

# KOBIETY NA 5+ :: BIEG

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SUWAJ Aneta</b>	<b>2</b>	AZS-AWF KATOWICE / ALPINSPOORT TEAM	30-39	1	00:00:00	00:08:11	<b>00:18:59.80</b>	<b>00:19:00.55</b>		3:48	15.8 (100%)
2	<b>MENDECKA Michalina</b>	<b>1093</b>	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	20-29	1	00:00:01	00:08:11	<b>00:19:20.95</b>	<b>00:19:22.65</b>	+00:00:21 (1.8%)	3:52	15.5 (98.1%)
3	<b>PATAS Magdalena</b>	<b>192</b>	FORMA WODZISŁAW ŚLĄSKI	20-29	2	00:00:01	00:08:25	<b>00:20:28.85</b>	<b>00:20:30.15</b>	+00:01:29 (7.2%)	4:05	14.6 (92.4%)
4	<b>DZIUK Dagmara</b>	<b>21</b>	KB MOSIR JASTRZĘBIE	30-39	2	00:00:01	00:08:33	<b>00:20:35.90</b>	<b>00:20:37.25</b>	+00:01:36 (7.8%)	4:07	14.6 (92.4%)
5	<b>DYRLAGA Justyna</b>	<b>975</b>		20-29	3	00:00:02	00:08:59	<b>00:20:43.20</b>	<b>00:20:45.90</b>	+00:01:43 (8.3%)	4:08	14.5 (91.8%)
6	<b>SZELEST Barbara</b>	<b>1099</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	1	00:00:01	00:08:52	<b>00:21:01.70</b>	<b>00:21:02.75</b>	+00:02:01 (9.7%)	4:12	14.3 (90.5%)
7	<b>SZOJDA Karolina</b>	<b>903</b>	NIEDOŚCIGNIONE	20-29	4	00:00:01	00:09:12	<b>00:21:05.25</b>	<b>00:21:06.55</b>	+00:02:05 (9.9%)	4:13	14.2 (89.9%)
8	<b>PAWTEL Agata</b>	<b>427</b>		30-39	3	00:00:01	00:09:04	<b>00:21:21.85</b>	<b>00:21:23.40</b>	+00:02:22 (11.1%)	4:16	14 (88.6%)
9	<b>WOJTASZEWSKA Sabina</b>	<b>236</b>	BBL RACIBÓRZ	30-39	4	00:00:03	00:08:58	<b>00:21:22.60</b>	<b>00:21:26.25</b>	+00:02:22 (11.1%)	4:16	14 (88.6%)
10	<b>ADAMUS-KOWALSKA Justyna</b>	<b>1240</b>		30-39	6	00:00:01	00:08:56	<b>00:21:35.25</b>	<b>00:21:36.65</b>	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
11	<b>PIETRAS Sylwia</b>	<b>159</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	5	00:00:03	00:09:12	<b>00:21:35.00</b>	<b>00:21:38.50</b>	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
12	<b>JANKO Anna</b>	<b>542</b>	HRMAX ŻORY	20-29	5	00:00:01	00:09:09	<b>00:21:47.05</b>	<b>00:21:48.95</b>	+00:02:47 (12.8%)	4:21	13.8 (87.3%)
13	<b>SZAFARCZYK Kinga</b>	<b>271</b>	RUNSZ- TEAM	20-29	6	00:00:01	00:09:23	<b>00:21:53.75</b>	<b>00:21:55.55</b>	+00:02:53 (13.2%)	4:22	13.7 (86.7%)
14	<b>RENCZ Małgorzata</b>	<b>1281</b>	W POGONI ZA DUCHEM	40-49	3	00:00:01	00:09:14	<b>00:22:17.60</b>	<b>00:22:18.60</b>	+00:03:17 (14.8%)	4:27	13.5 (85.4%)
15	<b>ADAMCZYK-NOWAK Beata</b>	<b>26</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	2	00:00:03	00:09:29	<b>00:22:17.00</b>	<b>00:22:20.35</b>	+00:03:17 (14.7%)	4:27	13.5 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>OPALSKA Karolina</b>	<b>696</b>	KOLOROWA DRUŻYNA NESSI	30-39	7	00:00:09	00:09:45	<b>00:22:15.25</b>	<b>00:22:24.60</b>	+00:03:15 (14.6%)	4:27	13.5 (85.4%)
17	<b>PIECZKA Monika</b>	<b>1080</b>	TLROW RYBNIK	30-39	8	00:00:03	00:09:36	<b>00:22:21.05</b>	<b>00:22:24.65</b>	+00:03:21 (15.0%)	4:28	13.4 (84.8%)
18	<b>ZĘBIK Grazyna</b>	<b>1222</b>		40-49	4	00:00:02	00:09:38	<b>00:22:24.70</b>	<b>00:22:26.85</b>	+00:03:24 (15.2%)	4:28	13.4 (84.8%)
19	<b>MYSLIWIEC Ela</b>	<b>1179</b>	DYSTANS LUBOMIA	30-39	9	00:00:09	00:09:36	<b>00:22:26.00</b>	<b>00:22:35.00</b>	+00:03:26 (15.3%)	4:29	13.4 (84.8%)
20	<b>KOWALSKA Kinga</b>	<b>171</b>	OLZA CIESZYN	40-49	5	00:00:02	00:09:38	<b>00:22:34.40</b>	<b>00:22:37.15</b>	+00:03:34 (15.8%)	4:31	13.3 (84.2%)
21	<b>MENDECKA Daria</b>	<b>157</b>	MOSIR ŁAZISKA GÓRNE	20-29	7	00:00:01	00:09:18	<b>00:22:41.50</b>	<b>00:22:42.80</b>	+00:03:41 (16.3%)	4:32	13.2 (83.5%)
22	<b>CIACIURA Magdalena</b>	<b>1028</b>		30-39	10	00:00:04	00:09:32	<b>00:22:43.35</b>	<b>00:22:47.75</b>	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
23	<b>MALEJKA Katarzyna</b>	<b>309</b>	ADS MASNA	40-49	7	00:00:04	00:09:44	<b>00:22:47.80</b>	<b>00:22:52.60</b>	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
24	<b>LASSOTA-BUJAK Mariola</b>	<b>206</b>	#CZELADZBIEGA	40-49	6	00:00:06	00:09:37	<b>00:22:47.80</b>	<b>00:22:54.05</b>	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
25	<b>SZAFARCZYK Eugenia</b>	<b>270</b>	RUNSZ- TEAM	50-59	1	00:00:01	00:09:47	<b>00:23:00.30</b>	<b>00:23:01.65</b>	+00:04:00 (17.4%)	4:36	13 (82.3%)
26	<b>MENDEL Beata</b>	<b>901</b>	ORZESZE TEŻ BIEGA	40-49	8	00:00:02	00:09:30	<b>00:23:01.75</b>	<b>00:23:03.90</b>	+00:04:01 (17.5%)	4:36	13 (82.3%)
27	<b>JANKO Joanna</b>	<b>385</b>		20-29	8	00:00:02	00:09:51	<b>00:23:04.20</b>	<b>00:23:06.55</b>	+00:04:04 (17.7%)	4:36	13 (82.3%)
28	<b>MORAWSKA Julia</b>	<b>1163</b>	MYSŁOWICKI KLUB BIEGACZA NO.1	16-19	1	00:00:02	00:09:51	<b>00:23:05.25</b>	<b>00:23:07.50</b>	+00:04:05 (17.7%)	4:37	13 (82.3%)
29	<b>ZAJĄC Iwona</b>	<b>1159</b>	NUMBERŁANKI	40-49	9	00:00:02	00:09:51	<b>00:23:06.75</b>	<b>00:23:08.95</b>	+00:04:06 (17.8%)	4:37	13 (82.3%)
30	<b>DZIEKAN Anna</b>	<b>1011</b>		20-29	9	00:00:07	00:09:41	<b>00:23:11.45</b>	<b>00:23:18.70</b>	+00:04:11 (18.1%)	4:38	12.9 (81.6%)
31	<b>DYRCZ Anna</b>	<b>164</b>		40-49	10	00:00:05	00:10:16	<b>00:23:20.95</b>	<b>00:23:26.35</b>	+00:04:21 (18.6%)	4:40	12.8 (81.0%)
32	<b>ANDROSZ Beata</b>	<b>1124</b>		40-49	11	00:00:04	00:09:57	<b>00:23:27.40</b>	<b>00:23:31.55</b>	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
33	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>1302</b>	KLUB AKMB PĘDZIWIATR GLIWICE	30-39	11	00:00:08	00:10:09	<b>00:23:27.00</b>	<b>00:23:35.80</b>	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
34	<b>CZYŻ Leonarda</b>	<b>886</b>	OLZA CIESZYN	40-49	12	00:00:03	00:09:59	<b>00:23:37.70</b>	<b>00:23:40.70</b>	+00:04:37 (19.6%)	4:43	12.7 (80.4%)
35	<b>PIWISZKIS Barbara</b>	<b>37</b>	KOBIETY NA 5+	30-39	12	00:00:03	00:09:35	<b>00:23:38.90</b>	<b>00:23:42.25</b>	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
35	<b>WINIARSKA Monika</b>	<b>173</b>	RUNTEAM PAWŁOWICE	30-39	13	00:00:03	00:09:50	<b>00:23:38.95</b>	<b>00:23:42.25</b>	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
37	<b>BUTANOWICZ Marzena</b>	<b>654</b>	KOLOROWA DRUŻYNA NESSI	30-39	14	00:00:07	00:09:53	<b>00:23:39.15</b>	<b>00:23:46.55</b>	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
38	<b>CANIBOŁ Anna</b>	<b>590</b>	RUNTEAM PAWŁOWICE	20-29	10	00:00:04	00:10:04	<b>00:23:43.85</b>	<b>00:23:48.75</b>	+00:04:44 (19.9%)	4:44	12.6 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>SOBIESZCZAŃSKA Agnieszka</b>	<b>712</b>	DYCZUŚ TEAM	30-39	15	00:00:02	00:09:59	<b>00:23:49.55</b>	<b>00:23:51.55</b>	+00:04:49 (20.3%)	4:45	12.6 (79.7%)
40	<b>PAWLOK Anna</b>	<b>601</b>		20-29	11	00:00:08	00:10:27	<b>00:23:51.55</b>	<b>00:24:00.05</b>	+00:04:51 (20.4%)	4:46	12.6 (79.7%)
41	<b>CHORCHOS Magda</b>	<b>651</b>		20-29	13	00:00:00	00:09:44	<b>00:24:13.65</b>	<b>00:24:13.65</b>	+00:05:13 (21.6%)	4:50	12.4 (78.5%)
42	<b>KELLER-MISIARZ Natalia</b>	<b>598</b>		20-29	12	00:00:05	00:09:48	<b>00:24:08.30</b>	<b>00:24:13.85</b>	+00:05:08 (21.3%)	4:49	12.4 (78.5%)
43	<b>LERCH Bożena</b>	<b>396</b>	RUNTEAM PAWŁOWICE	30-39	16	00:00:06	00:09:50	<b>00:24:07.60</b>	<b>00:24:14.25</b>	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
44	<b>KANDORA Joanna</b>	<b>31</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	13	00:00:03	00:10:16	<b>00:24:12.65</b>	<b>00:24:16.55</b>	+00:05:12 (21.5%)	4:50	12.4 (78.5%)
45	<b>WERON Magdalena</b>	<b>1251</b>	SIEWIERZ BIEGA	30-39	17	00:00:07	00:10:20	<b>00:24:17.65</b>	<b>00:24:25.30</b>	+00:05:17 (21.8%)	4:51	12.3 (77.8%)
46	<b>KURASZ Joanna</b>	<b>1289</b>	STS BIEGATON MIKOŁÓW	30-39	20	00:00:00	00:10:24	<b>00:24:29.30</b>	<b>00:24:29.30</b>	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
47	<b>ŻBEL Ania</b>	<b>258</b>	HRMAX ŻORY	30-39	19	00:00:05	00:10:20	<b>00:24:26.00</b>	<b>00:24:31.15</b>	+00:05:26 (22.3%)	4:53	12.3 (77.8%)
48	<b>BIEROŃSKA Wioleta</b>	<b>1148</b>	JUSTFEELFIT	16-19	3	00:00:02	00:09:39	<b>00:24:32.35</b>	<b>00:24:34.35</b>	+00:05:32 (22.6%)	4:54	12.2 (77.2%)
49	<b>FILEC Wiktoria</b>	<b>55</b>	INŻYNIERIA BIEGANIA	16-19	2	00:00:03	00:10:35	<b>00:24:30.85</b>	<b>00:24:34.45</b>	+00:05:31 (22.5%)	4:54	12.2 (77.2%)
50	<b>PASTUCHA Katarzyna</b>	<b>988</b>	CROSS KRAPKOWICE	20-29	14	00:00:08	00:10:28	<b>00:24:27.95</b>	<b>00:24:36.75</b>	+00:05:28 (22.4%)	4:53	12.3 (77.8%)
51	<b>BUCHOWICZ Agnieszka</b>	<b>81</b>	MK BIKE	30-39	18	00:00:13	00:10:20	<b>00:24:25.85</b>	<b>00:24:39.10</b>	+00:05:26 (22.2%)	4:53	12.3 (77.8%)
52	<b>KAROLAK Martyna</b>	<b>991</b>	RUNTEAM PAWŁOWICE	30-39	21	00:00:07	00:10:17	<b>00:24:34.70</b>	<b>00:24:41.75</b>	+00:05:34 (22.7%)	4:54	12.2 (77.2%)
53	<b>MENŻYK Joanna</b>	<b>1131</b>	SPARTAN RACE TRAINING GROUP KATOWICE	40-49	14	00:00:03	00:10:13	<b>00:24:35.70</b>	<b>00:24:39.40</b>	+00:05:35 (22.8%)	4:55	12.2 (77.2%)
54	<b>PAWŁOWSKA Małgorzata</b>	<b>914</b>	STS BIEGATON MIKOŁÓW	20-29	15	00:00:03	00:10:15	<b>00:24:38.70</b>	<b>00:24:41.75</b>	+00:05:38 (22.9%)	4:55	12.2 (77.2%)
55	<b>HELIOSZ Agnieszka</b>	<b>630</b>	INTERAKTYWNI	40-49	15	00:00:01	00:10:17	<b>00:24:43.10</b>	<b>00:24:44.75</b>	+00:05:43 (23.1%)	4:56	12.1 (76.6%)
56	<b>FRANKE Ilona</b>	<b>815</b>	STS BIEGATON MIKOŁÓW	50-59	2	00:00:04	00:10:14	<b>00:24:45.20</b>	<b>00:24:49.20</b>	+00:05:45 (23.3%)	4:57	12.1 (76.6%)
57	<b>NIESŁAŃCZYK Małgorzata</b>	<b>998</b>		30-39	22	00:00:07	00:10:17	<b>00:24:46.25</b>	<b>00:24:54.20</b>	+00:05:46 (23.3%)	4:57	12.1 (76.6%)
58	<b>BOGACZ Monika</b>	<b>1276</b>	ADS MASNA	30-39	23	00:00:05	00:10:33	<b>00:24:50.90</b>	<b>00:24:56.05</b>	+00:05:51 (23.5%)	4:58	12.1 (76.6%)
59	<b>KUSIO Basia</b>	<b>655</b>	PARKRUN CHRZANÓW	30-39	24	00:00:16	00:10:49	<b>00:24:51.10</b>	<b>00:25:07.35</b>	+00:05:51 (23.6%)	4:58	12.1 (76.6%)
60	<b>SICH- SOSNA Agnieszka</b>	<b>200</b>		40-49	16	00:00:02	00:10:16	<b>00:24:53.65</b>	<b>00:24:55.75</b>	+00:05:53 (23.7%)	4:58	12.1 (76.6%)
61	<b>KAFKA Ewelina</b>	<b>671</b>	LICHOTA TEAM	40-49	17	00:00:07	00:10:25	<b>00:24:56.60</b>	<b>00:25:04.55</b>	+00:05:56 (23.8%)	4:59	12 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>BORKOWSKA Paulina</b>	<b>57</b>		30-39	25	00:00:04	00:10:36	<b>00:24:57.25</b>	<b>00:25:02.15</b>	+00:05:57 (23.9%)	4:59	12 (75.9%)
63	<b>ŻAK Sonia</b>	<b>369</b>		20-29	16	00:00:06	00:10:28	<b>00:24:58.35</b>	<b>00:25:05.10</b>	+00:05:58 (23.9%)	4:59	12 (75.9%)
64	<b>SOKOŁOWSKA Anna</b>	<b>465</b>	BRAK	50-59	3	00:00:01	00:10:09	<b>00:25:02.65</b>	<b>00:25:04.00</b>	+00:06:02 (24.1%)	5:00	12 (75.9%)
65	<b>NOWAK Beata</b>	<b>889</b>	OLZA CIESZYN	40-49	18	00:00:02	00:10:17	<b>00:25:02.80</b>	<b>00:25:05.60</b>	+00:06:03 (24.2%)	5:00	12 (75.9%)
66	<b>JANECKA Marta</b>	<b>836</b>		16-19	4	00:00:11	00:10:41	<b>00:25:03.40</b>	<b>00:25:15.05</b>	+00:06:03 (24.2%)	5:00	12 (75.9%)
67	<b>NGUYEN Dorota</b>	<b>1147</b>		30-39	26	00:00:08	00:10:37	<b>00:25:04.55</b>	<b>00:25:13.05</b>	+00:06:04 (24.2%)	5:01	12 (75.9%)
68	<b>WOŹNIAK Julia</b>	<b>1105</b>	PIXONET	16-19	5	00:00:04	00:10:17	<b>00:25:09.20</b>	<b>00:25:13.55</b>	+00:06:09 (24.5%)	5:01	11.9 (75.3%)
69	<b>DŁUGOSZ Patrycja</b>	<b>962</b>	ADS MASNA	20-29	17	00:00:09	00:10:47	<b>00:25:15.15</b>	<b>00:25:24.25</b>	+00:06:15 (24.8%)	5:03	11.9 (75.3%)
70	<b>OCHWAT Aleksandra</b>	<b>643</b>	ADS MASNA	30-39	27	00:00:09	00:10:47	<b>00:25:15.25</b>	<b>00:25:24.25</b>	+00:06:15 (24.8%)	5:03	11.9 (75.3%)
71	<b>KANIA Agnieszka</b>	<b>1122</b>	NAMBERŁANKI	30-39	28	00:00:09	00:10:50	<b>00:25:16.40</b>	<b>00:25:26.30</b>	+00:06:16 (24.8%)	5:03	11.9 (75.3%)
72	<b>OSADNIK Sabrina</b>	<b>1161</b>	DYSTANS LUBOMIA	30-39	29	00:00:12	00:10:24	<b>00:25:17.30</b>	<b>00:25:30.05</b>	+00:06:17 (24.9%)	5:03	11.9 (75.3%)
73	<b>WOWRY Sylwia</b>	<b>201</b>	OLZA CIESZYN	30-39	30	00:00:09	00:10:52	<b>00:25:23.75</b>	<b>00:25:33.65</b>	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
74	<b>FOJCIK-PUSTELNIK Karolina</b>	<b>472</b>		30-39	31	00:00:07	00:10:56	<b>00:25:23.80</b>	<b>00:25:30.90</b>	+00:06:24 (25.2%)	5:04	11.8 (74.7%)
75	<b>SICH-ŚWITAŁA Małgorzata</b>	<b>198</b>		40-49	19	00:00:00	00:10:19	<b>00:25:26.00</b>	<b>00:25:26.00</b>	+00:06:26 (25.3%)	5:05	11.8 (74.7%)
76	<b>PEŁKA Urszula</b>	<b>1014</b>	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	20	00:00:14	00:10:50	<b>00:25:27.45</b>	<b>00:25:41.45</b>	+00:06:27 (25.4%)	5:05	11.8 (74.7%)
77	<b>DOBRENKO Edyta</b>	<b>1083</b>		40-49	21	00:00:08	00:10:42	<b>00:25:31.60</b>	<b>00:25:40.30</b>	+00:06:31 (25.6%)	5:06	11.7 (74.1%)
78	<b>POŁOMSKA Edyta</b>	<b>214</b>	POŁOMSCY TEAM	40-49	22	00:00:06	00:10:37	<b>00:25:35.05</b>	<b>00:25:41.85</b>	+00:06:35 (25.7%)	5:07	11.7 (74.1%)
79	<b>DYCZEK Basia</b>	<b>669</b>	DYCZUŚ TEAM	20-29	18	00:00:09	00:10:52	<b>00:25:36.70</b>	<b>00:25:45.70</b>	+00:06:36 (25.8%)	5:07	11.7 (74.1%)
80	<b>GORZELAK Joanna</b>	<b>1027</b>	KOBIETY NA 5+	30-39	32	00:00:13	00:10:54	<b>00:25:38.45</b>	<b>00:25:52.05</b>	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
81	<b>WOJTKOWSKA-WITALA Anna</b>	<b>56</b>		40-49	23	00:00:03	00:10:37	<b>00:25:38.55</b>	<b>00:25:42.15</b>	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
82	<b>KOT Oliwia</b>	<b>475</b>	MORSY NA KOKSIE	20-29	19	00:00:10	00:10:52	<b>00:25:40.10</b>	<b>00:25:51.00</b>	+00:06:40 (26.0%)	5:08	11.7 (74.1%)
83	<b>PŁOCHARSKA Aleksandra</b>	<b>972</b>		16-19	6	00:00:21	00:11:26	<b>00:25:41.25</b>	<b>00:26:03.10</b>	+00:06:41 (26.0%)	5:08	11.7 (74.1%)
84	<b>LORANC Izabela</b>	<b>751</b>	BB BIELSZCZANKI BIEGAJĄ	40-49	24	00:00:05	00:10:55	<b>00:25:43.10</b>	<b>00:25:48.70</b>	+00:06:43 (26.1%)	5:08	11.7 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	PASŁAWSKA Katarzyna	202	KOBIETY NA 5 +	40-49	25	00:00:03	00:10:27	00:25:46.50	00:25:49.85	+00:06:46 (26.3%)	5:09	11.6 (73.4%)
86	PAJESTKA Katarzyna	1070		40-49	26	00:00:06	00:10:42	00:25:46.75	00:25:52.80	+00:06:46 (26.3%)	5:09	11.6 (73.4%)
87	GAŁĄSKA Magdalena	708	ORZESZE TEŻ BIEGA	30-39	33	00:00:13	00:10:41	00:25:47.80	00:26:01.55	+00:06:48 (26.4%)	5:09	11.6 (73.4%)
88	PASTUSZKA Aleksandra	416	FIT STACJA	30-39	34	00:00:24	00:11:24	00:25:49.10	00:26:13.80	+00:06:49 (26.4%)	5:09	11.6 (73.4%)
89	ZEMLAŁK Adriana	409		30-39	35	00:00:26	00:11:29	00:25:49.60	00:26:16.25	+00:06:49 (26.4%)	5:10	11.6 (73.4%)
90	WOJAKOWSKA Katarzyna	721	K&K RUN	40-49	27	00:00:04	00:10:55	00:25:50.55	00:25:54.70	+00:06:50 (26.5%)	5:10	11.6 (73.4%)
91	BURZYŃSKA Żaneta	224		20-29	20	00:00:06	00:10:25	00:25:50.85	00:25:57.35	+00:06:51 (26.5%)	5:10	11.6 (73.4%)
92	LUBSZCZYK Justyna	99		20-29	21	00:00:09	00:10:41	00:25:51.85	00:26:01.35	+00:06:52 (26.6%)	5:10	11.6 (73.4%)
93	KAMINSKA Dorota	689		20-29	22	00:00:03	00:10:13	00:25:53.25	00:25:57.05	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
93	TYCZYŃSKA Paulina	153	SZYBKIE ŻÓŁWIE	30-39	36	00:00:02	00:10:37	00:25:53.25	00:25:55.65	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
95	SZULC Marta	143	BGB	40-49	28	00:00:11	00:10:53	00:25:53.40	00:26:05.00	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
96	MIKA Aneta	961		40-49	29	00:00:11	00:10:39	00:25:55.15	00:26:06.85	+00:06:55 (26.7%)	5:11	11.6 (73.4%)
97	LAPMAN Anna	892	RADLINIOKI W BIEGU	40-49	30	00:00:07	00:10:55	00:25:55.70	00:26:02.80	+00:06:55 (26.7%)	5:11	11.6 (73.4%)
98	GNAŚ Anna	45	KOBIETY NA 5 +	30-39	37	00:00:11	00:10:44	00:25:58.30	00:26:09.30	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
99	PEKALA Teresa	221		30-39	38	00:00:03	00:10:17	00:25:58.70	00:26:01.90	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
100	KRYBUS Sylwia	987	STS BIEGATON MIKOŁÓW	50-59	4	00:00:03	00:10:35	00:25:59.40	00:26:02.40	+00:06:59 (26.9%)	5:11	11.5 (72.8%)
101	IWANIEK Gabriela	1032	JUSTFEELFIT TEAM	20-29	23	00:00:07	00:10:22	00:26:00.30	00:26:07.40	+00:07:00 (26.9%)	5:12	11.5 (72.8%)
102	PASTUCHA Anna	930	CROSS KRAPKOWICE	60+	1	00:00:08	00:10:56	00:26:00.85	00:26:09.65	+00:07:01 (27.0%)	5:12	11.5 (72.8%)
103	HEROK Joanna	748	UBS	40-49	31	00:00:05	00:11:06	00:26:00.95	00:26:06.05	+00:07:01 (27.0%)	5:12	11.5 (72.8%)
104	LERCH Ewa	798	RUNTEAM PAWŁOWICE	20-29	24	00:00:07	00:10:32	00:26:02.25	00:26:09.85	+00:07:02 (27.0%)	5:12	11.5 (72.8%)
105	DRACZKA - KNOPIK Monika	847	STS BIEGATON	40-49	32	00:00:00	00:11:02	00:26:03.55	00:26:03.55	+00:07:03 (27.1%)	5:12	11.5 (72.8%)
106	SZULIK Dominika	969	KB MOSIR JASTRZĘBIE	16-19	7	00:00:08	00:10:59	00:26:04.30	00:26:12.70	+00:07:04 (27.1%)	5:12	11.5 (72.8%)
107	BOROWICZ Roksana	374	NIGHT RUNNERS GLIWICE	20-29	25	00:00:06	00:10:47	00:26:05.65	00:26:12.00	+00:07:05 (27.2%)	5:13	11.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>POPEK Barbara</b>	<b>305</b>		40-49	33	00:00:08	00:10:40	<b>00:26:05.95</b>	<b>00:26:14.10</b>	+00:07:06 (27.2%)	5:13	11.5 (72.8%)
109	<b>MILKOWSKA Justyna</b>	<b>1135</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	39	00:00:11	00:11:16	<b>00:26:09.00</b>	<b>00:26:20.30</b>	+00:07:09 (27.4%)	5:13	11.5 (72.8%)
110	<b>AKSAMIT Ewelina</b>	<b>501</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	30-39	40	00:00:22	00:11:33	<b>00:26:11.00</b>	<b>00:26:33.85</b>	+00:07:11 (27.4%)	5:14	11.5 (72.8%)
111	<b>KORDEK Dorota</b>	<b>652</b>	RYTM ROZBIEGAMY TO MIASTO CZECHOWICE - DZIEDZICE	30-39	41	00:00:13	00:10:52	<b>00:26:11.45</b>	<b>00:26:25.15</b>	+00:07:11 (27.5%)	5:14	11.5 (72.8%)
112	<b>DZIĘDZIEL Ewelina</b>	<b>603</b>		20-29	26	00:00:11	00:10:43	<b>00:26:12.90</b>	<b>00:26:24.10</b>	+00:07:13 (27.5%)	5:14	11.4 (72.2%)
113	<b>BONDARCZUK Sylwia</b>	<b>277</b>	SZYBKE ŻÓŁWIE	40-49	34	00:00:02	00:10:39	<b>00:26:13.35</b>	<b>00:26:15.90</b>	+00:07:13 (27.6%)	5:14	11.4 (72.2%)
114	<b>ZHABOTYNSKA Maryna</b>	<b>940</b>		30-39	42	00:00:14	00:11:23	<b>00:26:14.10</b>	<b>00:26:28.30</b>	+00:07:14 (27.6%)	5:14	11.4 (72.2%)
115	<b>PŁASZCZYMAKA Justyna</b>	<b>220</b>	MIECHOWICKA GRUPA BIEGOWA	20-29	27	00:00:30	00:11:25	<b>00:26:16.70</b>	<b>00:26:47.35</b>	+00:07:16 (27.7%)	5:15	11.4 (72.2%)
116	<b>KOMAJDA Basia</b>	<b>742</b>	OLZA CIESZYN	30-39	43	00:00:11	00:10:54	<b>00:26:19.80</b>	<b>00:26:30.90</b>	+00:07:20 (27.9%)	5:15	11.4 (72.2%)
117	<b>WOJAK Aleksandra</b>	<b>764</b>		20-29	28	00:00:07	00:11:37	<b>00:26:20.70</b>	<b>00:26:28.30</b>	+00:07:20 (27.9%)	5:16	11.4 (72.2%)
118	<b>MROCZKA Anna</b>	<b>622</b>		40-49	35	00:00:08	00:11:32	<b>00:26:21.90</b>	<b>00:26:30.35</b>	+00:07:22 (27.9%)	5:16	11.4 (72.2%)
119	<b>KRÓLICZAK Agnieszka</b>	<b>1279</b>		16-19	8	00:00:31	00:11:42	<b>00:26:23.50</b>	<b>00:26:55.40</b>	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
120	<b>GĘBOŁYŚ Beata</b>	<b>54</b>	CHWALISZ CZY NIE CHWALISZ- LOTEJ Z NAMI	40-49	36	00:00:07	00:11:18	<b>00:26:23.85</b>	<b>00:26:31.55</b>	+00:07:24 (28.0%)	5:16	11.4 (72.2%)
121	<b>SKOCZ Monika</b>	<b>70</b>		40-49	37	00:00:00	00:11:38	<b>00:26:26.10</b>	<b>00:26:26.10</b>	+00:07:26 (28.1%)	5:17	11.3 (71.5%)
122	<b>LORENZ Agnieszka</b>	<b>928</b>	GALOPUJĄCE ŚLIMAKI	40-49	38	00:00:08	00:11:07	<b>00:26:28.90</b>	<b>00:26:37.30</b>	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
123	<b>PŁOCHARSKA Małgorzata</b>	<b>971</b>	UKS REFLEX	16-19	9	00:00:22	00:11:25	<b>00:26:29.10</b>	<b>00:26:51.60</b>	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
124	<b>KOWALSKA Karolina</b>	<b>744</b>		30-39	44	00:00:09	00:10:54	<b>00:26:29.50</b>	<b>00:26:38.70</b>	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
