

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	SUWAJ Aneta	2	AZS-AWF KATOWICE / ALPINSPOORT TEAM	30-39	1	00:00:00	00:08:11	00:18:59.80	00:19:00.55		3:48	15.8 (100%)
2	MENDECKA Michalina	1093	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	20-29	1	00:00:01	00:08:11	00:19:20.95	00:19:22.65	+00:00:21 (1.8%)	3:52	15.5 (98.1%)
3	PATAS Magdalena	192	FORMA WODZISŁAW ŚLĄSKI	20-29	2	00:00:01	00:08:25	00:20:28.85	00:20:30.15	+00:01:29 (7.2%)	4:05	14.6 (92.4%)
4	DZIUK Dagmara	21	KB MOSIR JASTRZĘBIE	30-39	2	00:00:01	00:08:33	00:20:35.90	00:20:37.25	+00:01:36 (7.8%)	4:07	14.6 (92.4%)
5	DYRLAGA Justyna	975		20-29	3	00:00:02	00:08:59	00:20:43.20	00:20:45.90	+00:01:43 (8.3%)	4:08	14.5 (91.8%)
6	SZELEST Barbara	1099	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	1	00:00:01	00:08:52	00:21:01.70	00:21:02.75	+00:02:01 (9.7%)	4:12	14.3 (90.5%)
7	SZOJDA Karolina	903	NIEDOŚCIGNIONE	20-29	4	00:00:01	00:09:12	00:21:05.25	00:21:06.55	+00:02:05 (9.9%)	4:13	14.2 (89.9%)
8	PAWTEL Agata	427		30-39	3	00:00:01	00:09:04	00:21:21.85	00:21:23.40	+00:02:22 (11.1%)	4:16	14 (88.6%)
9	WOJTASZEWSKA Sabina	236	BBL RACIBÓRZ	30-39	4	00:00:03	00:08:58	00:21:22.60	00:21:26.25	+00:02:22 (11.1%)	4:16	14 (88.6%)
10	ADAMUS-KOWALSKA Justyna	1240		30-39	6	00:00:01	00:08:56	00:21:35.25	00:21:36.65	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
11	PIETRAS Sylwia	159	MIECHOWICKA GRUPA BIEGOWA	30-39	5	00:00:03	00:09:12	00:21:35.00	00:21:38.50	+00:02:35 (12.0%)	4:19	13.9 (88.0%)
12	JANKO Anna	542	HRMAX ŻORY	20-29	5	00:00:01	00:09:09	00:21:47.05	00:21:48.95	+00:02:47 (12.8%)	4:21	13.8 (87.3%)
13	SZAFARCZYK Kinga	271	RUNSZ- TEAM	20-29	6	00:00:01	00:09:23	00:21:53.75	00:21:55.55	+00:02:53 (13.2%)	4:22	13.7 (86.7%)
14	RENCZ Małgorzata	1281	W POGONI ZA DUCHEM	40-49	3	00:00:01	00:09:14	00:22:17.60	00:22:18.60	+00:03:17 (14.8%)	4:27	13.5 (85.4%)
15	ADAMCZYK-NOWAK Beata	26	MIECHOWICKA GRUPA BIEGOWA	40-49	2	00:00:03	00:09:29	00:22:17.00	00:22:20.35	+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	OPALSKA Karolina	696	KOLOROWA DRUŻYNA NESSI	30-39	7	00:00:09	00:09:45	00:22:15.25	00:22:24.60	+00:03:15 (14.6%)	4:27	13.5 (85.4%)
17	PIECZKA Monika	1080	TLROW RYBNIK	30-39	8	00:00:03	00:09:36	00:22:21.05	00:22:24.65	+00:03:21 (15.0%)	4:28	13.4 (84.8%)
18	ZĘBIK Grazyna	1222		40-49	4	00:00:02	00:09:38	00:22:24.70	00:22:26.85	+00:03:24 (15.2%)	4:28	13.4 (84.8%)
19	MYSLIWIEC Ela	1179	DYSTANS LUBOMIA	30-39	9	00:00:09	00:09:36	00:22:26.00	00:22:35.00	+00:03:26 (15.3%)	4:29	13.4 (84.8%)
20	KOWALSKA Kinga	171	OLZA CIESZYN	40-49	5	00:00:02	00:09:38	00:22:34.40	00:22:37.15	+00:03:34 (15.8%)	4:31	13.3 (84.2%)
21	MENDECKA Daria	157	MOSIR ŁAZISKA GÓRNE	20-29	7	00:00:01	00:09:18	00:22:41.50	00:22:42.80	+00:03:41 (16.3%)	4:32	13.2 (83.5%)
22	CIACIURA Magdalena	1028		30-39	10	00:00:04	00:09:32	00:22:43.35	00:22:47.75	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
23	MALEJKA Katarzyna	309	ADS MASNA	40-49	7	00:00:04	00:09:44	00:22:47.80	00:22:52.60	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
24	LASSOTA-BUJAK Mariola	206	#CZELADZBIEGA	40-49	6	00:00:06	00:09:37	00:22:47.80	00:22:54.05	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
25	SZAFARCZYK Eugenia	270	RUNSZ- TEAM	50-59	1	00:00:01	00:09:47	00:23:00.30	00:23:01.65	+00:04:00 (17.4%)	4:36	13 (82.3%)
26	MENDEL Beata	901	ORZESZE TEŻ BIEGA	40-49	8	00:00:02	00:09:30	00:23:01.75	00:23:03.90	+00:04:01 (17.5%)	4:36	13 (82.3%)
27	JANKO Joanna	385		20-29	8	00:00:02	00:09:51	00:23:04.20	00:23:06.55	+00:04:04 (17.7%)	4:36	13 (82.3%)
28	MORAWSKA Julia	1163	MYSŁOWICKI KLUB BIEGACZA NO.1	16-19	1	00:00:02	00:09:51	00:23:05.25	00:23:07.50	+00:04:05 (17.7%)	4:37	13 (82.3%)
29	ZAJĄC Iwona	1159	NUMBERŁANKI	40-49	9	00:00:02	00:09:51	00:23:06.75	00:23:08.95	+00:04:06 (17.8%)	4:37	13 (82.3%)
30	DZIEKAN Anna	1011		20-29	9	00:00:07	00:09:41	00:23:11.45	00:23:18.70	+00:04:11 (18.1%)	4:38	12.9 (81.6%)
31	DYRCZ Anna	164		40-49	10	00:00:05	00:10:16	00:23:20.95	00:23:26.35	+00:04:21 (18.6%)	4:40	12.8 (81.0%)
32	ANDROSZ Beata	1124		40-49	11	00:00:04	00:09:57	00:23:27.40	00:23:31.55	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
33	MAJ-DZIUBAŃSKA Izabela	1302	KLUB AKMB PĘDZIWIATR GLIWICE	30-39	11	00:00:08	00:10:09	00:23:27.00	00:23:35.80	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
34	CZYŻ Leonarda	886	OLZA CIESZYN	40-49	12	00:00:03	00:09:59	00:23:37.70	00:23:40.70	+00:04:37 (19.6%)	4:43	12.7 (80.4%)
35	PIWISZKIS Barbara	37	KOBIETY NA 5+	30-39	12	00:00:03	00:09:35	00:23:38.90	00:23:42.25	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
35	WINIARSKA Monika	173	RUNTEAM PAWŁOWICE	30-39	13	00:00:03	00:09:50	00:23:38.95	00:23:42.25	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
37	BUTANOWICZ Marzena	654	KOLOROWA DRUŻYNA NESSI	30-39	14	00:00:07	00:09:53	00:23:39.15	00:23:46.55	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
38	CANIBOŁ Anna	590	RUNTEAM PAWŁOWICE	20-29	10	00:00:04	00:10:04	00:23:43.85	00:23:48.75	+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	SOBIESZCZAŃSKA Agnieszka	712	DYCZUŚ TEAM	30-39	15	00:00:02	00:09:59	00:23:49.55	00:23:51.55	+00:04:49 (20.3%)	4:45	12.6 (79.7%)
40	PAWLOK Anna	601		20-29	11	00:00:08	00:10:27	00:23:51.55	00:24:00.05	+00:04:51 (20.4%)	4:46	12.6 (79.7%)
41	CHORCHOS Magda	651		20-29	13	00:00:00	00:09:44	00:24:13.65	00:24:13.65	+00:05:13 (21.6%)	4:50	12.4 (78.5%)
42	KELLER-MISIARZ Natalia	598		20-29	12	00:00:05	00:09:48	00:24:08.30	00:24:13.85	+00:05:08 (21.3%)	4:49	12.4 (78.5%)
43	LERCH Bożena	396	RUNTEAM PAWŁOWICE	30-39	16	00:00:06	00:09:50	00:24:07.60	00:24:14.25	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
44	KANDORA Joanna	31	MIECHOWICKA GRUPA BIEGOWA	40-49	13	00:00:03	00:10:16	00:24:12.65	00:24:16.55	+00:05:12 (21.5%)	4:50	12.4 (78.5%)
45	WERON Magdalena	1251	SIEWIERZ BIEGA	30-39	17	00:00:07	00:10:20	00:24:17.65	00:24:25.30	+00:05:17 (21.8%)	4:51	12.3 (77.8%)
46	KURASZ Joanna	1289	STS BIEGATON MIKOŁÓW	30-39	20	00:00:00	00:10:24	00:24:29.30	00:24:29.30	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
47	ŻBEL Ania	258	HRMAX ŻORY	30-39	19	00:00:05	00:10:20	00:24:26.00	00:24:31.15	+00:05:26 (22.3%)	4:53	12.3 (77.8%)
48	BIEROŃSKA Wioleta	1148	JUSTFEELFIT	16-19	3	00:00:02	00:09:39	00:24:32.35	00:24:34.35	+00:05:32 (22.6%)	4:54	12.2 (77.2%)
49	FILEC Wiktoria	55	INŻYNIERIA BIEGANIA	16-19	2	00:00:03	00:10:35	00:24:30.85	00:24:34.45	+00:05:31 (22.5%)	4:54	12.2 (77.2%)
50	PASTUCHA Katarzyna	988	CROSS KRAPKOWICE	20-29	14	00:00:08	00:10:28	00:24:27.95	00:24:36.75	+00:05:28 (22.4%)	4:53	12.3 (77.8%)
51	BUCHOWICZ Agnieszka	81	MK BIKE	30-39	18	00:00:13	00:10:20	00:24:25.85	00:24:39.10	+00:05:26 (22.2%)	4:53	12.3 (77.8%)
52	KAROLAK Martyna	991	RUNTEAM PAWŁOWICE	30-39	21	00:00:07	00:10:17	00:24:34.70	00:24:41.75	+00:05:34 (22.7%)	4:54	12.2 (77.2%)
53	MENŻYK Joanna	1131	SPARTAN RACE TRAINING GROUP KATOWICE	40-49	14	00:00:03	00:10:13	00:24:35.70	00:24:39.40	+00:05:35 (22.8%)	4:55	12.2 (77.2%)
54	PAWŁOWSKA Małgorzata	914	STS BIEGATON MIKOŁÓW	20-29	15	00:00:03	00:10:15	00:24:38.70	00:24:41.75	+00:05:38 (22.9%)	4:55	12.2 (77.2%)
55	HELIOSZ Agnieszka	630	INTERAKTYWNI	40-49	15	00:00:01	00:10:17	00:24:43.10	00:24:44.75	+00:05:43 (23.1%)	4:56	12.1 (76.6%)
56	FRANKE Ilona	815	STS BIEGATON MIKOŁÓW	50-59	2	00:00:04	00:10:14	00:24:45.20	00:24:49.20	+00:05:45 (23.3%)	4:57	12.1 (76.6%)
57	NIESŁAŃCZYK Małgorzata	998		30-39	22	00:00:07	00:10:17	00:24:46.25	00:24:54.20	+00:05:46 (23.3%)	4:57	12.1 (76.6%)
58	BOGACZ Monika	1276	ADS MASNA	30-39	23	00:00:05	00:10:33	00:24:50.90	00:24:56.05	+00:05:51 (23.5%)	4:58	12.1 (76.6%)
59	KUSIO Basia	655	PARKRUN CHRZANÓW	30-39	24	00:00:16	00:10:49	00:24:51.10	00:25:07.35	+00:05:51 (23.6%)	4:58	12.1 (76.6%)
60	SICH- SOSNA Agnieszka	200		40-49	16	00:00:02	00:10:16	00:24:53.65	00:24:55.75	+00:05:53 (23.7%)	4:58	12.1 (76.6%)
61	KAFKA Ewelina	671	LICHOTA TEAM	40-49	17	00:00:07	00:10:25	00:24:56.60	00:25:04.55	+00:05:56 (23.8%)	4:59	12 (75.9%)

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

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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	ZEMLAŁ 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	POPEK Barbara	305		40-49	33	00:00:08	00:10:40	00:26:05.95	00:26:14.10	+00:07:06 (27.2%)	5:13	11.5 (72.8%)
109	MILKOWSKA Justyna	1135	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	39	00:00:11	00:11:16	00:26:09.00	00:26:20.30	+00:07:09 (27.4%)	5:13	11.5 (72.8%)
110	AKSAMIT Ewelina	501	MYSŁOWICKI KLUB BIEGACZA NO.I	30-39	40	00:00:22	00:11:33	00:26:11.00	00:26:33.85	+00:07:11 (27.4%)	5:14	11.5 (72.8%)
111	KORDEK Dorota	652	RYTM ROZBIEGAMY TO MIASTO CZECHOWICE - DZIEDZICE	30-39	41	00:00:13	00:10:52	00:26:11.45	00:26:25.15	+00:07:11 (27.5%)	5:14	11.5 (72.8%)
112	DZIĘDZIEL Ewelina	603		20-29	26	00:00:11	00:10:43	00:26:12.90	00:26:24.10	+00:07:13 (27.5%)	5:14	11.4 (72.2%)
113	BONDARCZUK Sylwia	277	SZYBKE ŻÓŁWIE	40-49	34	00:00:02	00:10:39	00:26:13.35	00:26:15.90	+00:07:13 (27.6%)	5:14	11.4 (72.2%)
114	ZHABOTYNSKA Maryna	940		30-39	42	00:00:14	00:11:23	00:26:14.10	00:26:28.30	+00:07:14 (27.6%)	5:14	11.4 (72.2%)
115	PŁASZCZYMAKA Justyna	220	MIECHOWICKA GRUPA BIEGOWA	20-29	27	00:00:30	00:11:25	00:26:16.70	00:26:47.35	+00:07:16 (27.7%)	5:15	11.4 (72.2%)
116	KOMAJDA Basia	742	OLZA CIESZYN	30-39	43	00:00:11	00:10:54	00:26:19.80	00:26:30.90	+00:07:20 (27.9%)	5:15	11.4 (72.2%)
117	WOJAK Aleksandra	764		20-29	28	00:00:07	00:11:37	00:26:20.70	00:26:28.30	+00:07:20 (27.9%)	5:16	11.4 (72.2%)
118	MROCZKA Anna	622		40-49	35	00:00:08	00:11:32	00:26:21.90	00:26:30.35	+00:07:22 (27.9%)	5:16	11.4 (72.2%)
119	KRÓLICZAK Agnieszka	1279		16-19	8	00:00:31	00:11:42	00:26:23.50	00:26:55.40	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
120	GĘBOŁYŚ Beata	54	CHWALISZ CZY NIE CHWALISZ- LOTEJ Z NAMI	40-49	36	00:00:07	00:11:18	00:26:23.85	00:26:31.55	+00:07:24 (28.0%)	5:16	11.4 (72.2%)
121	SKOCZ Monika	70		40-49	37	00:00:00	00:11:38	00:26:26.10	00:26:26.10	+00:07:26 (28.1%)	5:17	11.3 (71.5%)
122	LORENZ Agnieszka	928	GALOPUJĄCE ŚLIMAKI	40-49	38	00:00:08	00:11:07	00:26:28.90	00:26:37.30	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
123	PŁOCHARSKA Małgorzata	971	UKS REFLEX	16-19	9	00:00:22	00:11:25	00:26:29.10	00:26:51.60	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
124	KOWALSKA Karolina	744		30-39	44	00:00:09	00:10:54	00:26:29.50	00:26:38.70	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
125	NOWAK Iwona	587		40-49	39	00:00:11	00:11:11	00:26:30.70	00:26:42.45	+00:07:30 (28.3%)	5:18	11.3 (71.5%)
126	FURMAN Sylwia	453	WIRUSY	30-39	45	00:00:06	00:10:43	00:26:31.40	00:26:38.10	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
127	MAŃCZAK Magdalena	1102		20-29	29	00:00:14	00:11:23	00:26:32.35	00:26:46.50	+00:07:32 (28.4%)	5:18	11.3 (71.5%)
128	NENKO Barbara	783		30-39	46	00:00:06	00:10:50	00:26:34.80	00:26:41.15	+00:07:35 (28.5%)	5:19	11.3 (71.5%)
129	BRODA Katarzyna	738		30-39	47	00:00:10	00:10:49	00:26:40.00	00:26:50.50	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
130	RAŻNIAK Beatka	252	KOBIETY 5+	40-49	40	00:00:09	00:11:16	00:26:40.05	00:26:49.85	+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	GREŃ Dorota	623	OLZA CIESZYN	30-39	48	00:00:11	00:11:08	00:26:41.05	00:26:52.35	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
132	OLSZEWSKA Sylwia	534	MORSY NA KOKSIE	20-29	30	00:00:12	00:11:33	00:26:41.70	00:26:54.05	+00:07:41 (28.8%)	5:20	11.2 (70.9%)
133	RZEPECKA Bożena	235	OLZA CIESZYN	50-59	5	00:00:10	00:10:59	00:26:42.30	00:26:52.70	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
134	BANASZEWSKA Aleksandra	663		20-29	31	00:00:08	00:10:34	00:26:42.45	00:26:50.85	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
135	CHROBOK Józefa	251	OLZA CIESZYN	40-49	41	00:00:10	00:10:59	00:26:43.00	00:26:53.10	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
136	ZAWIŚLAK-MOROZ Sylwia	984	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	49	00:00:05	00:10:56	00:26:43.20	00:26:48.90	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
137	PLEWNIA Irena	1259	FORMA WODZISŁAW ŚLĄSKI	30-39	50	00:00:11	00:11:09	00:26:43.60	00:26:55.10	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
138	RYSZKOWSKA Dorota	508	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	30-39	51	00:00:14	00:11:22	00:26:45.80	00:27:00.60	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
139	SZTABLA Liliana	65		40-49	42	00:00:14	00:11:17	00:26:48.05	00:27:02.50	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
140	SAGAN Izabela	981	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	52	00:00:20	00:11:18	00:26:51.25	00:27:11.30	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
141	KAZIMIERCZUK Monika	189		30-39	53	00:00:17	00:11:29	00:26:51.65	00:27:08.65	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
142	MAZUR-RUBINSKA Milena	316	MIECHOWICKA GRUPA BIEGOWA	30-39	54	00:00:21	00:11:48	00:26:53.70	00:27:15.10	+00:07:53 (29.4%)	5:22	11.2 (70.9%)
