

KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-05-26
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ŚLĘZAK Sylwia	3	1 SECOND TEAM	20-29	1	00:00:00	00:07:57	00:18:30.40	00:18:31.00		3:29	17.2 (100%)
2	MICHALAK Sandra	4	TRIATHLON X TEAM / FIZJO SPORT SANDRA	30-39	1	00:00:00	00:08:05	00:19:10.50	00:19:11.05	+00:00:40 (3.5%)	3:37	16.6 (96.5%)
3	SUWAJ Aneta	1	AZS-AWF KATOWICE/ALPINSPOORT TEAM	30-39	2	00:00:00	00:08:34	00:19:15.10	00:19:15.85	+00:00:44 (3.9%)	3:37	16.5 (95.9%)
4	MENDECKA Michalina	2	MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM	20-29	2	00:00:00	00:08:16	00:19:24.80	00:19:25.45	+00:00:54 (4.7%)	3:39	16.4 (95.3%)
5	PATAS Magdalena	5	FORMA WODZISŁAW SLASKI	20-29	3	00:00:00	00:08:37	00:19:56.15	00:19:57.05	+00:01:25 (7.2%)	3:45	15.9 (92.4%)
6	MENDECKA Daria	363	MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM	20-29	4	00:00:00	00:08:46	00:20:17.85	00:20:18.45	+00:01:47 (8.8%)	3:49	15.7 (91.3%)
7	BIELIŃSKA Monika	1075		30-39	3	00:00:00	00:08:46	00:20:28.55	00:20:29.45	+00:01:58 (9.6%)	3:51	15.5 (90.1%)
8	SZELEST Barbara	6	MORS HUBERTUS MYSŁOWICE	40-49	1	00:00:00	00:08:51	00:20:36.95	00:20:37.70	+00:02:06 (10.2%)	3:53	15.4 (89.5%)
9	RENCZ Małgorzata	586	MORS HUBERTUS MYSŁOWICE	40-49	2	00:00:00	00:08:48	00:20:41.90	00:20:42.65	+00:02:11 (10.6%)	3:54	15.4 (89.5%)
10	ADAMCZYK-NOWAK Beata	600	MIECHOWICKA GRUPA BIEGOWA	40-49	3	00:00:02	00:09:05	00:20:51.85	00:20:54.35	+00:02:21 (11.3%)	3:56	15.2 (88.4%)
11	WOJTASZEWSKA Sabina	9	KLUB BIEGNĘ BO LUBIĘ RACIBÓRZ	30-39	4	00:00:01	00:08:55	00:21:03.95	00:21:05.40	+00:02:33 (12.1%)	3:58	15.1 (87.8%)
12	KANCLERZ-JANUSZEWSKA Katarzyna	676	KOBIETY NA 5+	50-59	1	00:00:01	00:09:07	00:21:06.90	00:21:08.30	+00:02:36 (12.4%)	3:59	15.1 (87.8%)
13	ADAMUS-KOWALSKA Justyna	10	LKS IMIELIN	40-49	4	00:00:01	00:08:54	00:21:23.70	00:21:25.15	+00:02:53 (13.5%)	4:02	14.9 (86.6%)
14	JANKO Anna	107	HRMAX ŻORY	20-29	5	00:00:01	00:09:16	00:21:26.35	00:21:27.80	+00:02:55 (13.7%)	4:02	14.8 (86.0%)
15	PAWTEL Agata	8		30-39	5	00:00:01	00:09:09	00:21:38.20	00:21:39.40	+00:03:07 (14.5%)	4:04	14.7 (85.5%)
16	WODZIŃSKA Danuta	145		40-49	5	00:00:01	00:09:26	00:21:48.45	00:21:50.00	+00:03:18 (15.1%)	4:06	14.6 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
17	WROŃSKA Beata	857	NASZA SZKOŁA ZABRZE	30-39	6	00:00:01	00:09:23	00:21:54.75	00:21:56.00	+00:03:24 (15.5%)	4:08	14.5 (84.3%)
18	PIETRAS Sylwia	190	MIECHOWICKA GRUPA BIEGOWA	30-39	7	00:00:05	00:09:41	00:21:56.80	00:22:02.45	+00:03:26 (15.7%)	4:08	14.5 (84.3%)
19	BISKUP Anna	278	STS BIEGATON MIKOŁÓW	40-49	6	00:00:01	00:09:25	00:22:04.70	00:22:05.70	+00:03:34 (16.2%)	4:09	14.4 (83.7%)
20	KRUPOWICZ Wiktoria	1188		20-29	6	00:00:05	00:09:39	00:22:23.10	00:22:28.90	+00:03:52 (17.3%)	4:13	14.2 (82.6%)
21	SZAFARCZYK Eugenia	483	RUNSZ-TEAM	50-59	2	00:00:00	00:09:46	00:22:34.15	00:22:35.05	+00:04:03 (18.0%)	4:15	14.1 (82.0%)
22	KAJTOCH Jolanta	366	BIE RUN	30-39	8	00:00:01	00:09:49	00:22:38.50	00:22:40.45	+00:04:08 (18.3%)	4:16	14 (81.4%)
23	MYSLIWIEC Ela	396	DYSTANS LUBOMIA	30-39	10	00:00:01	00:09:42	00:22:42.90	00:22:44.65	+00:04:12 (18.5%)	4:17	14 (81.4%)
24	MALEJKA Katarzyna	415	ADS MASNA	40-49	7	00:00:07	00:09:46	00:22:39.20	00:22:46.45	+00:04:08 (18.3%)	4:16	14 (81.4%)
25	BODNAR Anna	670	1 LIGA TEAM	30-39	11	00:00:02	00:09:52	00:22:50.15	00:22:52.45	+00:04:19 (19.0%)	4:18	13.9 (80.8%)
26	RYBICA Eliza	845	KRYTA PŁYWALNIA LAGUNA	30-39	13	00:00:01	00:09:31	00:23:02.75	00:23:04.20	+00:04:32 (19.7%)	4:20	13.8 (80.2%)
27	KUDIO Daria	1034		30-39	12	00:00:04	00:10:05	00:23:01.30	00:23:05.95	+00:04:30 (19.6%)	4:20	13.8 (80.2%)
28	KRZYMIŃSKA Patrycja	342	RUN BABY POLSKA	30-39	14	00:00:00	00:10:03	00:23:06.05	00:23:07.00	+00:04:35 (19.9%)	4:21	13.8 (80.2%)
29	PORCZYŃSKA Patrycja	891	SPOT PSZCZYNA	30-39	9	00:00:31	00:09:58	00:22:41.90	00:23:13.75	+00:04:11 (18.5%)	4:16	14 (81.4%)
30	MISTEROWICZ Kinga	371	RUNSZ-TEAM	20-29	7	00:00:00	00:10:10	00:23:19.55	00:23:20.20	+00:04:49 (20.7%)	4:24	13.6 (79.1%)
31	PIWISZKIS Barbara	149	KOBIETY NA 5+	30-39	15	00:00:02	00:09:39	00:23:32.55	00:23:34.55	+00:05:02 (21.4%)	4:26	13.5 (78.5%)
32	LEGIERSKA Natalia	972	KB MOSIR JASTRZĘBIE	30-39	16	00:00:01	00:10:24	00:23:39.00	00:23:40.50	+00:05:08 (21.7%)	4:27	13.4 (77.9%)
33	KONSEK Edyta	1086		16-19	1	00:00:07	00:10:04	00:23:43.60	00:23:50.60	+00:05:13 (22.0%)	4:28	13.4 (77.9%)
34	ZĘBIK Grażyna	519	OLZA CIESZYN	40-49	8	00:00:02	00:09:54	00:23:48.00	00:23:50.85	+00:05:17 (22.2%)	4:29	13.4 (77.9%)
35	GLOGOWSKA-BYRTEK Kamila	986	EKOIDEA/JUSTFEELFIT	30-39	17	00:00:01	00:10:00	00:23:55.65	00:23:57.35	+00:05:25 (22.7%)	4:30	13.3 (77.3%)
36	POZNIAK Małgorzata	1132		16-19	2	00:00:09	00:10:24	00:23:49.35	00:23:58.80	+00:05:18 (22.3%)	4:29	13.4 (77.9%)
37	ANDROSZ Beata	781		40-49	10	00:00:02	00:09:59	00:23:58.95	00:24:01.30	+00:05:28 (22.8%)	4:31	13.3 (77.3%)
38	JURECZKO Monika	423	STS BIEGATON	40-49	11	00:00:02	00:10:11	00:23:59.15	00:24:01.75	+00:05:28 (22.8%)	4:31	13.3 (77.3%)
39	KWAPISZ-BONUSIAK Dorota	456		30-39	18	00:00:04	00:10:29	00:24:00.65	00:24:05.60	+00:05:30 (22.9%)	4:31	13.2 (76.7%)
40	STUCHLIK Magdalena	258	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	19	00:00:02	00:10:08	00:24:03.25	00:24:05.80	+00:05:32 (23.1%)	4:32	13.2 (76.7%)
41	WINIARSKA Monika	738	BIEGIEM PRZEZ GÓRY	30-39	20	00:00:02	00:10:08	00:24:03.75	00:24:06.10	+00:05:33 (23.1%)	4:32	13.2 (76.7%)

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42	STĘPIEŃ-WYROBIEC Olga	446	JKLA JAWOR JAWORZNO	40-49	9	00:00:09	00:10:06	00:23:57.10	00:24:06.50	+00:05:26 (22.7%)	4:31	13.3 (77.3%)
43	WYSOCKA Agnieszka	834	NESSI TEAM	40-49	12	00:00:04	00:10:05	00:24:03.10	00:24:07.30	+00:05:32 (23.1%)	4:32	13.2 (76.7%)
44	MENŻYK Joanna	43	MORS HUBERTUS MYSŁOWICE	40-49	13	00:00:01	00:10:14	00:24:08.80	00:24:10.55	+00:05:38 (23.4%)	4:33	13.2 (76.7%)
45	JONKISZ Dorota	856	BIELSZCZANKI BIEGAJĄ	50-59	3	00:00:03	00:10:12	00:24:10.00	00:24:13.90	+00:05:39 (23.4%)	4:33	13.2 (76.7%)
46	LERCH Bożena	740	RUNTEAM PAWŁOWICE	30-39	21	00:00:04	00:10:23	00:24:11.85	00:24:16.35	+00:05:41 (23.5%)	4:33	13.1 (76.2%)
47	FEDEROWICZ Paulina	304		20-29	8	00:00:09	00:10:21	00:24:09.30	00:24:18.45	+00:05:38 (23.4%)	4:33	13.2 (76.7%)
48	LECHOCKA Patrycja	1006	EKO-OKNA RUNNERS	30-39	22	00:00:08	00:10:20	00:24:12.90	00:24:21.20	+00:05:42 (23.6%)	4:34	13.1 (76.2%)
49	POZNIAK Maria	1136		20-29	9	00:00:08	00:10:26	00:24:17.40	00:24:26.25	+00:05:47 (23.8%)	4:35	13.1 (76.2%)
50	STANULA Karolina	958	ŻORY	40-49	14	00:00:08	00:10:50	00:24:24.30	00:24:32.70	+00:05:53 (24.2%)	4:36	13 (75.6%)
51	SOBOTKA Dominika	308	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	24	00:00:06	00:10:25	00:24:26.90	00:24:33.85	+00:05:56 (24.3%)	4:36	13 (75.6%)
52	NGUYEM Dorota	322	RYBNICKA GRUPA BIEGOWA	30-39	23	00:00:07	00:10:24	00:24:26.65	00:24:34.15	+00:05:56 (24.3%)	4:36	13 (75.6%)
53	FILEC Wiktoria	69	INŻYNIERIA BIEGANIA	20-29	10	00:00:02	00:10:24	00:24:31.95	00:24:34.90	+00:06:01 (24.6%)	4:37	13 (75.6%)
54	KURASZ Joanna	160	STS BIEGATON MIKOŁÓW	30-39	26	00:00:03	00:10:38	00:24:37.15	00:24:40.40	+00:06:06 (24.8%)	4:38	12.9 (75.0%)
55	LORANC Izabela	819	NUTREND BIEGA	40-49	15	00:00:02	00:10:42	00:24:38.15	00:24:40.65	+00:06:07 (24.9%)	4:38	12.9 (75.0%)
56	JURASZEK Elzbieta	219	JUSTFEELFIT	30-39	25	00:00:07	00:10:48	00:24:34.15	00:24:41.80	+00:06:03 (24.7%)	4:38	12.9 (75.0%)
57	OPALSKA Karolina	1134	NESSI TEAM	30-39	27	00:00:06	00:10:30	00:24:37.55	00:24:44.50	+00:06:07 (24.8%)	4:38	12.9 (75.0%)
58	OLBRYCH Monika	755	MORS HUBERTUS MYSŁOWICE	30-39	28	00:00:02	00:10:44	00:24:45.10	00:24:47.15	+00:06:14 (25.2%)	4:40	12.8 (74.4%)
59	SOKOŁOWSKA Anna	1173	BRAK	50-59	4	00:00:01	00:10:14	00:24:50.50	00:24:52.25	+00:06:20 (25.5%)	4:41	12.8 (74.4%)
60	BORKOWSKA Paulina	830		30-39	30	00:00:04	00:10:38	00:24:52.65	00:24:57.20	+00:06:22 (25.6%)	4:41	12.8 (74.4%)
61	KANIA Agnieszka	794		30-39	29	00:00:09	00:10:36	00:24:50.10	00:24:59.45	+00:06:19 (25.5%)	4:41	12.8 (74.4%)
62	PARZYCH Katarzyna	112	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	16	00:00:07	00:10:37	00:24:59.80	00:25:06.80	+00:06:29 (26.0%)	4:42	12.7 (73.8%)
63	FRANKE Ilona	1058	STS BIEGATON MIKOŁÓW	50-59	5	00:00:03	00:10:38	00:25:04.70	00:25:08.15	+00:06:34 (26.2%)	4:43	12.7 (73.8%)
63	PAWEŁEK Paulina	555	OŚRODEK REWALIDACYJNO - WYCHOWAWCZY DLA DZIECI W JASTRZĘBIU - ZDROJU.	30-39	32	00:00:12	00:10:50	00:24:55.30	00:25:08.15	+00:06:24 (25.7%)	4:42	12.8 (74.4%)
65	KAROLAK Martyna	584	RUNTEAM PAWŁOWICE	30-39	31	00:00:13	00:10:49	00:24:55.25	00:25:08.45	+00:06:24 (25.7%)	4:42	12.8 (74.4%)
66	CZYŻ Leonarda	1197	OLZA CIESZYN	40-49	17	00:00:02	00:10:44	00:25:06.15	00:25:09.05	+00:06:35 (26.3%)	4:44	12.7 (73.8%)

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67	NIESŁAŃCZYK Małgorzata	161		40-49	18	00:00:02	00:10:30	00:25:06.65	00:25:09.55	+00:06:36 (26.3%)	4:44	12.7 (73.8%)
68	KUŁAKOWSKA Patrycja	108		20-29	11	00:00:03	00:10:28	00:25:07.85	00:25:10.95	+00:06:37 (26.4%)	4:44	12.7 (73.8%)
69	KOPIEC Izabela	137	KOSZULKA HYNIA	30-39	33	00:00:02	00:10:45	00:25:09.00	00:25:11.35	+00:06:38 (26.4%)	4:44	12.6 (73.3%)
70	MORAWSKA Julia	495	UKS CHROMIK MYSŁOWICE	16-19	3	00:00:01	00:10:23	00:25:14.70	00:25:15.85	+00:06:44 (26.7%)	4:45	12.6 (73.3%)
71	WOWRY Sylwia	1258	OLZA CIESZYN	30-39	34	00:00:03	00:10:45	00:25:13.70	00:25:16.80	+00:06:43 (26.6%)	4:45	12.6 (73.3%)
72	NOWAK Beata	1207	OLZA CIESZYN	40-49	19	00:00:03	00:10:43	00:25:14.05	00:25:17.15	+00:06:43 (26.7%)	4:45	12.6 (73.3%)
73	KONIECZNY Sandra	271	DYCZUŚ TEAM	30-39	35	00:00:04	00:10:49	00:25:15.30	00:25:19.35	+00:06:44 (26.7%)	4:45	12.6 (73.3%)
74	GĘBOŁYŚ Beata	1271	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	40-49	20	00:00:03	00:10:45	00:25:15.70	00:25:19.40	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
75	MRACHACZ Dorota	1008	MIECHOWICKA GRUPA BIEGOWA	50-59	6	00:00:12	00:10:49	00:25:07.35	00:25:20.25	+00:06:36 (26.3%)	4:44	12.7 (73.8%)
76	DOMIN-ZBYL Agnieszka	1035		40-49	21	00:00:04	00:10:38	00:25:22.50	00:25:27.00	+00:06:52 (27.1%)	4:47	12.5 (72.7%)
77	PASŁAWSKA Katarzyna	105	KOBIETY NA 5 +	40-49	22	00:00:03	00:10:44	00:25:23.50	00:25:27.35	+00:06:53 (27.1%)	4:47	12.5 (72.7%)
78	SICH- SOSNA Agnieszka	204		40-49	23	00:00:02	00:11:02	00:25:25.25	00:25:27.90	+00:06:54 (27.2%)	4:47	12.5 (72.7%)
79	SICH-ŚWITAŁA Małgorzata	180		40-49	24	00:00:02	00:11:02	00:25:25.65	00:25:28.20	+00:06:55 (27.2%)	4:47	12.5 (72.7%)
80	GORZELAK Joanna	753	KOBIETY NA 5+	30-39	37	00:00:06	00:10:48	00:25:24.00	00:25:30.60	+00:06:53 (27.1%)	4:47	12.5 (72.7%)
81	WŁOKA Jessica	1187	BIEGAMY Z OSZCZEPEM	20-29	12	00:00:07	00:10:35	00:25:24.50	00:25:32.15	+00:06:54 (27.2%)	4:47	12.5 (72.7%)
82	ŻAK Sonia	377	ORŁY Z KNUROWA	30-39	36	00:00:12	00:11:04	00:25:22.00	00:25:34.55	+00:06:51 (27.0%)	4:47	12.5 (72.7%)
83	MANISZEWSKA Dorota	437	OLZA CIESZYN	40-49	27	00:00:05	00:10:43	00:25:32.35	00:25:37.45	+00:07:01 (27.5%)	4:49	12.5 (72.7%)
84	LEDNIEWSKA Weronika	1103		16-19	4	00:00:06	00:10:41	00:25:31.85	00:25:38.50	+00:07:01 (27.5%)	4:49	12.5 (72.7%)
85	BROCZKOWSKA Sylwia	186		40-49	28	00:00:04	00:10:37	00:25:34.35	00:25:38.60	+00:07:03 (27.6%)	4:49	12.4 (72.1%)
86	WILCZEK Małgorzata	745		20-29	13	00:00:13	00:11:02	00:25:25.45	00:25:39.20	+00:06:55 (27.2%)	4:47	12.5 (72.7%)
87	GREENE Agnieszka	1170		40-49	26	00:00:10	00:11:00	00:25:28.60	00:25:39.45	+00:06:58 (27.4%)	4:48	12.5 (72.7%)
88	KASPERCZYK Aleksandra	927		40-49	29	00:00:03	00:10:43	00:25:36.90	00:25:40.00	+00:07:06 (27.8%)	4:50	12.4 (72.1%)
89	HANDZLIK-STARZYK Anna	221		40-49	25	00:00:13	00:11:06	00:25:26.95	00:25:40.75	+00:06:56 (27.3%)	4:48	12.5 (72.7%)
90	RZEPECKA Bożena	704	OLZA CIESZYN	50-59	7	00:00:06	00:10:44	00:25:35.45	00:25:41.85	+00:07:05 (27.7%)	4:49	12.4 (72.1%)
91	PASTUSZKA Aleksandra	955	FIT STACJA	30-39	39	00:00:14	00:10:50	00:25:31.05	00:25:45.65	+00:07:00 (27.5%)	4:48	12.5 (72.7%)

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92	DYCZEK Basia	367	DYCZUŚ TEAM	20-29	15	00:00:04	00:11:12	00:25:47.95	00:25:52.35	+00:07:17 (28.3%)	4:52	12.3 (71.5%)
93	KUBIAK Edyta	434		20-29	16	00:00:06	00:11:29	00:25:50.80	00:25:56.90	+00:07:20 (28.4%)	4:52	12.3 (71.5%)
94	SMYCZEK Magdalena	749		20-29	14	00:00:27	00:11:06	00:25:29.95	00:25:57.75	+00:06:59 (27.4%)	4:48	12.5 (72.7%)
95	BURZYŃSKA Żaneta	189		20-29	17	00:00:03	00:10:49	00:25:54.70	00:25:58.30	+00:07:24 (28.6%)	4:53	12.3 (71.5%)
96	HELIOSZ Agnieszka	533	INTERAKTYWNI KROSTOSZOWICE	40-49	36	00:00:02	00:10:59	00:25:56.60	00:25:58.65	+00:07:26 (28.7%)	4:53	12.3 (71.5%)
97	LORENZ Agnieszka	994	GALOPUJĄCE ŚLIMAKI	40-49	31	00:00:07	00:10:53	00:25:52.35	00:25:59.45	+00:07:21 (28.5%)	4:52	12.3 (71.5%)
98	SZWEDA Dorota	837		40-49	34	00:00:04	00:10:42	00:25:55.35	00:26:00.15	+00:07:24 (28.6%)	4:53	12.3 (71.5%)
99	SZAJBEL Joanna	1119	PARKRUN KATOWICE	40-49	32	00:00:08	00:11:03	00:25:52.35	00:26:01.20	+00:07:21 (28.5%)	4:53	12.3 (71.5%)
100	MARYNIAK Ewelina	782		40-49	30	00:00:13	00:11:07	00:25:49.05	00:26:02.20	+00:07:18 (28.3%)	4:52	12.3 (71.5%)
101	OPUCHLIK Aleksandra	861	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	41	00:00:02	00:11:13	00:25:59.70	00:26:02.65	+00:07:29 (28.8%)	4:54	12.2 (70.9%)
102	JAKUBOWSKA Małgorzata	129		30-39	40	00:00:23	00:11:01	00:25:40.95	00:26:04.00	+00:07:10 (27.9%)	4:50	12.4 (72.1%)
103	SZYMURA Izabela	518	DECATHLON RYBNIK & PRZYJACIELE	40-49	33	00:00:10	00:11:09	00:25:54.30	00:26:04.85	+00:07:23 (28.6%)	4:53	12.3 (71.5%)
104	PAJESTKA Katarzyna	343		40-49	37	00:00:06	00:10:43	00:25:59.15	00:26:05.85	+00:07:28 (28.8%)	4:54	12.2 (70.9%)
105	KRUPOWICZ Aneta	1183		40-49	38	00:00:05	00:10:50	00:26:00.55	00:26:06.20	+00:07:30 (28.8%)	4:54	12.2 (70.9%)
106	DAICZMANEK Aleksandra	309		30-39	42	00:00:08	00:11:12	00:25:59.75	00:26:08.15	+00:07:29 (28.8%)	4:54	12.2 (70.9%)
107	ŁOZIŃSKA Edyta	1100	MIECHOWICKA GRUPA BIEGOWA	30-39	38	00:00:47	00:11:23	00:25:24.65	00:26:12.05	+00:06:54 (27.2%)	4:47	12.5 (72.7%)
108	SOŁTYSEK Barbara	117	JUSTFEELFIT TEAM	40-49	35	00:00:23	00:10:54	00:25:56.50	00:26:19.95	+00:07:26 (28.7%)	4:53	12.3 (71.5%)
109	GNAŚ Anna	116	KOBIETY NA 5+	30-39	47	00:00:03	00:10:57	00:26:21.00	00:26:24.85	+00:07:50 (29.8%)	4:58	12.1 (70.3%)
110	DURAJ Magdalena	1223		30-39	49	00:00:02	00:10:55	00:26:22.85	00:26:25.15	+00:07:52 (29.8%)	4:58	12.1 (70.3%)
111	KANDORA Joanna	468	MIECHOWICKA GRUPA BIEGOWA	40-49	41	00:00:05	00:11:03	00:26:19.30	00:26:25.20	+00:07:48 (29.7%)	4:58	12.1 (70.3%)
112	ZAMOJSKA Iwona	636	MIECHOWICKA GRUPA BIEGOWA	40-49	42	00:00:05	00:11:03	00:26:19.55	00:26:25.45	+00:07:49 (29.7%)	4:58	12.1 (70.3%)
113	BURY Natalia	90	JUSTFEELFIT TEAM	20-29	18	00:00:23	00:10:54	00:26:04.65	00:26:28.10	+00:07:34 (29.0%)	4:55	12.2 (70.9%)