125	<b>NOWAK Iwona</b>	<b>587</b>		40-49	39	00:00:11	00:11:11	<b>00:26:30.70</b>	<b>00:26:42.45</b>	+00:07:30 (28.3%)	5:18	11.3 (71.5%)
126	<b>FURMAN Sylwia</b>	<b>453</b>	WIRUSY	30-39	45	00:00:06	00:10:43	<b>00:26:31.40</b>	<b>00:26:38.10</b>	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
127	<b>MAŃCZAK Magdalena</b>	<b>1102</b>		20-29	29	00:00:14	00:11:23	<b>00:26:32.35</b>	<b>00:26:46.50</b>	+00:07:32 (28.4%)	5:18	11.3 (71.5%)
128	<b>NENKO Barbara</b>	<b>783</b>		30-39	46	00:00:06	00:10:50	<b>00:26:34.80</b>	<b>00:26:41.15</b>	+00:07:35 (28.5%)	5:19	11.3 (71.5%)
129	<b>BRODA Katarzyna</b>	<b>738</b>		30-39	47	00:00:10	00:10:49	<b>00:26:40.00</b>	<b>00:26:50.50</b>	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
130	<b>RAŻNIAK Beatka</b>	<b>252</b>	KOBIETY 5+	40-49	40	00:00:09	00:11:16	<b>00:26:40.05</b>	<b>00:26:49.85</b>	+00:07:40 (28.8%)	5:20	11.3 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>GREŃ Dorota</b>	<b>623</b>	OLZA CIESZYN	30-39	48	00:00:11	00:11:08	<b>00:26:41.05</b>	<b>00:26:52.35</b>	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
132	<b>OLSZEWSKA Sylwia</b>	<b>534</b>	MORSY NA KOKSIE	20-29	30	00:00:12	00:11:33	<b>00:26:41.70</b>	<b>00:26:54.05</b>	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
133	<b>RZEPECKA Bożena</b>	<b>235</b>	OLZA CIESZYN	50-59	5	00:00:10	00:10:59	<b>00:26:42.30</b>	<b>00:26:52.70</b>	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
134	<b>BANASZEWSKA Aleksandra</b>	<b>663</b>		20-29	31	00:00:08	00:10:34	<b>00:26:42.45</b>	<b>00:26:50.85</b>	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
135	<b>CHROBOK Józefa</b>	<b>251</b>	OLZA CIESZYN	40-49	41	00:00:10	00:10:59	<b>00:26:43.00</b>	<b>00:26:53.10</b>	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
136	<b>ZAWIŚLAK-MOROZ Sylwia</b>	<b>984</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	49	00:00:05	00:10:56	<b>00:26:43.20</b>	<b>00:26:48.90</b>	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
137	<b>PLEWNIA Irena</b>	<b>1259</b>	FORMA WODZISŁAW ŚLĄSKI	30-39	50	00:00:11	00:11:09	<b>00:26:43.60</b>	<b>00:26:55.10</b>	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
138	<b>RYSZKOWSKA Dorota</b>	<b>508</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	30-39	51	00:00:14	00:11:22	<b>00:26:45.80</b>	<b>00:27:00.60</b>	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
139	<b>SZTABLA Liliana</b>	<b>65</b>		40-49	42	00:00:14	00:11:17	<b>00:26:48.05</b>	<b>00:27:02.50</b>	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
140	<b>SAGAN Izabela</b>	<b>981</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	52	00:00:20	00:11:18	<b>00:26:51.25</b>	<b>00:27:11.30</b>	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
141	<b>KAZIMIERCZUK Monika</b>	<b>189</b>		30-39	53	00:00:17	00:11:29	<b>00:26:51.65</b>	<b>00:27:08.65</b>	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
142	<b>MAZUR-RUBINSKA Milena</b>	<b>316</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	54	00:00:21	00:11:48	<b>00:26:53.70</b>	<b>00:27:15.10</b>	+00:07:53 (29.4%)	5:22	11.2 (70.9%)
143	<b>WEŻOWICZ Ewa</b>	<b>69</b>		40-49	43	00:00:15	00:11:16	<b>00:26:53.85</b>	<b>00:27:09.40</b>	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
144	<b>KOSMAŁA-LANDZIŃSKA Ewa</b>	<b>139</b>		30-39	55	00:00:12	00:11:42	<b>00:26:53.90</b>	<b>00:27:06.60</b>	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
145	<b>ZARAŃSKA Izabela</b>	<b>184</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	44	00:00:21	00:11:30	<b>00:26:55.30</b>	<b>00:27:17.25</b>	+00:07:55 (29.4%)	5:23	11.1 (70.3%)
146	<b>BEDNAREK Sylwia</b>	<b>819</b>	OLZA CIESZYN	30-39	56	00:00:16	00:11:43	<b>00:26:55.90</b>	<b>00:27:12.55</b>	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
147	<b>NALEWAJKA Wioleta</b>	<b>95</b>	KOBIETY NA 5+	40-49	45	00:00:13	00:11:39	<b>00:26:56.35</b>	<b>00:27:09.45</b>	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
148	<b>WRUCHA Sylwia</b>	<b>625</b>		30-39	57	00:00:18	00:11:47	<b>00:26:57.10</b>	<b>00:27:15.25</b>	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
149	<b>BANAŚ Justyna</b>	<b>736</b>	ŚWIRY STELA	30-39	58	00:00:09	00:11:24	<b>00:26:58.00</b>	<b>00:27:07.05</b>	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
150	<b>RÓŻYCKA Wiola</b>	<b>1250</b>		30-39	59	00:00:07	00:10:58	<b>00:26:58.45</b>	<b>00:27:05.80</b>	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
151	<b>GRUSZKA Ewa</b>	<b>857</b>	STS BIEGATON MIKOŁÓW	40-49	46	00:00:12	00:11:33	<b>00:27:00.00</b>	<b>00:27:12.55</b>	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
152	<b>KRAKOWCZYK Karolina</b>	<b>1016</b>		30-39	60	00:00:13	00:11:22	<b>00:27:00.05</b>	<b>00:27:13.35</b>	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
153	<b>GENSTY Klaudia</b>	<b>372</b>	DYSTANS LUBOMIA	40-49	47	00:00:13	00:11:40	<b>00:27:05.65</b>	<b>00:27:19.55</b>	+00:08:05 (29.9%)	5:25	11.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>RAZIUK Agnieszka</b>	<b>1108</b>		30-39	61	00:00:14	00:11:19	<b>00:27:06.70</b>	<b>00:27:20.85</b>	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
155	<b>KACZKOWSKA Julita</b>	<b>483</b>	HRMAX ŻORY	30-39	62	00:00:05	00:10:40	<b>00:27:06.80</b>	<b>00:27:12.25</b>	+00:08:07 (29.9%)	5:25	11.1 (70.3%)
156	<b>MRACHACZ Dorota</b>	<b>782</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	48	00:00:23	00:11:49	<b>00:27:07.65</b>	<b>00:27:31.55</b>	+00:08:07 (30.0%)	5:25	11.1 (70.3%)
157	<b>HANDZLIK-STARZYK Anna</b>	<b>1007</b>		40-49	49	00:00:17	00:11:50	<b>00:27:08.90</b>	<b>00:27:26.40</b>	+00:08:09 (30.0%)	5:25	11 (69.6%)
158	<b>BOŹEK Bernadeta</b>	<b>1151</b>	KOBIETY NA 5+	30-39	63	00:00:23	00:11:33	<b>00:27:09.05</b>	<b>00:27:32.70</b>	+00:08:09 (30.0%)	5:25	11 (69.6%)
159	<b>WERNIK Katarzyna</b>	<b>585</b>	BESTFITCLUB RYBNIK	40-49	50	00:00:10	00:11:30	<b>00:27:10.60</b>	<b>00:27:20.70</b>	+00:08:10 (30.1%)	5:26	11 (69.6%)
160	<b>ZIELIŃSKA Karolina</b>	<b>256</b>		20-29	32	00:00:09	00:11:06	<b>00:27:11.10</b>	<b>00:27:20.70</b>	+00:08:11 (30.1%)	5:26	11 (69.6%)
161	<b>SEBEROVA Kler</b>	<b>1164</b>		20-29	33	00:00:09	00:11:09	<b>00:27:11.50</b>	<b>00:27:21.15</b>	+00:08:11 (30.1%)	5:26	11 (69.6%)
162	<b>BRODA Kamila</b>	<b>22</b>		20-29	34	00:00:15	00:11:16	<b>00:27:14.90</b>	<b>00:27:30.00</b>	+00:08:15 (30.3%)	5:27	11 (69.6%)
163	<b>WILCZEK Monika</b>	<b>709</b>		50-59	6	00:00:01	00:11:21	<b>00:27:17.00</b>	<b>00:27:18.45</b>	+00:08:17 (30.4%)	5:27	11 (69.6%)
164	<b>KONIECZNY Sandra</b>	<b>682</b>	DYCZUŚ TEAM	20-29	35	00:00:30	00:12:01	<b>00:27:17.55</b>	<b>00:27:47.85</b>	+00:08:17 (30.4%)	5:27	11 (69.6%)
165	<b>SZULC Barbara</b>	<b>117</b>	MIECHOWICKA GRUPA BIEGOWA	60+	2	00:00:06	00:11:13	<b>00:27:17.95</b>	<b>00:27:24.85</b>	+00:08:18 (30.4%)	5:27	11 (69.6%)
166	<b>GÓRA Marta</b>	<b>48</b>		30-39	64	00:00:05	00:11:06	<b>00:27:18.15</b>	<b>00:27:23.45</b>	+00:08:18 (30.4%)	5:27	11 (69.6%)
167	<b>BOJDA Brygida</b>	<b>800</b>	ŚWIRY STELA	40-49	51	00:00:11	00:11:24	<b>00:27:18.60</b>	<b>00:27:29.90</b>	+00:08:18 (30.4%)	5:27	11 (69.6%)
168	<b>TIEBLER Marlena</b>	<b>860</b>	STS BIEGATON MIKOŁÓW	30-39	65	00:00:12	00:11:46	<b>00:27:19.30</b>	<b>00:27:32.15</b>	+00:08:19 (30.5%)	5:28	11 (69.6%)
169	<b>PAWLIK Agata</b>	<b>388</b>		20-29	36	00:00:03	00:10:58	<b>00:27:23.75</b>	<b>00:27:27.65</b>	+00:08:23 (30.7%)	5:28	10.9 (69.0%)
170	<b>STASZEWSKA Marta</b>	<b>1153</b>	MORSY NA KOKSIE	30-39	66	00:00:11	00:11:13	<b>00:27:23.90</b>	<b>00:27:35.80</b>	+00:08:24 (30.7%)	5:28	10.9 (69.0%)
171	<b>ZAMOJSKA Iwona</b>	<b>46</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	52	00:00:05	00:11:15	<b>00:27:25.40</b>	<b>00:27:31.35</b>	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
172	<b>JASNOCH Bogumiła</b>	<b>714</b>		60+	3	00:00:04	00:11:25	<b>00:27:27.20</b>	<b>00:27:31.60</b>	+00:08:27 (30.8%)	5:29	10.9 (69.0%)
173	<b>KANIA Monika</b>	<b>635</b>		30-39	67	00:00:16	00:11:57	<b>00:27:28.35</b>	<b>00:27:45.25</b>	+00:08:28 (30.9%)	5:29	10.9 (69.0%)
174	<b>MARYNIAK Ewelina</b>	<b>239</b>	MIECHOWICKA GRUPA BIEGOWA/ CIDRY LOTAJOM	30-39	68	00:00:05	00:11:44	<b>00:27:30.25</b>	<b>00:27:36.00</b>	+00:08:30 (30.9%)	5:30	10.9 (69.0%)
175	<b>KRUPA-SZCZĘSNY Izabela</b>	<b>231</b>	#CZELADZBIEGA	40-49	53	00:00:31	00:11:47	<b>00:27:31.35</b>	<b>00:28:02.65</b>	+00:08:31 (31.0%)	5:30	10.9 (69.0%)
176	<b>SOBCZAK Beata</b>	<b>86</b>		40-49	54	00:00:13	00:11:22	<b>00:27:31.75</b>	<b>00:27:45.60</b>	+00:08:31 (31.0%)	5:30	10.9 (69.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>SIEGMUND Jolanta</b>	<b>473</b>	KOBIETY NA 5+	40-49	55	00:00:10	00:10:46	<b>00:27:32.15</b>	<b>00:27:42.40</b>	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
178	<b>KLIMEK-KARAS Sylwia</b>	<b>419</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	56	00:00:13	00:11:51	<b>00:27:32.70</b>	<b>00:27:46.65</b>	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
179	<b>RUCKA Ela</b>	<b>1091</b>	BIELSZCZANKI BIEGAJĄ	30-39	69	00:00:06	00:11:13	<b>00:27:34.10</b>	<b>00:27:40.60</b>	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
180	<b>BIZOŃ Monika</b>	<b>452</b>	DYSTANS LUBOMIA	30-39	70	00:00:13	00:11:58	<b>00:27:34.70</b>	<b>00:27:47.80</b>	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
181	<b>JURCZYKOWSKA KOSIK Iwona</b>	<b>1247</b>	ZABIEGANI	40-49	57	00:00:19	00:11:50	<b>00:27:34.95</b>	<b>00:27:54.35</b>	+00:08:35 (31.1%)	5:31	10.9 (69.0%)
182	<b>KOSMALA Stanisława</b>	<b>1046</b>		60+	4	00:00:03	00:11:33	<b>00:27:35.75</b>	<b>00:27:39.10</b>	+00:08:35 (31.2%)	5:31	10.9 (69.0%)
183	<b>BOGACZ Aneta</b>	<b>402</b>	KĘCKIE HARPAGANY	30-39	71	00:00:13	00:11:59	<b>00:27:37.75</b>	<b>00:27:51.10</b>	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
184	<b>CZAPLA Marzena</b>	<b>1064</b>	BIELSZCZANKI BIEGAJĄ	30-39	72	00:00:12	00:11:27	<b>00:27:38.10</b>	<b>00:27:50.20</b>	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
185	<b>JAWOREK Monika</b>	<b>521</b>		30-39	73	00:00:28	00:11:48	<b>00:27:38.40</b>	<b>00:28:06.65</b>	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
186	<b>BRZUSKA Kasia</b>	<b>59</b>	OLZA CIESZYN	40-49	58	00:00:10	00:11:40	<b>00:27:42.10</b>	<b>00:27:52.25</b>	+00:08:42 (31.4%)	5:32	10.8 (68.4%)
187	<b>WILCZEK Bogusława</b>	<b>491</b>	STS BIEGATON MIKOŁÓW	50-59	7	00:00:10	00:11:40	<b>00:27:42.90</b>	<b>00:27:53.45</b>	+00:08:43 (31.5%)	5:32	10.8 (68.4%)
188	<b>MATUSZEWSKA Katarzyna</b>	<b>509</b>	OPEL ACTIVE TEAM	40-49	59	00:00:13	00:11:48	<b>00:27:45.20</b>	<b>00:27:58.75</b>	+00:08:45 (31.6%)	5:33	10.8 (68.4%)
189	<b>KAMIŃSKA Ewelina</b>	<b>1115</b>		30-39	74	00:00:24	00:11:42	<b>00:27:45.80</b>	<b>00:28:10.25</b>	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
190	<b>KAMIŃSKA Natalia</b>	<b>563</b>		20-29	37	00:00:39	00:12:20	<b>00:27:46.10</b>	<b>00:28:25.90</b>	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
191	<b>JURASZEK Elzbieta</b>	<b>982</b>		30-39	75	00:00:28	00:11:57	<b>00:27:46.30</b>	<b>00:28:14.35</b>	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
192	<b>WIECHOWSKA Sabina</b>	<b>240</b>		30-39	76	00:00:09	00:11:22	<b>00:27:46.85</b>	<b>00:27:56.65</b>	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
192	<b>WYSOCKA Grażyna</b>	<b>970</b>	KS M.E.T.A.	40-49	60	00:00:47	00:11:37	<b>00:27:46.85</b>	<b>00:28:34.45</b>	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
194	<b>HOJKA Gabriela</b>	<b>615</b>		40-49	61	00:00:15	00:11:40	<b>00:27:47.10</b>	<b>00:28:02.15</b>	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
195	<b>GÓRECKA Iwona</b>	<b>392</b>		30-39	77	00:00:30	00:12:27	<b>00:27:47.95</b>	<b>00:28:18.25</b>	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
196	<b>SKRZYPOSZEK Małgorzata</b>	<b>128</b>		40-49	62	00:00:18	00:11:50	<b>00:27:48.30</b>	<b>00:28:06.85</b>	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
197	<b>TRZYBULSKA Klaudia</b>	<b>237</b>	DRUŻYNA ING	20-29	38	00:00:07	00:11:14	<b>00:27:48.85</b>	<b>00:27:56.60</b>	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
198	<b>MUSIAŁ Wioletta</b>	<b>875</b>	GB GALOPUJĄCE ŚLIMAKI	30-39	78	00:00:08	00:11:23	<b>00:27:49.00</b>	<b>00:27:57.90</b>	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
199	<b>SKORUPA Magdalena</b>	<b>154</b>		20-29	39	00:00:24	00:12:19	<b>00:27:49.40</b>	<b>00:28:13.65</b>	+00:08:49 (31.7%)	5:33	10.8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>BARAN Irena</b>	<b>592</b>	SZARE MORSY	50-59	8	00:00:18	00:11:37	<b>00:27:50.05</b>	<b>00:28:08.55</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
201	<b>WITKOWSKA Ania</b>	<b>89</b>	KLUB KRÓLIKA STEFANA	30-39	79	00:00:25	00:12:24	<b>00:27:50.15</b>	<b>00:28:15.45</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
202	<b>WIENCEK Ania</b>	<b>300</b>	LET'S GO SUSZECKA GRUPA BIEGOWA	20-29	40	00:00:22	00:12:26	<b>00:27:50.30</b>	<b>00:28:12.95</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
203	<b>SZCZEPANIK Joanna</b>	<b>805</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	80	00:00:04	00:11:45	<b>00:27:50.45</b>	<b>00:27:55.00</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
204	<b>SNOCHOWSKA Gabriela</b>	<b>92</b>	RETRO RUNNERS	30-39	81	00:00:09	00:12:12	<b>00:27:50.75</b>	<b>00:28:00.20</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
205	<b>COFALIK Gabriela</b>	<b>575</b>		40-49	63	00:00:14	00:11:26	<b>00:27:50.85</b>	<b>00:28:05.30</b>	+00:08:51 (31.8%)	5:34	10.8 (68.4%)
206	<b>LIPKO Izabela</b>	<b>413</b>		30-39	82	00:00:20	00:11:56	<b>00:27:52.45</b>	<b>00:28:12.50</b>	+00:08:52 (31.8%)	5:34	10.8 (68.4%)
207	<b>WAŁĘDZIK Anna</b>	<b>804</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	83	00:00:04	00:11:45	<b>00:27:52.75</b>	<b>00:27:57.05</b>	+00:08:52 (31.9%)	5:34	10.8 (68.4%)
208	<b>GARUS Magdalena</b>	<b>1229</b>	KOBIETY NA 5+	40-49	64	00:00:02	00:11:33	<b>00:27:54.80</b>	<b>00:27:57.25</b>	+00:08:55 (31.9%)	5:35	10.7 (67.7%)
209	<b>KUTYŁA Agnieszka</b>	<b>794</b>		30-39	84	00:00:33	00:12:04	<b>00:27:55.30</b>	<b>00:28:28.95</b>	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
209	<b>KUŁAKOWSKA-ZAGÓRSKA Justyna</b>	<b>795</b>		30-39	85	00:00:33	00:12:04	<b>00:27:55.30</b>	<b>00:28:28.95</b>	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
211	<b>BAKOWSKA Justyna</b>	<b>726</b>		30-39	86	00:00:00	00:12:27	<b>00:27:55.80</b>	<b>00:27:55.80</b>	+00:08:56 (32.0%)	5:35	10.7 (67.7%)
212	<b>DOBRY Teresa</b>	<b>517</b>		30-39	87	00:00:24	00:11:35	<b>00:27:57.20</b>	<b>00:28:21.90</b>	+00:08:57 (32.0%)	5:35	10.7 (67.7%)
213	<b>SZEWCZYK Agnieszka</b>	<b>1185</b>		20-29	41	00:00:02	00:11:42	<b>00:27:58.10</b>	<b>00:28:00.75</b>	+00:08:58 (32.1%)	5:35	10.7 (67.7%)
214	<b>FRANEK Agata</b>	<b>925</b>		30-39	88	00:00:00	00:11:44	<b>00:28:00.80</b>	<b>00:28:00.80</b>	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
215	<b>SZYMCZAK Iwona</b>	<b>703</b>	SIOSTRY I&E	40-49	65	00:00:30	00:12:18	<b>00:28:01.05</b>	<b>00:28:32.00</b>	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
216	<b>KOSIACKA Agnieszka</b>	<b>672</b>		30-39	89	00:00:17	00:11:37	<b>00:28:01.25</b>	<b>00:28:18.85</b>	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
217	<b>ZAŁĘCKA Monika</b>	<b>938</b>		30-39	90	00:00:10	00:12:00	<b>00:28:01.55</b>	<b>00:28:12.05</b>	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
218	<b>PERGOŁ Elżbieta</b>	<b>705</b>	SIOSTRY I&E	30-39	91	00:00:30	00:12:18	<b>00:28:02.40</b>	<b>00:28:32.55</b>	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
219	<b>KONIOR Basia</b>	<b>745</b>		20-29	42	00:00:26	00:12:05	<b>00:28:05.40</b>	<b>00:28:32.20</b>	+00:09:05 (32.4%)	5:37	10.7 (67.7%)
220	<b>FOLTYN Bożena</b>	<b>229</b>	OLZA CIESZYN	30-39	92	00:00:13	00:11:58	<b>00:28:05.90</b>	<b>00:28:19.80</b>	+00:09:06 (32.4%)	5:37	10.7 (67.7%)
221	<b>BURDZIK Katarzyna</b>	<b>176</b>		20-29	43	00:00:07	00:11:51	<b>00:28:07.30</b>	<b>00:28:14.30</b>	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
222	<b>KOPIEC Izabela</b>	<b>681</b>	INTER ROPE TEAM	30-39	93	00:00:02	00:11:23	<b>00:28:08.65</b>	<b>00:28:11.15</b>	+00:09:08 (32.5%)	5:37	10.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>SZLAUER Magdalena</b>	<b>255</b>	OLZA CIESZYN	30-39	94	00:00:16	00:11:49	<b>00:28:10.40</b>	<b>00:28:27.25</b>	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
224	<b>GRANICA Dani</b>	<b>604</b>	DANI BIEGA BEZ GRANIC	40-49	66	00:00:02	00:11:29	<b>00:28:10.50</b>	<b>00:28:13.40</b>	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
225	<b>TERESZYŃSKA Anna</b>	<b>927</b>		30-39	95	00:00:02	00:11:22	<b>00:28:12.00</b>	<b>00:28:14.45</b>	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
226	<b>BARON Aniela</b>	<b>718</b>		50-59	9	00:00:04	00:12:04	<b>00:28:12.25</b>	<b>00:28:17.10</b>	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
227	<b>KRYSKA Eliza</b>	<b>1071</b>	BB BIELSZCZANKI BIEGAJĄ	30-39	96	00:00:12	00:11:27	<b>00:28:13.05</b>	<b>00:28:25.45</b>	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
228	<b>ŁUKASZEWSKA Agnieszka</b>	<b>778</b>	STS BIEGATON MIKOŁÓW	40-49	67	00:00:12	00:11:52	<b>00:28:14.80</b>	<b>00:28:27.55</b>	+00:09:15 (32.7%)	5:39	10.6 (67.1%)
229	<b>FILIK Anna</b>	<b>282</b>	#CZELADZBIEGA	20-29	44	00:00:30	00:11:44	<b>00:28:15.00</b>	<b>00:28:45.70</b>	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
230	<b>KAPLON Wioletta</b>	<b>1191</b>		30-39	97	00:00:24	00:11:57	<b>00:28:15.25</b>	<b>00:28:39.85</b>	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
231	<b>HERUD Magdalena</b>	<b>1075</b>	EKO-OKNA RUNNERS	30-39	98	00:00:10	00:11:24	<b>00:28:15.35</b>	<b>00:28:25.35</b>	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
232	<b>BAJCAR Beata</b>	<b>488</b>	KOBIETY NA 5+	40-49	68	00:00:17	00:12:08	<b>00:28:15.70</b>	<b>00:28:33.10</b>	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
233	<b>STABLA Agata</b>	<b>1047</b>		30-39	99	00:00:11	00:12:13	<b>00:28:18.20</b>	<b>00:28:29.90</b>	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
234	<b>GIEDWIŁŁO Marta</b>	<b>529</b>	KOLOROWA DRUŻYNA NESSI	30-39	100	00:00:20	00:12:20	<b>00:28:23.00</b>	<b>00:28:43.65</b>	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
235	<b>IMIOŁCZYK Izabela</b>	<b>212</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	69	00:00:05	00:11:49	<b>00:28:23.15</b>	<b>00:28:29.05</b>	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
236	<b>ZIELIŃSKA Anna</b>	<b>1228</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	101	00:00:05	00:11:49	<b>00:28:23.45</b>	<b>00:28:29.05</b>	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
237	<b>DAJKA Barbara</b>	<b>406</b>		30-39	102	00:00:27	00:12:47	<b>00:28:24.00</b>	<b>00:28:51.00</b>	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
238	<b>GABRYEL Danuta</b>	<b>295</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	10	00:00:21	00:11:51	<b>00:28:24.65</b>	<b>00:28:45.75</b>	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
