



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2021-09-19
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GRIMAN Joanna	16	MOJŻYSZ TEAM/ ERIGO	40-49	1	MOJŻYSZ TEAM/ ERIGO	00:09:16	00:18:19.55		3:39	16.4 (100%)
2	ADAMCZYK-NOWAK Beata	2	MIECHOWICKA GRUPA BIEGOWA	40-49	2	Miechowicka Grupa Biegowa	00:10:11	00:20:05.35	+00:01:45 (8.8%)	4:01	14.9 (90.9%)
3	TANISTRA - SŁOWIK Katarzyna	26	HURAGAN LIGOTA	40-49	3		00:10:20	00:20:26.70	+00:02:07 (10.4%)	4:05	14.7 (89.6%)
4	SKALSKA Anna	11	CARBON OCR RACING TEAM FESTIWAL BIEGOWY KRYNICA ZDRÓJ	40-49	4		00:10:12	00:20:28.75	+00:02:09 (10.5%)	4:05	14.7 (89.6%)
5	STRZELCZYK Ewa	832	HURAGAN LIGOTA	40-49	5		00:10:22	00:20:49.70	+00:02:30 (12.0%)	4:09	14.4 (87.8%)
6	WODZIŃSKA Danuta	48		40-49	6		00:10:33	00:21:00.10	+00:02:40 (12.7%)	4:12	14.3 (87.2%)
7	PARZYCH Katarzyna	14	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	7	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:10:39	00:21:12.10	+00:02:52 (13.6%)	4:14	14.2 (86.6%)
8	ANDROSZ Beata	37	BBL RUDA ŚLĄSKA	40-49	8	BBL Ruda Śląska	00:10:33	00:21:25.15	+00:03:05 (14.4%)	4:17	14 (85.4%)
9	BINIENDA Agnieszka	85	KOBIETY WATAHY	40-49	9		00:11:03	00:21:55.55	+00:03:36 (16.4%)	4:23	13.7 (83.5%)
10	GRUSZKA Ewa	117	STS BIEGATON MIKOŁÓW	40-49	10	STS Biegaton Mikołów	00:11:02	00:22:05.35	+00:03:45 (17.0%)	4:25	13.6 (82.9%)
11	KOPIEC Izabela	49		40-49	11		00:11:10	00:22:19.75	+00:04:00 (17.9%)	4:27	13.4 (81.7%)
12	ŻBEL Ania	397	HRMAX ŻORY	40-49	12	HRmax Dziółszki	00:11:04	00:22:30.45	+00:04:10 (18.6%)	4:30	13.3 (81.1%)
13	WOWRY Sylwia	58	OLZA CIESZYN	40-49	13	Olza Cieszyn	00:11:19	00:22:36.20	+00:04:16 (18.9%)	4:31	13.3 (81.1%)
14	CZYŻ Leonarda	34	OLZA CIESZYN	40-49	14	Olza Cieszyn	00:11:19	00:22:37.05	+00:04:17 (19.0%)	4:31	13.3 (81.1%)
15	WYSOCKA Agnieszka	55	KOLOROWA DRUŻYNA NESSI	40-49	15	Kolorowa Drużyna Nessi	00:11:09	00:22:40.45	+00:04:20 (19.2%)	4:32	13.2 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
16	NOWAK Beata	35	OLZA CIESZYN	40-49	16	Olza Cieszyn	00:11:23	00:22:55.70	+00:04:36 (20.1%)	4:35	13.1 (79.9%)
17	DOBRENKO Edyta	61		40-49	17		00:11:51	00:22:59.70	+00:04:40 (20.3%)	4:35	13.1 (79.9%)
18	PIOTROWSKA Anna	42	HURAGAN LIGOTA	40-49	18		00:11:47	00:23:15.35	+00:04:55 (21.2%)	4:39	12.9 (78.7%)
19	NIESŁAŃCZYK Małgorzata	84	WATAHA	40-49	19	Wataha	00:11:32	00:23:18.70	+00:04:59 (21.4%)	4:39	12.9 (78.7%)
20	PASŁAWSKA Katarzyna	92	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	00:23:25.50	+00:05:05 (21.8%)	4:41	12.8 (78.0%)
21	FOJCIK-PUSTELNIK Karolina	17		40-49	21		00:12:06	00:23:25.65	+00:05:06 (21.8%)	4:41	12.8 (78.0%)
22	SOŁTYSEK Barbara	45	JUSTFEELFIT	40-49	22	JustFeelFit TEAM	00:11:48	00:23:31.00	+00:05:11 (22.1%)	4:42	12.8 (78.0%)
23	GREENE Agnieszka	122		40-49	23		00:12:06	00:23:32.15	+00:05:12 (22.1%)	4:42	12.7 (77.4%)
24	HANDZLIK-STARZYK Anna	89		40-49	24		00:12:02	00:23:33.25	+00:05:13 (22.2%)	4:42	12.7 (77.4%)
25	RAFA Asia	76		40-49	25		00:11:55	00:23:37.35	+00:05:17 (22.4%)	4:43	12.7 (77.4%)
26	KUCZEK Katarzyna	90	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	26		00:11:49	00:23:42.75	+00:05:23 (22.7%)	4:44	12.7 (77.4%)
27	HELIOSZ Agnieszka	454	INTERAKTYWNI KROSTOSZOWICE	40-49	27		00:11:59	00:23:45.65	+00:05:26 (22.9%)	4:45	12.6 (76.8%)
28	PIWISZKIS Barbara	38	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	00:23:47.95	+00:05:28 (23.0%)	4:45	12.6 (76.8%)