114	GARUS Magdalena	904		40-49	44	00:00:01	00:11:05	00:26:26.50	00:26:28.45	+00:07:56 (30.0%)	4:59	12 (69.8%)
115	GUMULAK Anna	889	CIDRY LOTAJOM	30-39	43	00:00:13	00:11:53	00:26:15.10	00:26:28.70	+00:07:44 (29.5%)	4:57	12.1 (70.3%)
116	DRACZKA-KNOPIK Monika	58	STS BIEGATON MIKOŁÓW	40-49	40	00:00:09	00:11:21	00:26:19.15	00:26:28.90	+00:07:48 (29.7%)	4:57	12.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
117	RAFA Asia	780		30-39	48	00:00:08	00:11:02	00:26:21.50	00:26:30.05	+00:07:51 (29.8%)	4:58	12.1 (70.3%)
118	TIEBLER Marlena	229	STS BIEGATON MIKOŁÓW	30-39	46	00:00:10	00:11:15	00:26:20.05	00:26:30.30	+00:07:49 (29.7%)	4:58	12.1 (70.3%)
119	BOROWICZ Roksana	1276	ORŁY Z KNURÓW	30-39	45	00:00:13	00:11:21	00:26:18.15	00:26:32.05	+00:07:47 (29.6%)	4:57	12.1 (70.3%)
120	PAWŁOWSKA Beata	903	RADLINIOKI W BIEGU	40-49	39	00:00:27	00:11:48	00:26:07.65	00:26:34.90	+00:07:37 (29.2%)	4:55	12.2 (70.9%)
121	LERCH Ewa	833	RUNTEAM PAWŁOWICE	20-29	19	00:00:10	00:11:12	00:26:24.50	00:26:35.05	+00:07:54 (29.9%)	4:59	12 (69.8%)
122	GIEDWIŁŁO Marta	173	NESSI TEAM	30-39	44	00:00:19	00:11:43	00:26:15.95	00:26:35.90	+00:07:45 (29.5%)	4:57	12.1 (70.3%)
123	DOBRY Teresa	582		40-49	43	00:00:15	00:11:07	00:26:24.85	00:26:39.90	+00:07:54 (29.9%)	4:58	12 (69.8%)
124	BOJDA Brygida	567	ŚWIRYSTELA	40-49	45	00:00:09	00:11:08	00:26:32.85	00:26:42.20	+00:08:02 (30.3%)	5:00	12 (69.8%)
125	WAWRO Małgorzata	1274		50-59	8	00:00:08	00:11:15	00:26:34.65	00:26:42.90	+00:08:04 (30.4%)	5:00	12 (69.8%)
126	CHROBOK Józefa	391	OLZA CIESZYN	40-49	48	00:00:06	00:11:15	00:26:40.45	00:26:46.55	+00:08:10 (30.6%)	5:01	11.9 (69.2%)
127	LAPMAN Anna	1263		40-49	47	00:00:09	00:11:13	00:26:37.50	00:26:47.15	+00:08:07 (30.5%)	5:01	11.9 (69.2%)
128	ZARAŃSKA Izabela	976	MIECHOWICKA GRUPA BIEGOWA	40-49	50	00:00:04	00:11:16	00:26:44.55	00:26:48.75	+00:08:14 (30.8%)	5:02	11.9 (69.2%)
129	PASTUCHA Anna	720	CROSS KRAPKOWICE	60+	1	00:00:10	00:11:24	00:26:42.80	00:26:53.15	+00:08:12 (30.7%)	5:02	11.9 (69.2%)
130	FRANEK Agata	100		30-39	52	00:00:09	00:11:14	00:26:47.40	00:26:56.85	+00:08:17 (30.9%)	5:03	11.9 (69.2%)
131	GRZEGORZEK Katarzyna	295	BIELSZCZANKI BIEGAJĄ	30-39	50	00:00:15	00:11:25	00:26:42.65	00:26:58.60	+00:08:12 (30.7%)	5:02	11.9 (69.2%)
132	ZDANCEWICZ Wioletta	950	FITOLKA	50-59	9	00:00:11	00:11:05	00:26:47.80	00:26:58.80	+00:08:17 (30.9%)	5:03	11.9 (69.2%)
133	JANIK Ilona	1074	ŚWIRY STELA	40-49	54	00:00:10	00:11:45	00:26:52.35	00:27:02.70	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
134	URBAŃCZYK Alicja	119		30-39	58	00:00:07	00:11:20	00:26:56.15	00:27:03.40	+00:08:25 (31.3%)	5:04	11.8 (68.6%)
134	STOCHNIJ Katarzyna	680		30-39	53	00:00:13	00:11:43	00:26:49.95	00:27:03.40	+00:08:19 (31.0%)	5:03	11.9 (69.2%)
136	MAZUR-RUBINSKA Milena	528	MIECHOWICKA GRUPA BIEGOWA	30-39	61	00:00:03	00:11:22	00:27:00.60	00:27:04.50	+00:08:30 (31.5%)	5:05	11.8 (68.6%)
137	KOMAJDA Barbara	643	OLZA CIESZYN	30-39	59	00:00:07	00:11:09	00:26:56.85	00:27:04.60	+00:08:26 (31.3%)	5:05	11.8 (68.6%)
138	GÓRA Marta	496		30-39	60	00:00:05	00:11:12	00:27:00.00	00:27:05.10	+00:08:29 (31.5%)	5:05	11.8 (68.6%)
139	GEMBALA Monika	809		20-29	21	00:00:14	00:11:56	00:26:51.15	00:27:05.40	+00:08:20 (31.1%)	5:03	11.8 (68.6%)
140	WRÓBEL Anna	1059	RUNTEAM PAWŁOWICE	20-29	23	00:00:04	00:11:18	00:27:02.30	00:27:06.95	+00:08:31 (31.6%)	5:06	11.8 (68.6%)
141	RÓŻAK Alicja	751	RADLINIOKI W BIEGU	30-39	51	00:00:20	00:11:41	00:26:46.70	00:27:07.15	+00:08:16 (30.9%)	5:03	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
142	BANASZEWSKA Aleksandra	118	KS M.E.T.A	30-39	56	00:00:13	00:10:49	00:26:53.80	00:27:07.35	+00:08:23 (31.2%)	5:04	11.8 (68.6%)
143	KUCZEK Katarzyna	864		40-49	55	00:00:12	00:11:20	00:26:56.40	00:27:08.45	+00:08:26 (31.3%)	5:04	11.8 (68.6%)
144	HERUD Magdalena	1066	EKO-OKNA RUNNERS	30-39	57	00:00:13	00:11:03	00:26:56.15	00:27:09.80	+00:08:25 (31.3%)	5:04	11.8 (68.6%)
145	WACŁAWIK Ewa	203		40-49	46	00:00:33	00:11:42	00:26:36.65	00:27:10.40	+00:08:06 (30.5%)	5:01	11.9 (69.2%)
146	WOŹNIAK Joanna	1052		40-49	57	00:00:05	00:11:39	00:27:08.35	00:27:13.45	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
147	HYŁA Aleksandra	32	KRS MORSY.PL	20-29	22	00:00:15	00:11:47	00:26:58.00	00:27:13.75	+00:08:27 (31.4%)	5:05	11.8 (68.6%)
148	SITKO Agnieszka	942	RADLINIOKI W BIEGU	30-39	55	00:00:21	00:11:40	00:26:53.20	00:27:14.70	+00:08:22 (31.2%)	5:04	11.8 (68.6%)
149	PYTEL Renata	960		50-59	10	00:00:05	00:11:10	00:27:10.05	00:27:15.30	+00:08:39 (31.9%)	5:07	11.7 (68.0%)
150	LEMAŃSKA KAMPA Barbara	432	STS BIEGATON MIKOŁÓW	40-49	56	00:00:09	00:11:22	00:27:07.20	00:27:16.45	+00:08:36 (31.8%)	5:06	11.7 (68.0%)
151	DŁUGOSZ Patrycja	425	ADSL MASNA	30-39	64	00:00:07	00:11:10	00:27:10.30	00:27:17.65	+00:08:39 (31.9%)	5:07	11.7 (68.0%)
152	SKOTNICA Karolina	897	SPOT PSZCZYNA	30-39	54	00:00:26	00:12:01	00:26:51.35	00:27:17.95	+00:08:20 (31.1%)	5:03	11.8 (68.6%)
153	WIECHOWSKA Sabina	469		30-39	66	00:00:03	00:11:20	00:27:15.00	00:27:18.45	+00:08:44 (32.1%)	5:08	11.7 (68.0%)
154	SKORUPA Magdalena	195		20-29	20	00:00:50	00:11:50	00:26:30.80	00:27:21.10	+00:08:00 (30.2%)	5:00	12 (69.8%)
155	WILCZEK Monika	115		60+	3	00:00:02	00:11:30	00:27:20.40	00:27:22.55	+00:08:50 (32.3%)	5:09	11.6 (67.4%)
156	ŁUKASZEWSKA Agnieszka	267	STS BIEGATON MIKOŁÓW	40-49	58	00:00:09	00:11:22	00:27:14.15	00:27:23.20	+00:08:43 (32.1%)	5:08	11.7 (68.0%)
157	KYRCZ Barbara	1199		30-39	63	00:00:18	00:11:28	00:27:06.10	00:27:24.30	+00:08:35 (31.7%)	5:06	11.7 (68.0%)
158	BURDZIK Katarzyna	355		20-29	25	00:00:00	00:12:13	00:27:25.75	00:27:25.75	+00:08:55 (32.5%)	5:10	11.6 (67.4%)
159	KIECKA Ewelina	1024		30-39	62	00:00:20	00:11:54	00:27:06.00	00:27:26.65	+00:08:35 (31.7%)	5:06	11.7 (68.0%)
160	BRODA Katarzyna	379		40-49	59	00:00:06	00:11:14	00:27:22.75	00:27:29.35	+00:08:52 (32.4%)	5:10	11.6 (67.4%)
161	NYKIEL Małgorzata	313	MIECHOWICKA GRUPA BIEGOWA	40-49	49	00:00:47	00:11:46	00:26:43.20	00:27:31.15	+00:08:12 (30.7%)	5:02	11.9 (69.2%)
162	MORAWIEC Ola	951	MIECHOWICKA GRUPA BIEGOWA	40-49	51	00:00:48	00:11:41	00:26:48.10	00:27:36.10	+00:08:17 (30.9%)	5:03	11.9 (69.2%)
163	GWIZDAŁA Joanna	23		30-39	65	00:00:26	00:12:07	00:27:10.65	00:27:37.05	+00:08:40 (31.9%)	5:07	11.7 (68.0%)
164	ZIEMIŃSKA Patrycja	1036	ŚWIRY STELA	40-49	61	00:00:09	00:11:18	00:27:30.85	00:27:40.05	+00:09:00 (32.7%)	5:11	11.6 (67.4%)
165	SPYRKA Monika	187	KLUB BIEGACZA FARTLEK	20-29	26	00:00:09	00:11:24	00:27:30.65	00:27:40.15	+00:09:00 (32.7%)	5:11	11.6 (67.4%)
166	GÓRECKA Iwona	1022		40-49	52	00:00:52	00:11:49	00:26:48.10	00:27:40.50	+00:08:17 (30.9%)	5:03	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
167	STABLA Agata	768	RADLINIOKI W BIEGU	30-39	67	00:00:13	00:11:50	00:27:28.55	00:27:41.90	+00:08:58 (32.6%)	5:10	11.6 (67.4%)
168	AKSAMIT Ewelina	148	MORS HUBERTUS MYSŁOWICE	40-49	53	00:00:52	00:11:58	00:26:49.50	00:27:42.20	+00:08:19 (31.0%)	5:03	11.9 (69.2%)
169	SŁODZIŃSKA Magdalena	699		20-29	27	00:00:10	00:11:17	00:27:31.85	00:27:42.40	+00:09:01 (32.8%)	5:11	11.5 (66.9%)
170	MILKOWSKA Justyna	146	DECATHLON RYBNIK & PRZYJACIELE	30-39	68	00:00:08	00:11:56	00:27:33.90	00:27:42.75	+00:09:03 (32.9%)	5:12	11.5 (66.9%)
171	BARON Aniela	902		50-59	12	00:00:09	00:11:54	00:27:33.20	00:27:43.05	+00:09:02 (32.8%)	5:12	11.5 (66.9%)
172	CASTILLO-ŻARCZYŃSKI Luz	1020	UBS	50-59	11	00:00:21	00:11:58	00:27:22.30	00:27:43.35	+00:08:51 (32.4%)	5:09	11.6 (67.4%)
173	SZULC Barbara	333	MIECHOWICKA GRUPA BIEGOWA	60+	2	00:00:47	00:11:43	00:26:57.60	00:27:45.55	+00:08:27 (31.4%)	5:05	11.8 (68.6%)
173	RAŹNIAK Beatka	280	KOBIETY NA 5+	40-49	63	00:00:04	00:11:55	00:27:40.80	00:27:45.55	+00:09:10 (33.1%)	5:13	11.5 (66.9%)
175	BUREK Gabriela	244		30-39	70	00:00:05	00:12:04	00:27:42.90	00:27:47.90	+00:09:12 (33.2%)	5:13	11.5 (66.9%)
176	SAGAN Izabela	1298	BANK SPÓŁDZIELCZY	40-49	60	00:00:23	00:11:31	00:27:25.10	00:27:48.85	+00:08:54 (32.5%)	5:10	11.6 (67.4%)
177	SUKIENNIK Aleksandra	535	VIKING TRAINING CENTER	30-39	69	00:00:16	00:12:00	00:27:35.05	00:27:52.00	+00:09:04 (32.9%)	5:12	11.5 (66.9%)
178	WROŃSKA Magdalena	867		40-49	67	00:00:02	00:11:35	00:27:51.65	00:27:53.65	+00:09:21 (33.6%)	5:15	11.4 (66.3%)
179	SZEWCZYK Katarzyna	576	WIRUSY	40-49	65	00:00:11	00:11:24	00:27:42.65	00:27:53.95	+00:09:12 (33.2%)	5:13	11.5 (66.9%)
180	KOZIOROWSKA Olimpia	1057		20-29	24	00:00:40	00:12:18	00:27:13.65	00:27:54.55	+00:08:43 (32.0%)	5:08	11.7 (68.0%)
181	KANDORA Anna	919	CIDRY LOTAJOM	40-49	66	00:00:14	00:11:52	00:27:43.75	00:27:58.45	+00:09:13 (33.3%)	5:13	11.5 (66.9%)
182	JANICKA Alicja	208		30-39	72	00:00:11	00:11:25	00:27:50.30	00:28:02.00	+00:09:19 (33.5%)	5:15	11.4 (66.3%)
183	KRAUSE Sylwia	196	RADLINIOKI W BIEGU	40-49	62	00:00:26	00:11:55	00:27:37.55	00:28:03.65	+00:09:07 (33.0%)	5:12	11.5 (66.9%)
184	SZEWCZYK Joanna	956		40-49	71	00:00:03	00:11:16	00:28:00.80	00:28:03.90	+00:09:30 (33.9%)	5:16	11.4 (66.3%)
185	PANEK Elżbieta	728	BIELSZCZANKI BIEGAJĄ	40-49	74	00:00:01	00:11:39	00:28:03.75	00:28:05.45	+00:09:33 (34.1%)	5:17	11.3 (65.7%)
186	JASNOCH Bogumiła	370		60+	4	00:00:08	00:11:58	00:28:01.00	00:28:09.65	+00:09:30 (33.9%)	5:17	11.4 (66.3%)
187	PORĘBSKA Karolina	1148	KOBIETY NA 5+	20-29	29	00:00:03	00:11:14	00:28:06.95	00:28:10.55	+00:09:36 (34.2%)	5:18	11.3 (65.7%)
188	NALEWAJKA Wioleta	181	KOBIETY NA 5+	40-49	72	00:00:07	00:11:08	00:28:03.55	00:28:10.75	+00:09:33 (34.0%)	5:17	11.3 (65.7%)
189	HERNAS Ewa	14		30-39	71	00:00:22	00:11:27	00:27:49.30	00:28:11.60	+00:09:18 (33.5%)	5:14	11.4 (66.3%)
190	BURAKOWSKA Małgorzata	572	ZABIEGANI NAUCZYCIELE	40-49	76	00:00:08	00:11:54	00:28:04.10	00:28:12.35	+00:09:33 (34.1%)	5:17	11.3 (65.7%)
191	LEPA Klaudia	880		20-29	32	00:00:02	00:11:23	00:28:11.70	00:28:14.25	+00:09:41 (34.4%)	5:19	11.3 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
192	JANICKA Sylwia	45	'DRUŻYNA KOPERNIKA'	40-49	68	00:00:23	00:11:58	00:27:52.35	00:28:15.60	+00:09:21 (33.6%)	5:15	11.4 (66.3%)
193	DYCZEK Klaudia	102	DYCUŚ TEAM	30-39	76	00:00:15	00:12:07	00:28:00.65	00:28:15.75	+00:09:30 (33.9%)	5:16	11.4 (66.3%)
194	KUTYŁA Agnieszka	686		30-39	79	00:00:11	00:12:15	00:28:06.05	00:28:17.90	+00:09:35 (34.1%)	5:18	11.3 (65.7%)
195	KUŁAKOWSKA-ZAGÓRSKA Justyna	662		30-39	78	00:00:12	00:12:14	00:28:05.95	00:28:18.10	+00:09:35 (34.1%)	5:18	11.3 (65.7%)
196	ŻYTKO Ania	86		40-49	75	00:00:15	00:11:41	00:28:04.05	00:28:19.80	+00:09:33 (34.1%)	5:17	11.3 (65.7%)
197	SZEWCZYK Paulina	560	WIRUSY	20-29	30	00:00:12	00:11:40	00:28:07.60	00:28:20.00	+00:09:37 (34.2%)	5:18	11.3 (65.7%)
197	KRZYŻOWSKA Anna	817		30-39	74	00:00:24	00:11:58	00:27:55.65	00:28:20.00	+00:09:25 (33.7%)	5:16	11.4 (66.3%)
199	BINIENDA Agnieszka	239	WATAHA	40-49	64	00:00:38	00:12:34	00:27:42.05	00:28:20.75	+00:09:11 (33.2%)	5:13	11.5 (66.9%)
200	SKRZYPOSZEK Małgorzata	287		40-49	77	00:00:16	00:12:03	00:28:04.45	00:28:20.85	+00:09:34 (34.1%)	5:17	11.3 (65.7%)
201	MAĆKÓW Agnieszka	1014		40-49	79	00:00:14	00:11:22	00:28:06.40	00:28:21.25	+00:09:36 (34.2%)	5:18	11.3 (65.7%)
202	GENSTY Klaudia	832	DYSTANS LUBOMIA	40-49	80	00:00:07	00:11:54	00:28:13.95	00:28:21.85	+00:09:43 (34.4%)	5:19	11.3 (65.7%)
203	HRISTOVA Daria	920	SPOT PSZCZYNA	30-39	80	00:00:17	00:11:12	00:28:07.60	00:28:25.55	+00:09:37 (34.2%)	5:18	11.3 (65.7%)
204	KIEŁKOWSKA Agnieszka	570	KOBIETY NA 5+	40-49	73	00:00:22	00:11:56	00:28:03.70	00:28:26.50	+00:09:33 (34.1%)	5:17	11.3 (65.7%)
205	JĘDRZEJEK Michalina	158		40-49	83	00:00:03	00:11:52	00:28:23.35	00:28:26.90	+00:09:52 (34.8%)	5:21	11.2 (65.1%)
206	KOWALSKA Karolina	511	MIECHOWICKA GRUPA BIEGOWA	30-39	75	00:00:28	00:11:51	00:27:58.95	00:28:27.70	+00:09:28 (33.9%)	5:16	11.4 (66.3%)
207	GRABOWSKA Iwona	345	NESSI TEAM	40-49	78	00:00:24	00:12:14	00:28:05.65	00:28:29.80	+00:09:35 (34.1%)	5:17	11.3 (65.7%)
208	HOJKA Gabriela	1163		40-49	69	00:00:37	00:12:02	00:27:53.00	00:28:30.35	+00:09:22 (33.6%)	5:15	11.4 (66.3%)
209	POCIENNIK Justyna	1157	BRYKAJĄCA GRUPA BIEGOWA	40-49	70	00:00:35	00:12:25	00:27:54.70	00:28:30.45	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
210	SITKO Dagmara	793		30-39	77	00:00:29	00:11:56	00:28:01.50	00:28:31.05	+00:09:31 (34.0%)	5:17	11.3 (65.7%)
211	KLIMEK-KARAS Sylwia	850	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	84	00:00:04	00:12:22	00:28:26.95	00:28:31.35	+00:09:56 (34.9%)	5:22	11.2 (65.1%)
212	PIOTROWSKA Anna	1149		40-49	82	00:00:11	00:12:31	00:28:20.95	00:28:32.40	+00:09:50 (34.7%)	5:20	11.2 (65.1%)
213	FOLTYN Bożena	1139	ZMARZŁY JEJ UDA BO BIEGAŁA W MROZIE	30-39	73	00:00:42	00:12:25	00:27:52.65	00:28:35.30	+00:09:22 (33.6%)	5:15	11.4 (66.3%)
214	KSEPKO Renata	1116	BIELSZCZANKI BIEGAJĄ	40-49	81	00:00:18	00:12:35	00:28:19.30	00:28:38.05	+00:09:48 (34.7%)	5:20	11.2 (65.1%)
215	MAJER Marzena	247	KLUB ORŁY Z KNUROWA	50-59	13	00:00:13	00:11:43	00:28:29.10	00:28:42.55	+00:09:58 (35.0%)	5:22	11.2 (65.1%)
216	MROZEK Aleksandra	1117		20-29	31	00:00:33	00:11:55	00:28:11.55	00:28:45.40	+00:09:41 (34.4%)	5:19	11.3 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
217	LANC-BUDNIOK Magdalena	1111	OLZA CIESZYN	30-39	90	00:00:00	00:12:35	00:28:47.95	00:28:47.95	+00:10:17 (35.7%)	5:25	11 (64.0%)
218	KAPŁON Magdalena	225	MORS HUBERTUS MYSŁOWICE	20-29	28	00:00:54	00:12:25	00:27:54.50	00:28:48.55	+00:09:24 (33.7%)	5:15	11.4 (66.3%)
219	JĘDRYKA Patrycja	1238		30-39	87	00:00:07	00:11:35	00:28:42.75	00:28:50.05	+00:10:12 (35.5%)	5:25	11.1 (64.5%)
220	MARCSZ Natalia	734	INTERAKTYWNI	30-39	86	00:00:08	00:11:35	00:28:42.50	00:28:50.50	+00:10:12 (35.5%)	5:24	11.1 (64.5%)
221	SENDAL Jolanta	1085		30-39	82	00:00:12	00:12:25	00:28:38.15	00:28:51.05	+00:10:07 (35.4%)	5:24	11.1 (64.5%)
222	MATIASZEWSKA Małgorzata	876		40-49	86	00:00:12	00:12:17	00:28:38.70	00:28:51.20	+00:10:08 (35.4%)	5:24	11.1 (64.5%)
223	ZIELIŃSKA Karolina	747		20-29	33	00:00:07	00:12:19	00:28:43.55	00:28:51.50	+00:10:13 (35.6%)	5:25	11.1 (64.5%)
224	POŁEDNIOK Aleksandra	249		30-39	91	00:00:04	00:11:31	00:28:48.60	00:28:53.55	+00:10:18 (35.8%)	5:26	11 (64.0%)
225	DĄBROWSKA Emilia	147		40-49	87	00:00:14	00:12:04	00:28:40.10	00:28:54.80	+00:10:09 (35.4%)	5:24	11.1 (64.5%)
226	CHYTROSZEK Eleonora	21	BWM	40-49	88	00:00:13	00:12:11	00:28:42.40	00:28:55.60	+00:10:12 (35.5%)	5:24	11.1 (64.5%)
227	STOCHLA Małgorzata	1110		40-49	89	00:00:12	00:12:25	00:28:47.50	00:29:00.15	+00:10:17 (35.7%)	5:26	11 (64.0%)
228	GRABARCZYK-TIERIENTIEW Agnieszka	675		30-39	83	00:00:23	00:12:41	00:28:38.15	00:29:01.90	+00:10:07 (35.4%)	5:24	11.1 (64.5%)
229	WESOŁOWSKA Katarzyna	692		50-59	15	00:00:13	00:12:25	00:28:48.60	00:29:02.20	+00:10:18 (35.8%)	5:26	11 (64.0%)
230	SZENDERA-ORSZULIK Zofia	579		30-39	95	00:00:05	00:12:23	00:28:57.30	00:29:02.45	+00:10:26 (36.1%)	5:27	11 (64.0%)
