



# 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**  
INTELEGNTE 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	<b>GRIMAN Joanna</b>	<b>16</b>	MOJŻYSZ TEAM/ ERIGO	40-49	1	MOJŻYSZ TEAM/ ERIGO	00:09:16	<b>00:18:19.55</b>		3:39	16.4 (100%)
2	<b>ADAMCZYK-NOWAK Beata</b>	<b>2</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	2	Miechowska Grupa Biegowa	00:10:11	<b>00:20:05.35</b>	+00:01:45 (8.8%)	4:01	14.9 (90.9%)
3	<b>TANISTRA - SŁOWIK Katarzyna</b>	<b>26</b>	HURAGAN LIGOTA	40-49	3		00:10:20	<b>00:20:26.70</b>	+00:02:07 (10.4%)	4:05	14.7 (89.6%)
4	<b>SKALSKA Anna</b>	<b>11</b>	CARBON OCR RACING TEAM FESTIWAL BIEGOWY KRYNICA ZDRÓJ	40-49	4		00:10:12	<b>00:20:28.75</b>	+00:02:09 (10.5%)	4:05	14.7 (89.6%)
5	<b>STRZELCZYK Ewa</b>	<b>832</b>	HURAGAN LIGOTA	40-49	5		00:10:22	<b>00:20:49.70</b>	+00:02:30 (12.0%)	4:09	14.4 (87.8%)
6	<b>WODZIŃSKA Danuta</b>	<b>48</b>		40-49	6		00:10:33	<b>00:21:00.10</b>	+00:02:40 (12.7%)	4:12	14.3 (87.2%)
7	<b>PARZYCH Katarzyna</b>	<b>14</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	7	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:10:39	<b>00:21:12.10</b>	+00:02:52 (13.6%)	4:14	14.2 (86.6%)
8	<b>ANDROSZ Beata</b>	<b>37</b>	BBL RUDA ŚLĄSKA	40-49	8	BBL Ruda Śląska	00:10:33	<b>00:21:25.15</b>	+00:03:05 (14.4%)	4:17	14 (85.4%)
9	<b>BINIENDA Agnieszka</b>	<b>85</b>	KOBIETY WATAHY	40-49	9		00:11:03	<b>00:21:55.55</b>	+00:03:36 (16.4%)	4:23	13.7 (83.5%)
10	<b>GRUSZKA Ewa</b>	<b>117</b>	STS BIEGATON MIKOŁÓW	40-49	10	STS Biegaton Mikołów	00:11:02	<b>00:22:05.35</b>	+00:03:45 (17.0%)	4:25	13.6 (82.9%)
11	<b>KOPIEC Izabela</b>	<b>49</b>		40-49	11		00:11:10	<b>00:22:19.75</b>	+00:04:00 (17.9%)	4:27	13.4 (81.7%)
12	<b>ŻBEL Ania</b>	<b>397</b>	HRMAX ŻORY	40-49	12	HRmax Dziółszki	00:11:04	<b>00:22:30.45</b>	+00:04:10 (18.6%)	4:30	13.3 (81.1%)
13	<b>WOWRY Sylwia</b>	<b>58</b>	OLZA CIESZYN	40-49	13	Olza Cieszyn	00:11:19	<b>00:22:36.20</b>	+00:04:16 (18.9%)	4:31	13.3 (81.1%)
14	<b>CZYŻ Leonarda</b>	<b>34</b>	OLZA CIESZYN	40-49	14	Olza Cieszyn	00:11:19	<b>00:22:37.05</b>	+00:04:17 (19.0%)	4:31	13.3 (81.1%)
15	<b>WYSOCKA Agnieszka</b>	<b>55</b>	KOLOROWA DRUŻYNA NESSI	40-49	15	Kolorowa Drużyna Nessi	00:11:09	<b>00:22:40.45</b>	+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	<b>NOWAK Beata</b>	<b>35</b>	OLZA CIESZYN	40-49	16	Olza Cieszyn	00:11:23	<b>00:22:55.70</b>	+00:04:36 (20.1%)	4:35	13.1 (79.9%)
17	<b>DOBRENKO Edyta</b>	<b>61</b>		40-49	17		00:11:51	<b>00:22:59.70</b>	+00:04:40 (20.3%)	4:35	13.1 (79.9%)
18	<b>PIOTROWSKA Anna</b>	<b>42</b>	HURAGAN LIGOTA	40-49	18		00:11:47	<b>00:23:15.35</b>	+00:04:55 (21.2%)	4:39	12.9 (78.7%)
19	<b>NIESŁAŃCZYK Małgorzata</b>	<b>84</b>	WATAHA	40-49	19	Wataha	00:11:32	<b>00:23:18.70</b>	+00:04:59 (21.4%)	4:39	12.9 (78.7%)
20	<b>PASŁAWSKA Katarzyna</b>	<b>92</b>	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	<b>00:23:25.50</b>	+00:05:05 (21.8%)	4:41	12.8 (78.0%)
21	<b>FOJCIK-PUSTELNIK Karolina</b>	<b>17</b>		40-49	21		00:12:06	<b>00:23:25.65</b>	+00:05:06 (21.8%)	4:41	12.8 (78.0%)
22	<b>SOŁTYSEK Barbara</b>	<b>45</b>	JUSTFEELFIT	40-49	22	JustFeelFit TEAM	00:11:48	<b>00:23:31.00</b>	+00:05:11 (22.1%)	4:42	12.8 (78.0%)
23	<b>GREENE Agnieszka</b>	<b>122</b>		40-49	23		00:12:06	<b>00:23:32.15</b>	+00:05:12 (22.1%)	4:42	12.7 (77.4%)
24	<b>HANDZLIK-STARZYK Anna</b>	<b>89</b>		40-49	24		00:12:02	<b>00:23:33.25</b>	+00:05:13 (22.2%)	4:42	12.7 (77.4%)
25	<b>RAFA Asia</b>	<b>76</b>		40-49	25		00:11:55	<b>00:23:37.35</b>	+00:05:17 (22.4%)	4:43	12.7 (77.4%)
26	<b>KUCZEK Katarzyna</b>	<b>90</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	26		00:11:49	<b>00:23:42.75</b>	+00:05:23 (22.7%)	4:44	12.7 (77.4%)