239	<b>GRABIAŃSKA Katarzyna</b>	<b>1182</b>	VIKING TRAINING CENTER	30-39	103	00:00:21	00:12:48	<b>00:28:26.00</b>	<b>00:28:47.95</b>	+00:09:26 (33.2%)	5:41	10.6 (67.1%)
240	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>382</b>	RUNTEAM PAWŁOWICE	40-49	70	00:00:03	00:11:25	<b>00:28:26.50</b>	<b>00:28:30.00</b>	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
241	<b>KOMOROWSKA Żaneta</b>	<b>121</b>		30-39	104	00:00:24	00:12:50	<b>00:28:26.65</b>	<b>00:28:51.55</b>	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
242	<b>KOBA Natalia</b>	<b>1264</b>		20-29	45	00:00:20	00:12:07	<b>00:28:26.80</b>	<b>00:28:47.40</b>	+00:09:27 (33.2%)	5:41	10.5 (66.5%)
243	<b>STOLARCZYK Aleksandra</b>	<b>1059</b>	RUNTEAM PAWŁOWICE	30-39	105	00:00:08	00:11:50	<b>00:28:27.75</b>	<b>00:28:36.15</b>	+00:09:27 (33.3%)	5:41	10.5 (66.5%)
244	<b>PIŃKOWSKA Patrycja</b>	<b>771</b>	BB BIELSZCZANKI BIEGAJĄ	30-39	106	00:00:36	00:12:17	<b>00:28:29.30</b>	<b>00:29:05.95</b>	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
245	<b>GRABARCZYK-TIERIENTIEW Agnieszka</b>	<b>455</b>		30-39	107	00:00:09	00:11:39	<b>00:28:29.55</b>	<b>00:28:38.85</b>	+00:09:29 (33.3%)	5:41	10.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	<b>KAISER-CHROMIK Beata</b>	<b>414</b>		40-49	71	00:00:06	00:11:33	<b>00:28:31.25</b>	<b>00:28:37.50</b>	+00:09:31 (33.4%)	5:42	10.5 (66.5%)
247	<b>BINIENDA Agnieszka</b>	<b>1069</b>		30-39	108	00:00:30	00:12:29	<b>00:28:32.10</b>	<b>00:29:02.80</b>	+00:09:32 (33.4%)	5:42	10.5 (66.5%)
248	<b>MUSIOŁ Helena</b>	<b>168</b>		40-49	72	00:00:13	00:11:34	<b>00:28:35.45</b>	<b>00:28:48.50</b>	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
249	<b>GAWĘŁCZYK Marta</b>	<b>1218</b>	CE PROGRESS	30-39	109	00:00:31	00:12:32	<b>00:28:35.55</b>	<b>00:29:07.35</b>	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
250	<b>BIELA Małgorzata</b>	<b>275</b>	KOBIETY NA 5+	40-49	73	00:00:14	00:11:40	<b>00:28:36.85</b>	<b>00:28:51.75</b>	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
251	<b>BUREK Gabriela</b>	<b>405</b>		30-39	110	00:00:25	00:12:50	<b>00:28:37.45</b>	<b>00:29:03.10</b>	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
252	<b>ZELENT Karolina</b>	<b>147</b>		20-29	46	00:00:21	00:12:11	<b>00:28:37.55</b>	<b>00:28:59.50</b>	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
253	<b>DAICZMANEK Aleksandra</b>	<b>596</b>		30-39	111	00:00:18	00:12:18	<b>00:28:41.00</b>	<b>00:28:59.85</b>	+00:09:41 (33.8%)	5:44	10.5 (66.5%)
254	<b>RAJWA Magdalena</b>	<b>1005</b>		20-29	47	00:00:08	00:11:24	<b>00:28:42.05</b>	<b>00:28:50.15</b>	+00:09:42 (33.8%)	5:44	10.5 (66.5%)
255	<b>GIBAS Amanda</b>	<b>317</b>	FARTLECZKI	30-39	112	00:00:25	00:12:31	<b>00:28:43.50</b>	<b>00:29:08.75</b>	+00:09:43 (33.9%)	5:44	10.4 (65.8%)
256	<b>ŁACNY Angelika</b>	<b>737</b>	KOLOROWA DRUŻYNA NESSI	30-39	113	00:00:09	00:12:28	<b>00:28:45.10</b>	<b>00:28:54.15</b>	+00:09:45 (33.9%)	5:45	10.4 (65.8%)
257	<b>HERCHEL Marzena</b>	<b>698</b>	LET'S GO SUSZECKA GRUPA BIEGOWA	40-49	74	00:00:22	00:12:26	<b>00:28:49.50</b>	<b>00:29:11.55</b>	+00:09:49 (34.1%)	5:45	10.4 (65.8%)
258	<b>OKOŃ Monika</b>	<b>161</b>		40-49	75	00:00:22	00:12:42	<b>00:28:50.10</b>	<b>00:29:12.95</b>	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
259	<b>SIWY Justyna</b>	<b>167</b>		30-39	114	00:00:23	00:12:41	<b>00:28:50.15</b>	<b>00:29:13.20</b>	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
260	<b>BARTOSIK Monika</b>	<b>1160</b>	#CZELADZBIEGA	30-39	115	00:00:30	00:12:46	<b>00:28:51.80</b>	<b>00:29:21.95</b>	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
261	<b>CASTILLO-ŻARCZYŃSKI Luz</b>	<b>351</b>	ULTRA BESKID SPORT	50-59	11	00:00:36	00:12:36	<b>00:28:52.15</b>	<b>00:29:28.60</b>	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
262	<b>ŁOZIŃSKA Edyta</b>	<b>375</b>	MIECHOWICJA GRUPA BIEGOWA	30-39	116	00:00:05	00:11:44	<b>00:28:52.70</b>	<b>00:28:57.90</b>	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
263	<b>SZOJDA Paulina</b>	<b>75</b>	VIKING TRAINING CENTER	30-39	117	00:00:33	00:12:17	<b>00:28:52.85</b>	<b>00:29:26.05</b>	+00:09:53 (34.2%)	5:46	10.4 (65.8%)
264	<b>BENSKA Krystyna</b>	<b>391</b>	MIECHOWICKA GRUPA BIEGOWA	60+	5	00:00:04	00:11:50	<b>00:28:54.30</b>	<b>00:28:58.45</b>	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
265	<b>JĘDRUSIAK Lidia</b>	<b>1178</b>		30-39	118	00:00:00	00:12:06	<b>00:28:54.75</b>	<b>00:28:54.75</b>	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
266	<b>GIEROŃ Katarzyna</b>	<b>378</b>	DYSTANS LUBOMIA	30-39	119	00:00:13	00:12:23	<b>00:28:55.05</b>	<b>00:29:08.75</b>	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
267	<b>IWANEJKO Izabela</b>	<b>293</b>		40-49	76	00:00:16	00:12:12	<b>00:28:55.20</b>	<b>00:29:12.10</b>	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
268	<b>RĘKAL Dorota</b>	<b>888</b>		50-59	12	00:00:11	00:12:06	<b>00:28:55.95</b>	<b>00:29:07.65</b>	+00:09:56 (34.3%)	5:47	10.4 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	<b>SMOLORZ Anna</b>	<b>216</b>		30-39	120	00:00:43	00:12:27	<b>00:28:56.30</b>	<b>00:29:39.65</b>	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
270	<b>SZENDERA-ORSZULIK Zofia</b>	<b>793</b>		30-39	121	00:00:06	00:12:06	<b>00:29:00.40</b>	<b>00:29:07.25</b>	+00:10:00 (34.5%)	5:48	10.3 (65.2%)
271	<b>SKOTNICKA Urszula</b>	<b>1205</b>		50-59	13	00:00:04	00:11:34	<b>00:29:02.05</b>	<b>00:29:06.90</b>	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
272	<b>GWIZDAŁA Dominika</b>	<b>140</b>		20-29	48	00:00:30	00:12:39	<b>00:29:02.15</b>	<b>00:29:32.40</b>	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
273	<b>FRANKOWSKA Ania</b>	<b>102</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	14	00:00:06	00:11:37	<b>00:29:05.40</b>	<b>00:29:11.65</b>	+00:10:05 (34.7%)	5:49	10.3 (65.2%)
274	<b>PANEK Ela</b>	<b>269</b>	BIELSZCZANKI BIEGAJĄ	40-49	77	00:00:09	00:11:58	<b>00:29:06.15</b>	<b>00:29:15.60</b>	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
275	<b>PIECHOCZEK-NIEZGODA Lucyna</b>	<b>1103</b>		40-49	78	00:00:28	00:12:48	<b>00:29:06.30</b>	<b>00:29:35.20</b>	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
276	<b>PORĘBSKA Karolina</b>	<b>11</b>		20-29	49	00:00:06	00:11:14	<b>00:29:06.95</b>	<b>00:29:13.75</b>	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
277	<b>BIAŁOŃCZYK Joanna</b>	<b>561</b>		30-39	122	00:00:00	00:12:17	<b>00:29:07.70</b>	<b>00:29:07.70</b>	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
278	<b>PIOTROWSKA Anna</b>	<b>148</b>		30-39	123	00:00:26	00:13:18	<b>00:29:08.00</b>	<b>00:29:34.05</b>	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
279	<b>POŁEDNIOK Aleksandra</b>	<b>822</b>		30-39	124	00:00:02	00:11:39	<b>00:29:08.15</b>	<b>00:29:10.65</b>	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
280	<b>CISZAK Zofia</b>	<b>1055</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	79	00:00:04	00:12:12	<b>00:29:09.15</b>	<b>00:29:13.85</b>	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
281	<b>REK Katarzyna</b>	<b>837</b>	RADLINIOKI W BIEGU	40-49	80	00:00:28	00:12:24	<b>00:29:09.30</b>	<b>00:29:37.55</b>	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
282	<b>JUSZCZYK Izabela</b>	<b>459</b>		20-29	50	00:00:29	00:12:13	<b>00:29:09.45</b>	<b>00:29:38.50</b>	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
283	<b>NOWAK Magdalena</b>	<b>665</b>	BWM	20-29	51	00:00:13	00:12:26	<b>00:29:10.45</b>	<b>00:29:24.40</b>	+00:10:10 (34.9%)	5:50	10.3 (65.2%)
284	<b>KUBIAK Edyta</b>	<b>1230</b>		20-29	52	00:00:03	00:12:22	<b>00:29:11.05</b>	<b>00:29:14.05</b>	+00:10:11 (34.9%)	5:50	10.3 (65.2%)
285	<b>SITKO Agnieszka</b>	<b>851</b>	RADLINIOKI W BIEGU	30-39	125	00:00:27	00:12:23	<b>00:29:11.95</b>	<b>00:29:39.75</b>	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
286	<b>KRÓL Barbara</b>	<b>18</b>	DECATHLON ŻORY	20-29	53	00:00:24	00:12:55	<b>00:29:12.00</b>	<b>00:29:36.75</b>	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
287	<b>CHOLAJDA Monika</b>	<b>1303</b>		30-39	126	00:00:16	00:11:54	<b>00:29:14.35</b>	<b>00:29:30.40</b>	+00:10:14 (35.0%)	5:50	10.3 (65.2%)
288	<b>BIAŁAS Ewa</b>	<b>766</b>		30-39	127	00:00:28	00:12:13	<b>00:29:14.85</b>	<b>00:29:43.65</b>	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
288	<b>GLANOWSKA Kamila</b>	<b>446</b>	BB BIELSZCZANKI BIEGAJĄ	20-29	54	00:00:30	00:12:26	<b>00:29:14.85</b>	<b>00:29:45.60</b>	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
290	<b>HEJNA Izabela</b>	<b>846</b>	RADLINIOKI W BIEGU	40-49	81	00:00:28	00:13:02	<b>00:29:15.05</b>	<b>00:29:43.15</b>	+00:10:15 (35.1%)	5:51	10.3 (65.2%)
291	<b>ROZMUS Marzena</b>	<b>588</b>	ŚWIERCZYNIC RUNNING	40-49	82	00:00:27	00:12:47	<b>00:29:15.15</b>	<b>00:29:42.35</b>	+00:10:15 (35.1%)	5:51	10.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	<b>GWIZDAŁA Joanna</b>	<b>1214</b>		30-39	128	00:00:23	00:12:11	<b>00:29:17.55</b>	<b>00:29:40.80</b>	+00:10:17 (35.1%)	5:51	10.2 (64.6%)
293	<b>SURMA Bożena</b>	<b>876</b>	KĘCKIE HARPAGANY	30-39	129	00:00:13	00:12:24	<b>00:29:19.80</b>	<b>00:29:32.90</b>	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
294	<b>HETMANIOK Agnieszka</b>	<b>1226</b>		20-29	55	00:00:11	00:11:58	<b>00:29:19.90</b>	<b>00:29:31.70</b>	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
295	<b>MAZUR Beata</b>	<b>621</b>	FANTASTIC ANIA SIKORA	20-29	56	00:00:00	00:12:43	<b>00:29:19.95</b>	<b>00:29:19.95</b>	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
296	<b>LEPA Klaudia</b>	<b>1126</b>		16-19	10	00:00:08	00:11:24	<b>00:29:20.30</b>	<b>00:29:28.55</b>	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
297	<b>KUŚ Anna</b>	<b>9</b>		30-39	130	00:00:10	00:12:33	<b>00:29:21.45</b>	<b>00:29:32.05</b>	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
298	<b>PYTEL Renata</b>	<b>170</b>	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	83	00:00:32	00:12:18	<b>00:29:21.70</b>	<b>00:29:54.35</b>	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
299	<b>TRELA Dorota</b>	<b>995</b>	JUST FEEL FIT TEAM	40-49	84	00:00:29	00:12:03	<b>00:29:22.80</b>	<b>00:29:52.20</b>	+00:10:23 (35.3%)	5:52	10.2 (64.6%)
300	<b>SIENIAWSKA Janina</b>	<b>341</b>	KS KOZIOŁEK KĘDZIERZYN-KOŻLE	60+	6	00:00:17	00:12:11	<b>00:29:24.05</b>	<b>00:29:41.05</b>	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
301	<b>WODECKA Sabina</b>	<b>209</b>	FORMA WODZISŁAW ŚLĄSKI	40-49	85	00:00:05	00:12:02	<b>00:29:24.95</b>	<b>00:29:30.65</b>	+00:10:25 (35.4%)	5:53	10.2 (64.6%)
302	<b>POSTÓŁ Karolina</b>	<b>945</b>		30-39	131	00:00:04	00:12:31	<b>00:29:25.85</b>	<b>00:29:30.20</b>	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
303	<b>STANISLAWISZYN Małgorzata</b>	<b>950</b>	NR	40-49	86	00:00:04	00:12:32	<b>00:29:26.00</b>	<b>00:29:30.10</b>	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
304	<b>MUSIAŁ Maria</b>	<b>915</b>		50-59	15	00:00:38	00:12:43	<b>00:29:26.20</b>	<b>00:30:04.25</b>	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
305	<b>PARCHAŃSKA Iwona</b>	<b>909</b>		20-29	57	00:00:16	00:12:37	<b>00:29:26.80</b>	<b>00:29:43.05</b>	+00:10:27 (35.5%)	5:53	10.2 (64.6%)
306	<b>PIECYK Adrianna</b>	<b>175</b>		40-49	87	00:00:14	00:11:46	<b>00:29:28.60</b>	<b>00:29:43.35</b>	+00:10:28 (35.6%)	5:53	10.2 (64.6%)
307	<b>ROSGA Anna</b>	<b>1142</b>		40-49	88	00:00:29	00:12:35	<b>00:29:29.55</b>	<b>00:29:59.25</b>	+00:10:29 (35.6%)	5:54	10.2 (64.6%)
308	<b>FRAJHOFER Ewa</b>	<b>983</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	132	00:00:00	00:12:10	<b>00:29:31.05</b>	<b>00:29:31.05</b>	+00:10:31 (35.6%)	5:54	10.2 (64.6%)
309	<b>HABRAM Joanna</b>	<b>51</b>	FORMA WODZISŁAW ŚLĄSKI	30-39	133	00:00:21	00:12:38	<b>00:29:31.40</b>	<b>00:29:52.40</b>	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
310	<b>CIMAŁA Katarzyna</b>	<b>306</b>		20-29	58	00:00:12	00:11:51	<b>00:29:32.25</b>	<b>00:29:44.35</b>	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
311	<b>CEPUCHOWICZ Sylwia</b>	<b>810</b>	W POGONI ZA DUCHEM	40-49	89	00:00:14	00:12:33	<b>00:29:32.75</b>	<b>00:29:47.55</b>	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
312	<b>ŻAK Joanna</b>	<b>841</b>		30-39	134	00:00:23	00:12:38	<b>00:29:34.00</b>	<b>00:29:57.00</b>	+00:10:34 (35.7%)	5:54	10.1 (63.9%)
313	<b>PRÓSZYŃSKA Agnieszka</b>	<b>567</b>		30-39	135	00:00:27	00:12:53	<b>00:29:34.05</b>	<b>00:30:01.25</b>	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
314	<b>SMOLIŃSKA Ilona</b>	<b>150</b>		40-49	90	00:00:00	00:12:44	<b>00:29:34.10</b>	<b>00:29:34.10</b>	+00:10:34 (35.8%)	5:54	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	<b>BEDKA Daria</b>	<b>1237</b>		30-39	136	00:00:18	00:12:32	<b>00:29:34.20</b>	<b>00:29:52.65</b>	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
316	<b>SZCZERBAK Sabina</b>	<b>767</b>		30-39	137	00:00:12	00:12:34	<b>00:29:34.65</b>	<b>00:29:47.35</b>	+00:10:34 (35.8%)	5:55	10.1 (63.9%)
317	<b>LATA Beata</b>	<b>922</b>		40-49	91	00:00:15	00:12:32	<b>00:29:35.10</b>	<b>00:29:50.35</b>	+00:10:35 (35.8%)	5:55	10.1 (63.9%)
318	<b>CAPUTA Lucyna</b>	<b>1042</b>		30-39	138	00:00:27	00:12:50	<b>00:29:36.30</b>	<b>00:30:03.75</b>	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
319	<b>KUŹNIK Ewa</b>	<b>1268</b>		20-29	59	00:00:13	00:12:24	<b>00:29:36.35</b>	<b>00:29:49.40</b>	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
320	<b>URBAŃSKA Justyna</b>	<b>203</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	139	00:00:31	00:13:05	<b>00:29:37.00</b>	<b>00:30:08.85</b>	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
321	<b>BROCKA Anita</b>	<b>337</b>		40-49	92	00:00:27	00:12:25	<b>00:29:37.05</b>	<b>00:30:04.65</b>	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
322	<b>GROŃSKA Agnieszka</b>	<b>1090</b>		40-49	93	00:00:15	00:12:34	<b>00:29:37.50</b>	<b>00:29:53.20</b>	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
323	<b>ZACHURZOK Ewelina</b>	<b>747</b>	OLZA CIESZYN	30-39	140	00:00:11	00:12:18	<b>00:29:37.90</b>	<b>00:29:48.90</b>	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
324	<b>DOBRAŚ Anna</b>	<b>287</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	141	00:00:31	00:13:05	<b>00:29:38.00</b>	<b>00:30:09.35</b>	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
325	<b>JAKUBIK Edyta</b>	<b>101</b>		30-39	142	00:00:21	00:12:13	<b>00:29:38.80</b>	<b>00:30:00.05</b>	+00:10:39 (35.9%)	5:55	10.1 (63.9%)
326	<b>WAJMAN-GRASZA Katarzyna</b>	<b>418</b>	STEP-DANCE RUN	30-39	143	00:00:20	00:12:47	<b>00:29:39.75</b>	<b>00:30:00.20</b>	+00:10:39 (36.0%)	5:56	10.1 (63.9%)
327	<b>TOMASZEWSKA Magdalena</b>	<b>1092</b>		40-49	94	00:00:34	00:13:23	<b>00:29:39.85</b>	<b>00:30:14.70</b>	+00:10:40 (36.0%)	5:56	10.1 (63.9%)
328	<b>TRZCIŃSKA Joanna</b>	<b>115</b>	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	<b>00:29:41.65</b>	<b>00:30:02.35</b>	+00:10:41 (36.0%)	5:56	10.1 (63.9%)
329	<b>JĘDRZEJEK Michalina</b>	<b>449</b>		40-49	95	00:00:23	00:13:16	<b>00:29:42.75</b>	<b>00:30:06.65</b>	+00:10:42 (36.1%)	5:56	10.1 (63.9%)
330	<b>FIZIA Joanna</b>	<b>96</b>	KOLOROWA DRUŻYNA NESSI	30-39	144	00:00:16	00:12:54	<b>00:29:46.55</b>	<b>00:30:02.90</b>	+00:10:46 (36.2%)	5:57	10.1 (63.9%)
331	<b>JUCHA Monika</b>	<b>891</b>	SZYBKIE ŻÓŁWIE	40-49	96	00:00:23	00:12:25	<b>00:29:46.90</b>	<b>00:30:10.85</b>	+00:10:47 (36.2%)	5:57	10.1 (63.9%)
332	<b>IZABELA Woźniak</b>	<b>13</b>	INTER ROPE TEAM	40-49	97	00:00:08	00:12:26	<b>00:29:47.80</b>	<b>00:29:56.50</b>	+00:10:48 (36.2%)	5:57	10.1 (63.9%)
333	<b>BARTOSIAK Dagmara</b>	<b>1246</b>		30-39	145	00:00:36	00:12:36	<b>00:29:50.00</b>	<b>00:30:26.40</b>	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
334	<b>PRZYBYŁA Kasia</b>	<b>775</b>		40-49	98	00:00:14	00:12:30	<b>00:29:50.20</b>	<b>00:30:04.80</b>	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
335	<b>WIĘSEK Judyta</b>	<b>1232</b>	GWARKOWE DZIEWCZYNY	30-39	146	00:00:19	00:12:32	<b>00:29:50.70</b>	<b>00:30:10.30</b>	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
336	<b>GORAUS-GŁOWANIA Daria</b>	<b>110</b>	ADS MASNA	20-29	61	00:00:23	00:13:22	<b>00:29:50.95</b>	<b>00:30:14.35</b>	+00:10:51 (36.4%)	5:58	10.1 (63.9%)
337	<b>KONDZIOŁKA Kinga</b>	<b>912</b>		16-19	11	00:00:12	00:12:47	<b>00:29:51.35</b>	<b>00:30:03.45</b>	+00:10:51 (36.4%)	5:58	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	<b>ZIEMIŃSKA Patrycja</b>	<b>510</b>	ŚWIRY STELA	40-49	99	00:00:11	00:12:27	<b>00:29:51.80</b>	<b>00:30:03.55</b>	+00:10:52 (36.4%)	5:58	10 (63.3%)
339	<b>BREJTA-MACIOCHA Joanna</b>	<b>1198</b>	DECATHLON RYBNIK	30-39	147	00:00:00	00:13:01	<b>00:29:53.95</b>	<b>00:29:53.95</b>	+00:10:54 (36.5%)	5:58	10 (63.3%)
340	<b>ŚMIEJA Joanna</b>	<b>620</b>	RUNTEAM PAWŁOWICE	50-59	16	00:00:18	00:12:42	<b>00:29:54.15</b>	<b>00:30:12.90</b>	+00:10:54 (36.5%)	5:58	10 (63.3%)
341	<b>AUGUSTYN Agnieszka</b>	<b>1112</b>	MORSY NA KOKSIE	40-49	100	00:00:41	00:12:27	<b>00:29:54.65</b>	<b>00:30:36.00</b>	+00:10:54 (36.5%)	5:59	10 (63.3%)
342	<b>KOWALCZYK Izabela</b>	<b>989</b>	JUSTFEELFETTEAM	30-39	148	00:00:29	00:12:46	<b>00:29:55.25</b>	<b>00:30:24.45</b>	+00:10:55 (36.5%)	5:59	10 (63.3%)
343	<b>OSZCZĘDA Marzena</b>	<b>323</b>		40-49	101	00:00:14	00:11:43	<b>00:29:56.35</b>	<b>00:30:10.65</b>	+00:10:56 (36.5%)	5:59	10 (63.3%)
344	<b>SEBESTA-JABŁOŃSKA Karolina</b>	<b>218</b>		30-39	149	00:00:17	00:12:30	<b>00:29:57.00</b>	<b>00:30:14.90</b>	+00:10:57 (36.6%)	5:59	10 (63.3%)
345	<b>VLTAVSKÁ Zuzana</b>	<b>576</b>	SK ČERNÉ PLÍCE	20-29	62	00:00:19	00:12:52	<b>00:29:59.00</b>	<b>00:30:18.80</b>	+00:10:59 (36.6%)	5:59	10 (63.3%)
346	<b>URBAŃSKA Justyna</b>	<b>262</b>		40-49	102	00:00:25	00:12:55	<b>00:30:00.25</b>	<b>00:30:25.30</b>	+00:11:00 (36.7%)	6:00	10 (63.3%)
347	<b>SZALENIEC Patrycja</b>	<b>498</b>	BĘDZIN TEAM	30-39	150	00:00:15	00:12:37	<b>00:30:00.90</b>	<b>00:30:16.80</b>	+00:11:01 (36.7%)	6:00	10 (63.3%)
348	<b>DĄBROWSKA Jadwiga</b>	<b>196</b>	FANTASTIC	30-39	151	00:00:49	00:13:26	<b>00:30:01.70</b>	<b>00:30:50.80</b>	+00:11:01 (36.7%)	6:00	10 (63.3%)
349	<b>TYKIERKA Małgorzata</b>	<b>1169</b>	TOXPRESS	40-49	103	00:00:38	00:13:14	<b>00:30:01.75</b>	<b>00:30:39.95</b>	+00:11:01 (36.7%)	6:00	10 (63.3%)
350	<b>RAWICZ-GROTOWSKA Jowita</b>	<b>1006</b>		40-49	104	00:00:10	00:12:50	<b>00:30:03.45</b>	<b>00:30:14.25</b>	+00:11:03 (36.8%)	6:00	10 (63.3%)
351	<b>NOWAK Anna</b>	<b>15</b>	DECATHLON ŻORY	20-29	63	00:00:00	00:13:19	<b>00:30:06.15</b>	<b>00:30:06.15</b>	+00:11:06 (36.9%)	6:01	10 (63.3%)
352	<b>STUHLIK Gabriela</b>	<b>349</b>		30-39	152	00:00:21	00:12:47	<b>00:30:06.25</b>	<b>00:30:28.00</b>	+00:11:06 (36.9%)	6:01	10 (63.3%)
353	<b>MIŚ Ela</b>	<b>993</b>	JUSTFEELFIT TEAM	20-29	64	00:00:07	00:12:22	<b>00:30:06.65</b>	<b>00:30:13.75</b>	+00:11:06 (36.9%)	6:01	10 (63.3%)
354	<b>GIŻYŃSKA Katarzyna</b>	<b>1043</b>	KOBIETY NA 5+	30-39	153	00:00:14	00:12:24	<b>00:30:07.15</b>	<b>00:30:21.80</b>	+00:11:07 (36.9%)	6:01	10 (63.3%)
355	<b>MALISZEWSKA Beata</b>	<b>12</b>		30-39	154	00:00:31	00:12:32	<b>00:30:07.70</b>	<b>00:30:38.75</b>	+00:11:07 (36.9%)	6:01	10 (63.3%)