231	PŁASKA Barbara	170	KOBIETY NA 5+	40-49	94	00:00:06	00:11:36	00:28:56.95	00:29:03.50	+00:10:26 (36.1%)	5:27	11 (64.0%)
232	MISKOWIEC Agnieszka	51	KB FARTLEK	40-49	91	00:00:11	00:11:59	00:28:52.55	00:29:04.00	+00:10:22 (35.9%)	5:26	11 (64.0%)
233	ZAŁĘCKA Monika	1285	PARKRUN KATOWICE	30-39	88	00:00:18	00:12:14	00:28:45.90	00:29:04.85	+00:10:15 (35.7%)	5:25	11.1 (64.5%)
234	KOSIACKA Agnieszka	165		30-39	93	00:00:11	00:11:19	00:28:54.30	00:29:05.55	+00:10:23 (36.0%)	5:27	11 (64.0%)
235	NAWARYŃSKA Katarzyna	234	WAWRZINEK TEAM	20-29	35	00:00:06	00:12:37	00:29:01.85	00:29:08.00	+00:10:31 (36.3%)	5:28	11 (64.0%)
236	PIECHA-ŁACHAJCZYK Hania	326		30-39	84	00:00:29	00:12:56	00:28:38.45	00:29:08.20	+00:10:08 (35.4%)	5:24	11.1 (64.5%)
237	SZWIEC Sandra	230	ZABIEGANI NAUCZYCIELE	30-39	85	00:00:27	00:12:35	00:28:41.20	00:29:08.50	+00:10:10 (35.5%)	5:24	11.1 (64.5%)
238	OŚLIZŁO Justyna	1210		30-39	81	00:00:34	00:12:35	00:28:34.75	00:29:09.15	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
239	MUSIAŁ Maria	877		50-59	14	00:00:24	00:12:35	00:28:45.55	00:29:10.30	+00:10:15 (35.6%)	5:25	11.1 (64.5%)
240	GAJEWSKA Agnieszka	458	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	93	00:00:14	00:12:16	00:28:56.00	00:29:10.70	+00:10:25 (36.0%)	5:27	11 (64.0%)
241	SIENIAWSKA Janina	133		60+	5	00:00:12	00:12:25	00:29:00.00	00:29:12.35	+00:10:29 (36.2%)	5:28	11 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
242	CZYPIONKA Żaneta	223	NESSI TEAM	30-39	94	00:00:19	00:12:18	00:28:54.65	00:29:13.90	+00:10:24 (36.0%)	5:27	11 (64.0%)
243	GOLEC-CHOLEWA Aleksandra	465	JUSTFEELFIT TEAM	30-39	89	00:00:27	00:12:35	00:28:47.30	00:29:14.50	+00:10:16 (35.7%)	5:25	11 (64.0%)
244	FRYDECKA Mirosława	151	DECATHLON RYBNIK & PRZYJACIELE	40-49	97	00:00:10	00:12:25	00:29:05.00	00:29:15.85	+00:10:34 (36.4%)	5:29	10.9 (63.4%)
245	PEŁKA Urszula	378	DECATHLON RYBNIK & PRZYJACIELE	40-49	96	00:00:11	00:12:24	00:29:04.95	00:29:15.95	+00:10:34 (36.4%)	5:29	10.9 (63.4%)
246	CANIBOŁ Anna	624	RUNTEAM PAWŁOWICE	20-29	36	00:00:11	00:12:34	00:29:07.25	00:29:19.10	+00:10:36 (36.4%)	5:29	10.9 (63.4%)
247	GAŁĄSKA Magdalena	1198		30-39	96	00:00:19	00:12:15	00:29:00.15	00:29:19.95	+00:10:29 (36.2%)	5:28	11 (64.0%)
248	BRZUSKA Kasia	376	OLZA CIESZYN	40-49	90	00:00:35	00:12:26	00:28:48.95	00:29:24.10	+00:10:18 (35.8%)	5:26	11 (64.0%)
249	KUBICA Patrycja	1200		30-39	101	00:00:06	00:12:23	00:29:17.70	00:29:24.40	+00:10:47 (36.8%)	5:31	10.9 (63.4%)
250	ZYBURA Mirka	712		40-49	99	00:00:10	00:12:51	00:29:14.60	00:29:24.65	+00:10:44 (36.7%)	5:30	10.9 (63.4%)
251	NIEDZIELA Barbara	854	50 LAT SP5	30-39	100	00:00:09	00:12:24	00:29:16.30	00:29:26.15	+00:10:45 (36.8%)	5:31	10.9 (63.4%)
252	SMOLIŃSKA Ilona	134		40-49	85	00:00:49	00:12:39	00:28:37.05	00:29:26.75	+00:10:06 (35.3%)	5:23	11.1 (64.5%)
253	GUBAŁA Monika	693		20-29	38	00:00:13	00:12:21	00:29:13.55	00:29:27.05	+00:10:43 (36.7%)	5:30	10.9 (63.4%)
254	TOMASZEWSKA Magdalena	1013		40-49	101	00:00:11	00:13:05	00:29:15.70	00:29:27.35	+00:10:45 (36.8%)	5:31	10.9 (63.4%)
255	BEDKA Daria	510		30-39	103	00:00:08	00:12:25	00:29:20.55	00:29:28.90	+00:10:50 (36.9%)	5:32	10.8 (62.8%)
256	WIĘSEK Judyta	1030	GWARKOWE DZIEWCZYNY	30-39	104	00:00:08	00:12:25	00:29:20.90	00:29:29.50	+00:10:50 (36.9%)	5:32	10.8 (62.8%)
257	MAKOSZ Barbara	1191	RUNTEAM PAWLOWICE	40-49	95	00:00:28	00:12:10	00:29:01.75	00:29:30.60	+00:10:31 (36.2%)	5:28	11 (64.0%)
258	STUDNIK Agnieszka	65		30-39	99	00:00:20	00:12:59	00:29:10.45	00:29:30.85	+00:10:40 (36.6%)	5:30	10.9 (63.4%)
259	KOKOT Justyna	656		40-49	105	00:00:13	00:12:08	00:29:18.75	00:29:32.70	+00:10:48 (36.9%)	5:31	10.8 (62.8%)
260	BIELA Małgorzata	993	KOBIETY NA 5+	40-49	98	00:00:23	00:12:21	00:29:09.45	00:29:33.05	+00:10:39 (36.5%)	5:30	10.9 (63.4%)
261	JABŁOŃSKA Sabina	34		40-49	103	00:00:16	00:12:29	00:29:17.70	00:29:34.55	+00:10:47 (36.8%)	5:31	10.9 (63.4%)
262	KRZOWSKA Ewa	131		40-49	106	00:00:14	00:12:12	00:29:19.95	00:29:34.85	+00:10:49 (36.9%)	5:32	10.8 (62.8%)
263	STRASZEWSKA Aleksandra	138	KS M.E.T.A	30-39	98	00:00:27	00:13:22	00:29:08.30	00:29:35.50	+00:10:37 (36.5%)	5:29	10.9 (63.4%)
264	KUBISTY Anka	26		40-49	110	00:00:03	00:12:14	00:29:33.00	00:29:36.95	+00:11:02 (37.4%)	5:34	10.8 (62.8%)
265	ŁUKASIK Aldona	185		30-39	92	00:00:45	00:12:16	00:28:53.00	00:29:38.00	+00:10:22 (35.9%)	5:26	11 (64.0%)
266	KABUT Gosia	277	RADLINIOKI W BIEGU	30-39	108	00:00:06	00:12:45	00:29:31.90	00:29:38.10	+00:11:01 (37.3%)	5:34	10.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
267	KAMIŃSKA Natalia	155		20-29	34	00:00:45	00:12:38	00:28:53.35	00:29:39.10	+00:10:22 (35.9%)	5:27	11 (64.0%)
268	LISZOK Iwona	192		30-39	106	00:00:13	00:12:22	00:29:25.40	00:29:39.15	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
269	DIEBEL Monika	88		30-39	107	00:00:09	00:12:51	00:29:29.55	00:29:39.50	+00:10:59 (37.2%)	5:33	10.8 (62.8%)
270	HERCHEL Marzena	320	LET'STO SUSZECKA GRUPA BIEGOWA	40-49	107	00:00:17	00:12:34	00:29:23.85	00:29:41.45	+00:10:53 (37.0%)	5:32	10.8 (62.8%)
271	PISKORZ Aleksandra	667	MIECHOWICKA GRUPA BIEGOWA	40-49	92	00:00:47	00:12:40	00:28:54.80	00:29:42.45	+00:10:24 (36.0%)	5:27	11 (64.0%)
272	ROZMUS-PROCNER Patrycja	800	BIELSZCZANKI BIEGAJĄ	40-49	108	00:00:18	00:12:40	00:29:24.30	00:29:42.55	+00:10:53 (37.1%)	5:32	10.8 (62.8%)
273	MASTEK Beata	618	BIELSZCZANKI BIEGAJĄ	50-59	16	00:00:19	00:12:25	00:29:23.40	00:29:42.75	+00:10:53 (37.0%)	5:32	10.8 (62.8%)
274	WAWRZYNKIEWICZ Kamila	997		20-29	39	00:00:26	00:13:21	00:29:17.65	00:29:44.55	+00:10:47 (36.8%)	5:31	10.9 (63.4%)
275	KRAKOWCZYK Karolina	999		30-39	105	00:00:22	00:12:54	00:29:22.10	00:29:44.85	+00:10:51 (37.0%)	5:32	10.8 (62.8%)
276	PROKOP Iwona	766	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	109	00:00:16	00:12:25	00:29:28.40	00:29:44.95	+00:10:58 (37.2%)	5:33	10.8 (62.8%)
277	GRANICA Dani	1026	DANI BIEGA BEZ GRANIC	40-49	112	00:00:09	00:12:12	00:29:36.05	00:29:45.25	+00:11:05 (37.5%)	5:35	10.7 (62.2%)
278	ŻYTKO Magdalena	236	DYCUŚ TEAM	30-39	109	00:00:14	00:12:13	00:29:32.35	00:29:46.90	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
279	WRUCHA Sylwia	1228		40-49	104	00:00:29	00:13:03	00:29:17.85	00:29:47.55	+00:10:47 (36.8%)	5:31	10.9 (63.4%)
280	SUBIK Edyta	946		30-39	110	00:00:07	00:11:56	00:29:40.15	00:29:48.05	+00:11:09 (37.6%)	5:36	10.7 (62.2%)
281	BERNAT Katarzyna	50		40-49	100	00:00:33	00:12:05	00:29:15.70	00:29:49.30	+00:10:45 (36.8%)	5:31	10.9 (63.4%)
282	KUFIETA Ewelina	349		40-49	102	00:00:33	00:12:07	00:29:16.10	00:29:49.55	+00:10:45 (36.8%)	5:31	10.9 (63.4%)
283	RĘKAL Dorota	1078		50-59	17	00:00:20	00:12:12	00:29:29.75	00:29:50.60	+00:10:59 (37.3%)	5:33	10.8 (62.8%)
284	FIZIA Joanna	421	NESSI TEAM	30-39	113	00:00:06	00:13:01	00:29:43.90	00:29:50.85	+00:11:13 (37.8%)	5:36	10.7 (62.2%)
285	TRZEBULSKA Klaudia	1140	DRUŻYNA ING	20-29	41	00:00:09	00:12:18	00:29:41.05	00:29:50.90	+00:11:10 (37.7%)	5:36	10.7 (62.2%)
286	HETMANIOK Agnieszka	289		20-29	40	00:00:29	00:12:54	00:29:23.70	00:29:52.85	+00:10:53 (37.0%)	5:32	10.8 (62.8%)
287	FOJCIK Katarzyna	564	YNO ULTRA	20-29	42	00:00:06	00:12:19	00:29:46.70	00:29:53.40	+00:11:16 (37.9%)	5:37	10.7 (62.2%)
288	NIESŁAŃCZYK Barbara	1186	BZIEGACZE	30-39	111	00:00:14	00:12:24	00:29:40.45	00:29:55.15	+00:11:10 (37.6%)	5:36	10.7 (62.2%)
289	SOSNA Agata	578		40-49	111	00:00:21	00:12:36	00:29:33.85	00:29:55.30	+00:11:03 (37.4%)	5:34	10.8 (62.8%)
290	PŁASZCZYMAKA Justyna	1080	MIECHOWICKA GRUPA BIEGOWA	20-29	37	00:00:47	00:12:52	00:29:08.95	00:29:56.15	+00:10:38 (36.5%)	5:30	10.9 (63.4%)
291	MAKUCH Joanna	588		30-39	97	00:00:51	00:12:37	00:29:06.15	00:29:57.20	+00:10:35 (36.4%)	5:29	10.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
292	WOŹNIAK Julia	359		16-19	5	00:00:05	00:12:32	00:29:53.85	00:29:59.35	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
293	MALINOWSKA Aneta	655	OLZA CIESZYN	40-49	113	00:00:18	00:12:31	00:29:41.00	00:29:59.80	+00:11:10 (37.7%)	5:36	10.7 (62.2%)
294	JAKUBIK Edyta	19		30-39	102	00:00:40	00:12:21	00:29:20.20	00:30:00.60	+00:10:49 (36.9%)	5:32	10.8 (62.8%)
295	BORUS Joanna	480	OLZA CIESZYN	40-49	114	00:00:17	00:13:22	00:29:45.45	00:30:03.35	+00:11:15 (37.8%)	5:36	10.7 (62.2%)
296	WOLNY Ania	746	OLZA CIESZYN	30-39	114	00:00:17	00:13:22	00:29:46.10	00:30:03.55	+00:11:15 (37.8%)	5:36	10.7 (62.2%)
297	KOŁAK Alicja	216		30-39	112	00:00:23	00:12:50	00:29:41.30	00:30:04.85	+00:11:10 (37.7%)	5:36	10.7 (62.2%)
298	KUFIETA Magdalena	842		30-39	118	00:00:11	00:12:21	00:29:55.30	00:30:06.95	+00:11:24 (38.1%)	5:38	10.6 (61.6%)
299	CIMAŁA Katarzyna	752		20-29	46	00:00:11	00:11:46	00:29:58.25	00:30:09.25	+00:11:27 (38.3%)	5:39	10.6 (61.6%)
300	WIECZOREK Iwona	1065		40-49	123	00:00:00	00:14:06	00:30:09.55	00:30:09.55	+00:11:39 (38.6%)	5:41	10.5 (61.0%)
301	ADAMIAK Edyta	1255	ŚWIRY STELA	40-49	119	00:00:10	00:12:26	00:30:00.70	00:30:10.70	+00:11:30 (38.3%)	5:39	10.6 (61.6%)
302	DOLNIK Katarzyna	405		30-39	122	00:00:12	00:12:25	00:29:59.45	00:30:12.35	+00:11:29 (38.3%)	5:39	10.6 (61.6%)
303	RANSZ Beata	872		40-49	124	00:00:03	00:12:23	00:30:10.80	00:30:14.55	+00:11:40 (38.7%)	5:41	10.5 (61.0%)
304	SZYNAL-BENSZ Magdalena	962		30-39	121	00:00:15	00:12:21	00:29:59.40	00:30:14.70	+00:11:29 (38.3%)	5:39	10.6 (61.6%)
305	SKOCZYŃSKA Małgorzata	442		20-29	44	00:00:19	00:12:40	00:29:56.30	00:30:16.15	+00:11:25 (38.2%)	5:39	10.6 (61.6%)
306	BIELA Adrianna	980		20-29	43	00:00:22	00:12:22	00:29:53.95	00:30:16.25	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
307	SIWCZYK Katarzyna	1040		30-39	116	00:00:26	00:13:05	00:29:50.25	00:30:16.65	+00:11:19 (38.0%)	5:37	10.7 (62.2%)
308	KUŚ Anna	1300	UZDROWISKO USTROŃ	30-39	119	00:00:21	00:13:06	00:29:56.45	00:30:17.95	+00:11:26 (38.2%)	5:38	10.6 (61.6%)
309	WESOŁOWSKA Katarzyna	1301	UZDROWISKO USTROŃ	40-49	117	00:00:21	00:13:06	00:29:56.35	00:30:18.15	+00:11:25 (38.2%)	5:39	10.6 (61.6%)
310	MACIEJCZYK Karolina	619		30-39	125	00:00:17	00:12:57	00:30:02.55	00:30:20.15	+00:11:32 (38.4%)	5:40	10.6 (61.6%)
311	MUSIOŁ Helena	831		40-49	115	00:00:32	00:12:39	00:29:48.05	00:30:20.50	+00:11:17 (37.9%)	5:37	10.7 (62.2%)
312	KOŻUCH Emilia	606		30-39	126	00:00:17	00:13:22	00:30:03.70	00:30:21.30	+00:11:33 (38.4%)	5:40	10.6 (61.6%)
313	MUDYN Karolina	733		30-39	128	00:00:10	00:12:08	00:30:11.55	00:30:22.10	+00:11:41 (38.7%)	5:41	10.5 (61.0%)
314	DOBRENIUK Aurelia	1273		40-49	121	00:00:14	00:12:48	00:30:08.30	00:30:23.00	+00:11:37 (38.6%)	5:41	10.5 (61.0%)
315	NAWARYŃSKA Ewa	53	WAWRZINEK TEAM	40-49	128	00:00:06	00:12:56	00:30:17.15	00:30:23.55	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
316	GEMBALA Violetta	723		50-59	18	00:00:31	00:13:10	00:29:52.70	00:30:24.60	+00:11:22 (38.1%)	5:38	10.6 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
317	WODNIAK Angela	1063	POWOLI DO CELU	30-39	123	00:00:25	00:12:56	00:29:59.75	00:30:24.75	+00:11:29 (38.3%)	5:39	10.6 (61.6%)
318	PIETROSZEK Władysława	270		40-49	132	00:00:05	00:12:24	00:30:20.70	00:30:26.65	+00:11:50 (39.0%)	5:43	10.5 (61.0%)
319	SKOTNICKA Urszula	524		50-59	20	00:00:10	00:12:14	00:30:17.30	00:30:27.65	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
320	KANTOROWSKA Anna	301	NESSI TEAM	30-39	124	00:00:25	00:12:56	00:30:02.55	00:30:27.95	+00:11:32 (38.4%)	5:40	10.6 (61.6%)
320	SPANDEL Agnieszka	1050		30-39	120	00:00:29	00:13:58	00:29:58.50	00:30:27.95	+00:11:28 (38.3%)	5:39	10.6 (61.6%)
322	KUBALA Agnieszka	1295		30-39	115	00:00:41	00:13:28	00:29:47.10	00:30:28.15	+00:11:16 (37.9%)	5:37	10.7 (62.2%)
323	OSTROWSKA Izabela	122	KOBIETY NA 5+	40-49	120	00:00:23	00:12:11	00:30:05.10	00:30:28.45	+00:11:34 (38.5%)	5:40	10.6 (61.6%)
324	GORAUS Ania	385	ADS MASNA	30-39	117	00:00:38	00:12:44	00:29:50.50	00:30:28.55	+00:11:20 (38.0%)	5:37	10.7 (62.2%)
325	KOŁODZIEJ Julia	1154		20-29	51	00:00:04	00:12:32	00:30:24.95	00:30:28.95	+00:11:54 (39.2%)	5:44	10.5 (61.0%)
326	GIŻYŃSKA Katarzyna	620	KOBIETY NA 5+	30-39	135	00:00:09	00:12:33	00:30:20.15	00:30:29.85	+00:11:49 (39.0%)	5:43	10.5 (61.0%)
327	KOBA Natalia	526		20-29	45	00:00:32	00:12:56	00:29:58.15	00:30:30.15	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
328	PASZEK Ewa	1138	BIELSZCZANKI BIEGAJĄ	40-49	122	00:00:22	00:13:10	00:30:09.20	00:30:31.95	+00:11:38 (38.6%)	5:41	10.5 (61.0%)
329	DANKIEWICZ Magdalena	218	RUNTEAM PAWŁOWICE	16-19	6	00:00:27	00:12:51	00:30:06.15	00:30:33.55	+00:11:35 (38.5%)	5:40	10.6 (61.6%)
330	SZCZYGIĘŁ Anna	394		40-49	129	00:00:16	00:13:23	00:30:17.15	00:30:34.00	+00:11:46 (38.9%)	5:43	10.5 (61.0%)
331	HAJZYK Eveline	1169	DECATHLON RYBNIK & PRZYJACIELE	40-49	140	00:00:00	00:12:40	00:30:33.65	00:30:34.55	+00:12:03 (39.4%)	5:46	10.4 (60.5%)
332	GÓRECKA Ewelina	1104	JUSTFEELFIT	30-39	127	00:00:26	00:13:16	00:30:09.35	00:30:35.55	+00:11:38 (38.6%)	5:41	10.5 (61.0%)
333	GAJDAMAKIN Patrycja	635		40-49	130	00:00:17	00:13:23	00:30:18.60	00:30:35.65	+00:11:48 (38.9%)	5:43	10.5 (61.0%)
334	STOPYRA Agnieszka	497		40-49	131	00:00:16	00:13:18	00:30:20.25	00:30:36.25	+00:11:49 (39.0%)	5:43	10.5 (61.0%)
335	STĘCHŁY Marta	797		30-39	138	00:00:06	00:12:37	00:30:30.25	00:30:36.35	+00:11:59 (39.3%)	5:45	10.4 (60.5%)
336	PRÓSZYŃSKA Agnieszka	968		30-39	130	00:00:25	00:13:02	00:30:12.60	00:30:38.15	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
337	DZIAŁKOWSKA Barbara	1083		40-49	125	00:00:24	00:13:15	00:30:13.70	00:30:38.65	+00:11:43 (38.8%)	5:42	10.5 (61.0%)
338	KUBICA Monika	1122	BEST FIT	40-49	133	00:00:14	00:12:42	00:30:24.75	00:30:38.95	+00:11:54 (39.1%)	5:44	10.5 (61.0%)
339	WERNIK Katarzyna	1018	BESTFITCLUB RYBNIK	40-49	135	00:00:14	00:12:42	00:30:25.15	00:30:39.35	+00:11:54 (39.2%)	5:44	10.5 (61.0%)
340	WALA Anna	314		30-39	129	00:00:27	00:12:57	00:30:12.00	00:30:39.75	+00:11:41 (38.7%)	5:41	10.5 (61.0%)
341	GABRYEL Danuta	62	MIECHOWICKA GRUPA BIEGOWA	50-59	19	00:00:44	00:12:54	00:29:55.65	00:30:39.95	+00:11:25 (38.2%)	5:38	10.6 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
342	KOSMALA Stanisława	299		60+	6	00:00:29	00:13:23	00:30:10.95	00:30:40.20	+00:11:40 (38.7%)	5:41	10.5 (61.0%)
343	FECZKO Lucyna	700		40-49	134	00:00:16	00:13:08	00:30:25.05	00:30:41.20	+00:11:54 (39.2%)	5:44	10.5 (61.0%)
344	MOSKAŁA Magdalena	228		30-39	134	00:00:22	00:12:28	00:30:18.80	00:30:41.65	+00:11:48 (38.9%)	5:43	10.5 (61.0%)
345	DĄBROWSKA-KUŚNIERZ Ewelina	512	OSOBA PRYWATNA	40-49	116	00:00:47	00:13:01	00:29:55.20	00:30:42.45	+00:11:24 (38.1%)	5:38	10.6 (61.6%)
346	JAWOREK Monika	508		40-49	118	00:00:43	00:13:33	00:29:59.60	00:30:42.85	+00:11:29 (38.3%)	5:39	10.6 (61.6%)
347	COFALIK Gabriela	1029	DECATHLON RYBNIK & PRZYJACIELE	40-49	141	00:00:11	00:12:29	00:30:34.05	00:30:45.45	+00:12:03 (39.5%)	5:46	10.4 (60.5%)
348	GAJDA Magdalena	538	50 LAT SP5	20-29	49	00:00:23	00:13:32	00:30:21.90	00:30:45.75	+00:11:51 (39.1%)	5:43	10.5 (61.0%)
