



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2021  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2021-09-19  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>501</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	1	Fizjo Sport Sandra - trenuj z Sandra	00:08:45	<b>00:17:47.65</b>		3:33	16.9
2	<b>GRIMAN Joanna</b>	<b>16</b>	MOJŻYSZ TEAM/ ERIGO	40-49	1	MOJŻYSZ TEAM/ ERIGO	00:09:16	<b>00:18:19.55</b>	+00:00:31	3:39	16.4
3	<b>SUWAJ Aneta</b>	<b>1</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	<b>00:18:36.60</b>	+00:00:48	3:43	16.1
4	<b>MENDECKA-ZEJDLER Michalina</b>	<b>8</b>	1 SECOND TEAM	20-29	1		00:09:31	<b>00:19:00.55</b>	+00:01:12	3:48	15.8
5	<b>STUHLIK Magdalena</b>	<b>29</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	3		00:09:30	<b>00:19:08.10</b>	+00:01:20	3:49	15.7
6	<b>KUBIAK Izabela</b>	<b>475</b>		30-39	4		00:09:44	<b>00:19:37.40</b>	+00:01:49	3:55	15.3
7	<b>ADAMCZYK-NOWAK Beata</b>	<b>2</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	2	Miechowicka Grupa Biegowa	00:10:11	<b>00:20:05.35</b>	+00:02:17	4:01	14.9
8	<b>TANISTRA - SŁOWIK Katarzyna</b>	<b>26</b>	HURAGAN LIGOTA	40-49	3		00:10:20	<b>00:20:26.70</b>	+00:02:39	4:05	14.7
9	<b>SKALSKA Anna</b>	<b>11</b>	CARBON OCR RACING TEAM FESTIWAL BIEGOWY KRYNICA ZDRÓJ	40-49	4		00:10:12	<b>00:20:28.75</b>	+00:02:41	4:05	14.7
10	<b>BIELIŃSKA Monika</b>	<b>20</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	5	Fizjo Sport Sandra - trenuj z Sandra	00:10:18	<b>00:20:34.05</b>	+00:02:46	4:06	14.6
11	<b>KRUPOWICZ Wiktoria</b>	<b>660</b>	ANNA HALSKA COACHING	20-29	2	ANNA HALSKA COACHING	00:10:05	<b>00:20:42.60</b>	+00:02:54	4:08	14.5
12	<b>MALEJKA Katarzyna</b>	<b>33</b>		50-59	1		00:10:24	<b>00:20:44.00</b>	+00:02:56	4:08	14.5
13	<b>STRZELCZYK Ewa</b>	<b>832</b>	HURAGAN LIGOTA	40-49	5		00:10:22	<b>00:20:49.70</b>	+00:03:02	4:09	14.4
14	<b>WODZIŃSKA Danuta</b>	<b>48</b>		40-49	6		00:10:33	<b>00:21:00.10</b>	+00:03:12	4:12	14.3
15	<b>PARZYCH Katarzyna</b>	<b>14</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	7	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:10:39	<b>00:21:12.10</b>	+00:03:24	4:14	14.2
16	<b>FILEC Wiktoria</b>	<b>3</b>	RMKS RYBNIK	20-29	3		00:10:40	<b>00:21:12.95</b>	+00:03:25	4:14	14.2
17	<b>ANDROSZ Beata</b>	<b>37</b>	BBL RUDA ŚLĄSKA	40-49	8	BBL Ruda Śląska	00:10:33	<b>00:21:25.15</b>	+00:03:37	4:17	14
18	<b>JANKO Anna</b>	<b>830</b>	HRMAX ŻORY	30-39	6	HRmax Dziółszki	00:10:43	<b>00:21:27.50</b>	+00:03:39	4:17	14
19	<b>KUDIO Daria</b>	<b>30</b>		30-39	7		00:10:44	<b>00:21:32.60</b>	+00:03:44	4:18	13.9
20	<b>OPUHLIK Aleksandra</b>	<b>62</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	8		00:10:55	<b>00:21:39.40</b>	+00:03:51	4:19	13.9
21	<b>BIAŁOŃCZYK Joanna</b>	<b>66</b>		30-39	9	Byle do mety	00:11:06	<b>00:21:52.95</b>	+00:04:05	4:22	13.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
22	<b>BINIENDA Agnieszka</b>	<b>85</b>	KOBIETY WATAHY	40-49	9		00:11:03	<b>00:21:55.55</b>	+00:04:07	4:23	13.7
23	<b>WRÓBLEWSKA Judyta</b>	<b>226</b>		20-29	4	Klub Biegacza Fartlek	00:10:44	<b>00:21:59.40</b>	+00:04:11	4:23	13.6
24	<b>SZAFARCZYK Eugenia</b>	<b>24</b>	RUNSZ-TEAM	50-59	2	Niedoścignione	00:11:09	<b>00:22:04.50</b>	+00:04:16	4:24	13.6
25	<b>GRUSZKA Ewa</b>	<b>117</b>	STS BIEGATON MIKOLOW	40-49	10	STS Biegaton Mikołów	00:11:02	<b>00:22:05.35</b>	+00:04:17	4:25	13.6
26	<b>GRIMAN Martyna</b>	<b>467</b>	RMKS RYBNIK	16-19	1	RMKS RYBNIK	00:11:08	<b>00:22:06.65</b>	+00:04:19	4:25	13.6
27	<b>JURASZEK Elzbieta</b>	<b>46</b>	JUSTFELLFIT	30-39	10	JustFeelFit TEAM	00:11:09	<b>00:22:10.80</b>	+00:04:23	4:26	13.5
28	<b>KOPIEC Izabela</b>	<b>49</b>		40-49	11		00:11:10	<b>00:22:19.75</b>	+00:04:32	4:27	13.4
29	<b>ŻBEL Ania</b>	<b>397</b>	HRMAX ŻORY	40-49	12	HRmax Dziolszki	00:11:04	<b>00:22:30.45</b>	+00:04:42	4:30	13.3
30	<b>LEGIERSKA Natalia</b>	<b>476</b>	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	<b>00:22:34.20</b>	+00:04:46	4:30	13.3
31	<b>WOWRY Sylwia</b>	<b>58</b>	OLZA CIESZYN	40-49	13	Olza Cieszyn	00:11:19	<b>00:22:36.20</b>	+00:04:48	4:31	13.3
32	<b>CZYŻ Leonarda</b>	<b>34</b>	OLZA CIESZYN	40-49	14	Olza Cieszyn	00:11:19	<b>00:22:37.05</b>	+00:04:49	4:31	13.3
33	<b>MENDLA Agata</b>	<b>464</b>	FORMA WODZISŁAW	30-39	12	Forma Wodzisław	00:11:14	<b>00:22:39.80</b>	+00:04:52	4:31	13.2
34	<b>WYSOCKA Agnieszka</b>	<b>55</b>	KOLOROWA DRUŻYNA NESSI	40-49	15	Kolorowa Drużyna Nessi	00:11:09	<b>00:22:40.45</b>	+00:04:52	4:32	13.2
35	<b>NOWAK Beata</b>	<b>35</b>	OLZA CIESZYN	40-49	16	Olza Cieszyn	00:11:23	<b>00:22:55.70</b>	+00:05:08	4:35	13.1
36	<b>POZNIAK Maria</b>	<b>21</b>		20-29	5		00:11:46	<b>00:22:56.20</b>	+00:05:08	4:35	13.1
37	<b>DOBRENKO Edyta</b>	<b>61</b>		40-49	17		00:11:51	<b>00:22:59.70</b>	+00:05:12	4:35	13.1
38	<b>PŁASZCZYMAKA Justyna</b>	<b>216</b>	MIECHOWICKA GRUPA BIEGOWA	20-29	6	Miechowicka Grupa Biegowa	00:11:24	<b>00:23:06.10</b>	+00:05:18	4:37	13
39	<b>KRZYMINSKA Patrycja</b>	<b>726</b>	RB ACTIV KNEIPP	30-39	13		00:11:48	<b>00:23:06.50</b>	+00:05:18	4:37	13
40	<b>POZNIAK Małgorzata</b>	<b>22</b>		16-19	2		00:11:45	<b>00:23:12.75</b>	+00:05:25	4:38	12.9
41	<b>PIOTROWSKA Anna</b>	<b>42</b>	HURAGAN LIGOTA	40-49	18		00:11:47	<b>00:23:15.35</b>	+00:05:27	4:39	12.9
42	<b>NIESŁAŃCZYK Małgorzata</b>	<b>84</b>	WATAHA	40-49	19	Wataha	00:11:32	<b>00:23:18.70</b>	+00:05:31	4:39	12.9
43	<b>SŁOWIK Sandra</b>	<b>13</b>	JUSTFEELFIT TEAM	16-19	3	JustFeelFit TEAM	00:11:49	<b>00:23:23.30</b>	+00:05:35	4:40	12.8
