



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-05-21
Jastrzębie-Zdrój
5.3 km

KOBIETY NA 5+ :: BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 50-59 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	GOS Barbara	195	RUN&FUN	50-59 lat	1	Run&Fun		00:00:00	00:09:26	00:21:51.65	00:21:51.65		4:07	14.6 (100%)
2	MALEJKA Katarzyna	460		50-59 lat	2	Run&Fun	E&K	00:00:00	00:09:36	00:22:30.00	00:22:30.00	+00:00:38 (2.8%)	4:14	14.1 (96.6%)
3	NOWAK Ewa	548		50-59 lat	3	Run&Fun	E&K	00:00:00	00:10:28	00:24:39.25	00:24:39.25	+00:02:47 (11.3%)	4:39	12.9 (88.4%)
4	NOWAK Beata	550		50-59 lat	4	Olza Cieszyn	BiS	00:00:00	00:10:29	00:24:57.00	00:24:57.00	+00:03:05 (12.4%)	4:42	12.7 (87.0%)
5	KILAROVÁ Jana	308	MK SEITL	50-59 lat	5			00:00:00	00:10:35	00:25:19.35	00:25:19.35	+00:03:27 (13.7%)	4:46	12.6 (86.3%)
6	FURMANEK Ela	154	HURAGAN LIGOTA	50-59 lat	6			00:00:00	00:11:21	00:25:51.40	00:25:51.40	+00:03:59 (15.5%)	4:52	12.3 (84.2%)
7	PAWŁOWSKA Beata	598	RADLINIOKI W BIEGU	50-59 lat	7			00:00:00	00:10:46	00:25:58.85	00:25:58.85	+00:04:07 (15.9%)	4:53	12.2 (83.6%)
8	POPEK Barbara	626	SOBIESKI6	50-59 lat	8	Sobieski6	Sobieski6	00:00:00	00:10:40	00:26:12.65	00:26:12.65	+00:04:21 (16.6%)	4:56	12.1 (82.9%)
9	RAZIK Grażyna	645		50-59 lat	9		Golden Team	00:00:00	00:11:11	00:26:16.60	00:26:16.60	+00:04:24 (16.8%)	4:57	12.1 (82.9%)
10	SICH-SOSNA Agnieszka	675		50-59 lat	10	Matki żony i biegaczki		00:00:00	00:11:45	00:26:38.65	00:26:38.65	+00:04:47 (18.0%)	5:01	11.9 (81.5%)
11	BASISTA Kasia	20	PIRATKI Z SZARLOTY	50-59 lat	11	Piratki z Szarloty	Piratki z Szarloty	00:00:00	00:11:25	00:26:44.30	00:26:44.30	+00:04:52 (18.2%)	5:02	11.9 (81.5%)
12	RAŹNIAK Beata	646	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:00	00:11:40	00:27:01.05	00:27:01.05	+00:05:09 (19.1%)	5:05	11.8 (80.8%)
13	MRACHACZ Dorota	511	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	13	Miechowicka Grupa Biegowa	LIGÓWKI	00:00:00	00:12:20	00:27:13.95	00:27:13.95	+00:05:22 (19.7%)	5:08	11.7 (80.1%)
14	PŁASKA Barbara	620	KOBIETY NA 5+	50-59 lat	14	Kobiety na 5+		00:00:00	00:11:43	00:27:37.65	00:27:37.65	+00:05:46 (20.9%)	5:12	11.5 (78.8%)
15	NYKIEL Małgorzata	556	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	15	Miechowicka Grupa Biegowa	LIGÓWKI	00:00:00	00:11:46	00:27:40.85	00:27:40.85	+00:05:49 (21.0%)	5:13	11.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
16	WERNIK Katarzyna	799		50-59 lat	16			00:00:00	00:11:49	00:27:43.50	00:27:43.50	+00:05:51 (21.2%)	5:13	11.5 (78.8%)
17	FRYSZTACKA Barbara	153		50-59 lat	17			00:00:00	00:11:30	00:27:51.30	00:27:51.30	+00:05:59 (21.5%)	5:15	11.4 (78.1%)