349	WIDENKA Joanna	1267	DYSTANS LUBOMIA	20-29	47	00:00:29	00:12:50	00:30:16.65	00:30:46.10	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
350	BAJCAR Beata	611	KOBIETY NA 5+	40-49	145	00:00:08	00:12:34	00:30:37.45	00:30:46.35	+00:12:07 (39.6%)	5:46	10.4 (60.5%)
351	ZIELOSKO Beata	970	BBL MIKOŁÓW	40-49	127	00:00:33	00:13:18	00:30:16.95	00:30:50.05	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
352	STASZEWSKA Marzena	1293	SONKOTEAM	30-39	133	00:00:34	00:12:53	00:30:16.35	00:30:50.40	+00:11:45 (38.9%)	5:42	10.5 (61.0%)
353	ROZMUS Marzena	669	ŚWIERCZYNIEC RUNNING	40-49	126	00:00:35	00:13:35	00:30:16.80	00:30:52.35	+00:11:46 (38.9%)	5:42	10.5 (61.0%)
354	MAROSZEK Aleksandra	235		40-49	147	00:00:07	00:12:38	00:30:44.70	00:30:52.65	+00:12:14 (39.8%)	5:48	10.3 (59.9%)
355	SZYPUŁA Ewa	1305	BIEGNĘ BYLE DOBIEC	30-39	131	00:00:41	00:13:09	00:30:12.85	00:30:54.50	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
356	GRYCMAN Katarzyna	360	KS M.E.T.A	30-39	139	00:00:25	00:13:25	00:30:31.40	00:30:56.70	+00:12:01 (39.4%)	5:45	10.4 (60.5%)
357	LEKS Edyta	742	DYSTANS LUBOMIA	50-59	22	00:00:32	00:12:43	00:30:24.80	00:30:56.85	+00:11:54 (39.1%)	5:44	10.5 (61.0%)
358	ZIĘTARA Agata	1045		40-49	142	00:00:22	00:13:07	00:30:35.70	00:30:58.25	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
359	CAPUTA Lucyna	760	JUSTFEELFIT	30-39	140	00:00:25	00:12:53	00:30:33.15	00:30:58.65	+00:12:02 (39.4%)	5:45	10.4 (60.5%)
360	STALMACH Justyna	1280		20-29	54	00:00:20	00:13:29	00:30:38.40	00:30:58.70	+00:12:08 (39.6%)	5:46	10.4 (60.5%)
361	KELNER Karolina	769		20-29	55	00:00:15	00:13:27	00:30:44.45	00:30:59.50	+00:12:14 (39.8%)	5:47	10.3 (59.9%)
362	BONDARCZUK Sylwia	571	SZYBKIE ŻÓŁWIE	40-49	138	00:00:31	00:12:32	00:30:28.90	00:31:00.05	+00:11:58 (39.3%)	5:45	10.4 (60.5%)
363	SŁUPIK Bożena	448		40-49	144	00:00:23	00:13:24	00:30:36.75	00:31:00.20	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
364	OGIEGŁO Dorota	802		30-39	137	00:00:31	00:12:33	00:30:29.95	00:31:00.95	+00:11:59 (39.3%)	5:45	10.4 (60.5%)
364	MIKA Paulina	1226	RADLINIOKI W BIEGU	20-29	57	00:00:05	00:12:45	00:30:55.45	00:31:00.95	+00:12:25 (40.2%)	5:50	10.3 (59.9%)
366	SMYCZEK Joanna	758		40-49	137	00:00:34	00:13:13	00:30:26.55	00:31:01.05	+00:11:56 (39.2%)	5:44	10.4 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
367	BĄKOWSKA Justyna	1275		30-39	132	00:00:46	00:13:04	00:30:14.90	00:31:01.10	+00:11:44 (38.8%)	5:42	10.5 (61.0%)
368	KUPCZEWSKA Izabela	568	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	148	00:00:04	00:12:56	00:30:59.90	00:31:04.70	+00:12:29 (40.3%)	5:50	10.3 (59.9%)
369	JĘDRUSIAK Lidia	1174		30-39	144	00:00:17	00:12:57	00:30:47.25	00:31:05.20	+00:12:16 (39.9%)	5:48	10.3 (59.9%)
370	SUŁGUT Marlena	650	RADLINIOKI W BIEGU	20-29	53	00:00:30	00:13:09	00:30:36.40	00:31:06.85	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
371	CYWIŃSKA Elżbieta	679	ŚWIERCZYNIEC RUNNING	40-49	139	00:00:35	00:13:36	00:30:32.15	00:31:07.35	+00:12:01 (39.4%)	5:45	10.4 (60.5%)
372	ZACHURZOK Ewelina	1279	OLZA CIESZYN	30-39	152	00:00:06	00:12:25	00:31:02.15	00:31:08.75	+00:12:31 (40.4%)	5:51	10.2 (59.3%)
373	GAŃKO Grażyna	1286		50-59	23	00:00:17	00:13:21	00:30:51.75	00:31:09.20	+00:12:21 (40.0%)	5:49	10.3 (59.9%)
374	GIEL Agata	1135		40-49	148	00:00:23	00:13:52	00:30:46.35	00:31:09.80	+00:12:15 (39.9%)	5:48	10.3 (59.9%)
375	JAKACKA Agata	351		20-29	52	00:00:35	00:14:33	00:30:36.35	00:31:11.80	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
376	JĘDRZEJEWSKA Beata	212	WATAHA	40-49	143	00:00:36	00:13:15	00:30:35.70	00:31:11.85	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
377	KRÓL Barbara	1289	DECATHLON ŻORY	20-29	48	00:00:54	00:13:38	00:30:18.75	00:31:13.65	+00:11:48 (38.9%)	5:43	10.5 (61.0%)
378	KOZOK Małgorzata	455	NESSI TEAM	40-49	158	00:00:10	00:12:58	00:31:03.90	00:31:14.50	+00:12:33 (40.4%)	5:51	10.2 (59.3%)
379	BETAŃSKA Aneta	292	KOBIETY NA 5+	40-49	152	00:00:21	00:13:04	00:30:53.10	00:31:14.65	+00:12:22 (40.1%)	5:49	10.3 (59.9%)
380	NOWOŻYŃ Joanna	1098	SPOT PSZCZYNA	30-39	147	00:00:17	00:13:07	00:30:58.40	00:31:16.25	+00:12:28 (40.2%)	5:50	10.3 (59.9%)
381	BIERZA Alina	273	FITOLKA	40-49	159	00:00:12	00:12:29	00:31:04.90	00:31:17.00	+00:12:34 (40.5%)	5:51	10.2 (59.3%)
382	ŁEPEK Bożena	172		40-49	155	00:00:19	00:13:18	00:30:58.30	00:31:18.05	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
383	MAC Joann	1027		40-49	156	00:00:19	00:13:19	00:30:58.50	00:31:18.35	+00:12:28 (40.3%)	5:50	10.3 (59.9%)
384	GOJ Hania	1123	MORS HUBERTUS MYSŁOWICE	50-59	21	00:00:56	00:13:56	00:30:22.60	00:31:19.05	+00:11:52 (39.1%)	5:43	10.5 (61.0%)
385	PIECHOTA Hanna	1290	DECATHLON ŻORY	20-29	50	00:00:56	00:13:39	00:30:23.35	00:31:19.50	+00:11:52 (39.1%)	5:43	10.5 (61.0%)
386	WAWRZYK Iwona	947	OLZA CIESZYN	50-59	24	00:00:17	00:13:01	00:31:02.30	00:31:19.70	+00:12:31 (40.4%)	5:51	10.2 (59.3%)
387	KAŁUS Joanna	325		40-49	154	00:00:26	00:12:46	00:30:53.55	00:31:19.80	+00:12:23 (40.1%)	5:49	10.3 (59.9%)
388	IDZIKOWSKA Elżbieta	1241		40-49	136	00:00:53	00:13:05	00:30:26.40	00:31:20.15	+00:11:56 (39.2%)	5:44	10.4 (60.5%)
389	SIKORA Agnieszka	61	INIEMAMOCNI TRI TEAM	30-39	151	00:00:19	00:12:52	00:31:01.10	00:31:20.35	+00:12:30 (40.3%)	5:51	10.3 (59.9%)
390	KUŹNIK Edyta	213		30-39	154	00:00:13	00:13:13	00:31:07.15	00:31:20.50	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
391	FOJCIK Asia	764	SBD ENERGETYK RYBNIK	40-49	146	00:00:40	00:13:05	00:30:40.50	00:31:20.65	+00:12:10 (39.7%)	5:47	10.4 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
392	SZALA Beata	94	SBD ENERGETYK RYBNIK	30-39	141	00:00:40	00:13:06	00:30:40.45	00:31:20.75	+00:12:10 (39.7%)	5:47	10.4 (60.5%)
393	CZERNIECKA Judyta	1142	DYSTANS LUBOMIA	30-39	145	00:00:32	00:13:41	00:30:48.15	00:31:20.95	+00:12:17 (39.9%)	5:48	10.3 (59.9%)
394	SZCZEPAŃSKA Joanna	453	MORS HUBERTUS MYŚŁOWICE	20-29	63	00:00:05	00:12:42	00:31:15.65	00:31:21.00	+00:12:45 (40.8%)	5:53	10.2 (59.3%)
395	CYRULIK Ania	395		20-29	60	00:00:15	00:13:30	00:31:06.70	00:31:22.15	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
396	BARAN Irena	445	SZARE MORSY	50-59	25	00:00:20	00:13:00	00:31:03.45	00:31:24.00	+00:12:33 (40.4%)	5:51	10.2 (59.3%)
397	ADAMIK Magdalena	554	KOLOROWA DRUŻYNA NESSI	30-39	136	00:00:59	00:13:25	00:30:25.15	00:31:24.35	+00:11:54 (39.2%)	5:44	10.5 (61.0%)
398	SZTABLA Liliana	698		40-49	149	00:00:35	00:14:01	00:30:49.65	00:31:24.80	+00:12:19 (40.0%)	5:48	10.3 (59.9%)
399	CZAJKOWSKA-OCZADŁY Anna	703		40-49	151	00:00:34	00:14:01	00:30:50.65	00:31:24.95	+00:12:20 (40.0%)	5:49	10.3 (59.9%)
400	PILCH Anna	1235		30-39	143	00:00:42	00:13:55	00:30:42.90	00:31:25.10	+00:12:12 (39.7%)	5:47	10.4 (60.5%)
401	GÓRNY Jola	162	BB BIELSZCZANKI BIEGAJĄ	40-49	168	00:00:03	00:12:19	00:31:22.30	00:31:25.40	+00:12:51 (41.0%)	5:55	10.1 (58.7%)
402	SUDLITZ Anna	959		30-39	157	00:00:13	00:13:00	00:31:13.20	00:31:26.25	+00:12:42 (40.7%)	5:53	10.2 (59.3%)
403	KWESTOROWSKA Sandra	16	KWESTORUN	30-39	159	00:00:09	00:12:49	00:31:17.05	00:31:26.30	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
404	ROSGA Anna	1230		40-49	162	00:00:11	00:12:49	00:31:14.90	00:31:26.85	+00:12:44 (40.8%)	5:53	10.2 (59.3%)
405	BLANA Małgorzata	1260		40-49	163	00:00:11	00:12:50	00:31:14.95	00:31:26.90	+00:12:44 (40.8%)	5:53	10.2 (59.3%)
406	SZYMICZEK Paulina	537	DYSTANS LUBOMIA	20-29	58	00:00:30	00:12:52	00:30:56.65	00:31:27.45	+00:12:26 (40.2%)	5:50	10.3 (59.9%)
407	PLESZCZYŃSKA Iwona	374		30-39	150	00:00:26	00:13:22	00:31:01.00	00:31:27.90	+00:12:30 (40.3%)	5:51	10.3 (59.9%)
408	PEPEK Aneta	490		40-49	160	00:00:16	00:13:09	00:31:11.60	00:31:28.05	+00:12:41 (40.7%)	5:53	10.2 (59.3%)
409	SZADY Barbara	762		30-39	164	00:00:05	00:13:01	00:31:24.00	00:31:29.95	+00:12:53 (41.1%)	5:55	10.1 (58.7%)
410	KOSMAŁA-LANDZIŃSKA Ewa	252		30-39	149	00:00:30	00:13:37	00:31:00.85	00:31:30.85	+00:12:30 (40.3%)	5:50	10.3 (59.9%)
410	GAWĘŁCZYK Marta	494	CE PROGRESS	30-39	142	00:00:48	00:13:54	00:30:42.20	00:31:30.85	+00:12:11 (39.7%)	5:47	10.4 (60.5%)
412	PILCH Lucyna	1265	CZARNE FIT	20-29	56	00:00:42	00:13:55	00:30:49.85	00:31:31.85	+00:12:19 (40.0%)	5:48	10.3 (59.9%)
413	DELEWSKA Dorota	1005	NIGHT RUNNERS ZABRZE	40-49	150	00:00:44	00:13:54	00:30:50.30	00:31:34.50	+00:12:19 (40.0%)	5:49	10.3 (59.9%)
414	RUMPEL Maria	390	KS M.E.T.A.	30-39	155	00:00:26	00:13:39	00:31:07.85	00:31:34.55	+00:12:37 (40.6%)	5:52	10.2 (59.3%)
414	GORUS Anna	1097	NIGHT RUNNERS ZABRZE	30-39	146	00:00:44	00:13:55	00:30:50.50	00:31:34.55	+00:12:20 (40.0%)	5:49	10.3 (59.9%)
416	KRZEMPEK Bogusława	80	UBS	40-49	169	00:00:18	00:13:18	00:31:23.35	00:31:42.20	+00:12:52 (41.0%)	5:55	10.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
417	CHUDEK Agnieszka	939	SPOT PSZCZYNA	30-39	165	00:00:17	00:12:29	00:31:25.80	00:31:43.45	+00:12:55 (41.1%)	5:55	10.1 (58.7%)
418	WESOŁY Agnieszka	18	MIECHOWICKA GRUPA BIEGOWA	40-49	153	00:00:51	00:13:57	00:30:53.50	00:31:44.65	+00:12:23 (40.1%)	5:49	10.3 (59.9%)
419	WIRTH Agnieszka	863		30-39	162	00:00:22	00:13:45	00:31:22.80	00:31:44.85	+00:12:52 (41.0%)	5:55	10.1 (58.7%)
420	JAWORSKA Barbara	1232	BIELSZCZANKI BIEGAJĄ	40-49	165	00:00:31	00:13:10	00:31:17.90	00:31:49.00	+00:12:47 (40.9%)	5:54	10.2 (59.3%)
421	KAŁUŻA Basia	858	BIELSZCZANKI BIEGAJĄ	30-39	158	00:00:32	00:13:09	00:31:16.70	00:31:49.10	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
422	SIENKIEWICZ Gabriela	127	POWOLI DO CELU	30-39	163	00:00:25	00:13:27	00:31:23.75	00:31:49.65	+00:12:53 (41.1%)	5:55	10.1 (58.7%)
423	EISLER Anna	136	NESSI TEAM	30-39	161	00:00:32	00:13:41	00:31:18.10	00:31:50.55	+00:12:47 (40.9%)	5:54	10.2 (59.3%)
424	BURZYŃSKA Beata	422		40-49	170	00:00:17	00:13:09	00:31:33.30	00:31:51.00	+00:13:02 (41.4%)	5:57	10.1 (58.7%)
425	DZIEDZIC Agnieszka	789	SŁOWIAŃSKIE PREZENTY	16-19	9	00:00:08	00:13:55	00:31:44.00	00:31:52.90	+00:13:13 (41.7%)	5:59	10 (58.1%)
426	DOBRAS Anna	1093	MIECHOWICKA GRUPA BIEGOWA	30-39	153	00:00:51	00:14:15	00:31:02.90	00:31:54.55	+00:12:32 (40.4%)	5:51	10.2 (59.3%)
426	BEM - POŹNIAK Iwona	757	MIECHOWICKA GRUPA BIEGOWA	40-49	157	00:00:51	00:14:15	00:31:03.30	00:31:54.55	+00:12:32 (40.4%)	5:51	10.2 (59.3%)
428	LACHOWICZ Izabela	550		20-29	62	00:00:40	00:13:49	00:31:14.10	00:31:55.00	+00:12:43 (40.8%)	5:53	10.2 (59.3%)
429	GABRUŚ Iwona	1056	PĘDZĄCE ŻÓŁWIE IMI	40-49	161	00:00:40	00:13:48	00:31:14.25	00:31:55.15	+00:12:43 (40.8%)	5:53	10.2 (59.3%)
430	WANIEK Justyna	540		20-29	59	00:00:52	00:13:59	00:31:03.95	00:31:56.40	+00:12:33 (40.4%)	5:51	10.2 (59.3%)
431	WACHTARCZYK Dominika	581		20-29	66	00:00:34	00:14:24	00:31:22.70	00:31:56.95	+00:12:52 (41.0%)	5:55	10.1 (58.7%)
432	KAFKA Magdalena	205	CE PROGRESS	30-39	156	00:00:48	00:13:54	00:31:08.20	00:31:57.00	+00:12:37 (40.6%)	5:52	10.2 (59.3%)
433	KĘPKA Joanna	447	KOLONIE	40-49	173	00:00:20	00:13:09	00:31:37.75	00:31:57.90	+00:13:07 (41.5%)	5:57	10.1 (58.7%)
434	CIOCH Emilia	853		30-39	167	00:00:25	00:13:35	00:31:32.15	00:31:57.95	+00:13:01 (41.3%)	5:56	10.1 (58.7%)
435	KASPRZYCKA - SZUBARSKA Katarzyna	708	OLZA CIESZYN	40-49	166	00:00:38	00:13:42	00:31:20.80	00:31:58.80	+00:12:50 (41.0%)	5:54	10.1 (58.7%)
436	ADAMUS Katarzyna	79	OLZA CIESZYN	40-49	167	00:00:37	00:13:42	00:31:21.50	00:31:59.25	+00:12:51 (41.0%)	5:55	10.1 (58.7%)
437	RUSEK Aleksandra	991		20-29	64	00:00:41	00:13:54	00:31:17.90	00:31:59.35	+00:12:47 (40.9%)	5:54	10.2 (59.3%)
438	DRABIK Sylwia	1128		30-39	172	00:00:24	00:13:55	00:31:37.85	00:32:02.65	+00:13:07 (41.5%)	5:58	10.1 (58.7%)
439	WOSIŃSKA Helena	954	RUNTEAM PAWŁOWICE	40-49	171	00:00:28	00:13:26	00:31:34.55	00:32:02.80	+00:13:04 (41.4%)	5:57	10.1 (58.7%)
440	WAWOCZNY Anita	502	KOBIETY NA 5+	30-39	174	00:00:24	00:13:48	00:31:39.30	00:32:03.80	+00:13:08 (41.5%)	5:58	10 (58.1%)
441	WĘGRZYN Ewa	388	SPOT PSZCZYNA, SONKO TEAM	30-39	178	00:00:20	00:13:26	00:31:43.40	00:32:03.95	+00:13:13 (41.7%)	5:59	10 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
442	MARSZALIK Anna	92		20-29	71	00:00:04	00:13:08	00:32:00.70	00:32:04.75	+00:13:30 (42.2%)	6:02	9.9 (57.6%)
443	KOLONKO Zuzanna	989	DYSTANS LUBOMIA	30-39	168	00:00:32	00:13:41	00:31:33.00	00:32:05.80	+00:13:02 (41.3%)	5:57	10.1 (58.7%)
444	KOWAL Beata	598	MIECHOWICKA GRUPA BIEGOWA	40-49	164	00:00:50	00:14:10	00:31:16.05	00:32:06.60	+00:12:45 (40.8%)	5:53	10.2 (59.3%)
445	SZUŚCIK Dagmara Bartosiak	348		30-39	171	00:00:30	00:13:14	00:31:36.30	00:32:06.90	+00:13:05 (41.4%)	5:57	10.1 (58.7%)
446	GODZIC Magdalena	964		40-49	179	00:00:16	00:13:36	00:31:52.35	00:32:08.40	+00:13:21 (41.9%)	6:00	10 (58.1%)
447	EBERHARD Nikola	1292	DECATHLON ŻORY	20-29	61	00:00:57	00:13:26	00:31:10.65	00:32:08.50	+00:12:40 (40.6%)	5:53	10.2 (59.3%)
448	SPYRA Agnieszka	1184		30-39	179	00:00:24	00:13:15	00:31:44.30	00:32:09.00	+00:13:13 (41.7%)	5:59	10 (58.1%)
449	KANIA Sylwia	949	SPOT PSZCZYNA	30-39	180	00:00:16	00:13:31	00:31:53.60	00:32:09.85	+00:13:23 (42.0%)	6:00	10 (58.1%)
450	TARGOSZ Aneta	987	OLZA CIESZYN	30-39	166	00:00:40	00:13:30	00:31:30.70	00:32:11.05	+00:13:00 (41.3%)	5:56	10.1 (58.7%)
451	JAWORSKA Magdalena	790	SPOT PSZCZYNA	20-29	70	00:00:16	00:13:31	00:31:55.00	00:32:11.55	+00:13:24 (42.0%)	6:01	10 (58.1%)
452	KOWALCZYK Zuzanna	1291	DECATHLON ŻORY	30-39	160	00:00:54	00:13:38	00:31:17.90	00:32:12.00	+00:12:47 (40.9%)	5:54	10.2 (59.3%)
453	JĘDRZEJAK Małgorzata	932		20-29	65	00:00:53	00:13:58	00:31:20.05	00:32:13.10	+00:12:49 (40.9%)	5:54	10.1 (58.7%)
454	WIŚNIEWSKA Mirella	441		40-49	181	00:00:18	00:13:26	00:31:54.45	00:32:13.15	+00:13:24 (42.0%)	6:01	10 (58.1%)
455	ŁAKOMSKA Michalina	774		16-19	7	00:00:56	00:14:04	00:31:16.85	00:32:13.45	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
456	MUSIOŁ Zuzanna	921	DYSTANS LUBOMIA	40-49	175	00:00:32	00:13:41	00:31:41.35	00:32:13.50	+00:13:10 (41.6%)	5:58	10 (58.1%)
457	PAŃTAK Liwia	1284		20-29	67	00:00:50	00:13:52	00:31:23.40	00:32:14.15	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
458	KMIECIK Izabela	844		40-49	184	00:00:14	00:13:01	00:32:02.15	00:32:16.25	+00:13:31 (42.2%)	6:02	9.9 (57.6%)
459	SZLAUER Magdalena	879	OLZA CIESZYN	30-39	176	00:00:35	00:13:44	00:31:40.85	00:32:16.65	+00:13:10 (41.6%)	5:58	10 (58.1%)
460	FIGIEL Agnieszka	627		30-39	170	00:00:40	00:13:12	00:31:36.00	00:32:16.70	+00:13:05 (41.4%)	5:57	10.1 (58.7%)
461	SZCZOT Dagmara	843		16-19	8	00:00:46	00:12:45	00:31:31.40	00:32:17.60	+00:13:01 (41.3%)	5:56	10.1 (58.7%)
462	WYSZYNSKA Karina	697	DAR BUD TEAM	30-39	169	00:00:44	00:14:07	00:31:33.85	00:32:17.85	+00:13:03 (41.4%)	5:57	10.1 (58.7%)
463	TRZCIŃSKA Joanna	1102	KOBIETY NA 5+	20-29	73	00:00:07	00:12:53	00:32:11.95	00:32:19.25	+00:13:41 (42.5%)	6:04	9.9 (57.6%)
464	HUBA Agnieszka	851	KOBIETY 5+	30-39	186	00:00:07	00:12:53	00:32:12.45	00:32:19.65	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