27	<b>HELIOSZ Agnieszka</b>	<b>454</b>	INTERAKTYWNI KROSTOSZOWICE	40-49	27		00:11:59	<b>00:23:45.65</b>	+00:05:26 (22.9%)	4:45	12.6 (76.8%)
28	<b>PIWISZKIS Barbara</b>	<b>38</b>	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	<b>00:23:47.95</b>	+00:05:28 (23.0%)	4:45	12.6 (76.8%)
29	<b>KANDORA Joanna</b>	<b>44</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	29	Miechowska Grupa Biegowa	00:12:10	<b>00:23:55.25</b>	+00:05:35 (23.4%)	4:47	12.5 (76.2%)
30	<b>SICH- SOSNA Agnieszka</b>	<b>107</b>	INTER AKTYWNI	40-49	30	InterAktywni	00:12:09	<b>00:23:59.45</b>	+00:05:39 (23.6%)	4:47	12.5 (76.2%)
31	<b>WĘGOREK Monika</b>	<b>779</b>	BTM RUNNERS	40-49	31	BTM RUNNERS	00:12:16	<b>00:24:06.55</b>	+00:05:47 (24.0%)	4:49	12.4 (75.6%)
32	<b>MENŻYK Joanna</b>	<b>39</b>	MORS HUBERTUS MYŚŁOWICE	40-49	32	Mors Hubertus Myśłowice	00:12:10	<b>00:24:07.55</b>	+00:05:48 (24.0%)	4:49	12.4 (75.6%)
33	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>81</b>	DRUŻYNA JASNEJ	40-49	33		00:12:31	<b>00:24:16.25</b>	+00:05:56 (24.5%)	4:51	12.4 (75.6%)
34	<b>BUDREWICZ Elżbieta</b>	<b>549</b>	DYCZUŚ TEAM	40-49	34	Dyczuś Team	00:12:07	<b>00:24:17.95</b>	+00:05:58 (24.6%)	4:51	12.4 (75.6%)
35	<b>PAWŁOWSKA Beata</b>	<b>312</b>	RADLINIOKI W BIEGU	40-49	35		00:12:25	<b>00:24:18.65</b>	+00:05:59 (24.6%)	4:51	12.3 (75.0%)
36	<b>KASPERCZYK Aleksandra</b>	<b>144</b>	WARTKIE PIERONY	40-49	36	Wartkie Pierony	00:12:28	<b>00:24:21.55</b>	+00:06:02 (24.8%)	4:52	12.3 (75.0%)
37	<b>LORENZ Agnieszka</b>	<b>118</b>		40-49	37		00:12:05	<b>00:24:22.05</b>	+00:06:02 (24.8%)	4:52	12.3 (75.0%)
38	<b>MANISZEWSKA Dorota</b>	<b>123</b>	OLZA CIESZYN	40-49	38		00:12:12	<b>00:24:35.75</b>	+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	<b>SLISZ Maria</b>	<b>521</b>	DECATHLON PRZYJACIELE	40-49	39	Decathlon & Przyjaciele	00:12:27	<b>00:24:48.90</b>	+00:06:29 (26.2%)	4:57	12.1 (73.8%)
40	<b>GĘBOŁYŚ Beata</b>	<b>289</b>	CHWALISZ CZY NIE CHWALISZ, LOTEJ Z NAMI	40-49	40		00:12:24	<b>00:24:55.20</b>	+00:06:35 (26.5%)	4:59	12 (73.2%)
41	<b>PERKOWSKA Daria</b>	<b>533</b>		40-49	41		00:12:19	<b>00:25:00.85</b>	+00:06:41 (26.7%)	5:00	12 (73.2%)
42	<b>GORZELAK Joanna</b>	<b>114</b>	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	<b>00:25:05.05</b>	+00:06:45 (26.9%)	5:01	12 (73.2%)
43	<b>NYKIEL Małgorzata</b>	<b>135</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	43	Miechowska Grupa Biegowa	00:12:36	<b>00:25:16.50</b>	+00:06:56 (27.5%)	5:03	11.9 (72.6%)
44	<b>STACHAŃCZYK Dorota</b>	<b>325</b>		40-49	44		00:12:54	<b>00:25:23.40</b>	+00:07:03 (27.8%)	5:04	11.8 (72.0%)
45	<b>BROCKA Anita</b>	<b>68</b>		40-49	45		00:12:48	<b>00:25:34.30</b>	+00:07:14 (28.3%)	5:06	11.7 (71.3%)
46	<b>SZTABLA Liliana</b>	<b>165</b>	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	<b>00:25:49.45</b>	+00:07:29 (29.0%)	5:09	11.6 (70.7%)
47	<b>DĄBROWSKA Emilia</b>	<b>366</b>	KLUB BIEGACZA FARTLEK	40-49	47	Klub biegacza Fartlek	00:12:59	<b>00:25:49.55</b>	+00:07:30 (29.0%)	5:09	11.6 (70.7%)
48	<b>GORZKOWSKA Zuzanna</b>	<b>286</b>	BTM RUNNERS	40-49	48	BTM RUNNERS	00:12:56	<b>00:25:58.20</b>	+00:07:38 (29.4%)	5:11	11.6 (70.7%)
49	<b>ŁUSZCZ Magdalena</b>	<b>182</b>	BTM RUNNERS	40-49	49	BTM RUNNERS	00:12:56	<b>00:25:58.30</b>	+00:07:38 (29.4%)	5:11	11.6 (70.7%)
50	<b>GATNER Agnieszka</b>	<b>97</b>		40-49	50		00:13:10	<b>00:25:58.65</b>	+00:07:39 (29.5%)	5:11	11.6 (70.7%)
51	<b>SZEWERDA Hanna</b>	<b>765</b>	BTM RUNNERS	40-49	51	BTM RUNNERS	00:13:12	<b>00:26:06.60</b>	+00:07:47 (29.8%)	5:13	11.5 (70.1%)