44	<b>PASŁAWSKA Katarzyna</b>	<b>92</b>	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	<b>00:23:25.50</b>	+00:05:37	4:41	12.8
45	<b>FOJCIK-PUSTELNIK Karolina</b>	<b>17</b>		40-49	21		00:12:06	<b>00:23:25.65</b>	+00:05:38	4:41	12.8
46	<b>SOŁTYSEK Barbara</b>	<b>45</b>	JUSTFEELFIT	40-49	22	JustFeelFit TEAM	00:11:48	<b>00:23:31.00</b>	+00:05:43	4:42	12.8
47	<b>GREENE Agnieszka</b>	<b>122</b>		40-49	23		00:12:06	<b>00:23:32.15</b>	+00:05:44	4:42	12.7
48	<b>HANDZLIK-STARZYK Anna</b>	<b>89</b>		40-49	24		00:12:02	<b>00:23:33.25</b>	+00:05:45	4:42	12.7
49	<b>RAFA Asia</b>	<b>76</b>		40-49	25		00:11:55	<b>00:23:37.35</b>	+00:05:49	4:43	12.7
50	<b>KUCZEK Katarzyna</b>	<b>90</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	26		00:11:49	<b>00:23:42.75</b>	+00:05:55	4:44	12.7
51	<b>HELIOSZ Agnieszka</b>	<b>454</b>	INTERAKTYWNI KROSTOSZOWCE	40-49	27		00:11:59	<b>00:23:45.65</b>	+00:05:58	4:45	12.6
52	<b>LACHOWICZ Izabela</b>	<b>168</b>	PĘDZĄCE ŻÓŁWE	20-29	7		00:11:45	<b>00:23:46.25</b>	+00:05:58	4:45	12.6
53	<b>PIWISZKIS Barbara</b>	<b>38</b>	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	<b>00:23:47.95</b>	+00:06:00	4:45	12.6
54	<b>SKORUPA Magdalena</b>	<b>375</b>		30-39	14		00:11:36	<b>00:23:51.30</b>	+00:06:03	4:46	12.6
55	<b>KANDORA Joanna</b>	<b>44</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	29	Miechowicka Grupa Biegowa	00:12:10	<b>00:23:55.25</b>	+00:06:07	4:47	12.5
56	<b>SICH- SOSNA Agnieszka</b>	<b>107</b>	INTER AKTYWNI	40-49	30	InterAktywni	00:12:09	<b>00:23:59.45</b>	+00:06:11	4:47	12.5
57	<b>WĘGOREK Monika</b>	<b>779</b>	BTM RUNNERS	40-49	31	BTM RUNNERS	00:12:16	<b>00:24:06.55</b>	+00:06:18	4:49	12.4
58	<b>RAŻNIAK Beata</b>	<b>154</b>	KOBIETY NA 5 +	50-59	3	Kobiety na 5+	00:11:59	<b>00:24:07.10</b>	+00:06:19	4:49	12.4
59	<b>MENŻYK Joanna</b>	<b>39</b>	MORS HUBERTUS MYSŁOWCE	40-49	32	Mors Hubertus Mysłowice	00:12:10	<b>00:24:07.55</b>	+00:06:19	4:49	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
60	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>81</b>	DRUŻYNA JASNEJ	40-49	33		00:12:31	<b>00:24:16.25</b>	+00:06:28	4:51	12.4
61	<b>BUDREWICZ Elżbieta</b>	<b>549</b>	DYCZUŚ TEAM	40-49	34	Dyczuś Team	00:12:07	<b>00:24:17.95</b>	+00:06:30	4:51	12.4
62	<b>PAWŁOWSKA Beata</b>	<b>312</b>	RADLINIOKI W BIEGU	40-49	35		00:12:25	<b>00:24:18.65</b>	+00:06:31	4:51	12.3
63	<b>FURMANEK Ela</b>	<b>722</b>	HURAGAN LIGOTA	50-59	4		00:12:10	<b>00:24:21.25</b>	+00:06:33	4:52	12.3
64	<b>KASPERCZYK Aleksandra</b>	<b>144</b>	WARTKIE PIERONY	40-49	36	Wartkie Pierony	00:12:28	<b>00:24:21.55</b>	+00:06:33	4:52	12.3
65	<b>LORENZ Agnieszka</b>	<b>118</b>		40-49	37		00:12:05	<b>00:24:22.05</b>	+00:06:34	4:52	12.3
66	<b>LERCH Bożena</b>	<b>64</b>		30-39	15	RUNTEAM Pawłowice	00:12:07	<b>00:24:34.05</b>	+00:06:46	4:54	12.2
67	<b>MANISZEWSKA Dorota</b>	<b>123</b>	OLZA CIESZYN	40-49	38		00:12:12	<b>00:24:35.75</b>	+00:06:48	4:55	12.2
68	<b>NGUYEN Dorota</b>	<b>43</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	16		00:12:17	<b>00:24:39.20</b>	+00:06:51	4:55	12.2
69	<b>GREENE Julia</b>	<b>416</b>		16-19	4		00:12:05	<b>00:24:43.60</b>	+00:06:55	4:56	12.1
70	<b>FRANEK Agata</b>	<b>101</b>		30-39	17		00:12:10	<b>00:24:44.65</b>	+00:06:57	4:56	12.1
71	<b>CHORCHOS Magda</b>	<b>803</b>		20-29	8		00:12:19	<b>00:24:45.70</b>	+00:06:58	4:57	12.1
72	<b>SZŁAPA Urszula</b>	<b>192</b>	SPOT PSZCZYNA	30-39	18	Spot Pszczyna	00:12:13	<b>00:24:46.90</b>	+00:06:59	4:57	12.1
73	<b>SLISZ Maria</b>	<b>521</b>	DECATHLON PRZYJACIELE	40-49	39	Decathlon & Przyjaciele	00:12:27	<b>00:24:48.90</b>	+00:07:01	4:57	12.1
74	<b>GĘBOŁYŚ Beata</b>	<b>289</b>	CHWALISZ CZY NIE CHWALISZ, LOTEJ Z NAMI	40-49	40		00:12:24	<b>00:24:55.20</b>	+00:07:07	4:59	12
75	<b>KUFKA Judyta</b>	<b>153</b>		30-39	19		00:12:30	<b>00:24:56.10</b>	+00:07:08	4:59	12
76	<b>SMOLORZ Anna</b>	<b>217</b>		30-39	20		00:12:44	<b>00:24:56.80</b>	+00:07:09	4:59	12
77	<b>KURBIEL Sylwia</b>	<b>5021</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	30-39	21		00:12:17	<b>00:24:57.85</b>	+00:07:10	4:59	12
78	<b>PERKOWSKA Daria</b>	<b>533</b>		40-49	41		00:12:19	<b>00:25:00.85</b>	+00:07:13	5:00	12
79	<b>GORZELAK Joanna</b>	<b>114</b>	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	<b>00:25:05.05</b>	+00:07:17	5:01	12
80	<b>CZAPSKA Ewa</b>	<b>473</b>	HURAGAN LIGOTA	50-59	5	Huragan Ligota	00:12:47	<b>00:25:06.75</b>	+00:07:19	5:01	12
81	<b>TIEBLER Marlena</b>	<b>161</b>	STS BIEGATON MIKOŁÓW	30-39	22	STS Biegaton Mikołów	00:12:35	<b>00:25:09.85</b>	+00:07:22	5:01	11.9
82	<b>MISTEROWICZ Kinga</b>	<b>25</b>	RUNSZ-TEAM	20-29	9	Niedoścignione	00:12:46	<b>00:25:12.05</b>	+00:07:24	5:02	11.9
83	<b>NYKIEL Małgorzata</b>	<b>135</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	43	Miechowska Grupa Biegowa	00:12:36	<b>00:25:16.50</b>	+00:07:28	5:03	11.9
84	<b>WICHER Sabina</b>	<b>243</b>	MONSUN SPORT	30-39	23		00:12:53	<b>00:25:18.15</b>	+00:07:30	5:03	11.9
85	<b>LEPA Klaudia</b>	<b>139</b>	BBL RUDA ŚLĄSKA	20-29	10	BBL Ruda Śląska	00:12:32	<b>00:25:19.50</b>	+00:07:31	5:03	11.8
86	<b>RZEPECKA Bożena</b>	<b>98</b>	OLZA CIESZYN	50-59	6	Olza Cieszyn	00:12:34	<b>00:25:20.95</b>	+00:07:33	5:04	11.8
87	<b>CHROBOK Józefa</b>	<b>56</b>	OLZA CIESZYN	50-59	7	Olza Cieszyn	00:12:34	<b>00:25:21.30</b>	+00:07:33	5:04	11.8
88	<b>AUGUŚCIK Ewelina</b>	<b>648</b>	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	<b>00:25:23.20</b>	+00:07:35	5:04	11.8