465	SZOJDA Paulina	7	VIKING TRAINING CENTER	30-39	173	00:00:40	00:13:12	00:31:39.30	00:32:19.95	+00:13:08 (41.5%)	5:58	10 (58.1%)
466	NYKIEL Joanna	924		40-49	172	00:00:45	00:13:44	00:31:34.85	00:32:20.25	+00:13:04 (41.4%)	5:57	10.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
467	BĄK-ŚCIERSKA Beata	514	NESSI TEAM	40-49	182	00:00:23	00:13:19	00:31:57.40	00:32:20.75	+00:13:27 (42.1%)	6:01	10 (58.1%)
468	JASNY Agata	91	ADS MASNA	30-39	177	00:00:37	00:13:13	00:31:42.85	00:32:20.80	+00:13:12 (41.6%)	5:59	10 (58.1%)
469	KOZŁOWSKA Bożena	354		40-49	180	00:00:28	00:13:15	00:31:53.50	00:32:21.75	+00:13:23 (42.0%)	6:00	10 (58.1%)
470	GORALCZYK Agnieszka	330		30-39	183	00:00:14	00:13:59	00:32:08.05	00:32:22.15	+00:13:37 (42.4%)	6:03	9.9 (57.6%)
471	SZYMIK Żaneta	963		20-29	68	00:00:41	00:13:54	00:31:40.95	00:32:22.45	+00:13:10 (41.6%)	5:58	10 (58.1%)
472	DAJKA Barbara	253		30-39	194	00:00:05	00:12:58	00:32:19.25	00:32:24.30	+00:13:48 (42.7%)	6:05	9.8 (57.0%)
473	SZOSTEK Renata	466		20-29	76	00:00:04	00:13:00	00:32:19.90	00:32:24.40	+00:13:49 (42.8%)	6:06	9.8 (57.0%)
474	GAJ Monika	1225	DAR BUD TEAM	30-39	175	00:00:44	00:13:54	00:31:40.55	00:32:24.90	+00:13:10 (41.6%)	5:58	10 (58.1%)
475	JASZCZAK Małgorzata	199		20-29	74	00:00:13	00:13:52	00:32:12.75	00:32:25.75	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
476	WRÓBLEWSKA Joanna	1152		40-49	186	00:00:17	00:13:26	00:32:09.90	00:32:27.35	+00:13:39 (42.5%)	6:04	9.9 (57.6%)
477	ROZMUS Ewa	383	POWOLI DO CELU	40-49	185	00:00:25	00:13:53	00:32:02.25	00:32:27.55	+00:13:31 (42.2%)	6:02	9.9 (57.6%)
478	RASZKA Wioleta	718		50-59	26	00:00:27	00:13:34	00:32:00.75	00:32:28.20	+00:13:30 (42.2%)	6:02	9.9 (57.6%)
479	TATARCZYK Justyna	340		30-39	187	00:00:17	00:13:51	00:32:12.45	00:32:29.60	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
480	SOBEL Beata	24	JUSTFEELFIT	30-39	182	00:00:27	00:13:39	00:32:03.25	00:32:30.25	+00:13:32 (42.3%)	6:02	9.9 (57.6%)
481	GASZKA Sylwia	562		40-49	177	00:00:43	00:13:18	00:31:47.00	00:32:30.75	+00:13:16 (41.8%)	5:59	10 (58.1%)
482	SZCZUKA Joanna	871	MIECHOWICKA GRUPA BIEGOWA	40-49	174	00:00:51	00:13:54	00:31:39.70	00:32:31.55	+00:13:09 (41.5%)	5:58	10 (58.1%)
483	PIEKARCZYK Katarzyna	1107		20-29	69	00:00:43	00:13:55	00:31:48.05	00:32:31.70	+00:13:17 (41.8%)	6:00	10 (58.1%)
484	GŁĄB Magdalena	1237		30-39	184	00:00:24	00:13:39	00:32:08.30	00:32:32.75	+00:13:37 (42.4%)	6:03	9.9 (57.6%)
485	FREJ Anna	977	CIDRY LOTAJOM	30-39	193	00:00:14	00:13:11	00:32:18.45	00:32:32.85	+00:13:48 (42.7%)	6:05	9.8 (57.0%)
486	MURAS-JAROMIN Justyna	1179	SPOT PSZCZYNA	20-29	75	00:00:15	00:13:40	00:32:17.95	00:32:33.15	+00:13:47 (42.7%)	6:05	9.8 (57.0%)
487	KLONOWSKA Monika	67	WAWRZINEK TEAM	30-39	181	00:00:31	00:13:48	00:32:02.45	00:32:34.15	+00:13:32 (42.2%)	6:02	9.9 (57.6%)
488	PIECHOCZEK-NIEZGODA Lucyna	1171		40-49	183	00:00:36	00:13:59	00:31:58.45	00:32:35.25	+00:13:28 (42.1%)	6:02	9.9 (57.6%)
489	MLECZKO Monika	820		50-59	27	00:00:19	00:13:22	00:32:17.10	00:32:36.35	+00:13:46 (42.7%)	6:05	9.9 (57.6%)
490	TOKAREWICZ Justyna	95		30-39	195	00:00:17	00:13:37	00:32:20.35	00:32:38.25	+00:13:49 (42.8%)	6:06	9.8 (57.0%)
491	JUCHA Monika	818		40-49	194	00:00:18	00:13:22	00:32:20.30	00:32:38.55	+00:13:49 (42.8%)	6:06	9.8 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Zawrotka 2.5km	5.3km	5.3km			
492	PAWEŁEK Barbara	1227		40-49	193	00:00:19	00:14:01	00:32:19.60	00:32:39.20	+00:13:49 (42.8%)	6:06	9.8 (57.0%)
493	ZŁOCIAK Agnieszka	1216		40-49	189	00:00:25	00:13:38	00:32:13.80	00:32:39.75	+00:13:43 (42.6%)	6:04	9.9 (57.6%)
494	PIECHACZEK Kinga	521		40-49	198	00:00:14	00:13:33	00:32:26.20	00:32:40.50	+00:13:55 (42.9%)	6:07	9.8 (57.0%)
495	PILCH Mirosława	1231		40-49	178	00:00:51	00:14:07	00:31:50.90	00:32:42.45	+00:13:20 (41.9%)	6:00	10 (58.1%)
496	SMAGA Ewelina	631		30-39	189	00:00:29	00:14:08	00:32:13.55	00:32:42.75	+00:13:43 (42.6%)	6:04	9.9 (57.6%)
497	ŻEBROWSKA Matylda	93	MORS HUBERTUS MYŚŁOWICE	40-49	176	00:00:57	00:14:25	00:31:45.80	00:32:43.25	+00:13:15 (41.7%)	5:59	10 (58.1%)
498	ZAWADA Teresa	674		50-59	29	00:00:15	00:13:23	00:32:27.95	00:32:43.30	+00:13:57 (43.0%)	6:07	9.8 (57.0%)
499	SĘDKOWSKA Kinga	435		30-39	192	00:00:27	00:13:29	00:32:16.30	00:32:43.40	+00:13:45 (42.7%)	6:05	9.9 (57.6%)
500	KONIECZNY Katarzyna	716		30-39	190	00:00:28	00:13:44	00:32:15.35	00:32:44.00	+00:13:44 (42.6%)	6:05	9.9 (57.6%)
501	BUJAK Katarzyna	1090		30-39	197	00:00:18	00:13:19	00:32:26.50	00:32:44.90	+00:13:56 (43.0%)	6:07	9.8 (57.0%)
502	BUJAK Krystyna	1082		20-29	77	00:00:18	00:13:18	00:32:26.15	00:32:44.95	+00:13:55 (42.9%)	6:07	9.8 (57.0%)
503	BENSKA Krystyna	1101	MIECHOWICKA GRUPA BIEGOWA	60+	7	00:00:50	00:14:04	00:31:54.85	00:32:45.70	+00:13:24 (42.0%)	6:01	10 (58.1%)
504	JAROSIŃSKA Barbara	42		40-49	199	00:00:16	00:13:36	00:32:29.40	00:32:45.95	+00:13:59 (43.0%)	6:07	9.8 (57.0%)
505	FECZKO Monika	714		20-29	78	00:00:15	00:13:10	00:32:30.80	00:32:46.55	+00:14:00 (43.1%)	6:08	9.8 (57.0%)
506	ZACZYŃSKA-POZNIAK Jaroslawa	1126		40-49	187	00:00:35	00:13:57	00:32:11.60	00:32:46.85	+00:13:41 (42.5%)	6:04	9.9 (57.6%)
507	SZCZELINA Marta	1143	NESSI TEAM	30-39	191	00:00:30	00:13:23	00:32:16.30	00:32:46.95	+00:13:45 (42.7%)	6:05	9.9 (57.6%)
508	PIWOŃSKA Adriana	486	INTERAKTYWNI KROSTOSZOWICE	30-39	207	00:00:07	00:12:32	00:32:39.90	00:32:47.40	+00:14:09 (43.3%)	6:09	9.7 (56.4%)
509	KOTOWICZ Bernadetta	365		40-49	195	00:00:25	00:13:50	00:32:21.85	00:32:47.65	+00:13:51 (42.8%)	6:06	9.8 (57.0%)
510	SICZEK Małgorzata	424		40-49	196	00:00:25	00:13:50	00:32:21.85	00:32:47.75	+00:13:51 (42.8%)	6:06	9.8 (57.0%)
511	WASZKA Marta	1247		20-29	72	00:00:37	00:13:22	00:32:11.70	00:32:49.15	+00:13:41 (42.5%)	6:04	9.9 (57.6%)
512	KUBAS Alina	905	KLUB BIEGACZA FARTLEK	40-49	190	00:00:35	00:14:01	00:32:15.50	00:32:51.35	+00:13:45 (42.6%)	6:05	9.9 (57.6%)
513	ROLNIK Joanna	1203		30-39	198	00:00:21	00:13:40	00:32:30.80	00:32:51.80	+00:14:00 (43.1%)	6:07	9.8 (57.0%)
514	TROJAN Jolanta	595		40-49	204	00:00:09	00:13:57	00:32:42.10	00:32:51.85	+00:14:11 (43.4%)	6:10	9.7 (56.4%)
515	JANKOWSKA Bacia	784	WIRUSY	40-49	205	00:00:11	00:13:48	00:32:42.40	00:32:53.75	+00:14:12 (43.4%)	6:10	9.7 (56.4%)
516	OLSZYNA Katarzyna	41		40-49	191	00:00:36		00:32:17.65	00:32:54.20	+00:13:47 (42.7%)	6:05	9.8 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
517	PIPIRO Grażyna	657	KOBIETY 5+	60+	8	00:00:11	00:13:35	00:32:44.00	00:32:55.65	+00:14:13 (43.5%)	6:10	9.7 (56.4%)
518	KUBICA Bożena	81	ZABIEGANI NAUCZYCIELE	50-59	30	00:00:27	00:13:28	00:32:30.20	00:32:57.50	+00:13:59 (43.1%)	6:07	9.8 (57.0%)
519	KALETA Agnieszka	451	POWOLIDOCELU	30-39	199	00:00:25	00:13:53	00:32:32.95	00:32:58.75	+00:14:02 (43.1%)	6:08	9.8 (57.0%)
520	BORUTA Wioletta	1252		30-39	185	00:00:47	00:14:11	00:32:11.25	00:32:59.05	+00:13:40 (42.5%)	6:04	9.9 (57.6%)
521	GŁÓWCZYK Izabela	1294	KOBIETY NA 5+	40-49	192	00:00:39	00:14:24	00:32:19.35	00:32:59.30	+00:13:48 (42.7%)	6:06	9.8 (57.0%)
522	KOSOWSKA Grażyna	1031	KOBIETY NA 5+	50-59	28	00:00:40	00:14:22	00:32:19.55	00:32:59.60	+00:13:49 (42.7%)	6:05	9.8 (57.0%)
523	IMIOŁCZYK Izabela	737	MIECHOWICKA GRUPA BIEGOWA	40-49	188	00:00:50	00:14:09	00:32:12.75	00:33:03.05	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
524	ZIELIŃSKA Anna	418	MIECHOWICKA GRUPA BIEGOWA	30-39	188	00:00:50	00:14:09	00:32:12.55	00:33:03.15	+00:13:42 (42.5%)	6:04	9.9 (57.6%)
525	OLSZEWSKA Dorota	886	KOBIETY NA 5+	40-49	197	00:00:38	00:14:02	00:32:24.90	00:33:03.85	+00:13:54 (42.9%)	6:06	9.8 (57.0%)
526	CHAŁCZYŃSKA Agnieszka	594	W POGONI ZA DUCHEM	30-39	196	00:00:43	00:14:21	00:32:20.70	00:33:04.05	+00:13:50 (42.8%)	6:06	9.8 (57.0%)
527	CZMOK Paulina	68		30-39	210	00:00:19	00:13:58	00:32:44.60	00:33:04.15	+00:14:14 (43.5%)	6:10	9.7 (56.4%)
528	JARCZOK Agnieszka	1049		20-29	83	00:00:03	00:13:42	00:33:00.85	00:33:04.25	+00:14:30 (43.9%)	6:13	9.6 (55.8%)
529	KAJZAR Ewa	141		30-39	211	00:00:22	00:14:11	00:32:45.70	00:33:08.25	+00:14:15 (43.5%)	6:10	9.7 (56.4%)
530	DUDEK KOMANIECKA Patrycja	621	DECATHLON RYBNIK &PRZYJACIELE	40-49	208	00:00:23	00:14:10	00:32:44.40	00:33:08.30	+00:14:14 (43.5%)	6:10	9.7 (56.4%)
531	BOMBOR Antonina	869		30-39	212	00:00:20	00:14:02	00:32:47.80	00:33:08.65	+00:14:17 (43.6%)	6:11	9.7 (56.4%)
532	MUSIOŁ Małgorzata	865		20-29	79	00:00:20	00:14:02	00:32:48.60	00:33:08.75	+00:14:18 (43.6%)	6:11	9.7 (56.4%)
533	ĆWIEK-ŁACH Ewa	238		30-39	206	00:00:32	00:13:22	00:32:38.85	00:33:11.30	+00:14:08 (43.3%)	6:09	9.7 (56.4%)
534	BARTNIK Joanna	231	STREET SPIRIT	40-49	207	00:00:29	00:14:07	00:32:43.45	00:33:12.90	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
535	SALA Laura	1261	SŁOWIAŃSKIE PREZENTY	16-19	10	00:00:09	00:13:54	00:33:03.90	00:33:13.05	+00:14:33 (44.0%)	6:14	9.6 (55.8%)
536	WIENCEK Katarzyna	748	POZYTYWNE BIELSKO	30-39	204	00:00:38	00:14:07	00:32:36.50	00:33:14.55	+00:14:06 (43.2%)	6:09	9.8 (57.0%)
537	WOJTOŃ-STAWICKA Małgorzata	85	RUNTEAM PAWŁOWICE	50-59	31	00:00:29	00:14:05	00:32:45.50	00:33:15.00	+00:14:15 (43.5%)	6:10	9.7 (56.4%)
538	BATKO Agnieszka	248		30-39	201	00:00:42	00:14:01	00:32:34.40	00:33:16.75	+00:14:04 (43.2%)	6:08	9.8 (57.0%)
539	WIERCIGROCH Mariola	1072	JUSTFEELFIT TEAM	20-29	80	00:00:24	00:14:19	00:32:53.45	00:33:18.15	+00:14:23 (43.7%)	6:12	9.7 (56.4%)
540	JASEK Wiola	541	WATAHA	40-49	206	00:00:35	00:13:44	00:32:43.20	00:33:18.45	+00:14:12 (43.4%)	6:10	9.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
541	BURDZIK Weronika	1164		20-29	85	00:00:11	00:13:17	00:33:08.40	00:33:19.40	+00:14:38 (44.2%)	6:15	9.6 (55.8%)
542	GRABOWSKA Joanna	25	JUSTFEELFIT TEAM	30-39	215	00:00:24	00:13:56	00:32:56.70	00:33:21.40	+00:14:26 (43.8%)	6:13	9.7 (56.4%)
543	REYMANN Milena	1297	BANK SPÓŁDZIELNY	30-39	214	00:00:25	00:13:12	00:32:55.80	00:33:21.45	+00:14:25 (43.8%)	6:12	9.7 (56.4%)
543	WROŻYNA Patrycja	1248		30-39	203	00:00:45	00:14:17	00:32:36.35	00:33:21.45	+00:14:05 (43.2%)	6:09	9.8 (57.0%)
545	BIAŁAS Joanna	1189	SPOT PSZCZYNA	40-49	209	00:00:15	00:13:41	00:33:06.20	00:33:21.70	+00:14:35 (44.1%)	6:14	9.6 (55.8%)
546	KUBIS Barbara	1196	SPOT PSZCZYNA	30-39	218	00:00:15	00:13:41	00:33:06.20	00:33:22.15	+00:14:35 (44.1%)	6:14	9.6 (55.8%)
547	WANDZEL Anna	1060		30-39	213	00:00:28	00:14:00	00:32:53.65	00:33:22.60	+00:14:23 (43.7%)	6:12	9.7 (56.4%)
548	KORCZEWSKA Beata	634	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:50	00:14:15	00:32:32.65	00:33:23.00	+00:14:02 (43.1%)	6:08	9.8 (57.0%)
549	ROMBERG Agnieszka	177	MIECHOWICKA GRUPA BIEGOWA	40-49	202	00:00:50	00:14:12	00:32:32.90	00:33:23.55	+00:14:02 (43.1%)	6:08	9.8 (57.0%)
550	MARCINKOWSKA Magdalena	979	MIECHOWICKA GRUPA BIEGOWA	30-39	200	00:00:50	00:14:14	00:32:33.55	00:33:23.85	+00:14:03 (43.2%)	6:08	9.8 (57.0%)
551	SOBCZAK Magdalena	470		30-39	223	00:00:14	00:13:45	00:33:09.80	00:33:24.45	+00:14:39 (44.2%)	6:15	9.6 (55.8%)
552	MULKA Ula	616		30-39	209	00:00:41	00:13:58	00:32:43.40	00:33:25.05	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
553	KAŁUŻNA Aleksandra	1251	DYCZUŚ TEAM	30-39	221	00:00:16	00:13:10	00:33:09.35	00:33:25.35	+00:14:38 (44.2%)	6:15	9.6 (55.8%)
554	MIKA Aneta	168	DECATHLON RYBNIK & PRZYJACIELE	40-49	200	00:00:55	00:14:02	00:32:31.15	00:33:26.90	+00:14:00 (43.1%)	6:08	9.8 (57.0%)
555	GREGORCZYK Magdalena	556	STARY MŁYN MIKOŁÓW	40-49	214	00:00:14	00:13:09	00:33:12.85	00:33:27.15	+00:14:42 (44.3%)	6:16	9.6 (55.8%)
556	WAWOCZNA Malina	702		30-39	219	00:00:21	00:14:21	00:33:06.30	00:33:27.35	+00:14:35 (44.1%)	6:14	9.6 (55.8%)
557	WINDER Weronika	1243		30-39	208	00:00:44	00:13:55	00:32:43.25	00:33:27.90	+00:14:12 (43.4%)	6:10	9.7 (56.4%)
558	NOWAK Anna	536	OLZA CIESZYN	40-49	213	00:00:18	00:13:51	00:33:11.75	00:33:29.95	+00:14:41 (44.3%)	6:15	9.6 (55.8%)
559	CICHY Agnieszka	1070		30-39	205	00:00:52	00:14:07	00:32:38.40	00:33:30.50	+00:14:08 (43.3%)	6:09	9.7 (56.4%)
560	SANDOMIERSKA Anita	113		30-39	202	00:00:55	00:14:02	00:32:35.15	00:33:30.55	+00:14:04 (43.2%)	6:08	9.8 (57.0%)
561	LIDUK Violetta	873		40-49	217	00:00:12	00:13:12	00:33:19.00	00:33:31.25	+00:14:48 (44.5%)	6:17	9.5 (55.2%)
562	FRANKE Barbara	1028		40-49	211	00:00:22	00:13:18	00:33:10.50	00:33:32.95	+00:14:40 (44.2%)	6:15	9.6 (55.8%)
563	JANIK Izabela	1213		30-39	228	00:00:10	00:13:52	00:33:22.85	00:33:33.20	+00:14:52 (44.6%)	6:17	9.5 (55.2%)
564	WOJDALSKA-ŚLEDZIŃSKA Agata	260	NESSI TEAM	40-49	210	00:00:26	00:14:11	00:33:06.70	00:33:33.40	+00:14:36 (44.1%)	6:14	9.6 (55.8%)
565	CZYRNEK Ewa	583	DECATHLON RYBNIK & PRZYJACIELE	40-49	203	00:00:55	00:14:24	00:32:38.60	00:33:34.05	+00:14:08 (43.3%)	6:09	9.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
566	KAMEJSZA Olga	262	ZABIERZÓW BIEGA	30-39	216	00:00:37	00:15:06	00:32:58.45	00:33:35.70	+00:14:28 (43.9%)	6:13	9.6 (55.8%)
567	WÓJCIK Anna	1127		30-39	230	00:00:09	00:13:09	00:33:29.80	00:33:39.40	+00:14:59 (44.8%)	6:19	9.5 (55.2%)
568	STUCHLIK Monika	681		20-29	81	00:00:45	00:13:55	00:32:54.30	00:33:39.85	+00:14:23 (43.8%)	6:12	9.7 (56.4%)
569	SKROBOL Paulina	282	SBG LET'S GO	20-29	87	00:00:16	00:13:55	00:33:24.15	00:33:41.05	+00:14:53 (44.6%)	6:18	9.5 (55.2%)
570	KONAR Katarzyna	982		30-39	222	00:00:32	00:14:12	00:33:09.75	00:33:42.00	+00:14:39 (44.2%)	6:15	9.6 (55.8%)
571	LIPIŃSKA Monika	1019		30-39	225	00:00:31	00:14:18	00:33:11.10	00:33:42.35	+00:14:40 (44.2%)	6:15	9.6 (55.8%)
572	ŻEGLEŃ Magdalena	580		20-29	92	00:00:07	00:12:18	00:33:36.90	00:33:44.55	+00:15:06 (44.9%)	6:20	9.5 (55.2%)
573	ĆWIKLIŃSKA-SŁOWIK Magdalena	1076		30-39	241	00:00:00	00:13:38	00:33:46.65	00:33:46.65	+00:15:16 (45.2%)	6:22	9.4 (54.7%)
574	NOWAK Agnieszka	182		30-39	217	00:00:42	00:14:13	00:33:05.35	00:33:47.65	+00:14:34 (44.1%)	6:14	9.6 (55.8%)
575	SZKATUŁA Jadwiga	427	WKURW_TEAM	20-29	88	00:00:18	00:13:53	00:33:29.80	00:33:48.35	+00:14:59 (44.8%)	6:19	9.5 (55.2%)
576	MAĆKÓW Klaudia	109	AMATOR	20-29	89	00:00:15	00:13:38	00:33:32.55	00:33:48.50	+00:15:02 (44.8%)	6:19	9.5 (55.2%)
576	KAJDA Zuzanna	98		30-39	233	00:00:17	00:14:34	00:33:31.40	00:33:48.50	+00:15:01 (44.8%)	6:19	9.5 (55.2%)
578	PILCH Anna	1268	CZARNE FIT	30-39	220	00:00:42	00:14:14	00:33:08.00	00:33:50.55	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
579	POŁOK-MIGAS Justyna	736		30-39	232	00:00:21	00:13:52	00:33:30.30	00:33:51.50	+00:14:59 (44.8%)	6:19	9.5 (55.2%)
580	SKRZYPCZAK Edyta	1146		20-29	82	00:00:55	00:15:00	00:32:57.60	00:33:52.85	+00:14:27 (43.9%)	6:13	9.7 (56.4%)
581	KUBIŃSKA Aleksandra	711		30-39	229	00:00:29	00:14:17	00:33:25.95	00:33:55.10	+00:14:55 (44.6%)	6:18	9.5 (55.2%)
582	PETRYKOWSKA Elżbieta	353		40-49	225	00:00:09	00:13:33	00:33:47.60	00:33:57.30	+00:15:17 (45.2%)	6:22	9.4 (54.7%)
583	BOŻEK Dagmara	335		40-49	220	00:00:19	00:13:31	00:33:37.90	00:33:57.75	+00:15:07 (45.0%)	6:20	9.5 (55.2%)