356	<b>REYMANN Milena</b>	<b>978</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	155	00:00:35	00:12:37	<b>00:30:07.90</b>	<b>00:30:43.05</b>	+00:11:08 (37.0%)	6:01	10 (63.3%)
357	<b>DUCHNOWSKA Katarzyna</b>	<b>986</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	156	00:00:34	00:12:39	<b>00:30:08.25</b>	<b>00:30:43.15</b>	+00:11:08 (37.0%)	6:01	10 (63.3%)
358	<b>MIELKE Dagmara</b>	<b>254</b>		40-49	105	00:00:27	00:12:28	<b>00:30:09.90</b>	<b>00:30:37.30</b>	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
359	<b>KOWAL Beata</b>	<b>40</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	106	00:00:32	00:13:22	<b>00:30:10.20</b>	<b>00:30:42.40</b>	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
360	<b>RYBARSKA Dorota</b>	<b>808</b>		20-29	65	00:00:26	00:13:40	<b>00:30:10.30</b>	<b>00:30:36.50</b>	+00:11:10 (37.0%)	6:02	9.9 (62.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	<b>HOLISZ-JANUSZEK Joanna</b>	<b>245</b>		30-39	157	00:00:33	00:12:45	<b>00:30:10.65</b>	<b>00:30:43.85</b>	+00:11:10 (37.1%)	6:02	9.9 (62.7%)
362	<b>PIPIRO Grażyna</b>	<b>397</b>	DRUŻYNA KOBIETY NA 5+	60+	7	00:00:08	00:12:27	<b>00:30:10.90</b>	<b>00:30:19.60</b>	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
363	<b>WALUSZ Jolanta</b>	<b>462</b>	SZOMBIERKI RUNNERS	40-49	107	00:00:42	00:12:51	<b>00:30:11.65</b>	<b>00:30:53.80</b>	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
364	<b>KĘPKA Joanna</b>	<b>850</b>	WYMYŚLANKA	40-49	108	00:00:20	00:11:58	<b>00:30:11.70</b>	<b>00:30:32.10</b>	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
365	<b>GÓRSKA Magda</b>	<b>299</b>		40-49	109	00:00:17	00:12:40	<b>00:30:11.95</b>	<b>00:30:29.45</b>	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
366	<b>KOLORZ-SAJDAK Beata</b>	<b>724</b>		30-39	158	00:00:39	00:13:15	<b>00:30:16.65</b>	<b>00:30:56.60</b>	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
367	<b>KUŹNIK Edyta</b>	<b>844</b>		20-29	66	00:00:30	00:13:06	<b>00:30:16.75</b>	<b>00:30:47.60</b>	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
368	<b>ROGALA Anna</b>	<b>904</b>		30-39	159	00:00:24	00:12:33	<b>00:30:22.55</b>	<b>00:30:47.25</b>	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
369	<b>PIECHA Klaudia</b>	<b>1197</b>	DECATHLON RYBNIK	20-29	67	00:00:00	00:13:18	<b>00:30:22.90</b>	<b>00:30:22.90</b>	+00:11:23 (37.5%)	6:04	9.9 (62.7%)
370	<b>GATNER Agnieszka</b>	<b>428</b>		30-39	160	00:00:36	00:13:29	<b>00:30:25.45</b>	<b>00:31:01.75</b>	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
371	<b>OSIADŁY Anna</b>	<b>887</b>		40-49	110	00:00:19	00:12:58	<b>00:30:25.75</b>	<b>00:30:45.30</b>	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
372	<b>FRYDECKA Mirosława</b>	<b>1202</b>	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	111	00:00:32	00:13:22	<b>00:30:26.20</b>	<b>00:30:58.80</b>	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
373	<b>PIETROSZEK Władysława</b>	<b>1052</b>	MATKA I CÓRKA	40-49	112	00:00:24	00:13:06	<b>00:30:26.35</b>	<b>00:30:50.95</b>	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
374	<b>WĘGRZYN Ewa</b>	<b>580</b>		30-39	161	00:00:11	00:12:18	<b>00:30:27.95</b>	<b>00:30:39.65</b>	+00:11:28 (37.6%)	6:05	9.8 (62.0%)
375	<b>KRZESZOWSKA Beata</b>	<b>298</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	113	00:00:34	00:13:04	<b>00:30:28.35</b>	<b>00:31:03.20</b>	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
376	<b>SZCZĘSNA Edyta</b>	<b>144</b>	RYTM CZECHOWICE - DZIEDZICE	30-39	162	00:00:27	00:13:13	<b>00:30:28.75</b>	<b>00:30:56.05</b>	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
377	<b>BLANA Małgorzata</b>	<b>1263</b>		40-49	114	00:00:31	00:12:34	<b>00:30:29.10</b>	<b>00:31:00.10</b>	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
378	<b>SKÓRA Aneta</b>	<b>525</b>		30-39	163	00:00:23	00:13:12	<b>00:30:29.30</b>	<b>00:30:52.95</b>	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
379	<b>PODSIADŁO Nina</b>	<b>408</b>		30-39	164	00:00:23	00:13:12	<b>00:30:29.75</b>	<b>00:30:52.95</b>	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
380	<b>BZOWSKA Aleksandra</b>	<b>362</b>	NIGHTRUNNERS GLIWICE	30-39	165	00:00:22	00:13:13	<b>00:30:30.10</b>	<b>00:30:52.75</b>	+00:11:30 (37.7%)	6:06	9.8 (62.0%)
381	<b>PRZESÓR Barbara</b>	<b>571</b>		30-39	166	00:00:06	00:12:27	<b>00:30:32.60</b>	<b>00:30:38.65</b>	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
382	<b>SZEFER Wioleta</b>	<b>545</b>		30-39	167	00:00:18	00:12:47	<b>00:30:32.65</b>	<b>00:30:51.40</b>	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
383	<b>SZWEDA-KUBOSZEK Katarzyna</b>	<b>537</b>	SPOT PSZCZYNA	30-39	168	00:00:24	00:12:54	<b>00:30:33.30</b>	<b>00:30:57.40</b>	+00:11:33 (37.8%)	6:06	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	<b>SZEFER Sylwia</b>	<b>547</b>	KOBIETY 5+	30-39	169	00:00:18	00:12:47	<b>00:30:33.90</b>	<b>00:30:51.90</b>	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
385	<b>KUBICA Patrycja</b>	<b>722</b>	OLZA CIESZYN	30-39	170	00:00:12	00:12:32	<b>00:30:34.05</b>	<b>00:30:46.25</b>	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
386	<b>GOLEC-CHOLEWA Aleksandra</b>	<b>994</b>	JUSTFEELFIT TEAM	30-39	171	00:00:28	00:12:55	<b>00:30:37.30</b>	<b>00:31:05.90</b>	+00:11:37 (38.0%)	6:07	9.8 (62.0%)
387	<b>GÓRKIEWICZ Magdalena</b>	<b>784</b>		20-29	68	00:00:34	00:13:35	<b>00:30:37.80</b>	<b>00:31:11.95</b>	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
388	<b>SKWARK Aneta</b>	<b>899</b>		30-39	172	00:00:25	00:13:31	<b>00:30:38.30</b>	<b>00:31:03.65</b>	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
389	<b>CYRULIK Ania</b>	<b>948</b>		20-29	69	00:00:16	00:13:10	<b>00:30:39.45</b>	<b>00:30:55.70</b>	+00:11:39 (38.0%)	6:07	9.8 (62.0%)
390	<b>PLESZCZYŃSKA Iwona</b>	<b>83</b>		30-39	173	00:00:20	00:12:56	<b>00:30:39.65</b>	<b>00:31:00.40</b>	+00:11:39 (38.0%)	6:08	9.8 (62.0%)
391	<b>KOZOK Małgorzata</b>	<b>178</b>	STS BIEGATON MIKOŁÓW	40-49	115	00:00:15	00:12:34	<b>00:30:41.30</b>	<b>00:30:56.80</b>	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
392	<b>FROSZTĘGA Katarzyna</b>	<b>951</b>	SISTERS	30-39	174	00:00:25	00:13:31	<b>00:30:41.70</b>	<b>00:31:07.50</b>	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
393	<b>CICHY Agnieszka</b>	<b>137</b>		30-39	175	00:00:17	00:12:52	<b>00:30:43.30</b>	<b>00:31:00.95</b>	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
394	<b>SZCZELINA Marta</b>	<b>489</b>	KOLOROWA DRUŻYNA NESSI	30-39	176	00:00:06	00:12:39	<b>00:30:43.65</b>	<b>00:30:49.85</b>	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
395	<b>BOŻEK Dagmara</b>	<b>425</b>		40-49	116	00:00:12	00:12:30	<b>00:30:45.60</b>	<b>00:30:57.70</b>	+00:11:45 (38.2%)	6:09	9.8 (62.0%)
396	<b>MARSZALIK Anna</b>	<b>411</b>		30-39	177	00:00:02	00:12:28	<b>00:30:45.95</b>	<b>00:30:48.05</b>	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
397	<b>MISZCZAK Anna</b>	<b>469</b>	BIEGIEMANIA	40-49	117	00:00:14	00:12:27	<b>00:30:48.20</b>	<b>00:31:02.65</b>	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
398	<b>JĘDRZEJEWSKA Beata</b>	<b>1067</b>		30-39	178	00:00:30	00:12:44	<b>00:30:48.35</b>	<b>00:31:18.85</b>	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
399	<b>WACŁAWIK Ewa</b>	<b>193</b>	FANTASTIC ANIA SIKORA	40-49	118	00:00:19	00:13:17	<b>00:30:48.65</b>	<b>00:31:08.50</b>	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
400	<b>MATUĆ Aleksandra</b>	<b>93</b>	MIECHOWICKA GRUPA BEGOWA	40-49	119	00:00:34	00:13:20	<b>00:30:49.50</b>	<b>00:31:23.80</b>	+00:11:49 (38.4%)	6:09	9.7 (61.4%)
401	<b>SITKO Dagmara</b>	<b>830</b>	GWARKOWE DZIEWCZYNY	30-39	179	00:00:19	00:12:54	<b>00:30:50.45</b>	<b>00:31:10.15</b>	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
402	<b>WIECZOREK Klaudia</b>	<b>338</b>	KOBIETY NA 5+	20-29	70	00:00:32	00:13:27	<b>00:30:51.25</b>	<b>00:31:23.65</b>	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
403	<b>MILKOWSKA Wanessa</b>	<b>1134</b>		16-19	12	00:00:11	00:12:46	<b>00:30:51.65</b>	<b>00:31:03.05</b>	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
404	<b>ADAMIK Magda</b>	<b>437</b>	KOLOROWA DRUŻYNA NESSI	30-39	180	00:01:36	00:13:00	<b>00:30:51.80</b>	<b>00:32:28.45</b>	+00:11:52 (38.4%)	6:10	9.7 (61.4%)
405	<b>SIKORA Agnieszka</b>	<b>324</b>	NIGHT RUNNERS	30-39	181	00:00:40	00:13:25	<b>00:30:51.90</b>	<b>00:31:32.20</b>	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
406	<b>TYCZYŃSKA Małgorzata</b>	<b>183</b>	SZYBKE ŻÓŁWIE	50-59	17	00:00:28	00:13:27	<b>00:30:52.55</b>	<b>00:31:20.90</b>	+00:11:52 (38.5%)	6:10	9.7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	JURCZYK Magdalena	356	MIECHOWICKA GRUPA BIEGOWA	40-49	120	00:00:24	00:14:01	00:30:52.95	00:31:17.70	+00:11:53 (38.5%)	6:10	9.7 (61.4%)
408	ĆWIEK-ŁACH Ewa	799		30-39	182	00:00:10	00:12:09	00:30:55.05	00:31:05.65	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
409	PROCNER Dorota	921		30-39	183	00:00:37	00:13:31	00:30:55.10	00:31:32.70	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
410	IWANOWICZ Anna	233	PARKRUN CHRZANÓW	30-39	184	00:00:16	00:13:13	00:30:55.30	00:31:11.90	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
411	ROZMUS-PROCNER Patrycja	931	WAPIENICKI TEAM	30-39	185	00:00:37	00:13:31	00:30:55.45	00:31:32.70	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
412	FECZKO Monika	1170		20-29	71	00:00:16	00:12:33	00:30:55.70	00:31:11.75	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
413	IWANOWICZ Klaudia	234	PARKRUN CHRZANÓW	16-19	13	00:00:15	00:13:14	00:30:55.90	00:31:11.70	+00:11:56 (38.6%)	6:11	9.7 (61.4%)
414	KUBISTY Anna	185		40-49	121	00:00:02	00:12:34	00:30:57.90	00:31:00.15	+00:11:58 (38.7%)	6:11	9.7 (61.4%)
415	SZPYRA Sonia	66		40-49	122	00:00:07	00:12:42	00:30:59.05	00:31:06.50	+00:11:59 (38.7%)	6:11	9.7 (61.4%)
416	PRZYBYŁA Magdalena	290		20-29	72	00:00:29	00:13:09	00:31:00.35	00:31:30.05	+00:12:00 (38.7%)	6:12	9.7 (61.4%)
417	SOJKA Ania	670		20-29	73	00:00:33	00:14:00	00:31:00.45	00:31:33.60	+00:12:00 (38.7%)	6:12	9.7 (61.4%)
418	ZDEB Barbara	310	NIGHT RUNNERS ZABRZE	30-39	186	00:00:42	00:13:43	00:31:05.55	00:31:47.80	+00:12:05 (38.9%)	6:13	9.7 (61.4%)
419	KASPRZYCKA-SZUBARSKA Katarzyna	871	OLZA CIESZYN	40-49	123	00:00:26	00:13:31	00:31:05.60	00:31:32.35	+00:12:05 (38.9%)	6:13	9.6 (60.8%)
420	KUBAS Alina	41	KLUB BIEGACZA FARTLEK	40-49	124	00:00:16	00:12:40	00:31:05.70	00:31:22.65	+00:12:05 (38.9%)	6:13	9.6 (60.8%)
421	SZADY Barbara	61		30-39	187	00:00:38	00:13:47	00:31:05.80	00:31:44.50	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
422	GŁÓWCZYK Izabella	758	KOBIETY NA 5+	40-49	125	00:00:25	00:13:29	00:31:06.00	00:31:31.85	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
423	JEWUŁA Karolina	445	KOBIETA NA 5+	20-29	74	00:00:29	00:12:25	00:31:06.30	00:31:36.15	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
424	FILIPIAK Beata	42	MIECHOWICKA GRUPA BIEGOWA	40-49	126	00:00:05	00:12:07	00:31:06.35	00:31:11.55	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
425	KOSOWSKA Grażyna	1215	KOBIETY NA 5+	50-59	18	00:00:25	00:13:29	00:31:06.50	00:31:32.05	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
426	HALSZKA Joanna	780		30-39	188	00:00:23	00:13:32	00:31:06.65	00:31:30.60	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
427	KUPCZEWSKA Izabela	1139	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	189	00:00:09	00:12:58	00:31:07.55	00:31:17.05	+00:12:07 (39.0%)	6:13	9.6 (60.8%)
428	SZYMURA Izabela	1009		40-49	127	00:00:44	00:13:38	00:31:09.60	00:31:54.20	+00:12:09 (39.0%)	6:14	9.6 (60.8%)
429	SOBEL Beata	980		30-39	190	00:00:29	00:12:55	00:31:12.25	00:31:41.60	+00:12:12 (39.1%)	6:14	9.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	<b>MENŻYK Anna</b>	<b>668</b>		30-39	191	00:00:41	00:13:53	<b>00:31:13.50</b>	<b>00:31:55.35</b>	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
431	<b>JACAK Marta</b>	<b>180</b>		30-39	192	00:00:45	00:13:21	<b>00:31:14.50</b>	<b>00:32:00.35</b>	+00:12:14 (39.2%)	6:15	9.6 (60.8%)
432	<b>ZAJAC SWOBODA Beata</b>	<b>477</b>	AMATOR	40-49	128	00:00:18	00:13:06	<b>00:31:15.70</b>	<b>00:31:34.20</b>	+00:12:15 (39.2%)	6:15	9.6 (60.8%)
433	<b>SKOCZEK Agnieszka</b>	<b>549</b>	CHILLOUT	40-49	129	00:00:33	00:13:05	<b>00:31:15.80</b>	<b>00:31:49.25</b>	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
434	<b>BURZYŃSKA Beata</b>	<b>1101</b>		40-49	130	00:00:06	00:12:44	<b>00:31:16.00</b>	<b>00:31:22.35</b>	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
435	<b>MORIC Anna</b>	<b>278</b>	KOLOROWA DRUŻYNA NESSI	30-39	193	00:00:11	00:12:45	<b>00:31:19.30</b>	<b>00:31:30.60</b>	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
436	<b>MALINOWSKA Aneta</b>	<b>60</b>	OLZA CIESZYN	40-49	131	00:00:27	00:13:05	<b>00:31:20.60</b>	<b>00:31:47.85</b>	+00:12:20 (39.4%)	6:16	9.6 (60.8%)
437	<b>ŚMIGIELSKA Justyna</b>	<b>1140</b>	MORSY NA KOKSIE	30-39	194	00:00:42	00:13:15	<b>00:31:22.50</b>	<b>00:32:05.35</b>	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
438	<b>KONIECZKA Katarzyna</b>	<b>191</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	132	00:00:46	00:13:44	<b>00:31:22.65</b>	<b>00:32:09.55</b>	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
439	<b>PTASZYŃSKA Justyna</b>	<b>848</b>	RADLINIOKI W BIEGU	40-49	133	00:00:42	00:13:35	<b>00:31:22.80</b>	<b>00:32:05.10</b>	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
440	<b>NALEPA Marta</b>	<b>865</b>		30-39	195	00:00:19	00:12:45	<b>00:31:23.80</b>	<b>00:31:43.45</b>	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
441	<b>OKOŃ Elżbieta</b>	<b>379</b>		30-39	196	00:00:23	00:13:04	<b>00:31:24.15</b>	<b>00:31:47.40</b>	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
442	<b>WAWRZYK Iwona</b>	<b>248</b>	OLZA CIESZYN	50-59	19	00:00:26	00:13:06	<b>00:31:28.10</b>	<b>00:31:54.85</b>	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
443	<b>KUBACZKA-LIGENZA Sylwia</b>	<b>426</b>	#CZELADZBIEGA	30-39	197	00:00:31	00:13:17	<b>00:31:28.25</b>	<b>00:32:00.00</b>	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
444	<b>KUCZA-CHMIEL Kalina</b>	<b>1227</b>		40-49	134	00:00:44	00:13:22	<b>00:31:28.70</b>	<b>00:32:13.35</b>	+00:12:28 (39.7%)	6:17	9.5 (60.1%)
445	<b>ROMBERG Agnieszka</b>	<b>43</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	135	00:00:33	00:13:21	<b>00:31:29.45</b>	<b>00:32:02.70</b>	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
446	<b>GÓRNY Jola</b>	<b>272</b>	NUTREND TEAM	40-49	136	00:00:01	00:12:10	<b>00:31:29.60</b>	<b>00:31:31.25</b>	+00:12:29 (39.7%)	6:18	9.5 (60.1%)
447	<b>MARCINKOWSKA Beata</b>	<b>393</b>	#CZELADZBIEGA	40-49	137	00:00:31	00:13:08	<b>00:31:30.20</b>	<b>00:32:01.95</b>	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
448	<b>BRYCHCY Estera</b>	<b>1138</b>	RUNTEAM PAWŁOWICE	30-39	198	00:00:07	00:13:09	<b>00:31:30.35</b>	<b>00:31:38.15</b>	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
449	<b>RUCIŃSKA Kinga</b>	<b>740</b>		30-39	199	00:00:07	00:12:27	<b>00:31:30.40</b>	<b>00:31:37.50</b>	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
450	<b>KLUSKA Sylwia</b>	<b>98</b>		50-59	20	00:00:00	00:13:45	<b>00:31:30.65</b>	<b>00:31:30.65</b>	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
451	<b>DARNOWSKA-HYLA Julia</b>	<b>1111</b>		30-39	200	00:00:17	00:13:01	<b>00:31:32.85</b>	<b>00:31:50.65</b>	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
452	<b>ŚLEZIONA Katarzyna</b>	<b>1068</b>		30-39	201	00:00:16	00:13:01	<b>00:31:33.65</b>	<b>00:31:49.80</b>	+00:12:33 (39.8%)	6:18	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	<b>ZŁOCIAK Agnieszka</b>	<b>666</b>		40-49	138	00:00:34	00:13:02	<b>00:31:34.65</b>	<b>00:32:08.85</b>	+00:12:34 (39.8%)	6:18	9.5 (60.1%)
454	<b>GŁĄB Magdalena</b>	<b>205</b>		30-39	202	00:00:33	00:13:03	<b>00:31:34.70</b>	<b>00:32:08.45</b>	+00:12:34 (39.8%)	6:19	9.5 (60.1%)
455	<b>DOBOSZ Ilona</b>	<b>624</b>		40-49	139	00:00:05	00:12:24	<b>00:31:35.15</b>	<b>00:31:40.40</b>	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
456	<b>PINGIELSKA Małgorzata</b>	<b>838</b>	RADLINIOKI W BIEGU	40-49	140	00:00:27	00:13:26	<b>00:31:35.35</b>	<b>00:32:03.20</b>	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
457	<b>WIŚNIEWSKA Justyna</b>	<b>34</b>	KOBIETY NA 5+	30-39	203	00:00:14	00:12:47	<b>00:31:35.50</b>	<b>00:31:49.95</b>	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
458	<b>DOLNIK Katarzyna</b>	<b>1003</b>		30-39	204	00:00:18	00:13:55	<b>00:31:35.60</b>	<b>00:31:54.35</b>	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
459	<b>NIEDZIOŁKO Bożena</b>	<b>72</b>	KOBIETY NA 5+	50-59	21	00:00:14	00:12:47	<b>00:31:36.00</b>	<b>00:31:50.00</b>	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
460	<b>KARKULA Katarzyna</b>	<b>1051</b>		30-39	205	00:00:23	00:13:27	<b>00:31:36.20</b>	<b>00:31:59.20</b>	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
461	<b>PYZIK Barbara</b>	<b>728</b>		30-39	206	00:00:38	00:13:43	<b>00:31:36.70</b>	<b>00:32:15.05</b>	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
462	<b>MARCINKIEWICZ-KLUCZNIK Ewa</b>	<b>302</b>	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	141	00:00:07	00:12:48	<b>00:31:37.00</b>	<b>00:31:44.95</b>	+00:12:37 (39.9%)	6:19	9.5 (60.1%)
463	<b>HUBA Agnieszka</b>	<b>553</b>	KOBIETY NA 5+	30-39	207	00:00:21	00:12:18	<b>00:31:40.60</b>	<b>00:32:01.60</b>	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
464	<b>ADAMCZYK Sandra</b>	<b>1013</b>		20-29	75	00:00:28	00:12:48	<b>00:31:40.70</b>	<b>00:32:08.70</b>	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
465	<b>WOJDANOWSKA Małgorzata</b>	<b>1117</b>		30-39	208	00:00:34	00:13:15	<b>00:31:40.85</b>	<b>00:32:15.65</b>	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
466	<b>FECZKO Lucyna</b>	<b>1166</b>		40-49	142	00:00:16	00:13:35	<b>00:31:41.20</b>	<b>00:31:58.10</b>	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
467	<b>DYCZEK Klaudia</b>	<b>640</b>	DYCZUŚ TEAM	30-39	209	00:00:29	00:13:45	<b>00:31:42.10</b>	<b>00:32:11.95</b>	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
468	<b>KACZOREK Ania</b>	<b>210</b>		40-49	143	00:00:21	00:13:30	<b>00:31:42.85</b>	<b>00:32:03.95</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
469	<b>MLECZKO Monika</b>	<b>1189</b>		50-59	22	00:00:37	00:13:27	<b>00:31:42.95</b>	<b>00:32:19.95</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
470	<b>SRADOMSKA Barbara</b>	<b>1224</b>	HRMAX ŻORY	40-49	144	00:00:21	00:13:31	<b>00:31:43.20</b>	<b>00:32:04.45</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
471	<b>MACURA Ewa</b>	<b>493</b>	HRMAX ŻORY	50-59	23	00:00:20	00:13:32	<b>00:31:43.40</b>	<b>00:32:04.20</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
472	<b>HERDUŚ Lucyna</b>	<b>753</b>		30-39	210	00:00:24	00:13:34	<b>00:31:43.50</b>	<b>00:32:07.70</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