89	<b>STACHAŃCZYK Dorota</b>	<b>325</b>		40-49	44		00:12:54	<b>00:25:23.40</b>	+00:07:35	5:04	11.8
90	<b>BAK Marzena</b>	<b>920</b>		30-39	25		00:12:41	<b>00:25:26.00</b>	+00:07:38	5:05	11.8
91	<b>KRAKOWCZYK Karolina</b>	<b>927</b>	INTERAKTYWNI KROSTOSZOWIECE	30-39	26	InterAktywni	00:12:57	<b>00:25:27.60</b>	+00:07:39	5:05	11.8
92	<b>MUSIAŁ Maria</b>	<b>172</b>		50-59	8		00:12:45	<b>00:25:29.80</b>	+00:07:42	5:05	11.8
93	<b>ZARAŃSKA Izabela</b>	<b>446</b>	MIECHOWICKA GRUPA BIEBIEGOWA	50-59	9		00:12:46	<b>00:25:30.30</b>	+00:07:42	5:06	11.8
94	<b>GAJDA Magdalena</b>	<b>77</b>		30-39	27		00:12:57	<b>00:25:31.70</b>	+00:07:44	5:06	11.8
95	<b>BROCKA Anita</b>	<b>68</b>		40-49	45		00:12:48	<b>00:25:34.30</b>	+00:07:46	5:06	11.7
96	<b>MARCZYŃSKA Izabela</b>	<b>113</b>		30-39	28		00:12:40	<b>00:25:38.50</b>	+00:07:50	5:07	11.7
97	<b>BIZOŃ Monika</b>	<b>181</b>	DYSTANS LUBOMIA	30-39	29	Dystans Lubomia	00:12:45	<b>00:25:41.75</b>	+00:07:54	5:08	11.7
98	<b>KOPIEC Estera</b>	<b>861</b>		30-39	30		00:12:49	<b>00:25:42.95</b>	+00:07:55	5:08	11.7
99	<b>PASTUCHA Anna</b>	<b>150</b>	CROSS KRAPKOWCE	60+	1		00:13:02	<b>00:25:45.00</b>	+00:07:57	5:09	11.7
100	<b>KOTOWICZ Anna</b>	<b>143</b>		30-39	31		00:12:59	<b>00:25:46.10</b>	+00:07:58	5:09	11.6
101	<b>CHYTROSZEK Eleonora</b>	<b>78</b>		50-59	10		00:12:41	<b>00:25:47.45</b>	+00:07:59	5:09	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
102	<b>MROZEK Aleksandra</b>	<b>140</b>	KLUB BIEGACZA FARTLEK	20-29	11	Klub Biegacza Fartlek	00:12:59	<b>00:25:48.70</b>	+00:08:01	5:09	11.6
103	<b>SOBINA Roksana</b>	<b>47</b>	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	<b>00:25:49.30</b>	+00:08:01	5:09	11.6
104	<b>SZTABLA Liliana</b>	<b>165</b>	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	<b>00:25:49.45</b>	+00:08:01	5:09	11.6
105	<b>DĄBROWSKA Emilia</b>	<b>366</b>	KLUB BIEGACZA FARTLEK	40-49	47	Klub biegacza Fartlek	00:12:59	<b>00:25:49.55</b>	+00:08:01	5:09	11.6
106	<b>LERCH Maria</b>	<b>156</b>	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	<b>00:25:50.20</b>	+00:08:02	5:10	11.6
107	<b>SZULC Barbara</b>	<b>364</b>	MIECHOWICKA GRUPA BIEGOWA	60+	2	Miechowska Grupa Biegowa	00:12:50	<b>00:25:54.45</b>	+00:08:06	5:10	11.6
108	<b>NALEWAJKA Wioleta</b>	<b>50</b>	KOBIETY NA 5+	50-59	11	Kobiety na 5+	00:12:47	<b>00:25:56.40</b>	+00:08:08	5:11	11.6
109	<b>GORZKOWSKA Zuzanna</b>	<b>286</b>	BTM RUNNERS	40-49	48	BTM RUNNERS	00:12:56	<b>00:25:58.20</b>	+00:08:10	5:11	11.6
110	<b>ŁUSZCZ Magdalena</b>	<b>182</b>	BTM RUNNERS	40-49	49	BTM RUNNERS	00:12:56	<b>00:25:58.30</b>	+00:08:10	5:11	11.6
111	<b>GATNER Agnieszka</b>	<b>97</b>		40-49	50		00:13:10	<b>00:25:58.65</b>	+00:08:11	5:11	11.6
112	<b>WIECHOWSKA Sabina</b>	<b>159</b>	MONSUN SPORT	30-39	34		00:12:56	<b>00:26:00.80</b>	+00:08:13	5:12	11.5
113	<b>SZEWERDA Hanna</b>	<b>765</b>	BTM RUNNERS	40-49	51	BTM RUNNERS	00:13:12	<b>00:26:06.60</b>	+00:08:18	5:13	11.5
114	<b>PUKAS-STĘCLIK Karolina</b>	<b>222</b>		30-39	35		00:13:06	<b>00:26:06.65</b>	+00:08:19	5:13	11.5
115	<b>KONKOL-PEPŁOWSKA Martyna</b>	<b>18</b>		40-49	52		00:12:39	<b>00:26:08.70</b>	+00:08:21	5:13	11.5
116	<b>KANIA Monika</b>	<b>19</b>		40-49	53		00:12:56	<b>00:26:08.75</b>	+00:08:21	5:13	11.5
117	<b>ZAKRZEWSKA Sabina</b>	<b>505</b>		30-39	36		00:12:49	<b>00:26:13.05</b>	+00:08:25	5:14	11.4
118	<b>GARUS Magdalena</b>	<b>146</b>		40-49	54		00:12:54	<b>00:26:13.30</b>	+00:08:25	5:14	11.4
119	<b>PIWOŃSKA Adriana</b>	<b>287</b>		40-49	55		00:13:07	<b>00:26:19.10</b>	+00:08:31	5:15	11.4
120	<b>GŁĄBEK Edyta</b>	<b>914</b>	SPOT PSZCZYNA	20-29	12		00:13:12	<b>00:26:22.65</b>	+00:08:35	5:16	11.4
121	<b>KAPŁON Magdalena</b>	<b>255</b>	WNNICZEK TEAM	30-39	37		00:13:06	<b>00:26:24.25</b>	+00:08:36	5:16	11.4
122	<b>DYCZEK Klaudia</b>	<b>218</b>	DYCZUŚ TEAM	40-49	56	Dyczuś Team	00:13:22	<b>00:26:28.80</b>	+00:08:41	5:17	11.3
123	<b>WILCZEK Monika</b>	<b>100</b>		60+	3		00:13:08	<b>00:26:30.65</b>	+00:08:43	5:18	11.3
124	<b>WERNIK Katarzyna</b>	<b>149</b>	BESTFIT CLUB	50-59	12		00:13:26	<b>00:26:32.15</b>	+00:08:44	5:18	11.3
125	<b>SOLICH Ola</b>	<b>764</b>	SULIS HOKO TEAM	40-49	57		00:13:03	<b>00:26:34.15</b>	+00:08:46	5:18	11.3
126	<b>STOPYRA Agnieszka</b>	<b>167</b>		40-49	58		00:11:46	<b>00:26:37.40</b>	+00:08:49	5:19	11.3
127	<b>POCIENNIK Justyna</b>	<b>313</b>	BRYKAJĄCA GRUPA BIEGOWA	40-49	59		00:13:00	<b>00:26:39.70</b>	+00:08:52	5:19	11.3
128	<b>SZYMURA Izabela</b>	<b>425</b>		40-49	60	Decathlon & Przyjaciele	00:13:17	<b>00:26:40.30</b>	+00:08:52	5:20	11.3
129	<b>STEFANIAK Mirosława</b>	<b>387</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59	13		00:13:23	<b>00:26:40.40</b>	+00:08:52	5:20	11.3
130	<b>BARTOSZEK Izabela</b>	<b>625</b>	RUNTEAM PAWŁOWICE	30-39	38	RUNTEAM Pawłowice	00:13:39	<b>00:26:44.25</b>	+00:08:56	5:20	11.2
131	<b>KIEŁKOWSKA Agnieszka</b>	<b>201</b>	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	<b>00:26:50.55</b>	+00:09:02	5:22	11.2
132	<b>FRAJHOFER Ewa</b>	<b>231</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	<b>00:26:51.05</b>	+00:09:03	5:22	11.2
133	<b>BANAŚ Wioleta</b>	<b>304</b>	OPEL FIJAŁKOWSKI	30-39	39	Opel Fijałkowski	00:12:55	<b>00:26:52.05</b>	+00:09:04	5:22	11.2
134	<b>STABLA Agata</b>	<b>75</b>		40-49	63		00:13:22	<b>00:26:52.30</b>	+00:09:04	5:22	11.2
135	<b>JĘDRYKA Patrycja</b>	<b>196</b>	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	<b>00:26:55.30</b>	+00:09:07	5:23	11.1