143	WEŻOWICZ Ewa	69		40-49	43	00:00:15	00:11:16	00:26:53.85	00:27:09.40	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
144	KOSMAŁA-LANDZIŃSKA Ewa	139		30-39	55	00:00:12	00:11:42	00:26:53.90	00:27:06.60	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
145	ZARAŃSKA Izabela	184	MIECHOWICKA GRUPA BIEGOWA	40-49	44	00:00:21	00:11:30	00:26:55.30	00:27:17.25	+00:07:55 (29.4%)	5:23	11.1 (70.3%)
146	BEDNAREK Sylwia	819	OLZA CIESZYN	30-39	56	00:00:16	00:11:43	00:26:55.90	00:27:12.55	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
147	NALEWAJKA Wioleta	95	KOBIETY NA 5+	40-49	45	00:00:13	00:11:39	00:26:56.35	00:27:09.45	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
148	WRUCHA Sylwia	625		30-39	57	00:00:18	00:11:47	00:26:57.10	00:27:15.25	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
149	BANAŚ Justyna	736	ŚWIRY STELA	30-39	58	00:00:09	00:11:24	00:26:58.00	00:27:07.05	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
150	RÓŻYCKA Wiola	1250		30-39	59	00:00:07	00:10:58	00:26:58.45	00:27:05.80	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
151	GRUSZKA Ewa	857	STS BIEGATON MIKOŁÓW	40-49	46	00:00:12	00:11:33	00:27:00.00	00:27:12.55	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
152	KRAKOWCZYK Karolina	1016		30-39	60	00:00:13	00:11:22	00:27:00.05	00:27:13.35	+00:08:00 (29.6%)	5:24	11.1 (70.3%)
153	GENSTY Klaudia	372	DYSTANS LUBOMIA	40-49	47	00:00:13	00:11:40	00:27:05.65	00:27:19.55	+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	RAZIUK Agnieszka	1108		30-39	61	00:00:14	00:11:19	00:27:06.70	00:27:20.85	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
155	KACZKOWSKA Julita	483	HRMAX ŻORY	30-39	62	00:00:05	00:10:40	00:27:06.80	00:27:12.25	+00:08:07 (29.9%)	5:25	11.1 (70.3%)
156	MRACHACZ Dorota	782	MIECHOWICKA GRUPA BIEGOWA	40-49	48	00:00:23	00:11:49	00:27:07.65	00:27:31.55	+00:08:07 (30.0%)	5:25	11.1 (70.3%)
157	HANDZLIK-STARZYK Anna	1007		40-49	49	00:00:17	00:11:50	00:27:08.90	00:27:26.40	+00:08:09 (30.0%)	5:25	11 (69.6%)
158	BOŻEK Bernadeta	1151	KOBIETY NA 5+	30-39	63	00:00:23	00:11:33	00:27:09.05	00:27:32.70	+00:08:09 (30.0%)	5:25	11 (69.6%)
159	WERNIK Katarzyna	585	BESTFITCLUB RYBNIK	40-49	50	00:00:10	00:11:30	00:27:10.60	00:27:20.70	+00:08:10 (30.1%)	5:26	11 (69.6%)
160	ZIELIŃSKA Karolina	256		20-29	32	00:00:09	00:11:06	00:27:11.10	00:27:20.70	+00:08:11 (30.1%)	5:26	11 (69.6%)
161	SEBEROVA Kler	1164		20-29	33	00:00:09	00:11:09	00:27:11.50	00:27:21.15	+00:08:11 (30.1%)	5:26	11 (69.6%)
162	BRODA Kamila	22		20-29	34	00:00:15	00:11:16	00:27:14.90	00:27:30.00	+00:08:15 (30.3%)	5:27	11 (69.6%)
163	WILCZEK Monika	709		50-59	6	00:00:01	00:11:21	00:27:17.00	00:27:18.45	+00:08:17 (30.4%)	5:27	11 (69.6%)
164	KONIECZNY Sandra	682	DYCZUŚ TEAM	20-29	35	00:00:30	00:12:01	00:27:17.55	00:27:47.85	+00:08:17 (30.4%)	5:27	11 (69.6%)
165	SZULC Barbara	117	MIECHOWICKA GRUPA BIEGOWA	60+	2	00:00:06	00:11:13	00:27:17.95	00:27:24.85	+00:08:18 (30.4%)	5:27	11 (69.6%)
166	GÓRA Marta	48		30-39	64	00:00:05	00:11:06	00:27:18.15	00:27:23.45	+00:08:18 (30.4%)	5:27	11 (69.6%)
167	BOJDA Brygida	800	ŚWIRY STELA	40-49	51	00:00:11	00:11:24	00:27:18.60	00:27:29.90	+00:08:18 (30.4%)	5:27	11 (69.6%)
168	TIEBLER Marlena	860	STS BIEGATON MIKOŁÓW	30-39	65	00:00:12	00:11:46	00:27:19.30	00:27:32.15	+00:08:19 (30.5%)	5:28	11 (69.6%)
169	PAWLIK Agata	388		20-29	36	00:00:03	00:10:58	00:27:23.75	00:27:27.65	+00:08:23 (30.7%)	5:28	10.9 (69.0%)
170	STASZEWSKA Marta	1153	MORSY NA KOKSIE	30-39	66	00:00:11	00:11:13	00:27:23.90	00:27:35.80	+00:08:24 (30.7%)	5:28	10.9 (69.0%)
171	ZAMOJSKA Iwona	46	MIECHOWICKA GRUPA BIEGOWA	40-49	52	00:00:05	00:11:15	00:27:25.40	00:27:31.35	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
172	JASNOCH Bogumiła	714		60+	3	00:00:04	00:11:25	00:27:27.20	00:27:31.60	+00:08:27 (30.8%)	5:29	10.9 (69.0%)
173	KANIA Monika	635		30-39	67	00:00:16	00:11:57	00:27:28.35	00:27:45.25	+00:08:28 (30.9%)	5:29	10.9 (69.0%)
174	MARYNIAK Ewelina	239	MIECHOWICKA GRUPA BIEGOWA/ CIDRY LOTAJOM	30-39	68	00:00:05	00:11:44	00:27:30.25	00:27:36.00	+00:08:30 (30.9%)	5:30	10.9 (69.0%)
175	KRUPA-SZCZĘSNY Izabela	231	#CZELADZBIEGA	40-49	53	00:00:31	00:11:47	00:27:31.35	00:28:02.65	+00:08:31 (31.0%)	5:30	10.9 (69.0%)
176	SOBCZAK Beata	86		40-49	54	00:00:13	00:11:22	00:27:31.75	00:27:45.60	+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	SIEGMUND Jolanta	473	KOBIETY NA 5+	40-49	55	00:00:10	00:10:46	00:27:32.15	00:27:42.40	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
178	KLIMEK-KARAS Sylwia	419	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	56	00:00:13	00:11:51	00:27:32.70	00:27:46.65	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
179	RUCKA Ela	1091	BIELSZCZANKI BIEGAJĄ	30-39	69	00:00:06	00:11:13	00:27:34.10	00:27:40.60	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
180	BIZOŃ Monika	452	DYSTANS LUBOMIA	30-39	70	00:00:13	00:11:58	00:27:34.70	00:27:47.80	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
181	JURCZYKOWSKA KOSIK Iwona	1247	ZABIEGANI	40-49	57	00:00:19	00:11:50	00:27:34.95	00:27:54.35	+00:08:35 (31.1%)	5:31	10.9 (69.0%)
182	KOSMALA Stanisława	1046		60+	4	00:00:03	00:11:33	00:27:35.75	00:27:39.10	+00:08:35 (31.2%)	5:31	10.9 (69.0%)
183	BOGACZ Aneta	402	KĘCKIE HARPAGANY	30-39	71	00:00:13	00:11:59	00:27:37.75	00:27:51.10	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
184	CZAPLA Marzena	1064	BIELSZCZANKI BIEGAJĄ	30-39	72	00:00:12	00:11:27	00:27:38.10	00:27:50.20	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
185	JAWOREK Monika	521		30-39	73	00:00:28	00:11:48	00:27:38.40	00:28:06.65	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
186	BRZUSKA Kasia	59	OLZA CIESZYN	40-49	58	00:00:10	00:11:40	00:27:42.10	00:27:52.25	+00:08:42 (31.4%)	5:32	10.8 (68.4%)
187	WILCZEK Bogusława	491	STS BIEGATON MIKOŁÓW	50-59	7	00:00:10	00:11:40	00:27:42.90	00:27:53.45	+00:08:43 (31.5%)	5:32	10.8 (68.4%)
188	MATUSZEWSKA Katarzyna	509	OPEL ACTIVE TEAM	40-49	59	00:00:13	00:11:48	00:27:45.20	00:27:58.75	+00:08:45 (31.6%)	5:33	10.8 (68.4%)
189	KAMIŃSKA Ewelina	1115		30-39	74	00:00:24	00:11:42	00:27:45.80	00:28:10.25	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
190	KAMIŃSKA Natalia	563		20-29	37	00:00:39	00:12:20	00:27:46.10	00:28:25.90	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
191	JURASZEK Elzbieta	982		30-39	75	00:00:28	00:11:57	00:27:46.30	00:28:14.35	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
192	WIECHOWSKA Sabina	240		30-39	76	00:00:09	00:11:22	00:27:46.85	00:27:56.65	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
192	WYSOCKA Grażyna	970	KS M.E.T.A.	40-49	60	00:00:47	00:11:37	00:27:46.85	00:28:34.45	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
194	HOJKA Gabriela	615		40-49	61	00:00:15	00:11:40	00:27:47.10	00:28:02.15	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
195	GÓRECKA Iwona	392		30-39	77	00:00:30	00:12:27	00:27:47.95	00:28:18.25	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
196	SKRZYPOSZEK Małgorzata	128		40-49	62	00:00:18	00:11:50	00:27:48.30	00:28:06.85	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
197	TRZYBULSKA Klaudia	237	DRUŻYNA ING	20-29	38	00:00:07	00:11:14	00:27:48.85	00:27:56.60	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
198	MUSIAŁ Wioletta	875	GB GALOPUJĄCE ŚLIMAKI	30-39	78	00:00:08	00:11:23	00:27:49.00	00:27:57.90	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
199	SKORUPA Magdalena	154		20-29	39	00:00:24	00:12:19	00:27:49.40	00:28:13.65	+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	BARAN Irena	592	SZARE MORSY	50-59	8	00:00:18	00:11:37	00:27:50.05	00:28:08.55	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
201	WITKOWSKA Ania	89	KLUB KRÓLIKA STEFANA	30-39	79	00:00:25	00:12:24	00:27:50.15	00:28:15.45	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
202	WIENCEK Ania	300	LET'S GO SUSZECKA GRUPA BIEGOWA	20-29	40	00:00:22	00:12:26	00:27:50.30	00:28:12.95	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
203	SZCZEPANIK Joanna	805	MIECHOWICKA GRUPA BIEGOWA	30-39	80	00:00:04	00:11:45	00:27:50.45	00:27:55.00	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
204	SNOCHOWSKA Gabriela	92	RETRO RUNNERS	30-39	81	00:00:09	00:12:12	00:27:50.75	00:28:00.20	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
205	COFALIK Gabriela	575		40-49	63	00:00:14	00:11:26	00:27:50.85	00:28:05.30	+00:08:51 (31.8%)	5:34	10.8 (68.4%)
206	LIPKO Izabela	413		30-39	82	00:00:20	00:11:56	00:27:52.45	00:28:12.50	+00:08:52 (31.8%)	5:34	10.8 (68.4%)
207	WAŁĘDZIK Anna	804	MIECHOWICKA GRUPA BIEGOWA	30-39	83	00:00:04	00:11:45	00:27:52.75	00:27:57.05	+00:08:52 (31.9%)	5:34	10.8 (68.4%)
208	GARUS Magdalena	1229	KOBIETY NA 5+	40-49	64	00:00:02	00:11:33	00:27:54.80	00:27:57.25	+00:08:55 (31.9%)	5:35	10.7 (67.7%)
209	KUTYŁA Agnieszka	794		30-39	84	00:00:33	00:12:04	00:27:55.30	00:28:28.95	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
209	KUŁAKOWSKA-ZAGÓRSKA Justyna	795		30-39	85	00:00:33	00:12:04	00:27:55.30	00:28:28.95	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
211	BAKOWSKA Justyna	726		30-39	86	00:00:00	00:12:27	00:27:55.80	00:27:55.80	+00:08:56 (32.0%)	5:35	10.7 (67.7%)
212	DOBRY Teresa	517		30-39	87	00:00:24	00:11:35	00:27:57.20	00:28:21.90	+00:08:57 (32.0%)	5:35	10.7 (67.7%)
213	SZEWCZYK Agnieszka	1185		20-29	41	00:00:02	00:11:42	00:27:58.10	00:28:00.75	+00:08:58 (32.1%)	5:35	10.7 (67.7%)
214	FRANEK Agata	925		30-39	88	00:00:00	00:11:44	00:28:00.80	00:28:00.80	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
215	SZYMCZAK Iwona	703	SIOSTRY I&E	40-49	65	00:00:30	00:12:18	00:28:01.05	00:28:32.00	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
216	KOSIACKA Agnieszka	672		30-39	89	00:00:17	00:11:37	00:28:01.25	00:28:18.85	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
217	ZAŁĘCKA Monika	938		30-39	90	00:00:10	00:12:00	00:28:01.55	00:28:12.05	+00:09:01 (32.2%)	5:36	10.7 (67.7%)
218	PERGOŁ Elżbieta	705	SIOSTRY I&E	30-39	91	00:00:30	00:12:18	00:28:02.40	00:28:32.55	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
219	KONIOR Basia	745		20-29	42	00:00:26	00:12:05	00:28:05.40	00:28:32.20	+00:09:05 (32.4%)	5:37	10.7 (67.7%)
220	FOLTYN Bożena	229	OLZA CIESZYN	30-39	92	00:00:13	00:11:58	00:28:05.90	00:28:19.80	+00:09:06 (32.4%)	5:37	10.7 (67.7%)
221	BURDZIK Katarzyna	176		20-29	43	00:00:07	00:11:51	00:28:07.30	00:28:14.30	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
222	KOPIEC Izabela	681	INTER ROPE TEAM	30-39	93	00:00:02	00:11:23	00:28:08.65	00:28:11.15	+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	SZLAUER Magdalena	255	OLZA CIESZYN	30-39	94	00:00:16	00:11:49	00:28:10.40	00:28:27.25	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
224	GRANICA Dani	604	DANI BIEGA BEZ GRANIC	40-49	66	00:00:02	00:11:29	00:28:10.50	00:28:13.40	+00:09:10 (32.6%)	5:38	10.6 (67.1%)
225	TERESZYŃSKA Anna	927		30-39	95	00:00:02	00:11:22	00:28:12.00	00:28:14.45	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
226	BARON Aniela	718		50-59	9	00:00:04	00:12:04	00:28:12.25	00:28:17.10	+00:09:12 (32.6%)	5:38	10.6 (67.1%)
227	KRYSKA Eliza	1071	BB BIELSZCZANKI BIEGAJĄ	30-39	96	00:00:12	00:11:27	00:28:13.05	00:28:25.45	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
228	ŁUKASZEWSKA Agnieszka	778	STS BIEGATON MIKOŁÓW	40-49	67	00:00:12	00:11:52	00:28:14.80	00:28:27.55	+00:09:15 (32.7%)	5:39	10.6 (67.1%)
229	FILIK Anna	282	#CZELADZBIEGA	20-29	44	00:00:30	00:11:44	00:28:15.00	00:28:45.70	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
230	KAPLON Wioletta	1191		30-39	97	00:00:24	00:11:57	00:28:15.25	00:28:39.85	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
231	HERUD Magdalena	1075	EKO-OKNA RUNNERS	30-39	98	00:00:10	00:11:24	00:28:15.35	00:28:25.35	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
232	BAJCAR Beata	488	KOBIETY NA 5+	40-49	68	00:00:17	00:12:08	00:28:15.70	00:28:33.10	+00:09:15 (32.8%)	5:39	10.6 (67.1%)
233	STABLA Agata	1047		30-39	99	00:00:11	00:12:13	00:28:18.20	00:28:29.90	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
234	GIEDWIŁŁO Marta	529	KOLOROWA DRUŻYNA NESSI	30-39	100	00:00:20	00:12:20	00:28:23.00	00:28:43.65	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
235	IMIOŁCZYK Izabela	212	MIECHOWICKA GRUPA BIEGOWA	40-49	69	00:00:05	00:11:49	00:28:23.15	00:28:29.05	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
236	ZIELIŃSKA Anna	1228	MIECHOWICKA GRUPA BIEGOWA	30-39	101	00:00:05	00:11:49	00:28:23.45	00:28:29.05	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
237	DAJKA Barbara	406		30-39	102	00:00:27	00:12:47	00:28:24.00	00:28:51.00	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
238	GABRYEL Danuta	295	MIECHOWICKA GRUPA BIEGOWA	50-59	10	00:00:21	00:11:51	00:28:24.65	00:28:45.75	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
239	GRABIAŃSKA Katarzyna	1182	VIKING TRAINING CENTER	30-39	103	00:00:21	00:12:48	00:28:26.00	00:28:47.95	+00:09:26 (33.2%)	5:41	10.6 (67.1%)
