	00:00:29	00:13:58	00:35:25.35	00:35:54.80	+00:14:48 (41.8%)	6:40	9 (58.4%)
261	PODESZWA Barbara	154	KOLONIE	40-49	261	00:00:21	00:14:21	00:35:28.20	00:35:49.55	+00:14:51 (41.9%)	6:41	9 (58.4%)
262	ZMUDA Wioleta	807	KS M. E.T.A	40-49	262	00:00:26	00:14:11	00:35:31.60	00:35:58.20	+00:14:54 (42.0%)	6:42	8.9 (57.8%)
263	BLOCH Katarzyna	933	MIECHOWICKA GRUPA BIEGOWA	40-49	263	00:00:53	00:15:30	00:35:36.35	00:36:30.00	+00:14:59 (42.1%)	6:43	8.9 (57.8%)
264	PANEK Sylwia	515	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	264	00:00:12	00:14:55	00:35:51.20	00:36:04.15	+00:15:14 (42.5%)	6:46	8.9 (57.8%)
265	KROWIAK Agata	263	FARTLEK	40-49	265	00:00:22	00:14:49	00:36:00.25	00:36:23.15	+00:15:23 (42.7%)	6:47	8.8 (57.1%)
266	PILCH Agnieszka	1299	CZARNE FIT	40-49	266	00:00:42	00:14:36	00:36:04.40	00:36:46.65	+00:15:27 (42.9%)	6:48	8.8 (57.1%)
267	SZEWCZUK Agnieszka	64		40-49	267	00:00:46	00:14:38	00:36:11.10	00:36:57.75	+00:15:34 (43.0%)	6:49	8.8 (57.1%)
268	SOSZ Ania	454		40-49	268	00:00:18	00:15:18	00:36:26.35	00:36:44.45	+00:15:49 (43.4%)	6:52	8.7 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
269	KRÓL Magdalena	30		40-49	269	00:00:19	00:15:15	00:36:28.70	00:36:48.00	+00:15:51 (43.5%)	6:53	8.7 (56.5%)
270	DYNIA Magdalena	870		40-49	270	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:15:52 (43.5%)	6:53	8.7 (56.5%)
271	PINGIELSKA Małgorzata	71	RADLINIOKI W BIEGU	40-49	271	00:00:29	00:14:58	00:36:33.75	00:37:03.30	+00:15:56 (43.6%)	6:53	8.7 (56.5%)
272	ŻOŁĄDEK Beata	128		40-49	272	00:00:12	00:15:29	00:36:35.95	00:36:48.20	+00:15:59 (43.7%)	6:54	8.7 (56.5%)
273	SERAFIN-CHWAEK Joanna	841	KOBIETY NA 5+	40-49	273	00:00:29	00:15:38	00:36:42.20	00:37:11.30	+00:16:05 (43.8%)	6:55	8.7 (56.5%)
274	MARUSZCZAK Justyna	232	MIECHOWICKA GRUPA BIEGOWA	40-49	274	00:00:52	00:15:25	00:36:51.65	00:37:44.45	+00:16:14 (44.1%)	6:57	8.6 (55.8%)
275	ŚWIDER Anna	1272		40-49	275	00:00:47	00:15:54	00:36:52.75	00:37:40.65	+00:16:15 (44.1%)	6:57	8.6 (55.8%)
276	STYRNOL Beata	386		40-49	276	00:00:37	00:15:49	00:37:01.25	00:37:38.90	+00:16:24 (44.3%)	6:59	8.6 (55.8%)
277	JANCZURA Marzena	259		40-49	277	00:00:36	00:15:51	00:37:03.00	00:37:39.15	+00:16:26 (44.4%)	6:59	8.6 (55.8%)
278	KLIMA Agnieszka	331	AMATOR	40-49	278	00:00:36	00:15:50	00:37:03.05	00:37:39.05	+00:16:26 (44.4%)	6:59	8.6 (55.8%)
279	SAWICKA Agnieszka	318	KLUB BIEGACZA FARTLEK	40-49	279	00:00:35	00:15:22	00:37:10.70	00:37:46.10	+00:16:33 (44.5%)	7:00	8.6 (55.8%)