136	<b>WSZOŁEK Karolina</b>	<b>522</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	41	Fizjo Sport Sandra - trenuj z Sandra	00:13:23	<b>00:26:57.20</b>	+00:09:09	5:23	11.1
137	<b>PYTEL Renata</b>	<b>890</b>		50-59	14	Sobieski	00:13:19	<b>00:26:57.50</b>	+00:09:09	5:23	11.1
138	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	42		00:13:18	<b>00:26:59.40</b>	+00:09:11	5:23	11.1
139	<b>BARCIEWICZ Kinga</b>	<b>744</b>		30-39	43		00:13:30	<b>00:26:59.45</b>	+00:09:11	5:23	11.1
140	<b>ZYGMA Żaneta</b>	<b>460</b>		20-29	13		00:13:38	<b>00:27:00.90</b>	+00:09:13	5:24	11.1
141	<b>PŁAZA Monika</b>	<b>80</b>		20-29	14		00:13:06	<b>00:27:01.75</b>	+00:09:14	5:24	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
142	<b>PISKORZ Aleksandra</b>	<b>211</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	64	Miechowicka Grupa Biegowa	00:13:38	<b>00:27:03.70</b>	+00:09:16	5:24	11.1
143	<b>MORAWIEC Barbara</b>	<b>162</b>		40-49	65		00:13:35	<b>00:27:05.55</b>	+00:09:17	5:25	11.1
144	<b>BRZUSKA Katarzyna</b>	<b>176</b>	OLZA CIESZYN	40-49	66	Olza Cieszyn	00:13:29	<b>00:27:06.35</b>	+00:09:18	5:25	11.1
145	<b>RAWICZ-GROTOWSKA Jowita</b>	<b>334</b>		40-49	67		00:13:38	<b>00:27:06.60</b>	+00:09:18	5:25	11.1
146	<b>GORYCKA Katarzyna</b>	<b>215</b>	BĚŽECKÁ SKUPINA V ČESKÉM TĚŠÍNĚ	50-59	15		00:12:53	<b>00:27:08.10</b>	+00:09:20	5:25	11.1
147	<b>BANASZEWSKA Aleksandra</b>	<b>420</b>		30-39	44		00:13:24	<b>00:27:10.85</b>	+00:09:23	5:26	11
148	<b>NIEZGODA Lucyna</b>	<b>481</b>		40-49	68		00:13:35	<b>00:27:14.65</b>	+00:09:27	5:26	11
149	<b>FIZIA Joanna</b>	<b>251</b>		30-39	45	Kolorowa Drużyna Nessi	00:13:51	<b>00:27:16.50</b>	+00:09:28	5:27	11
150	<b>KĄŁUS Ewa</b>	<b>424</b>	HRMAX ŻORY	40-49	69	HRmax Dziółszki	00:13:47	<b>00:27:17.50</b>	+00:09:29	5:27	11
151	<b>PYZIK Barbara</b>	<b>234</b>	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	<b>00:27:17.55</b>	+00:09:29	5:27	11
152	<b>MRACHACZ Dorota</b>	<b>142</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	16	Miechowicka Grupa Biegowa	00:13:38	<b>00:27:17.60</b>	+00:09:29	5:27	11
153	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>316</b>		30-39	47		00:13:47	<b>00:27:19.35</b>	+00:09:31	5:27	11
154	<b>MADALIŃSKA Karolina</b>	<b>909</b>		30-39	48		00:13:48	<b>00:27:21.20</b>	+00:09:33	5:28	11
155	<b>BAJCAR Beata</b>	<b>191</b>	KOBIETY NA5+	40-49	70	Kobiety na 5+	00:13:54	<b>00:27:21.30</b>	+00:09:33	5:28	11
156	<b>NOWAK Magdalena</b>	<b>766</b>	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	<b>00:27:23.50</b>	+00:09:35	5:28	11
157	<b>PASTUSIAK Janina</b>	<b>855</b>		30-39	50		00:14:01	<b>00:27:24.55</b>	+00:09:36	5:28	10.9
158	<b>ZIELOSKO Beata</b>	<b>596</b>		40-49	71		00:13:41	<b>00:27:25.70</b>	+00:09:38	5:29	10.9
159	<b>DOMAŃSKA Joanna</b>	<b>83</b>		30-39	51		00:13:21	<b>00:27:26.85</b>	+00:09:39	5:29	10.9
160	<b>GAWINEK Laura</b>	<b>248</b>		20-29	15		00:13:55	<b>00:27:31.95</b>	+00:09:44	5:30	10.9
161	<b>ROZMUS Ewa</b>	<b>612</b>	POWOLI DO CELU	40-49	72	PoWoli do Celu	00:13:32	<b>00:27:33.75</b>	+00:09:46	5:30	10.9
162	<b>KASPRZYCKA SZUBARSKA Katarzyna</b>	<b>472</b>	OLZĄ CIESZYN	50-59	17	Olza Cieszyn	00:13:47	<b>00:27:34.50</b>	+00:09:46	5:30	10.9
163	<b>FECZKO Lucyna</b>	<b>121</b>		40-49	73		00:13:32	<b>00:27:34.70</b>	+00:09:47	5:30	10.9
164	<b>KRUPOWICZ Aneta</b>	<b>925</b>	CIDRY LOTAJOM	40-49	74	Cidry Lotajom	00:14:05	<b>00:27:35.90</b>	+00:09:48	5:31	10.9
165	<b>STOCHLA Małgorzata</b>	<b>71</b>	ZATYRANI	40-49	75		00:13:53	<b>00:27:37.65</b>	+00:09:50	5:31	10.9
166	<b>KANTOROWSKA Anna</b>	<b>41</b>	POWOLI DO CELU	30-39	52	PoWoli do Celu	00:13:28	<b>00:27:38.40</b>	+00:09:50	5:31	10.9
167	<b>WODNIAK Angela</b>	<b>147</b>	POWOLI DO CELU	30-39	53	PoWoli do Celu	00:13:35	<b>00:27:38.90</b>	+00:09:51	5:31	10.9
168	<b>MARCINKOWSKA Magdalena</b>	<b>568</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	76	Miechowicka Grupa Biegowa	00:13:48	<b>00:27:40.55</b>	+00:09:52	5:32	10.8
169	<b>PIEKAR Adriana</b>	<b>339</b>		30-39	54		00:13:34	<b>00:27:43.10</b>	+00:09:55	5:32	10.8
170	<b>SAGAN Izabela</b>	<b>228</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	<b>00:27:44.55</b>	+00:09:56	5:32	10.8
171	<b>DYJACH Dominika</b>	<b>194</b>		30-39	55		00:14:06	<b>00:27:44.70</b>	+00:09:57	5:32	10.8
172	<b>PLUTA Angelika</b>	<b>70</b>	AKTYWNI RYDUŁTOWY	40-49	78	Aktywni Rydułtowy	00:13:50	<b>00:27:45.35</b>	+00:09:57	5:33	10.8
173	<b>TARGOSZ Aneta</b>	<b>252</b>	OLZA CIESZYN	30-39	56	Olza Cieszyn	00:13:51	<b>00:27:46.95</b>	+00:09:59	5:33	10.8
174	<b>MAKOSZ Barbara</b>	<b>158</b>	RUNTEAM PAWŁOWICE	40-49	79	RUNTEAM Pawłowice	00:13:59	<b>00:27:47.10</b>	+00:09:59	5:33	10.8
175	<b>BASEK Marta</b>	<b>415</b>	HRMAX ŻORY	40-49	80	HRmax Dziółszki	00:13:46	<b>00:27:47.95</b>	+00:10:00	5:33	10.8
176	<b>BĄKOWSKA Justyna</b>	<b>372</b>		30-39	57		00:14:03	<b>00:27:48.00</b>	+00:10:00	5:33	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>JAKUBOWSKA Agnieszka</b>	<b>261</b>	HRMAX ŻORY	40-49	81	HRmax Dziolszki	00:13:48	<b>00:27:48.35</b>	+00:10:00	5:33	10.8
178	<b>MAĆKÓW Klaudia</b>	<b>225</b>		20-29	16		00:13:47	<b>00:27:48.60</b>	+00:10:00	5:33	10.8
179	<b>BURNAGIEL Agata</b>	<b>235</b>	HRMAX ŻORY	50-59	18	HRmax Dziolszki	00:13:48	<b>00:27:48.80</b>	+00:10:01	5:33	10.8
180	<b>WIDERA Elżbieta</b>	<b>104</b>	HRMAX ŻORY	40-49	82	HRmax Dziolszki	00:13:47	<b>00:27:48.90</b>	+00:10:01	5:33	10.8
181	<b>SZCZUKA Joanna</b>	<b>525</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	83	Miechowicka Grupa Biegowa	00:13:51	<b>00:27:50.80</b>	+00:10:03	5:34	10.8