240	SOKÓŁ-OLEŚ Ewelina	382	RUNTEAM PAWŁOWICE	40-49	70	00:00:03	00:11:25	00:28:26.50	00:28:30.00	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
241	KOMOROWSKA Żaneta	121		30-39	104	00:00:24	00:12:50	00:28:26.65	00:28:51.55	+00:09:26 (33.2%)	5:41	10.5 (66.5%)
242	KOBA Natalia	1264		20-29	45	00:00:20	00:12:07	00:28:26.80	00:28:47.40	+00:09:27 (33.2%)	5:41	10.5 (66.5%)
243	STOLARCZYK Aleksandra	1059	RUNTEAM PAWŁOWICE	30-39	105	00:00:08	00:11:50	00:28:27.75	00:28:36.15	+00:09:27 (33.3%)	5:41	10.5 (66.5%)
244	PIŃKOWSKA Patrycja	771	BB BIELSZCZANKI BIEGAJĄ	30-39	106	00:00:36	00:12:17	00:28:29.30	00:29:05.95	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
245	GRABARCZYK-TIERIENTIEW Agnieszka	455		30-39	107	00:00:09	00:11:39	00:28:29.55	00:28:38.85	+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	KAISER-CHROMIK Beata	414		40-49	71	00:00:06	00:11:33	00:28:31.25	00:28:37.50	+00:09:31 (33.4%)	5:42	10.5 (66.5%)
247	BINIENDA Agnieszka	1069		30-39	108	00:00:30	00:12:29	00:28:32.10	00:29:02.80	+00:09:32 (33.4%)	5:42	10.5 (66.5%)
248	MUSIOŁ Helena	168		40-49	72	00:00:13	00:11:34	00:28:35.45	00:28:48.50	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
249	GAWĘŁCZYK Marta	1218	CE PROGRESS	30-39	109	00:00:31	00:12:32	00:28:35.55	00:29:07.35	+00:09:35 (33.6%)	5:43	10.5 (66.5%)
250	BIELA Małgorzata	275	KOBIETY NA 5+	40-49	73	00:00:14	00:11:40	00:28:36.85	00:28:51.75	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
251	BUREK Gabriela	405		30-39	110	00:00:25	00:12:50	00:28:37.45	00:29:03.10	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
252	ZELENT Karolina	147		20-29	46	00:00:21	00:12:11	00:28:37.55	00:28:59.50	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
253	DAICZMANEK Aleksandra	596		30-39	111	00:00:18	00:12:18	00:28:41.00	00:28:59.85	+00:09:41 (33.8%)	5:44	10.5 (66.5%)
254	RAJWA Magdalena	1005		20-29	47	00:00:08	00:11:24	00:28:42.05	00:28:50.15	+00:09:42 (33.8%)	5:44	10.5 (66.5%)
255	GIBAS Amanda	317	FARTLECZKI	30-39	112	00:00:25	00:12:31	00:28:43.50	00:29:08.75	+00:09:43 (33.9%)	5:44	10.4 (65.8%)
256	ŁACNY Angelika	737	KOLOROWA DRUŻYNA NESSI	30-39	113	00:00:09	00:12:28	00:28:45.10	00:28:54.15	+00:09:45 (33.9%)	5:45	10.4 (65.8%)
257	HERCHEL Marzena	698	LET'S GO SUSZECKA GRUPA BIEGOWA	40-49	74	00:00:22	00:12:26	00:28:49.50	00:29:11.55	+00:09:49 (34.1%)	5:45	10.4 (65.8%)
258	OKOŃ Monika	161		40-49	75	00:00:22	00:12:42	00:28:50.10	00:29:12.95	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
259	SIWY Justyna	167		30-39	114	00:00:23	00:12:41	00:28:50.15	00:29:13.20	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
260	BARTOSIK Monika	1160	#CZELADZBIEGA	30-39	115	00:00:30	00:12:46	00:28:51.80	00:29:21.95	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
261	CASTILLO-ŻARCZYŃSKI Luz	351	ULTRA BESKID SPORT	50-59	11	00:00:36	00:12:36	00:28:52.15	00:29:28.60	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
262	ŁOZIŃSKA Edyta	375	MIECHOWICJA GRUPA BIEGOWA	30-39	116	00:00:05	00:11:44	00:28:52.70	00:28:57.90	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
263	SZOJDA Paulina	75	VIKING TRAINING CENTER	30-39	117	00:00:33	00:12:17	00:28:52.85	00:29:26.05	+00:09:53 (34.2%)	5:46	10.4 (65.8%)
264	BENSKA Krystyna	391	MIECHOWICKA GRUPA BIEGOWA	60+	5	00:00:04	00:11:50	00:28:54.30	00:28:58.45	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
265	JĘDRUSIAK Lidia	1178		30-39	118	00:00:00	00:12:06	00:28:54.75	00:28:54.75	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
266	GIEROŃ Katarzyna	378	DYSTANS LUBOMIA	30-39	119	00:00:13	00:12:23	00:28:55.05	00:29:08.75	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
267	IWANEJKO Izabela	293		40-49	76	00:00:16	00:12:12	00:28:55.20	00:29:12.10	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
268	RĘKAL Dorota	888		50-59	12	00:00:11	00:12:06	00:28:55.95	00:29:07.65	+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	SMOLORZ Anna	216		30-39	120	00:00:43	00:12:27	00:28:56.30	00:29:39.65	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
270	SZENDERA-ORSZULIK Zofia	793		30-39	121	00:00:06	00:12:06	00:29:00.40	00:29:07.25	+00:10:00 (34.5%)	5:48	10.3 (65.2%)
271	SKOTNICKA Urszula	1205		50-59	13	00:00:04	00:11:34	00:29:02.05	00:29:06.90	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
272	GWIZDAŁA Dominika	140		20-29	48	00:00:30	00:12:39	00:29:02.15	00:29:32.40	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
273	FRANKOWSKA Ania	102	MIECHOWICKA GRUPA BIEGOWA	50-59	14	00:00:06	00:11:37	00:29:05.40	00:29:11.65	+00:10:05 (34.7%)	5:49	10.3 (65.2%)
274	PANEK Ela	269	BIELSZCZANKI BIEGAJĄ	40-49	77	00:00:09	00:11:58	00:29:06.15	00:29:15.60	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
275	PIECHOCZEK-NIEZGODA Lucyna	1103		40-49	78	00:00:28	00:12:48	00:29:06.30	00:29:35.20	+00:10:06 (34.7%)	5:49	10.3 (65.2%)
276	PORĘBSKA Karolina	11		20-29	49	00:00:06	00:11:14	00:29:06.95	00:29:13.75	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
277	BIAŁOŃCZYK Joanna	561		30-39	122	00:00:00	00:12:17	00:29:07.70	00:29:07.70	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
278	PIOTROWSKA Anna	148		30-39	123	00:00:26	00:13:18	00:29:08.00	00:29:34.05	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
279	POŁEDNIOK Aleksandra	822		30-39	124	00:00:02	00:11:39	00:29:08.15	00:29:10.65	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
280	CISZAK Zofia	1055	MIECHOWICKA GRUPA BIEGOWA	40-49	79	00:00:04	00:12:12	00:29:09.15	00:29:13.85	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
281	REK Katarzyna	837	RADLINIOKI W BIEGU	40-49	80	00:00:28	00:12:24	00:29:09.30	00:29:37.55	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
282	JUSZCZYK Izabela	459		20-29	50	00:00:29	00:12:13	00:29:09.45	00:29:38.50	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
283	NOWAK Magdalena	665	BWM	20-29	51	00:00:13	00:12:26	00:29:10.45	00:29:24.40	+00:10:10 (34.9%)	5:50	10.3 (65.2%)
284	KUBIAK Edyta	1230		20-29	52	00:00:03	00:12:22	00:29:11.05	00:29:14.05	+00:10:11 (34.9%)	5:50	10.3 (65.2%)
285	SITKO Agnieszka	851	RADLINIOKI W BIEGU	30-39	125	00:00:27	00:12:23	00:29:11.95	00:29:39.75	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
286	KRÓL Barbara	18	DECATHLON ŻORY	20-29	53	00:00:24	00:12:55	00:29:12.00	00:29:36.75	+00:10:12 (34.9%)	5:50	10.3 (65.2%)
287	CHOLAJDA Monika	1303		30-39	126	00:00:16	00:11:54	00:29:14.35	00:29:30.40	+00:10:14 (35.0%)	5:50	10.3 (65.2%)
288	BIAŁAS Ewa	766		30-39	127	00:00:28	00:12:13	00:29:14.85	00:29:43.65	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
288	GLANOWSKA Kamila	446	BB BIELSZCZANKI BIEGAJĄ	20-29	54	00:00:30	00:12:26	00:29:14.85	00:29:45.60	+00:10:15 (35.0%)	5:51	10.3 (65.2%)
290	HEJNA Izabela	846	RADLINIOKI W BIEGU	40-49	81	00:00:28	00:13:02	00:29:15.05	00:29:43.15	+00:10:15 (35.1%)	5:51	10.3 (65.2%)
291	ROZMUS Marzena	588	ŚWIERCZYNIEC RUNNING	40-49	82	00:00:27	00:12:47	00:29:15.15	00:29:42.35	+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	GWIZDAŁA Joanna	1214		30-39	128	00:00:23	00:12:11	00:29:17.55	00:29:40.80	+00:10:17 (35.1%)	5:51	10.2 (64.6%)
293	SURMA Bożena	876	KĘCKIE HARPAGANY	30-39	129	00:00:13	00:12:24	00:29:19.80	00:29:32.90	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
294	HETMANIOK Agnieszka	1226		20-29	55	00:00:11	00:11:58	00:29:19.90	00:29:31.70	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
295	MAZUR Beata	621	FANTASTIC ANIA SIKORA	20-29	56	00:00:00	00:12:43	00:29:19.95	00:29:19.95	+00:10:20 (35.2%)	5:51	10.2 (64.6%)
296	LEPA Klaudia	1126		16-19	10	00:00:08	00:11:24	00:29:20.30	00:29:28.55	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
297	KUŚ Anna	9		30-39	130	00:00:10	00:12:33	00:29:21.45	00:29:32.05	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
298	PYTEL Renata	170	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	83	00:00:32	00:12:18	00:29:21.70	00:29:54.35	+00:10:21 (35.3%)	5:52	10.2 (64.6%)
299	TRELA Dorota	995	JUST FEEL FIT TEAM	40-49	84	00:00:29	00:12:03	00:29:22.80	00:29:52.20	+00:10:23 (35.3%)	5:52	10.2 (64.6%)
300	SIENIAWSKA Janina	341	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	60+	6	00:00:17	00:12:11	00:29:24.05	00:29:41.05	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
301	WODECKA Sabina	209	FORMA WODZISŁAW ŚLĄSKI	40-49	85	00:00:05	00:12:02	00:29:24.95	00:29:30.65	+00:10:25 (35.4%)	5:53	10.2 (64.6%)
302	POSTÓŁ Karolina	945		30-39	131	00:00:04	00:12:31	00:29:25.85	00:29:30.20	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
303	STANISLAWISZYN Małgorzata	950	NR	40-49	86	00:00:04	00:12:32	00:29:26.00	00:29:30.10	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
304	MUSIAŁ Maria	915		50-59	15	00:00:38	00:12:43	00:29:26.20	00:30:04.25	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
305	PARCHAŃSKA Iwona	909		20-29	57	00:00:16	00:12:37	00:29:26.80	00:29:43.05	+00:10:27 (35.5%)	5:53	10.2 (64.6%)
306	PIECYK Adrianna	175		40-49	87	00:00:14	00:11:46	00:29:28.60	00:29:43.35	+00:10:28 (35.6%)	5:53	10.2 (64.6%)
307	ROSGA Anna	1142		40-49	88	00:00:29	00:12:35	00:29:29.55	00:29:59.25	+00:10:29 (35.6%)	5:54	10.2 (64.6%)
308	FRAJHOFER Ewa	983	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	132	00:00:00	00:12:10	00:29:31.05	00:29:31.05	+00:10:31 (35.6%)	5:54	10.2 (64.6%)
309	HABRAM Joanna	51	FORMA WODZISŁAW ŚLĄSKI	30-39	133	00:00:21	00:12:38	00:29:31.40	00:29:52.40	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
310	CIMAŁA Katarzyna	306		20-29	58	00:00:12	00:11:51	00:29:32.25	00:29:44.35	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
311	CEPUCHOWICZ Sylwia	810	W POGONI ZA DUCHEM	40-49	89	00:00:14	00:12:33	00:29:32.75	00:29:47.55	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
312	ŻAK Joanna	841		30-39	134	00:00:23	00:12:38	00:29:34.00	00:29:57.00	+00:10:34 (35.7%)	5:54	10.1 (63.9%)
313	PRÓSZYŃSKA Agnieszka	567		30-39	135	00:00:27	00:12:53	00:29:34.05	00:30:01.25	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
314	SMOLIŃSKA Ilona	150		40-49	90	00:00:00	00:12:44	00:29:34.10	00:29:34.10	+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	BEDKA Daria	1237		30-39	136	00:00:18	00:12:32	00:29:34.20	00:29:52.65	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
316	SZCZERBAK Sabina	767		30-39	137	00:00:12	00:12:34	00:29:34.65	00:29:47.35	+00:10:34 (35.8%)	5:55	10.1 (63.9%)
317	LATA Beata	922		40-49	91	00:00:15	00:12:32	00:29:35.10	00:29:50.35	+00:10:35 (35.8%)	5:55	10.1 (63.9%)
318	CAPUTA Lucyna	1042		30-39	138	00:00:27	00:12:50	00:29:36.30	00:30:03.75	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
319	KUŹNIK Ewa	1268		20-29	59	00:00:13	00:12:24	00:29:36.35	00:29:49.40	+00:10:36 (35.8%)	5:55	10.1 (63.9%)
320	URBAŃSKA Justyna	203	MIECHOWICKA GRUPA BIEGOWA	30-39	139	00:00:31	00:13:05	00:29:37.00	00:30:08.85	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
321	BROCKA Anita	337		40-49	92	00:00:27	00:12:25	00:29:37.05	00:30:04.65	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
322	GROŃSKA Agnieszka	1090		40-49	93	00:00:15	00:12:34	00:29:37.50	00:29:53.20	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
323	ZACHURZOK Ewelina	747	OLZA CIESZYN	30-39	140	00:00:11	00:12:18	00:29:37.90	00:29:48.90	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
324	DOBRAS Anna	287	MIECHOWICKA GRUPA BIEGOWA	30-39	141	00:00:31	00:13:05	00:29:38.00	00:30:09.35	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
325	JAKUBIK Edyta	101		30-39	142	00:00:21	00:12:13	00:29:38.80	00:30:00.05	+00:10:39 (35.9%)	5:55	10.1 (63.9%)
326	WAJMAN-GRASZA Katarzyna	418	STEP-DANCE RUN	30-39	143	00:00:20	00:12:47	00:29:39.75	00:30:00.20	+00:10:39 (36.0%)	5:56	10.1 (63.9%)
327	TOMASZEWSKA Magdalena	1092		40-49	94	00:00:34	00:13:23	00:29:39.85	00:30:14.70	+00:10:40 (36.0%)	5:56	10.1 (63.9%)
328	TRZCIŃSKA Joanna	115	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	00:29:41.65	00:30:02.35	+00:10:41 (36.0%)	5:56	10.1 (63.9%)
329	JĘDRZEJEK Michalina	449		40-49	95	00:00:23	00:13:16	00:29:42.75	00:30:06.65	+00:10:42 (36.1%)	5:56	10.1 (63.9%)
330	FIZIA Joanna	96	KOLOROWA DRUŻYNA NESSI	30-39	144	00:00:16	00:12:54	00:29:46.55	00:30:02.90	+00:10:46 (36.2%)	5:57	10.1 (63.9%)
331	JUCHA Monika	891	SZYBKIE ŻÓŁWIE	40-49	96	00:00:23	00:12:25	00:29:46.90	00:30:10.85	+00:10:47 (36.2%)	5:57	10.1 (63.9%)
332	IZABELA Woźniak	13	INTER ROPE TEAM	40-49	97	00:00:08	00:12:26	00:29:47.80	00:29:56.50	+00:10:48 (36.2%)	5:57	10.1 (63.9%)
333	BARTOSIAK Dagmara	1246		30-39	145	00:00:36	00:12:36	00:29:50.00	00:30:26.40	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
334	PRZYBYŁA Kasia	775		40-49	98	00:00:14	00:12:30	00:29:50.20	00:30:04.80	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
335	WIĘSEK Judyta	1232	GWARKOWE DZIEWCZYNY	30-39	146	00:00:19	00:12:32	00:29:50.70	00:30:10.30	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
336	GORAUS-GŁOWANIA Daria	110	ADS MASNA	20-29	61	00:00:23	00:13:22	00:29:50.95	00:30:14.35	+00:10:51 (36.4%)	5:58	10.1 (63.9%)