52	<b>KONKOL-PEPŁOWSKA Martyna</b>	<b>18</b>		40-49	52		00:12:39	<b>00:26:08.70</b>	+00:07:49 (29.9%)	5:13	11.5 (70.1%)
53	<b>KANIA Monika</b>	<b>19</b>		40-49	53		00:12:56	<b>00:26:08.75</b>	+00:07:49 (29.9%)	5:13	11.5 (70.1%)
54	<b>GARUS Magdalena</b>	<b>146</b>		40-49	54		00:12:54	<b>00:26:13.30</b>	+00:07:53 (30.1%)	5:14	11.4 (69.5%)
55	<b>PIWOŃSKA Adriana</b>	<b>287</b>		40-49	55		00:13:07	<b>00:26:19.10</b>	+00:07:59 (30.4%)	5:15	11.4 (69.5%)
56	<b>DYCZEK Klaudia</b>	<b>218</b>	DYCZUŚ TEAM	40-49	56	Dyczuś Team	00:13:22	<b>00:26:28.80</b>	+00:08:09 (30.8%)	5:17	11.3 (68.9%)
57	<b>SOLICH Ola</b>	<b>764</b>	SULIS HOKO TEAM	40-49	57		00:13:03	<b>00:26:34.15</b>	+00:08:14 (31.0%)	5:18	11.3 (68.9%)
58	<b>STOPYRA Agnieszka</b>	<b>167</b>		40-49	58		00:11:46	<b>00:26:37.40</b>	+00:08:17 (31.2%)	5:19	11.3 (68.9%)
59	<b>POCIENNIK Justyna</b>	<b>313</b>	BRYKAJĄCA GRUPA BIEGOWA	40-49	59		00:13:00	<b>00:26:39.70</b>	+00:08:20 (31.3%)	5:19	11.3 (68.9%)
60	<b>SZYMURA Izabela</b>	<b>425</b>		40-49	60	Decathlon & Przyjaciele	00:13:17	<b>00:26:40.30</b>	+00:08:20 (31.3%)	5:20	11.3 (68.9%)
61	<b>KIEŁKOWSKA Agnieszka</b>	<b>201</b>	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	<b>00:26:50.55</b>	+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	<b>FRAJHOFER Ewa</b>	<b>231</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	<b>00:26:51.05</b>	+00:08:31 (31.7%)	5:22	11.2 (68.3%)
63	<b>STABLA Agata</b>	<b>75</b>		40-49	63		00:13:22	<b>00:26:52.30</b>	+00:08:32 (31.8%)	5:22	11.2 (68.3%)
64	<b>PISKORZ Aleksandra</b>	<b>211</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	64	Miechowicka Grupa Biegowa	00:13:38	<b>00:27:03.70</b>	+00:08:44 (32.3%)	5:24	11.1 (67.7%)
65	<b>MORAWIEC Barbara</b>	<b>162</b>		40-49	65		00:13:35	<b>00:27:05.55</b>	+00:08:46 (32.4%)	5:25	11.1 (67.7%)
66	<b>BRZUSKA Katarzyna</b>	<b>176</b>	OLZA CIESZYN	40-49	66	Olza Cieszyn	00:13:29	<b>00:27:06.35</b>	+00:08:46 (32.4%)	5:25	11.1 (67.7%)
67	<b>RAWICZ-GROTOWSKA Jowita</b>	<b>334</b>		40-49	67		00:13:38	<b>00:27:06.60</b>	+00:08:47 (32.4%)	5:25	11.1 (67.7%)
68	<b>NIEZGODA Lucyna</b>	<b>481</b>		40-49	68		00:13:35	<b>00:27:14.65</b>	+00:08:55 (32.7%)	5:26	11 (67.1%)
69	<b>KĄŁUS Ewa</b>	<b>424</b>	HRMAX ŻORY	40-49	69	HRmax Dziąszki	00:13:47	<b>00:27:17.50</b>	+00:08:57 (32.9%)	5:27	11 (67.1%)
70	<b>BAJCAR Beata</b>	<b>191</b>	KOBIETY NA5+	40-49	70	Kobiety na 5+	00:13:54	<b>00:27:21.30</b>	+00:09:01 (33.0%)	5:28	11 (67.1%)
71	<b>ZIELOSKO Beata</b>	<b>596</b>		40-49	71		00:13:41	<b>00:27:25.70</b>	+00:09:06 (33.2%)	5:29	10.9 (66.5%)
72	<b>ROZMUS Ewa</b>	<b>612</b>	POWOLI DO CELU	40-49	72	PoWoli do Celu	00:13:32	<b>00:27:33.75</b>	+00:09:14 (33.5%)	5:30	10.9 (66.5%)
73	<b>FECZKO Lucyna</b>	<b>121</b>		40-49	73		00:13:32	<b>00:27:34.70</b>	+00:09:15 (33.5%)	5:30	10.9 (66.5%)
74	<b>KRUPOWICZ Aneta</b>	<b>925</b>	CIDRY LOTAJOM	40-49	74	Cidry Lotajom	00:14:05	<b>00:27:35.90</b>	+00:09:16 (33.6%)	5:31	10.9 (66.5%)
75	<b>STOCHLA Małgorzata</b>	<b>71</b>	ZATYRANI	40-49	75		00:13:53	<b>00:27:37.65</b>	+00:09:18 (33.7%)	5:31	10.9 (66.5%)
76	<b>MARCINKOWSKA Magdalena</b>	<b>568</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	76	Miechowicka Grupa Biegowa	00:13:48	<b>00:27:40.55</b>	+00:09:21 (33.8%)	5:32	10.8 (65.9%)
77	<b>SAGAN Izabela</b>	<b>228</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	<b>00:27:44.55</b>	+00:09:25 (33.9%)	5:32	10.8 (65.9%)
78	<b>PLUTA Angelika</b>	<b>70</b>	AKTYWNI RYDUŁTOWY	40-49	78	Aktywni Rydułtowy	00:13:50	<b>00:27:45.35</b>	+00:09:25 (34.0%)	5:33	10.8 (65.9%)
79	<b>MAKOSZ Barbara</b>	<b>158</b>	RUNTEAM PAWŁOWICE	40-49	79	RUNTEAM Pawłowice	00:13:59	<b>00:27:47.10</b>	+00:09:27 (34.0%)	5:33	10.8 (65.9%)