473	<b>PASZEK Hania</b>	<b>611</b>	HRMAX DZIOŁSZKI	40-49	145	00:00:20	00:13:30	<b>00:31:43.70</b>	<b>00:32:04.15</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
474	<b>KOGUT Edyta</b>	<b>1291</b>	HR MAX DZIOŁSZKI	40-49	146	00:00:20	00:13:30	<b>00:31:44.05</b>	<b>00:32:04.20</b>	+00:12:44 (40.1%)	6:20	9.5 (60.1%)
475	<b>LEPICH Katarzyna</b>	<b>1236</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	211	00:00:33	00:13:32	<b>00:31:44.10</b>	<b>00:32:17.30</b>	+00:12:44 (40.1%)	6:20	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	<b>BURNAGIEL Agata</b>	<b>292</b>	HRMAX DZIOŁSZKI	50-59	24	00:00:19	00:13:33	<b>00:31:44.55</b>	<b>00:32:04.15</b>	+00:12:44 (40.2%)	6:21	9.4 (59.5%)
477	<b>LISZOK Iwona</b>	<b>597</b>		30-39	212	00:00:16	00:13:20	<b>00:31:44.85</b>	<b>00:32:01.45</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
478	<b>LIDUK Wioletta</b>	<b>1038</b>		40-49	147	00:00:14	00:12:33	<b>00:31:44.95</b>	<b>00:31:59.55</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
479	<b>BARTECKA Sabina</b>	<b>560</b>	HRMAX ŻORY	40-49	148	00:00:19	00:13:30	<b>00:31:45.25</b>	<b>00:32:04.25</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
480	<b>BASEK Marta</b>	<b>420</b>	HR MAX DZIOŁSZKI	40-49	149	00:00:18	00:13:31	<b>00:31:45.35</b>	<b>00:32:03.95</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
481	<b>KUCZEK Katarzyna</b>	<b>1037</b>	PGB SPORTOWA PACZKA	40-49	150	00:00:14	00:12:33	<b>00:31:45.45</b>	<b>00:31:59.45</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	<b>KĄŁUS Ewa</b>	<b>467</b>	HRMAX ŻORY	40-49	151	00:00:18	00:13:31	<b>00:31:45.55</b>	<b>00:32:04.05</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	<b>PADIASEK Dominika</b>	<b>487</b>	HRMAX ŻORY	30-39	213	00:00:18	00:13:33	<b>00:31:45.55</b>	<b>00:32:04.45</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
484	<b>PUSTELNIK Ewa</b>	<b>107</b>		40-49	152	00:00:18	00:13:30	<b>00:31:45.70</b>	<b>00:32:03.85</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
485	<b>DZIAŁKOWSKA Barbara</b>	<b>790</b>		40-49	153	00:00:22	00:13:06	<b>00:31:46.40</b>	<b>00:32:09.05</b>	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
486	<b>KATARZYNA Wesołowska</b>	<b>8</b>		40-49	154	00:00:10	00:12:35	<b>00:31:46.50</b>	<b>00:31:57.20</b>	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
487	<b>ZIELINA Katarzyna</b>	<b>732</b>		20-29	76	00:00:49	00:14:24	<b>00:31:46.65</b>	<b>00:32:36.10</b>	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
488	<b>WALA Anna</b>	<b>1220</b>		30-39	214	00:00:11	00:12:07	<b>00:31:46.85</b>	<b>00:31:58.65</b>	+00:12:47 (40.2%)	6:21	9.4 (59.5%)
489	<b>KORCZEWSKA Beata</b>	<b>1234</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	155	00:00:33	00:13:32	<b>00:31:48.00</b>	<b>00:32:21.30</b>	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
490	<b>RADZIEWICZ Renata</b>	<b>479</b>	SPOT	40-49	156	00:00:45	00:14:15	<b>00:31:49.20</b>	<b>00:32:35.10</b>	+00:12:49 (40.3%)	6:22	9.4 (59.5%)
491	<b>ŻUCHOWICZ Elzbieta</b>	<b>908</b>	KOLOROWA DRUŻYNA NESSI	50-59	25	00:00:10	00:13:37	<b>00:31:49.55</b>	<b>00:31:59.70</b>	+00:12:49 (40.3%)	6:21	9.4 (59.5%)
492	<b>MARCINKOWSKA Magdalena</b>	<b>119</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	215	00:00:31	00:13:34	<b>00:31:50.35</b>	<b>00:32:21.65</b>	+00:12:50 (40.3%)	6:22	9.4 (59.5%)
493	<b>PETRYKOWSKA Elżbieta</b>	<b>578</b>	AMATOR	40-49	157	00:00:07	00:12:51	<b>00:31:50.95</b>	<b>00:31:58.35</b>	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
494	<b>MAZUR Justyna</b>	<b>387</b>	FANTASTIC ANIA SIKORA	30-39	216	00:00:20	00:13:34	<b>00:31:51.65</b>	<b>00:32:12.00</b>	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
495	<b>WOJTOŃ-STAWICKA Małgorzata</b>	<b>246</b>	RUNTEAM PAWŁOWICE	50-59	26	00:00:22	00:13:33	<b>00:31:51.80</b>	<b>00:32:14.35</b>	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
496	<b>WOSIŃSKA Helena</b>	<b>942</b>	RUNTEAM PAWŁOWICE	30-39	217	00:00:20	00:13:08	<b>00:31:53.80</b>	<b>00:32:14.30</b>	+00:12:54 (40.4%)	6:22	9.4 (59.5%)
497	<b>ZAGÓRSKA Beata</b>	<b>1297</b>	NIEDŹWIEDŹ TEAM	30-39	218	00:00:49	00:13:28	<b>00:31:54.10</b>	<b>00:32:43.10</b>	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
498	<b>GORUS Anna</b>	<b>719</b>	NIGHT RUNNERS ZABRZE	30-39	219	00:00:40	00:13:35	<b>00:31:54.50</b>	<b>00:32:35.35</b>	+00:12:54 (40.5%)	6:23	9.4 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
499	<b>SYLWIA Kopel</b>	<b>1127</b>	KOBIETY NA 5+	40-49	158	00:00:32	00:13:21	<b>00:31:54.60</b>	<b>00:32:26.75</b>	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
500	<b>DELEWSKA Dorota</b>	<b>512</b>	NIGHT RUNNERS	40-49	159	00:00:39	00:13:36	<b>00:31:54.80</b>	<b>00:32:34.60</b>	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
501	<b>ŻURKE Basia</b>	<b>859</b>		40-49	160	00:00:27	00:12:53	<b>00:31:55.10</b>	<b>00:32:22.80</b>	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
502	<b>BARDOSZ Renata</b>	<b>589</b>	NIGHT RUNNERS	40-49	161	00:00:39	00:13:37	<b>00:31:55.35</b>	<b>00:32:34.85</b>	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
503	<b>HRYNKIEWICZ Izabela</b>	<b>1098</b>		30-39	220	00:00:26	00:12:57	<b>00:31:56.85</b>	<b>00:32:23.00</b>	+00:12:57 (40.5%)	6:23	9.4 (59.5%)
504	<b>DOROBEK Agata</b>	<b>582</b>		40-49	162	00:00:36	00:13:40	<b>00:31:58.50</b>	<b>00:32:34.80</b>	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
505	<b>STOPYRA Agnieszka</b>	<b>684</b>	BRAK	40-49	163	00:00:16	00:13:03	<b>00:32:00.10</b>	<b>00:32:16.65</b>	+00:13:00 (40.6%)	6:24	9.4 (59.5%)
506	<b>PILCH Anna</b>	<b>1155</b>		30-39	221	00:00:33	00:14:03	<b>00:32:03.15</b>	<b>00:32:36.55</b>	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
506	<b>KISZKA Oriana</b>	<b>20</b>	DIAGNOSTIX	30-39	222	00:00:33	00:14:03	<b>00:32:03.15</b>	<b>00:32:36.65</b>	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
508	<b>TOMAN Aneta</b>	<b>1199</b>	HRMAXZORY	30-39	223	00:00:00	00:13:53	<b>00:32:04.10</b>	<b>00:32:04.10</b>	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
509	<b>SAWICKA Marta</b>	<b>47</b>		30-39	224	00:00:47	00:13:58	<b>00:32:04.80</b>	<b>00:32:52.70</b>	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
510	<b>BERNAT Katarzyna</b>	<b>902</b>		40-49	164	00:00:35	00:13:15	<b>00:32:05.25</b>	<b>00:32:40.35</b>	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
511	<b>KUFIETA Ewelina Ina</b>	<b>664</b>		30-39	225	00:00:35	00:13:15	<b>00:32:05.35</b>	<b>00:32:40.45</b>	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
512	<b>KUCZERA Angelika</b>	<b>505</b>		16-19	14	00:00:31	00:14:29	<b>00:32:06.10</b>	<b>00:32:37.15</b>	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
513	<b>BORIŃSKA Jadwiga</b>	<b>662</b>		50-59	27	00:00:36	00:13:54	<b>00:32:06.30</b>	<b>00:32:42.55</b>	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
514	<b>ŚWIERCZ Anna</b>	<b>187</b>	KOBIETY NA 5+	40-49	165	00:00:14	00:12:58	<b>00:32:06.80</b>	<b>00:32:21.70</b>	+00:13:07 (40.8%)	6:25	9.3 (58.9%)
515	<b>PŁASKA Barbara</b>	<b>62</b>	KOBIETY NA 5+	40-49	166	00:00:14	00:12:58	<b>00:32:07.35</b>	<b>00:32:21.55</b>	+00:13:07 (40.9%)	6:25	9.3 (58.9%)
516	<b>KAŃTOCH Izabela</b>	<b>158</b>	HAM EXPERT	40-49	167	00:00:43	00:13:44	<b>00:32:07.85</b>	<b>00:32:51.65</b>	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
517	<b>KANTOROWSKA Ania</b>	<b>699</b>	POWOLI DO CELU	30-39	226	00:00:40	00:13:36	<b>00:32:12.15</b>	<b>00:32:52.45</b>	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
518	<b>MAZUROWSKA Bogusława</b>	<b>1040</b>		40-49	168	00:00:26	00:13:20	<b>00:32:15.20</b>	<b>00:32:41.40</b>	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
519	<b>GRZELAK Patrycja</b>	<b>583</b>	KOBIETY NA 5+	30-39	227	00:00:16	00:13:24	<b>00:32:15.35</b>	<b>00:32:32.15</b>	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
520	<b>SZALA Beata</b>	<b>267</b>	SBD ENERGETYK RYBNIK	30-39	228	00:00:33	00:13:18	<b>00:32:16.60</b>	<b>00:32:49.60</b>	+00:13:16 (41.1%)	6:27	9.3 (58.9%)
521	<b>KSEPKO Kasia</b>	<b>91</b>		30-39	229	00:00:34	00:13:54	<b>00:32:17.15</b>	<b>00:32:52.00</b>	+00:13:17 (41.2%)	6:27	9.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
522	<b>POLIWKI-FILIPOWSKA Karolina</b>	<b>858</b>		20-29	77	00:00:53	00:14:23	<b>00:32:17.95</b>	<b>00:33:11.00</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
523	<b>ŚLEDŹ Dorota</b>	<b>88</b>	HRMAX ŻORY	16-19	15	00:00:20	00:13:36	<b>00:32:18.60</b>	<b>00:32:38.60</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
524	<b>BAŁA Justyna</b>	<b>151</b>	KOBIETY NA 5+	30-39	230	00:00:24	00:13:37	<b>00:32:18.65</b>	<b>00:32:43.60</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
525	<b>MYŚLIWIEC Monika</b>	<b>1156</b>	KOBIETY NA 5+	40-49	169	00:00:02	00:13:00	<b>00:32:19.10</b>	<b>00:32:21.90</b>	+00:13:19 (41.2%)	6:27	9.3 (58.9%)
526	<b>VAIDYAN Vimala</b>	<b>828</b>		20-29	78	00:00:03	00:13:14	<b>00:32:20.05</b>	<b>00:32:23.05</b>	+00:13:20 (41.2%)	6:28	9.3 (58.9%)
527	<b>SIKORA Anna</b>	<b>247</b>	FANTASTIC ANIA SIKORA	40-49	170	00:00:00	00:13:03	<b>00:32:20.25</b>	<b>00:32:20.25</b>	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
528	<b>SIKORA Magdalena</b>	<b>5</b>	FANTASTIC ANIA SIKORA	16-19	16	00:00:00	00:13:03	<b>00:32:20.45</b>	<b>00:32:20.45</b>	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
529	<b>M Beata</b>	<b>109</b>	BB BIELSZCZANKI BIEGAJĄ	50-59	28	00:00:37	00:13:23	<b>00:32:21.20</b>	<b>00:32:58.45</b>	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
530	<b>KRZEMPEK Bogusława</b>	<b>71</b>	WAPIENICKI TEAM	40-49	171	00:00:37	00:13:31	<b>00:32:21.50</b>	<b>00:32:58.70</b>	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
531	<b>MIŚKOWIEC Agnieszka</b>	<b>1136</b>		40-49	172	00:00:38	00:13:42	<b>00:32:21.95</b>	<b>00:32:59.95</b>	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
532	<b>PIECHOTA Hanna</b>	<b>17</b>	DECATHLON ŻORY	20-29	79	00:00:25	00:13:55	<b>00:32:24.00</b>	<b>00:32:49.25</b>	+00:13:24 (41.4%)	6:28	9.3 (58.9%)
533	<b>JASZCZAK Małgorzata</b>	<b>134</b>		20-29	80	00:00:17	00:13:38	<b>00:32:25.15</b>	<b>00:32:42.80</b>	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
533	<b>KOWALCZYK Zuzanna</b>	<b>16</b>	DECATHLON ŻORY	30-39	231	00:00:24	00:13:55	<b>00:32:25.15</b>	<b>00:32:49.35</b>	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
535	<b>STANISZEWSKA-COLIK Magdalena</b>	<b>524</b>		30-39	232	00:00:03	00:13:39	<b>00:32:25.35</b>	<b>00:32:28.85</b>	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
536	<b>WITKOWSKA Maria</b>	<b>384</b>	KLUB KRÓLIKA STEFANA	60+	8	00:00:33	00:13:45	<b>00:32:26.30</b>	<b>00:33:00.25</b>	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
537	<b>GODZIC Magdalena</b>	<b>451</b>		40-49	173	00:00:29	00:13:19	<b>00:32:26.40</b>	<b>00:32:55.45</b>	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
538	<b>SZCZĘŚBNIAK DUDAŁA Małgorzata</b>	<b>1239</b>	#CZELADZBIEGA	40-49	174	00:00:30	00:13:14	<b>00:32:28.25</b>	<b>00:32:58.85</b>	+00:13:28 (41.5%)	6:29	9.2 (58.2%)
539	<b>WRZOSEK Karolina</b>	<b>35</b>	#CZELADZBIEGA	20-29	81	00:00:29	00:13:15	<b>00:32:28.85</b>	<b>00:32:58.55</b>	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
540	<b>BUJAK-KAPA Dorota</b>	<b>958</b>	#CZELADZBIEGA	30-39	233	00:00:29	00:13:15	<b>00:32:28.90</b>	<b>00:32:58.85</b>	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
541	<b>ZIEJA Iza</b>	<b>364</b>		40-49	175	00:00:05	00:13:33	<b>00:32:29.25</b>	<b>00:32:34.50</b>	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
542	<b>KSIĄDZ Aneta</b>	<b>802</b>		30-39	234	00:00:25	00:13:58	<b>00:32:29.70</b>	<b>00:32:55.55</b>	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
543	<b>GORAUS Anna</b>	<b>188</b>	ADS MASNA	30-39	235	00:00:31	00:13:18	<b>00:32:29.85</b>	<b>00:33:01.65</b>	+00:13:30 (41.5%)	6:30	9.2 (58.2%)
544	<b>MARCYNIAK Katarzyna</b>	<b>1119</b>		30-39	236	00:00:30	00:14:17	<b>00:32:32.30</b>	<b>00:33:02.45</b>	+00:13:32 (41.6%)	6:30	9.2 (58.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	<b>KOZDĘBA Katarzyna</b>	<b>1072</b>		40-49	176	00:00:30	00:14:18	<b>00:32:32.30</b>	<b>00:33:02.50</b>	+00:13:32 (41.6%)	6:30	9.2 (58.2%)
546	<b>KOŁODZIEJ Ilona</b>	<b>527</b>	-----	40-49	177	00:00:47	00:14:02	<b>00:32:32.95</b>	<b>00:33:20.10</b>	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
547	<b>KAJDA Zuzanna</b>	<b>78</b>	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	237	00:00:20	00:13:26	<b>00:32:33.10</b>	<b>00:32:53.70</b>	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
548	<b>AUGUŚCIK Ewelina</b>	<b>30</b>		30-39	238	00:00:19	00:13:21	<b>00:32:36.35</b>	<b>00:32:56.05</b>	+00:13:36 (41.7%)	6:31	9.2 (58.2%)
549	<b>CHROBOK Natalia</b>	<b>734</b>	OLZA CIESZYN	30-39	239	00:00:21	00:13:20	<b>00:32:37.05</b>	<b>00:32:58.65</b>	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
550	<b>JAKACKA Agata</b>	<b>1048</b>		20-29	82	00:00:49	00:15:18	<b>00:32:37.35</b>	<b>00:33:27.05</b>	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
551	<b>KLEPACKA Edyta</b>	<b>219</b>		40-49	178	00:00:33	00:13:53	<b>00:32:37.60</b>	<b>00:33:10.80</b>	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
552	<b>ŻERDKA Agnieszka</b>	<b>1106</b>	BRYKAJĄCA GRUPA BIEGOWA	30-39	240	00:00:32	00:13:44	<b>00:32:39.15</b>	<b>00:33:11.75</b>	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
553	<b>SIENKIEWICZ Gabriela</b>	<b>761</b>		30-39	241	00:00:38	00:13:42	<b>00:32:39.95</b>	<b>00:33:18.65</b>	+00:13:40 (41.8%)	6:32	9.2 (58.2%)
554	<b>JAKIMCZUK Małgorzata</b>	<b>806</b>		40-49	179	00:00:00	00:14:07	<b>00:32:40.45</b>	<b>00:32:40.45</b>	+00:13:40 (41.9%)	6:32	9.2 (58.2%)
555	<b>GRZYŚKA Katarzyna</b>	<b>371</b>		30-39	242	00:01:19	00:13:58	<b>00:32:40.80</b>	<b>00:34:00.75</b>	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
556	<b>KRZACZEK Aleksandra</b>	<b>849</b>	RADLINIOKI W BIEGU	40-49	180	00:00:27	00:13:41	<b>00:32:41.30</b>	<b>00:33:09.10</b>	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
557	<b>TOKAREWICZ Justyna</b>	<b>936</b>		30-39	243	00:00:22	00:13:55	<b>00:32:41.70</b>	<b>00:33:03.95</b>	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
558	<b>KRÓLIKOWSKA Gabriela</b>	<b>165</b>	KATOWICE	60+	9	00:00:01	00:13:26	<b>00:32:43.50</b>	<b>00:32:44.95</b>	+00:13:43 (42.0%)	6:32	9.2 (58.2%)
559	<b>PRZYBYŁA Violetta</b>	<b>543</b>	PARKRUN TYCHY	40-49	181	00:00:02	00:13:04	<b>00:32:44.80</b>	<b>00:32:46.95</b>	+00:13:45 (42.0%)	6:32	9.2 (58.2%)
560	<b>STEKLA-MAJER Anna</b>	<b>1096</b>		20-29	83	00:00:27	00:13:47	<b>00:32:45.20</b>	<b>00:33:12.75</b>	+00:13:45 (42.0%)	6:33	9.2 (58.2%)
561	<b>NĘDZA Luiza</b>	<b>816</b>		20-29	84	00:00:41	00:14:31	<b>00:32:47.55</b>	<b>00:33:28.95</b>	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
562	<b>MIKA Emilia</b>	<b>646</b>		20-29	85	00:00:39	00:13:41	<b>00:32:47.70</b>	<b>00:33:27.65</b>	+00:13:47 (42.1%)	6:33	9.1 (57.6%)
563	<b>SUDLITZ Anna</b>	<b>1049</b>	FORTUNA SISTERS	30-39	244	00:00:38	00:14:48	<b>00:32:48.90</b>	<b>00:33:27.55</b>	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
564	<b>FOJCIK Asia</b>	<b>145</b>	SBD ENERGETYK RYBNIK	40-49	182	00:00:00	00:13:51	<b>00:32:49.40</b>	<b>00:32:49.40</b>	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
565	<b>SZLAUR Ewelina</b>	<b>720</b>	OLZA CIESZYN	30-39	245	00:00:44	00:14:47	<b>00:32:50.00</b>	<b>00:33:34.20</b>	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
566	<b>DRYNDA Jolanta</b>	<b>735</b>		30-39	246	00:00:10	00:13:21	<b>00:32:50.10</b>	<b>00:33:00.80</b>	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
567	<b>TOWŚCIK Anna</b>	<b>918</b>		30-39	247	00:00:23	00:13:55	<b>00:32:52.75</b>	<b>00:33:16.00</b>	+00:13:52 (42.2%)	6:34	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
567	<b>RODAK Agnieszka</b>	<b>1125</b>	W POGONI ZA DUCHEM	30-39	248	00:00:34	00:14:11	<b>00:32:52.75</b>	<b>00:33:27.50</b>	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
569	<b>MAZUR Aleksandra</b>	<b>365</b>		30-39	249	00:00:45	00:15:13	<b>00:32:53.35</b>	<b>00:33:38.50</b>	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
570	<b>NAWROCKA Agnieszka</b>	<b>213</b>		40-49	183	00:00:28	00:14:00	<b>00:32:55.35</b>	<b>00:33:23.35</b>	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
571	<b>GASZKA Sylwia</b>	<b>225</b>		40-49	184	00:00:27	00:13:29	<b>00:32:55.55</b>	<b>00:33:22.65</b>	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
572	<b>JAROSIŃSKA Barbara</b>	<b>608</b>		40-49	185	00:00:28	00:14:00	<b>00:32:55.85</b>	<b>00:33:24.65</b>	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	<b>STRZODA Barbara</b>	<b>448</b>	PSZCZYNA BIEGA	30-39	250	00:00:13	00:13:21	<b>00:32:56.05</b>	<b>00:33:09.35</b>	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	<b>TATARCZYK Justyna</b>	<b>481</b>		30-39	251	00:00:33	00:14:01	<b>00:32:56.05</b>	<b>00:33:29.50</b>	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
575	<b>MAGDALENA Gałuszka</b>	<b>1050</b>	FORTUNA SISTERS	40-49	186	00:00:38	00:14:48	<b>00:32:59.00</b>	<b>00:33:37.05</b>	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
576	<b>KRYSTEK Ewelina</b>	<b>715</b>	PSZCZYNA BIEGA	30-39	252	00:00:12	00:13:22	<b>00:32:59.70</b>	<b>00:33:12.55</b>	+00:13:59 (42.4%)	6:36	9.1 (57.6%)
577	<b>BORUS Joanna</b>	<b>438</b>	OLZA CIESZYN	40-49	187	00:00:28	00:13:57	<b>00:32:59.90</b>	<b>00:33:28.50</b>	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
578	<b>SAMSEL Zuzanna</b>	<b>557</b>		30-39	253	00:00:44	00:14:19	<b>00:33:00.30</b>	<b>00:33:44.35</b>	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
579	<b>SKRZYPCZAK Edyta</b>	<b>877</b>		20-29	86	00:00:05	00:15:01	<b>00:33:01.85</b>	<b>00:33:07.15</b>	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
580	<b>JÓZEF Ania</b>	<b>314</b>	ADS MASNA	30-39	254	00:00:15	00:13:43	<b>00:33:01.90</b>	<b>00:33:17.50</b>	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
581	<b>ADAMUS Katarzyna</b>	<b>67</b>	OLZA CIESZYN	40-49	188	00:00:33	00:14:05	<b>00:33:03.00</b>	<b>00:33:36.30</b>	+00:14:03 (42.5%)	6:36	9.1 (57.6%)
582	<b>TARGOSZ Aneta</b>	<b>24</b>	OLZA CIESZYN	30-39	255	00:00:32	00:14:06	<b>00:33:04.10</b>	<b>00:33:36.60</b>	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
583	<b>HALSZKA Dominika</b>	<b>996</b>		20-29	87	00:00:24	00:14:02	<b>00:33:04.55</b>	<b>00:33:28.95</b>	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
584	<b>LANGE Katarzyna</b>	<b>756</b>	VIKING TRAINING CENTER	30-39	256	00:00:49	00:15:12	<b>00:33:04.65</b>	<b>00:33:54.35</b>	+00:14:04 (42.6%)	6:37	9.1 (57.6%)
585	<b>JAFERNIK Małgorzata</b>	<b>1262</b>	PW RAFI	30-39	257	00:00:35	00:14:04	<b>00:33:05.45</b>	<b>00:33:41.35</b>	+00:14:05 (42.6%)	6:37	9.1 (57.6%)
586	<b>NOWAK Anna</b>	<b>456</b>		40-49	189	00:00:29	00:13:56	<b>00:33:06.25</b>	<b>00:33:35.35</b>	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
587	<b>PUDA Dorota</b>	<b>1183</b>		40-49	190	00:00:22	00:13:50	<b>00:33:06.30</b>	<b>00:33:29.25</b>	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