337	KONDZIOŁKA Kinga	912		16-19	11	00:00:12	00:12:47	00:29:51.35	00:30:03.45	+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	ZIEMIŃSKA Patrycja	510	ŚWIRY STELA	40-49	99	00:00:11	00:12:27	00:29:51.80	00:30:03.55	+00:10:52 (36.4%)	5:58	10 (63.3%)
339	BREJTA-MACIOCHA Joanna	1198	DECATHLON RYBNIK	30-39	147	00:00:00	00:13:01	00:29:53.95	00:29:53.95	+00:10:54 (36.5%)	5:58	10 (63.3%)
340	ŚMIEJA Joanna	620	RUNTEAM PAWŁOWICE	50-59	16	00:00:18	00:12:42	00:29:54.15	00:30:12.90	+00:10:54 (36.5%)	5:58	10 (63.3%)
341	AUGUSTYN Agnieszka	1112	MORSY NA KOKSIE	40-49	100	00:00:41	00:12:27	00:29:54.65	00:30:36.00	+00:10:54 (36.5%)	5:59	10 (63.3%)
342	KOWALCZYK Izabela	989	JUSTFEELFETTEAM	30-39	148	00:00:29	00:12:46	00:29:55.25	00:30:24.45	+00:10:55 (36.5%)	5:59	10 (63.3%)
343	OSZCZĘDA Marzena	323		40-49	101	00:00:14	00:11:43	00:29:56.35	00:30:10.65	+00:10:56 (36.5%)	5:59	10 (63.3%)
344	SEBESTA-JABŁOŃSKA Karolina	218		30-39	149	00:00:17	00:12:30	00:29:57.00	00:30:14.90	+00:10:57 (36.6%)	5:59	10 (63.3%)
345	VLTAVSKÁ Zuzana	576	SK ČERNÉ PLÍCE	20-29	62	00:00:19	00:12:52	00:29:59.00	00:30:18.80	+00:10:59 (36.6%)	5:59	10 (63.3%)
346	URBAŃSKA Justyna	262		40-49	102	00:00:25	00:12:55	00:30:00.25	00:30:25.30	+00:11:00 (36.7%)	6:00	10 (63.3%)
347	SZALENIEC Patrycja	498	BĘDZIN TEAM	30-39	150	00:00:15	00:12:37	00:30:00.90	00:30:16.80	+00:11:01 (36.7%)	6:00	10 (63.3%)
348	DĄBROWSKA Jadwiga	196	FANTASTIC	30-39	151	00:00:49	00:13:26	00:30:01.70	00:30:50.80	+00:11:01 (36.7%)	6:00	10 (63.3%)
349	TYKIERKA Małgorzata	1169	TOXPRESS	40-49	103	00:00:38	00:13:14	00:30:01.75	00:30:39.95	+00:11:01 (36.7%)	6:00	10 (63.3%)
350	RAWICZ-GROTOWSKA Jowita	1006		40-49	104	00:00:10	00:12:50	00:30:03.45	00:30:14.25	+00:11:03 (36.8%)	6:00	10 (63.3%)
351	NOWAK Anna	15	DECATHLON ŻORY	20-29	63	00:00:00	00:13:19	00:30:06.15	00:30:06.15	+00:11:06 (36.9%)	6:01	10 (63.3%)
352	STUHLIK Gabriela	349		30-39	152	00:00:21	00:12:47	00:30:06.25	00:30:28.00	+00:11:06 (36.9%)	6:01	10 (63.3%)
353	MIŚ Ela	993	JUSTFEELFIT TEAM	20-29	64	00:00:07	00:12:22	00:30:06.65	00:30:13.75	+00:11:06 (36.9%)	6:01	10 (63.3%)
354	GIŻYŃSKA Katarzyna	1043	KOBIETY NA 5+	30-39	153	00:00:14	00:12:24	00:30:07.15	00:30:21.80	+00:11:07 (36.9%)	6:01	10 (63.3%)
355	MALISZEWSKA Beata	12		30-39	154	00:00:31	00:12:32	00:30:07.70	00:30:38.75	+00:11:07 (36.9%)	6:01	10 (63.3%)
356	REYMANN Milena	978	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	155	00:00:35	00:12:37	00:30:07.90	00:30:43.05	+00:11:08 (37.0%)	6:01	10 (63.3%)
357	DUCHNOWSKA Katarzyna	986	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	156	00:00:34	00:12:39	00:30:08.25	00:30:43.15	+00:11:08 (37.0%)	6:01	10 (63.3%)
358	MIELKE Dagmara	254		40-49	105	00:00:27	00:12:28	00:30:09.90	00:30:37.30	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
359	KOWAL Beata	40	MIECHOWICKA GRUPA BIEGOWA	40-49	106	00:00:32	00:13:22	00:30:10.20	00:30:42.40	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
360	RYBARSKA Dorota	808		20-29	65	00:00:26	00:13:40	00:30:10.30	00:30:36.50	+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	HOLISZ-JANUSZEK Joanna	245		30-39	157	00:00:33	00:12:45	00:30:10.65	00:30:43.85	+00:11:10 (37.1%)	6:02	9.9 (62.7%)
362	PIPIRO Grażyna	397	DRUŻYNA KOBIETY NA 5+	60+	7	00:00:08	00:12:27	00:30:10.90	00:30:19.60	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
363	WALUSZ Jolanta	462	SZOMBIERKI RUNNERS	40-49	107	00:00:42	00:12:51	00:30:11.65	00:30:53.80	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
364	KĘPKA Joanna	850	WYMYŚLANKA	40-49	108	00:00:20	00:11:58	00:30:11.70	00:30:32.10	+00:11:11 (37.1%)	6:02	9.9 (62.7%)
365	GÓRSKA Magda	299		40-49	109	00:00:17	00:12:40	00:30:11.95	00:30:29.45	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
366	KOLORZ-SAJDAK Beata	724		30-39	158	00:00:39	00:13:15	00:30:16.65	00:30:56.60	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
367	KUŹNIK Edyta	844		20-29	66	00:00:30	00:13:06	00:30:16.75	00:30:47.60	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
368	ROGALA Anna	904		30-39	159	00:00:24	00:12:33	00:30:22.55	00:30:47.25	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
369	PIECHA Klaudia	1197	DECATHLON RYBNIK	20-29	67	00:00:00	00:13:18	00:30:22.90	00:30:22.90	+00:11:23 (37.5%)	6:04	9.9 (62.7%)
370	GATNER Agnieszka	428		30-39	160	00:00:36	00:13:29	00:30:25.45	00:31:01.75	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
371	OSIADŁY Anna	887		40-49	110	00:00:19	00:12:58	00:30:25.75	00:30:45.30	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
372	FRYDECKA Mirosława	1202	AKADEMIA BIEGANIA W ŚWIERKLANACH	40-49	111	00:00:32	00:13:22	00:30:26.20	00:30:58.80	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
373	PIETROSZEK Władysława	1052	MATKA I CÓRKA	40-49	112	00:00:24	00:13:06	00:30:26.35	00:30:50.95	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
374	WĘGRZYN Ewa	580		30-39	161	00:00:11	00:12:18	00:30:27.95	00:30:39.65	+00:11:28 (37.6%)	6:05	9.8 (62.0%)
375	KRZESZOWSKA Beata	298	MIECHOWICKA GRUPA BIEGOWA	40-49	113	00:00:34	00:13:04	00:30:28.35	00:31:03.20	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
376	SZCZĘSNA Edyta	144	RYTM CZECHOWICE - DZIEDZICE	30-39	162	00:00:27	00:13:13	00:30:28.75	00:30:56.05	+00:11:28 (37.7%)	6:05	9.8 (62.0%)
377	BLANA Małgorzata	1263		40-49	114	00:00:31	00:12:34	00:30:29.10	00:31:00.10	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
378	SKÓRA Aneta	525		30-39	163	00:00:23	00:13:12	00:30:29.30	00:30:52.95	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
379	PODSIADŁO Nina	408		30-39	164	00:00:23	00:13:12	00:30:29.75	00:30:52.95	+00:11:29 (37.7%)	6:05	9.8 (62.0%)
380	BZOWSKA Aleksandra	362	NIGHTRUNNERS GLIWICE	30-39	165	00:00:22	00:13:13	00:30:30.10	00:30:52.75	+00:11:30 (37.7%)	6:06	9.8 (62.0%)
381	PRZESÓR Barbara	571		30-39	166	00:00:06	00:12:27	00:30:32.60	00:30:38.65	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
382	SZEFER Wioleta	545		30-39	167	00:00:18	00:12:47	00:30:32.65	00:30:51.40	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
383	SZWEDA-KUBOSZEK Katarzyna	537	SPOT PSZCZYNA	30-39	168	00:00:24	00:12:54	00:30:33.30	00:30:57.40	+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	SZEFER Sylwia	547	KOBIETY 5+	30-39	169	00:00:18	00:12:47	00:30:33.90	00:30:51.90	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
385	KUBICA Patrycja	722	OLZA CIESZYN	30-39	170	00:00:12	00:12:32	00:30:34.05	00:30:46.25	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
386	GOLEC-CHOLEWA Aleksandra	994	JUSTFEELFIT TEAM	30-39	171	00:00:28	00:12:55	00:30:37.30	00:31:05.90	+00:11:37 (38.0%)	6:07	9.8 (62.0%)
387	GÓRKIEWICZ Magdalena	784		20-29	68	00:00:34	00:13:35	00:30:37.80	00:31:11.95	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
388	SKWARK Aneta	899		30-39	172	00:00:25	00:13:31	00:30:38.30	00:31:03.65	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
389	CYRULIK Ania	948		20-29	69	00:00:16	00:13:10	00:30:39.45	00:30:55.70	+00:11:39 (38.0%)	6:07	9.8 (62.0%)
390	PLESZCZYŃSKA Iwona	83		30-39	173	00:00:20	00:12:56	00:30:39.65	00:31:00.40	+00:11:39 (38.0%)	6:08	9.8 (62.0%)
391	KOZOK Małgorzata	178	STS BIEGATON MIKOŁÓW	40-49	115	00:00:15	00:12:34	00:30:41.30	00:30:56.80	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
392	FROSZTĘGA Katarzyna	951	SISTERS	30-39	174	00:00:25	00:13:31	00:30:41.70	00:31:07.50	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
393	CICHY Agnieszka	137		30-39	175	00:00:17	00:12:52	00:30:43.30	00:31:00.95	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
394	SZCZELINA Marta	489	KOLOROWA DRUŻYNA NESSI	30-39	176	00:00:06	00:12:39	00:30:43.65	00:30:49.85	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
395	BOŻEK Dagmara	425		40-49	116	00:00:12	00:12:30	00:30:45.60	00:30:57.70	+00:11:45 (38.2%)	6:09	9.8 (62.0%)
396	MARSZALIK Anna	411		30-39	177	00:00:02	00:12:28	00:30:45.95	00:30:48.05	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
397	MISZCZAK Anna	469	BIEGIEMANIA	40-49	117	00:00:14	00:12:27	00:30:48.20	00:31:02.65	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
398	JĘDRZEJEWSKA Beata	1067		30-39	178	00:00:30	00:12:44	00:30:48.35	00:31:18.85	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
399	WACŁAWIK Ewa	193	FANTASTIC ANIA SIKORA	40-49	118	00:00:19	00:13:17	00:30:48.65	00:31:08.50	+00:11:48 (38.3%)	6:09	9.7 (61.4%)
400	MATUĆ Aleksandra	93	MIECHOWICKA GRUPA BEGOWA	40-49	119	00:00:34	00:13:20	00:30:49.50	00:31:23.80	+00:11:49 (38.4%)	6:09	9.7 (61.4%)
401	SITKO Dagmara	830	GWARKOWE DZIEWCZYNY	30-39	179	00:00:19	00:12:54	00:30:50.45	00:31:10.15	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
402	WIECZOREK Klaudia	338	KOBIETY NA 5+	20-29	70	00:00:32	00:13:27	00:30:51.25	00:31:23.65	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
403	MILKOWSKA Wanessa	1134		16-19	12	00:00:11	00:12:46	00:30:51.65	00:31:03.05	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
404	ADAMIK Magda	437	KOLOROWA DRUŻYNA NESSI	30-39	180	00:01:36	00:13:00	00:30:51.80	00:32:28.45	+00:11:52 (38.4%)	6:10	9.7 (61.4%)
405	SIKORA Agnieszka	324	NIGHT RUNNERS	30-39	181	00:00:40	00:13:25	00:30:51.90	00:31:32.20	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
406	TYCZYŃSKA Małgorzata	183	SZYBKE ŻÓŁWIE	50-59	17	00:00:28	00:13:27	00:30:52.55	00:31:20.90	+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	MENŻYK Anna	668		30-39	191	00:00:41	00:13:53	00:31:13.50	00:31:55.35	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
431	JACAK Marta	180		30-39	192	00:00:45	00:13:21	00:31:14.50	00:32:00.35	+00:12:14 (39.2%)	6:15	9.6 (60.8%)
432	ZAJAC SWOBODA Beata	477	AMATOR	40-49	128	00:00:18	00:13:06	00:31:15.70	00:31:34.20	+00:12:15 (39.2%)	6:15	9.6 (60.8%)
433	SKOCZEK Agnieszka	549	CHILLOUT	40-49	129	00:00:33	00:13:05	00:31:15.80	00:31:49.25	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
434	BURZYŃSKA Beata	1101		40-49	130	00:00:06	00:12:44	00:31:16.00	00:31:22.35	+00:12:16 (39.2%)	6:15	9.6 (60.8%)
435	MORIC Anna	278	KOLOROWA DRUŻYNA NESSI	30-39	193	00:00:11	00:12:45	00:31:19.30	00:31:30.60	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
436	MALINOWSKA Aneta	60	OLZA CIESZYN	40-49	131	00:00:27	00:13:05	00:31:20.60	00:31:47.85	+00:12:20 (39.4%)	6:16	9.6 (60.8%)
437	ŚMIGIELSKA Justyna	1140	MORSY NA KOKSIE	30-39	194	00:00:42	00:13:15	00:31:22.50	00:32:05.35	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
438	KONIECZKA Katarzyna	191	MIECHOWICKA GRUPA BIEGOWA	40-49	132	00:00:46	00:13:44	00:31:22.65	00:32:09.55	+00:12:22 (39.5%)	6:16	9.6 (60.8%)
439	PTASZYŃSKA Justyna	848	RADLINIOKI W BIEGU	40-49	133	00:00:42	00:13:35	00:31:22.80	00:32:05.10	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
440	NALEPA Marta	865		30-39	195	00:00:19	00:12:45	00:31:23.80	00:31:43.45	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
441	OKOŃ Elżbieta	379		30-39	196	00:00:23	00:13:04	00:31:24.15	00:31:47.40	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
442	WAWRZYK Iwona	248	OLZA CIESZYN	50-59	19	00:00:26	00:13:06	00:31:28.10	00:31:54.85	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
443	KUBACZKA-LIGENZA Sylwia	426	#CZELADZBIEGA	30-39	197	00:00:31	00:13:17	00:31:28.25	00:32:00.00	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
444	KUCZA-CHMIEL Kalina	1227		40-49	134	00:00:44	00:13:22	00:31:28.70	00:32:13.35	+00:12:28 (39.7%)	6:17	9.5 (60.1%)
445	ROMBERG Agnieszka	43	MIECHOWICKA GRUPA BIEGOWA	40-49	135	00:00:33	00:13:21	00:31:29.45	00:32:02.70	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
446	GÓRNY Jola	272	NUTREND TEAM	40-49	136	00:00:01	00:12:10	00:31:29.60	00:31:31.25	+00:12:29 (39.7%)	6:18	9.5 (60.1%)
447	MARCINKOWSKA Beata	393	#CZELADZBIEGA	40-49	137	00:00:31	00:13:08	00:31:30.20	00:32:01.95	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
448	BRYCHCY Estera	1138	RUNTEAM PAWŁOWICE	30-39	198	00:00:07	00:13:09	00:31:30.35	00:31:38.15	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
449	RUCIŃSKA Kinga	740		30-39	199	00:00:07	00:12:27	00:31:30.40	00:31:37.50	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
450	KLUSKA Sylwia	98		50-59	20	00:00:00	00:13:45	00:31:30.65	00:31:30.65	+00:12:30 (39.7%)	6:18	9.5 (60.1%)
451	DARNOWSKA-HYLA Julia	1111		30-39	200	00:00:17	00:13:01	00:31:32.85	00:31:50.65	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
452	ŚLEZIONA Katarzyna	1068		30-39	201	00:00:16	00:13:01	00:31:33.65	00:31:49.80	+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	ZŁOCIAK Agnieszka	666		40-49	138	00:00:34	00:13:02	00:31:34.65	00:32:08.85	+00:12:34 (39.8%)	6:18	9.5 (60.1%)
454	GŁĄB Magdalena	205		30-39	202	00:00:33	00:13:03	00:31:34.70	00:32:08.45	+00:12:34 (39.8%)	6:19	9.5 (60.1%)
455	DOBOSZ Ilona	624		40-49	139	00:00:05	00:12:24	00:31:35.15	00:31:40.40	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
456	PINGIELSKA Małgorzata	838	RADLINIOKI W BIEGU	40-49	140	00:00:27	00:13:26	00:31:35.35	00:32:03.20	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