182	<b>TRYBAŁA Weronika</b>	<b>900</b>	WATAHA	20-29	17		00:14:11	<b>00:27:53.30</b>	+00:10:05	5:34	10.8
183	<b>ZAWISZA Beata</b>	<b>880</b>	KOBIETY WATAHA	50-59	19		00:14:06	<b>00:27:54.10</b>	+00:10:06	5:34	10.8
184	<b>TRYBAŁA Danuta</b>	<b>903</b>	WATAHA	30-39	58		00:14:12	<b>00:27:54.45</b>	+00:10:06	5:34	10.8
185	<b>LECHOWICZ Irena</b>	<b>230</b>	SZARE MORSY	50-59	20		00:13:53	<b>00:27:54.65</b>	+00:10:07	5:34	10.8
186	<b>BOBER Alicja</b>	<b>340</b>		30-39	59		00:13:40	<b>00:27:55.05</b>	+00:10:07	5:35	10.7
187	<b>SKRZYPEK Marta</b>	<b>870</b>	JUSTFEELFIT TEAM	40-49	84	JustFeelFit TEAM	00:13:47	<b>00:27:55.10</b>	+00:10:07	5:35	10.7
188	<b>KLIMEK-KARAS Sylwia</b>	<b>288</b>		40-49	85		00:13:52	<b>00:27:57.45</b>	+00:10:09	5:35	10.7
189	<b>MARSZAŁKOWSKA Daria</b>	<b>622</b>		30-39	60		00:14:15	<b>00:27:57.55</b>	+00:10:09	5:35	10.7
190	<b>GRZONDZIEL Katarzyna</b>	<b>210</b>	HURAGAN LIGOTA	40-49	86		00:14:10	<b>00:27:57.80</b>	+00:10:10	5:35	10.7
191	<b>KOŃCZAK-ŁABAS Magdalena</b>	<b>601</b>	HURAGAN LIGOTA	40-49	87		00:14:09	<b>00:27:57.95</b>	+00:10:10	5:35	10.7
192	<b>PANEK Ela</b>	<b>151</b>	MARGO TEAM	40-49	88		00:13:52	<b>00:27:58.35</b>	+00:10:10	5:35	10.7
193	<b>MORGAŁA Daria</b>	<b>486</b>		40-49	89		00:13:55	<b>00:27:59.55</b>	+00:10:11	5:35	10.7
194	<b>KUBECKA Jolanta</b>	<b>502</b>		50-59	21		00:13:52	<b>00:28:00.00</b>	+00:10:12	5:36	10.7
195	<b>ROZMUS-PROCNER Patrycja</b>	<b>250</b>	BIELSZCZANKI BIEGAJĄ	40-49	90	BIELSZCZANKI BIEGAJĄ	00:13:38	<b>00:28:02.30</b>	+00:10:14	5:36	10.7
196	<b>PROCNER Dorota</b>	<b>224</b>	BIELSZCZANKI BIEGAJĄ	40-49	91		00:13:38	<b>00:28:02.65</b>	+00:10:15	5:36	10.7
197	<b>JABŁOŃSKA-ŚLAZIŃSKA Anna</b>	<b>913</b>		30-39	61		00:14:10	<b>00:28:04.50</b>	+00:10:16	5:36	10.7
198	<b>FRYDRYSIAK Sylwia</b>	<b>378</b>	HURAGAN LIGOTA	50-59	22		00:13:47	<b>00:28:05.25</b>	+00:10:17	5:37	10.7
199	<b>KĄŁUS Joanna</b>	<b>320</b>		40-49	92		00:13:50	<b>00:28:05.85</b>	+00:10:18	5:37	10.7
200	<b>KRZYK Małgorzata</b>	<b>864</b>		40-49	93		00:14:15	<b>00:28:06.65</b>	+00:10:19	5:37	10.7
201	<b>TYTKO-HAŁADA Małgorzata</b>	<b>268</b>		30-39	62		00:13:53	<b>00:28:06.95</b>	+00:10:19	5:37	10.7
202	<b>KCZ Karina</b>	<b>73</b>		30-39	63		00:13:56	<b>00:28:08.90</b>	+00:10:21	5:37	10.7
203	<b>GROMADZKA Justyna</b>	<b>686</b>	KOBIETY WATAHY	30-39	64		00:13:58	<b>00:28:11.55</b>	+00:10:23	5:38	10.6
204	<b>GÓRA Marta</b>	<b>383</b>		30-39	65		00:14:11	<b>00:28:12.20</b>	+00:10:24	5:38	10.6
205	<b>SIKORA Agnieszka</b>	<b>359</b>		40-49	94		00:14:12	<b>00:28:12.75</b>	+00:10:25	5:38	10.6
206	<b>LUCIK Grażyna</b>	<b>403</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa	00:13:25	<b>00:28:12.85</b>	+00:10:25	5:38	10.6
207	<b>WAWRZYCZEK Kasia</b>	<b>437</b>		40-49	95		00:13:52	<b>00:28:15.80</b>	+00:10:28	5:39	10.6
208	<b>WĘGLER Kornelia</b>	<b>907</b>		50-59	24		00:13:57	<b>00:28:16.15</b>	+00:10:28	5:39	10.6
209	<b>BALCAREK Magdalena</b>	<b>721</b>		40-49	96		00:14:01	<b>00:28:16.95</b>	+00:10:29	5:39	10.6
210	<b>MARCINIAK Beata</b>	<b>906</b>	WATAHA	40-49	97		00:14:54	<b>00:28:18.35</b>	+00:10:30	5:39	10.6
211	<b>MACURA Ewa</b>	<b>280</b>	HRMAX ZORY	50-59	25	HRmax Dziolszki	00:15:10	<b>00:28:18.45</b>	+00:10:30	5:39	10.6
212	<b>BURZYŃSKA Beata</b>	<b>500</b>		40-49	98		00:14:19	<b>00:28:21.80</b>	+00:10:34	5:40	10.6
213	<b>KUREK-STEFUNYN Beata</b>	<b>495</b>		40-49	99		00:14:19	<b>00:28:22.60</b>	+00:10:34	5:40	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
214	<b>STRUZIK Mariola</b>	<b>494</b>		40-49	100		00:14:20	<b>00:28:23.10</b>	+00:10:35	5:40	10.6
215	<b>PAŁYS Agata</b>	<b>651</b>		30-39	66		00:13:52	<b>00:28:24.25</b>	+00:10:36	5:40	10.6
216	<b>SZCZEPANIAK Anna</b>	<b>536</b>		50-59	26		00:14:12	<b>00:28:24.60</b>	+00:10:36	5:40	10.6
217	<b>KUFIETA Ewelina</b>	<b>86</b>		40-49	101		00:14:01	<b>00:28:27.55</b>	+00:10:39	5:41	10.5
218	<b>ADAMCZAK Renata</b>	<b>279</b>	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	<b>00:28:29.10</b>	+00:10:41	5:41	10.5
219	<b>KUCIEJ Justyna</b>	<b>878</b>		40-49	103		00:13:53	<b>00:28:29.80</b>	+00:10:42	5:41	10.5
220	<b>PRÓSZYŃSKA Agnieszka</b>	<b>207</b>		40-49	104		00:13:50	<b>00:28:30.20</b>	+00:10:42	5:42	10.5
221	<b>MIELKE Dagmara</b>	<b>189</b>		40-49	105		00:13:49	<b>00:28:31.20</b>	+00:10:43	5:42	10.5
222	<b>BOMBOR Antonina</b>	<b>553</b>		40-49	106		00:14:19	<b>00:28:31.45</b>	+00:10:43	5:42	10.5
223	<b>ORŁOWSKA Joanna</b>	<b>773</b>		30-39	67	BB Bielszczanki Biegają	00:14:30	<b>00:28:32.00</b>	+00:10:44	5:42	10.5
224	<b>KUNICKA Alicja</b>	<b>856</b>	BIELSZCZANKI BIEGAJĄ	40-49	107	Bielszczanki Biegają	00:14:30	<b>00:28:32.20</b>	+00:10:44	5:42	10.5
225	<b>PUDA Dorota</b>	<b>174</b>	KOBIETY NA 5+	40-49	108	Kobiety na 5+	00:14:24	<b>00:28:32.55</b>	+00:10:44	5:42	10.5
226	<b>JANICKA Sylwia</b>	<b>591</b>	DRUŻYNA KOPERNIKA	50-59	27		00:14:02	<b>00:28:32.80</b>	+00:10:45	5:42	10.5
227	<b>ŚMIEJA Joanna</b>	<b>296</b>		50-59	28	RUNTEAM Pawłowice	00:14:36	<b>00:28:32.90</b>	+00:10:45	5:42	10.5
228	<b>PŁASKA Barbara</b>	<b>310</b>	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	<b>00:28:33.35</b>	+00:10:45	5:42	10.5
229	<b>DOBRENIUK Aurelia</b>	<b>411</b>		40-49	110		00:13:54	<b>00:28:34.70</b>	+00:10:47	5:42	10.5
230	<b>REJBICZ Weronika</b>	<b>520</b>		30-39	68		00:14:16	<b>00:28:36.00</b>	+00:10:48	5:43	10.5
231	<b>MAĆKÓW Agnieszka</b>	<b>188</b>		40-49	111		00:13:49	<b>00:28:36.55</b>	+00:10:48	5:43	10.5