588	<b>KISIELEWSKA Mirella</b>	<b>480</b>		30-39	258	00:00:44	00:13:53	<b>00:33:06.85</b>	<b>00:33:50.95</b>	+00:14:07 (42.6%)	6:37	9.1 (57.6%)
589	<b>PROKOPENKO Aga</b>	<b>122</b>		40-49	191	00:01:06	00:13:35	<b>00:33:08.90</b>	<b>00:34:15.45</b>	+00:14:09 (42.7%)	6:37	9 (57.0%)
590	<b>BRODA Beata</b>	<b>263</b>		40-49	192	00:00:14	00:13:21	<b>00:33:09.45</b>	<b>00:33:23.95</b>	+00:14:09 (42.7%)	6:37	9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
591	WERESZCZAK Agnieszka	133		40-49	193	00:00:33	00:13:40	00:33:10.80	00:33:44.45	+00:14:11 (42.7%)	6:38	9 (57.0%)
592	ADAMUS Anna	573	BRAK	40-49	194	00:00:36	00:13:45	00:33:12.85	00:33:49.05	+00:14:13 (42.8%)	6:38	9 (57.0%)
593	DZIEDZIC Aga	1104		16-19	17	00:00:46	00:14:02	00:33:13.55	00:33:59.85	+00:14:13 (42.8%)	6:38	9 (57.0%)
594	SZKATUŁA Jadwiga	953		20-29	88	00:00:26	00:13:53	00:33:13.70	00:33:39.85	+00:14:13 (42.8%)	6:38	9 (57.0%)
595	ROLA Agnieszka	1012		40-49	195	00:00:53	00:14:13	00:33:14.15	00:34:07.50	+00:14:14 (42.8%)	6:38	9 (57.0%)
596	SERWIN Asia	532		20-29	89	00:00:20	00:12:55	00:33:15.20	00:33:35.70	+00:14:15 (42.9%)	6:39	9 (57.0%)
597	KISZKA Wioletta	897		30-39	259	00:01:12	00:13:52	00:33:16.35	00:34:28.45	+00:14:16 (42.9%)	6:39	9 (57.0%)
598	KINEL Agnieszka	63	ADS MASNA	30-39	260	00:00:00	00:13:57	00:33:17.50	00:33:17.50	+00:14:17 (42.9%)	6:39	9 (57.0%)
599	JAROŃ Katarzyna	530		30-39	261	00:00:12	00:13:17	00:33:19.50	00:33:31.90	+00:14:19 (43.0%)	6:39	9 (57.0%)
600	LASKOWSKA Anna	864		30-39	262	00:00:36	00:14:34	00:33:20.70	00:33:57.00	+00:14:20 (43.0%)	6:40	9 (57.0%)
601	LISZKA Ania	967		30-39	263	00:00:09	00:13:21	00:33:21.00	00:33:30.00	+00:14:21 (43.0%)	6:40	9 (57.0%)
602	JANOTA Monika	434	GB GALOPUJĄCE ŚLIMAKI	30-39	264	00:00:26	00:13:50	00:33:21.30	00:33:47.35	+00:14:21 (43.0%)	6:40	9 (57.0%)
603	CYWIŃSKA Elżbieta	304	ŚWIERCZYNIEC RUNNING	40-49	196	00:00:26	00:14:15	00:33:26.25	00:33:52.60	+00:14:26 (43.2%)	6:41	9 (57.0%)
604	SYPUŁA Danuta	713		50-59	29	00:00:04	00:13:11	00:33:27.60	00:33:31.80	+00:14:27 (43.2%)	6:41	9 (57.0%)
605	STROJEK Agnieszka	536		30-39	265	00:00:13	00:13:45	00:33:28.85	00:33:41.90	+00:14:29 (43.3%)	6:41	9 (57.0%)
606	WRÓBLEWSKA Joanna	494		40-49	197	00:00:28	00:14:12	00:33:30.85	00:33:58.90	+00:14:31 (43.3%)	6:42	9 (57.0%)
607	TOBICZYK Barbara	486		30-39	266	00:00:20	00:13:35	00:33:32.20	00:33:52.35	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
608	TOKAREWICZ Kasia	360	ZEBRY	30-39	267	00:00:22	00:13:57	00:33:32.70	00:33:55.65	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
609	WIRTH Agnieszka	554		30-39	268	00:00:36	00:14:33	00:33:32.75	00:34:09.40	+00:14:32 (43.4%)	6:42	8.9 (56.3%)
610	ARASZCZUK Magdalena	19	DECATHLON ŻORY	20-29	90	00:00:00	00:13:31	00:33:34.00	00:33:34.00	+00:14:34 (43.4%)	6:42	8.9 (56.3%)
611	HEKIERT Wioleta	297	MIECHOWICKA GRUPA BIEGOWA	40-49	198	00:00:07	00:13:36	00:33:35.35	00:33:42.80	+00:14:35 (43.4%)	6:43	8.9 (56.3%)
612	CZECH Marta	878		20-29	91	00:00:35	00:14:21	00:33:35.55	00:34:11.25	+00:14:35 (43.4%)	6:43	8.9 (56.3%)
613	WIŚNIECKA Ania	882		20-29	92	00:00:35	00:14:20	00:33:35.75	00:34:11.25	+00:14:35 (43.5%)	6:43	8.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
614	<b>BLANIK Aga</b>	<b>730</b>		30-39	269	00:00:29	00:13:53	<b>00:33:36.85</b>	<b>00:34:06.20</b>	+00:14:37 (43.5%)	6:43	8.9 (56.3%)
615	<b>KOŁODZIEJ Ewa</b>	<b>867</b>		50-59	30	00:00:22	00:13:50	<b>00:33:39.90</b>	<b>00:34:02.15</b>	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
616	<b>URBAŚ Monika</b>	<b>436</b>	KOBIETY 5+	30-39	270	00:00:28	00:13:57	<b>00:33:40.00</b>	<b>00:34:08.70</b>	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
617	<b>WÓJCIK Anna</b>	<b>279</b>	DRUŻYNA ING	30-39	271	00:00:07	00:14:05	<b>00:33:40.60</b>	<b>00:33:47.80</b>	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
618	<b>KLIMCZAK Ewa</b>	<b>935</b>		20-29	93	00:00:21	00:13:57	<b>00:33:40.90</b>	<b>00:34:02.45</b>	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
619	<b>ANTONIEWSKA Katarzyna</b>	<b>443</b>		40-49	199	00:00:41	00:13:59	<b>00:33:41.60</b>	<b>00:34:23.40</b>	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
620	<b>RUTKA Magdalena</b>	<b>1274</b>		20-29	94	00:00:39	00:13:41	<b>00:33:42.15</b>	<b>00:34:21.90</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
620	<b>ZAWADA Teresa</b>	<b>890</b>		50-59	31	00:00:35	00:14:24	<b>00:33:42.15</b>	<b>00:34:17.85</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
622	<b>OSTROWSKA Izabela</b>	<b>1035</b>	KOBIETY NA 5+	40-49	200	00:00:50	00:14:08	<b>00:33:42.25</b>	<b>00:34:32.35</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
623	<b>WESOŁY Agnieszka</b>	<b>123</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:46	00:15:07	<b>00:33:44.85</b>	<b>00:34:31.45</b>	+00:14:45 (43.7%)	6:45	8.9 (56.3%)
624	<b>ŚWIETLIK Joanna</b>	<b>613</b>		30-39	272	00:00:12	00:13:46	<b>00:33:48.50</b>	<b>00:34:01.30</b>	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
625	<b>ORZECHOWSKA Iwona</b>	<b>619</b>	MYSŁOWICKI KLUB NO 1	30-39	273	00:00:10	00:13:31	<b>00:33:48.55</b>	<b>00:33:59.45</b>	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
626	<b>KRÓL Magdalena</b>	<b>1196</b>	KING TEAM	40-49	202	00:00:43	00:14:20	<b>00:33:49.10</b>	<b>00:34:32.55</b>	+00:14:49 (43.8%)	6:45	8.9 (56.3%)
627	<b>PODESZWA Barbara</b>	<b>648</b>	WYMYŚLANKA	40-49	203	00:00:46	00:14:59	<b>00:33:49.35</b>	<b>00:34:36.10</b>	+00:14:49 (43.8%)	6:46	8.9 (56.3%)
628	<b>MAZUR Małgorzata</b>	<b>1109</b>	KOBIETY NA 5+	40-49	204	00:00:23	00:14:18	<b>00:33:50.25</b>	<b>00:34:13.80</b>	+00:14:50 (43.9%)	6:46	8.9 (56.3%)
629	<b>PAWLIK Natalia</b>	<b>422</b>		20-29	95	00:00:24	00:13:35	<b>00:33:51.95</b>	<b>00:34:16.75</b>	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
629	<b>GÓRAL Alina</b>	<b>657</b>		30-39	274	00:00:50	00:14:15	<b>00:33:51.95</b>	<b>00:34:42.85</b>	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
631	<b>MRÓZ-NOWIŃSKA Iwona</b>	<b>1076</b>	MORSY NA KOKSIE	40-49	205	00:00:54	00:14:36	<b>00:33:53.05</b>	<b>00:34:47.75</b>	+00:14:53 (43.9%)	6:46	8.9 (56.3%)
632	<b>SERAFIN-CHWAŁEK Joanna</b>	<b>1130</b>	KOBIETY 5+	40-49	206	00:00:46	00:14:29	<b>00:33:53.65</b>	<b>00:34:40.20</b>	+00:14:53 (44.0%)	6:46	8.8 (55.7%)
633	<b>DZIĘCIELEWSKA Sylwia</b>	<b>564</b>		40-49	207	00:00:43	00:13:51	<b>00:33:54.05</b>	<b>00:34:37.40</b>	+00:14:54 (44.0%)	6:46	8.8 (55.7%)
634	<b>TOBICZYK-TEPER Agnieszka</b>	<b>546</b>		40-49	208	00:00:34	00:13:56	<b>00:34:00.85</b>	<b>00:34:35.65</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
635	<b>WĘGLEWSKA Marzena</b>	<b>600</b>		40-49	209	00:00:08	00:13:47	<b>00:34:01.20</b>	<b>00:34:09.40</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
636	<b>GÓRECKA Aleksandra</b>	<b>673</b>	INTER ROPE TEAM	30-39	275	00:00:40	00:14:34	<b>00:34:01.40</b>	<b>00:34:41.70</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
637	<b>OSZEK Karolina</b>	<b>1066</b>	AMATOR	30-39	276	00:00:30	00:14:22	<b>00:34:01.45</b>	<b>00:34:31.70</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
638	<b>KLONOWSKA Monika</b>	<b>1062</b>		30-39	277	00:00:29	00:14:23	<b>00:34:01.95</b>	<b>00:34:31.45</b>	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
639	<b>KOLARZ Kasia</b>	<b>898</b>	BB BIELSZCZANI BIEGAJĄ	40-49	210	00:00:23	00:14:18	<b>00:34:04.85</b>	<b>00:34:28.10</b>	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
640	<b>MAROSZEK Aleksandra</b>	<b>680</b>		40-49	211	00:00:18	00:13:35	<b>00:34:05.25</b>	<b>00:34:24.15</b>	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
641	<b>KUBIŃSKA Aleksandra</b>	<b>606</b>		30-39	278	00:00:28	00:14:31	<b>00:34:05.75</b>	<b>00:34:34.10</b>	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
642	<b>NĘDZA LIGEŻA Wioletta</b>	<b>817</b>		40-49	212	00:00:41	00:14:35	<b>00:34:08.10</b>	<b>00:34:49.50</b>	+00:15:08 (44.3%)	6:49	8.8 (55.7%)
643	<b>ADAMCZAK Renata</b>	<b>1248</b>	INTER ROPE TEAM	40-49	213	00:00:39	00:14:35	<b>00:34:09.35</b>	<b>00:34:48.55</b>	+00:15:09 (44.4%)	6:49	8.8 (55.7%)
644	<b>BŁAŻEJEWSKA Magdalena</b>	<b>73</b>		30-39	279	00:00:38	00:14:39	<b>00:34:11.15</b>	<b>00:34:49.80</b>	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
645	<b>PIETRUSZEWSKA Magdalena</b>	<b>770</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	280	00:00:46	00:14:55	<b>00:34:11.20</b>	<b>00:34:58.00</b>	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
646	<b>BROCZKOWSKA Sylwia</b>	<b>49</b>		40-49	214	00:00:37	00:14:40	<b>00:34:12.05</b>	<b>00:34:49.95</b>	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
647	<b>SŁUPIK Bożena</b>	<b>833</b>		40-49	215	00:00:22	00:14:07	<b>00:34:12.20</b>	<b>00:34:34.65</b>	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
648	<b>KAJTOCH Ewa</b>	<b>1018</b>	AKADEMIA BIEGANIA W SWIERKLANACH	40-49	216	00:00:32	00:13:42	<b>00:34:14.90</b>	<b>00:34:47.25</b>	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	<b>HERDA Sławomira</b>	<b>558</b>		40-49	217	00:00:35	00:13:51	<b>00:34:15.10</b>	<b>00:34:50.50</b>	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	<b>SŁUPECKA Beata</b>	<b>44</b>	KOBIETY NA 5+	40-49	218	00:00:50	00:14:02	<b>00:34:15.10</b>	<b>00:35:05.70</b>	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
651	<b>PEPEK Aneta</b>	<b>1277</b>		30-39	281	00:00:42	00:14:29	<b>00:34:16.10</b>	<b>00:34:58.55</b>	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
652	<b>MORGAŁA Daria</b>	<b>315</b>		30-39	282	00:00:50	00:14:55	<b>00:34:16.20</b>	<b>00:35:06.80</b>	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
653	<b>CZMOK Paulina</b>	<b>539</b>		30-39	283	00:00:21	00:14:22	<b>00:34:17.25</b>	<b>00:34:38.65</b>	+00:15:17 (44.6%)	6:51	8.8 (55.7%)
654	<b>SZAFRON Gosia</b>	<b>644</b>	SPOT PSZCZYNA	30-39	284	00:00:25	00:14:01	<b>00:34:18.60</b>	<b>00:34:44.00</b>	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
655	<b>WÓJCIAK Magdalena</b>	<b>142</b>		30-39	285	00:00:23	00:13:47	<b>00:34:19.45</b>	<b>00:34:42.95</b>	+00:15:19 (44.7%)	6:51	8.7 (55.1%)
656	<b>HABER Katarzyna</b>	<b>1292</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	219	00:00:25	00:14:29	<b>00:34:20.10</b>	<b>00:34:45.20</b>	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
657	<b>DOBOSZ Katarzyna</b>	<b>818</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	220	00:00:24	00:14:30	<b>00:34:20.15</b>	<b>00:34:44.60</b>	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
658	<b>BADACZEWSKA Anna</b>	<b>1266</b>	BTM RUNNERS	30-39	286	00:00:28	00:13:36	<b>00:34:26.35</b>	<b>00:34:54.35</b>	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
659	<b>MORAWIEC Magdalena</b>	<b>1254</b>	BTM RUNNERS	20-29	96	00:00:27	00:13:35	<b>00:34:27.25</b>	<b>00:34:54.65</b>	+00:15:27 (44.9%)	6:53	8.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
660	<b>SZEWERDA Hanna</b>	<b>353</b>	BTM RUNNERS	40-49	221	00:00:27	00:13:35	<b>00:34:27.30</b>	<b>00:34:54.55</b>	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
661	<b>PARSZEWSKA Ola</b>	<b>359</b>	BTM RUNNERS	20-29	97	00:00:26	00:13:37	<b>00:34:27.35</b>	<b>00:34:54.05</b>	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
662	<b>WĘGOREK Monika</b>	<b>357</b>	BTM RUNNERS	30-39	287	00:00:27	00:13:36	<b>00:34:27.40</b>	<b>00:34:54.40</b>	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
663	<b>ROSA Aśka</b>	<b>197</b>		20-29	98	00:00:06	00:13:40	<b>00:34:27.65</b>	<b>00:34:34.15</b>	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
664	<b>SZYMKOWSKA Zuzanna</b>	<b>403</b>	BTM RUNNERS	40-49	222	00:00:26	00:13:38	<b>00:34:27.95</b>	<b>00:34:54.40</b>	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
665	<b>BŁOŃSKA-POLAK Ewa</b>	<b>352</b>	BTM RUNNERS	40-49	223	00:00:25	00:13:37	<b>00:34:28.55</b>	<b>00:34:54.40</b>	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
666	<b>SAWICKA Agnieszka</b>	<b>181</b>		30-39	288	00:00:46	00:14:40	<b>00:34:30.00</b>	<b>00:35:16.60</b>	+00:15:30 (44.9%)	6:54	8.7 (55.1%)
667	<b>SZCZUREK Barbara</b>	<b>1010</b>		30-39	289	00:00:54	00:15:03	<b>00:34:31.10</b>	<b>00:35:25.10</b>	+00:15:31 (45.0%)	6:54	8.7 (55.1%)
668	<b>NOWAK Ewelina</b>	<b>118</b>	KOBIETY NA 5+	40-49	224	00:00:48	00:14:33	<b>00:34:32.00</b>	<b>00:35:20.50</b>	+00:15:32 (45.0%)	6:54	8.7 (55.1%)
669	<b>KONOPACKA Waleria</b>	<b>335</b>	ZABIERZÓW BIEGA	60+	10	00:00:42	00:15:00	<b>00:34:33.15</b>	<b>00:35:15.25</b>	+00:15:33 (45.0%)	6:54	8.7 (55.1%)
670	<b>ĆWIKLIŃSKA-SŁOWIK Magdalena</b>	<b>679</b>		30-39	290	00:00:28	00:14:27	<b>00:34:33.80</b>	<b>00:35:02.60</b>	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
671	<b>SMAGA Ewelina</b>	<b>605</b>		30-39	291	00:00:00	00:14:59	<b>00:34:34.15</b>	<b>00:34:34.15</b>	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
672	<b>SURY-WOLNIEWICZ Kamila</b>	<b>1110</b>	KOBIETY NA 5+	40-49	225	00:00:53	00:14:50	<b>00:34:35.85</b>	<b>00:35:29.50</b>	+00:15:36 (45.1%)	6:55	8.7 (55.1%)
673	<b>BOMBIK Edyta</b>	<b>896</b>		30-39	292	00:00:48	00:14:21	<b>00:34:37.00</b>	<b>00:35:25.10</b>	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
673	<b>DOBIJA-PAW Anna</b>	<b>1029</b>	KĘCKIE HARPAGANY	40-49	226	00:00:41	00:14:31	<b>00:34:37.00</b>	<b>00:35:18.05</b>	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
675	<b>MROZEK Karolina</b>	<b>1123</b>		20-29	99	00:00:45	00:14:55	<b>00:34:37.15</b>	<b>00:35:23.10</b>	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
676	<b>KRASIŃSKA Inga</b>	<b>976</b>		30-39	293	00:00:47	00:14:22	<b>00:34:37.40</b>	<b>00:35:25.30</b>	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
677	<b>ZŁOCH Agnieszka</b>	<b>937</b>	KĘCKIE HARPAGANY	40-49	227	00:00:40	00:14:32	<b>00:34:37.75</b>	<b>00:35:18.20</b>	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
678	<b>PRZYBYCIN Bożena</b>	<b>398</b>		30-39	294	00:00:47	00:14:54	<b>00:34:38.20</b>	<b>00:35:25.35</b>	+00:15:38 (45.2%)	6:55	8.7 (55.1%)
679	<b>JORDAN Monika</b>	<b>577</b>		30-39	295	00:00:23	00:13:48	<b>00:34:40.45</b>	<b>00:35:04.35</b>	+00:15:40 (45.2%)	6:56	8.6 (54.4%)
680	<b>ŁEPEK Bożena</b>	<b>238</b>		40-49	228	00:00:43	00:14:59	<b>00:34:42.00</b>	<b>00:35:25.30</b>	+00:15:42 (45.3%)	6:56	8.6 (54.4%)
681	<b>SERAFIN Izabela</b>	<b>1284</b>	KLUB BIEGACZA FARTLEK	40-49	229	00:00:44	00:14:39	<b>00:34:43.05</b>	<b>00:35:27.60</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
681	<b>CHAREŻA Agnieszka</b>	<b>1025</b>	DRUŻYNA KOBIETY NA 5+	30-39	296	00:00:44	00:14:39	<b>00:34:43.05</b>	<b>00:35:27.90</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
683	<b>ROTTER Hanna</b>	<b>911</b>	J TEAM	50-59	32	00:00:14	00:13:31	<b>00:34:43.60</b>	<b>00:34:58.50</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
683	<b>MARYJOSZ Katarzyna</b>	<b>253</b>		40-49	230	00:00:33	00:14:21	<b>00:34:43.60</b>	<b>00:35:16.60</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
685	<b>MAC Joanna</b>	<b>1192</b>		40-49	231	00:00:43	00:14:59	<b>00:34:44.50</b>	<b>00:35:27.60</b>	+00:15:44 (45.3%)	6:56	8.6 (54.4%)
686	<b>PISKORZ Maugo</b>	<b>933</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	232	00:00:44	00:13:40	<b>00:34:45.00</b>	<b>00:35:29.70</b>	+00:15:45 (45.3%)	6:57	8.6 (54.4%)
687	<b>DAMIĘCKA Magda</b>	<b>1271</b>	RUNTEAM PAWŁOWICE	30-39	297	00:00:00	00:15:07	<b>00:34:47.25</b>	<b>00:34:47.25</b>	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
688	<b>JANECKA Natalia</b>	<b>883</b>		16-19	18	00:00:52	00:14:57	<b>00:34:48.00</b>	<b>00:35:40.75</b>	+00:15:48 (45.4%)	6:57	8.6 (54.4%)
689	<b>NOSOL Karolina</b>	<b>1256</b>	PW RAFI	20-29	100	00:00:36	00:14:03	<b>00:34:48.80</b>	<b>00:35:24.80</b>	+00:15:49 (45.4%)	6:57	8.6 (54.4%)
690	<b>OLEARCZYK Marcelina</b>	<b>880</b>		40-49	233	00:00:12	00:13:21	<b>00:34:50.25</b>	<b>00:35:02.35</b>	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
691	<b>GIZA Anna</b>	<b>1022</b>		30-39	298	00:00:19	00:13:57	<b>00:34:50.55</b>	<b>00:35:10.10</b>	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
692	<b>STOCHLA Małgorzata</b>	<b>1024</b>		40-49	234	00:00:19	00:13:56	<b>00:34:52.05</b>	<b>00:35:11.10</b>	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
693	<b>SENDAL Jolanta</b>	<b>1020</b>		30-39	299	00:00:18	00:13:57	<b>00:34:52.20</b>	<b>00:35:11.10</b>	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
694	<b>KABAŁA Monika</b>	<b>1287</b>		40-49	235	00:00:00	00:15:45	<b>00:34:52.55</b>	<b>00:34:52.55</b>	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
695	<b>ROZALSKA Magdalena</b>	<b>1157</b>		30-39	300	00:00:34	00:13:27	<b>00:34:52.85</b>	<b>00:35:27.35</b>	+00:15:53 (45.5%)	6:58	8.6 (54.4%)
696	<b>KOTOWICZ Bernadetta</b>	<b>1212</b>		40-49	236	00:00:37	00:14:57	<b>00:34:53.95</b>	<b>00:35:31.15</b>	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
697	<b>HOLA Barbara</b>	<b>637</b>		30-39	301	00:00:00	00:14:02	<b>00:34:54.35</b>	<b>00:34:54.35</b>	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
698	<b>KOWALSKA Małgorzata</b>	<b>907</b>		50-59	33	00:00:41	00:14:30	<b>00:34:56.55</b>	<b>00:35:38.20</b>	+00:15:56 (45.6%)	6:59	8.6 (54.4%)
699	<b>ITCZAK Mirella</b>	<b>667</b>		20-29	101	00:00:50	00:15:44	<b>00:34:57.10</b>	<b>00:35:47.65</b>	+00:15:57 (45.6%)	6:59	8.6 (54.4%)
700	<b>KUCZERA Bernadeta</b>	<b>503</b>		30-39	302	00:00:39	00:14:26	<b>00:34:58.60</b>	<b>00:35:37.75</b>	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
701	<b>BIEGUN Beata</b>	<b>999</b>		60+	11	00:00:15	00:14:05	<b>00:35:00.25</b>	<b>00:35:15.55</b>	+00:16:00 (45.7%)	7:00	8.6 (54.4%)
702	<b>ŁUKASIK Aldona</b>	<b>284</b>	NMŚ	30-39	303	00:01:18	00:13:56	<b>00:35:00.80</b>	<b>00:36:19.15</b>	+00:16:01 (45.7%)	7:00	8.6 (54.4%)
703	<b>KONIOR Katarzyna</b>	<b>743</b>		20-29	102	00:00:36	00:14:20	<b>00:35:03.85</b>	<b>00:35:39.95</b>	+00:16:04 (45.8%)	7:00	8.6 (54.4%)
704	<b>TRACZ Adrianna</b>	<b>755</b>		20-29	103	00:00:34	00:14:22	<b>00:35:04.50</b>	<b>00:35:39.40</b>	+00:16:04 (45.8%)	7:01	8.6 (54.4%)
705	<b>KOPEĆ Ewelina</b>	<b>370</b>		30-39	304	00:00:32	00:14:30	<b>00:35:04.65</b>	<b>00:35:36.85</b>	+00:16:04 (45.8%)	7:00	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
706	ĆWIKLAK Weronika	746		20-29	104	00:00:17	00:14:41	00:35:07.30	00:35:24.95	+00:16:07 (45.9%)	7:01	8.5 (53.8%)
707	MACIOŃCZYK Katarzyna	1278		30-39	305	00:00:17	00:14:08	00:35:11.10	00:35:28.20	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
708	WROZA Renata	1121		40-49	237	00:00:30	00:14:27	00:35:11.15	00:35:42.00	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
709	KOLARCZYK Kamila	450	WIRUSY	30-39	306	00:00:37	00:14:10	00:35:12.35	00:35:49.65	+00:16:12 (46.0%)	7:02	8.5 (53.8%)
710	KAŁA Anna	1223		20-29	105	00:01:08	00:14:10	00:35:16.85	00:36:24.85	+00:16:17 (46.2%)	7:03	8.5 (53.8%)
711	POPE-ŚWIDZIKOWSKA Małgorzata	85		40-49	238	00:00:32	00:13:52	00:35:18.00	00:35:50.40	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
712	MAJER Justyna	952		20-29	106	00:00:15	00:14:21	00:35:18.40	00:35:33.85	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
713	PIETRZAK Justyna	242		30-39	307	00:00:06	00:14:18	00:35:18.50	00:35:24.65	+00:16:18 (46.2%)	7:03	8.5 (53.8%)