29	KANDORA Joanna	44	MIECHOWICKA GRUPA BIEGOWA	40-49	29	Miechowska Grupa Biegowa	00:12:10	00:23:55.25	+00:05:35 (23.4%)	4:47	12.5 (76.2%)
30	SICH- SOSNA Agnieszka	107	INTER AKTYWNI	40-49	30	InterAktywni	00:12:09	00:23:59.45	+00:05:39 (23.6%)	4:47	12.5 (76.2%)
31	WĘGOREK Monika	779	BTM RUNNERS	40-49	31	BTM RUNNERS	00:12:16	00:24:06.55	+00:05:47 (24.0%)	4:49	12.4 (75.6%)
32	MENŻYK Joanna	39	MORS HUBERTUS MYSŁOWICE	40-49	32	Mors Hubertus Mysłowice	00:12:10	00:24:07.55	+00:05:48 (24.0%)	4:49	12.4 (75.6%)
33	BALIŃSKA-SANOCKA Aneta	81	DRUŻYNA JASNEJ	40-49	33		00:12:31	00:24:16.25	+00:05:56 (24.5%)	4:51	12.4 (75.6%)
34	BUDREWICZ Elżbieta	549	DYCZUŚ TEAM	40-49	34	Dyczuś Team	00:12:07	00:24:17.95	+00:05:58 (24.6%)	4:51	12.4 (75.6%)
35	PAWŁOWSKA Beata	312	RADLINIOKI W BIEGU	40-49	35		00:12:25	00:24:18.65	+00:05:59 (24.6%)	4:51	12.3 (75.0%)
36	KASPERCZYK Aleksandra	144	WARTKIE PIERONY	40-49	36	Wartkie Pierony	00:12:28	00:24:21.55	+00:06:02 (24.8%)	4:52	12.3 (75.0%)
37	LORENZ Agnieszka	118		40-49	37		00:12:05	00:24:22.05	+00:06:02 (24.8%)	4:52	12.3 (75.0%)
38	MANISZEWSKA Dorota	123	OLZA CIESZYN	40-49	38		00:12:12	00:24:35.75	+00:06:16 (25.5%)	4:55	12.2 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
39	SLISZ Maria	521	DECATHLON PRZYJACIELE	40-49	39	Decathlon & Przyjaciele	00:12:27	00:24:48.90	+00:06:29 (26.2%)	4:57	12.1 (73.8%)
40	GĘBOŁYŚ Beata	289	CHWALISZ CZY NIE CHWALISZ, LOTEJ Z NAMI	40-49	40		00:12:24	00:24:55.20	+00:06:35 (26.5%)	4:59	12 (73.2%)
41	PERKOWSKA Daria	533		40-49	41		00:12:19	00:25:00.85	+00:06:41 (26.7%)	5:00	12 (73.2%)
42	GORZELAK Joanna	114	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	00:25:05.05	+00:06:45 (26.9%)	5:01	12 (73.2%)
43	NYKIEL Małgorzata	135	MIECHOWICKA GRUPA BIEGOWA	40-49	43	Miechowska Grupa Biegowa	00:12:36	00:25:16.50	+00:06:56 (27.5%)	5:03	11.9 (72.6%)
44	STACHAŃCZYK Dorota	325		40-49	44		00:12:54	00:25:23.40	+00:07:03 (27.8%)	5:04	11.8 (72.0%)
45	BROCKA Anita	68		40-49	45		00:12:48	00:25:34.30	+00:07:14 (28.3%)	5:06	11.7 (71.3%)
46	SZTABLA Liliana	165	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	00:25:49.45	+00:07:29 (29.0%)	5:09	11.6 (70.7%)
47	DĄBROWSKA Emilia	366	KLUB BIEGACZA FARTLEK	40-49	47	Klub biegacza Fartlek	00:12:59	00:25:49.55	+00:07:30 (29.0%)	5:09	11.6 (70.7%)
48	GORZKOWSKA Zuzanna	286	BTM RUNNERS	40-49	48	BTM RUNNERS	00:12:56	00:25:58.20	+00:07:38 (29.4%)	5:11	11.6 (70.7%)
49	ŁUSZCZ Magdalena	182	BTM RUNNERS	40-49	49	BTM RUNNERS	00:12:56	00:25:58.30	+00:07:38 (29.4%)	5:11	11.6 (70.7%)
50	GATNER Agnieszka	97		40-49	50		00:13:10	00:25:58.65	+00:07:39 (29.5%)	5:11	11.6 (70.7%)
51	SZEWERDA Hanna	765	BTM RUNNERS	40-49	51	BTM RUNNERS	00:13:12	00:26:06.60	+00:07:47 (29.8%)	5:13	11.5 (70.1%)
52	KONKOL-PEPŁOWSKA Martyna	18		40-49	52		00:12:39	00:26:08.70	+00:07:49 (29.9%)	5:13	11.5 (70.1%)
53	KANIA Monika	19		40-49	53		00:12:56	00:26:08.75	+00:07:49 (29.9%)	5:13	11.5 (70.1%)
54	GARUS Magdalena	146		40-49	54		00:12:54	00:26:13.30	+00:07:53 (30.1%)	5:14	11.4 (69.5%)
55	PIWOŃSKA Adriana	287		40-49	55		00:13:07	00:26:19.10	+00:07:59 (30.4%)	5:15	11.4 (69.5%)
56	DYCZEK Klaudia	218	DYCZUŚ TEAM	40-49	56	Dyczuś Team	00:13:22	00:26:28.80	+00:08:09 (30.8%)	5:17	11.3 (68.9%)
57	SOLICH Ola	764	SULIS HOKO TEAM	40-49	57		00:13:03	00:26:34.15	+00:08:14 (31.0%)	5:18	11.3 (68.9%)