18	SKRZYPOSEK Małgorzata	689	WARTKIE PIERONY	50-59 lat	18	Wartkie Pierony		00:00:00	00:12:04	00:28:01.70	00:28:01.70	+00:06:10 (22.0%)	5:17	11.4 (78.1%)
19	WYCISK Lidia	835		50-59 lat	19			00:00:00	00:12:07	00:28:15.20	00:28:15.20	+00:06:23 (22.6%)	5:19	11.3 (77.4%)
20	ZARAŃSKA Izabela	845		50-59 lat	20	Miechowska Grupa Biegowa		00:00:00	00:12:30	00:28:46.95	00:28:46.95	+00:06:55 (24.0%)	5:25	11.1 (76.0%)
21	RANSZ Beata	643	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	21			00:00:00	00:12:17	00:28:54.90	00:28:54.90	+00:07:03 (24.4%)	5:27	11 (75.3%)
22	CHROBOK Józefa	85	OLZA CIESZYN	50-59 lat	22	Olza Cieszyn		00:00:00	00:12:13	00:28:55.65	00:28:55.65	+00:07:04 (24.4%)	5:27	11 (75.3%)
23	RZEPECKA Bożena	667	OLZA CIESZYN	50-59 lat	23	Olza Cieszyn		00:00:00	00:12:14	00:28:55.75	00:28:55.75	+00:07:04 (24.4%)	5:27	11 (75.3%)
24	KULIŃSKA Bożena	394	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	50-59 lat	24			00:00:00	00:12:06	00:28:57.45	00:28:57.45	+00:07:05 (24.5%)	5:27	11 (75.3%)
25	GABRUŚ Iwona	156	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59 lat	25			00:00:00	00:12:35	00:29:10.35	00:29:10.35	+00:07:18 (25.1%)	5:30	10.9 (74.7%)
26	CHYTROSZEK Eleonora	87		50-59 lat	26			00:00:00	00:12:31	00:29:12.35	00:29:12.35	+00:07:20 (25.1%)	5:30	10.9 (74.7%)
27	KMIECIAK Grażyna	325		50-59 lat	27			00:00:00	00:12:20	00:29:28.00	00:29:28.00	+00:07:36 (25.8%)	5:33	10.8 (74.0%)
28	PYTEL Renata	638	SOBIESKI	50-59 lat	28		Sobieski6	00:00:00	00:12:11	00:29:36.30	00:29:36.30	+00:07:44 (26.2%)	5:35	10.7 (73.3%)
29	PUDA Dorota	636	KOBIETY NA 5+	50-59 lat	29	Kobiety na 5+		00:00:00	00:12:37	00:29:36.70	00:29:36.70	+00:07:45 (26.2%)	5:35	10.7 (73.3%)
30	KUSA Aleksandra	403		50-59 lat	30			00:00:00	00:12:37	00:29:55.15	00:29:55.15	+00:08:03 (26.9%)	5:38	10.6 (72.6%)
31	GRABOWSKA Katarzyna	203		50-59 lat	31			00:00:00	00:12:51	00:30:03.90	00:30:03.90	+00:08:12 (27.3%)	5:40	10.6 (72.6%)
32	SKOTNICKA Urszula	685	NIE ZRZESZONA	50-59 lat	32			00:00:00	00:12:33	00:30:21.00	00:30:21.00	+00:08:29 (28.0%)	5:43	10.5 (71.9%)
33	JANICKA Sylwia	249	DRUZYNA KOPERNIKA	50-59 lat	33			00:00:00	00:13:08	00:30:30.00	00:30:30.00	+00:08:38 (28.3%)	5:45	10.4 (71.2%)
34	GORYCKA Katarzyna	193	GRUPETTO POGWIZDÓW	50-59 lat	34			00:00:00	00:13:23	00:30:31.35	00:30:31.35	+00:08:39 (28.4%)	5:45	10.4 (71.2%)
35	BAJCAR Beata	11	KOBIETY NA 5+	50-59 lat	35	Kobiety na 5+		00:00:00	00:12:53	00:30:34.90	00:30:34.90	+00:08:43 (28.5%)	5:46	10.4 (71.2%)
36	MAĆKÓW Agnieszka	450		50-59 lat	36			00:00:00	00:13:11	00:30:59.60	00:30:59.60	+00:09:07 (29.5%)	5:50	10.3 (70.5%)