280	JAROSZ Jolanta	210	MORS HUBERTUS MYSŁOWICE	40-49	280	00:00:53	00:16:00	00:37:12.90	00:38:06.75	+00:16:35 (44.6%)	7:01	8.5 (55.2%)
281	KACZKIEWICZ Agnieszka	31	NIGHT RUNNERS GLIWICE	40-49	281	00:00:13	00:15:05	00:37:17.30	00:37:30.45	+00:16:40 (44.7%)	7:02	8.5 (55.2%)
282	GRINIG Mirela	513		40-49	282	00:00:13	00:15:54	00:37:28.05	00:37:41.20	+00:16:51 (45.0%)	7:04	8.5 (55.2%)
283	NOWAK Ewelina	778	KOBIETY NA 5+	40-49	283	00:00:24	00:14:29	00:37:29.45	00:37:54.30	+00:16:52 (45.0%)	7:04	8.5 (55.2%)
284	KUBIAK Celina	306		40-49	284	00:00:39	00:15:34	00:37:41.20	00:38:20.70	+00:17:04 (45.3%)	7:06	8.4 (54.5%)
285	CHOMICKA Dorota	925	BIELSZCZANKI BIEGAJĄ	40-49	285	00:00:28	00:16:24	00:37:41.90	00:38:10.85	+00:17:04 (45.3%)	7:06	8.4 (54.5%)
286	LORENZ Wioletta	816	BIELSZCZANKI BIEGAJĄ	40-49	286	00:00:28	00:16:22	00:37:42.30	00:38:10.75	+00:17:05 (45.3%)	7:06	8.4 (54.5%)
287	KUDASZEWICZ DUDA Sylwia	849	MIECHOWICKA GRUPA BIEGOWA	40-49	287	00:00:41	00:16:01	00:37:43.85	00:38:25.55	+00:17:06 (45.4%)	7:07	8.4 (54.5%)
288	NALEPKA Katarzyna	1240	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:54	00:16:04	00:37:45.25	00:38:39.75	+00:17:08 (45.4%)	7:07	8.4 (54.5%)
289	PELACZYK Wioletta	140	KOBIETY NA 5+	40-49	289	00:00:21	00:15:00	00:37:46.60	00:38:08.25	+00:17:09 (45.4%)	7:07	8.4 (54.5%)
290	ZALEWSKA Barbara	47	KOBIETY 5+	40-49	290	00:00:22	00:15:34	00:37:46.65	00:38:08.65	+00:17:09 (45.4%)	7:07	8.4 (54.5%)
291	KAJTOCH Ewa	452	DECATHLON I PRZYJACIELE	40-49	291	00:00:00		00:38:12.00	00:38:12.00	+00:17:35 (46.0%)	7:12	8.3 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
292	WISEŁKA Lucyna	310	RADLINIOKI W BIEGU	40-49	292	00:00:45	00:16:14	00:38:22.35	00:39:07.85	+00:17:45 (46.3%)	7:14	8.3 (53.9%)
293	JAROS Katarzyna	197		40-49	293	00:00:56	00:16:20	00:38:29.30	00:39:25.85	+00:17:52 (46.4%)	7:15	8.3 (53.9%)
294	ŻYWICA Dorota	1156	ADS MASNA	40-49	294	00:00:08	00:15:55	00:38:39.65	00:38:48.30	+00:18:02 (46.7%)	7:17	8.2 (53.2%)
295	ZIEJA Iza	1133		40-49	295	00:00:55	00:15:48	00:38:47.25	00:39:43.00	+00:18:10 (46.8%)	7:19	8.2 (53.2%)
296	FRYSZTACKA Barbara	701		40-49	296	00:00:56	00:15:41	00:38:47.75	00:39:44.60	+00:18:10 (46.9%)	7:19	8.2 (53.2%)
297	ŁASTÓWKA Marzena	1079	KOBIETY NA 5+	40-49	297	00:00:31	00:16:16	00:38:59.50	00:39:31.05	+00:18:22 (47.1%)	7:21	8.2 (53.2%)
298	PRASAK Sabina	311	POGORIA BIEGA	40-49	298	00:00:50	00:16:37	00:39:08.30	00:39:59.25	+00:18:31 (47.3%)	7:23	8.1 (52.6%)