714	ZWIOREK Anna	80	MIECHOWICKA GRUPA BIEGOWA	40-49	239	00:00:48	00:15:26	00:35:19.25	00:36:07.45	+00:16:19 (46.2%)	7:03	8.5 (53.8%)
715	WORONKO-ZACZYNSKA Janina	1299	KS METRACO POLKOWICE	60+	12	00:00:35	00:13:44	00:35:19.70	00:35:55.55	+00:16:19 (46.2%)	7:04	8.5 (53.8%)
716	PRZYWARA Ewelina	169		40-49	240	00:00:45	00:14:20	00:35:20.20	00:36:05.95	+00:16:20 (46.2%)	7:04	8.5 (53.8%)
717	GRYCMAN Katarzyna	1275	KS M.E.T.A.	30-39	308	00:00:48	00:16:00	00:35:20.70	00:36:09.50	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
718	KOZŁOWSKA Patrycja	533		30-39	309	00:00:40	00:14:13	00:35:20.75	00:36:01.30	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
719	PROCEK Dominika	334		20-29	107	00:00:37	00:14:19	00:35:22.05	00:35:59.60	+00:16:22 (46.3%)	7:04	8.5 (53.8%)
720	KOŚNIAK Beata	116	O CO BIEGA W KALETACH	30-39	310	00:00:31	00:14:52	00:35:24.45	00:35:55.55	+00:16:24 (46.3%)	7:04	8.5 (53.8%)
721	ROWICKA Joanna	383	KOBIETY NA 5+	50-59	34	00:00:51	00:15:15	00:35:25.35	00:36:16.35	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
722	CHRUSZCZ Katarzyna	919	KOBIETY NA 5+	30-39	311	00:00:45	00:14:30	00:35:25.70	00:36:10.90	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
723	GĄSIOR Katarzyna	1019		20-29	108	00:00:42	00:14:10	00:35:26.70	00:36:09.45	+00:16:26 (46.4%)	7:05	8.5 (53.8%)
724	STEKLA Joanna	394		50-59	35	00:00:27	00:13:47	00:35:27.60	00:35:55.15	+00:16:27 (46.4%)	7:05	8.5 (53.8%)
725	CHUCZ Agnieszka	166		20-29	109	00:00:38	00:14:32	00:35:28.10	00:36:06.20	+00:16:28 (46.4%)	7:05	8.5 (53.8%)
726	ZAŁUBSKA Beata	112	DRUŻYNA BB BIELSZCZANKI BIEGAJĄ	30-39	312	00:00:37	00:14:43	00:35:28.80	00:36:06.30	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
727	BANAŚ Katarzyna	1001	VIKING TRAINING CENTER	30-39	313	00:00:21	00:13:48	00:35:30.60	00:35:52.15	+00:16:30 (46.5%)	7:06	8.4 (53.2%)
728	WITKOWSKA Magdalena	866		30-39	314	00:00:41	00:14:58	00:35:33.05	00:36:14.10	+00:16:33 (46.6%)	7:06	8.4 (53.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
729	<b>MATERNOWSKA Sandra</b>	<b>1041</b>		20-29	110	00:00:16	00:13:39	<b>00:35:37.85</b>	<b>00:35:54.40</b>	+00:16:38 (46.7%)	7:07	8.4 (53.2%)
730	<b>NOWAK Agnieszka</b>	<b>1241</b>	#CZELADZBIEGA	30-39	315	00:00:31	00:14:43	<b>00:35:38.90</b>	<b>00:36:10.40</b>	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	<b>SZULIK Wioletta</b>	<b>676</b>		30-39	316	00:00:29	00:14:27	<b>00:35:39.20</b>	<b>00:36:08.70</b>	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	<b>BAJER Marzena</b>	<b>1162</b>	DYSTANS LUBOMIA	30-39	317	00:00:54	00:15:36	<b>00:35:39.20</b>	<b>00:36:33.45</b>	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
733	<b>SZEWCZYK Agnieszka</b>	<b>1257</b>		20-29	111	00:00:37	00:14:51	<b>00:35:39.40</b>	<b>00:36:16.95</b>	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
734	<b>WRONA Aleksandra</b>	<b>774</b>		20-29	112	00:00:55	00:15:16	<b>00:35:47.50</b>	<b>00:36:42.85</b>	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
735	<b>RAJS Ewelina</b>	<b>484</b>	WRŚ	40-49	241	00:00:56	00:15:34	<b>00:35:47.70</b>	<b>00:36:43.75</b>	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
736	<b>BAK-ŚCIERSKA Beata</b>	<b>551</b>	ŚCIERSCY TEAM	40-49	242	00:00:47	00:15:17	<b>00:35:53.00</b>	<b>00:36:40.90</b>	+00:16:53 (47.1%)	7:10	8.4 (53.2%)
737	<b>SLADECZEK Izabela</b>	<b>1296</b>	PAWŁOWICE	30-39	318	00:00:46	00:15:08	<b>00:35:55.00</b>	<b>00:36:41.05</b>	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
738	<b>PIETROSZEK Sandra</b>	<b>1056</b>	W&S PIETROSZEK	16-19	19	00:00:25	00:14:29	<b>00:35:55.95</b>	<b>00:36:21.25</b>	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
739	<b>MATUNIN Alina</b>	<b>1081</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	319	00:00:40	00:15:20	<b>00:35:56.00</b>	<b>00:36:36.10</b>	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
740	<b>CZARNECKA Małgorzata</b>	<b>32</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	243	00:00:39	00:15:14	<b>00:35:56.25</b>	<b>00:36:35.90</b>	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
741	<b>PANEK Agnieszka</b>	<b>519</b>	KOLOROWA DRUŻYNA NESSI	40-49	244	00:00:47	00:15:29	<b>00:35:56.90</b>	<b>00:36:44.05</b>	+00:16:57 (47.2%)	7:11	8.3 (52.5%)
742	<b>ŚLIWA Kornelia</b>	<b>566</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	245	00:00:46	00:15:14	<b>00:35:58.15</b>	<b>00:36:44.65</b>	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
743	<b>PERKOWSKA Izabela</b>	<b>831</b>		50-59	36	00:00:47	00:15:19	<b>00:36:02.45</b>	<b>00:36:50.05</b>	+00:17:02 (47.3%)	7:12	8.3 (52.5%)
744	<b>LAPCZYK Magdalena</b>	<b>839</b>	LICHOTAEM	30-39	320	00:00:38	00:14:53	<b>00:36:03.15</b>	<b>00:36:41.35</b>	+00:17:03 (47.3%)	7:12	8.3 (52.5%)
745	<b>SZABLICKA Agata</b>	<b>824</b>		40-49	246	00:00:04	00:14:47	<b>00:36:05.75</b>	<b>00:36:10.40</b>	+00:17:05 (47.4%)	7:13	8.3 (52.5%)
746	<b>JEZIOROWSKA-CAPANDA Patrycja</b>	<b>160</b>		20-29	113	00:00:00	00:15:10	<b>00:36:05.95</b>	<b>00:36:05.95</b>	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
747	<b>PROKOPIUK Adriana</b>	<b>288</b>	KLUB BIEGACZA FARTLEK	30-39	321	00:00:47	00:14:39	<b>00:36:06.40</b>	<b>00:36:53.55</b>	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
748	<b>SZEWCZUK Agnieszka</b>	<b>562</b>		40-49	247	00:00:00	00:14:53	<b>00:36:06.80</b>	<b>00:36:06.80</b>	+00:17:07 (47.4%)	7:13	8.3 (52.5%)
749	<b>SOBCZAK Magdalena</b>	<b>879</b>		30-39	322	00:00:46	00:15:09	<b>00:36:10.25</b>	<b>00:36:56.25</b>	+00:17:10 (47.5%)	7:14	8.3 (52.5%)
750	<b>MULKA Urszula</b>	<b>146</b>		30-39	323	00:00:48	00:14:41	<b>00:36:10.95</b>	<b>00:36:59.15</b>	+00:17:11 (47.5%)	7:14	8.3 (52.5%)
751	<b>KORALEWSKA Kinga</b>	<b>363</b>		30-39	324	00:00:43	00:15:31	<b>00:36:15.30</b>	<b>00:36:59.20</b>	+00:17:15 (47.6%)	7:15	8.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
752	<b>MODLIŃSKA Paulina</b>	<b>1235</b>		30-39	325	00:00:43	00:15:31	<b>00:36:15.75</b>	<b>00:36:59.00</b>	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
753	<b>BOMBOR Antonina</b>	<b>336</b>		30-39	326	00:00:43	00:15:19	<b>00:36:15.95</b>	<b>00:36:59.85</b>	+00:17:16 (47.6%)	7:15	8.3 (52.5%)
754	<b>ROS-PARYPA Diana</b>	<b>1084</b>		40-49	248	00:00:43	00:14:57	<b>00:36:20.15</b>	<b>00:37:03.60</b>	+00:17:20 (47.7%)	7:16	8.3 (52.5%)
755	<b>KAŁUŻA Aleksandra</b>	<b>593</b>	KOBIETY NA 5+	30-39	327	00:00:21	00:14:28	<b>00:36:21.10</b>	<b>00:36:42.50</b>	+00:17:21 (47.7%)	7:16	8.3 (52.5%)
756	<b>STĘPIŃSKA Patrycja</b>	<b>963</b>		20-29	114	00:00:21	00:14:32	<b>00:36:21.60</b>	<b>00:36:43.50</b>	+00:17:21 (47.8%)	7:16	8.2 (51.9%)
757	<b>BIL Malwina</b>	<b>1063</b>	KOBIETY NA 5+	30-39	328	00:00:21	00:14:28	<b>00:36:27.45</b>	<b>00:36:49.15</b>	+00:17:27 (47.9%)	7:17	8.2 (51.9%)
758	<b>GŁĄB Mariola</b>	<b>941</b>		30-39	329	00:00:50	00:14:49	<b>00:36:28.60</b>	<b>00:37:19.15</b>	+00:17:28 (47.9%)	7:17	8.2 (51.9%)
759	<b>WISEŁKA Lucyna</b>	<b>289</b>		30-39	330	00:00:55	00:15:25	<b>00:36:33.25</b>	<b>00:37:28.30</b>	+00:17:33 (48.0%)	7:18	8.2 (51.9%)
760	<b>ŚWIDER Anna</b>	<b>215</b>		40-49	249	00:00:50	00:15:29	<b>00:36:37.65</b>	<b>00:37:27.85</b>	+00:17:37 (48.1%)	7:19	8.2 (51.9%)
761	<b>BRANDYS Krystyna</b>	<b>461</b>		30-39	331	00:00:36	00:14:34	<b>00:36:39.65</b>	<b>00:37:16.55</b>	+00:17:39 (48.2%)	7:20	8.2 (51.9%)
762	<b>DYNIA Magdalena</b>	<b>82</b>		40-49	250	00:00:36	00:14:34	<b>00:36:39.90</b>	<b>00:37:16.80</b>	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
763	<b>PEPEK Bożena</b>	<b>812</b>		30-39	332	00:00:40	00:14:55	<b>00:36:39.95</b>	<b>00:37:20.65</b>	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
764	<b>ZIELONKA Agnieszka</b>	<b>1273</b>		30-39	333	00:00:40	00:15:16	<b>00:36:40.10</b>	<b>00:37:20.85</b>	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
765	<b>KARWACKA Sylwia</b>	<b>541</b>		30-39	334	00:00:00	00:16:04	<b>00:36:40.35</b>	<b>00:36:40.35</b>	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
766	<b>SARNECKA-BĘBENEK Aleksandra</b>	<b>76</b>	GB GALOPUJĄCE ŚLIMAKI	30-39	335	00:00:41	00:15:06	<b>00:36:41.95</b>	<b>00:37:23.15</b>	+00:17:42 (48.2%)	7:20	8.2 (51.9%)
767	<b>JANECKA Ela</b>	<b>642</b>		40-49	251	00:00:52	00:14:57	<b>00:36:45.25</b>	<b>00:37:37.55</b>	+00:17:45 (48.3%)	7:21	8.2 (51.9%)
768	<b>NALEPKA Katarzyna</b>	<b>29</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	252	00:00:46	00:15:27	<b>00:36:46.85</b>	<b>00:37:33.00</b>	+00:17:47 (48.4%)	7:21	8.2 (51.9%)
769	<b>ISKRA Joanna</b>	<b>492</b>		30-39	336	00:00:48	00:15:42	<b>00:36:49.20</b>	<b>00:37:37.85</b>	+00:17:49 (48.4%)	7:21	8.1 (51.3%)
770	<b>WYSOCKA Aneta</b>	<b>506</b>	WKURW_TEAM	30-39	337	00:00:44	00:15:18	<b>00:36:50.30</b>	<b>00:37:35.15</b>	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
770	<b>FABIA Sylwia</b>	<b>454</b>		20-29	115	00:00:48	00:15:42	<b>00:36:50.30</b>	<b>00:37:38.60</b>	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
772	<b>KOCYAN Małgorzata</b>	<b>435</b>	BIEGAJ Z TRENERAMI	50-59	37	00:00:40	00:14:54	<b>00:36:50.75</b>	<b>00:37:31.60</b>	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
773	<b>FABIAŃSKA Katarzyna</b>	<b>1023</b>	MORSY NA KOKSIE	30-39	338	00:00:42	00:14:33	<b>00:36:52.30</b>	<b>00:37:34.60</b>	+00:17:52 (48.5%)	7:22	8.1 (51.3%)
774	<b>PARZYCH Renata</b>	<b>1201</b>	KOBIETY NA 5+	60+	13	00:00:16	00:15:00	<b>00:36:52.45</b>	<b>00:37:08.60</b>	+00:17:52 (48.5%)	7:22	8.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
775	<b>HABER Karolina</b>	<b>856</b>		20-29	116	00:00:25	00:14:43	<b>00:36:54.20</b>	<b>00:37:19.60</b>	+00:17:54 (48.5%)	7:22	8.1 (51.3%)
776	<b>PAWĘZOWSKA Anna</b>	<b>500</b>	BĘDZIN TEAM	40-49	253	00:00:45	00:15:36	<b>00:37:02.90</b>	<b>00:37:48.40</b>	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
777	<b>GUBAŁA Monika</b>	<b>243</b>	W POGONI ZA MOTYLEM	20-29	117	00:00:48	00:16:09	<b>00:37:03.05</b>	<b>00:37:51.25</b>	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
778	<b>HALAMA Karolina</b>	<b>628</b>		16-19	20	00:00:22	00:14:25	<b>00:37:03.75</b>	<b>00:37:25.95</b>	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
779	<b>KACZKIEWICZ Agnieszka</b>	<b>138</b>	NIGHT RUNNERS GLIWICE	40-49	254	00:00:19	00:14:52	<b>00:37:04.35</b>	<b>00:37:24.25</b>	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
779	<b>HARATYK Joanna</b>	<b>381</b>		30-39	339	00:00:54	00:15:44	<b>00:37:04.35</b>	<b>00:37:59.25</b>	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
781	<b>CZAPEK Ania</b>	<b>946</b>	NIGHT RUNNERS GLIWICE	40-49	255	00:00:19	00:14:40	<b>00:37:04.75</b>	<b>00:37:24.30</b>	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
782	<b>OL Klaudia</b>	<b>1145</b>		40-49	256	00:00:30	00:14:57	<b>00:37:06.00</b>	<b>00:37:36.55</b>	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
783	<b>HERZYK Alicja</b>	<b>956</b>		30-39	340	00:00:22	00:16:41	<b>00:37:06.65</b>	<b>00:37:28.95</b>	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
784	<b>HONCEK Magdalena</b>	<b>1255</b>		40-49	257	00:00:53	00:16:53	<b>00:37:07.40</b>	<b>00:38:01.05</b>	+00:18:07 (48.8%)	7:25	8.1 (51.3%)
785	<b>KROCZEK Magdalena</b>	<b>1137</b>		30-39	341	00:00:39	00:14:53	<b>00:37:08.25</b>	<b>00:37:47.40</b>	+00:18:08 (48.8%)	7:25	8.1 (51.3%)
786	<b>BRZANA Klaudia</b>	<b>791</b>		20-29	118	00:00:46	00:16:03	<b>00:37:08.75</b>	<b>00:37:54.95</b>	+00:18:08 (48.9%)	7:25	8.1 (51.3%)
787	<b>SABAT Katarzyna</b>	<b>135</b>		30-39	342	00:00:45	00:14:49	<b>00:37:09.75</b>	<b>00:37:55.05</b>	+00:18:09 (48.9%)	7:26	8.1 (51.3%)
788	<b>CZAPOROWSKI Daria</b>	<b>893</b>		30-39	343	00:00:35	00:15:04	<b>00:37:10.80</b>	<b>00:37:45.95</b>	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
789	<b>SKRABARCZYK Anna</b>	<b>710</b>	POWOLI DO CELU	30-39	344	00:00:40	00:14:53	<b>00:37:11.45</b>	<b>00:37:51.95</b>	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
790	<b>STANO Monika</b>	<b>765</b>	KOBIETY NA 5+	30-39	345	00:00:49	00:15:40	<b>00:37:13.15</b>	<b>00:38:03.05</b>	+00:18:13 (49.0%)	7:26	8.1 (51.3%)
791	<b>NAWARYŃSKA Katarzyna</b>	<b>1120</b>	STRONG WOMEN	20-29	119	00:00:44	00:16:36	<b>00:37:15.85</b>	<b>00:38:00.55</b>	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
792	<b>NAWARYŃSKA Ewa</b>	<b>366</b>		40-49	258	00:00:45	00:16:35	<b>00:37:16.05</b>	<b>00:38:01.35</b>	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
793	<b>IGNACEK Aleksandra</b>	<b>835</b>		30-39	346	00:00:04	00:14:49	<b>00:37:18.50</b>	<b>00:37:23.15</b>	+00:18:18 (49.1%)	7:27	8 (50.6%)
794	<b>BIERNACKA Teresa</b>	<b>609</b>	MIRAZ RACE TEAM	30-39	347	00:00:40	00:15:33	<b>00:37:20.05</b>	<b>00:38:00.80</b>	+00:18:20 (49.1%)	7:28	8 (50.6%)
795	<b>KORCZYK Beata</b>	<b>156</b>	KOLOROWA DRUŻYNA NESSI	30-39	348	00:00:10	00:14:31	<b>00:37:20.40</b>	<b>00:37:30.80</b>	+00:18:20 (49.1%)	7:28	8 (50.6%)
796	<b>STEFAŃSKA Dorota</b>	<b>1087</b>		30-39	349	00:00:46	00:16:01	<b>00:37:23.05</b>	<b>00:38:09.25</b>	+00:18:23 (49.2%)	7:28	8 (50.6%)
797	<b>PŁAZA Monika</b>	<b>1186</b>		20-29	120	00:00:51	00:16:12	<b>00:37:24.95</b>	<b>00:38:16.10</b>	+00:18:25 (49.2%)	7:29	8 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
798	ZABORSKA Magdalena	296		30-39	350	00:00:55	00:16:13	00:37:25.15	00:38:20.85	+00:18:25 (49.2%)	7:29	8 (50.6%)
799	PERKA Monika	1249		30-39	351	00:00:00	00:16:15	00:37:26.50	00:37:26.50	+00:18:26 (49.3%)	7:29	8 (50.6%)
800	GOLDA Joanna	645		20-29	121	00:00:46	00:16:03	00:37:26.70	00:38:13.25	+00:18:26 (49.3%)	7:29	8 (50.6%)
801	PŁAZA Agnieszka	1184		20-29	122	00:00:51	00:16:12	00:37:29.25	00:38:20.45	+00:18:29 (49.3%)	7:29	8 (50.6%)
802	WOJDALSKA-ŚLEDZIŃSKA Agata	401	KOLOROWA DRUŻYNA NESSI	40-49	259	00:00:39	00:15:43	00:37:30.65	00:38:10.25	+00:18:30 (49.4%)	7:30	8 (50.6%)
803	ĆWIKLAK Barbara	647	FIT STACJA	40-49	260	00:00:18	00:14:50	00:37:32.20	00:37:50.65	+00:18:32 (49.4%)	7:30	8 (50.6%)
803	PELACZYK Wioletta	127	KOBIETY NA 5+	40-49	261	00:00:47	00:14:57	00:37:32.20	00:38:19.80	+00:18:32 (49.4%)	7:30	8 (50.6%)
805	SIENKIEWICZ-MARCINOWSKA Aleksandra	905		30-39	352	00:03:02	00:16:01	00:37:33.50	00:40:35.80	+00:18:33 (49.4%)	7:30	8 (50.6%)
806	STRASZEWSKA Aleksandra	733	KS M.E.T.A.	30-39	353	00:00:48	00:16:04	00:37:34.30	00:38:23.20	+00:18:34 (49.4%)	7:31	8 (50.6%)
807	RUMPEL Maria	291	KS M.E.T.A.	30-39	354	00:00:48	00:16:05	00:37:34.40	00:38:23.05	+00:18:34 (49.4%)	7:31	8 (50.6%)
808	ŚWIERCZ Sylwia	1294	RUNTEAM PAWŁOWICE	30-39	355	00:00:47	00:16:45	00:37:37.05	00:38:24.75	+00:18:37 (49.5%)	7:31	8 (50.6%)
809	PTASIŃSKA Iwona	1286		30-39	356	00:00:47	00:16:45	00:37:37.35	00:38:24.85	+00:18:37 (49.5%)	7:31	8 (50.6%)
810	BATKO Agnieszka	776	BA-DO	30-39	357	00:00:56	00:16:48	00:37:39.75	00:38:36.60	+00:18:39 (49.6%)	7:32	8 (50.6%)
811	STASZEWSKA Bogusia	629	FANTASTIC ANIA SIKORA	30-39	358	00:00:49	00:15:06	00:37:41.40	00:38:31.00	+00:18:41 (49.6%)	7:32	8 (50.6%)
812	TOMCZAK Kinga	190		30-39	359	00:00:44	00:16:48	00:37:47.30	00:38:31.35	+00:18:47 (49.7%)	7:33	7.9 (50.0%)
813	HAWĘŁKA Joanna	579		40-49	262	00:00:03	00:14:47	00:37:50.80	00:37:54.50	+00:18:51 (49.8%)	7:34	7.9 (50.0%)
814	BOGUSZ Bogumila	1128		40-49	263	00:00:00	00:15:17	00:37:53.45	00:37:53.45	+00:18:53 (49.9%)	7:34	7.9 (50.0%)
815	STAŚKIEWICZ Monika	1213		40-49	264	00:00:30	00:14:27	00:37:56.80	00:38:27.65	+00:18:57 (49.9%)	7:35	7.9 (50.0%)
816	NIKSA Anita	1154		20-29	123	00:00:13	00:14:52	00:38:03.90	00:38:17.50	+00:19:04 (50.1%)	7:36	7.9 (50.0%)
817	KARWOT Malwina	845		30-39	360	00:00:19	00:15:33	00:38:05.35	00:38:24.60	+00:19:05 (50.1%)	7:37	7.9 (50.0%)
818	TETLA Barbara	1036		40-49	265	00:00:43	00:16:15	00:38:06.50	00:38:49.55	+00:19:06 (50.2%)	7:37	7.9 (50.0%)
819	PUDA Patrycja	617	STACJAFITNESS	20-29	124	00:00:51	00:16:07	00:38:09.15	00:39:00.90	+00:19:09 (50.2%)	7:37	7.9 (50.0%)
820	FOKS Agnieszka	333	RUNTEAM PAWŁOWICE	20-29	125	00:00:44	00:14:48	00:38:10.10	00:38:54.45	+00:19:10 (50.2%)	7:38	7.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
821	<b>MYŚLIWIEC Barbara</b>	<b>27</b>	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	<b>00:38:10.95</b>	<b>00:38:26.85</b>	+00:19:11 (50.2%)	7:38	7.9 (50.0%)
822	<b>CEBULA Marta</b>	<b>432</b>		20-29	127	00:00:15	00:16:03	<b>00:38:11.20</b>	<b>00:38:26.65</b>	+00:19:11 (50.3%)	7:38	7.9 (50.0%)
823	<b>CZECH Sylwia</b>	<b>417</b>		30-39	361	00:00:53	00:16:04	<b>00:38:12.25</b>	<b>00:39:05.95</b>	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
824	<b>PALUCH Agnieszka</b>	<b>540</b>		30-39	362	00:00:41	00:15:36	<b>00:38:12.30</b>	<b>00:38:53.60</b>	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
825	<b>SZATANIK Iwona</b>	<b>797</b>	OLZA CIESZYN	40-49	266	00:00:32	00:15:38	<b>00:38:16.30</b>	<b>00:38:48.55</b>	+00:19:16 (50.4%)	7:39	7.8 (49.4%)
826	<b>SKOWROŃSKA Patrycja</b>	<b>811</b>	BB BIELSZCZANKI BIEGAJĄ	20-29	128	00:00:05	00:15:12	<b>00:38:27.25</b>	<b>00:38:33.15</b>	+00:19:27 (50.6%)	7:41	7.8 (49.4%)
827	<b>KLIMA Agnieszka</b>	<b>1261</b>		30-39	363	00:00:45	00:16:35	<b>00:38:33.05</b>	<b>00:39:18.60</b>	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
828	<b>GRINIG Mirela</b>	<b>261</b>		40-49	267	00:00:35	00:16:08	<b>00:38:33.40</b>	<b>00:39:08.50</b>	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
829	<b>STYRNOL Beata</b>	<b>1195</b>		40-49	268	00:00:44	00:16:37	<b>00:38:33.90</b>	<b>00:39:18.75</b>	+00:19:34 (50.7%)	7:42	7.8 (49.4%)
830	<b>COFALIK Hanna</b>	<b>1026</b>	AKADEMIA BIEGANIA ŚWIERKLANY	20-29	129	00:00:34	00:15:24	<b>00:38:42.55</b>	<b>00:39:16.95</b>	+00:19:42 (50.9%)	7:44	7.8 (49.4%)
831	<b>ZIENTEK Danuta</b>	<b>803</b>		40-49	269	00:00:56	00:16:11	<b>00:38:48.85</b>	<b>00:39:44.85</b>	+00:19:49 (51.1%)	7:45	7.7 (48.7%)
832	<b>MAŚLANKA-CUBER Barbara</b>	<b>1267</b>		30-39	364	00:00:41	00:14:53	<b>00:38:49.90</b>	<b>00:39:31.55</b>	+00:19:50 (51.1%)	7:46	7.7 (48.7%)
833	<b>SPYRKA Małgorzata</b>	<b>787</b>	AMATORKA	40-49	270	00:00:33	00:15:14	<b>00:38:54.35</b>	<b>00:39:27.65</b>	+00:19:54 (51.2%)	7:46	7.7 (48.7%)
834	<b>DAMIS Daria</b>	<b>1193</b>	-	20-29	130	00:01:01	00:16:11	<b>00:38:59.00</b>	<b>00:40:00.85</b>	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
835	<b>MAGIEREK Magdalena</b>	<b>1194</b>		30-39	365	00:01:02	00:16:11	<b>00:38:59.05</b>	<b>00:40:01.10</b>	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
836	<b>MECHA Dorota</b>	<b>618</b>		50-59	38	00:00:00		<b>00:39:01.05</b>	<b>00:39:01.05</b>	+00:20:01 (51.3%)	7:48	7.7 (48.7%)
837	<b>KŁAK Natalia</b>	<b>1129</b>		20-29	131	00:00:50	00:15:37	<b>00:39:03.90</b>	<b>00:39:54.10</b>	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
838	<b>KOWALSKA Dorota</b>	<b>389</b>	SBD ENERGETYK RYBNIK	50-59	39	00:00:43	00:16:12	<b>00:39:06.10</b>	<b>00:39:49.60</b>	+00:20:06 (51.4%)	7:49	7.7 (48.7%)
839	<b>KUBUSZEWSKA Katarzyna</b>	<b>1181</b>	MORSYNA KOKSIE	40-49	271	00:00:54	00:15:16	<b>00:39:08.75</b>	<b>00:40:02.75</b>	+00:20:08 (51.5%)	7:49	7.7 (48.7%)
840	<b>KOŹDOŃ Jagoda</b>	<b>25</b>		30-39	366	00:00:39	00:16:16	<b>00:39:09.50</b>	<b>00:39:48.50</b>	+00:20:09 (51.5%)	7:49	7.7 (48.7%)