80	<b>BASEK Marta</b>	<b>415</b>	HRMAX ŻORY	40-49	80	HRmax Dziąszki	00:13:46	<b>00:27:47.95</b>	+00:09:28 (34.1%)	5:33	10.8 (65.9%)
81	<b>JAKUBOWSKA Agnieszka</b>	<b>261</b>	HRMAX ŻORY	40-49	81	HRmax Dziąszki	00:13:48	<b>00:27:48.35</b>	+00:09:28 (34.1%)	5:33	10.8 (65.9%)
82	<b>WIDERA Elżbieta</b>	<b>104</b>	HRMAX ŻORY	40-49	82	HRmax Dziąszki	00:13:47	<b>00:27:48.90</b>	+00:09:29 (34.1%)	5:33	10.8 (65.9%)
83	<b>SZCZUKA Joanna</b>	<b>525</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	83	Miechowicka Grupa Biegowa	00:13:51	<b>00:27:50.80</b>	+00:09:31 (34.2%)	5:34	10.8 (65.9%)
84	<b>SKRZYPEK Marta</b>	<b>870</b>	JUSTFEELFIT TEAM	40-49	84	JustFeelFit TEAM	00:13:47	<b>00:27:55.10</b>	+00:09:35 (34.4%)	5:35	10.7 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
85	<b>KLIMEK-KARAS Sylwia</b>	<b>288</b>		40-49	85		00:13:52	<b>00:27:57.45</b>	+00:09:37 (34.5%)	5:35	10.7 (65.2%)
86	<b>GRZONDZIEL Katarzyna</b>	<b>210</b>	HURAGAN LIGOTA	40-49	86		00:14:10	<b>00:27:57.80</b>	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
87	<b>KOŃCZAK-ŁABAS Magdalena</b>	<b>601</b>	HURAGAN LIGOTA	40-49	87		00:14:09	<b>00:27:57.95</b>	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
88	<b>PANEK Ela</b>	<b>151</b>	MARGO TEAM	40-49	88		00:13:52	<b>00:27:58.35</b>	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
89	<b>MORGAŁA Daria</b>	<b>486</b>		40-49	89		00:13:55	<b>00:27:59.55</b>	+00:09:40 (34.5%)	5:35	10.7 (65.2%)
90	<b>ROZMUS-PROCNER Patrycja</b>	<b>250</b>	BIELSZCZANKI BIEGAJĄ	40-49	90	BIELSZCZANKI BIEGAJĄ	00:13:38	<b>00:28:02.30</b>	+00:09:42 (34.6%)	5:36	10.7 (65.2%)
91	<b>PROCNER Dorota</b>	<b>224</b>	BIELSZCZANKI BIEGAJĄ	40-49	91		00:13:38	<b>00:28:02.65</b>	+00:09:43 (34.7%)	5:36	10.7 (65.2%)
92	<b>KAŁUS Joanna</b>	<b>320</b>		40-49	92		00:13:50	<b>00:28:05.85</b>	+00:09:46 (34.8%)	5:37	10.7 (65.2%)
93	<b>KRZYK Małgorzata</b>	<b>864</b>		40-49	93		00:14:15	<b>00:28:06.65</b>	+00:09:47 (34.8%)	5:37	10.7 (65.2%)
94	<b>SIKORA Agnieszka</b>	<b>359</b>		40-49	94		00:14:12	<b>00:28:12.75</b>	+00:09:53 (35.0%)	5:38	10.6 (64.6%)
95	<b>WAWRZYCZEK Kasia</b>	<b>437</b>		40-49	95		00:13:52	<b>00:28:15.80</b>	+00:09:56 (35.2%)	5:39	10.6 (64.6%)
96	<b>BALCAREK Magdalena</b>	<b>721</b>		40-49	96		00:14:01	<b>00:28:16.95</b>	+00:09:57 (35.2%)	5:39	10.6 (64.6%)
97	<b>MARCINIAK Beata</b>	<b>906</b>	WATAHA	40-49	97		00:14:54	<b>00:28:18.35</b>	+00:09:58 (35.3%)	5:39	10.6 (64.6%)
98	<b>BURZYŃSKA Beata</b>	<b>500</b>		40-49	98		00:14:19	<b>00:28:21.80</b>	+00:10:02 (35.4%)	5:40	10.6 (64.6%)
99	<b>KUREK-STEFUNYN Beata</b>	<b>495</b>		40-49	99		00:14:19	<b>00:28:22.60</b>	+00:10:03 (35.4%)	5:40	10.6 (64.6%)
100	<b>STRUZIK Mariola</b>	<b>494</b>		40-49	100		00:14:20	<b>00:28:23.10</b>	+00:10:03 (35.4%)	5:40	10.6 (64.6%)
101	<b>KUFIETA Ewelina</b>	<b>86</b>		40-49	101		00:14:01	<b>00:28:27.55</b>	+00:10:08 (35.6%)	5:41	10.5 (64.0%)
102	<b>ADAMCZAK Renata</b>	<b>279</b>	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	<b>00:28:29.10</b>	+00:10:09 (35.7%)	5:41	10.5 (64.0%)
103	<b>KUCIEJ Justyna</b>	<b>878</b>		40-49	103		00:13:53	<b>00:28:29.80</b>	+00:10:10 (35.7%)	5:41	10.5 (64.0%)
104	<b>PRÓSZYŃSKA Agnieszka</b>	<b>207</b>		40-49	104		00:13:50	<b>00:28:30.20</b>	+00:10:10 (35.7%)	5:42	10.5 (64.0%)
105	<b>MIELKE Dagmara</b>	<b>189</b>		40-49	105		00:13:49	<b>00:28:31.20</b>	+00:10:11 (35.7%)	5:42	10.5 (64.0%)
106	<b>BOMBOR Antonina</b>	<b>553</b>		40-49	106		00:14:19	<b>00:28:31.45</b>	+00:10:11 (35.8%)	5:42	10.5 (64.0%)