457	WIŚNIEWSKA Justyna	34	KOBIETY NA 5+	30-39	203	00:00:14	00:12:47	00:31:35.50	00:31:49.95	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
458	DOLNIK Katarzyna	1003		30-39	204	00:00:18	00:13:55	00:31:35.60	00:31:54.35	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
459	NIEDZIOŁKO Bożena	72	KOBIETY NA 5+	50-59	21	00:00:14	00:12:47	00:31:36.00	00:31:50.00	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
460	KARKULA Katarzyna	1051		30-39	205	00:00:23	00:13:27	00:31:36.20	00:31:59.20	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
461	PYZIK Barbara	728		30-39	206	00:00:38	00:13:43	00:31:36.70	00:32:15.05	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
462	MARCINKIEWICZ-KLUCZNIK Ewa	302	ZESPÓŁ SZKÓŁ NR 6 IM. KRÓLA JANA III SOBIESKIEGO	40-49	141	00:00:07	00:12:48	00:31:37.00	00:31:44.95	+00:12:37 (39.9%)	6:19	9.5 (60.1%)
463	HUBA Agnieszka	553	KOBIETY NA 5+	30-39	207	00:00:21	00:12:18	00:31:40.60	00:32:01.60	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
464	ADAMCZYK Sandra	1013		20-29	75	00:00:28	00:12:48	00:31:40.70	00:32:08.70	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
465	WOJDANOWSKA Małgorzata	1117		30-39	208	00:00:34	00:13:15	00:31:40.85	00:32:15.65	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
466	FECZKO Lucyna	1166		40-49	142	00:00:16	00:13:35	00:31:41.20	00:31:58.10	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
467	DYCZEK Klaudia	640	DYCZUŚ TEAM	30-39	209	00:00:29	00:13:45	00:31:42.10	00:32:11.95	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
468	KACZOREK Ania	210		40-49	143	00:00:21	00:13:30	00:31:42.85	00:32:03.95	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
469	MLECZKO Monika	1189		50-59	22	00:00:37	00:13:27	00:31:42.95	00:32:19.95	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
470	SRADOMSKA Barbara	1224	HRMAX ŻORY	40-49	144	00:00:21	00:13:31	00:31:43.20	00:32:04.45	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
471	MACURA Ewa	493	HRMAX ŻORY	50-59	23	00:00:20	00:13:32	00:31:43.40	00:32:04.20	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
472	HERDUŚ Lucyna	753		30-39	210	00:00:24	00:13:34	00:31:43.50	00:32:07.70	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
473	PASZEK Hania	611	HRMAX DZIOŁSZKI	40-49	145	00:00:20	00:13:30	00:31:43.70	00:32:04.15	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
474	KOGUT Edyta	1291	HR MAX DZIOŁSZKI	40-49	146	00:00:20	00:13:30	00:31:44.05	00:32:04.20	+00:12:44 (40.1%)	6:20	9.5 (60.1%)
475	LEPICH Katarzyna	1236	MIECHOWICKA GRUPA BIEGOWA	30-39	211	00:00:33	00:13:32	00:31:44.10	00:32:17.30	+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	BURNAGIEL Agata	292	HRMAX DZIOŁSZKI	50-59	24	00:00:19	00:13:33	00:31:44.55	00:32:04.15	+00:12:44 (40.2%)	6:21	9.4 (59.5%)
477	LISZOK Iwona	597		30-39	212	00:00:16	00:13:20	00:31:44.85	00:32:01.45	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
478	LIDUK Wioletta	1038		40-49	147	00:00:14	00:12:33	00:31:44.95	00:31:59.55	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
479	BARTECKA Sabina	560	HRMAX ŻORY	40-49	148	00:00:19	00:13:30	00:31:45.25	00:32:04.25	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
480	BASEK Marta	420	HR MAX DZIOŁSZKI	40-49	149	00:00:18	00:13:31	00:31:45.35	00:32:03.95	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
481	KUCZEK Katarzyna	1037	PGB SPORTOWA PACZKA	40-49	150	00:00:14	00:12:33	00:31:45.45	00:31:59.45	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	KĄŁUS Ewa	467	HRMAX ŻORY	40-49	151	00:00:18	00:13:31	00:31:45.55	00:32:04.05	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
482	PADIASEK Dominika	487	HRMAX ŻORY	30-39	213	00:00:18	00:13:33	00:31:45.55	00:32:04.45	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
484	PUSTELNIK Ewa	107		40-49	152	00:00:18	00:13:30	00:31:45.70	00:32:03.85	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
485	DZIAŁKOWSKA Barbara	790		40-49	153	00:00:22	00:13:06	00:31:46.40	00:32:09.05	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
486	KATARZYNA Wesołowska	8		40-49	154	00:00:10	00:12:35	00:31:46.50	00:31:57.20	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
487	ZIELINA Katarzyna	732		20-29	76	00:00:49	00:14:24	00:31:46.65	00:32:36.10	+00:12:46 (40.2%)	6:21	9.4 (59.5%)
488	WALA Anna	1220		30-39	214	00:00:11	00:12:07	00:31:46.85	00:31:58.65	+00:12:47 (40.2%)	6:21	9.4 (59.5%)
489	KORCZEWSKA Beata	1234	MIECHOWICKA GRUPA BIEGOWA	40-49	155	00:00:33	00:13:32	00:31:48.00	00:32:21.30	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
490	RADZIEWICZ Renata	479	SPOT	40-49	156	00:00:45	00:14:15	00:31:49.20	00:32:35.10	+00:12:49 (40.3%)	6:22	9.4 (59.5%)
491	ŻUCHOWICZ Elzbieta	908	KOLOROWA DRUŻYNA NESSI	50-59	25	00:00:10	00:13:37	00:31:49.55	00:31:59.70	+00:12:49 (40.3%)	6:21	9.4 (59.5%)
492	MARCINKOWSKA Magdalena	119	MIECHOWICKA GRUPA BIEGOWA	30-39	215	00:00:31	00:13:34	00:31:50.35	00:32:21.65	+00:12:50 (40.3%)	6:22	9.4 (59.5%)
493	PETRYKOWSKA Elżbieta	578	AMATOR	40-49	157	00:00:07	00:12:51	00:31:50.95	00:31:58.35	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
494	MAZUR Justyna	387	FANTASTIC ANIA SIKORA	30-39	216	00:00:20	00:13:34	00:31:51.65	00:32:12.00	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
495	WOJTOŃ-STAWICKA Małgorzata	246	RUNTEAM PAWŁOWICE	50-59	26	00:00:22	00:13:33	00:31:51.80	00:32:14.35	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
496	WOSIŃSKA Helena	942	RUNTEAM PAWŁOWICE	30-39	217	00:00:20	00:13:08	00:31:53.80	00:32:14.30	+00:12:54 (40.4%)	6:22	9.4 (59.5%)
497	ZAGÓRSKA Beata	1297	NIEDŹWIEDŹ TEAM	30-39	218	00:00:49	00:13:28	00:31:54.10	00:32:43.10	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
498	GORUS Anna	719	NIGHT RUNNERS ZABRZE	30-39	219	00:00:40	00:13:35	00:31:54.50	00:32:35.35	+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	SYLWIA Kopel	1127	KOBIETY NA 5+	40-49	158	00:00:32	00:13:21	00:31:54.60	00:32:26.75	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
500	DELEWSKA Dorota	512	NIGHT RUNNERS	40-49	159	00:00:39	00:13:36	00:31:54.80	00:32:34.60	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
501	ŻURKE Basia	859		40-49	160	00:00:27	00:12:53	00:31:55.10	00:32:22.80	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
502	BARDOSZ Renata	589	NIGHT RUNNERS	40-49	161	00:00:39	00:13:37	00:31:55.35	00:32:34.85	+00:12:55 (40.5%)	6:23	9.4 (59.5%)
503	HRYNKIEWICZ Izabela	1098		30-39	220	00:00:26	00:12:57	00:31:56.85	00:32:23.00	+00:12:57 (40.5%)	6:23	9.4 (59.5%)
504	DOROBEK Agata	582		40-49	162	00:00:36	00:13:40	00:31:58.50	00:32:34.80	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
505	STOPYRA Agnieszka	684	BRAK	40-49	163	00:00:16	00:13:03	00:32:00.10	00:32:16.65	+00:13:00 (40.6%)	6:24	9.4 (59.5%)
506	PILCH Anna	1155		30-39	221	00:00:33	00:14:03	00:32:03.15	00:32:36.55	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
506	KISZKA Oriana	20	DIAGNOSTIX	30-39	222	00:00:33	00:14:03	00:32:03.15	00:32:36.65	+00:13:03 (40.7%)	6:24	9.4 (59.5%)
508	TOMAN Aneta	1199	HRMAXZORY	30-39	223	00:00:00	00:13:53	00:32:04.10	00:32:04.10	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
509	SAWICKA Marta	47		30-39	224	00:00:47	00:13:58	00:32:04.80	00:32:52.70	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
510	BERNAT Katarzyna	902		40-49	164	00:00:35	00:13:15	00:32:05.25	00:32:40.35	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
511	KUFIETA Ewelina Ina	664		30-39	225	00:00:35	00:13:15	00:32:05.35	00:32:40.45	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
512	KUCZERA Angelika	505		16-19	14	00:00:31	00:14:29	00:32:06.10	00:32:37.15	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
513	BORIŃSKA Jadwiga	662		50-59	27	00:00:36	00:13:54	00:32:06.30	00:32:42.55	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
514	ŚWIERCZ Anna	187	KOBIETY NA 5+	40-49	165	00:00:14	00:12:58	00:32:06.80	00:32:21.70	+00:13:07 (40.8%)	6:25	9.3 (58.9%)
515	PŁASKA Barbara	62	KOBIETY NA 5+	40-49	166	00:00:14	00:12:58	00:32:07.35	00:32:21.55	+00:13:07 (40.9%)	6:25	9.3 (58.9%)
516	KAŃTOCH Izabela	158	HAM EXPERT	40-49	167	00:00:43	00:13:44	00:32:07.85	00:32:51.65	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
517	KANTOROWSKA Ania	699	POWOLI DO CELU	30-39	226	00:00:40	00:13:36	00:32:12.15	00:32:52.45	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
518	MAZUROWSKA Bogusława	1040		40-49	168	00:00:26	00:13:20	00:32:15.20	00:32:41.40	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
519	GRZELAK Patrycja	583	KOBIETY NA 5+	30-39	227	00:00:16	00:13:24	00:32:15.35	00:32:32.15	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
520	SZALA Beata	267	SBD ENERGETYK RYBNIK	30-39	228	00:00:33	00:13:18	00:32:16.60	00:32:49.60	+00:13:16 (41.1%)	6:27	9.3 (58.9%)
521	KSEPKO Kasia	91		30-39	229	00:00:34	00:13:54	00:32:17.15	00:32:52.00	+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	POLIWKI-FILIPOWSKA Karolina	858		20-29	77	00:00:53	00:14:23	00:32:17.95	00:33:11.00	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
523	ŚLEDŹ Dorota	88	HRMAX ŻORY	16-19	15	00:00:20	00:13:36	00:32:18.60	00:32:38.60	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
524	BAŁA Justyna	151	KOBIETY NA 5+	30-39	230	00:00:24	00:13:37	00:32:18.65	00:32:43.60	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
525	MYŚLIWIEC Monika	1156	KOBIETY NA 5+	40-49	169	00:00:02	00:13:00	00:32:19.10	00:32:21.90	+00:13:19 (41.2%)	6:27	9.3 (58.9%)
526	VAIDYAN Vimala	828		20-29	78	00:00:03	00:13:14	00:32:20.05	00:32:23.05	+00:13:20 (41.2%)	6:28	9.3 (58.9%)
527	SIKORA Anna	247	FANTASTIC ANIA SIKORA	40-49	170	00:00:00	00:13:03	00:32:20.25	00:32:20.25	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
528	SIKORA Magdalena	5	FANTASTIC ANIA SIKORA	16-19	16	00:00:00	00:13:03	00:32:20.45	00:32:20.45	+00:13:20 (41.3%)	6:28	9.3 (58.9%)
529	M Beata	109	BB BIELSZCZANKI BIEGAJĄ	50-59	28	00:00:37	00:13:23	00:32:21.20	00:32:58.45	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
530	KRZEMPEK Bogusława	71	WAPIENICKI TEAM	40-49	171	00:00:37	00:13:31	00:32:21.50	00:32:58.70	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
531	MIŚKOWIEC Agnieszka	1136		40-49	172	00:00:38	00:13:42	00:32:21.95	00:32:59.95	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
532	PIECHOTA Hanna	17	DECATHLON ŻORY	20-29	79	00:00:25	00:13:55	00:32:24.00	00:32:49.25	+00:13:24 (41.4%)	6:28	9.3 (58.9%)
533	JASZCZAK Małgorzata	134		20-29	80	00:00:17	00:13:38	00:32:25.15	00:32:42.80	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
533	KOWALCZYK Zuzanna	16	DECATHLON ŻORY	30-39	231	00:00:24	00:13:55	00:32:25.15	00:32:49.35	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
535	STANISZEWSKA-COLIK Magdalena	524		30-39	232	00:00:03	00:13:39	00:32:25.35	00:32:28.85	+00:13:25 (41.4%)	6:29	9.3 (58.9%)
536	WITKOWSKA Maria	384	KLUB KRÓLIKA STEFANA	60+	8	00:00:33	00:13:45	00:32:26.30	00:33:00.25	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
537	GODZIC Magdalena	451		40-49	173	00:00:29	00:13:19	00:32:26.40	00:32:55.45	+00:13:26 (41.4%)	6:29	9.2 (58.2%)
538	SZCZĘŚBNIAK DUDAŁA Małgorzata	1239	#CZELADZBIEGA	40-49	174	00:00:30	00:13:14	00:32:28.25	00:32:58.85	+00:13:28 (41.5%)	6:29	9.2 (58.2%)
539	WRZOSEK Karolina	35	#CZELADZBIEGA	20-29	81	00:00:29	00:13:15	00:32:28.85	00:32:58.55	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
540	BUJAK-KAPA Dorota	958	#CZELADZBIEGA	30-39	233	00:00:29	00:13:15	00:32:28.90	00:32:58.85	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
541	ZIEJA Iza	364		40-49	175	00:00:05	00:13:33	00:32:29.25	00:32:34.50	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
542	KSIĄDZ Aneta	802		30-39	234	00:00:25	00:13:58	00:32:29.70	00:32:55.55	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
543	GORAUS Anna	188	ADS MASNA	30-39	235	00:00:31	00:13:18	00:32:29.85	00:33:01.65	+00:13:30 (41.5%)	6:30	9.2 (58.2%)
544	MARCYNIAK Katarzyna	1119		30-39	236	00:00:30	00:14:17	00:32:32.30	00:33:02.45	+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	KOZDĘBA Katarzyna	1072		40-49	176	00:00:30	00:14:18	00:32:32.30	00:33:02.50	+00:13:32 (41.6%)	6:30	9.2 (58.2%)
546	KOŁODZIEJ Ilona	527	-----	40-49	177	00:00:47	00:14:02	00:32:32.95	00:33:20.10	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
547	KAJDA Zuzanna	78	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	237	00:00:20	00:13:26	00:32:33.10	00:32:53.70	+00:13:33 (41.6%)	6:30	9.2 (58.2%)
548	AUGUŚCIK Ewelina	30		30-39	238	00:00:19	00:13:21	00:32:36.35	00:32:56.05	+00:13:36 (41.7%)	6:31	9.2 (58.2%)
549	CHROBOK Natalia	734	OLZA CIESZYN	30-39	239	00:00:21	00:13:20	00:32:37.05	00:32:58.65	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
550	JAKACKA Agata	1048		20-29	82	00:00:49	00:15:18	00:32:37.35	00:33:27.05	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
551	KLEPACKA Edyta	219		40-49	178	00:00:33	00:13:53	00:32:37.60	00:33:10.80	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
552	ŻERDKA Agnieszka	1106	BRYKAJĄCA GRUPA BIEGOWA	30-39	240	00:00:32	00:13:44	00:32:39.15	00:33:11.75	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