299	MALCZAK Beata	1209		40-49	299	00:00:11	00:16:22	00:39:19.10	00:39:30.65	+00:18:42 (47.6%)	7:25	8.1 (52.6%)
300	PŁUCHOWSKA Grażyna	890	BIELSZCZANKI BIEGAJĄ	40-49	300	00:00:15	00:15:37	00:39:29.05	00:39:45.00	+00:18:52 (47.8%)	7:27	8.1 (52.6%)
301	BEDNARZ Anna	285	BIEGAM BO LUBIĘ	40-49	301	00:00:39	00:15:34	00:39:34.50	00:40:13.80	+00:18:57 (47.9%)	7:27	8 (51.9%)
302	FOŁDA Anita	836	KOLONIE	40-49	302	00:00:36	00:16:56	00:39:54.20	00:40:30.75	+00:19:17 (48.3%)	7:31	8 (51.9%)
303	SPYRKA Małgorzata	846		40-49	303	00:00:19	00:16:54	00:39:59.75	00:40:19.00	+00:19:22 (48.5%)	7:32	8 (51.9%)
304	SZCZUCHNIAK Adriana	823		40-49	304	00:00:38	00:16:18	00:40:00.60	00:40:39.15	+00:19:23 (48.5%)	7:33	7.9 (51.3%)
305	STAŚKIEWICZ Monika	49		40-49	305	00:00:06	00:16:31	00:40:01.35	00:40:07.90	+00:19:24 (48.5%)	7:33	7.9 (51.3%)
306	KUNERT Katarzyna	402	KOLONIE	40-49	306	00:00:36	00:17:19	00:40:06.70	00:40:43.25	+00:19:29 (48.6%)	7:34	7.9 (51.3%)
307	BRZANA Anna	254	KOLONIE	40-49	307	00:00:36	00:16:56	00:40:06.80	00:40:43.15	+00:19:29 (48.6%)	7:34	7.9 (51.3%)
308	WELET Marzena	672		40-49	308	00:00:22	00:15:46	00:40:09.45	00:40:31.65	+00:19:32 (48.7%)	7:34	7.9 (51.3%)
309	PROCNER Dorota	658		40-49	309	00:00:21	00:15:53	00:40:09.75	00:40:31.55	+00:19:32 (48.7%)	7:34	7.9 (51.3%)
310	WOŹNIAK Anna	829		40-49	310	00:00:45	00:17:23	00:40:11.25	00:40:56.25	+00:19:34 (48.7%)	7:34	7.9 (51.3%)
311	SZATANIK Iwona	573	OLZA CIESZYN	40-49	311	00:00:48	00:16:56	00:40:11.30	00:40:59.55	+00:19:34 (48.7%)	7:34	7.9 (51.3%)
312	DĄBROWSKA Sylwia	1256		40-49	312	00:00:28	00:16:40	00:40:32.00	00:41:00.10	+00:19:55 (49.1%)	7:38	7.8 (50.6%)
313	ŁUCARZ Anna	121	NESSI TEAM	40-49	313	00:00:31	00:16:46	00:40:38.85	00:41:10.25	+00:20:01 (49.3%)	7:40	7.8 (50.6%)
314	JURCZYK Danuta	553	STUDIO ENERGIA FITNESS RYBNIK	40-49	314	00:00:00	00:17:10	00:40:48.00	00:40:48.00	+00:20:11 (49.5%)	7:41	7.8 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
315	SZYMANEK Karina	722		40-49	315	00:00:37	00:17:25	00:40:57.85	00:41:35.70	+00:20:20 (49.7%)	7:43	7.8 (50.6%)
316	NOWAKOWSKA Joanna	372		40-49	316	00:00:28	00:16:40	00:40:58.30	00:41:26.85	+00:20:21 (49.7%)	7:43	7.8 (50.6%)
317	MAZUR Małgorzata	801	KOBIETY NA 5+	40-49	317	00:00:22	00:16:08	00:41:08.60	00:41:31.45	+00:20:31 (49.9%)	7:45	7.7 (50.0%)
318	SŁOTA Justyna	332	MIECHOWICKA GRUPA BIEGOWA	40-49	318	00:00:53	00:16:27	00:41:14.60	00:42:07.85	+00:20:37 (50.0%)	7:46	7.7 (50.0%)