584	LIPKO Izabela	27		30-39	238	00:00:19	00:13:31	00:33:37.85	00:33:57.80	+00:15:07 (45.0%)	6:20	9.5 (55.2%)
585	KUJAWA Marzena	984		30-39	237	00:00:20	00:13:30	00:33:37.05	00:33:57.90	+00:15:06 (44.9%)	6:20	9.5 (55.2%)
586	WIŚNIEWSKA Justyna	227	KOBIETY NA 5+	30-39	236	00:00:22	00:13:36	00:33:36.50	00:33:58.65	+00:15:06 (44.9%)	6:20	9.5 (55.2%)
586	JORDAN Monika	224		40-49	224	00:00:12	00:13:41	00:33:46.30	00:33:58.65	+00:15:15 (45.2%)	6:22	9.4 (54.7%)
588	JUNKA Marta	1073		30-39	234	00:00:27	00:13:47	00:33:33.20	00:34:00.70	+00:15:02 (44.8%)	6:19	9.5 (55.2%)
589	KOTAS Zuzanna	1021		20-29	84	00:00:52	00:14:02	00:33:08.00	00:34:00.95	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
590	KOMOROWSKA Bożena	103		50-59	32	00:00:46	00:13:52	00:33:14.35	00:34:01.15	+00:14:43 (44.3%)	6:16	9.6 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
						startu							
591	WILERT Monika	804		20-29	86	00:00:48			00:33:12.75	00:34:01.65	+00:14:42 (44.3%)	6:16	9.6 (55.8%)
592	KAMIŃSKA Agnieszka	1115		30-39	224	00:00:51	00:14:06		00:33:10.45	00:34:01.90	+00:14:40 (44.2%)	6:15	9.6 (55.8%)
593	MATUĆ Aleksandra	324	MIECHOWICKA GRUPA BIEGOWA	40-49	212	00:00:50	00:14:15		00:33:11.50	00:34:02.05	+00:14:41 (44.2%)	6:15	9.6 (55.8%)
594	DOBOSZ Katarzyna	881	MIECHOWICKA GRUPABIEGOWA	40-49	215	00:00:47	00:14:41		00:33:14.55	00:34:02.25	+00:14:44 (44.3%)	6:16	9.6 (55.8%)
595	BLANIK Aga	1212	RADLINIOKI W BIEGU	30-39	231	00:00:32	00:13:36		00:33:30.30	00:34:02.50	+00:14:59 (44.8%)	6:19	9.5 (55.2%)
596	SZEFER Sylwia	123		40-49	230	00:00:05	00:13:41		00:33:58.75	00:34:04.40	+00:15:28 (45.5%)	6:24	9.4 (54.7%)
597	SZEFER Wioleta	334		30-39	246	00:00:05	00:13:42		00:33:59.65	00:34:05.15	+00:15:29 (45.6%)	6:24	9.4 (54.7%)
598	WASIAK Angelika	101	MORSY NA KOKSIE	20-29	90	00:00:31	00:14:10		00:33:33.55	00:34:05.35	+00:15:03 (44.9%)	6:20	9.5 (55.2%)
599	ROLA Agnieszka	1177		40-49	219	00:00:39	00:14:12		00:33:26.60	00:34:05.80	+00:14:56 (44.7%)	6:18	9.5 (55.2%)
600	MYŚLIWIEC Monika	110	KOBIETY NA 5+	40-49	229	00:00:09	00:14:27		00:33:57.30	00:34:06.45	+00:15:26 (45.5%)	6:24	9.4 (54.7%)
601	AUGUŚCIK Ewelina	917		30-39	245	00:00:09	00:14:27		00:33:57.65	00:34:06.80	+00:15:27 (45.5%)	6:24	9.4 (54.7%)
602	ŚLEBODA Bożena	485	MIECHOWICKA GRUPA BIEGOWA	40-49	218	00:00:46	00:14:17		00:33:24.50	00:34:10.70	+00:14:54 (44.6%)	6:18	9.5 (55.2%)
603	LAKSA Marlena	731	MIECHOWICKA GRUPA BIEGOWA	40-49	216	00:00:53	00:14:12		00:33:17.80	00:34:11.30	+00:14:47 (44.4%)	6:16	9.5 (55.2%)
604	KALISZ Magdalena	1244		20-29	91	00:00:36	00:13:29		00:33:36.10	00:34:12.15	+00:15:05 (44.9%)	6:20	9.5 (55.2%)
605	ŚNIETKA Anna	1257		30-39	227	00:00:51	00:13:59		00:33:21.80	00:34:13.25	+00:14:51 (44.5%)	6:17	9.5 (55.2%)
606	KANIA Bożena	407	50 LAT SP5	40-49	233	00:00:09	00:13:42		00:34:03.90	00:34:13.55	+00:15:33 (45.7%)	6:25	9.3 (54.1%)
607	KOWALSKA Małgorzata	459		50-59	33	00:00:24	00:14:17		00:33:49.00	00:34:13.85	+00:15:18 (45.3%)	6:22	9.4 (54.7%)
608	KOWALCZYK Basia	1099		30-39	226	00:00:52	00:14:00		00:33:21.35	00:34:13.90	+00:14:50 (44.5%)	6:17	9.5 (55.2%)
609	KMIECIAK Grażyna	852		40-49	221	00:00:32	00:13:35		00:33:42.40	00:34:14.80	+00:15:12 (45.1%)	6:21	9.4 (54.7%)
610	KRYSTEK Ewelina	1007	PSZCZYNA BIEGA	30-39	259	00:00:04	00:14:14		00:34:11.80	00:34:16.05	+00:15:41 (45.9%)	6:27	9.3 (54.1%)
611	WRÓBEL Katarzyna	965	DYCUŚ TEAM	40-49	232	00:00:15	00:14:41		00:34:03.25	00:34:18.40	+00:15:32 (45.7%)	6:25	9.3 (54.1%)
612	STAWARCZYK Anna	730	CPJ TEAM	30-39	242	00:00:27	00:14:40		00:33:51.20	00:34:18.60	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
613	PICH Janeta	726		40-49	226	00:00:27	00:14:43		00:33:51.05	00:34:18.85	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
614	PUDA Dorota	694		40-49	222	00:00:34	00:14:23		00:33:45.05	00:34:19.55	+00:15:14 (45.2%)	6:22	9.4 (54.7%)
614	SZTURC Klaudia	202	KB MCKIS JAWORZNO	30-39	235	00:00:45	00:14:37		00:33:33.80	00:34:19.55	+00:15:03 (44.9%)	6:20	9.5 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
616	GARBACZ Joanna	929		30-39	256	00:00:12	00:13:45	00:34:10.80	00:34:22.95	+00:15:40 (45.9%)	6:26	9.3 (54.1%)
617	WIECZOREK Klaudia	652		30-39	244	00:00:25	00:14:33	00:33:57.35	00:34:23.10	+00:15:26 (45.5%)	6:24	9.4 (54.7%)
618	BUCZAK Dorota	1181		50-59	34	00:00:25	00:14:33	00:33:58.55	00:34:23.60	+00:15:28 (45.5%)	6:24	9.4 (54.7%)
619	KRASIŃSKA Inga	96		30-39	239	00:00:47	00:15:10	00:33:39.20	00:34:26.25	+00:15:08 (45.0%)	6:20	9.5 (55.2%)
620	KUCZERA-JARGOT Aldona	549		40-49	239	00:00:10	00:14:04	00:34:16.35	00:34:26.60	+00:15:45 (46.0%)	6:27	9.3 (54.1%)
621	BRYCHCY Estera	36	RUNTEAM PAWŁOWICE	30-39	243	00:00:31	00:14:19	00:33:55.55	00:34:27.10	+00:15:25 (45.4%)	6:24	9.4 (54.7%)
622	DOBOSZ Ilona	114		40-49	240	00:00:10	00:14:04	00:34:17.70	00:34:28.55	+00:15:47 (46.0%)	6:28	9.3 (54.1%)
623	WYLOTEK Barbara	1249		40-49	227	00:00:37	00:14:03	00:33:53.20	00:34:31.05	+00:15:22 (45.4%)	6:23	9.4 (54.7%)
624	SAWICKA Marta	250	KOBIETY NA 5+	30-39	252	00:00:23	00:13:30	00:34:08.45	00:34:32.30	+00:15:38 (45.8%)	6:26	9.3 (54.1%)
625	NIERADZIK Daria	934		20-29	93	00:00:43	00:15:04	00:33:48.75	00:34:32.40	+00:15:18 (45.3%)	6:22	9.4 (54.7%)
626	SURY-WOLNIEWICZ Kamila	417	KOBIETY NA 5+	40-49	242	00:00:06	00:13:51	00:34:25.75	00:34:32.60	+00:15:55 (46.2%)	6:29	9.2 (53.5%)
627	MICHALIK Małgorzata	577	MIECHOWICKA GRUPA BIEGOWA	40-49	223	00:00:48	00:15:23	00:33:45.20	00:34:33.55	+00:15:14 (45.2%)	6:22	9.4 (54.7%)
628	SZPYRA Sonia	188		40-49	243	00:00:05	00:13:58	00:34:28.35	00:34:33.85	+00:15:57 (46.3%)	6:30	9.2 (53.5%)
629	STEFANIAK Justyna	319	POGORIA BIEGA	40-49	231	00:00:37	00:14:28	00:33:59.35	00:34:36.65	+00:15:28 (45.6%)	6:24	9.4 (54.7%)
630	ZDEB Barbara	323		30-39	240	00:00:57	00:15:02	00:33:40.20	00:34:37.50	+00:15:09 (45.0%)	6:21	9.4 (54.7%)
631	DRAJEWICZ Magdalena	35	WAWRZINEK TEAM	30-39	255	00:00:30	00:14:25	00:34:10.75	00:34:41.20	+00:15:40 (45.9%)	6:26	9.3 (54.1%)
632	OSZEK Karolina	13	WAWRZINEK TEAM	30-39	257	00:00:30	00:14:25	00:34:10.95	00:34:41.50	+00:15:40 (45.9%)	6:26	9.3 (54.1%)
633	KROCZEK Magdalena	945		30-39	272	00:00:00	00:14:00	00:34:42.70	00:34:42.70	+00:16:12 (46.7%)	6:32	9.2 (53.5%)
634	DZIĘCIELEWSKA Sylwia	436	BYLE DO METY	40-49	228	00:00:48	00:14:33	00:33:54.95	00:34:43.80	+00:15:24 (45.4%)	6:23	9.4 (54.7%)
635	BUGLA Weronika	928	DYSTANS CLUB LUBOMIA	40-49	238	00:00:32	00:14:33	00:34:11.20	00:34:43.90	+00:15:40 (45.9%)	6:26	9.3 (54.1%)
636	WIDERA Elżbieta	644	HRMAX ŻORY	30-39	248	00:00:40	00:14:43	00:34:06.10	00:34:46.50	+00:15:35 (45.7%)	6:26	9.3 (54.1%)
637	BASEK Marta	1205	HRMAX ŻORY	40-49	235	00:00:38	00:14:45	00:34:08.00	00:34:46.65	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
637	BURNAGIEL Agata	892	HRMAX ŻORY	50-59	35	00:00:38	00:14:45	00:34:08.10	00:34:46.65	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
639	ŻBEL Ania	327	HRMAX ŻORY / HRMAX DZIOLSZKI	30-39	253	00:00:38	00:14:44	00:34:08.65	00:34:46.70	+00:15:38 (45.8%)	6:26	9.3 (54.1%)
639	MACURA Ewa	176	HRMAX ZORY	50-59	36	00:00:38	00:14:45	00:34:08.15	00:34:46.70	+00:15:37 (45.8%)	6:26	9.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
641	KACZOREK Anna	936	HRMAX	40-49	234	00:00:39	00:14:45	00:34:07.00	00:34:46.80	+00:15:36 (45.8%)	6:26	9.3 (54.1%)
642	KAŁUS Ewa	404	HRMAX ŻORY	40-49	237	00:00:38	00:14:45	00:34:08.45	00:34:46.85	+00:15:38 (45.8%)	6:26	9.3 (54.1%)
642	ŚLEDŹ Dorota	545	HRMAX ŻORY	20-29	94	00:00:39	00:14:45	00:34:07.55	00:34:46.85	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
644	PADIASEK Dominika	1303	HRMAX ŻORY / HRMAX DZIOŁSZKI	30-39	251	00:00:39	00:14:39	00:34:07.45	00:34:46.95	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
645	TOMAN Aneta	527	HRMAX ŻORY	40-49	236	00:00:38	00:14:45	00:34:08.25	00:34:47.20	+00:15:37 (45.8%)	6:26	9.3 (54.1%)
646	KLIMALA Julia	691		20-29	95	00:00:16	00:13:26	00:34:31.20	00:34:47.50	+00:16:00 (46.4%)	6:30	9.2 (53.5%)
647	LASKOWSKA Anna	1061		30-39	249	00:00:43	00:14:56	00:34:06.20	00:34:49.55	+00:15:35 (45.7%)	6:26	9.3 (54.1%)
648	PROKOPIUK Adriana	409	KLUB BIEGACZA FARTLEK	30-39	260	00:00:34	00:14:38	00:34:15.15	00:34:49.75	+00:15:44 (46.0%)	6:27	9.3 (54.1%)
649	ERWIN Marta	22	OTK RZEŹNIK	30-39	254	00:00:40	00:15:12	00:34:09.25	00:34:49.95	+00:15:38 (45.8%)	6:26	9.3 (54.1%)
650	LIPIŃSKA Anna	713	MIECHOWICKA GRUPA BIEGOWA	30-39	247	00:00:49	00:14:52	00:34:00.90	00:34:50.75	+00:15:30 (45.6%)	6:25	9.3 (54.1%)
651	PIASECKA Zofia	893	JUST FEEL FIT TEAM	16-19	11	00:00:28	00:14:04	00:34:24.00	00:34:52.05	+00:15:53 (46.2%)	6:29	9.2 (53.5%)
652	GAŚSIOR Katarzyna	198		30-39	263	00:00:29	00:13:43	00:34:22.40	00:34:52.15	+00:15:52 (46.2%)	6:29	9.2 (53.5%)
653	GOCMAN Natalia	166		30-39	262	00:00:32	00:14:37	00:34:20.05	00:34:53.00	+00:15:49 (46.1%)	6:28	9.3 (54.1%)
654	SŁUPECKA Beata	476	KOBIETY NA 5+	40-49	245	00:00:21	00:14:26	00:34:34.65	00:34:56.60	+00:16:04 (46.5%)	6:31	9.2 (53.5%)
655	WANDEL-HANUSEK Agnieszka	481		30-39	265	00:00:33	00:14:28	00:34:23.35	00:34:56.80	+00:15:52 (46.2%)	6:29	9.2 (53.5%)
656	JACAK Marta	482		40-49	244	00:00:26	00:14:13	00:34:30.10	00:34:56.85	+00:15:59 (46.4%)	6:30	9.2 (53.5%)
657	FARUGA Angelina	1159		30-39	250	00:00:52	00:15:27	00:34:06.85	00:34:58.90	+00:15:36 (45.8%)	6:26	9.3 (54.1%)
658	SYPUŁA Danuta	303		50-59	39	00:00:12	00:14:20	00:34:47.60	00:35:00.05	+00:16:17 (46.8%)	6:33	9.1 (52.9%)
659	GROMADZKA Justyna	29		30-39	266	00:00:38	00:13:55	00:34:23.95	00:35:02.50	+00:15:53 (46.2%)	6:29	9.2 (53.5%)
660	DĄBROWSKA Agata	1094	FABRYKA FORMY ŻORY	30-39	261	00:00:46	00:15:03	00:34:16.70	00:35:02.80	+00:15:46 (46.0%)	6:27	9.3 (54.1%)
661	ZAGÓRSKA Beata	773		30-39	270	00:00:21	00:14:43	00:34:42.20	00:35:03.25	+00:16:11 (46.7%)	6:32	9.2 (53.5%)
662	GUMIELA Justyna	1012		30-39	258	00:00:51	00:14:44	00:34:11.40	00:35:03.35	+00:15:41 (45.9%)	6:27	9.3 (54.1%)
663	PRZYBYŁA Violetta	150	NESSI TEAM	40-49	248	00:00:21	00:14:23	00:34:43.10	00:35:04.10	+00:16:12 (46.7%)	6:33	9.2 (53.5%)
663	CIEŚLIK Danuta	592		50-59	40	00:00:07	00:14:45	00:34:56.90	00:35:04.10	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
665	SŁOWIK Weronika	164	NESSI TEAM	30-39	273	00:00:20	00:14:24	00:34:43.60	00:35:04.35	+00:16:13 (46.7%)	6:33	9.2 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
666	KOWALSKA Dorota	193	SBD ENERGETYK RYBNIK	50-59	38	00:00:25	00:14:28	00:34:40.45	00:35:05.70	+00:16:10 (46.6%)	6:32	9.2 (53.5%)
667	KOCUR Michalina	544		20-29	96	00:00:34	00:14:23	00:34:31.80	00:35:06.40	+00:16:01 (46.4%)	6:30	9.2 (53.5%)
668	ZIELONKA Agnieszka	506		30-39	277	00:00:16	00:15:00	00:34:50.80	00:35:07.35	+00:16:20 (46.9%)	6:34	9.1 (52.9%)
669	LEWANDOWSKA Anna	632		30-39	264	00:00:45	00:14:49	00:34:22.70	00:35:07.80	+00:15:52 (46.2%)	6:29	9.3 (54.1%)
670	KACZMARCZYK Magdalena	139	RUNTEAM PAWŁOWICE	20-29	98	00:00:30	00:14:35	00:34:38.25	00:35:08.30	+00:16:07 (46.6%)	6:32	9.2 (53.5%)
671	SOKÓŁ-OLEŚ Ewelina	78		40-49	247	00:00:28	00:14:36	00:34:40.35	00:35:08.40	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
672	KŁAK Natalia	1185		20-29	97	00:00:35	00:14:33	00:34:33.25	00:35:08.45	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
673	PAWLIK Małgorzata	520		40-49	241	00:00:46	00:14:36	00:34:21.95	00:35:08.65	+00:15:51 (46.1%)	6:29	9.3 (54.1%)
674	STOLARCZYK Aleksandra	859	RUNTEAM PAWŁOWICE	30-39	268	00:00:32	00:14:41	00:34:38.65	00:35:10.95	+00:16:08 (46.6%)	6:32	9.2 (53.5%)
675	KRUSZONA Anna	899		30-39	276	00:00:21	00:14:43	00:34:49.80	00:35:11.00	+00:16:19 (46.9%)	6:34	9.1 (52.9%)
676	LERCH Dorota	1246	50 LAT SP5	30-39	282	00:00:09	00:13:39	00:35:01.50	00:35:11.15	+00:16:31 (47.2%)	6:36	9.1 (52.9%)
677	RAKSZAWA Izabela	66		40-49	253	00:00:09	00:13:49	00:35:03.05	00:35:12.30	+00:16:32 (47.2%)	6:36	9.1 (52.9%)
678	RAKSZAWA Anna	77		20-29	103	00:00:09	00:13:45	00:35:02.65	00:35:12.50	+00:16:32 (47.2%)	6:36	9.1 (52.9%)
679	WITKOWICZ Monika	792		30-39	274	00:00:29	00:15:50	00:34:43.60	00:35:13.15	+00:16:13 (46.7%)	6:33	9.2 (53.5%)
680	BRZANA Klaudia	275	KOLONIE	20-29	99	00:00:37	00:14:17	00:34:39.75	00:35:17.00	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
681	PAJĄK Małgorzata	503		50-59	37	00:00:45	00:14:47	00:34:32.55	00:35:17.55	+00:16:02 (46.4%)	6:30	9.2 (53.5%)
682	URBAŚ Monika	475		30-39	267	00:00:45	00:14:47	00:34:32.60	00:35:18.00	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
683	NOWAKOWSKA Agnieszka	11	SEASTER`S	30-39	269	00:00:41	00:15:11	00:34:40.00	00:35:21.25	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
684	KWAŚNIEWSKA Katarzyna	910		30-39	278	00:00:28	00:14:33	00:34:52.75	00:35:21.60	+00:16:22 (46.9%)	6:34	9.1 (52.9%)
685	POSŁUSZNA Monika	935	SPOT PSZCZYNA	20-29	101	00:00:25	00:15:16	00:34:57.05	00:35:22.55	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
686	KONIECZNA Marzena	488	OLZA CIESZYN	40-49	254	00:00:17	00:14:12	00:35:05.75	00:35:23.05	+00:16:35 (47.3%)	6:37	9.1 (52.9%)
687	HABER Kasia	1113	MIECHOWICKA GRUPA BIEGOWA	40-49	246	00:00:48	00:14:55	00:34:35.30	00:35:24.20	+00:16:04 (46.5%)	6:31	9.2 (53.5%)
688	PRZYBYCIN Bożena	169	MIECHOWICKA GRUPA BIEGOWA	30-39	275	00:00:41	00:15:43	00:34:45.55	00:35:27.45	+00:16:15 (46.8%)	6:33	9.1 (52.9%)
689	TOKAREWICZ Kasia	39	ZEBRY	30-39	284	00:00:22	00:14:34	00:35:05.75	00:35:27.90	+00:16:35 (47.3%)	6:37	9.1 (52.9%)
690	KIONKA Katarzyna	684		20-29	100	00:00:49	00:15:50	00:34:41.40	00:35:30.90	+00:16:11 (46.7%)	6:32	9.2 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
691	LEPICH Katarzyna	661	MIECHOWICKA GRUPA BIEGOWA	30-39	271	00:00:49	00:14:52	00:34:42.30	00:35:32.00	+00:16:11 (46.7%)	6:33	9.2 (53.5%)
692	NYSZTAL Izabela	57		40-49	255	00:00:24	00:15:04	00:35:09.20	00:35:33.75	+00:16:38 (47.4%)	6:37	9 (52.3%)
693	ADAMCZAK Renata	637		40-49	257	00:00:19	00:14:22	00:35:14.15	00:35:33.90	+00:16:43 (47.5%)	6:38	9 (52.3%)
694	ANDROSZ Joanna	246		30-39	279	00:00:39	00:14:52	00:34:55.10	00:35:34.75	+00:16:24 (47.0%)	6:35	9.1 (52.9%)
695	MĘDREK Marzena	911	SPOT PSZCZYNA	20-29	107	00:00:22	00:15:20	00:35:12.60	00:35:35.45	+00:16:42 (47.4%)	6:38	9 (52.3%)
696	PAWELSKA Kamila	915	SPOT PSZCZYNA	20-29	106	00:00:23	00:15:19	00:35:12.25	00:35:35.70	+00:16:41 (47.4%)	6:38	9 (52.3%)
697	BAŁA Justyna	245	KOBIETY NA 5+	40-49	251	00:00:39	00:14:52	00:34:56.60	00:35:35.90	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
698	KSEPKO Kasia	375		30-39	280	00:00:39	00:15:19	00:34:56.50	00:35:36.45	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
699	BIERNAT Agnieszka	1067		40-49	249	00:00:48	00:14:35	00:34:49.45	00:35:38.40	+00:16:19 (46.9%)	6:34	9.1 (52.9%)
700	ŚWIDERSKA Anna	416	POWOLI DO CELU	30-39	286	00:00:28	00:14:41	00:35:10.10	00:35:38.75	+00:16:39 (47.4%)	6:38	9 (52.3%)