553	SIENKIEWICZ Gabriela	761		30-39	241	00:00:38	00:13:42	00:32:39.95	00:33:18.65	+00:13:40 (41.8%)	6:32	9.2 (58.2%)
554	JAKIMCZUK Małgorzata	806		40-49	179	00:00:00	00:14:07	00:32:40.45	00:32:40.45	+00:13:40 (41.9%)	6:32	9.2 (58.2%)
555	GRZYŚKA Katarzyna	371		30-39	242	00:01:19	00:13:58	00:32:40.80	00:34:00.75	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
556	KRZACZEK Aleksandra	849	RADLINIOKI W BIEGU	40-49	180	00:00:27	00:13:41	00:32:41.30	00:33:09.10	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
557	TOKAREWICZ Justyna	936		30-39	243	00:00:22	00:13:55	00:32:41.70	00:33:03.95	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
558	KRÓLIKOWSKA Gabriela	165	KATOWICE	60+	9	00:00:01	00:13:26	00:32:43.50	00:32:44.95	+00:13:43 (42.0%)	6:32	9.2 (58.2%)
559	PRZYBYŁA Violetta	543	PARKRUN TYCHY	40-49	181	00:00:02	00:13:04	00:32:44.80	00:32:46.95	+00:13:45 (42.0%)	6:32	9.2 (58.2%)
560	STEKLA-MAJER Anna	1096		20-29	83	00:00:27	00:13:47	00:32:45.20	00:33:12.75	+00:13:45 (42.0%)	6:33	9.2 (58.2%)
561	NĘDZA Luiza	816		20-29	84	00:00:41	00:14:31	00:32:47.55	00:33:28.95	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
562	MIKA Emilia	646		20-29	85	00:00:39	00:13:41	00:32:47.70	00:33:27.65	+00:13:47 (42.1%)	6:33	9.1 (57.6%)
563	SUDLITZ Anna	1049	FORTUNA SISTERS	30-39	244	00:00:38	00:14:48	00:32:48.90	00:33:27.55	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
564	FOJCIK Asia	145	SBD ENERGETYK RYBNIK	40-49	182	00:00:00	00:13:51	00:32:49.40	00:32:49.40	+00:13:49 (42.1%)	6:33	9.1 (57.6%)
565	SZLAUR Ewelina	720	OLZA CIESZYN	30-39	245	00:00:44	00:14:47	00:32:50.00	00:33:34.20	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
566	DRYNDY Jolanta	735		30-39	246	00:00:10	00:13:21	00:32:50.10	00:33:00.80	+00:13:50 (42.1%)	6:34	9.1 (57.6%)
567	TOWŚCIK Anna	918		30-39	247	00:00:23	00:13:55	00:32:52.75	00:33:16.00	+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	RODAK Agnieszka	1125	W POGONI ZA DUCHEM	30-39	248	00:00:34	00:14:11	00:32:52.75	00:33:27.50	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
569	MAZUR Aleksandra	365		30-39	249	00:00:45	00:15:13	00:32:53.35	00:33:38.50	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
570	NAWROCKA Agnieszka	213		40-49	183	00:00:28	00:14:00	00:32:55.35	00:33:23.35	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
571	GASZKA Sylwia	225		40-49	184	00:00:27	00:13:29	00:32:55.55	00:33:22.65	+00:13:55 (42.3%)	6:35	9.1 (57.6%)
572	JAROSIŃSKA Barbara	608		40-49	185	00:00:28	00:14:00	00:32:55.85	00:33:24.65	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	STRZODA Barbara	448	PSZCZYNA BIEGA	30-39	250	00:00:13	00:13:21	00:32:56.05	00:33:09.35	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
573	TATARCZYK Justyna	481		30-39	251	00:00:33	00:14:01	00:32:56.05	00:33:29.50	+00:13:56 (42.3%)	6:35	9.1 (57.6%)
575	MAGDALENA Gałuszka	1050	FORTUNA SISTERS	40-49	186	00:00:38	00:14:48	00:32:59.00	00:33:37.05	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
576	KRYSTEK Ewelina	715	PSZCZYNA BIEGA	30-39	252	00:00:12	00:13:22	00:32:59.70	00:33:12.55	+00:13:59 (42.4%)	6:36	9.1 (57.6%)
577	BORUS Joanna	438	OLZA CIESZYN	40-49	187	00:00:28	00:13:57	00:32:59.90	00:33:28.50	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
578	SAMSEL Zuzanna	557		30-39	253	00:00:44	00:14:19	00:33:00.30	00:33:44.35	+00:14:00 (42.4%)	6:36	9.1 (57.6%)
579	SKRZYPCZAK Edyta	877		20-29	86	00:00:05	00:15:01	00:33:01.85	00:33:07.15	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
580	JÓZEF Ania	314	ADS MASNA	30-39	254	00:00:15	00:13:43	00:33:01.90	00:33:17.50	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
581	ADAMUS Katarzyna	67	OLZA CIESZYN	40-49	188	00:00:33	00:14:05	00:33:03.00	00:33:36.30	+00:14:03 (42.5%)	6:36	9.1 (57.6%)
582	TARGOSZ Aneta	24	OLZA CIESZYN	30-39	255	00:00:32	00:14:06	00:33:04.10	00:33:36.60	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
583	HALSZKA Dominika	996		20-29	87	00:00:24	00:14:02	00:33:04.55	00:33:28.95	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
584	LANGE Katarzyna	756	VIKING TRAINING CENTER	30-39	256	00:00:49	00:15:12	00:33:04.65	00:33:54.35	+00:14:04 (42.6%)	6:37	9.1 (57.6%)
585	JAFERNIK Małgorzata	1262	PW RAFI	30-39	257	00:00:35	00:14:04	00:33:05.45	00:33:41.35	+00:14:05 (42.6%)	6:37	9.1 (57.6%)
586	NOWAK Anna	456		40-49	189	00:00:29	00:13:56	00:33:06.25	00:33:35.35	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
587	PUDA Dorota	1183		40-49	190	00:00:22	00:13:50	00:33:06.30	00:33:29.25	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
588	KISIELEWSKA Mirella	480		30-39	258	00:00:44	00:13:53	00:33:06.85	00:33:50.95	+00:14:07 (42.6%)	6:37	9.1 (57.6%)
589	PROKOPENKO Aga	122		40-49	191	00:01:06	00:13:35	00:33:08.90	00:34:15.45	+00:14:09 (42.7%)	6:37	9 (57.0%)
590	BRODA Beata	263		40-49	192	00:00:14	00:13:21	00:33:09.45	00:33:23.95	+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	BLANIK Aga	730		30-39	269	00:00:29	00:13:53	00:33:36.85	00:34:06.20	+00:14:37 (43.5%)	6:43	8.9 (56.3%)
615	KOŁODZIEJ Ewa	867		50-59	30	00:00:22	00:13:50	00:33:39.90	00:34:02.15	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
616	URBAŚ Monika	436	KOBIETY 5+	30-39	270	00:00:28	00:13:57	00:33:40.00	00:34:08.70	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
617	WÓJCIK Anna	279	DRUŻYNA ING	30-39	271	00:00:07	00:14:05	00:33:40.60	00:33:47.80	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
618	KLIMCZAK Ewa	935		20-29	93	00:00:21	00:13:57	00:33:40.90	00:34:02.45	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
619	ANTONIEWSKA Katarzyna	443		40-49	199	00:00:41	00:13:59	00:33:41.60	00:34:23.40	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
620	RUTKA Magdalena	1274		20-29	94	00:00:39	00:13:41	00:33:42.15	00:34:21.90	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
620	ZAWADA Teresa	890		50-59	31	00:00:35	00:14:24	00:33:42.15	00:34:17.85	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
622	OSTROWSKA Izabela	1035	KOBIETY NA 5+	40-49	200	00:00:50	00:14:08	00:33:42.25	00:34:32.35	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
623	WESOŁY Agnieszka	123	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:46	00:15:07	00:33:44.85	00:34:31.45	+00:14:45 (43.7%)	6:45	8.9 (56.3%)
624	ŚWIETLIK Joanna	613		30-39	272	00:00:12	00:13:46	00:33:48.50	00:34:01.30	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
625	ORZECHOWSKA Iwona	619	MYSŁOWICKI KLUB NO 1	30-39	273	00:00:10	00:13:31	00:33:48.55	00:33:59.45	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
626	KRÓL Magdalena	1196	KING TEAM	40-49	202	00:00:43	00:14:20	00:33:49.10	00:34:32.55	+00:14:49 (43.8%)	6:45	8.9 (56.3%)
627	PODESZWA Barbara	648	WYMYŚLANKA	40-49	203	00:00:46	00:14:59	00:33:49.35	00:34:36.10	+00:14:49 (43.8%)	6:46	8.9 (56.3%)
628	MAZUR Małgorzata	1109	KOBIETY NA 5+	40-49	204	00:00:23	00:14:18	00:33:50.25	00:34:13.80	+00:14:50 (43.9%)	6:46	8.9 (56.3%)
629	PAWLIK Natalia	422		20-29	95	00:00:24	00:13:35	00:33:51.95	00:34:16.75	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
629	GÓRAL Alina	657		30-39	274	00:00:50	00:14:15	00:33:51.95	00:34:42.85	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
631	MRÓZ-NOWIŃSKA Iwona	1076	MORSY NA KOKSIE	40-49	205	00:00:54	00:14:36	00:33:53.05	00:34:47.75	+00:14:53 (43.9%)	6:46	8.9 (56.3%)
632	SERAFIN-CHWAŁEK Joanna	1130	KOBIETY 5+	40-49	206	00:00:46	00:14:29	00:33:53.65	00:34:40.20	+00:14:53 (44.0%)	6:46	8.8 (55.7%)
633	DZIĘCIELEWSKA Sylwia	564		40-49	207	00:00:43	00:13:51	00:33:54.05	00:34:37.40	+00:14:54 (44.0%)	6:46	8.8 (55.7%)
634	TOBICZYK-TEPER Agnieszka	546		40-49	208	00:00:34	00:13:56	00:34:00.85	00:34:35.65	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
635	WĘGLEWSKA Marzena	600		40-49	209	00:00:08	00:13:47	00:34:01.20	00:34:09.40	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
636	GÓRECKA Aleksandra	673	INTER ROPE TEAM	30-39	275	00:00:40	00:14:34	00:34:01.40	00:34:41.70	+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	OSZEK Karolina	1066	AMATOR	30-39	276	00:00:30	00:14:22	00:34:01.45	00:34:31.70	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
638	KLONOWSKA Monika	1062		30-39	277	00:00:29	00:14:23	00:34:01.95	00:34:31.45	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
639	KOLARZ Kasia	898	BB BIELSZCZANI BIEGAJĄ	40-49	210	00:00:23	00:14:18	00:34:04.85	00:34:28.10	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
640	MAROSZEK Aleksandra	680		40-49	211	00:00:18	00:13:35	00:34:05.25	00:34:24.15	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
641	KUBIŃSKA Aleksandra	606		30-39	278	00:00:28	00:14:31	00:34:05.75	00:34:34.10	+00:15:05 (44.3%)	6:49	8.8 (55.7%)
642	NĘDZA LIGEŻA Wioletta	817		40-49	212	00:00:41	00:14:35	00:34:08.10	00:34:49.50	+00:15:08 (44.3%)	6:49	8.8 (55.7%)
643	ADAMCZAK Renata	1248	INTER ROPE TEAM	40-49	213	00:00:39	00:14:35	00:34:09.35	00:34:48.55	+00:15:09 (44.4%)	6:49	8.8 (55.7%)
644	BŁAŻEJEWSKA Magdalena	73		30-39	279	00:00:38	00:14:39	00:34:11.15	00:34:49.80	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
645	PIETRUSZEWSKA Magdalena	770	MIECHOWICKA GRUPA BIEGOWA	30-39	280	00:00:46	00:14:55	00:34:11.20	00:34:58.00	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
646	BROCZKOWSKA Sylwia	49		40-49	214	00:00:37	00:14:40	00:34:12.05	00:34:49.95	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
647	SŁUPIK Bożena	833		40-49	215	00:00:22	00:14:07	00:34:12.20	00:34:34.65	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
648	KAJTOCH Ewa	1018	AKADEMIA BIEGANIA W SWIERKLANACH	40-49	216	00:00:32	00:13:42	00:34:14.90	00:34:47.25	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	HERDA Sławomira	558		40-49	217	00:00:35	00:13:51	00:34:15.10	00:34:50.50	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
649	SŁUPECKA Beata	44	KOBIETY NA 5+	40-49	218	00:00:50	00:14:02	00:34:15.10	00:35:05.70	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
651	PEPEK Aneta	1277		30-39	281	00:00:42	00:14:29	00:34:16.10	00:34:58.55	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
652	MORGAŁA Daria	315		30-39	282	00:00:50	00:14:55	00:34:16.20	00:35:06.80	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
653	CZMOK Paulina	539		30-39	283	00:00:21	00:14:22	00:34:17.25	00:34:38.65	+00:15:17 (44.6%)	6:51	8.8 (55.7%)
654	SZAFRON Gosia	644	SPOT PSZCZYNA	30-39	284	00:00:25	00:14:01	00:34:18.60	00:34:44.00	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
655	WÓJCIAK Magdalena	142		30-39	285	00:00:23	00:13:47	00:34:19.45	00:34:42.95	+00:15:19 (44.7%)	6:51	8.7 (55.1%)
656	HABER Katarzyna	1292	MIECHOWICKA GRUPA BIEGOWA	40-49	219	00:00:25	00:14:29	00:34:20.10	00:34:45.20	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
657	DOBOSZ Katarzyna	818	MIECHOWICKA GRUPA BIEGOWA	40-49	220	00:00:24	00:14:30	00:34:20.15	00:34:44.60	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
658	BADACZEWSKA Anna	1266	BTM RUNNERS	30-39	286	00:00:28	00:13:36	00:34:26.35	00:34:54.35	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
659	MORAWIEC Magdalena	1254	BTM RUNNERS	20-29	96	00:00:27	00:13:35	00:34:27.25	00:34:54.65	+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	SZEWERDA Hanna	353	BTM RUNNERS	40-49	221	00:00:27	00:13:35	00:34:27.30	00:34:54.55	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
661	PARSZEWSKA Ola	359	BTM RUNNERS	20-29	97	00:00:26	00:13:37	00:34:27.35	00:34:54.05	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
662	WĘGOREK Monika	357	BTM RUNNERS	30-39	287	00:00:27	00:13:36	00:34:27.40	00:34:54.40	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
663	ROSA Aśka	197		20-29	98	00:00:06	00:13:40	00:34:27.65	00:34:34.15	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
664	SZYMKOWSKA Zuzanna	403	BTM RUNNERS	40-49	222	00:00:26	00:13:38	00:34:27.95	00:34:54.40	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
665	BŁOŃSKA-POLAK Ewa	352	BTM RUNNERS	40-49	223	00:00:25	00:13:37	00:34:28.55	00:34:54.40	+00:15:28 (44.9%)	6:53	8.7 (55.1%)
666	SAWICKA Agnieszka	181		30-39	288	00:00:46	00:14:40	00:34:30.00	00:35:16.60	+00:15:30 (44.9%)	6:54	8.7 (55.1%)
667	SZCZUREK Barbara	1010		30-39	289	00:00:54	00:15:03	00:34:31.10	00:35:25.10	+00:15:31 (45.0%)	6:54	8.7 (55.1%)
668	NOWAK Ewelina	118	KOBIETY NA 5+	40-49	224	00:00:48	00:14:33	00:34:32.00	00:35:20.50	+00:15:32 (45.0%)	6:54	8.7 (55.1%)
669	KONOPACKA Waleria	335	ZABIERZÓW BIEGA	60+	10	00:00:42	00:15:00	00:34:33.15	00:35:15.25	+00:15:33 (45.0%)	6:54	8.7 (55.1%)
670	ĆWIKLIŃSKA-SŁOWIK Magdalena	679		30-39	290	00:00:28	00:14:27	00:34:33.80	00:35:02.60	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
671	SMAGA Ewelina	605		30-39	291	00:00:00	00:14:59	00:34:34.15	00:34:34.15	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
672	SURY-WOLNIEWICZ Kamila	1110	KOBIETY NA 5+	40-49	225	00:00:53	00:14:50	00:34:35.85	00:35:29.50	+00:15:36 (45.1%)	6:55	8.7 (55.1%)