58	STOPYRA Agnieszka	167		40-49	58		00:11:46	00:26:37.40	+00:08:17 (31.2%)	5:19	11.3 (68.9%)
59	POCIENNIK Justyna	313	BRYKAJĄCA GRUPA BIEGOWA	40-49	59		00:13:00	00:26:39.70	+00:08:20 (31.3%)	5:19	11.3 (68.9%)
60	SZYMURA Izabela	425		40-49	60	Decathlon & Przyjaciele	00:13:17	00:26:40.30	+00:08:20 (31.3%)	5:20	11.3 (68.9%)
61	KIEŁKOWSKA Agnieszka	201	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	00:26:50.55	+00:08:31 (31.7%)	5:22	11.2 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
62	FRAJHOFER Ewa	231	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	00:26:51.05	+00:08:31 (31.7%)	5:22	11.2 (68.3%)
63	STABLA Agata	75		40-49	63		00:13:22	00:26:52.30	+00:08:32 (31.8%)	5:22	11.2 (68.3%)
64	PISKORZ Aleksandra	211	MIECHOWICKA GRUPA BIEGOWA	40-49	64	Miechowska Grupa Biegowa	00:13:38	00:27:03.70	+00:08:44 (32.3%)	5:24	11.1 (67.7%)
65	MORAWIEC Barbara	162		40-49	65		00:13:35	00:27:05.55	+00:08:46 (32.4%)	5:25	11.1 (67.7%)
66	BRZUSKA Katarzyna	176	OLZA CIESZYN	40-49	66	Olza Cieszyn	00:13:29	00:27:06.35	+00:08:46 (32.4%)	5:25	11.1 (67.7%)
67	RAWICZ-GROTOWSKA Jowita	334		40-49	67		00:13:38	00:27:06.60	+00:08:47 (32.4%)	5:25	11.1 (67.7%)
68	NIEZGODA Lucyna	481		40-49	68		00:13:35	00:27:14.65	+00:08:55 (32.7%)	5:26	11 (67.1%)
69	KAŁUS Ewa	424	HRMAX ŻORY	40-49	69	HRmax Dziąszki	00:13:47	00:27:17.50	+00:08:57 (32.9%)	5:27	11 (67.1%)
70	BAJCAR Beata	191	KOBIETY NA5+	40-49	70	Kobiety na 5+	00:13:54	00:27:21.30	+00:09:01 (33.0%)	5:28	11 (67.1%)
71	ZIELOSKO Beata	596		40-49	71		00:13:41	00:27:25.70	+00:09:06 (33.2%)	5:29	10.9 (66.5%)
72	ROZMUS Ewa	612	POWOLI DO CELU	40-49	72	PoWoli do Celu	00:13:32	00:27:33.75	+00:09:14 (33.5%)	5:30	10.9 (66.5%)
73	FECZKO Lucyna	121		40-49	73		00:13:32	00:27:34.70	+00:09:15 (33.5%)	5:30	10.9 (66.5%)
74	KRUPOWICZ Aneta	925	CIDRY LOTAJOM	40-49	74	Cidry Lotajom	00:14:05	00:27:35.90	+00:09:16 (33.6%)	5:31	10.9 (66.5%)
75	STOCHLA Małgorzata	71	ZATYRANI	40-49	75		00:13:53	00:27:37.65	+00:09:18 (33.7%)	5:31	10.9 (66.5%)
76	MARCINKOWSKA Magdalena	568	MIECHOWICKA GRUPA BIEGOWA	40-49	76	Miechowska Grupa Biegowa	00:13:48	00:27:40.55	+00:09:21 (33.8%)	5:32	10.8 (65.9%)
77	SAGAN Izabela	228	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	00:27:44.55	+00:09:25 (33.9%)	5:32	10.8 (65.9%)
78	PLUTA Angelika	70	AKTYWNI RYDUŁTOWY	40-49	78	Aktywni Rydułtowy	00:13:50	00:27:45.35	+00:09:25 (34.0%)	5:33	10.8 (65.9%)
79	MAKOSZ Barbara	158	RUNTEAM PAWŁOWICE	40-49	79	RUNTEAM Pawłowice	00:13:59	00:27:47.10	+00:09:27 (34.0%)	5:33	10.8 (65.9%)
80	BASEK Marta	415	HRMAX ŻORY	40-49	80	HRmax Dziąszki	00:13:46	00:27:47.95	+00:09:28 (34.1%)	5:33	10.8 (65.9%)
81	JAKUBOWSKA Agnieszka	261	HRMAX ŻORY	40-49	81	HRmax Dziąszki	00:13:48	00:27:48.35	+00:09:28 (34.1%)	5:33	10.8 (65.9%)
82	WIDERA Elżbieta	104	HRMAX ŻORY	40-49	82	HRmax Dziąszki	00:13:47	00:27:48.90	+00:09:29 (34.1%)	5:33	10.8 (65.9%)
83	SZCZUKA Joanna	525	MIECHOWICKA GRUPA BIEGOWA	40-49	83	Miechowska Grupa Biegowa	00:13:51	00:27:50.80	+00:09:31 (34.2%)	5:34	10.8 (65.9%)
84	SKRZYPEK Marta	870	JUSTFEELFIT TEAM	40-49	84	JustFeelFit TEAM	00:13:47	00:27:55.10	+00:09:35 (34.4%)	5:35	10.7 (65.2%)

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							2.5km	netto 5km			
85	KLIMEK-KARAS Sylwia	288		40-49	85		00:13:52	00:27:57.45	+00:09:37 (34.5%)	5:35	10.7 (65.2%)