107	<b>KUNICKA Alicja</b>	<b>856</b>	BIELSZCZANKI BIEGAJĄ	40-49	107	Bielszczanki Biegają	00:14:30	<b>00:28:32.20</b>	+00:10:12 (35.8%)	5:42	10.5 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
108	<b>PUDA Dorota</b>	<b>174</b>	KOBIETY NA 5+	40-49	108	Kobiety na 5+	00:14:24	<b>00:28:32.55</b>	+00:10:13 (35.8%)	5:42	10.5 (64.0%)
109	<b>PŁASKA Barbara</b>	<b>310</b>	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	<b>00:28:33.35</b>	+00:10:13 (35.8%)	5:42	10.5 (64.0%)
110	<b>DOBRENIUK Aurelia</b>	<b>411</b>		40-49	110		00:13:54	<b>00:28:34.70</b>	+00:10:15 (35.9%)	5:42	10.5 (64.0%)
111	<b>MAĆKÓW Agnieszka</b>	<b>188</b>		40-49	111		00:13:49	<b>00:28:36.55</b>	+00:10:17 (35.9%)	5:43	10.5 (64.0%)
112	<b>PEPEK Aneta</b>	<b>204</b>		40-49	112	Cioteczki	00:14:54	<b>00:28:49.75</b>	+00:10:30 (36.4%)	5:45	10.4 (63.4%)
113	<b>PASZEK Hania</b>	<b>392</b>	HRMAX ŻORY	40-49	113	HRmax Dziolszki	00:14:21	<b>00:28:56.75</b>	+00:10:37 (36.7%)	5:47	10.4 (63.4%)
114	<b>ŁEPEK Bożena</b>	<b>828</b>		40-49	114		00:14:20	<b>00:28:57.80</b>	+00:10:38 (36.7%)	5:47	10.4 (63.4%)
115	<b>ZIĘTARA Agata</b>	<b>319</b>		40-49	115		00:14:32	<b>00:29:01.25</b>	+00:10:41 (36.9%)	5:48	10.3 (62.8%)
116	<b>DZIEWIRZ Aurelia</b>	<b>400</b>	RUNTEAM PAWŁOWICE	40-49	116		00:14:37	<b>00:29:01.50</b>	+00:10:41 (36.9%)	5:48	10.3 (62.8%)
117	<b>GRABOWSKA Katarzyna</b>	<b>617</b>		40-49	117		00:14:41	<b>00:29:02.15</b>	+00:10:42 (36.9%)	5:48	10.3 (62.8%)
118	<b>MAROSZEK Aleksandra</b>	<b>208</b>		40-49	118		00:14:05	<b>00:29:09.25</b>	+00:10:49 (37.1%)	5:49	10.3 (62.8%)
119	<b>SOCHA Marlena</b>	<b>256</b>	WARTKIE PIERONY	40-49	119	Wartkie Pierony	00:14:36	<b>00:29:11.55</b>	+00:10:52 (37.2%)	5:50	10.3 (62.8%)
120	<b>SZEFER Sylwia</b>	<b>227</b>		40-49	120		00:14:17	<b>00:29:12.20</b>	+00:10:52 (37.2%)	5:50	10.3 (62.8%)
121	<b>JASEK Wiola</b>	<b>782</b>	KOBIETY WATAHY	40-49	121		00:14:20	<b>00:29:14.75</b>	+00:10:55 (37.3%)	5:50	10.3 (62.8%)
122	<b>METLAK Joanna</b>	<b>219</b>		40-49	122		00:14:35	<b>00:29:15.05</b>	+00:10:55 (37.3%)	5:51	10.3 (62.8%)
123	<b>GIEROŃ Katarzyna</b>	<b>442</b>	DYSTANS LUBOMIA	40-49	123		00:14:42	<b>00:29:16.00</b>	+00:10:56 (37.4%)	5:51	10.3 (62.8%)
124	<b>GENSTY Klaudia</b>	<b>212</b>	DYSTANS LUBOMIA	40-49	124		00:14:42	<b>00:29:16.10</b>	+00:10:56 (37.4%)	5:51	10.3 (62.8%)
125	<b>DAJKA Barbara</b>	<b>569</b>	FRELKI LOTAJOM	40-49	125	Frelki lotajom	00:13:00	<b>00:29:17.45</b>	+00:10:57 (37.4%)	5:51	10.2 (62.2%)
126	<b>MIŚKOWIEC Agnieszka</b>	<b>367</b>		40-49	126		00:14:13	<b>00:29:28.00</b>	+00:11:08 (37.8%)	5:53	10.2 (62.2%)
127	<b>MAJCHRZAK Agnieszka</b>	<b>214</b>	NESSITEAM	40-49	127		00:15:03	<b>00:29:28.55</b>	+00:11:09 (37.8%)	5:53	10.2 (62.2%)
128	<b>BUKOWSKA Joanna</b>	<b>466</b>	KOLOROWA DRUŻYNA NESSI	40-49	128	Kolorowa Drużyna Nessi	00:15:03	<b>00:29:28.95</b>	+00:11:09 (37.8%)	5:53	10.2 (62.2%)
129	<b>KACZORRK Anna</b>	<b>102</b>	HRMAX	40-49	129	HRmax Dziolszki	00:14:21	<b>00:29:36.00</b>	+00:11:16 (38.1%)	5:55	10.1 (61.6%)
130	<b>KAŁUŻA Ilona</b>	<b>563</b>		40-49	130		00:15:11	<b>00:29:36.25</b>	+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	<b>BAK-ŚCIERSKA Beata</b>	<b>394</b>		40-49	131		00:14:19	<b>00:29:39.00</b>	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
131	<b>TRYBAŁA Monika</b>	<b>899</b>	WATAHA	40-49	131		00:15:42	<b>00:29:39.00</b>	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
133	<b>KRZEMPEK Bogusława</b>	<b>220</b>	BIELSZCZANKI BIEGAJĄ	40-49	133	BIELSZCZANKI BIEGAJĄ	00:14:51	<b>00:29:46.45</b>	+00:11:26 (38.5%)	5:57	10.1 (61.6%)
134	<b>MATUĆ Aleksandra</b>	<b>258</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	134	Miechowska Grupa Biegowa	00:14:54	<b>00:29:47.05</b>	+00:11:27 (38.5%)	5:57	10.1 (61.6%)