701	NAWROCKA Agnieszka	599		40-49	252	00:00:42	00:14:43	00:34:57.05	00:35:39.95	+00:16:26 (47.0%)	6:35	9.1 (52.9%)
702	HEKIERT Wioleta	40	MIECHOWICKA GRUPA BIEGOWA	40-49	250	00:00:48	00:15:17	00:34:52.20	00:35:41.05	+00:16:21 (46.9%)	6:34	9.1 (52.9%)
703	JAFERNIK Małgorzata	46	PW RAFI	30-39	285	00:00:32	00:14:49	00:35:08.50	00:35:41.45	+00:16:38 (47.3%)	6:37	9 (52.3%)
704	CHMIEL Joanna	337	KOLONIE	50-59	41	00:00:21	00:14:48	00:35:20.35	00:35:41.85	+00:16:49 (47.6%)	6:40	9 (52.3%)
705	KIERMASZEK Paulina	1068		20-29	104	00:00:39	00:15:22	00:35:03.10	00:35:42.35	+00:16:32 (47.2%)	6:36	9.1 (52.9%)
706	PŁAZA Agnieszka	321		20-29	108	00:00:19	00:13:59	00:35:23.60	00:35:43.15	+00:16:53 (47.7%)	6:40	9 (52.3%)
707	PODESZWA Barbara	154	KOLONIE	40-49	261	00:00:21	00:14:21	00:35:28.20	00:35:49.55	+00:16:57 (47.8%)	6:41	9 (52.3%)
708	HABER Karolina	1120		20-29	102	00:00:49	00:14:47	00:35:01.70	00:35:51.10	+00:16:31 (47.2%)	6:36	9.1 (52.9%)
709	JURCZYK Barbara	543	STUDIO ENERGIA FITNESS RYBNIK	20-29	110	00:00:00	00:15:44	00:35:52.10	00:35:52.10	+00:17:21 (48.4%)	6:46	8.9 (51.7%)
710	KOZDĘBA Katarzyna	97		40-49	260	00:00:29	00:13:58	00:35:25.35	00:35:54.80	+00:16:54 (47.8%)	6:40	9 (52.3%)
711	DANEL Ewelina	500		30-39	290	00:00:30	00:14:26	00:35:24.00	00:35:54.95	+00:16:53 (47.7%)	6:40	9 (52.3%)
712	WYRBA Dorota	1220		30-39	281	00:00:54	00:16:18	00:35:01.20	00:35:55.85	+00:16:30 (47.2%)	6:36	9.1 (52.9%)
713	KATRYNIOK Ewa	272	KS M. E.T.A.	30-39	291	00:00:25	00:14:12	00:35:32.95	00:35:58.10	+00:17:02 (47.9%)	6:42	8.9 (51.7%)
714	ZMUDA Wioleta	807	KS M. E.T.A	40-49	262	00:00:26	00:14:11	00:35:31.60	00:35:58.20	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
715	MAZURKIEWICZ BŁASZCZYK Weronika	211	MORS HUBERTUS MYSŁOWICE	30-39	283	00:00:57	00:14:58	00:35:03.70	00:36:01.30	+00:16:33 (47.2%)	6:36	9.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
716	POCHWYT Ines	269		40-49	258	00:00:37	00:14:37	00:35:25.00	00:36:02.35	+00:16:54 (47.7%)	6:40	9 (52.3%)
717	MADEJSKA Magdalena	338	MORS HUBERTUS MYSŁOWICE	30-39	297	00:00:06	00:14:47	00:35:57.00	00:36:03.25	+00:17:26 (48.5%)	6:46	8.8 (51.2%)
718	KOŚNIAK Beata	796	O CO BIEGA W KALETACH	30-39	292	00:00:27	00:15:25	00:35:36.15	00:36:03.30	+00:17:05 (48.0%)	6:43	8.9 (51.7%)
719	PANEK Sylwia	515	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	264	00:00:12	00:14:55	00:35:51.20	00:36:04.15	+00:17:20 (48.4%)	6:46	8.9 (51.7%)
720	WORONKO-ZACZYNSKA Janina	1042	METRACO POLKOWICE	60+	9	00:00:35	00:15:18	00:35:29.35	00:36:05.15	+00:16:58 (47.9%)	6:41	9 (52.3%)
721	BRODA Kamila	612		20-29	105	00:00:56	00:14:43	00:35:10.05	00:36:06.65	+00:16:39 (47.4%)	6:38	9 (52.3%)
722	BRODA Beata	663		40-49	256	00:00:57	00:14:42	00:35:09.70	00:36:06.75	+00:16:39 (47.4%)	6:37	9 (52.3%)
723	GRZYŚKA Katarzyna	200		30-39	287	00:00:50	00:15:50	00:35:18.60	00:36:09.35	+00:16:48 (47.6%)	6:39	9 (52.3%)
724	HANSLIK Katarzyna	826	RUNTEAM PAWŁOWICE	30-39	288	00:00:46	00:15:51	00:35:23.30	00:36:10.15	+00:16:52 (47.7%)	6:40	9 (52.3%)
725	KONOPACKA Waleria	369	ZABIERZÓW BIEGA	60+	10	00:00:37	00:15:46	00:35:33.85	00:36:11.40	+00:17:03 (48.0%)	6:42	8.9 (51.7%)
726	STRĘCIOK Agnieszka	1283	FRELKI	30-39	289	00:00:50	00:14:58	00:35:23.45	00:36:14.30	+00:16:53 (47.7%)	6:40	9 (52.3%)
727	OLEARCZYK Joanna	814	FRELKI	40-49	259	00:00:49	00:14:59	00:35:25.20	00:36:14.40	+00:16:54 (47.8%)	6:40	9 (52.3%)
728	STĘPIŃSKA Patrycja	352		20-29	109	00:00:27	00:15:17	00:35:46.65	00:36:14.45	+00:17:16 (48.3%)	6:45	8.9 (51.7%)
729	STACHURA Katarzyna	1233		50-59	42	00:00:12	00:14:19	00:36:04.95	00:36:17.45	+00:17:34 (48.7%)	6:48	8.8 (51.2%)
730	SERWATKA Angelika	346	WATAHA	30-39	295	00:00:37	00:14:11	00:35:43.50	00:36:20.85	+00:17:13 (48.2%)	6:44	8.9 (51.7%)
731	KROWIAK Agata	263	FARTLEK	40-49	265	00:00:22	00:14:49	00:36:00.25	00:36:23.15	+00:17:29 (48.6%)	6:47	8.8 (51.2%)
732	STEFAŃSKA Dorota	1281		30-39	299	00:00:17	00:15:08	00:36:05.45	00:36:23.40	+00:17:35 (48.7%)	6:48	8.8 (51.2%)
733	LAZAR Joanna	825		30-39	293	00:00:44	00:15:03	00:35:40.25	00:36:24.25	+00:17:09 (48.1%)	6:43	8.9 (51.7%)
734	MORGAŁA Daria	1221		30-39	294	00:00:42	00:15:19	00:35:42.75	00:36:25.30	+00:17:12 (48.2%)	6:44	8.9 (51.7%)
735	SZYŃAL Magdalena	1037		30-39	305	00:00:15	00:14:26	00:36:13.50	00:36:28.70	+00:17:43 (48.9%)	6:50	8.8 (51.2%)
736	SATŁAWA-JANIEC Alicja	786		30-39	296	00:00:37	00:14:45	00:35:52.80	00:36:29.95	+00:17:22 (48.4%)	6:46	8.9 (51.7%)
737	BLOCH Katarzyna	933	MIECHOWICKA GRUPA BIEGOWA	40-49	263	00:00:53	00:15:30	00:35:36.35	00:36:30.00	+00:17:05 (48.0%)	6:43	8.9 (51.7%)
738	SŁOWIK Kora	565	POWOLI DO CELU	30-39	303	00:00:23	00:15:04	00:36:12.00	00:36:35.90	+00:17:41 (48.9%)	6:49	8.8 (51.2%)
739	ZMUDA Ewelina	1121		30-39	307	00:00:13	00:14:23	00:36:24.90	00:36:38.70	+00:17:54 (49.2%)	6:52	8.7 (50.6%)
740	ZAŁUBSKA Beata	596	BIELSZCZANKI BIEGAJĄ	30-39	306	00:00:19	00:14:24	00:36:20.90	00:36:40.00	+00:17:50 (49.1%)	6:51	8.7 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
741	SOSZ Katarzyna	938		16-19	12	00:00:17	00:15:13	00:36:24.15	00:36:41.40	+00:17:53 (49.2%)	6:52	8.7 (50.6%)
742	MĘDRALA Aleksandra	735		30-39	304	00:00:30	00:15:32	00:36:12.15	00:36:42.75	+00:17:41 (48.9%)	6:49	8.8 (51.2%)
743	SOSZ Ania	454		40-49	268	00:00:18	00:15:18	00:36:26.35	00:36:44.45	+00:17:55 (49.2%)	6:52	8.7 (50.6%)
744	PILCH Agnieszka	1299	CZARNE FIT	40-49	266	00:00:42	00:14:36	00:36:04.40	00:36:46.65	+00:17:34 (48.7%)	6:48	8.8 (51.2%)
745	JAMA Lucyna	240		30-39	302	00:00:39	00:14:59	00:36:07.70	00:36:47.45	+00:17:37 (48.8%)	6:49	8.8 (51.2%)
746	KRÓL Magdalena	30		40-49	269	00:00:19	00:15:15	00:36:28.70	00:36:48.00	+00:17:58 (49.3%)	6:53	8.7 (50.6%)
747	ŻOŁĄDEK Beata	128		40-49	272	00:00:12	00:15:29	00:36:35.95	00:36:48.20	+00:18:05 (49.4%)	6:54	8.7 (50.6%)
748	SZWED Ania	241	MIECHOWICKA GRUPA BIEGOWA	30-39	298	00:00:49	00:15:15	00:35:58.95	00:36:48.30	+00:17:28 (48.6%)	6:47	8.8 (51.2%)
749	PROCNER Estera	1250	CZARNE FIT	30-39	300	00:00:42	00:15:00	00:36:06.45	00:36:49.35	+00:17:36 (48.7%)	6:48	8.8 (51.2%)
750	CIEŚLAR Aniela	1229	CZARNE FIT	50-59	43	00:00:42	00:15:00	00:36:07.25	00:36:50.20	+00:17:36 (48.8%)	6:49	8.8 (51.2%)
751	ŁANUCHA Mariola	1001	KOBIETY NA 5+	50-59	44	00:00:40	00:14:34	00:36:14.10	00:36:54.40	+00:17:43 (48.9%)	6:50	8.8 (51.2%)
752	PYTLIK Agata	566	SISTERS	20-29	112	00:00:16	00:15:01	00:36:38.15	00:36:55.05	+00:18:07 (49.5%)	6:54	8.7 (50.6%)
753	PEPEK Bożena	357		30-39	313	00:00:16	00:15:02	00:36:38.35	00:36:55.30	+00:18:07 (49.5%)	6:54	8.7 (50.6%)
754	SZEWCUK Agnieszka	64		40-49	267	00:00:46	00:14:38	00:36:11.10	00:36:57.75	+00:17:40 (48.9%)	6:49	8.8 (51.2%)
755	LIPOK Iwona	990	MIECHOWICACH GRUPA BIEGOWA	30-39	316	00:00:14	00:15:49	00:36:43.60	00:36:57.90	+00:18:13 (49.6%)	6:55	8.7 (50.6%)
756	CHROBOK Natalia	373	OLZA CIESZYN	30-39	301	00:00:52	00:15:13	00:36:06.65	00:36:59.35	+00:17:36 (48.8%)	6:48	8.8 (51.2%)
757	ROTTER Hanna	1051		50-59	45	00:00:38	00:15:23	00:36:23.35	00:37:01.60	+00:17:52 (49.1%)	6:51	8.7 (50.6%)
758	KIERMASZEK Barbara	1055		50-59	46	00:00:36	00:15:25	00:36:25.05	00:37:01.70	+00:17:54 (49.2%)	6:52	8.7 (50.6%)
759	PINGIELSKA Małgorzata	71	RADLINIOKI W BIEGU	40-49	271	00:00:29	00:14:58	00:36:33.75	00:37:03.30	+00:18:03 (49.4%)	6:53	8.7 (50.6%)
760	KLIMEK Monika	242	DYSTANS LUBOMIA	20-29	111	00:00:34	00:16:01	00:36:29.45	00:37:03.60	+00:17:59 (49.3%)	6:53	8.7 (50.6%)
761	KORALEWSKA Kinga	126		30-39	311	00:00:30	00:15:31	00:36:36.50	00:37:06.75	+00:18:06 (49.4%)	6:54	8.7 (50.6%)
762	MODLIŃSKA Paulina	664		30-39	310	00:00:30	00:15:32	00:36:36.45	00:37:06.95	+00:18:06 (49.4%)	6:54	8.7 (50.6%)
763	KOTOSKA Aneta	243		30-39	321	00:00:10	00:14:30	00:36:57.10	00:37:07.85	+00:18:26 (49.9%)	6:58	8.6 (50.0%)
764	KOŹDOŃ Jagoda	431	INŻYNIERIA BIEGANIA TEAM	30-39	317	00:00:23	00:15:36	00:36:45.70	00:37:08.85	+00:18:15 (49.7%)	6:56	8.7 (50.6%)
765	SERAFIN-CHWAEK Joanna	841	KOBIETY NA 5+	40-49	273	00:00:29	00:15:38	00:36:42.20	00:37:11.30	+00:18:11 (49.6%)	6:55	8.7 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
766	BRANDYS Krystyna	501		30-39	309	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:17:59 (49.3%)	6:53	8.7 (50.6%)
766	DYNIA Magdalena	870		40-49	270	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:17:59 (49.3%)	6:53	8.7 (50.6%)
768	LAPCZYK Magdalena	288	MORSY SKOCZÓW	30-39	314	00:00:39	00:15:30	00:36:39.55	00:37:19.40	+00:18:09 (49.5%)	6:55	8.7 (50.6%)
769	FRANKOWSKA Ania	159	MIECHOWICKA GRUPA BIEGOWA	50-59	47	00:00:24	00:15:27	00:36:57.40	00:37:22.05	+00:18:27 (49.9%)	6:58	8.6 (50.0%)
770	ZWIOREK-ROTKEGEL Anna	940	MIECHOWICKA GRUPA BIEGOWA	50-59	48	00:00:24	00:15:50	00:36:58.00	00:37:22.15	+00:18:27 (49.9%)	6:58	8.6 (50.0%)
771	BATKO Ania	72		30-39	315	00:00:42	00:15:51	00:36:40.45	00:37:23.00	+00:18:10 (49.5%)	6:55	8.7 (50.6%)
772	PYZIK Barbara	380	KLUB BIEGACZA FARTLEK	30-39	318	00:00:33	00:15:22	00:36:49.85	00:37:23.50	+00:18:19 (49.8%)	6:56	8.6 (50.0%)
773	BIELIŃSKA Anna	998		30-39	308	00:00:55	00:15:22	00:36:28.70	00:37:24.10	+00:17:58 (49.3%)	6:53	8.7 (50.6%)
774	CYFKA Agnieszka	548		30-39	319	00:00:37	00:15:59	00:36:51.10	00:37:28.20	+00:18:20 (49.8%)	6:57	8.6 (50.0%)
775	SURMA Adrianna	302	RADLINIOKI W BIEGU	20-29	116	00:00:04	00:14:59	00:37:24.80	00:37:29.75	+00:18:54 (50.5%)	7:03	8.5 (49.4%)
776	KACZKIEWICZ Agnieszka	31	NIGHT RUNNERS GLIWICE	40-49	281	00:00:13	00:15:05	00:37:17.30	00:37:30.45	+00:18:46 (50.4%)	7:02	8.5 (49.4%)
777	NIEDŹWIEDŹ Julia	727		16-19	13	00:00:28	00:15:22	00:37:02.90	00:37:30.95	+00:18:32 (50.0%)	6:59	8.6 (50.0%)
778	GŁĄB Mariola	828		30-39	312	00:00:56	00:15:06	00:36:37.10	00:37:33.85	+00:18:06 (49.5%)	6:54	8.7 (50.6%)
779	PTASIŃSKA Iwona	426		30-39	324	00:00:31	00:15:41	00:37:02.60	00:37:34.00	+00:18:32 (50.0%)	6:59	8.6 (50.0%)
780	LAMPKA Katarzyna	130		20-29	115	00:00:15	00:14:42	00:37:22.00	00:37:37.70	+00:18:51 (50.5%)	7:03	8.5 (49.4%)
781	STYRNOL Beata	386		40-49	276	00:00:37	00:15:49	00:37:01.25	00:37:38.90	+00:18:30 (50.0%)	6:59	8.6 (50.0%)
782	KLIMA Agnieszka	331	AMATOR	40-49	278	00:00:36	00:15:50	00:37:03.05	00:37:39.05	+00:18:32 (50.1%)	6:59	8.6 (50.0%)
783	JANCZURA Marzena	259		40-49	277	00:00:36	00:15:51	00:37:03.00	00:37:39.15	+00:18:32 (50.0%)	6:59	8.6 (50.0%)
784	ŚWIDER Anna	1272		40-49	275	00:00:47	00:15:54	00:36:52.75	00:37:40.65	+00:18:22 (49.8%)	6:57	8.6 (50.0%)
785	GRINIG Mirela	513		40-49	282	00:00:13	00:15:54	00:37:28.05	00:37:41.20	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
786	MARUSZCZAK Justyna	232	MIECHOWICKA GRUPA BIEGOWA	40-49	274	00:00:52	00:15:25	00:36:51.65	00:37:44.45	+00:18:21 (49.8%)	6:57	8.6 (50.0%)
787	SAWICKA Agnieszka	318	KLUB BIEGACZA FARTLEK	40-49	279	00:00:35	00:15:22	00:37:10.70	00:37:46.10	+00:18:40 (50.2%)	7:00	8.6 (50.0%)
788	ORDZOWIAŁA Karolina	839		30-39	330	00:00:26	00:15:34	00:37:20.75	00:37:46.85	+00:18:50 (50.4%)	7:02	8.5 (49.4%)
789	PALUCH Agnieszka	1069		30-39	331	00:00:27	00:15:13	00:37:23.75	00:37:51.60	+00:18:53 (50.5%)	7:03	8.5 (49.4%)
790	SEKUŁA Marlena	587		30-39	325	00:00:43	00:15:29	00:37:08.50	00:37:52.05	+00:18:38 (50.2%)	7:00	8.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
791	BRAUN Justyna	1208		30-39	320	00:00:56	00:15:00	00:36:56.15	00:37:52.90	+00:18:25 (49.9%)	6:58	8.6 (50.0%)
792	NOWAK Ewelina	778	KOBIETY NA 5+	40-49	283	00:00:24	00:14:29	00:37:29.45	00:37:54.30	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
793	BALCERAK Beata	517		30-39	333	00:00:26	00:15:34	00:37:29.15	00:37:55.40	+00:18:58 (50.6%)	7:04	8.5 (49.4%)
794	WYŻNIKIEWICZ Lidia	811		60+	11	00:00:29	00:15:50	00:37:28.50	00:37:57.70	+00:18:58 (50.6%)	7:04	8.5 (49.4%)
795	KASPER Julia	1141	CROSTRENING RACIBÓRZ	30-39	322	00:00:57	00:15:41	00:37:01.30	00:37:58.95	+00:18:30 (50.0%)	6:59	8.6 (50.0%)
795	ISKRA Joanna	191	CROSTRENING RACIBÓRZ	30-39	323	00:00:57	00:15:41	00:37:01.50	00:37:58.95	+00:18:31 (50.0%)	6:59	8.6 (50.0%)
797	WOWRA Agata	157		30-39	327	00:00:51	00:15:59	00:37:13.05	00:38:04.70	+00:18:42 (50.3%)	7:01	8.5 (49.4%)
798	KUBIK Anna	885		20-29	114	00:00:51	00:15:59	00:37:12.95	00:38:04.80	+00:18:42 (50.3%)	7:01	8.5 (49.4%)
799	BOMBIK Edyta	174		30-39	328	00:00:47	00:15:54	00:37:19.25	00:38:06.60	+00:18:48 (50.4%)	7:02	8.5 (49.4%)
800	JAROSZ Jolanta	210	MORS HUBERTUS MYSŁOWICE	40-49	280	00:00:53	00:16:00	00:37:12.90	00:38:06.75	+00:18:42 (50.3%)	7:01	8.5 (49.4%)
800	STYSZ Daria	268	MORS HUBERTUS MYSŁOWICE	20-29	113	00:00:55	00:16:09	00:37:10.90	00:38:06.75	+00:18:40 (50.2%)	7:00	8.6 (50.0%)
802	BAŁAZIŃSKA Agnieszka	142	MORS HUBERTUS MYSŁOWICE	30-39	326	00:00:55	00:16:09	00:37:11.00	00:38:06.85	+00:18:40 (50.2%)	7:00	8.6 (50.0%)
803	PELACZYK Wioletta	140	KOBIETY NA 5+	40-49	289	00:00:21	00:15:00	00:37:46.60	00:38:08.25	+00:19:16 (51.0%)	7:07	8.4 (48.8%)
804	ZALEWSKA Barbara	47	KOBIETY 5+	40-49	290	00:00:22	00:15:34	00:37:46.65	00:38:08.65	+00:19:16 (51.0%)	7:07	8.4 (48.8%)
805	LORENZ Wioletta	816	BIELSZCZANKI BIEGAJĄ	40-49	286	00:00:28	00:16:22	00:37:42.30	00:38:10.75	+00:19:11 (50.9%)	7:06	8.4 (48.8%)
806	CHOMICKA Dorota	925	BIELSZCZANKI BIEGAJĄ	40-49	285	00:00:28	00:16:24	00:37:41.90	00:38:10.85	+00:19:11 (50.9%)	7:06	8.4 (48.8%)
807	KAJTOCH Ewa	452	DECATHLON I PRZYJACIELE	40-49	291	00:00:00		00:38:12.00	00:38:12.00	+00:19:41 (51.6%)	7:12	8.3 (48.3%)
808	MAŃDOK Kasia	1195		30-39	335	00:00:17	00:15:04	00:37:56.35	00:38:13.45	+00:19:25 (51.2%)	7:09	8.4 (48.8%)
809	MŁOCEK Ewelina	1048		30-39	329	00:00:54	00:16:19	00:37:19.60	00:38:14.55	+00:18:49 (50.4%)	7:02	8.5 (49.4%)
810	DRYNDA Jolanta	593		30-39	332	00:00:48	00:15:11	00:37:28.50	00:38:17.15	+00:18:58 (50.6%)	7:04	8.5 (49.4%)
811	PUDA Patrycja	785		20-29	117	00:00:43	00:16:56	00:37:34.15	00:38:17.70	+00:19:03 (50.7%)	7:05	8.5 (49.4%)
812	BAJCAR Justyna	901	KOBIETY NA 5+	20-29	118	00:00:08	00:15:13	00:38:10.90	00:38:19.15	+00:19:40 (51.5%)	7:12	8.3 (48.3%)
813	KUBIAK Celina	306		40-49	284	00:00:39	00:15:34	00:37:41.20	00:38:20.70	+00:19:10 (50.9%)	7:06	8.4 (48.8%)
814	KUDASZEWICZ DUDA Sylwia	849	MIECHOWICKA GRUPA BIEGOWA	40-49	287	00:00:41	00:16:01	00:37:43.85	00:38:25.55	+00:19:13 (51.0%)	7:07	8.4 (48.8%)
815	GÓRAL Alina	125		30-39	334	00:00:38	00:15:16	00:37:49.40	00:38:27.65	+00:19:19 (51.1%)	7:08	8.4 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
816	DAMIĘCKA Magda	660	RUNTEAM PAWŁOWICE	30-39	340	00:00:25	00:15:46	00:38:03.35	00:38:29.25	+00:19:32 (51.4%)	7:10	8.4 (48.8%)
817	BARTNICKA Barbara	542		30-39	338	00:00:27	00:15:44	00:38:01.65	00:38:29.45	+00:19:31 (51.3%)	7:10	8.4 (48.8%)
818	KWIATOŃ Patrycja	28	RUNTEAM PAWŁOWICE	30-39	336	00:00:28	00:15:43	00:38:01.15	00:38:29.55	+00:19:30 (51.3%)	7:10	8.4 (48.8%)
819	MYŚLIWIEC Seniorita	666	KOBIETY NA 5+	20-29	120	00:00:07	00:15:53	00:38:23.00	00:38:30.90	+00:19:52 (51.8%)	7:14	8.3 (48.3%)