86	GRZONDZIEL Katarzyna	210	HURAGAN LIGOTA	40-49	86		00:14:10	00:27:57.80	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
87	KOŃCZAK-ŁABAS Magdalena	601	HURAGAN LIGOTA	40-49	87		00:14:09	00:27:57.95	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
88	PANEK Ela	151	MARGO TEAM	40-49	88		00:13:52	00:27:58.35	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
89	MORGAŁA Daria	486		40-49	89		00:13:55	00:27:59.55	+00:09:40 (34.5%)	5:35	10.7 (65.2%)
90	ROZMUS-PROCNER Patrycja	250	BIELSZCZANKI BIEGAJĄ	40-49	90	BIELSZCZANKI BIEGAJĄ	00:13:38	00:28:02.30	+00:09:42 (34.6%)	5:36	10.7 (65.2%)
91	PROCNER Dorota	224	BIELSZCZANKI BIEGAJĄ	40-49	91		00:13:38	00:28:02.65	+00:09:43 (34.7%)	5:36	10.7 (65.2%)
92	KAŁUS Joanna	320		40-49	92		00:13:50	00:28:05.85	+00:09:46 (34.8%)	5:37	10.7 (65.2%)
93	KRZYK Małgorzata	864		40-49	93		00:14:15	00:28:06.65	+00:09:47 (34.8%)	5:37	10.7 (65.2%)
94	SIKORA Agnieszka	359		40-49	94		00:14:12	00:28:12.75	+00:09:53 (35.0%)	5:38	10.6 (64.6%)
95	WAWRZYCZEK Kasia	437		40-49	95		00:13:52	00:28:15.80	+00:09:56 (35.2%)	5:39	10.6 (64.6%)
96	BALCAREK Magdalena	721		40-49	96		00:14:01	00:28:16.95	+00:09:57 (35.2%)	5:39	10.6 (64.6%)
97	MARCINIAK Beata	906	WATAHA	40-49	97		00:14:54	00:28:18.35	+00:09:58 (35.3%)	5:39	10.6 (64.6%)
98	BURZYŃSKA Beata	500		40-49	98		00:14:19	00:28:21.80	+00:10:02 (35.4%)	5:40	10.6 (64.6%)
99	KUREK-STEFUNYN Beata	495		40-49	99		00:14:19	00:28:22.60	+00:10:03 (35.4%)	5:40	10.6 (64.6%)
100	STRUZIK Mariola	494		40-49	100		00:14:20	00:28:23.10	+00:10:03 (35.4%)	5:40	10.6 (64.6%)
101	KUFIETA Ewelina	86		40-49	101		00:14:01	00:28:27.55	+00:10:08 (35.6%)	5:41	10.5 (64.0%)
102	ADAMCZAK Renata	279	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	00:28:29.10	+00:10:09 (35.7%)	5:41	10.5 (64.0%)
103	KUCIEJ Justyna	878		40-49	103		00:13:53	00:28:29.80	+00:10:10 (35.7%)	5:41	10.5 (64.0%)
104	PRÓSZYŃSKA Agnieszka	207		40-49	104		00:13:50	00:28:30.20	+00:10:10 (35.7%)	5:42	10.5 (64.0%)
105	MIELKE Dagmara	189		40-49	105		00:13:49	00:28:31.20	+00:10:11 (35.7%)	5:42	10.5 (64.0%)
106	BOMBOR Antonina	553		40-49	106		00:14:19	00:28:31.45	+00:10:11 (35.8%)	5:42	10.5 (64.0%)
107	KUNICKA Alicja	856	BIELSZCZANKI BIEGAJĄ	40-49	107	Bielszczanki Biegają	00:14:30	00:28:32.20	+00:10:12 (35.8%)	5:42	10.5 (64.0%)

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							2.5km	netto 5km			
108	PUDA Dorota	174	KOBIETY NA 5+	40-49	108	Kobiety na 5+	00:14:24	00:28:32.55	+00:10:13 (35.8%)	5:42	10.5 (64.0%)
109	PŁASKA Barbara	310	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	00:28:33.35	+00:10:13 (35.8%)	5:42	10.5 (64.0%)
110	DOBRENIUK Aurelia	411		40-49	110		00:13:54	00:28:34.70	+00:10:15 (35.9%)	5:42	10.5 (64.0%)
111	MAĆKÓW Agnieszka	188		40-49	111		00:13:49	00:28:36.55	+00:10:17 (35.9%)	5:43	10.5 (64.0%)
112	PEPEK Aneta	204		40-49	112	Cioteczki	00:14:54	00:28:49.75	+00:10:30 (36.4%)	5:45	10.4 (63.4%)
113	PASZEK Hania	392	HRMAX ŻORY	40-49	113	HRmax Dziolszki	00:14:21	00:28:56.75	+00:10:37 (36.7%)	5:47	10.4 (63.4%)
114	ŁEPEK Bożena	828		40-49	114		00:14:20	00:28:57.80	+00:10:38 (36.7%)	5:47	10.4 (63.4%)
115	ZIĘTARA Agata	319		40-49	115		00:14:32	00:29:01.25	+00:10:41 (36.9%)	5:48	10.3 (62.8%)
116	DZIEWIRZ Aurelia	400	RUNTEAM PAWŁOWICE	40-49	116		00:14:37	00:29:01.50	+00:10:41 (36.9%)	5:48	10.3 (62.8%)