37	SOCHA Marlena	709	WARTKIE PIERONY	50-59 lat	37	Wartkie Pierony		00:00:00	00:13:21	00:31:26.55	00:31:26.55	+00:09:34 (30.5%)	5:55	10.1 (69.2%)
38	HORAK Alina	233	-----	50-59 lat	38			00:00:00	00:13:35	00:31:33.60	00:31:33.60	+00:09:41 (30.7%)	5:57	10.1 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
39	JASTRZĘBSKA Ewa	266		50-59 lat	39			00:00:00	00:13:31	00:31:33.95	00:31:33.95	+00:09:42 (30.7%)	5:57	10.1 (69.2%)
40	CIEŚLA Edyta	92		50-59 lat	40			00:00:00	00:13:49	00:31:34.45	00:31:34.45	+00:09:42 (30.8%)	5:57	10.1 (69.2%)
41	MAŚLANKA Sabina	476		50-59 lat	41			00:00:00	00:14:34	00:31:38.25	00:31:38.25	+00:09:46 (30.9%)	5:58	10.1 (69.2%)
42	KRZYŻOWSKA Izabela	378		50-59 lat	42			00:00:00	00:13:37	00:31:44.10	00:31:44.10	+00:09:52 (31.1%)	5:59	10 (68.5%)
43	POCIENNIK Justyna	623	BRYKAJĄCA GRUPA BIEGOWA	50-59 lat	43			00:00:00	00:13:16	00:31:46.50	00:31:46.50	+00:09:54 (31.2%)	5:59	10 (68.5%)
44	KASPRZYCKA SZUBARSKA Katarzyna	300	PARKRUN CIESZYN	50-59 lat	44			00:00:00	00:13:50	00:32:00.75	00:32:00.75	+00:10:09 (31.7%)	6:02	9.9 (67.8%)
45	OZDARSKA Beata	571	WARTKIE PIERONY	50-59 lat	45	Wartkie Pierony		00:00:00	00:13:21	00:32:05.85	00:32:05.85	+00:10:14 (31.9%)	6:03	9.9 (67.8%)
46	GOJ Hanna	187	MORS HUBERTUS MYSŁOWICE	50-59 lat	46	Mors Hubertus		00:00:00	00:13:31	00:32:06.05	00:32:06.05	+00:10:14 (31.9%)	6:03	9.9 (67.8%)
47	DZIUK Jolanta	136		50-59 lat	47			00:00:00	00:12:55	00:32:10.25	00:32:10.25	+00:10:18 (32.0%)	6:04	9.9 (67.8%)
48	CICHECKA Jolanta	88		50-59 lat	48		rude ze śląska	00:00:00	00:13:52	00:32:22.55	00:32:22.55	+00:10:30 (32.5%)	6:06	9.8 (67.1%)
49	ŁUSZCZ Magdalena	448	SILESIA MARATHON CLUB	50-59 lat	49			00:00:00	00:13:43	00:32:37.90	00:32:37.90	+00:10:46 (33.0%)	6:09	9.7 (66.4%)
50	GĘBOŁYŚ Beata	177	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	50-59 lat	50	Chwalisz czy nie chwalisz lotej z nami	B&S	00:00:00	00:13:39	00:32:44.60	00:32:44.60	+00:10:52 (33.2%)	6:10	9.7 (66.4%)
51	KORCZEWSKA Beata	349	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	51	Miechowicka Grupa Biegowa		00:00:00	00:13:44	00:32:45.30	00:32:45.30	+00:10:53 (33.3%)	6:10	9.7 (66.4%)
52	PIJARSKA Bożena	609		50-59 lat	52			00:00:00	00:13:52	00:33:12.60	00:33:12.60	+00:11:20 (34.2%)	6:15	9.6 (65.8%)
53	NALEWAJKA Wioleta	526	KOBIETY NA 5+	50-59 lat	53	Kobiety na 5+		00:00:00	00:13:05	00:33:22.30	00:33:22.30	+00:11:30 (34.5%)	6:17	9.5 (65.1%)
54	WAWER Kasia	794	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	54	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:33:32.85	00:33:32.85	+00:11:41 (34.8%)	6:19	9.5 (65.1%)