673	BOMBIK Edyta	896		30-39	292	00:00:48	00:14:21	00:34:37.00	00:35:25.10	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
673	DOBIJA-PAW Anna	1029	KĘCKIE HARPAGANY	40-49	226	00:00:41	00:14:31	00:34:37.00	00:35:18.05	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
675	MROZEK Karolina	1123		20-29	99	00:00:45	00:14:55	00:34:37.15	00:35:23.10	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
676	KRASIŃSKA Inga	976		30-39	293	00:00:47	00:14:22	00:34:37.40	00:35:25.30	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
677	ZŁOCH Agnieszka	937	KĘCKIE HARPAGANY	40-49	227	00:00:40	00:14:32	00:34:37.75	00:35:18.20	+00:15:37 (45.1%)	6:55	8.7 (55.1%)
678	PRZYBYCIN Bożena	398		30-39	294	00:00:47	00:14:54	00:34:38.20	00:35:25.35	+00:15:38 (45.2%)	6:55	8.7 (55.1%)
679	JORDAN Monika	577		30-39	295	00:00:23	00:13:48	00:34:40.45	00:35:04.35	+00:15:40 (45.2%)	6:56	8.6 (54.4%)
680	ŁEPEK Bożena	238		40-49	228	00:00:43	00:14:59	00:34:42.00	00:35:25.30	+00:15:42 (45.3%)	6:56	8.6 (54.4%)
681	SERAFIN Izabela	1284	KLUB BIEGACZA FARTLEK	40-49	229	00:00:44	00:14:39	00:34:43.05	00:35:27.60	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
681	CHAREŻA Agnieszka	1025	DRUŻYNA KOBIETY NA 5+	30-39	296	00:00:44	00:14:39	00:34:43.05	00:35:27.90	+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	ROTTER Hanna	911	J TEAM	50-59	32	00:00:14	00:13:31	00:34:43.60	00:34:58.50	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
683	MARYJOSZ Katarzyna	253		40-49	230	00:00:33	00:14:21	00:34:43.60	00:35:16.60	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
685	MAC Joanna	1192		40-49	231	00:00:43	00:14:59	00:34:44.50	00:35:27.60	+00:15:44 (45.3%)	6:56	8.6 (54.4%)
686	PISKORZ Maugo	933	MIECHOWICKA GRUPA BIEGOWA	40-49	232	00:00:44	00:13:40	00:34:45.00	00:35:29.70	+00:15:45 (45.3%)	6:57	8.6 (54.4%)
687	DAMIĘCKA Magda	1271	RUNTEAM PAWŁOWICE	30-39	297	00:00:00	00:15:07	00:34:47.25	00:34:47.25	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
688	JANECKA Natalia	883		16-19	18	00:00:52	00:14:57	00:34:48.00	00:35:40.75	+00:15:48 (45.4%)	6:57	8.6 (54.4%)
689	NOSOL Karolina	1256	PW RAFI	20-29	100	00:00:36	00:14:03	00:34:48.80	00:35:24.80	+00:15:49 (45.4%)	6:57	8.6 (54.4%)
690	OLEARCZYK Marcelina	880		40-49	233	00:00:12	00:13:21	00:34:50.25	00:35:02.35	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
691	GIZA Anna	1022		30-39	298	00:00:19	00:13:57	00:34:50.55	00:35:10.10	+00:15:50 (45.5%)	6:58	8.6 (54.4%)
692	STOCHLA Małgorzata	1024		40-49	234	00:00:19	00:13:56	00:34:52.05	00:35:11.10	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
693	SENDAL Jolanta	1020		30-39	299	00:00:18	00:13:57	00:34:52.20	00:35:11.10	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
694	KABAŁA Monika	1287		40-49	235	00:00:00	00:15:45	00:34:52.55	00:34:52.55	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
695	ROZALSKA Magdalena	1157		30-39	300	00:00:34	00:13:27	00:34:52.85	00:35:27.35	+00:15:53 (45.5%)	6:58	8.6 (54.4%)
696	KOTOWICZ Bernadetta	1212		40-49	236	00:00:37	00:14:57	00:34:53.95	00:35:31.15	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
697	HOLA Barbara	637		30-39	301	00:00:00	00:14:02	00:34:54.35	00:34:54.35	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
698	KOWALSKA Małgorzata	907		50-59	33	00:00:41	00:14:30	00:34:56.55	00:35:38.20	+00:15:56 (45.6%)	6:59	8.6 (54.4%)
699	ITCZAK Mirella	667		20-29	101	00:00:50	00:15:44	00:34:57.10	00:35:47.65	+00:15:57 (45.6%)	6:59	8.6 (54.4%)
700	KUCZERA Bernadeta	503		30-39	302	00:00:39	00:14:26	00:34:58.60	00:35:37.75	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
701	BIEGUN Beata	999		60+	11	00:00:15	00:14:05	00:35:00.25	00:35:15.55	+00:16:00 (45.7%)	7:00	8.6 (54.4%)
702	ŁUKASIK Aldona	284	NMŚ	30-39	303	00:01:18	00:13:56	00:35:00.80	00:36:19.15	+00:16:01 (45.7%)	7:00	8.6 (54.4%)
703	KONIOR Katarzyna	743		20-29	102	00:00:36	00:14:20	00:35:03.85	00:35:39.95	+00:16:04 (45.8%)	7:00	8.6 (54.4%)
704	TRACZ Adrianna	755		20-29	103	00:00:34	00:14:22	00:35:04.50	00:35:39.40	+00:16:04 (45.8%)	7:01	8.6 (54.4%)
705	KOPEĆ Ewelina	370		30-39	304	00:00:32	00:14:30	00:35:04.65	00:35:36.85	+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	MATERNOWSKA Sandra	1041		20-29	110	00:00:16	00:13:39	00:35:37.85	00:35:54.40	+00:16:38 (46.7%)	7:07	8.4 (53.2%)
730	NOWAK Agnieszka	1241	#CZELADZBIEGA	30-39	315	00:00:31	00:14:43	00:35:38.90	00:36:10.40	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	SZULIK Wioletta	676		30-39	316	00:00:29	00:14:27	00:35:39.20	00:36:08.70	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
731	BAJER Marzena	1162	DYSTANS LUBOMIA	30-39	317	00:00:54	00:15:36	00:35:39.20	00:36:33.45	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
733	SZEWCZYK Agnieszka	1257		20-29	111	00:00:37	00:14:51	00:35:39.40	00:36:16.95	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
734	WRONA Aleksandra	774		20-29	112	00:00:55	00:15:16	00:35:47.50	00:36:42.85	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
735	RAJS Ewelina	484	WRŚ	40-49	241	00:00:56	00:15:34	00:35:47.70	00:36:43.75	+00:16:47 (46.9%)	7:09	8.4 (53.2%)
736	BAK-ŚCIERSKA Beata	551	ŚCIERSCY TEAM	40-49	242	00:00:47	00:15:17	00:35:53.00	00:36:40.90	+00:16:53 (47.1%)	7:10	8.4 (53.2%)
737	SLADECZEK Izabela	1296	PAWŁOWICE	30-39	318	00:00:46	00:15:08	00:35:55.00	00:36:41.05	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
738	PIETROSZEK Sandra	1056	W&S PIETROSZEK	16-19	19	00:00:25	00:14:29	00:35:55.95	00:36:21.25	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
739	MATUNIN Alina	1081	MIECHOWICKA GRUPA BIEGOWA	30-39	319	00:00:40	00:15:20	00:35:56.00	00:36:36.10	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
740	CZARNECKA Małgorzata	32	MIECHOWICKA GRUPA BIEGOWA	40-49	243	00:00:39	00:15:14	00:35:56.25	00:36:35.90	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
741	PANEK Agnieszka	519	KOLOROWA DRUŻYNA NESSI	40-49	244	00:00:47	00:15:29	00:35:56.90	00:36:44.05	+00:16:57 (47.2%)	7:11	8.3 (52.5%)
742	ŚLIWA Kornelia	566	MIECHOWICKA GRUPA BIEGOWA	40-49	245	00:00:46	00:15:14	00:35:58.15	00:36:44.65	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
743	PERKOWSKA Izabela	831		50-59	36	00:00:47	00:15:19	00:36:02.45	00:36:50.05	+00:17:02 (47.3%)	7:12	8.3 (52.5%)
744	LAPCZYK Magdalena	839	LICHOTAEM	30-39	320	00:00:38	00:14:53	00:36:03.15	00:36:41.35	+00:17:03 (47.3%)	7:12	8.3 (52.5%)
745	SZABLICKA Agata	824		40-49	246	00:00:04	00:14:47	00:36:05.75	00:36:10.40	+00:17:05 (47.4%)	7:13	8.3 (52.5%)
746	JEZIOROWSKA-CAPANDA Patrycja	160		20-29	113	00:00:00	00:15:10	00:36:05.95	00:36:05.95	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
747	PROKOPIUK Adriana	288	KLUB BIEGACZA FARTLEK	30-39	321	00:00:47	00:14:39	00:36:06.40	00:36:53.55	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
748	SZEWCZUK Agnieszka	562		40-49	247	00:00:00	00:14:53	00:36:06.80	00:36:06.80	+00:17:07 (47.4%)	7:13	8.3 (52.5%)
749	SOBCZAK Magdalena	879		30-39	322	00:00:46	00:15:09	00:36:10.25	00:36:56.25	+00:17:10 (47.5%)	7:14	8.3 (52.5%)
750	MULKA Urszula	146		30-39	323	00:00:48	00:14:41	00:36:10.95	00:36:59.15	+00:17:11 (47.5%)	7:14	8.3 (52.5%)
751	KORALEWSKA Kinga	363		30-39	324	00:00:43	00:15:31	00:36:15.30	00:36:59.20	+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	MODLIŃSKA Paulina	1235		30-39	325	00:00:43	00:15:31	00:36:15.75	00:36:59.00	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
753	BOMBOR Antonina	336		30-39	326	00:00:43	00:15:19	00:36:15.95	00:36:59.85	+00:17:16 (47.6%)	7:15	8.3 (52.5%)
754	ROS-PARYPA Diana	1084		40-49	248	00:00:43	00:14:57	00:36:20.15	00:37:03.60	+00:17:20 (47.7%)	7:16	8.3 (52.5%)
755	KAŁUŻA Aleksandra	593	KOBIETY NA 5+	30-39	327	00:00:21	00:14:28	00:36:21.10	00:36:42.50	+00:17:21 (47.7%)	7:16	8.3 (52.5%)
756	STĘPIŃSKA Patrycja	963		20-29	114	00:00:21	00:14:32	00:36:21.60	00:36:43.50	+00:17:21 (47.8%)	7:16	8.2 (51.9%)
757	BIL Malwina	1063	KOBIETY NA 5+	30-39	328	00:00:21	00:14:28	00:36:27.45	00:36:49.15	+00:17:27 (47.9%)	7:17	8.2 (51.9%)
758	GŁĄB Mariola	941		30-39	329	00:00:50	00:14:49	00:36:28.60	00:37:19.15	+00:17:28 (47.9%)	7:17	8.2 (51.9%)
759	WISEŁKA Lucyna	289		30-39	330	00:00:55	00:15:25	00:36:33.25	00:37:28.30	+00:17:33 (48.0%)	7:18	8.2 (51.9%)
760	ŚWIDER Anna	215		40-49	249	00:00:50	00:15:29	00:36:37.65	00:37:27.85	+00:17:37 (48.1%)	7:19	8.2 (51.9%)
761	BRANDYS Krystyna	461		30-39	331	00:00:36	00:14:34	00:36:39.65	00:37:16.55	+00:17:39 (48.2%)	7:20	8.2 (51.9%)
762	DYNIA Magdalena	82		40-49	250	00:00:36	00:14:34	00:36:39.90	00:37:16.80	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
763	PEPEK Bożena	812		30-39	332	00:00:40	00:14:55	00:36:39.95	00:37:20.65	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
764	ZIELONKA Agnieszka	1273		30-39	333	00:00:40	00:15:16	00:36:40.10	00:37:20.85	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
765	KARWACKA Sylwia	541		30-39	334	00:00:00	00:16:04	00:36:40.35	00:36:40.35	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
766	SARNECKA-BĘBENEK Aleksandra	76	GB GALOPUJĄCE ŚLIMAKI	30-39	335	00:00:41	00:15:06	00:36:41.95	00:37:23.15	+00:17:42 (48.2%)	7:20	8.2 (51.9%)
767	JANECKA Ela	642		40-49	251	00:00:52	00:14:57	00:36:45.25	00:37:37.55	+00:17:45 (48.3%)	7:21	8.2 (51.9%)
768	NALEPKA Katarzyna	29	MIECHOWICKA GRUPA BIEGOWA	40-49	252	00:00:46	00:15:27	00:36:46.85	00:37:33.00	+00:17:47 (48.4%)	7:21	8.2 (51.9%)
769	ISKRA Joanna	492		30-39	336	00:00:48	00:15:42	00:36:49.20	00:37:37.85	+00:17:49 (48.4%)	7:21	8.1 (51.3%)
770	WYSOCKA Aneta	506	WKURW_TEAM	30-39	337	00:00:44	00:15:18	00:36:50.30	00:37:35.15	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
770	FABIA Sylwia	454		20-29	115	00:00:48	00:15:42	00:36:50.30	00:37:38.60	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
772	KOCYAN Małgorzata	435	BIEGAJ Z TRENERAMI	50-59	37	00:00:40	00:14:54	00:36:50.75	00:37:31.60	+00:17:50 (48.4%)	7:22	8.1 (51.3%)
773	FABIAŃSKA Katarzyna	1023	MORSY NA KOKSIE	30-39	338	00:00:42	00:14:33	00:36:52.30	00:37:34.60	+00:17:52 (48.5%)	7:22	8.1 (51.3%)
774	PARZYCH Renata	1201	KOBIETY NA 5+	60+	13	00:00:16	00:15:00	00:36:52.45	00:37:08.60	+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	HABER Karolina	856		20-29	116	00:00:25	00:14:43	00:36:54.20	00:37:19.60	+00:17:54 (48.5%)	7:22	8.1 (51.3%)
776	PAWĘZOWSKA Anna	500	BĘDZIN TEAM	40-49	253	00:00:45	00:15:36	00:37:02.90	00:37:48.40	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
777	GUBAŁA Monika	243	W POGONI ZA MOTYLEM	20-29	117	00:00:48	00:16:09	00:37:03.05	00:37:51.25	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
778	HALAMA Karolina	628		16-19	20	00:00:22	00:14:25	00:37:03.75	00:37:25.95	+00:18:03 (48.7%)	7:24	8.1 (51.3%)
779	KACZKIEWICZ Agnieszka	138	NIGHT RUNNERS GLIWICE	40-49	254	00:00:19	00:14:52	00:37:04.35	00:37:24.25	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
779	HARATYK Joanna	381		30-39	339	00:00:54	00:15:44	00:37:04.35	00:37:59.25	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
781	CZAPEK Ania	946	NIGHT RUNNERS GLIWICE	40-49	255	00:00:19	00:14:40	00:37:04.75	00:37:24.30	+00:18:04 (48.8%)	7:25	8.1 (51.3%)
782	OL Klaudia	1145		40-49	256	00:00:30	00:14:57	00:37:06.00	00:37:36.55	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
783	HERZYK Alicja	956		30-39	340	00:00:22	00:16:41	00:37:06.65	00:37:28.95	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
784	HONCEK Magdalena	1255		40-49	257	00:00:53	00:16:53	00:37:07.40	00:38:01.05	+00:18:07 (48.8%)	7:25	8.1 (51.3%)
785	KROCZEK Magdalena	1137		30-39	341	00:00:39	00:14:53	00:37:08.25	00:37:47.40	+00:18:08 (48.8%)	7:25	8.1 (51.3%)
786	BRZANA Klaudia	791		20-29	118	00:00:46	00:16:03	00:37:08.75	00:37:54.95	+00:18:08 (48.9%)	7:25	8.1 (51.3%)
787	SABAT Katarzyna	135		30-39	342	00:00:45	00:14:49	00:37:09.75	00:37:55.05	+00:18:09 (48.9%)	7:26	8.1 (51.3%)
788	CZAPOROWSKI Daria	893		30-39	343	00:00:35	00:15:04	00:37:10.80	00:37:45.95	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
789	SKRABARCZYK Anna	710	POWOLI DO CELU	30-39	344	00:00:40	00:14:53	00:37:11.45	00:37:51.95	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
790	STANO Monika	765	KOBIETY NA 5+	30-39	345	00:00:49	00:15:40	00:37:13.15	00:38:03.05	+00:18:13 (49.0%)	7:26	8.1 (51.3%)
791	NAWARYŃSKA Katarzyna	1120	STRONG WOMEN	20-29	119	00:00:44	00:16:36	00:37:15.85	00:38:00.55	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
792	NAWARYŃSKA Ewa	366		40-49	258	00:00:45	00:16:35	00:37:16.05	00:38:01.35	+00:18:16 (49.0%)	7:27	8.1 (51.3%)
793	IGNACEK Aleksandra	835		30-39	346	00:00:04	00:14:49	00:37:18.50	00:37:23.15	+00:18:18 (49.1%)	7:27	8 (50.6%)
794	BIERNACKA Teresa	609	MIRAZ RACE TEAM	30-39	347	00:00:40	00:15:33	00:37:20.05	00:38:00.80	+00:18:20 (49.1%)	7:28	8 (50.6%)
795	KORCZYK Beata	156	KOLOROWA DRUŻYNA NESSI	30-39	348	00:00:10	00:14:31	00:37:20.40	00:37:30.80	+00:18:20 (49.1%)	7:28	8 (50.6%)
796	STEFAŃSKA Dorota	1087		30-39	349	00:00:46	00:16:01	00:37:23.05	00:38:09.25	+00:18:23 (49.2%)	7:28	8 (50.6%)