117	GRABOWSKA Katarzyna	617		40-49	117		00:14:41	00:29:02.15	+00:10:42 (36.9%)	5:48	10.3 (62.8%)
118	MAROSZEK Aleksandra	208		40-49	118		00:14:05	00:29:09.25	+00:10:49 (37.1%)	5:49	10.3 (62.8%)
119	SOCHA Marlena	256	WARTKIE PIERONY	40-49	119	Wartkie Pierony	00:14:36	00:29:11.55	+00:10:52 (37.2%)	5:50	10.3 (62.8%)
120	SZEFER Sylwia	227		40-49	120		00:14:17	00:29:12.20	+00:10:52 (37.2%)	5:50	10.3 (62.8%)
121	JASEK Wiola	782	KOBIETY WATAHY	40-49	121		00:14:20	00:29:14.75	+00:10:55 (37.3%)	5:50	10.3 (62.8%)
122	METLAK Joanna	219		40-49	122		00:14:35	00:29:15.05	+00:10:55 (37.3%)	5:51	10.3 (62.8%)
123	GIEROŃ Katarzyna	442	DYSTANS LUBOMIA	40-49	123		00:14:42	00:29:16.00	+00:10:56 (37.4%)	5:51	10.3 (62.8%)
124	GENSTY Klaudia	212	DYSTANS LUBOMIA	40-49	124		00:14:42	00:29:16.10	+00:10:56 (37.4%)	5:51	10.3 (62.8%)
125	DAJKA Barbara	569	FRELKI LOTAJOM	40-49	125	Frelki lotajom	00:13:00	00:29:17.45	+00:10:57 (37.4%)	5:51	10.2 (62.2%)
126	MIŚKOWIEC Agnieszka	367		40-49	126		00:14:13	00:29:28.00	+00:11:08 (37.8%)	5:53	10.2 (62.2%)
127	MAJCHRZAK Agnieszka	214	NESSITEAM	40-49	127		00:15:03	00:29:28.55	+00:11:09 (37.8%)	5:53	10.2 (62.2%)
128	BUKOWSKA Joanna	466	KOLOROWA DRUŻYNA NESSI	40-49	128	Kolorowa Drużyna Nessi	00:15:03	00:29:28.95	+00:11:09 (37.8%)	5:53	10.2 (62.2%)
129	KACZORRK Anna	102	HRMAX	40-49	129	HRmax Dziolszki	00:14:21	00:29:36.00	+00:11:16 (38.1%)	5:55	10.1 (61.6%)
130	KAŁUŻA Ilona	563		40-49	130		00:15:11	00:29:36.25	+00:11:16 (38.1%)	5:55	10.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
131	BAK-ŚCIERSKA Beata	394		40-49	131		00:14:19	00:29:39.00	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
131	TRYBAŁA Monika	899	WATAHA	40-49	131		00:15:42	00:29:39.00	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
133	KRZEMPEK Bogusława	220	BIELSZCZANKI BIEGAJĄ	40-49	133	BIELSZCZANKI BIEGAJĄ	00:14:51	00:29:46.45	+00:11:26 (38.5%)	5:57	10.1 (61.6%)
134	MATUĆ Aleksandra	258	MIECHOWICKA GRUPA BIEGOWA	40-49	134	Miechowska Grupa Biegowa	00:14:54	00:29:47.05	+00:11:27 (38.5%)	5:57	10.1 (61.6%)
135	PIETROSZEK Władysława	688		40-49	135		00:15:07	00:29:58.50	+00:11:38 (38.9%)	5:59	10 (61.0%)
136	REYMANN Milena	564		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	00:29:59.35	+00:11:39 (38.9%)	5:59	10 (61.0%)
137	SZYPUŁA Ewa	246		40-49	137		00:14:35	00:30:00.50	+00:11:40 (38.9%)	6:00	10 (61.0%)
138	SMOZIK Mariola	667	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	00:30:05.10	+00:11:45 (39.1%)	6:01	10 (61.0%)
139	DOBOSZ Ilona	173		40-49	139		00:14:51	00:30:09.20	+00:11:49 (39.2%)	6:01	10 (61.0%)
140	KOŁODZIEJ Ilona	862		40-49	140		00:14:25	00:30:19.10	+00:11:59 (39.6%)	6:03	9.9 (60.4%)
141	KRÓL Magdalena	233	KINGTEAM	40-49	141		00:15:04	00:30:20.80	+00:12:01 (39.6%)	6:04	9.9 (60.4%)
142	KLYSZCZ Honorata	422	INTERAKTYWNI	40-49	142	InterAktywni	00:13:55	00:30:25.50	+00:12:05 (39.8%)	6:05	9.9 (60.4%)
143	CICHOŃ Iwona	241	HURAGAN LIGOTA	40-49	143		00:15:01	00:30:26.30	+00:12:06 (39.8%)	6:05	9.9 (60.4%)
144	BAŁA Justyna	923	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	00:30:27.50	+00:12:07 (39.8%)	6:05	9.9 (60.4%)
145	DUSZA Jolanta	769	DEKATHLON &PRZYJACIELE RYBNIK	40-49	145	Decathlon & Przyjaciele	00:15:21	00:30:28.60	+00:12:09 (39.9%)	6:05	9.8 (59.8%)
146	WĘGRZYN Ewa	696	KNEIPP TEAM	40-49	146		00:14:55	00:30:30.25	+00:12:10 (39.9%)	6:06	9.8 (59.8%)