55	KORNACKA Wioletta	351		50-59 lat	55			00:00:00	00:14:08	00:33:40.70	00:33:40.70	+00:11:49 (35.1%)	6:21	9.4 (64.4%)
56	CELER Iwona	80		50-59 lat	56			00:00:00	00:14:16	00:33:48.50	00:33:48.50	+00:11:56 (35.3%)	6:22	9.4 (64.4%)
57	LUBER Beata	437	JUST FOR FUN	50-59 lat	57	JUST FOR FUN		00:00:00	00:13:48	00:33:49.45	00:33:49.45	+00:11:57 (35.4%)	6:22	9.4 (64.4%)
58	BURNAGIEL Agata	73	HRMAX DZIOŁSZKI	50-59 lat	58	HRmax dziółszki		00:00:00	00:15:00	00:34:02.75	00:34:02.75	+00:12:11 (35.8%)	6:25	9.3 (63.7%)
59	KOHUTKOVÁ Miroslava	332	OSTRAVSKÉ BĚHNIČKY	50-59 lat	59			00:00:00	00:14:50	00:34:07.95	00:34:07.95	+00:12:16 (36.0%)	6:26	9.3 (63.7%)
60	DOBOSZ Ilona	114		50-59 lat	60			00:00:00	00:13:54	00:34:11.15	00:34:11.15	+00:12:19 (36.1%)	6:26	9.3 (63.7%)

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61	ADAMCZAK Renata	3		50-59 lat	61			00:00:00	00:14:42	00:34:21.00	00:34:21.00	+00:12:29 (36.4%)	6:28	9.3 (63.7%)
62	DĘBOWSKA Beata	111		50-59 lat	62			00:00:00	00:14:11	00:34:27.40	00:34:27.40	+00:12:35 (36.6%)	6:30	9.2 (63.0%)
63	BEDNAREK Jolanta	25		50-59 lat	63			00:00:00	00:14:32	00:34:40.20	00:34:40.20	+00:12:48 (36.9%)	6:32	9.2 (63.0%)
64	KALITA Anna	288	INCOLA	50-59 lat	64	INCOLA TEAM		00:00:00	00:15:24	00:35:26.05	00:35:26.05	+00:13:34 (38.3%)	6:41	9 (61.6%)
65	BIELA Małgorzata	38	KOBIETY NA 5+	50-59 lat	65	Kobiety na 5+		00:00:00	00:14:48	00:35:48.30	00:35:48.30	+00:13:56 (38.9%)	6:45	8.9 (61.0%)
66	MATUSZEK Dorota	480		50-59 lat	66			00:00:00	00:15:29	00:35:48.60	00:35:48.60	+00:13:56 (39.0%)	6:45	8.9 (61.0%)
67	OBERSKA Sylwia	557		50-59 lat	67			00:00:00	00:14:56	00:35:52.95	00:35:52.95	+00:14:01 (39.1%)	6:46	8.9 (61.0%)
68	SKÓRA Joanna	686		50-59 lat	68			00:00:00	00:14:59	00:35:54.85	00:35:54.85	+00:14:03 (39.1%)	6:46	8.9 (61.0%)
69	WOJTOŃ-STAWICKA Małgorzata	819	RUNTEAM PAWŁOWICE	50-59 lat	69	RUNTEAM Pawłowice		00:00:00	00:15:43	00:36:01.15	00:36:01.15	+00:14:09 (39.3%)	6:47	8.8 (60.3%)
70	PAJĄK Małgorzata	578	KOBIETY NA 5+	50-59 lat	70	Kobiety na 5+		00:00:00	00:14:37	00:36:07.10	00:36:07.10	+00:14:15 (39.5%)	6:48	8.8 (60.3%)
71	KOMOROWSKA Bożena	337	DRUŻYNA KOPERNIKA	50-59 lat	71			00:00:00	00:15:31	00:36:13.75	00:36:13.75	+00:14:22 (39.7%)	6:50	8.8 (60.3%)
72	RESZTAK Małgorzata	649		50-59 lat	72			00:00:00	00:14:55	00:36:33.90	00:36:33.90	+00:14:42 (40.2%)	6:53	8.7 (59.6%)
73	MICHALSKA Beata	493	WARTKIE PIERONY	50-59 lat	73	Wartkie Pierony		00:00:00	00:15:10	00:36:35.40	00:36:35.40	+00:14:43 (40.3%)	6:54	8.7 (59.6%)
74	MACHEJ Małgorzata	449		50-59 lat	74			00:00:00	00:15:29	00:36:36.45	00:36:36.45	+00:14:44 (40.3%)	6:54	8.7 (59.6%)