820	CEBULA Marta	689		20-29	119	00:00:08	00:15:52	00:38:22.70	00:38:31.05	+00:19:52 (51.8%)	7:14	8.3 (48.3%)
821	NALEPKA Katarzyna	1240	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:54	00:16:04	00:37:45.25	00:38:39.75	+00:19:14 (51.0%)	7:07	8.4 (48.8%)
822	GOJDKA Ewelina	887	KOBIETY NA 5+	20-29	121	00:00:08	00:15:15	00:38:36.85	00:38:45.35	+00:20:06 (52.1%)	7:17	8.2 (47.7%)
823	SKWARK Aneta	1204		30-39	343	00:00:28	00:15:24	00:38:17.65	00:38:46.60	+00:19:47 (51.7%)	7:13	8.3 (48.3%)
824	ŻYWICA Dorota	1156	ADS MASNA	40-49	294	00:00:08	00:15:55	00:38:39.65	00:38:48.30	+00:20:09 (52.1%)	7:17	8.2 (47.7%)
825	KRZESZOWSKA Beata	20	MIECHOWICKA GRUPA BIEGOWA	50-59	49	00:00:48	00:15:54	00:38:04.20	00:38:52.50	+00:19:33 (51.4%)	7:10	8.4 (48.8%)
826	WOJNAROWSKA Anna	1259		30-39	337	00:00:57	00:16:04	00:38:01.25	00:38:58.30	+00:19:30 (51.3%)	7:10	8.4 (48.8%)
827	WOJCIECHOWICZ Magda	1130		30-39	339	00:00:57	00:16:04	00:38:01.80	00:38:59.05	+00:19:31 (51.3%)	7:10	8.4 (48.8%)
828	BAKOWSKA Anna	1032		30-39	341	00:00:51	00:16:24	00:38:13.30	00:39:04.70	+00:19:42 (51.6%)	7:12	8.3 (48.3%)
829	ZDUNEK Dorota	505		30-39	342	00:00:49	00:16:28	00:38:16.50	00:39:06.45	+00:19:46 (51.6%)	7:13	8.3 (48.3%)
830	WISEŁKA Lucyna	310	RADLINIOKI W BIEGU	40-49	292	00:00:45	00:16:14	00:38:22.35	00:39:07.85	+00:19:51 (51.8%)	7:14	8.3 (48.3%)
831	MALCZAK Sandra	1211		16-19	14	00:00:11	00:17:08	00:38:56.25	00:39:08.10	+00:20:25 (52.5%)	7:20	8.2 (47.7%)
832	BOBER Aneta	12		30-39	344	00:00:28	00:16:37	00:38:40.15	00:39:08.60	+00:20:09 (52.1%)	7:17	8.2 (47.7%)
833	SKRABARCZYK Anna	558	POWOLI DO CELU	30-39	347	00:00:26	00:15:52	00:38:45.50	00:39:12.20	+00:20:15 (52.3%)	7:18	8.2 (47.7%)
834	NIEDŹWIEDŹ Maja	721		30-39	345	00:00:32	00:15:05	00:38:42.40	00:39:15.35	+00:20:12 (52.2%)	7:18	8.2 (47.7%)
835	BARON Katarzyna	835	KOSMO DENTAL TEAM	30-39	346	00:00:32	00:16:00	00:38:44.60	00:39:16.65	+00:20:14 (52.2%)	7:18	8.2 (47.7%)
836	NOSOL Karolina	444	PW RAFI	20-29	122	00:00:33	00:16:03	00:38:46.00	00:39:19.35	+00:20:15 (52.3%)	7:18	8.2 (47.7%)
837	BANASIK Dorota	523		30-39	351	00:00:20	00:15:48	00:39:00.35	00:39:20.50	+00:20:29 (52.6%)	7:21	8.2 (47.7%)
838	PIKSA Ewelina	604		30-39	354	00:00:12	00:16:29	00:39:13.10	00:39:25.35	+00:20:42 (52.8%)	7:23	8.1 (47.1%)
839	JAROS Katarzyna	197		40-49	293	00:00:56	00:16:20	00:38:29.30	00:39:25.85	+00:19:58 (51.9%)	7:15	8.3 (48.3%)
840	NOWAK Malwina	948		30-39	349	00:00:35	00:17:17	00:38:55.20	00:39:30.35	+00:20:24 (52.4%)	7:20	8.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
841	MALCZAK Beata	1209		40-49	299	00:00:11	00:16:22	00:39:19.10	00:39:30.65	+00:20:48 (52.9%)	7:25	8.1 (47.1%)
842	ŁASTÓWKA Marzena	1079	KOBIETY NA 5+	40-49	297	00:00:31	00:16:16	00:38:59.50	00:39:31.05	+00:20:29 (52.5%)	7:21	8.2 (47.7%)
843	GRZYWACZ Anna	1033		50-59	50	00:00:06	00:16:20	00:39:24.65	00:39:31.25	+00:20:54 (53.0%)	7:26	8.1 (47.1%)
844	PIETER Anna	471		30-39	353	00:00:24	00:16:36	00:39:10.00	00:39:34.20	+00:20:39 (52.7%)	7:23	8.1 (47.1%)
845	SARNECKA-BĘBENEK Aleksandra	1161	GB GALOPUJĄCE ŚLIMAKI	30-39	350	00:00:35	00:16:30	00:38:58.70	00:39:34.65	+00:20:28 (52.5%)	7:21	8.2 (47.7%)
846	ŻARSKA Katarzyna	266	KOBIETY NA 5+	30-39	357	00:00:00	00:16:47	00:39:36.65	00:39:36.65	+00:21:06 (53.3%)	7:28	8 (46.5%)
847	ZIEJA Iza	1133		40-49	295	00:00:55	00:15:48	00:38:47.25	00:39:43.00	+00:20:16 (52.3%)	7:19	8.2 (47.7%)
847	ZIEJA Martyna	1137		20-29	123	00:00:55	00:15:48	00:38:47.95	00:39:43.00	+00:20:17 (52.3%)	7:19	8.2 (47.7%)
849	FRYSZTACKA Barbara	701		40-49	296	00:00:56	00:15:41	00:38:47.75	00:39:44.60	+00:20:17 (52.3%)	7:19	8.2 (47.7%)
850	PŁUCHOWSKA Grażyna	890	BIELSZCZANKI BIEGAJĄ	40-49	300	00:00:15	00:15:37	00:39:29.05	00:39:45.00	+00:20:58 (53.1%)	7:27	8.1 (47.1%)
851	CHOLEWA Magdalena	1194		30-39	348	00:00:54	00:15:32	00:38:51.10	00:39:45.25	+00:20:20 (52.4%)	7:19	8.2 (47.7%)
852	SIĄKAŁA Adrianna	930		30-39	356	00:00:15	00:15:38	00:39:30.00	00:39:45.30	+00:20:59 (53.1%)	7:27	8.1 (47.1%)
853	MACHOCZEK Aleksandra	1214		30-39	355	00:00:34	00:16:41	00:39:14.35	00:39:48.40	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
854	GRANIECZNY Simona	156		20-29	127	00:00:15	00:15:48	00:39:34.90	00:39:50.55	+00:21:04 (53.2%)	7:28	8 (46.5%)
855	STACHERSKA Elzbieta	440	SK ČERNE PLÍCE	30-39	352	00:00:49	00:16:28	00:39:08.90	00:39:58.75	+00:20:38 (52.7%)	7:23	8.1 (47.1%)
856	PRASAK Sabina	311	POGORIA BIEGA	40-49	298	00:00:50	00:16:37	00:39:08.30	00:39:59.25	+00:20:37 (52.7%)	7:23	8.1 (47.1%)
857	STAŚKIEWICZ Monika	49		40-49	305	00:00:06	00:16:31	00:40:01.35	00:40:07.90	+00:21:30 (53.8%)	7:33	7.9 (45.9%)
858	BEDNARZ Anna	285	BIEGAM BO LUBIĘ	40-49	301	00:00:39	00:15:34	00:39:34.50	00:40:13.80	+00:21:04 (53.2%)	7:27	8 (46.5%)
859	MACIOŃCZYK Katarzyna	410		30-39	359	00:00:24	00:16:45	00:39:50.90	00:40:15.10	+00:21:20 (53.6%)	7:31	8 (46.5%)
860	DARNOWSKA-HYLA Julia	957		30-39	360	00:00:16	00:16:27	00:40:02.10	00:40:18.65	+00:21:31 (53.8%)	7:33	7.9 (45.9%)
861	SPYRKA Małgorzata	846		40-49	303	00:00:19	00:16:54	00:39:59.75	00:40:19.00	+00:21:29 (53.7%)	7:32	8 (46.5%)
862	ŻEBROWSKA Weronika	862	MORS HUBERTUS MYSŁOWICE	20-29	124	00:00:56	00:16:08	00:39:23.55	00:40:19.60	+00:20:53 (53.0%)	7:25	8.1 (47.1%)
863	WRONA Aleksandra	943		20-29	125	00:00:54	00:16:09	00:39:24.85	00:40:19.75	+00:20:54 (53.0%)	7:26	8.1 (47.1%)
864	WÓJCIK Małgorzata	952		20-29	126	00:00:54	00:16:10	00:39:25.00	00:40:19.90	+00:20:54 (53.0%)	7:26	8.1 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
865	STEFANIK - KARCZEWSKA Katarzyna	286		30-39	358	00:00:41	00:17:59	00:39:49.15	00:40:30.65	+00:21:18 (53.5%)	7:30	8 (46.5%)
866	FOŁDA Anita	836	KOLONIE	40-49	302	00:00:36	00:16:56	00:39:54.20	00:40:30.75	+00:21:23 (53.6%)	7:31	8 (46.5%)
866	DAMIS Daria	759		20-29	128	00:00:42	00:17:58	00:39:47.90	00:40:30.75	+00:21:17 (53.5%)	7:30	8 (46.5%)
868	PROCNER Dorota	658		40-49	309	00:00:21	00:15:53	00:40:09.75	00:40:31.55	+00:21:39 (53.9%)	7:34	7.9 (45.9%)
869	WELET Marzena	672		40-49	308	00:00:22	00:15:46	00:40:09.45	00:40:31.65	+00:21:39 (53.9%)	7:34	7.9 (45.9%)
870	BURYAN Kamila	931		30-39	361	00:00:13	00:16:58	00:40:23.60	00:40:37.25	+00:21:53 (54.2%)	7:37	7.9 (45.9%)
871	SZCZUCHNIAK Adriana	823		40-49	304	00:00:38	00:16:18	00:40:00.60	00:40:39.15	+00:21:30 (53.7%)	7:33	7.9 (45.9%)
872	BRZANA Anna	254	KOLONIE	40-49	307	00:00:36	00:16:56	00:40:06.80	00:40:43.15	+00:21:36 (53.9%)	7:34	7.9 (45.9%)
873	KUNERT Katarzyna	402	KOLONIE	40-49	306	00:00:36	00:17:19	00:40:06.70	00:40:43.25	+00:21:36 (53.9%)	7:34	7.9 (45.9%)
874	JURCZYK Danuta	553	STUDIO ENERGIA FITNESS RYBNIK	40-49	314	00:00:00	00:17:10	00:40:48.00	00:40:48.00	+00:22:17 (54.6%)	7:41	7.8 (45.3%)
875	WOŹNIAK Anna	829		40-49	310	00:00:45	00:17:23	00:40:11.25	00:40:56.25	+00:21:40 (53.9%)	7:34	7.9 (45.9%)
876	TKACZ Ania	76	MORSY NA KOKSIE	30-39	362	00:00:01	00:17:28	00:40:57.55	00:40:58.75	+00:22:27 (54.8%)	7:43	7.8 (45.3%)
877	SZATANIK Iwona	573	OLZA CIESZYN	40-49	311	00:00:48	00:16:56	00:40:11.30	00:40:59.55	+00:21:40 (54.0%)	7:34	7.9 (45.9%)
878	DĄBROWSKA Sylwia	1256		40-49	312	00:00:28	00:16:40	00:40:32.00	00:41:00.10	+00:22:01 (54.3%)	7:38	7.8 (45.3%)
879	ŁUCARZ Anna	121	NESSI TEAM	40-49	313	00:00:31	00:16:46	00:40:38.85	00:41:10.25	+00:22:08 (54.5%)	7:40	7.8 (45.3%)
880	ARASZCZUK Magdalena	1288	DECATHLON ŻORY	20-29	129	00:00:56	00:15:47	00:40:17.80	00:41:13.85	+00:21:47 (54.1%)	7:36	7.9 (45.9%)
881	NIESTROJ Justyna	463	OSP MARKOWICE	20-29	131	00:00:14	00:16:38	00:41:01.55	00:41:16.50	+00:22:31 (54.9%)	7:44	7.7 (44.8%)
882	ROŹEK Dagmara	615		20-29	130	00:00:47	00:17:13	00:40:35.40	00:41:22.40	+00:22:05 (54.4%)	7:39	7.8 (45.3%)
883	NOWAKOWSKA Joanna	372		40-49	316	00:00:28	00:16:40	00:40:58.30	00:41:26.85	+00:22:27 (54.8%)	7:43	7.8 (45.3%)
884	MAZUR Małgorzata	801	KOBIETY NA 5+	40-49	317	00:00:22	00:16:08	00:41:08.60	00:41:31.45	+00:22:38 (55.0%)	7:45	7.7 (44.8%)
885	SZYMANEK Karina	722		40-49	315	00:00:37	00:17:25	00:40:57.85	00:41:35.70	+00:22:27 (54.8%)	7:43	7.8 (45.3%)
886	PISAREK Dorota	805		40-49	320	00:00:18	00:17:13	00:41:22.60	00:41:41.30	+00:22:52 (55.3%)	7:48	7.7 (44.8%)
887	PISAREK Magdalena	1004		20-29	134	00:00:18	00:16:35	00:41:22.70	00:41:41.40	+00:22:52 (55.3%)	7:48	7.7 (44.8%)
888	SZOTEK Sylwia	647		20-29	132	00:00:30	00:17:13	00:41:11.95	00:41:42.30	+00:22:41 (55.1%)	7:46	7.7 (44.8%)
889	PIETRZYK Sylwia	625		20-29	133	00:00:30	00:17:15	00:41:12.00	00:41:42.35	+00:22:41 (55.1%)	7:46	7.7 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
890	LEKSTON Ewa	298		40-49	321	00:00:24	00:16:43	00:41:27.45	00:41:51.70	+00:22:57 (55.4%)	7:49	7.7 (44.8%)
891	CAŁKA Sylwia	918	DECATHLON RYBNIK I PRZYJACIELE	30-39	363	00:00:11	00:16:44	00:41:42.05	00:41:53.90	+00:23:11 (55.6%)	7:52	7.6 (44.2%)
892	CZERWIŃSKA Ewelina	489		20-29	135	00:00:34	00:16:59	00:41:32.70	00:42:07.60	+00:23:02 (55.5%)	7:50	7.7 (44.8%)
893	SŁOTA Justyna	332	MIECHOWICKA GRUPA BIEGOWA	40-49	318	00:00:53	00:16:27	00:41:14.60	00:42:07.85	+00:22:44 (55.1%)	7:46	7.7 (44.8%)
894	CZARNECKA Małgorzata	75	MIECHOWICKA GRUPA BIEGOWA	40-49	319	00:00:47	00:16:22	00:41:20.70	00:42:07.95	+00:22:50 (55.2%)	7:47	7.7 (44.8%)
895	JEZIOROWSKA-CAPANDA Patrycja	419		20-29	136	00:00:34	00:16:59	00:41:33.45	00:42:08.35	+00:23:03 (55.5%)	7:50	7.7 (44.8%)
896	SKOCZYKŁODA Iwona	290	KOLONIE	40-49	324	00:00:35	00:17:25	00:42:16.80	00:42:52.75	+00:23:46 (56.2%)	7:58	7.5 (43.6%)
897	MALINOWSKA Justyna	1222	KOLONIE	40-49	323	00:00:37	00:17:22	00:42:15.65	00:42:52.80	+00:23:45 (56.2%)	7:58	7.5 (43.6%)
898	GAJDA Aleksandra	477		40-49	325	00:00:33	00:17:50	00:42:24.10	00:42:57.50	+00:23:53 (56.4%)	8:00	7.5 (43.6%)
899	LORENZ Iwona	1302		40-49	326	00:00:18	00:16:56	00:42:43.55	00:43:01.80	+00:24:13 (56.7%)	8:03	7.4 (43.0%)
900	KĄDZIOŁKA Emilia	55		50-59	51	00:00:41	00:17:18	00:42:20.75	00:43:02.40	+00:23:50 (56.3%)	7:59	7.5 (43.6%)
900	WAJMAN Katarzyna	44		30-39	365	00:00:41	00:17:59	00:42:21.20	00:43:02.40	+00:23:50 (56.3%)	7:59	7.5 (43.6%)
902	HAJDUCEK-ZIELONKA Teresa	646	KAJ TA META	60+	12	00:00:19	00:17:53	00:42:43.35	00:43:02.45	+00:24:12 (56.7%)	8:03	7.4 (43.0%)
902	MAGIEREK Magdalena	645		30-39	364	00:00:42	00:17:58	00:42:19.70	00:43:02.45	+00:23:49 (56.3%)	7:59	7.5 (43.6%)
904	ARENDARCZYK Anna	559	BIELSZCZANKI BIEGAJĄ	40-49	322	00:00:56	00:17:11	00:42:09.85	00:43:05.85	+00:23:39 (56.1%)	7:57	7.5 (43.6%)
905	SPYRKA Natalia	261		20-29	137	00:00:14	00:17:18	00:43:00.00	00:43:14.85	+00:24:29 (57.0%)	8:06	7.4 (43.0%)
906	VAIDYAN Grażyna	574		60+	13	00:00:02	00:17:08	00:43:15.55	00:43:18.10	+00:24:45 (57.2%)	8:09	7.3 (42.4%)
907	GIBAS Amanda	569	KLUB BIEGACZA FARTLEK	30-39	367	00:00:33	00:17:18	00:43:18.15	00:43:51.75	+00:24:47 (57.3%)	8:10	7.3 (42.4%)
908	SZCZEGODZINSKA Kasia	601		30-39	366	00:00:55	00:17:51	00:43:00.40	00:43:55.65	+00:24:30 (57.0%)	8:06	7.4 (43.0%)
909	DUBIEL Joanna	651	DUBIEL CLUB	40-49	327	00:00:52	00:18:16	00:43:06.85	00:43:59.10	+00:24:36 (57.1%)	8:08	7.4 (43.0%)
910	STAROŃ Marlena	855	MORS HUBERTUS MYSŁOWICE	30-39	368	00:00:41	00:17:14	00:43:19.70	00:44:00.75	+00:24:49 (57.3%)	8:10	7.3 (42.4%)
911	PIETRASZEK Ewa	552	WARAHA ŚLASK	50-59	52	00:00:45	00:18:37	00:43:16.40	00:44:02.35	+00:24:46 (57.2%)	8:10	7.3 (42.4%)
912	SITARSKA Agnieszka	493	WATAHA	40-49	328	00:00:45	00:18:37	00:43:17.20	00:44:02.45	+00:24:46 (57.2%)	8:10	7.3 (42.4%)
913	ŁEMPICKA Lilianna	756	POZYTYWNE BIELSKO	60+	14	00:00:37	00:18:13	00:43:28.90	00:44:06.65	+00:24:58 (57.4%)	8:12	7.3 (42.4%)
914	MAJCHRZYK Lidia	1011		50-59	53	00:00:46	00:18:19	00:43:36.15	00:44:22.85	+00:25:05 (57.6%)	8:13	7.3 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
915	VAIDYAN Eliza	557		30-39	370	00:00:02	00:18:26	00:44:22.40	00:44:25.20	+00:25:52 (58.3%)	8:22	7.2 (41.9%)
916	WOJTAL Danka	770		40-49	330	00:00:58	00:17:41	00:43:48.15	00:44:46.60	+00:25:17 (57.7%)	8:15	7.3 (42.4%)
917	DANIKIEWICZ Wioletta	937	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	331	00:00:53	00:18:43	00:44:01.05	00:44:54.40	+00:25:30 (58.0%)	8:18	7.2 (41.9%)
918	WOLNIK Ewelina	623		40-49	333	00:00:10	00:18:01	00:44:56.50	00:45:07.15	+00:26:26 (58.8%)	8:28	7.1 (41.3%)
919	ŚLEDŹ Anna	563	SZARE MORSY	40-49	332	00:00:41	00:18:54	00:44:50.85	00:45:32.35	+00:26:20 (58.7%)	8:27	7.1 (41.3%)
920	DOMINIAK Monika	201		40-49	334	00:00:41	00:18:58	00:45:05.80	00:45:47.75	+00:26:35 (59.0%)	8:30	7.1 (41.3%)
921	SADOWSKA Natalia	461		50-59	54	00:00:43	00:18:55	00:45:16.55	00:45:59.80	+00:26:46 (59.1%)	8:32	7 (40.7%)
922	KALUS Wioletta	898		30-39	371	00:00:46	00:18:53	00:45:13.30	00:45:59.90	+00:26:42 (59.1%)	8:31	7 (40.7%)
923	STRZODA Barbara	222	PSZCZYNA BIEGA	30-39	369	00:02:22	00:18:42	00:43:47.55	00:46:09.65	+00:25:17 (57.7%)	8:15	7.3 (42.4%)
924	GUZENDA Ewa	771		40-49	329	00:02:34	00:19:36	00:43:36.80	00:46:11.20	+00:25:06 (57.6%)	8:13	7.3 (42.4%)
925	KORDOŃ Żaneta	297	SGB LET'S GO	20-29	139	00:00:19	00:19:06	00:46:02.10	00:46:21.75	+00:27:31 (59.8%)	8:41	6.9 (40.1%)
926	KROCHMALSKA Jadwiga	813	MIECHOWICKA GRUPA BIEGOWA	40-49	336	00:00:55	00:18:58	00:45:31.60	00:46:26.70	+00:27:01 (59.3%)	8:35	7 (40.7%)
927	MATUĆ Karolina	398	MIECHOWICKA GRUPA BIEGOWA	20-29	138	00:00:53	00:19:00	00:45:33.30	00:46:26.85	+00:27:02 (59.4%)	8:35	7 (40.7%)
928	ZACHŁOD Joanna	473	MIECHOWICKA GRUPA BIEGOWA	30-39	372	00:00:54	00:18:59	00:45:32.65	00:46:27.00	+00:27:02 (59.4%)	8:35	7 (40.7%)
929	GÓRNICZ Patrycja	633		30-39	373	00:00:44	00:18:36	00:46:07.45	00:46:52.15	+00:27:37 (59.9%)	8:42	6.9 (40.1%)
930	BAZGIER Magdalena	607		30-39	374	00:00:44	00:18:36	00:46:20.10	00:47:04.80	+00:27:49 (60.1%)	8:44	6.9 (40.1%)
931	BAGIŃSKA Paulina	561		20-29	141	00:00:30	00:18:40	00:46:36.00	00:47:06.35	+00:28:05 (60.3%)	8:47	6.8 (39.5%)
932	BAGIŃSKA Beata	665		40-49	337	00:00:30	00:18:40	00:46:36.30	00:47:06.65	+00:28:05 (60.3%)	8:47	6.8 (39.5%)
933	GRZESICA Agnieszka	883	MORS HUBERTUS MYSŁOWICE	20-29	140	00:00:44	00:19:35	00:46:27.35	00:47:11.35	+00:27:56 (60.2%)	8:45	6.8 (39.5%)
934	DZIENDZIEL Renata	1087	FABRYKA FORMY ŻORY	40-49	335	00:02:36	00:20:26	00:45:25.90	00:48:02.30	+00:26:55 (59.3%)	8:34	7 (40.7%)
935	TRELA Krystyna	822	MORS HUBERTUS MYSŁOWICE	50-59	55	00:00:43	00:20:37	00:48:57.60	00:49:40.85	+00:30:27 (62.2%)	9:14	6.5 (37.8%)
936	MECHA Dorota	775		50-59	56	00:00:44	00:20:48	00:49:36.70	00:50:20.90	+00:31:06 (62.7%)	9:21	6.4 (37.2%)
937	FERENC Sonia	1054		40-49	338	00:02:38	00:21:30	00:50:31.95	00:53:10.25	+00:32:01 (63.4%)	9:32	6.3 (36.6%)
938	DYGAN Jagoda	988		30-39	375	00:00:56	00:21:52	00:52:31.25	00:53:27.70	+00:34:00 (64.8%)	9:54	6.1 (35.5%)
939	KRAKOWSKA Angelika	175	MIECHOWICKA GRUPA BIEGOWA	20-29	142	00:02:37	00:21:41	00:50:52.80	00:53:30.75	+00:32:22 (63.6%)	9:36	6.2 (36.0%)

Znaleziono 939 wynik(ów)