147	KOLAT Jadwiga	514		40-49	147		00:15:07	00:30:35.00	+00:12:15 (40.1%)	6:07	9.8 (59.8%)
148	ADAMUS Anna	282	WARTKIE PIERONY	40-49	148	Wartkie Pierony	00:15:24	00:30:43.15	+00:12:23 (40.3%)	6:08	9.8 (59.8%)
149	BUGLA Weronika	716	DYSTANS LUBOMIA	40-49	149	Dystans Lubomia	00:15:20	00:30:44.20	+00:12:24 (40.4%)	6:08	9.8 (59.8%)
150	WELET Marzena	595		40-49	150	BIELSZCZANKI BIEGAJĄ	00:15:18	00:30:45.65	+00:12:26 (40.4%)	6:09	9.8 (59.8%)
151	COFALIK Gabriela	290	DECATHLON & PRZYJACIELE	40-49	151	Decathlon & Przyjaciele	00:15:27	00:30:46.05	+00:12:26 (40.4%)	6:09	9.8 (59.8%)
152	JANECKA Ela	748		40-49	152		00:15:37	00:30:52.40	+00:12:32 (40.6%)	6:10	9.7 (59.1%)
153	ŁAPA Aleksandra	197	4A	40-49	153		00:15:10	00:30:53.85	+00:12:34 (40.7%)	6:10	9.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
154	PETRYKOWSKA Elżbieta	335		40-49	154		00:15:05	00:30:56.85	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
155	MOZLER Magdalena	751		40-49	155		00:15:15	00:30:56.90	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
156	RADZIEWICZ Renata	410		40-49	156		00:15:21	00:30:57.05	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
157	BOŻEK Dagmara	396		40-49	157		00:15:26	00:31:15.55	+00:12:56 (41.4%)	6:15	9.6 (58.5%)
158	WINIARSKA Monika	9		40-49	158		00:14:27	00:31:18.50	+00:12:58 (41.5%)	6:15	9.6 (58.5%)
159	DYNIA Magdalena	470		40-49	159		00:15:38	00:31:25.40	+00:13:05 (41.7%)	6:17	9.5 (57.9%)
160	MYŚLIWIEC Monika	262	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	00:31:58.00	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
161	BETAŃSKA Aneta	326	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	00:31:58.40	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
162	KĄKOL WOJTAS Katarzyna	524	POWOLI DO CELU .	40-49	162	PoWoli do Celu	00:17:23	00:32:01.50	+00:13:41 (42.8%)	6:24	9.4 (57.3%)
163	ŻYWICA Dorota	504	HURAGAN LIGOTA	40-49	163	Huragan Ligota	00:15:41	00:32:03.20	+00:13:43 (42.8%)	6:24	9.4 (57.3%)
164	MILEWSKA Izabela	808		40-49	164		00:15:52	00:32:05.00	+00:13:45 (42.9%)	6:25	9.4 (57.3%)
165	KĘPKA Joanna	589		40-49	165		00:15:24	00:32:05.90	+00:13:46 (42.9%)	6:25	9.4 (57.3%)
166	KORCZEWSKA Beata	834	MIECHOWICKA GRUPA BIEGOWA	40-49	166	Miechowicka Grupa Biegowa	00:16:06	00:32:08.40	+00:13:48 (43.0%)	6:25	9.3 (56.7%)
167	NAWROCKA Agnieszka	577		40-49	167		00:15:40	00:32:08.85	+00:13:49 (43.0%)	6:25	9.3 (56.7%)
168	SZATANIK Alina	656		40-49	168		00:16:28	00:32:11.40	+00:13:51 (43.1%)	6:26	9.3 (56.7%)
169	ZACZYŃSKA-POZNIAK Jarosława	180		40-49	169		00:16:24	00:32:12.40	+00:13:52 (43.1%)	6:26	9.3 (56.7%)
170	PAWLIK Małgorzata	4		40-49	170		00:16:08	00:32:28.75	+00:14:09 (43.6%)	6:29	9.2 (56.1%)
171	SZEWCUK Agnieszka	626		40-49	171	Byle do mety	00:15:54	00:32:31.35	+00:14:11 (43.7%)	6:30	9.2 (56.1%)
172	RUMIŃSKA Barbara	815	BIE RUN	40-49	172		00:16:02	00:32:31.70	+00:14:12 (43.7%)	6:30	9.2 (56.1%)
173	JANIK Izabela	801		40-49	173		00:15:49	00:32:33.00	+00:14:13 (43.7%)	6:30	9.2 (56.1%)
174	PODESZWA Barbara	866		40-49	174	Wymyślanka	00:15:59	00:32:46.90	+00:14:27 (44.1%)	6:33	9.2 (56.1%)
175	JORDAN Monika	412		40-49	175		00:15:46	00:32:49.50	+00:14:29 (44.2%)	6:33	9.1 (55.5%)
176	JABŁOŃSKA Sabina	5023		40-49	176		00:16:47	00:32:52.15	+00:14:32 (44.2%)	6:34	9.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