135	<b>PIETROSZEK Władysława</b>	<b>688</b>		40-49	135		00:15:07	<b>00:29:58.50</b>	+00:11:38 (38.9%)	5:59	10 (61.0%)
136	<b>REYMANN Milena</b>	<b>564</b>		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	<b>00:29:59.35</b>	+00:11:39 (38.9%)	5:59	10 (61.0%)
137	<b>SZYPUŁA Ewa</b>	<b>246</b>		40-49	137		00:14:35	<b>00:30:00.50</b>	+00:11:40 (38.9%)	6:00	10 (61.0%)
138	<b>SMOZIK Mariola</b>	<b>667</b>	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	<b>00:30:05.10</b>	+00:11:45 (39.1%)	6:01	10 (61.0%)
139	<b>DOBOSZ Ilona</b>	<b>173</b>		40-49	139		00:14:51	<b>00:30:09.20</b>	+00:11:49 (39.2%)	6:01	10 (61.0%)
140	<b>KOŁODZIEJ Ilona</b>	<b>862</b>		40-49	140		00:14:25	<b>00:30:19.10</b>	+00:11:59 (39.6%)	6:03	9.9 (60.4%)
141	<b>KRÓL Magdalena</b>	<b>233</b>	KINGTEAM	40-49	141		00:15:04	<b>00:30:20.80</b>	+00:12:01 (39.6%)	6:04	9.9 (60.4%)
142	<b>KLYSZCZ Honorata</b>	<b>422</b>	INTERAKTYWNI	40-49	142	InterAktywni	00:13:55	<b>00:30:25.50</b>	+00:12:05 (39.8%)	6:05	9.9 (60.4%)
143	<b>CICHOŃ Iwona</b>	<b>241</b>	HURAGAN LIGOTA	40-49	143		00:15:01	<b>00:30:26.30</b>	+00:12:06 (39.8%)	6:05	9.9 (60.4%)
144	<b>BAŁA Justyna</b>	<b>923</b>	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	<b>00:30:27.50</b>	+00:12:07 (39.8%)	6:05	9.9 (60.4%)
145	<b>DUSZA Jolanta</b>	<b>769</b>	DEKATHLON &PRZYJACIELE RYBNIK	40-49	145	Decathlon & Przyjaciele	00:15:21	<b>00:30:28.60</b>	+00:12:09 (39.9%)	6:05	9.8 (59.8%)
146	<b>WĘGRZYN Ewa</b>	<b>696</b>	KNEIPP TEAM	40-49	146		00:14:55	<b>00:30:30.25</b>	+00:12:10 (39.9%)	6:06	9.8 (59.8%)
147	<b>KOLAT Jadwiga</b>	<b>514</b>		40-49	147		00:15:07	<b>00:30:35.00</b>	+00:12:15 (40.1%)	6:07	9.8 (59.8%)
148	<b>ADAMUS Anna</b>	<b>282</b>	WARTKIE PIERONY	40-49	148	Wartkie Pierony	00:15:24	<b>00:30:43.15</b>	+00:12:23 (40.3%)	6:08	9.8 (59.8%)
149	<b>BUGLA Weronika</b>	<b>716</b>	DYSTANS LUBOMIA	40-49	149	Dystans Lubomia	00:15:20	<b>00:30:44.20</b>	+00:12:24 (40.4%)	6:08	9.8 (59.8%)
150	<b>WELET Marzena</b>	<b>595</b>		40-49	150	BIELSZCZANKI BIEGAJĄ	00:15:18	<b>00:30:45.65</b>	+00:12:26 (40.4%)	6:09	9.8 (59.8%)
151	<b>COFALIK Gabriela</b>	<b>290</b>	DECATHLON & PRZYJACIELE	40-49	151	Decathlon & Przyjaciele	00:15:27	<b>00:30:46.05</b>	+00:12:26 (40.4%)	6:09	9.8 (59.8%)
152	<b>JANECKA Ela</b>	<b>748</b>		40-49	152		00:15:37	<b>00:30:52.40</b>	+00:12:32 (40.6%)	6:10	9.7 (59.1%)
153	<b>ŁAPA Aleksandra</b>	<b>197</b>	4A	40-49	153		00:15:10	<b>00:30:53.85</b>	+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	<b>PETRYKOWSKA Elżbieta</b>	<b>335</b>		40-49	154		00:15:05	<b>00:30:56.85</b>	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
155	<b>MOZLER Magdalena</b>	<b>751</b>		40-49	155		00:15:15	<b>00:30:56.90</b>	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
156	<b>RADZIEWICZ Renata</b>	<b>410</b>		40-49	156		00:15:21	<b>00:30:57.05</b>	+00:12:37 (40.8%)	6:11	9.7 (59.1%)
157	<b>BOŻEK Dagmara</b>	<b>396</b>		40-49	157		00:15:26	<b>00:31:15.55</b>	+00:12:56 (41.4%)	6:15	9.6 (58.5%)
158	<b>WINIARSKA Monika</b>	<b>9</b>		40-49	158		00:14:27	<b>00:31:18.50</b>	+00:12:58 (41.5%)	6:15	9.6 (58.5%)
159	<b>DYNIA Magdalena</b>	<b>470</b>		40-49	159		00:15:38	<b>00:31:25.40</b>	+00:13:05 (41.7%)	6:17	9.5 (57.9%)
160	<b>MYŚLIWIEC Monika</b>	<b>262</b>	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	<b>00:31:58.00</b>	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
161	<b>BETAŃSKA Aneta</b>	<b>326</b>	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	<b>00:31:58.40</b>	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