75	TOCHACZEK Barbara	777	PARK RAN	50-59 lat	75	Cieszyn		00:00:00	00:15:10	00:36:40.55	00:36:40.55	+00:14:48 (40.4%)	6:55	8.7 (59.6%)
76	LESZCZYŃSKA Violetta	426		50-59 lat	76			00:00:00	00:16:36	00:36:42.25	00:36:42.25	+00:14:50 (40.4%)	6:55	8.7 (59.6%)
77	FRANKOWSKA Ania	152	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	77	Miechowicka Grupa Biegowa		00:00:00	00:15:32	00:36:43.20	00:36:43.20	+00:14:51 (40.5%)	6:55	8.7 (59.6%)
78	MAJER Marzena	457	TEAM AERO ŻÓŁWIKI	50-59 lat	78			00:00:00	00:17:33	00:36:51.95	00:36:51.95	+00:15:00 (40.7%)	6:57	8.6 (58.9%)
79	OLCZYK Wioletta	558	KOBIETY NA 5+	50-59 lat	79	Kobiety na 5+		00:00:00	00:14:30	00:37:40.60	00:37:40.60	+00:15:48 (42.0%)	7:06	8.4 (57.5%)
80	WAWRZYK Iwona	796	OLZA CIESZYN	50-59 lat	80	Olza Cieszyn		00:00:00	00:16:08	00:37:44.70	00:37:44.70	+00:15:53 (42.1%)	7:07	8.4 (57.5%)
81	KOWALSKA Małgorzata	361		50-59 lat	81			00:00:00	00:15:59	00:37:47.45	00:37:47.45	+00:15:55 (42.2%)	7:07	8.4 (57.5%)
82	HABER Katarzyna	219	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	82	Miechowicka Grupa Biegowa		00:00:00	00:16:05	00:37:49.00	00:37:49.00	+00:15:57 (42.2%)	7:08	8.4 (57.5%)

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83	KNAP Beata	326		50-59 lat	83			00:00:00	00:15:49	00:37:53.00	00:37:53.00	+00:16:01 (42.3%)	7:08	8.4 (57.5%)
84	POCENTAJŁO Beata	622	INTERNATIONAL RUINING KLUB	50-59 lat	84			00:00:00	00:15:32	00:37:55.70	00:37:55.70	+00:16:04 (42.4%)	7:09	8.4 (57.5%)
85	KLUSKA Sylwia	318	HURAGAN LIGOTA	50-59 lat	85			00:00:00	00:15:49	00:38:10.35	00:38:10.35	+00:16:18 (42.7%)	7:12	8.3 (56.8%)
86	ZWIOREK - ROTKEGEL Anna	859		50-59 lat	86	Miechowska Grupa Biegowa		00:00:00	00:16:12	00:38:27.35	00:38:27.35	+00:16:35 (43.2%)	7:15	8.3 (56.8%)
87	STYRNOL Beata	734		50-59 lat	87			00:00:00	00:17:13	00:38:28.40	00:38:28.40	+00:16:36 (43.2%)	7:15	8.3 (56.8%)
88	RĘKAL Dorota	651		50-59 lat	88	Byle Do Mety		00:00:00	00:15:39	00:38:29.95	00:38:29.95	+00:16:38 (43.2%)	7:15	8.3 (56.8%)
89	BRODA Beata	62		50-59 lat	89			00:00:00	00:16:17	00:38:41.70	00:38:41.70	+00:16:50 (43.5%)	7:17	8.2 (56.2%)
90	KOŁODZIEJ Ewa	335		50-59 lat	90			00:00:00	00:15:36	00:38:41.80	00:38:41.80	+00:16:50 (43.5%)	7:17	8.2 (56.2%)
91	SOKÓŁ-OLEŚ Ewelina	711	RUNTEAM PAWŁOWICE	50-59 lat	91	RUNTEAM Pawłowice	RUNTEAM....ówki	00:00:00	00:17:09	00:38:55.25	00:38:55.25	+00:17:03 (43.8%)	7:20	8.2 (56.2%)
92	NIEDZIOŁKO Bożena	537	KOBIETY NA 5+	50-59 lat	92	Kobiety na 5+		00:00:00	00:16:11	00:39:00.50	00:39:00.50	+00:17:08 (44.0%)	7:21	8.2 (56.2%)
93	KOWALSKA Dorota	362	SBD ENERGETYK RYBNIK	50-59 lat	93			00:00:00	00:16:18	00:40:08.10	00:40:08.10	+00:18:16 (45.5%)	7:34	7.9 (54.1%)