232	<b>KOSIACKA Agnieszka</b>	<b>826</b>		30-39	69		00:14:13	<b>00:28:42.25</b>	+00:10:54	5:44	10.5
233	<b>WASZKA Marta</b>	<b>242</b>		20-29	18		00:14:27	<b>00:28:42.45</b>	+00:10:54	5:44	10.5
234	<b>MAZUR Aleksandra</b>	<b>728</b>		30-39	70		00:14:38	<b>00:28:43.25</b>	+00:10:55	5:44	10.4
235	<b>KAMIŃSKA Agnieszka</b>	<b>471</b>		30-39	71		00:14:28	<b>00:28:47.30</b>	+00:10:59	5:45	10.4
236	<b>KURIATA Katarzyna</b>	<b>273</b>		30-39	72		00:15:27	<b>00:28:49.30</b>	+00:11:01	5:45	10.4
237	<b>BORKOWSKA- HERDA Anna</b>	<b>112</b>		30-39	73		00:13:38	<b>00:28:49.45</b>	+00:11:01	5:45	10.4
238	<b>DROBIAK Kornelia</b>	<b>292</b>		30-39	74		00:14:06	<b>00:28:49.75</b>	+00:11:02	5:45	10.4
238	<b>PEPEK Aneta</b>	<b>204</b>		40-49	112	Cioteczki	00:14:54	<b>00:28:49.75</b>	+00:11:02	5:45	10.4
240	<b>RANSZ Beata</b>	<b>672</b>		50-59	29		00:14:27	<b>00:28:52.70</b>	+00:11:05	5:46	10.4
241	<b>OLSCHIMKE Kasia</b>	<b>699</b>	META	30-39	75		00:14:44	<b>00:28:55.50</b>	+00:11:07	5:47	10.4
242	<b>PASZEK Hania</b>	<b>392</b>	HRMAX ŻORY	40-49	113	HRmax Dziószki	00:14:21	<b>00:28:56.75</b>	+00:11:09	5:47	10.4
243	<b>ŁEPEK Bożena</b>	<b>828</b>		40-49	114		00:14:20	<b>00:28:57.80</b>	+00:11:10	5:47	10.4
244	<b>KUŚMIRSKA Janina</b>	<b>1019</b>	KLUB BIEGACZA FARTLEK	60+	4	Klub Biegacza Fartlek	00:15:29	<b>00:28:58.85</b>	+00:11:11	5:47	10.4
245	<b>ZIĘTARA Agata</b>	<b>319</b>		40-49	115		00:14:32	<b>00:29:01.25</b>	+00:11:13	5:48	10.3
246	<b>DZIEWIRZ Aurelia</b>	<b>400</b>	RUNTEAM PAWŁOWICE	40-49	116		00:14:37	<b>00:29:01.50</b>	+00:11:13	5:48	10.3
247	<b>GRABOWSKA Katarzyna</b>	<b>617</b>		40-49	117		00:14:41	<b>00:29:02.15</b>	+00:11:14	5:48	10.3
247	<b>KOZIOŁEK Iwona</b>	<b>399</b>	HURAGAN LIGOTA	50-59	30		00:14:21	<b>00:29:02.15</b>	+00:11:14	5:48	10.3
249	<b>MAROSZEK Aleksandra</b>	<b>208</b>		40-49	118		00:14:05	<b>00:29:09.25</b>	+00:11:21	5:49	10.3
250	<b>SKOTNICKA Urszula</b>	<b>5018</b>		50-59	31		00:13:53	<b>00:29:09.35</b>	+00:11:21	5:49	10.3
251	<b>SOBCZAK Magdalena</b>	<b>928</b>		30-39	76		00:14:36	<b>00:29:11.00</b>	+00:11:23	5:50	10.3
252	<b>SOCHA Marlena</b>	<b>256</b>	WARTKIE PIERONY	40-49	119	Wartkie Pierony	00:14:36	<b>00:29:11.55</b>	+00:11:23	5:50	10.3
253	<b>SZEFER Wioleta</b>	<b>229</b>		30-39	77		00:14:17	<b>00:29:11.70</b>	+00:11:24	5:50	10.3
254	<b>GLINIANY Małgorzata</b>	<b>5019</b>		50-59	32		00:14:33	<b>00:29:11.80</b>	+00:11:24	5:50	10.3
254	<b>SŁOWIŃSKA Joanna</b>	<b>512</b>	RUNTEAM PAWŁOWICE	30-39	78	RUNTEAM Pawłowice	00:14:31	<b>00:29:11.80</b>	+00:11:24	5:50	10.3
256	<b>BUREK Gabriela</b>	<b>559</b>	RUNTEAM PAWŁOWICE	30-39	79	RUNTEAM Pawłowice	00:12:58	<b>00:29:12.15</b>	+00:11:24	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
257	<b>SZEFER Sylwia</b>	<b>227</b>		40-49	120		00:14:17	<b>00:29:12.20</b>	+00:11:24	5:50	10.3
258	<b>CHROMIK Krystyna</b>	<b>461</b>	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	<b>00:29:13.35</b>	+00:11:25	5:50	10.3
259	<b>JASEK Wiola</b>	<b>782</b>	KOBIETY WATAHY	40-49	121		00:14:20	<b>00:29:14.75</b>	+00:11:27	5:50	10.3
260	<b>METLAK Joanna</b>	<b>219</b>		40-49	122		00:14:35	<b>00:29:15.05</b>	+00:11:27	5:51	10.3
261	<b>GIEROŃ Katarzyna</b>	<b>442</b>	DYSTANS LUBOMIA	40-49	123		00:14:42	<b>00:29:16.00</b>	+00:11:28	5:51	10.3
262	<b>GENSTY Klaudia</b>	<b>212</b>	DYSTANS LUBOMIA	40-49	124		00:14:42	<b>00:29:16.10</b>	+00:11:28	5:51	10.3
263	<b>DAJKA Barbara</b>	<b>569</b>	FRELKI LOTAJOM	40-49	125	Frelki lotajom	00:13:00	<b>00:29:17.45</b>	+00:11:29	5:51	10.2
264	<b>IZDEBSKA Jolanta</b>	<b>457</b>		50-59	33		00:14:46	<b>00:29:19.45</b>	+00:11:31	5:51	10.2
265	<b>SPYRKA Monika</b>	<b>53</b>	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	<b>00:29:20.95</b>	+00:11:33	5:52	10.2
266	<b>SZALA Beata</b>	<b>88</b>	SEBET TRUCHTING TEAM	30-39	82		00:14:50	<b>00:29:24.90</b>	+00:11:37	5:52	10.2
267	<b>MIŚKOWIEC Agnieszka</b>	<b>367</b>		40-49	126		00:14:13	<b>00:29:28.00</b>	+00:11:40	5:53	10.2
268	<b>BURY Natalia</b>	<b>269</b>	JUSTFEELFIT	20-29	19	Justfeelfit	00:14:57	<b>00:29:28.45</b>	+00:11:40	5:53	10.2
269	<b>MAJCHRZAK Agnieszka</b>	<b>214</b>	NESSITEAM	40-49	127		00:15:03	<b>00:29:28.55</b>	+00:11:40	5:53	10.2
270	<b>BUKOWSKA Joanna</b>	<b>466</b>	KOLOROWA DRUŻYNA NESSI	40-49	128	Kolorowa Drużyna Nessi	00:15:03	<b>00:29:28.95</b>	+00:11:41	5:53	10.2
271	<b>MĘDRALA Ola</b>	<b>709</b>		30-39	83		00:14:37	<b>00:29:31.20</b>	+00:11:43	5:54	10.2
271	<b>ZOCHOREK Monika</b>	<b>283</b>	BYLE DO METY	20-29	20	Byle do mety	00:14:50	<b>00:29:31.20</b>	+00:11:43	5:54	10.2
273	<b>WOJTOŃ-STAWICKA Małgorzata</b>	<b>254</b>	RUNTEAM PAWŁOWICE	50-59	34	RUNTEAM Pawłowice	00:15:02	<b>00:29:32.75</b>	+00:11:45	5:54	10.2
274	<b>KMIECIAK Grażyna</b>	<b>671</b>		50-59	35		00:14:27	<b>00:29:34.65</b>	+00:11:47	5:54	10.1
275	<b>PARCHAŃSKA Iwona</b>	<b>206</b>		30-39	84		00:14:53	<b>00:29:35.50</b>	+00:11:47	5:55	10.1
276	<b>KACZORR Anna</b>	<b>102</b>	HRMAX	40-49	129	HRmax Dziółszki	00:14:21	<b>00:29:36.00</b>	+00:11:48	5:55	10.1
277	<b>KAŁUŻA Ilona</b>	<b>563</b>		40-49	130		00:15:11	<b>00:29:36.25</b>	+00:11:48	5:55	10.1
278	<b>BAK-ŚCIERSKA Beata</b>	<b>394</b>		40-49	131		00:14:19	<b>00:29:39.00</b>	+00:11:51	5:55	10.1
278	<b>TRYBAŁA Monika</b>	<b>899</b>	WATAHA	40-49	131		00:15:42	<b>00:29:39.00</b>	+00:11:51	5:55	10.1
280	<b>MACIOŃCZYK Katarzyna</b>	<b>621</b>		30-39	85		00:14:34	<b>00:29:39.45</b>	+00:11:51	5:55	10.1