162	<b>KĄKOL WOJTAS Katarzyna</b>	<b>524</b>	POWOLI DO CELU .	40-49	162	PoWoli do Celu	00:17:23	<b>00:32:01.50</b>	+00:13:41 (42.8%)	6:24	9.4 (57.3%)
163	<b>ŻYWICA Dorota</b>	<b>504</b>	HURAGAN LIGOTA	40-49	163	Huragan Ligota	00:15:41	<b>00:32:03.20</b>	+00:13:43 (42.8%)	6:24	9.4 (57.3%)
164	<b>MILEWSKA Izabela</b>	<b>808</b>		40-49	164		00:15:52	<b>00:32:05.00</b>	+00:13:45 (42.9%)	6:25	9.4 (57.3%)
165	<b>KĘPKA Joanna</b>	<b>589</b>		40-49	165		00:15:24	<b>00:32:05.90</b>	+00:13:46 (42.9%)	6:25	9.4 (57.3%)
166	<b>KORCZEWSKA Beata</b>	<b>834</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	166	Miechowicka Grupa Biegowa	00:16:06	<b>00:32:08.40</b>	+00:13:48 (43.0%)	6:25	9.3 (56.7%)
167	<b>NAWROCKA Agnieszka</b>	<b>577</b>		40-49	167		00:15:40	<b>00:32:08.85</b>	+00:13:49 (43.0%)	6:25	9.3 (56.7%)
168	<b>SZATANIK Alina</b>	<b>656</b>		40-49	168		00:16:28	<b>00:32:11.40</b>	+00:13:51 (43.1%)	6:26	9.3 (56.7%)
169	<b>ZACZYŃSKA-POZNIAK Jarosława</b>	<b>180</b>		40-49	169		00:16:24	<b>00:32:12.40</b>	+00:13:52 (43.1%)	6:26	9.3 (56.7%)
170	<b>PAWLIK Małgorzata</b>	<b>4</b>		40-49	170		00:16:08	<b>00:32:28.75</b>	+00:14:09 (43.6%)	6:29	9.2 (56.1%)
171	<b>SZEWCUK Agnieszka</b>	<b>626</b>		40-49	171	Byle do mety	00:15:54	<b>00:32:31.35</b>	+00:14:11 (43.7%)	6:30	9.2 (56.1%)
172	<b>RUMIŃSKA Barbara</b>	<b>815</b>	BIE RUN	40-49	172		00:16:02	<b>00:32:31.70</b>	+00:14:12 (43.7%)	6:30	9.2 (56.1%)
173	<b>JANIK Izabela</b>	<b>801</b>		40-49	173		00:15:49	<b>00:32:33.00</b>	+00:14:13 (43.7%)	6:30	9.2 (56.1%)
174	<b>PODESZWA Barbara</b>	<b>866</b>		40-49	174	Wymyślanka	00:15:59	<b>00:32:46.90</b>	+00:14:27 (44.1%)	6:33	9.2 (56.1%)
175	<b>JORDAN Monika</b>	<b>412</b>		40-49	175		00:15:46	<b>00:32:49.50</b>	+00:14:29 (44.2%)	6:33	9.1 (55.5%)
176	<b>JABŁOŃSKA Sabina</b>	<b>5023</b>		40-49	176		00:16:47	<b>00:32:52.15</b>	+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-CHWAŁEK 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	Miechowicka 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	Miechowicka 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	Miechowicka 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	Miechowicka 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	Miechowicka 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	<b>KUBIS Barbara</b>	<b>603</b>		40-49	200		00:17:45	<b>00:35:40.45</b>	+00:17:20 (48.6%)	7:08	8.4 (51.2%)
201	<b>ZALEWSKA Barbara</b>	<b>557</b>	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	<b>00:35:44.55</b>	+00:17:25 (48.7%)	7:08	8.4 (51.2%)
202	<b>BIAŁAS Joanna</b>	<b>463</b>	SPOT PSZCZYNA	40-49	202		00:17:46	<b>00:35:50.95</b>	+00:17:31 (48.9%)	7:10	8.4 (51.2%)
203	<b>GÓRAL Alina</b>	<b>542</b>		40-49	203		00:17:34	<b>00:36:01.45</b>	+00:17:41 (49.1%)	7:12	8.3 (50.6%)
204	<b>JANCZURA Marzena</b>	<b>850</b>		40-49	204	Wawrzinek Team	00:18:17	<b>00:36:25.90</b>	+00:18:06 (49.7%)	7:17	8.2 (50.0%)
205	<b>STAŚKIEWICZ Monika</b>	<b>663</b>		40-49	205		00:18:06	<b>00:36:36.45</b>	+00:18:16 (49.9%)	7:19	8.2 (50.0%)
206	<b>POŁOK-MIGAS Justyna</b>	<b>840</b>		40-49	206		00:17:40	<b>00:36:37.80</b>	+00:18:18 (50.0%)	7:19	8.2 (50.0%)
207	<b>GAŁUSZKA Magdalena</b>	<b>450</b>	FORTUNA TEAM	40-49	207		00:18:19	<b>00:37:03.65</b>	+00:18:44 (50.6%)	7:24	8.1 (49.4%)
208	<b>STEFANIAK Justyna</b>	<b>510</b>	POGORIA BIEGA	40-49	208		00:18:10	<b>00:37:16.25</b>	+00:18:56 (50.8%)	7:27	8.1 (49.4%)
209	<b>SZATANIK Iwona</b>	<b>582</b>		40-49	209		00:18:08	<b>00:37:17.80</b>	+00:18:58 (50.9%)	7:27	8 (48.8%)
210	<b>ŻEBROWSKA Matylda</b>	<b>683</b>	MORS HUBERTUS MYSŁOWICE	40-49	210	Mors Hubertus Mysłowice	00:18:12	<b>00:37:42.00</b>	+00:19:22 (51.4%)	7:32	8 (48.8%)