319	CZARNECKA Małgorzata	75	MIECHOWICKA GRUPA BIEGOWA	40-49	319	00:00:47	00:16:22	00:41:20.70	00:42:07.95	+00:20:43 (50.1%)	7:47	7.7 (50.0%)
320	PISAREK Dorota	805		40-49	320	00:00:18	00:17:13	00:41:22.60	00:41:41.30	+00:20:45 (50.2%)	7:48	7.7 (50.0%)
321	LEKSTON Ewa	298		40-49	321	00:00:24	00:16:43	00:41:27.45	00:41:51.70	+00:20:50 (50.3%)	7:49	7.7 (50.0%)
322	ARENDARCZYK Anna	559	BIELSZCZANKI BIEGAJĄ	40-49	322	00:00:56	00:17:11	00:42:09.85	00:43:05.85	+00:21:32 (51.1%)	7:57	7.5 (48.7%)
323	MALINOWSKA Justyna	1222	KOLONIE	40-49	323	00:00:37	00:17:22	00:42:15.65	00:42:52.80	+00:21:38 (51.2%)	7:58	7.5 (48.7%)
324	SKOCZYKŁODA Iwona	290	KOLONIE	40-49	324	00:00:35	00:17:25	00:42:16.80	00:42:52.75	+00:21:39 (51.2%)	7:58	7.5 (48.7%)
325	GAJDA Aleksandra	477		40-49	325	00:00:33	00:17:50	00:42:24.10	00:42:57.50	+00:21:47 (51.4%)	8:00	7.5 (48.7%)
326	LORENZ Iwona	1302		40-49	326	00:00:18	00:16:56	00:42:43.55	00:43:01.80	+00:22:06 (51.7%)	8:03	7.4 (48.1%)
327	DUBIEL Joanna	651	DUBIEL CLUB	40-49	327	00:00:52	00:18:16	00:43:06.85	00:43:59.10	+00:22:29 (52.2%)	8:08	7.4 (48.1%)
328	SITARSKA Agnieszka	493	WATAHA	40-49	328	00:00:45	00:18:37	00:43:17.20	00:44:02.45	+00:22:40 (52.4%)	8:10	7.3 (47.4%)
329	GUZENDA Ewa	771		40-49	329	00:02:34	00:19:36	00:43:36.80	00:46:11.20	+00:22:59 (52.7%)	8:13	7.3 (47.4%)
330	WOJTAL Danka	770		40-49	330	00:00:58	00:17:41	00:43:48.15	00:44:46.60	+00:23:11 (52.9%)	8:15	7.3 (47.4%)
331	DANIKIEWICZ Wioletta	937	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	331	00:00:53	00:18:43	00:44:01.05	00:44:54.40	+00:23:24 (53.2%)	8:18	7.2 (46.8%)
332	ŚLEDŹ Anna	563	SZARE MORSY	40-49	332	00:00:41	00:18:54	00:44:50.85	00:45:32.35	+00:24:13 (54.0%)	8:27	7.1 (46.1%)
333	WOLNIK Ewelina	623		40-49	333	00:00:10	00:18:01	00:44:56.50	00:45:07.15	+00:24:19 (54.1%)	8:28	7.1 (46.1%)
334	DOMINIAK Monika	201		40-49	334	00:00:41	00:18:58	00:45:05.80	00:45:47.75	+00:24:28 (54.3%)	8:30	7.1 (46.1%)
335	DZIENDZIEL Renata	1087	FABRYKA FORMY ŻORY	40-49	335	00:02:36	00:20:26	00:45:25.90	00:48:02.30	+00:24:48 (54.6%)	8:34	7 (45.5%)
336	KROCHMALSKA Jadwiga	813	MIECHOWICKA GRUPA BIEGOWA	40-49	336	00:00:55	00:18:58	00:45:31.60	00:46:26.70	+00:24:54 (54.7%)	8:35	7 (45.5%)
337	BAGIŃSKA Beata	665		40-49	337	00:00:30	00:18:40	00:46:36.30	00:47:06.65	+00:25:59 (55.8%)	8:47	6.8 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
338	FERENC Sonia	1054		40-49	338	00:02:38	00:21:30	00:50:31.95	00:53:10.25	+00:29:55 (59.2%)	9:32	6.3 (40.9%)

Znaleziono 338 wynik(ów)