281	<b>GŁĄB Magdalena</b>	<b>485</b>		30-39	86		00:14:17	<b>00:29:40.95</b>	+00:11:53	5:56	10.1
282	<b>SKOCZYNSKA Małgorzata</b>	<b>1091</b>		30-39	87		00:14:45	<b>00:29:41.15</b>	+00:11:53	5:56	10.1
283	<b>KOSOWSKA Grażyna</b>	<b>386</b>	KOBIETY NA 5+	50-59	36	Kobiety na 5+	00:14:48	<b>00:29:43.70</b>	+00:11:56	5:56	10.1
284	<b>KRZEMPEK Bogusława</b>	<b>220</b>	BIELSZCZANKI BIEGAJĄ	40-49	133	BIELSZCZANKI BIEGAJĄ	00:14:51	<b>00:29:46.45</b>	+00:11:58	5:57	10.1
285	<b>MATUĆ Aleksandra</b>	<b>258</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	134	Miechowska Grupa Biegowa	00:14:54	<b>00:29:47.05</b>	+00:11:59	5:57	10.1
286	<b>BRANDYS Krystyna</b>	<b>547</b>		30-39	88		00:14:36	<b>00:29:50.15</b>	+00:12:02	5:58	10.1
287	<b>SITKO Dagmara</b>	<b>398</b>		30-39	89		00:14:46	<b>00:29:54.80</b>	+00:12:07	5:58	10
288	<b>KURPANEK Milena</b>	<b>5025</b>		30-39	90		00:15:07	<b>00:29:58.05</b>	+00:12:10	5:59	10
289	<b>PIETROSZEK Władysława</b>	<b>688</b>		40-49	135		00:15:07	<b>00:29:58.50</b>	+00:12:10	5:59	10
290	<b>DĘBOWSKA Beata</b>	<b>157</b>		50-59	37		00:14:45	<b>00:29:58.90</b>	+00:12:11	5:59	10
291	<b>REYMANN Milena</b>	<b>564</b>		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	<b>00:29:59.35</b>	+00:12:11	5:59	10
292	<b>MATUSZCZYK Renata</b>	<b>300</b>	BANK SPÓŁDZIELCZY WJASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	<b>00:29:59.90</b>	+00:12:12	5:59	10
293	<b>SZYPUŁA Ewa</b>	<b>246</b>		40-49	137		00:14:35	<b>00:30:00.50</b>	+00:12:12	6:00	10
294	<b>MICHALSKA Beata</b>	<b>624</b>	WARTKIE PIERONY	50-59	38	Wartkie Pierony	00:14:17	<b>00:30:04.85</b>	+00:12:17	6:00	10



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
295	<b>SMOZIK Mariola</b>	<b>667</b>	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	<b>00:30:05.10</b>	+00:12:17	6:01	10
296	<b>PAŁASZ Marta</b>	<b>729</b>		30-39	92		00:14:46	<b>00:30:07.60</b>	+00:12:19	6:01	10
297	<b>KRZEMPEK Paulina</b>	<b>413</b>		20-29	21		00:15:03	<b>00:30:09.10</b>	+00:12:21	6:01	10
298	<b>DOBOSZ Ilona</b>	<b>173</b>		40-49	139		00:14:51	<b>00:30:09.20</b>	+00:12:21	6:01	10
299	<b>GÓRECKA Ewelina</b>	<b>391</b>	JUSTFEELFIT	30-39	93	JustFeelFit TEAM	00:14:58	<b>00:30:09.75</b>	+00:12:22	6:01	10
300	<b>JASZCZAK Małgorzata</b>	<b>540</b>		20-29	22		00:14:41	<b>00:30:10.60</b>	+00:12:22	6:02	9.9
301	<b>SOJKA Anna</b>	<b>106</b>		30-39	94		00:14:52	<b>00:30:10.65</b>	+00:12:23	6:02	9.9
302	<b>MOSKAŁA Magdalena</b>	<b>351</b>		30-39	95		00:15:24	<b>00:30:14.75</b>	+00:12:27	6:02	9.9
303	<b>KAFARA Joanna</b>	<b>905</b>	WATAHA	30-39	96		00:15:41	<b>00:30:15.20</b>	+00:12:27	6:03	9.9
304	<b>BALCAR Elżbieta</b>	<b>556</b>		30-39	97		00:14:25	<b>00:30:17.40</b>	+00:12:29	6:03	9.9
305	<b>KOŁODZIEJ Ilona</b>	<b>862</b>		40-49	140		00:14:25	<b>00:30:19.10</b>	+00:12:31	6:03	9.9
306	<b>MATUSIAK Paulina</b>	<b>376</b>		30-39	98		00:14:44	<b>00:30:19.65</b>	+00:12:32	6:03	9.9
307	<b>KRÓL Magdalena</b>	<b>233</b>	KINGTEAM	40-49	141		00:15:04	<b>00:30:20.80</b>	+00:12:33	6:04	9.9
308	<b>KLYSZCZ Honorata</b>	<b>422</b>	INTERAKTYWNI	40-49	142	InterAktywni	00:13:55	<b>00:30:25.50</b>	+00:12:37	6:05	9.9
309	<b>CICHOŃ Iwona</b>	<b>241</b>	HURAGAN LIGOTA	40-49	143		00:15:01	<b>00:30:26.30</b>	+00:12:38	6:05	9.9
310	<b>BAŁA Justyna</b>	<b>923</b>	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	<b>00:30:27.50</b>	+00:12:39	6:05	9.9
311	<b>DUSZA Jolanta</b>	<b>769</b>	DEKATHLON & PRZYJACIELE RYBNIK	40-49	145	Decathlon & Przyjaciele	00:15:21	<b>00:30:28.60</b>	+00:12:40	6:05	9.8
312	<b>GAŚIOR Katarzyna</b>	<b>629</b>		30-39	99		00:15:16	<b>00:30:28.80</b>	+00:12:41	6:05	9.8
313	<b>WĘGRZYN Ewa</b>	<b>696</b>	KNEIPP TEAM	40-49	146		00:14:55	<b>00:30:30.25</b>	+00:12:42	6:06	9.8
314	<b>KUBALA Agnieszka</b>	<b>324</b>		30-39	100		00:15:30	<b>00:30:31.60</b>	+00:12:43	6:06	9.8
315	<b>PTASIŃSKA Iwona</b>	<b>701</b>		30-39	101		00:15:49	<b>00:30:33.45</b>	+00:12:45	6:06	9.8
316	<b>KOLAT Jadwiga</b>	<b>514</b>		40-49	147		00:15:07	<b>00:30:35.00</b>	+00:12:47	6:07	9.8
317	<b>TRZCIŃSKA Joanna</b>	<b>271</b>	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	<b>00:30:35.20</b>	+00:12:47	6:07	9.8
318	<b>HUBA Agnieszka</b>	<b>264</b>	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	<b>00:30:35.30</b>	+00:12:47	6:07	9.8
319	<b>JASKÓŁA Izabela</b>	<b>794</b>		30-39	104		00:14:44	<b>00:30:36.75</b>	+00:12:49	6:07	9.8
320	<b>LASKOWSKA Anna</b>	<b>434</b>		30-39	105		00:15:38	<b>00:30:39.40</b>	+00:12:51	6:07	9.8
321	<b>KURCBART Magdalena</b>	<b>531</b>		30-39	106		00:14:55	<b>00:30:43.10</b>	+00:12:55	6:08	9.8
322	<b>ADAMUS Anna</b>	<b>282</b>	WARTKIE PIERONY	40-49	148	Wartkie Pierony	00:15:24	<b>00:30:43.15</b>	+00:12:55	6:08	9.8
323	<b>WALEK Natalia</b>	<b>753</b>		20-29	23		00:16:01	<b>00:30:43.40</b>	+00:12:55	6:08	9.8
324	<b>BUGLA Weronika</b>	<b>716</b>	DYSTANS LUBOMIA	40-49	149	Dystans Lubomia	00:15:20	<b>00:30:44.20</b>	+00:12:56	6:08	9.8
325	<b>WELET Marzena</b>	<b>595</b>		40-49	150	BIELSZCZANKI BIEGAJĄ	00:15:18	<b>00:30:45.65</b>	+00:12:58	6:09	9.8
326	<b>COFALIK Gabriela</b>	<b>290</b>	DECATHLON & PRZYJACIELE	40-49	151	Decathlon & Przyjaciele	00:15:27	<b>00:30:46.05</b>	+00:12:58	6:09	9.8
327	<b>FOJCIK Gabriela</b>	<b>344</b>	RKNW	50-59	39		00:15:22	<b>00:30:50.40</b>	+00:13:02	6:10	9.7
328	<b>JANECKA Ela</b>	<b>748</b>		40-49	152		00:15:37	<b>00:30:52.40</b>	+00:13:04	6:10	9.7
329	<b>ŁAPA Aleksandra</b>	<b>197</b>	4A	40-49	153		00:15:10	<b>00:30:53.85</b>	+00:13:06	6:10	9.7