841	<b>PISAREK Dorota</b>	<b>211</b>		40-49	272	00:00:32	00:15:52	<b>00:39:14.10</b>	<b>00:39:46.65</b>	+00:20:14 (51.6%)	7:50	7.6 (48.1%)
842	<b>KIERMASZEK Barbara</b>	<b>917</b>	J TEAM	50-59	40	00:00:16	00:17:14	<b>00:39:15.80</b>	<b>00:39:32.10</b>	+00:20:16 (51.6%)	7:51	7.6 (48.1%)
843	<b>KIERMASZEK Paulina</b>	<b>916</b>	J TEAM	20-29	132	00:00:15	00:17:15	<b>00:39:16.45</b>	<b>00:39:31.90</b>	+00:20:16 (51.6%)	7:51	7.6 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
844	<b>NOWAK Agnieszka</b>	<b>1175</b>	MORSY NA KOKSIE	30-39	367	00:00:54	00:16:06	<b>00:39:17.40</b>	<b>00:40:11.65</b>	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
844	<b>GALAS Agnieszka</b>	<b>1143</b>	MORSY NA KOKSIE	40-49	273	00:00:54	00:16:06	<b>00:39:17.40</b>	<b>00:40:11.65</b>	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
846	<b>MUCHA Ewa</b>	<b>114</b>	#CZELADZBIEGA	40-49	274	00:00:41	00:16:17	<b>00:39:21.00</b>	<b>00:40:02.85</b>	+00:20:21 (51.7%)	7:52	7.6 (48.1%)
847	<b>ŻYŁA Katarzyna</b>	<b>947</b>		20-29	133	00:00:15	00:16:10	<b>00:39:26.70</b>	<b>00:39:42.25</b>	+00:20:26 (51.8%)	7:53	7.6 (48.1%)
848	<b>NOWAK Dominika</b>	<b>207</b>		30-39	368	00:00:28	00:15:54	<b>00:39:27.15</b>	<b>00:39:56.05</b>	+00:20:27 (51.8%)	7:53	7.6 (48.1%)
849	<b>KOSZEWSKA Natalia</b>	<b>163</b>		20-29	134	00:00:07	00:14:50	<b>00:39:27.95</b>	<b>00:39:35.35</b>	+00:20:28 (51.9%)	7:53	7.6 (48.1%)
850	<b>SOJAK Ewa</b>	<b>1260</b>	ASWC	40-49	275	00:00:23	00:15:50	<b>00:39:29.00</b>	<b>00:39:52.60</b>	+00:20:29 (51.9%)	7:53	7.6 (48.1%)
851	<b>ZALEWSKA Barbara</b>	<b>259</b>	KOBIETY NA 5+	40-49	276	00:00:17	00:15:28	<b>00:39:32.55</b>	<b>00:39:50.25</b>	+00:20:32 (52.0%)	7:54	7.6 (48.1%)
852	<b>ZALEWSKA Wiola</b>	<b>826</b>	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	<b>00:39:33.05</b>	<b>00:39:49.95</b>	+00:20:33 (52.0%)	7:54	7.6 (48.1%)
853	<b>SŁOTA Justyna</b>	<b>1253</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	369	00:00:53	00:16:53	<b>00:39:40.80</b>	<b>00:40:34.40</b>	+00:20:41 (52.1%)	7:56	7.6 (48.1%)
854	<b>DOMINIAK Monika</b>	<b>814</b>	BA-DO	40-49	277	00:00:56	00:16:48	<b>00:39:45.05</b>	<b>00:40:41.75</b>	+00:20:45 (52.2%)	7:57	7.5 (47.5%)
855	<b>WAKUŁA Jolanta</b>	<b>639</b>		30-39	370	00:00:34	00:16:40	<b>00:39:46.75</b>	<b>00:40:21.25</b>	+00:20:46 (52.2%)	7:57	7.5 (47.5%)
856	<b>JAROSZ Jolanta</b>	<b>507</b>	MYSŁOWICKI KLUB BIEACZA NO.I	40-49	278	00:00:42	00:17:05	<b>00:39:47.65</b>	<b>00:40:30.30</b>	+00:20:47 (52.3%)	7:57	7.5 (47.5%)
857	<b>WOWRA Agata</b>	<b>53</b>		30-39	371	00:00:48	00:16:41	<b>00:39:53.90</b>	<b>00:40:42.70</b>	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
858	<b>GŁADOSZ Renata</b>	<b>504</b>		30-39	372	00:00:48	00:16:40	<b>00:39:53.95</b>	<b>00:40:42.75</b>	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
859	<b>SZYMAŃSKA Katarzyna</b>	<b>412</b>		20-29	136	00:00:54	00:17:10	<b>00:39:54.20</b>	<b>00:40:48.85</b>	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
860	<b>JASZEK-ŚWIERCZEK Sandra</b>	<b>627</b>	DYSTANS LUBOMIA	30-39	373	00:00:49	00:16:19	<b>00:39:57.05</b>	<b>00:40:46.35</b>	+00:20:57 (52.4%)	7:59	7.5 (47.5%)
861	<b>BRZANA Anna</b>	<b>656</b>		40-49	279	00:00:47	00:16:54	<b>00:39:57.15</b>	<b>00:40:44.45</b>	+00:20:57 (52.5%)	7:59	7.5 (47.5%)
862	<b>SURMA Adrianna</b>	<b>862</b>	RADLINIOKI W BIEGU	20-29	137	00:00:28	00:16:00	<b>00:39:59.70</b>	<b>00:40:28.55</b>	+00:20:59 (52.5%)	8:00	7.5 (47.5%)
863	<b>KABUT Małgorzata</b>	<b>906</b>	RADLINIOKI W BIEGU	30-39	374	00:00:28	00:16:00	<b>00:39:59.80</b>	<b>00:40:28.35</b>	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
864	<b>AUGUSTYN Anna</b>	<b>768</b>	ADS MASNA	30-39	375	00:00:50	00:16:46	<b>00:39:59.85</b>	<b>00:40:50.05</b>	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
865	<b>ŻUROWSKA Aleksandra</b>	<b>686</b>		20-29	138	00:00:44	00:17:03	<b>00:40:02.60</b>	<b>00:40:47.50</b>	+00:21:02 (52.6%)	8:00	7.5 (47.5%)
866	<b>SZCZEPANIK Marta</b>	<b>731</b>		30-39	376	00:00:57	00:16:58	<b>00:40:06.60</b>	<b>00:41:04.05</b>	+00:21:06 (52.6%)	8:01	7.5 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
867	PIKSA Ewelina	303		30-39	377	00:00:44	00:17:27	00:40:07.10	00:40:51.20	+00:21:07 (52.6%)	8:01	7.5 (47.5%)
868	ŻARSKA Katarzyna	485	KOBIETY NA 5+	30-39	378	00:00:53	00:16:44	00:40:08.05	00:41:01.10	+00:21:08 (52.7%)	8:01	7.5 (47.5%)
869	WOŹNIAK Anna	179		40-49	280	00:01:04	00:17:26	00:40:12.40	00:41:16.75	+00:21:12 (52.8%)	8:02	7.5 (47.5%)
870	CHOLEWA Magdalena	1174		30-39	379	00:00:50	00:16:16	00:40:19.35	00:41:09.55	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
871	KOZIK Zofia	1211		60+	14	00:00:52	00:16:41	00:40:21.00	00:41:13.75	+00:21:21 (52.9%)	8:04	7.4 (46.8%)
872	NOWAK Malwina	1044	KOBIETY NA 5+	20-29	139	00:00:51	00:17:59	00:40:21.80	00:41:13.25	+00:21:22 (52.9%)	8:04	7.4 (46.8%)
873	JAKUBIEC Izabela	511		40-49	281	00:00:34	00:16:56	00:40:28.05	00:41:02.60	+00:21:28 (53.1%)	8:05	7.4 (46.8%)
874	ZIEJA Martyna	569		20-29	140	00:00:05	00:16:26	00:40:31.85	00:40:37.10	+00:21:32 (53.1%)	8:06	7.4 (46.8%)
875	BŁASZCZYK Agnieszka	1054		30-39	380	00:00:49	00:16:55	00:40:34.10	00:41:24.00	+00:21:34 (53.2%)	8:07	7.4 (46.8%)
876	SKOCZYKŁODA Iwona	840	WYMYŚLANKA	40-49	282	00:00:47	00:16:54	00:40:35.20	00:41:22.60	+00:21:35 (53.2%)	8:07	7.4 (46.8%)
877	FRAĆ Elżbieta	1073		40-49	283	00:00:20	00:16:31	00:40:36.50	00:40:56.85	+00:21:36 (53.2%)	8:07	7.4 (46.8%)
878	PAWELEK Barbara	250		40-49	284	00:00:10	00:14:23	00:40:44.10	00:40:54.70	+00:21:44 (53.4%)	8:08	7.4 (46.8%)
879	KORDOŃ Żaneta	350	SUSZECKA GRUPA BIEGOWA LET'S GO	20-29	141	00:00:49	00:16:59	00:40:44.35	00:41:33.65	+00:21:44 (53.4%)	8:08	7.4 (46.8%)
880	KURYŁO Dorota	1100	SBD ENERGETYK RYBNIK	50-59	41	00:00:39	00:16:45	00:40:44.70	00:41:24.15	+00:21:44 (53.4%)	8:09	7.4 (46.8%)
881	WELET Marzena	340		40-49	285	00:00:22	00:16:41	00:40:47.60	00:41:09.75	+00:21:47 (53.4%)	8:09	7.4 (46.8%)
882	OWOCKA Ewa	182	MIECHOWICKA GRUPA BIEGOWA	30-39	381	00:00:52	00:17:01	00:40:51.00	00:41:43.00	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
883	FILIPIAK Angelika	33	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:00:51	00:17:03	00:40:51.30	00:41:43.10	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
884	MACHETA Sabina	636	DYSTANS LUBOMIA	20-29	143	00:00:49	00:16:20	00:40:51.60	00:41:41.05	+00:21:51 (53.5%)	8:10	7.3 (46.2%)
885	PODŁUSKA Monika	90		40-49	286	00:00:48	00:16:52	00:40:55.55	00:41:43.80	+00:21:55 (53.6%)	8:11	7.3 (46.2%)
886	VAIDYAN Grażyna	827		50-59	42	00:00:02	00:15:52	00:41:05.20	00:41:07.75	+00:22:05 (53.8%)	8:13	7.3 (46.2%)
887	ORKOWSKA- TLAŁKA Edyta	1004		30-39	382	00:01:25	00:16:51	00:41:11.80	00:42:37.50	+00:22:12 (53.9%)	8:14	7.3 (46.2%)
888	PAWLIK Kasia	470	FIZJOFRELKI	40-49	287	00:00:54	00:17:47	00:41:17.65	00:42:11.80	+00:22:17 (54.0%)	8:15	7.3 (46.2%)
889	MADEJA Aleksandra	1158	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:24	00:14:37	00:41:18.45	00:41:42.90	+00:22:18 (54.0%)	8:15	7.3 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
890	<b>PINOCZEK Mariola</b>	<b>965</b>	KOBIETY 5+	40-49	289	00:00:37	00:16:48	<b>00:41:20.05</b>	<b>00:41:57.55</b>	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
891	<b>GRELA Izabela</b>	<b>1233</b>	BRAK	40-49	290	00:01:07	00:16:30	<b>00:41:20.15</b>	<b>00:42:27.15</b>	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
892	<b>SZŁAPA Urszula</b>	<b>964</b>	SPOT PSZCZYNA	30-39	383	00:00:45	00:16:06	<b>00:41:26.35</b>	<b>00:42:11.35</b>	+00:22:26 (54.2%)	8:17	7.2 (45.6%)
893	<b>GOŁĘBIEWSKA Katarzyna</b>	<b>1150</b>		40-49	291	00:00:53	00:16:58	<b>00:41:29.65</b>	<b>00:42:22.70</b>	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
894	<b>KIEŁKOWSKA Ewelina</b>	<b>1078</b>		30-39	384	00:00:51	00:16:13	<b>00:41:33.90</b>	<b>00:42:25.60</b>	+00:22:34 (54.3%)	8:18	7.2 (45.6%)
895	<b>WILK Grażyna</b>	<b>474</b>	LECYMY DURS	40-49	292	00:03:07	00:17:50	<b>00:41:36.90</b>	<b>00:44:44.35</b>	+00:22:37 (54.4%)	8:19	7.2 (45.6%)
896	<b>JANIA Małgorzata</b>	<b>1118</b>		50-59	43	00:00:27	00:17:41	<b>00:41:39.25</b>	<b>00:42:06.55</b>	+00:22:39 (54.4%)	8:19	7.2 (45.6%)
897	<b>ŻEBROWSKA Matylda</b>	<b>195</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	293	00:00:52	00:13:26	<b>00:41:39.85</b>	<b>00:42:32.10</b>	+00:22:40 (54.4%)	8:20	7.2 (45.6%)
898	<b>GREŃ Joanna</b>	<b>1190</b>		40-49	294	00:01:04	00:17:27	<b>00:41:46.95</b>	<b>00:42:51.00</b>	+00:22:47 (54.5%)	8:21	7.2 (45.6%)
899	<b>MITRĘGA Anna</b>	<b>217</b>		30-39	385	00:00:54	00:16:53	<b>00:41:51.70</b>	<b>00:42:46.30</b>	+00:22:51 (54.6%)	8:22	7.2 (45.6%)
900	<b>STAROŃ Marlena</b>	<b>568</b>		30-39	386	00:00:53	00:16:54	<b>00:41:52.70</b>	<b>00:42:46.35</b>	+00:22:52 (54.6%)	8:22	7.2 (45.6%)
901	<b>SOŁTYSIK Maria</b>	<b>208</b>	POGORIA BIEGA	40-49	295	00:00:41	00:17:13	<b>00:41:59.00</b>	<b>00:42:40.40</b>	+00:22:59 (54.8%)	8:23	7.1 (44.9%)
902	<b>KOZŁOWSKA Barbara</b>	<b>1245</b>		30-39	387	00:00:34	00:16:22	<b>00:42:02.70</b>	<b>00:42:37.60</b>	+00:23:02 (54.8%)	8:24	7.1 (44.9%)
903	<b>WOJTAL Danuta</b>	<b>855</b>		40-49	296	00:00:45	00:17:42	<b>00:42:04.25</b>	<b>00:42:49.75</b>	+00:23:04 (54.8%)	8:24	7.1 (44.9%)
904	<b>KAROLIK Daria</b>	<b>64</b>		20-29	144	00:00:55	00:16:47	<b>00:42:05.05</b>	<b>00:43:00.85</b>	+00:23:05 (54.9%)	8:25	7.1 (44.9%)
905	<b>RODZIEWICZ Agnieszka</b>	<b>1173</b>		30-39	388	00:00:50	00:17:16	<b>00:42:13.60</b>	<b>00:43:04.50</b>	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
906	<b>SZYMANEK Karina</b>	<b>342</b>		40-49	297	00:00:18	00:18:41	<b>00:42:13.70</b>	<b>00:42:31.90</b>	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
907	<b>ŻAK Iwona</b>	<b>842</b>		30-39	389	00:00:12	00:12:42	<b>00:42:19.80</b>	<b>00:42:31.80</b>	+00:23:20 (55.1%)	8:27	7.1 (44.9%)
908	<b>GRZĄBA Ilona</b>	<b>84</b>		40-49	298	00:00:38	00:18:00	<b>00:42:28.50</b>	<b>00:43:07.20</b>	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
909	<b>PLACEK - BURLIGA Barbara</b>	<b>124</b>		40-49	299	00:00:38	00:18:00	<b>00:42:28.75</b>	<b>00:43:07.35</b>	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
910	<b>SMOLARSKA Paulina</b>	<b>1225</b>		30-39	390	00:00:43	00:17:31	<b>00:42:34.40</b>	<b>00:43:17.55</b>	+00:23:34 (55.4%)	8:30	7 (44.3%)
911	<b>LIPIŃSKA Iza</b>	<b>1221</b>	SZOMBIERKI RUNNERS	30-39	391	00:00:42	00:17:32	<b>00:42:34.50</b>	<b>00:43:17.40</b>	+00:23:34 (55.4%)	8:31	7 (44.3%)
912	<b>POLAK Aneta</b>	<b>934</b>		30-39	392	00:00:34	00:16:42	<b>00:42:35.95</b>	<b>00:43:10.20</b>	+00:23:36 (55.4%)	8:31	7 (44.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
913	CHODAK Magda	162		30-39	393	00:00:34	00:16:41	00:42:36.05	00:43:10.55	+00:23:36 (55.4%)	8:31	7 (44.3%)
914	BUDZIK Joanna	100		30-39	394	00:00:33	00:16:43	00:42:36.25	00:43:10.20	+00:23:36 (55.4%)	8:31	7 (44.3%)
915	BENO-GĘSIKOWSKA Dorota	433		30-39	395	00:00:51	00:18:14	00:42:39.85	00:43:31.05	+00:23:40 (55.5%)	8:32	7 (44.3%)
916	PIECHACZEK Katarzyna	559	KOBIETY 5+	30-39	396	00:00:23	00:16:39	00:42:42.70	00:43:05.85	+00:23:42 (55.5%)	8:32	7 (44.3%)
917	MARUSZCZAK Justyna	120	MIECHOWICKA GRUPA BIEGOWA	40-49	300	00:00:49	00:17:46	00:42:45.65	00:43:34.65	+00:23:45 (55.6%)	8:33	7 (44.3%)
918	KROCHMALSKA Jadwiga	141	MIECHOWICKA GRUPA BIEGOWA	40-49	301	00:00:48	00:17:47	00:42:46.15	00:43:34.80	+00:23:46 (55.6%)	8:33	7 (44.3%)
919	GAJDA Aleksandra	1242	MAX FIT&GYM	40-49	302	00:00:54	00:18:26	00:42:51.20	00:43:45.30	+00:23:51 (55.7%)	8:34	7 (44.3%)
920	RYBICA Eliza	1061		30-39	397	00:00:55	00:19:04	00:42:53.45	00:43:49.25	+00:23:53 (55.7%)	8:34	7 (44.3%)
921	STEFANIAK Justyna	223	POGORIA BIEGA	40-49	303	00:00:42	00:18:02	00:42:59.35	00:43:41.35	+00:23:59 (55.8%)	8:35	7 (44.3%)
922	KREMZER Iwona	400		30-39	398	00:00:57	00:17:58	00:43:11.05	00:44:08.65	+00:24:11 (56.0%)	8:38	6.9 (43.7%)
923	BAZGIER Magdalena	1065		30-39	399	00:01:02	00:17:02	00:43:20.95	00:44:23.40	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
924	PRASAK Sabina	286	POGORIA BIEGA	40-49	304	00:00:40	00:18:05	00:43:21.40	00:44:01.95	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
925	WOJTASIŃSKA Grażyna	174	MIECHOWICKA GRUPA BIEGOWA	30-39	400	00:00:52	00:17:53	00:43:21.50	00:44:14.40	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
926	MATUĆ Karolina	104	MIECHOWICKA GRUPA BIEGOWA	20-29	145	00:00:53	00:17:52	00:43:22.10	00:44:15.25	+00:24:22 (56.2%)	8:40	6.9 (43.7%)
927	ZACHŁOD Joanna	79	MIECHOWICKA GRUPA BIEGOWA	30-39	401	00:00:52	00:17:53	00:43:22.40	00:44:14.95	+00:24:22 (56.2%)	8:40	6.9 (43.7%)
928	SEKUŁA Marlena	276		30-39	402	00:00:55	00:17:08	00:43:26.40	00:44:21.60	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
929	MUSIAŁ Paulina	913		20-29	146	00:00:41	00:18:17	00:43:26.60	00:44:07.95	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
930	URBANEK Barbara	785	VIKING TRAINING CENTER	30-39	403	00:00:49	00:18:10	00:43:38.55	00:44:27.65	+00:24:38 (56.5%)	8:43	6.9 (43.7%)
931	LISIOWSKA Katarzyna	354	KOBIETY NA 5+	40-49	305	00:00:41	00:18:04	00:43:44.80	00:44:26.45	+00:24:45 (56.6%)	8:45	6.9 (43.7%)
932	ŁUCARZ Anna	410	KOLOROWA DRUŻYNA NESSI	30-39	404	00:00:10	00:17:28	00:44:20.05	00:44:30.25	+00:25:20 (57.2%)	8:52	6.8 (43.0%)
933	MERKEL Sabina	570	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	306	00:03:18	00:19:56	00:44:21.20	00:47:39.45	+00:25:21 (57.2%)	8:52	6.8 (43.0%)
934	KUCZERA Beata	311	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	405	00:03:18	00:19:57	00:44:21.45	00:47:39.55	+00:25:21 (57.2%)	8:52	6.8 (43.0%)
935	POKORNY Agnieszka	1114	#CZELADZBIEGA	40-49	307	00:03:05	00:19:39	00:44:25.35	00:47:31.20	+00:25:25 (57.2%)	8:53	6.8 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
936	<b>STACHERSKA Elzbieta</b>	<b>152</b>	SK ČERNÉ PLÍCE OSTRAVA	30-39	406	00:03:11	00:19:39	<b>00:44:30.85</b>	<b>00:47:42.25</b>	+00:25:31 (57.3%)	8:54	6.7 (42.4%)
937	<b>GĘBSKA Agnieszka</b>	<b>280</b>		30-39	407	00:00:00	00:20:54	<b>00:44:33.00</b>	<b>00:44:33.00</b>	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
938	<b>SIWCZYK Grażyna</b>	<b>516</b>	LECYMY DURS	60+	15	00:03:10	00:19:38	<b>00:44:33.55</b>	<b>00:47:43.55</b>	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
939	<b>BOJDOŁ Justyna</b>	<b>544</b>		40-49	308	00:00:51	00:19:36	<b>00:44:39.80</b>	<b>00:45:31.10</b>	+00:25:40 (57.5%)	8:56	6.7 (42.4%)
940	<b>BAŃBUŁA Anna</b>	<b>332</b>		30-39	408	00:00:22	00:17:46	<b>00:44:53.40</b>	<b>00:45:15.45</b>	+00:25:53 (57.7%)	8:58	6.7 (42.4%)
941	<b>GEMBALCZYK Izabela</b>	<b>94</b>		30-39	409	00:00:39	00:18:27	<b>00:45:01.05</b>	<b>00:45:40.20</b>	+00:26:01 (57.8%)	9:00	6.7 (42.4%)
942	<b>SKORUPKA Alina</b>	<b>1301</b>		20-29	147	00:00:50	00:18:36	<b>00:45:10.25</b>	<b>00:46:01.05</b>	+00:26:10 (57.9%)	9:02	6.6 (41.8%)
943	<b>SZCZEPANIK Aleksandra</b>	<b>1141</b>	KOBIETY NA 5+	30-39	410	00:00:52	00:18:54	<b>00:45:12.05</b>	<b>00:46:04.40</b>	+00:26:12 (58.0%)	9:02	6.6 (41.8%)
944	<b>DANIKIEWICZ Wioletta</b>	<b>1180</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	309	00:00:27	00:18:07	<b>00:45:16.45</b>	<b>00:45:43.45</b>	+00:26:16 (58.0%)	9:03	6.6 (41.8%)
945	<b>MAJCHRZYK Lidia</b>	<b>900</b>		50-59	44	00:00:51	00:19:06	<b>00:45:56.25</b>	<b>00:46:47.35</b>	+00:26:56 (58.6%)	9:11	6.5 (41.1%)
946	<b>WŁOCHOWICZ Olga</b>	<b>466</b>	LECYMY DURS	30-39	411	00:03:05	00:19:44	<b>00:46:01.30</b>	<b>00:49:06.30</b>	+00:27:01 (58.7%)	9:12	6.5 (41.1%)
947	<b>ŻEBROWSKA Weronika</b>	<b>266</b>	MYSŁOWICKI KLUB BIEGACZA NO I	20-29	148	00:00:45	00:19:03	<b>00:47:08.05</b>	<b>00:47:53.35</b>	+00:28:08 (59.7%)	9:25	6.4 (40.5%)
948	<b>PARZYCH Agnieszka</b>	<b>1176</b>		30-39	412	00:00:51	00:20:34	<b>00:47:12.75</b>	<b>00:48:04.25</b>	+00:28:12 (59.8%)	9:26	6.4 (40.5%)
949	<b>WAGNER Natalia</b>	<b>813</b>		30-39	413	00:00:51	00:20:34	<b>00:47:13.15</b>	<b>00:48:04.45</b>	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
950	<b>KWAPISZ-BONUSIAK Dorota</b>	<b>490</b>		20-29	149	00:00:51	00:20:33	<b>00:47:13.30</b>	<b>00:48:04.60</b>	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
951	<b>BOJDOŁ-GOLANKO Joanna</b>	<b>685</b>		30-39	414	00:00:52	00:19:36	<b>00:47:27.65</b>	<b>00:48:19.95</b>	+00:28:27 (60.0%)	9:29	6.3 (39.9%)
952	<b>SWOBODA Anna</b>	<b>447</b>	WIRUSY	30-39	415	00:01:06	00:19:19	<b>00:47:29.75</b>	<b>00:48:36.00</b>	+00:28:29 (60.0%)	9:30	6.3 (39.9%)
953	<b>SZCZEPANIK Weronika</b>	<b>1272</b>	KOLOROWA DRUŻYNA NESSI	20-29	150	00:01:24	00:20:27	<b>00:48:07.90</b>	<b>00:49:32.10</b>	+00:29:08 (60.5%)	9:37	6.2 (39.2%)
954	<b>JANKOWSKA Anita</b>	<b>358</b>		40-49	310	00:00:53	00:20:35	<b>00:48:16.45</b>	<b>00:49:09.60</b>	+00:29:16 (60.6%)	9:39	6.2 (39.2%)
955	<b>WAWOCZNY Mariola</b>	<b>974</b>		40-49	311	00:00:37	00:19:29	<b>00:48:30.75</b>	<b>00:49:07.75</b>	+00:29:30 (60.8%)	9:42	6.2 (39.2%)
956	<b>KADŁUBEK Bożena</b>	<b>368</b>	TAXERKI	30-39	416	00:00:52	00:19:53	<b>00:48:31.40</b>	<b>00:49:23.75</b>	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
957	<b>SZCZOTKA Agnieszka</b>	<b>367</b>	TAXERKI	30-39	417	00:00:52	00:19:53	<b>00:48:31.60</b>	<b>00:49:23.70</b>	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
958	<b>BAGIŃSKA Beata</b>	<b>1244</b>		40-49	312	00:00:52	00:19:50	<b>00:48:36.80</b>	<b>00:49:29.05</b>	+00:29:37 (60.9%)	9:43	6.2 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
959	<b>BIELEC Alina</b>	<b>330</b>	ŚWIERCZYŃSKI RUNNING	40-49	313	00:01:06	00:20:43	<b>00:50:01.55</b>	<b>00:51:07.95</b>	+00:31:01 (62.0%)	10:00	6 (38.0%)
960	<b>MADEJ Anna</b>	<b>325</b>	ŚWIERCZYŃSKI RUNNING	40-49	314	00:01:06	00:20:43	<b>00:50:02.20</b>	<b>00:51:08.20</b>	+00:31:02 (62.0%)	10:00	6 (38.0%)
961	<b>SZYPUŁA Barbara</b>	<b>326</b>	ŚWIERCZYŃSKI RUNNING	40-49	315	00:01:05	00:20:43	<b>00:50:02.70</b>	<b>00:51:08.45</b>	+00:31:02 (62.0%)	10:00	6 (38.0%)
962	<b>CZARNYNOGA Beata</b>	<b>327</b>	ŚWIERCZYŃSKI RUNNING	40-49	316	00:01:05	00:20:41	<b>00:50:03.65</b>	<b>00:51:08.75</b>	+00:31:03 (62.1%)	10:00	6 (38.0%)
963	<b>FIGUROWICZ Dominika</b>	<b>861</b>	MIECHOWICKA GRUPA BIEGOWA	20-29	151	00:03:22	00:22:31	<b>00:50:17.85</b>	<b>00:53:40.75</b>	+00:31:18 (62.2%)	10:03	6 (38.0%)
964	<b>WOJTEK Gabi</b>	<b>614</b>		40-49	317	00:03:04	00:21:40	<b>00:51:01.80</b>	<b>00:54:06.05</b>	+00:32:02 (62.8%)	10:12	5.9 (37.3%)
965	<b>KADŁUBEK Magdalena</b>	<b>285</b>		40-49	318	00:03:19	00:23:13	<b>00:52:39.95</b>	<b>00:55:59.60</b>	+00:33:40 (63.9%)	10:32	5.7 (36.1%)
966	<b>FERENC Sonia</b>	<b>1252</b>	ASWC	30-39	418	00:03:09	00:22:53	<b>00:52:45.15</b>	<b>00:55:54.35</b>	+00:33:45 (64.0%)	10:33	5.7 (36.1%)
967	<b>KOJ Agnieszka</b>	<b>552</b>		30-39	419	00:03:08	00:23:33	<b>00:55:46.20</b>	<b>00:58:54.45</b>	+00:36:46 (65.9%)	11:09	5.4 (34.2%)
968	<b>NIEMIEC Ania</b>	<b>268</b>		40-49	319	00:00:28	00:16:41			+00:08:30	6:40	9 (57.0%)
969	<b>BAGIŃSKA Paulina</b>	<b>1238</b>		20-29	152	00:00:52	00:19:50			+00:11:39	7:56	7.6 (48.1%)
970	<b>REDLIN-KASELA Roksana</b>	<b>595</b>	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

Znaleziono 970 wynik(ów)