797	PŁAZA Monika	1186		20-29	120	00:00:51	00:16:12	00:37:24.95	00:38:16.10	+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	MYŚLIWIEC Barbara	27	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	00:38:10.95	00:38:26.85	+00:19:11 (50.2%)	7:38	7.9 (50.0%)
822	CEBULA Marta	432		20-29	127	00:00:15	00:16:03	00:38:11.20	00:38:26.65	+00:19:11 (50.3%)	7:38	7.9 (50.0%)
823	CZECH Sylwia	417		30-39	361	00:00:53	00:16:04	00:38:12.25	00:39:05.95	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
824	PALUCH Agnieszka	540		30-39	362	00:00:41	00:15:36	00:38:12.30	00:38:53.60	+00:19:12 (50.3%)	7:38	7.9 (50.0%)
825	SZATANIK Iwona	797	OLZA CIESZYN	40-49	266	00:00:32	00:15:38	00:38:16.30	00:38:48.55	+00:19:16 (50.4%)	7:39	7.8 (49.4%)
826	SKOWROŃSKA Patrycja	811	BB BIELSZCZANKI BIEGAJĄ	20-29	128	00:00:05	00:15:12	00:38:27.25	00:38:33.15	+00:19:27 (50.6%)	7:41	7.8 (49.4%)
827	KLIMA Agnieszka	1261		30-39	363	00:00:45	00:16:35	00:38:33.05	00:39:18.60	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
828	GRINIG Mirela	261		40-49	267	00:00:35	00:16:08	00:38:33.40	00:39:08.50	+00:19:33 (50.7%)	7:42	7.8 (49.4%)
829	STYRNOL Beata	1195		40-49	268	00:00:44	00:16:37	00:38:33.90	00:39:18.75	+00:19:34 (50.7%)	7:42	7.8 (49.4%)
830	COFALIK Hanna	1026	AKADEMIA BIEGANIA ŚWIERKLANY	20-29	129	00:00:34	00:15:24	00:38:42.55	00:39:16.95	+00:19:42 (50.9%)	7:44	7.8 (49.4%)
831	ZIENTEK Danuta	803		40-49	269	00:00:56	00:16:11	00:38:48.85	00:39:44.85	+00:19:49 (51.1%)	7:45	7.7 (48.7%)
832	MAŚLANKA-CUBER Barbara	1267		30-39	364	00:00:41	00:14:53	00:38:49.90	00:39:31.55	+00:19:50 (51.1%)	7:46	7.7 (48.7%)
833	SPYRKA Małgorzata	787	AMATORKA	40-49	270	00:00:33	00:15:14	00:38:54.35	00:39:27.65	+00:19:54 (51.2%)	7:46	7.7 (48.7%)
834	DAMIS Daria	1193	-	20-29	130	00:01:01	00:16:11	00:38:59.00	00:40:00.85	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
835	MAGIEREK Magdalena	1194		30-39	365	00:01:02	00:16:11	00:38:59.05	00:40:01.10	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
836	MECHA Dorota	618		50-59	38	00:00:00		00:39:01.05	00:39:01.05	+00:20:01 (51.3%)	7:48	7.7 (48.7%)
837	KŁAK Natalia	1129		20-29	131	00:00:50	00:15:37	00:39:03.90	00:39:54.10	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
838	KOWALSKA Dorota	389	SBD ENERGETYK RYBNIK	50-59	39	00:00:43	00:16:12	00:39:06.10	00:39:49.60	+00:20:06 (51.4%)	7:49	7.7 (48.7%)
839	KUBUSZEWSKA Katarzyna	1181	MORSYNA KOKSIE	40-49	271	00:00:54	00:15:16	00:39:08.75	00:40:02.75	+00:20:08 (51.5%)	7:49	7.7 (48.7%)
840	KOŹDOŃ Jagoda	25		30-39	366	00:00:39	00:16:16	00:39:09.50	00:39:48.50	+00:20:09 (51.5%)	7:49	7.7 (48.7%)
841	PISAREK Dorota	211		40-49	272	00:00:32	00:15:52	00:39:14.10	00:39:46.65	+00:20:14 (51.6%)	7:50	7.6 (48.1%)
842	KIERMASZEK Barbara	917	J TEAM	50-59	40	00:00:16	00:17:14	00:39:15.80	00:39:32.10	+00:20:16 (51.6%)	7:51	7.6 (48.1%)
843	KIERMASZEK Paulina	916	J TEAM	20-29	132	00:00:15	00:17:15	00:39:16.45	00:39:31.90	+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	NOWAK Agnieszka	1175	MORSY NA KOKSIE	30-39	367	00:00:54	00:16:06	00:39:17.40	00:40:11.65	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
844	GALAS Agnieszka	1143	MORSY NA KOKSIE	40-49	273	00:00:54	00:16:06	00:39:17.40	00:40:11.65	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
846	MUCHA Ewa	114	#CZELADZBIEGA	40-49	274	00:00:41	00:16:17	00:39:21.00	00:40:02.85	+00:20:21 (51.7%)	7:52	7.6 (48.1%)
847	ŻYŁA Katarzyna	947		20-29	133	00:00:15	00:16:10	00:39:26.70	00:39:42.25	+00:20:26 (51.8%)	7:53	7.6 (48.1%)
848	NOWAK Dominika	207		30-39	368	00:00:28	00:15:54	00:39:27.15	00:39:56.05	+00:20:27 (51.8%)	7:53	7.6 (48.1%)
849	KOSZEWSKA Natalia	163		20-29	134	00:00:07	00:14:50	00:39:27.95	00:39:35.35	+00:20:28 (51.9%)	7:53	7.6 (48.1%)
850	SOJAK Ewa	1260	ASWC	40-49	275	00:00:23	00:15:50	00:39:29.00	00:39:52.60	+00:20:29 (51.9%)	7:53	7.6 (48.1%)
851	ZALEWSKA Barbara	259	KOBIETY NA 5+	40-49	276	00:00:17	00:15:28	00:39:32.55	00:39:50.25	+00:20:32 (52.0%)	7:54	7.6 (48.1%)
852	ZALEWSKA Wiola	826	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	00:39:33.05	00:39:49.95	+00:20:33 (52.0%)	7:54	7.6 (48.1%)
853	SŁOTA Justyna	1253	MIECHOWICKA GRUPA BIEGOWA	30-39	369	00:00:53	00:16:53	00:39:40.80	00:40:34.40	+00:20:41 (52.1%)	7:56	7.6 (48.1%)
854	DOMINIAK Monika	814	BA-DO	40-49	277	00:00:56	00:16:48	00:39:45.05	00:40:41.75	+00:20:45 (52.2%)	7:57	7.5 (47.5%)
855	WAKUŁA Jolanta	639		30-39	370	00:00:34	00:16:40	00:39:46.75	00:40:21.25	+00:20:46 (52.2%)	7:57	7.5 (47.5%)
856	JAROSZ Jolanta	507	MYSŁOWICKI KLUB BIEACZA NO.I	40-49	278	00:00:42	00:17:05	00:39:47.65	00:40:30.30	+00:20:47 (52.3%)	7:57	7.5 (47.5%)
857	WOWRA Agata	53		30-39	371	00:00:48	00:16:41	00:39:53.90	00:40:42.70	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
858	GŁADOSZ Renata	504		30-39	372	00:00:48	00:16:40	00:39:53.95	00:40:42.75	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
859	SZYMAŃSKA Katarzyna	412		20-29	136	00:00:54	00:17:10	00:39:54.20	00:40:48.85	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
860	JASZEK-ŚWIERCZEK Sandra	627	DYSTANS LUBOMIA	30-39	373	00:00:49	00:16:19	00:39:57.05	00:40:46.35	+00:20:57 (52.4%)	7:59	7.5 (47.5%)
861	BRZANA Anna	656		40-49	279	00:00:47	00:16:54	00:39:57.15	00:40:44.45	+00:20:57 (52.5%)	7:59	7.5 (47.5%)
862	SURMA Adrianna	862	RADLINIOKI W BIEGU	20-29	137	00:00:28	00:16:00	00:39:59.70	00:40:28.55	+00:20:59 (52.5%)	8:00	7.5 (47.5%)
863	KABUT Małgorzata	906	RADLINIOKI W BIEGU	30-39	374	00:00:28	00:16:00	00:39:59.80	00:40:28.35	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
864	AUGUSTYN Anna	768	ADS MASNA	30-39	375	00:00:50	00:16:46	00:39:59.85	00:40:50.05	+00:21:00 (52.5%)	8:00	7.5 (47.5%)
865	ŻUROWSKA Aleksandra	686		20-29	138	00:00:44	00:17:03	00:40:02.60	00:40:47.50	+00:21:02 (52.6%)	8:00	7.5 (47.5%)
866	SZCZEPANIK Marta	731		30-39	376	00:00:57	00:16:58	00:40:06.60	00:41:04.05	+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	PINOCZEK Mariola	965	KOBIETY 5+	40-49	289	00:00:37	00:16:48	00:41:20.05	00:41:57.55	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
891	GRELA Izabela	1233	BRAK	40-49	290	00:01:07	00:16:30	00:41:20.15	00:42:27.15	+00:22:20 (54.0%)	8:16	7.3 (46.2%)
892	SZŁAPA Urszula	964	SPOT PSZCZYNA	30-39	383	00:00:45	00:16:06	00:41:26.35	00:42:11.35	+00:22:26 (54.2%)	8:17	7.2 (45.6%)
893	GOŁĘBIEWSKA Katarzyna	1150		40-49	291	00:00:53	00:16:58	00:41:29.65	00:42:22.70	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
894	KIEŁKOWSKA Ewelina	1078		30-39	384	00:00:51	00:16:13	00:41:33.90	00:42:25.60	+00:22:34 (54.3%)	8:18	7.2 (45.6%)
895	WILK Grażyna	474	LECYMY DURS	40-49	292	00:03:07	00:17:50	00:41:36.90	00:44:44.35	+00:22:37 (54.4%)	8:19	7.2 (45.6%)
896	JANIA Małgorzata	1118		50-59	43	00:00:27	00:17:41	00:41:39.25	00:42:06.55	+00:22:39 (54.4%)	8:19	7.2 (45.6%)
897	ŻEBROWSKA Matylda	195	MYSŁOWICKI KLUB BIEGACZA NO.I	40-49	293	00:00:52	00:13:26	00:41:39.85	00:42:32.10	+00:22:40 (54.4%)	8:20	7.2 (45.6%)
898	GREŃ Joanna	1190		40-49	294	00:01:04	00:17:27	00:41:46.95	00:42:51.00	+00:22:47 (54.5%)	8:21	7.2 (45.6%)
899	MITRĘGA Anna	217		30-39	385	00:00:54	00:16:53	00:41:51.70	00:42:46.30	+00:22:51 (54.6%)	8:22	7.2 (45.6%)
900	STAROŃ Marlena	568		30-39	386	00:00:53	00:16:54	00:41:52.70	00:42:46.35	+00:22:52 (54.6%)	8:22	7.2 (45.6%)
901	SOŁTYSIK Maria	208	POGORIA BIEGA	40-49	295	00:00:41	00:17:13	00:41:59.00	00:42:40.40	+00:22:59 (54.8%)	8:23	7.1 (44.9%)
902	KOZŁOWSKA Barbara	1245		30-39	387	00:00:34	00:16:22	00:42:02.70	00:42:37.60	+00:23:02 (54.8%)	8:24	7.1 (44.9%)
903	WOJTAL Danuta	855		40-49	296	00:00:45	00:17:42	00:42:04.25	00:42:49.75	+00:23:04 (54.8%)	8:24	7.1 (44.9%)
904	KAROLIK Daria	64		20-29	144	00:00:55	00:16:47	00:42:05.05	00:43:00.85	+00:23:05 (54.9%)	8:25	7.1 (44.9%)
905	RODZIEWICZ Agnieszka	1173		30-39	388	00:00:50	00:17:16	00:42:13.60	00:43:04.50	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
906	SZYMANEK Karina	342		40-49	297	00:00:18	00:18:41	00:42:13.70	00:42:31.90	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
907	ŻAK Iwona	842		30-39	389	00:00:12	00:12:42	00:42:19.80	00:42:31.80	+00:23:20 (55.1%)	8:27	7.1 (44.9%)
908	GRZĄBA Ilona	84		40-49	298	00:00:38	00:18:00	00:42:28.50	00:43:07.20	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
909	PLACEK - BURLIGA Barbara	124		40-49	299	00:00:38	00:18:00	00:42:28.75	00:43:07.35	+00:23:28 (55.3%)	8:29	7.1 (44.9%)
910	SMOLARSKA Paulina	1225		30-39	390	00:00:43	00:17:31	00:42:34.40	00:43:17.55	+00:23:34 (55.4%)	8:30	7 (44.3%)
911	LIPIŃSKA Iza	1221	SZOMBIERKI RUNNERS	30-39	391	00:00:42	00:17:32	00:42:34.50	00:43:17.40	+00:23:34 (55.4%)	8:31	7 (44.3%)
912	POLAK Aneta	934		30-39	392	00:00:34	00:16:42	00:42:35.95	00:43:10.20	+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	STACHERSKA Elzbieta	152	SK ČERNÉ PLÍCE OSTRAVA	30-39	406	00:03:11	00:19:39	00:44:30.85	00:47:42.25	+00:25:31 (57.3%)	8:54	6.7 (42.4%)
937	GĘBSKA Agnieszka	280		30-39	407	00:00:00	00:20:54	00:44:33.00	00:44:33.00	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
938	SIWCZYK Grażyna	516	LECYMY DURS	60+	15	00:03:10	00:19:38	00:44:33.55	00:47:43.55	+00:25:33 (57.4%)	8:54	6.7 (42.4%)
939	BOJDOŁ Justyna	544		40-49	308	00:00:51	00:19:36	00:44:39.80	00:45:31.10	+00:25:40 (57.5%)	8:56	6.7 (42.4%)
940	BAŃBUŁA Anna	332		30-39	408	00:00:22	00:17:46	00:44:53.40	00:45:15.45	+00:25:53 (57.7%)	8:58	6.7 (42.4%)
941	GEMBALCZYK Izabela	94		30-39	409	00:00:39	00:18:27	00:45:01.05	00:45:40.20	+00:26:01 (57.8%)	9:00	6.7 (42.4%)
942	SKORUPKA Alina	1301		20-29	147	00:00:50	00:18:36	00:45:10.25	00:46:01.05	+00:26:10 (57.9%)	9:02	6.6 (41.8%)
943	SZCZEPANIK Aleksandra	1141	KOBIETY NA 5+	30-39	410	00:00:52	00:18:54	00:45:12.05	00:46:04.40	+00:26:12 (58.0%)	9:02	6.6 (41.8%)
944	DANIKIEWICZ Wioletta	1180	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	309	00:00:27	00:18:07	00:45:16.45	00:45:43.45	+00:26:16 (58.0%)	9:03	6.6 (41.8%)
945	MAJCHRZYK Lidia	900		50-59	44	00:00:51	00:19:06	00:45:56.25	00:46:47.35	+00:26:56 (58.6%)	9:11	6.5 (41.1%)
946	WŁOCHOWICZ Olga	466	LECYMY DURS	30-39	411	00:03:05	00:19:44	00:46:01.30	00:49:06.30	+00:27:01 (58.7%)	9:12	6.5 (41.1%)
947	ŻEBROWSKA Weronika	266	MYSŁOWICKI KLUB BIEGACZA NO I	20-29	148	00:00:45	00:19:03	00:47:08.05	00:47:53.35	+00:28:08 (59.7%)	9:25	6.4 (40.5%)
948	PARZYCH Agnieszka	1176		30-39	412	00:00:51	00:20:34	00:47:12.75	00:48:04.25	+00:28:12 (59.8%)	9:26	6.4 (40.5%)
949	WAGNER Natalia	813		30-39	413	00:00:51	00:20:34	00:47:13.15	00:48:04.45	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
950	KWAPISZ-BONUSIAK Dorota	490		20-29	149	00:00:51	00:20:33	00:47:13.30	00:48:04.60	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
951	BOJDOŁ-GOLANKO Joanna	685		30-39	414	00:00:52	00:19:36	00:47:27.65	00:48:19.95	+00:28:27 (60.0%)	9:29	6.3 (39.9%)
952	SWOBODA Anna	447	WIRUSY	30-39	415	00:01:06	00:19:19	00:47:29.75	00:48:36.00	+00:28:29 (60.0%)	9:30	6.3 (39.9%)
953	SZCZEPANIK Weronika	1272	KOLOROWA DRUŻYNA NESSI	20-29	150	00:01:24	00:20:27	00:48:07.90	00:49:32.10	+00:29:08 (60.5%)	9:37	6.2 (39.2%)
954	JANKOWSKA Anita	358		40-49	310	00:00:53	00:20:35	00:48:16.45	00:49:09.60	+00:29:16 (60.6%)	9:39	6.2 (39.2%)
955	WAWOCZNY Mariola	974		40-49	311	00:00:37	00:19:29	00:48:30.75	00:49:07.75	+00:29:30 (60.8%)	9:42	6.2 (39.2%)
956	KADŁUBEK Bożena	368	TAXERKI	30-39	416	00:00:52	00:19:53	00:48:31.40	00:49:23.75	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
957	SZCZOTKA Agnieszka	367	TAXERKI	30-39	417	00:00:52	00:19:53	00:48:31.60	00:49:23.70	+00:29:31 (60.9%)	9:42	6.2 (39.2%)
958	BAGIŃSKA Beata	1244		40-49	312	00:00:52	00:19:50	00:48:36.80	00:49:29.05	+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	BIELEC Alina	330	ŚWIERCZYŃSKI RUNNING	40-49	313	00:01:06	00:20:43	00:50:01.55	00:51:07.95	+00:31:01 (62.0%)	10:00	6 (38.0%)
960	MADEJ Anna	325	ŚWIERCZYŃSKI RUNNING	40-49	314	00:01:06	00:20:43	00:50:02.20	00:51:08.20	+00:31:02 (62.0%)	10:00	6 (38.0%)
961	SZYPUŁA Barbara	326	ŚWIERCZYŃSKI RUNNING	40-49	315	00:01:05	00:20:43	00:50:02.70	00:51:08.45	+00:31:02 (62.0%)	10:00	6 (38.0%)
962	CZARNYNOGA Beata	327	ŚWIERCZYŃSKI RUNNING	40-49	316	00:01:05	00:20:41	00:50:03.65	00:51:08.75	+00:31:03 (62.1%)	10:00	6 (38.0%)
963	FIGUROWICZ Dominika	861	MIECHOWICKA GRUPA BIEGOWA	20-29	151	00:03:22	00:22:31	00:50:17.85	00:53:40.75	+00:31:18 (62.2%)	10:03	6 (38.0%)
964	WOJTEK Gabi	614		40-49	317	00:03:04	00:21:40	00:51:01.80	00:54:06.05	+00:32:02 (62.8%)	10:12	5.9 (37.3%)
965	KADŁUBEK Magdalena	285		40-49	318	00:03:19	00:23:13	00:52:39.95	00:55:59.60	+00:33:40 (63.9%)	10:32	5.7 (36.1%)
966	FERENC Sonia	1252	ASWC	30-39	418	00:03:09	00:22:53	00:52:45.15	00:55:54.35	+00:33:45 (64.0%)	10:33	5.7 (36.1%)
967	KOJ Agnieszka	552		30-39	419	00:03:08	00:23:33	00:55:46.20	00:58:54.45	+00:36:46 (65.9%)	11:09	5.4 (34.2%)
968	NIEMIEC Ania	268		40-49	319	00:00:28	00:16:41			+00:08:30	6:40	9 (57.0%)
969	BAGIŃSKA Paulina	1238		20-29	152	00:00:52	00:19:50			+00:11:39	7:56	7.6 (48.1%)
970	REDLIN-KASELA Roksana	595	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

Znaleziono 970 wynik(ów)