94	ZIEJA Iza	853		50-59 lat	94	Sądówki		00:00:00	00:16:55	00:40:24.15	00:40:24.15	+00:18:32 (45.9%)	7:37	7.9 (54.1%)
95	BLOCH Katarzyna	47	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	95	Miechowska Grupa Biegowa		00:00:00	00:16:35	00:40:29.25	00:40:29.25	+00:18:37 (46.0%)	7:38	7.9 (54.1%)
96	KAWCZYŃSKA Wiesława	302		50-59 lat	96			00:00:00	00:17:59	00:40:43.90	00:40:43.90	+00:18:52 (46.3%)	7:40	7.8 (53.4%)
97	GAPIŃSKA Agata	167		50-59 lat	97			00:00:00	00:16:49	00:40:55.60	00:40:55.60	+00:19:03 (46.6%)	7:43	7.8 (53.4%)
98	MARUSZCZAK Justyna	473	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	98	Miechowska Grupa Biegowa		00:00:00	00:17:03	00:41:11.05	00:41:11.05	+00:19:19 (46.9%)	7:46	7.7 (52.7%)
99	PAWŁOWICZ Marzena	597		50-59 lat	99			00:00:00	00:17:00	00:42:03.55	00:42:03.55	+00:20:11 (48.0%)	7:56	7.6 (52.1%)
100	KOSOWSKA Grażyna	354	KOBIETY NA 5+	50-59 lat	100	Kobiety na 5+		00:00:00	00:18:39	00:42:06.85	00:42:06.85	+00:20:15 (48.1%)	7:56	7.6 (52.1%)
101	CZARNECKA Małgorzata	96	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	101	Miechowska Grupa Biegowa		00:00:00	00:17:33	00:42:32.25	00:42:32.25	+00:20:40 (48.6%)	8:01	7.5 (51.4%)
102	WOJTAL Danuta	816		50-59 lat	102			00:00:00	00:18:53	00:44:44.95	00:44:44.95	+00:22:53 (51.1%)	8:26	7.1 (48.6%)
103	KROCHMAŁSKA Jadwiga	372	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	103	Miechowska Grupa Biegowa		00:00:00	00:18:42	00:45:06.60	00:45:06.60	+00:23:14 (51.5%)	8:30	7.1 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
104	WILK Izabela	806	WATAHA	50-59 lat	104	WATAHA		00:00:00	00:18:52	00:45:47.00	00:45:47.00	+00:23:55 (52.3%)	8:38	6.9 (47.3%)
105	KODURA Joanna	331	OCZEK TEAM	50-59 lat	105		Oczek Tean	00:00:00	00:20:26	00:46:01.35	00:46:01.35	+00:24:09 (52.5%)	8:40	6.9 (47.3%)
106	KUŚMIRSKA-KUBAS Alina	410	KLUB BIEGACZA FARTLEK	50-59 lat	106	Klub Biegacza Fartlek		00:00:00	00:18:52	00:46:48.05	00:46:48.05	+00:24:56 (53.3%)	8:49	6.8 (46.6%)
107	WIŚNIEWSKA Janina	809		50-59 lat	107			00:00:00	00:19:59	00:47:08.60	00:47:08.60	+00:25:16 (53.6%)	8:53	6.7 (45.9%)
108	ARENDARCZYK Anna	9		50-59 lat	108			00:00:00	00:19:15	00:47:17.05	00:47:17.05	+00:25:25 (53.8%)	8:55	6.7 (45.9%)
109	CIEŚLIŃSKA Jola	93		50-59 lat	109			00:00:00	00:20:53	00:47:53.60	00:47:53.60	+00:26:01 (54.4%)	9:02	6.6 (45.2%)
110	JANKOWSKA Anita	255		50-59 lat	110			00:00:00	00:21:18	00:50:22.60	00:50:22.60	+00:28:30 (56.6%)	9:30	6.3 (43.2%)
111	BUJOK Urszula	559	PIGULY	50-59 lat	111	PiguaTeam		00:00:00	00:23:31	00:53:29.85	00:53:29.85	+00:31:38 (59.1%)	10:05	5.9 (40.4%)

Znaleziono 111 wynik(ów)