177	LISOWSKA Dominika	631		40-49	177		00:16:28	00:32:59.50	+00:14:39 (44.5%)	6:35	9.1 (55.5%)
178	MARYJOSZ Katarzyna	293		40-49	178		00:16:53	00:33:00.50	+00:14:40 (44.5%)	6:36	9.1 (55.5%)
179	MARSZALIK Anna	354		40-49	179		00:16:24	00:33:03.90	+00:14:44 (44.6%)	6:36	9.1 (55.5%)
180	BIERNAT Agnieszka	571		40-49	180		00:16:26	00:33:15.65	+00:14:56 (44.9%)	6:39	9 (54.9%)
181	BARTNIK Joanna	479	STREET SPIRIT	40-49	181		00:16:35	00:33:28.10	+00:15:08 (45.2%)	6:41	9 (54.9%)
182	SUSLIK Magdalena	746		40-49	182		00:16:36	00:33:28.45	+00:15:08 (45.3%)	6:41	9 (54.9%)
183	WYLOTEK Barbara	489		40-49	183		00:16:31	00:33:40.95	+00:15:21 (45.6%)	6:44	8.9 (54.3%)
184	SERAFIN-CHWALEK Joanna	515		40-49	184		00:16:28	00:33:42.00	+00:15:22 (45.6%)	6:44	8.9 (54.3%)
185	KAPŁON Agnieszka	528		40-49	185		00:17:13	00:33:46.30	+00:15:26 (45.7%)	6:45	8.9 (54.3%)
186	SZCZUCHNIAK Adriana	360		40-49	186		00:16:39	00:33:46.70	+00:15:27 (45.7%)	6:45	8.9 (54.3%)
187	ROSKOSZ Magdalena	740		40-49	187		00:17:02	00:33:47.80	+00:15:28 (45.8%)	6:45	8.9 (54.3%)
188	ROMBERG Agnieszka	480	MIECHOWICKA GRUPA BIEGOWA	40-49	188	Miechowska Grupa Biegowa	00:16:45	00:33:51.40	+00:15:31 (45.9%)	6:46	8.9 (54.3%)
189	ŚLEBODA Bożena	5022	MIECHOWICKA GRUPA BIEGOWA	40-49	189	Miechowska Grupa Biegowa	00:16:54	00:33:54.00	+00:15:34 (45.9%)	6:46	8.8 (53.7%)
190	SAWICKA Marta	260	KOBIETY NA 5+	40-49	190	Kobiety na 5+	00:17:02	00:33:59.25	+00:15:39 (46.1%)	6:47	8.8 (53.7%)
191	BRZANA Anna	857		40-49	191	Wymyślanka	00:16:48	00:34:12.25	+00:15:52 (46.4%)	6:50	8.8 (53.7%)
192	GRZELAK Patrycja	670	KOLOROWA DRUŻYNA NESSI	40-49	192	Kolorowa Drużyna Nessi	00:17:08	00:34:18.00	+00:15:58 (46.6%)	6:51	8.7 (53.0%)
193	PRZYBYCIN Bożena	519	MIECHOWICKA GRUPA BIEGOWA	40-49	193	Miechowska Grupa Biegowa	00:17:05	00:34:21.20	+00:16:01 (46.7%)	6:52	8.7 (53.0%)
194	KANIA Grażyna	910	DEKATHLON&PRZYJACIELE	40-49	194	Decathlon & Przyjaciele	00:17:14	00:34:54.90	+00:16:35 (47.5%)	6:58	8.6 (52.4%)
195	BAJOR Aneta	493		40-49	195		00:17:11	00:34:57.00	+00:16:37 (47.6%)	6:59	8.6 (52.4%)
196	ŚLIWA Kornelia	638	MIECHOWICKA GRUPA BIEGOWA	40-49	196	Miechowska Grupa Biegowa	00:17:24	00:34:58.45	+00:16:38 (47.6%)	6:59	8.6 (52.4%)
197	MARUSZCZAK Justyna	822	MIECHOWICKA GRUPA BIEGOWA	40-49	197	Miechowska Grupa Biegowa	00:17:15	00:35:02.40	+00:16:42 (47.7%)	7:00	8.6 (52.4%)
198	TATARCZYK Justyna	307		40-49	198		00:17:14	00:35:04.50	+00:16:44 (47.8%)	7:00	8.6 (52.4%)
199	NIEDŹWIEDŹ Maja	853		40-49	199		00:16:35	00:35:24.45	+00:17:04 (48.2%)	7:04	8.5 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
200	KUBIS Barbara	603		40-49	200		00:17:45	00:35:40.45	+00:17:20 (48.6%)	7:08	8.4 (51.2%)
201	ZALEWSKA Barbara	557	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	00:35:44.55	+00:17:25 (48.7%)	7:08	8.4 (51.2%)
202	BIAŁAS Joanna	463	SPOT PSZCZYNA	40-49	202		00:17:46	00:35:50.95	+00:17:31 (48.9%)	7:10	8.4 (51.2%)
203	GÓRAL Alina	542		40-49	203		00:17:34	00:36:01.45	+00:17:41 (49.1%)	7:12	8.3 (50.6%)
204	JANCZURA Marzena	850		40-49	204	Wawrzinek Team	00:18:17	00:36:25.90	+00:18:06 (49.7%)	7:17	8.2 (50.0%)
205	STAŚKIEWICZ Monika	663		40-49	205		00:18:06	00:36:36.45	+00:18:16 (49.9%)	7:19	8.2 (50.0%)
206	POŁOK-MIGAS Justyna	840		40-49	206		00:17:40	00:36:37.80	+00:18:18 (50.0%)	7:19	8.2 (50.0%)
207	GAŁUSZKA Magdalena	450	FORTUNA TEAM	40-49	207		00:18:19	00:37:03.65	+00:18:44 (50.6%)	7:24	8.1 (49.4%)