211	<b>ZIELIŃSKA Anna</b>	<b>379</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	211	Miechowska Grupa Biegowa	00:19:21	<b>00:37:58.65</b>	+00:19:39 (51.7%)	7:35	7.9 (48.2%)
212	<b>PROKOPIUK Adriana</b>	<b>677</b>	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	<b>00:38:25.85</b>	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
213	<b>BAK Barbara</b>	<b>895</b>		40-49	213		00:18:42	<b>00:38:26.15</b>	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
214	<b>IDZIKOWSKA Elżbieta</b>	<b>588</b>	FAMILY DREAMS	40-49	214		00:18:39	<b>00:38:26.30</b>	+00:20:06 (52.3%)	7:41	7.8 (47.6%)
215	<b>SURY-WOLNIEWICZ Kamila</b>	<b>448</b>		40-49	215		00:18:36	<b>00:38:35.50</b>	+00:20:15 (52.5%)	7:43	7.8 (47.6%)
216	<b>MADEJA Aleksandra</b>	<b>67</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	216	Miechowska Grupa Biegowa	00:18:50	<b>00:39:11.95</b>	+00:20:52 (53.2%)	7:50	7.7 (47.0%)
217	<b>HEKIERT Wioleta</b>	<b>352</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	217	Miechowska Grupa Biegowa	00:18:51	<b>00:39:13.00</b>	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
218	<b>CZARNECKA Małgorzata</b>	<b>620</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	218	Miechowska Grupa Biegowa	00:19:37	<b>00:39:13.20</b>	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
219	<b>DOBOSZ Katarzyna</b>	<b>5024</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	219	Miechowska Grupa Biegowa	00:18:52	<b>00:39:13.35</b>	+00:20:53 (53.3%)	7:50	7.6 (46.3%)
220	<b>KROCHMALSKA Jadwiga</b>	<b>641</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	220		00:19:38	<b>00:39:14.00</b>	+00:20:54 (53.3%)	7:50	7.6 (46.3%)
221	<b>ARENDARCZYK Anna</b>	<b>527</b>		40-49	221	BIELSZZCANKI BIEGAJĄ	00:19:34	<b>00:39:30.45</b>	+00:21:10 (53.6%)	7:54	7.6 (46.3%)
222	<b>WOZNIAK Joanna</b>	<b>429</b>		40-49	222		00:19:37	<b>00:39:35.45</b>	+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	<b>SEKUŁA Marlena</b>	<b>537</b>		40-49	223		00:20:01	<b>00:39:37.10</b>	+00:21:17 (53.7%)	7:55	7.6 (46.3%)
224	<b>STAŚKIEWICZ Beata</b>	<b>666</b>	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	<b>00:40:00.40</b>	+00:21:40 (54.2%)	8:00	7.5 (45.7%)
225	<b>PRASAK Sabina</b>	<b>650</b>	POGORIA BIEGA	40-49	225		00:20:27	<b>00:40:37.50</b>	+00:22:17 (54.9%)	8:07	7.4 (45.1%)
226	<b>CIBIS Agnieszka</b>	<b>51</b>	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	<b>00:41:23.55</b>	+00:23:04 (55.7%)	8:16	7.2 (43.9%)
227	<b>SAWICKA Agnieszka</b>	<b>585</b>	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZŁO BETLEJEM	00:20:10	<b>00:41:24.45</b>	+00:23:04 (55.7%)	8:16	7.2 (43.9%)
228	<b>WOJTAL Danuta</b>	<b>734</b>	ASWC	40-49	228		00:20:33	<b>00:41:49.65</b>	+00:23:30 (56.2%)	8:21	7.2 (43.9%)
229	<b>ZĘBIK Grażyna</b>	<b>836</b>		40-49	229		00:22:11	<b>00:45:01.65</b>	+00:26:42 (59.3%)	9:00	6.7 (40.9%)
230	<b>SKOCZYKŁODA Iwona</b>	<b>877</b>		40-49	230	Wymyślanka	00:22:46	<b>00:46:15.95</b>	+00:27:56 (60.4%)	9:15	6.5 (39.6%)
231	<b>KUNERT Katarzyna</b>	<b>865</b>		40-49	231	Wymyślanka	00:22:47	<b>00:46:16.45</b>	+00:27:56 (60.4%)	9:15	6.5 (39.6%)
232	<b>RUP Sabina</b>	<b>752</b>		40-49	232		00:23:12	<b>00:47:43.75</b>	+00:29:24 (61.6%)	9:32	6.3 (38.4%)
233	<b>KALUS Wioletta</b>	<b>860</b>		40-49	233		00:24:27	<b>00:51:27.40</b>	+00:33:07 (64.4%)	10:17	5.8 (35.4%)
234	<b>DOMINIAK Monika</b>	<b>846</b>		40-49	234		00:26:40	<b>00:53:39.70</b>	+00:35:20 (65.8%)	10:43	5.6 (34.1%)
235	<b>POŁOMSKA Edyta</b>	<b>128</b>	POŁOMSCY TEAM	40-49	235						(0.0%)

Znaleziono 235 wynik(ów)