208	STEFANIAK Justyna	510	POGORIA BIEGA	40-49	208		00:18:10	00:37:16.25	+00:18:56 (50.8%)	7:27	8.1 (49.4%)
209	SZATANIK Iwona	582		40-49	209		00:18:08	00:37:17.80	+00:18:58 (50.9%)	7:27	8 (48.8%)
210	ŻEBROWSKA Matylda	683	MORS HUBERTUS MYSŁOWICE	40-49	210	Mors Hubertus Mysłowice	00:18:12	00:37:42.00	+00:19:22 (51.4%)	7:32	8 (48.8%)
211	ZIELIŃSKA Anna	379	MIECHOWICKA GRUPA BIEGOWA	40-49	211	Miechowska Grupa Biegowa	00:19:21	00:37:58.65	+00:19:39 (51.7%)	7:35	7.9 (48.2%)
212	PROKOPIUK Adriana	677	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	00:38:25.85	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
213	BAK Barbara	895		40-49	213		00:18:42	00:38:26.15	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
214	IDZIKOWSKA Elżbieta	588	FAMILY DREAMS	40-49	214		00:18:39	00:38:26.30	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
215	SURY-WOLNIEWICZ Kamila	448		40-49	215		00:18:36	00:38:35.50	+00:20:15 (52.5%)	7:43	7.8 (47.6%)
216	MADEJA Aleksandra	67	MIECHOWICKA GRUPA BIEGOWA	40-49	216	Miechowska Grupa Biegowa	00:18:50	00:39:11.95	+00:20:52 (53.2%)	7:50	7.7 (47.0%)
217	HEKIERT Wioleta	352	MIECHOWICKA GRUPA BIEGOWA	40-49	217	Miechowska Grupa Biegowa	00:18:51	00:39:13.00	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
218	CZARNECKA Małgorzata	620	MIECHOWICKA GRUPA BIEGOWA	40-49	218	Miechowska Grupa Biegowa	00:19:37	00:39:13.20	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
219	DOBOSZ Katarzyna	5024	MIECHOWICKA GRUPA BIEGOWA	40-49	219	Miechowska Grupa Biegowa	00:18:52	00:39:13.35	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
220	KROCHMALSKA Jadwiga	641	MIECHOWICKA GRUPA BIEGOWA	40-49	220		00:19:38	00:39:14.00	+00:20:54 (53.3%)	7:50	7.6 (46.3%)
221	ARENDARCZYK Anna	527		40-49	221	BIELSZZCANKI BIEGAJĄ	00:19:34	00:39:30.45	+00:21:10 (53.6%)	7:54	7.6 (46.3%)
222	WOZNIAK Joanna	429		40-49	222		00:19:37	00:39:35.45	+00:21:15 (53.7%)	7:55	7.6 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
223	SEKUŁA Marlena	537		40-49	223		00:20:01	00:39:37.10	+00:21:17 (53.7%)	7:55	7.6 (46.3%)
224	STAŚKIEWICZ Beata	666	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	00:40:00.40	+00:21:40 (54.2%)	8:00	7.5 (45.7%)
225	PRASAK Sabina	650	POGORIA BIEGA	40-49	225		00:20:27	00:40:37.50	+00:22:17 (54.9%)	8:07	7.4 (45.1%)
226	CIBIS Agnieszka	51	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	00:41:23.55	+00:23:04 (55.7%)	8:16	7.2 (43.9%)
227	SAWICKA Agnieszka	585	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZŁO BETLEJEM	00:20:10	00:41:24.45	+00:23:04 (55.7%)	8:16	7.2 (43.9%)
228	WOJTAL Danuta	734	ASWC	40-49	228		00:20:33	00:41:49.65	+00:23:30 (56.2%)	8:21	7.2 (43.9%)
229	ZĘBIK Grażyna	836		40-49	229		00:22:11	00:45:01.65	+00:26:42 (59.3%)	9:00	6.7 (40.9%)
230	SKOCZYKŁODA Iwona	877		40-49	230	Wymyślanka	00:22:46	00:46:15.95	+00:27:56 (60.4%)	9:15	6.5 (39.6%)
231	KUNERT Katarzyna	865		40-49	231	Wymyślanka	00:22:47	00:46:16.45	+00:27:56 (60.4%)	9:15	6.5 (39.6%)
232	RUP Sabina	752		40-49	232		00:23:12	00:47:43.75	+00:29:24 (61.6%)	9:32	6.3 (38.4%)
233	KALUS Wioletta	860		40-49	233		00:24:27	00:51:27.40	+00:33:07 (64.4%)	10:17	5.8 (35.4%)
234	DOMINIAK Monika	846		40-49	234		00:26:40	00:53:39.70	+00:35:20 (65.8%)	10:43	5.6 (34.1%)
235	POŁOMSKA Edyta	128	POŁOMSCY TEAM	40-49	235						(0.0%)

Znaleziono 235 wynik(ów)