330	<b>PETRYKOWSKA Magdalena</b>	<b>315</b>		16-19	5		00:15:05	<b>00:30:56.70</b>	+00:13:09	6:11	9.7
331	<b>PETRYKOWSKA Elżbieta</b>	<b>335</b>		40-49	154		00:15:05	<b>00:30:56.85</b>	+00:13:09	6:11	9.7
332	<b>MOZLER Magdalena</b>	<b>751</b>		40-49	155		00:15:15	<b>00:30:56.90</b>	+00:13:09	6:11	9.7
333	<b>RADZIEWICZ Renata</b>	<b>410</b>		40-49	156		00:15:21	<b>00:30:57.05</b>	+00:13:09	6:11	9.7
334	<b>KUŹNIK Edyta</b>	<b>370</b>		30-39	107		00:15:42	<b>00:30:57.45</b>	+00:13:09	6:11	9.7
335	<b>NIERADZIK Daria</b>	<b>496</b>		20-29	24		00:15:02	<b>00:30:59.55</b>	+00:13:11	6:11	9.7
336	<b>SKROBOL Paulina</b>	<b>586</b>	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	<b>00:31:05.95</b>	+00:13:18	6:13	9.7
337	<b>STRZAŁKA - LECH Magdalena</b>	<b>305</b>	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	<b>00:31:07.20</b>	+00:13:19	6:13	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
338	LISZOK Iwona	309		30-39	110		00:15:26	<b>00:31:09.55</b>	+00:13:21	6:13	9.6
339	RĘKAL Dorota	96		50-59	40	Byle do mety	00:14:54	<b>00:31:11.00</b>	+00:13:23	6:14	9.6
340	OLEJEK Anna	741		30-39	111		00:15:12	<b>00:31:11.75</b>	+00:13:24	6:14	9.6
341	BOŻEK Dagmara	396		40-49	157		00:15:26	<b>00:31:15.55</b>	+00:13:27	6:15	9.6
342	KUJAWA Marzena	259		30-39	112		00:15:27	<b>00:31:15.95</b>	+00:13:28	6:15	9.6
343	WINIARSKA Monika	9		40-49	158		00:14:27	<b>00:31:18.50</b>	+00:13:30	6:15	9.6
344	KALISZ Magdalena	223		20-29	25		00:15:33	<b>00:31:20.70</b>	+00:13:33	6:16	9.6
345	GAWINEK Aga	904		20-29	26		00:15:04	<b>00:31:22.75</b>	+00:13:35	6:16	9.6
346	DYNIA Magdalena	470		40-49	159		00:15:38	<b>00:31:25.40</b>	+00:13:37	6:17	9.5
347	GAŃKO Grażyna	369		60+	5		00:15:52	<b>00:31:25.90</b>	+00:13:38	6:17	9.5
348	SIENKIEWICZ Gabriela	545	PO WOLI DO CELU	30-39	113	PoWoliDoCelu	00:15:46	<b>00:31:32.80</b>	+00:13:45	6:18	9.5
349	BALICKA Magdalena	441		30-39	114		00:15:33	<b>00:31:38.75</b>	+00:13:51	6:19	9.5
350	SZLAUR Ewelina	664		30-39	115		00:15:56	<b>00:31:42.30</b>	+00:13:54	6:20	9.5
351	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	<b>00:31:46.50</b>	+00:13:58	6:21	9.4
352	MIELAŃCZYK Maria	674	S MERFY	60+	6		00:15:44	<b>00:31:47.25</b>	+00:13:59	6:21	9.4
353	DREWNIAK Magdalena	346	JUSTFELLFIT	30-39	117	JustFeelFit	00:16:29	<b>00:31:49.45</b>	+00:14:01	6:21	9.4
354	WOWRA Agnieszka	665		30-39	118		00:15:56	<b>00:31:53.20</b>	+00:14:05	6:22	9.4
355	MYŚLIWIEC Monika	262	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	<b>00:31:58.00</b>	+00:14:10	6:23	9.4
356	KLAUDIA Brzana	888		20-29	27	Wymyślanka	00:15:38	<b>00:31:58.35</b>	+00:14:10	6:23	9.4
357	BETAŃSKA Aneta	326	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	<b>00:31:58.40</b>	+00:14:10	6:23	9.4
358	JANECKA Natalia	749		20-29	28		00:15:55	<b>00:32:00.05</b>	+00:14:12	6:24	9.4
359	LERCH Ewa	109	RUNTEAM PAWŁOWICE	20-29	29	RUNTEAM Pawłowice	00:15:34	<b>00:32:01.40</b>	+00:14:13	6:24	9.4
360	KĄKOL WOJTAS Katarzyna	524	POWOLI DO CELU .	40-49	162	PoWoli do Celu	00:17:23	<b>00:32:01.50</b>	+00:14:13	6:24	9.4
361	ŻYWICA Dorota	504	HURAGAN LIGOTA	40-49	163	Huragan Ligota	00:15:41	<b>00:32:03.20</b>	+00:14:15	6:24	9.4
362	MILEWSKA Izabela	808		40-49	164		00:15:52	<b>00:32:05.00</b>	+00:14:17	6:25	9.4
363	KĘPKA Joanna	589		40-49	165		00:15:24	<b>00:32:05.90</b>	+00:14:18	6:25	9.4
364	KUKLA Agata	929	POWOLI DO CELU	30-39	119		00:16:26	<b>00:32:08.20</b>	+00:14:20	6:25	9.3
365	KORCZEWSKA Beata	834	MIECHOWICKA GRUPA BIEGOWA	40-49	166	Miechowicka Grupa Biegowa	00:16:06	<b>00:32:08.40</b>	+00:14:20	6:25	9.3
366	NAWROCKA Agnieszka	577		40-49	167		00:15:40	<b>00:32:08.85</b>	+00:14:21	6:25	9.3
367	MIŚ Ela	863	JUSTFEELFIT	30-39	120	JustFeelFit TEAM	00:16:30	<b>00:32:09.00</b>	+00:14:21	6:25	9.3
368	DRANICZAREK Anna	792		30-39	121		00:16:02	<b>00:32:09.15</b>	+00:14:21	6:25	9.3
369	SZATANIK Alina	656		40-49	168		00:16:28	<b>00:32:11.40</b>	+00:14:23	6:26	9.3
370	JAKUBIK Edyta	266		30-39	122		00:16:12	<b>00:32:12.30</b>	+00:14:24	6:26	9.3
371	ZACZYŃSKA-POZNIAK Jarosława	180		40-49	169		00:16:24	<b>00:32:12.40</b>	+00:14:24	6:26	9.3
372	ABRACHAMCZYK Agnieszka	518		20-29	30		00:16:03	<b>00:32:14.55</b>	+00:14:26	6:26	9.3
373	PEPEK Bożena	681		30-39	123		00:15:50	<b>00:32:18.45</b>	+00:14:30	6:27	9.3
374	SPROWNIK Joanna	281	BANK SPÓŁDZIECZY W JASTRZĘBIU ZDROJU	20-29	31	Bank Spółdzielczy w Jastrzębiu Zdroju	00:15:48	<b>00:32:18.50</b>	+00:14:30	6:27	9.3
375	GUŚCIORA Justyna	852		50-59	41		00:15:47	<b>00:32:28.00</b>	+00:14:40	6:29	9.2
376	ZDUNEK Dorota	576		30-39	124		00:16:07	<b>00:32:28.35</b>	+00:14:40	6:29	9.2
377	PAWLIK Małgorzata	4		40-49	170		00:16:08	<b>00:32:28.75</b>	+00:14:41	6:29	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
378	<b>KOZŁOWSKA Patrycja</b>	<b>780</b>		30-39	125	Byle do mety	00:15:53	<b>00:32:31.00</b>	+00:14:43	6:30	9.2
379	<b>SZEWCZUK Agnieszka</b>	<b>626</b>		40-49	171	Byle do mety	00:15:54	<b>00:32:31.35</b>	+00:14:43	6:30	9.2
380	<b>RUMIŃSKA Barbara</b>	<b>815</b>	BIE RUN	40-49	172		00:16:02	<b>00:32:31.70</b>	+00:14:44	6:30	9.2
381	<b>PIPIRO Grażyna</b>	<b>458</b>	KOBIETY NA 5+	60+	7	Kobiety na 5+	00:16:26	<b>00:32:32.55</b>	+00:14:44	6:30	9.2
382	<b>JANIK Izabela</b>	<b>801</b>		40-49	173		00:15:49	<b>00:32:33.00</b>	+00:14:45	6:30	9.2
383	<b>KONOPACKA Waleria</b>	<b>691</b>	ZABIERZÓW BIEGA	60+	8		00:16:43	<b>00:32:33.75</b>	+00:14:46	6:30	9.2
384	<b>GOŁOFIT Edyta</b>	<b>302</b>	OPEL FIJAŁKOWSKI	20-29	32	Opel Fijałkowski	00:16:47	<b>00:32:34.80</b>	+00:14:47	6:30	9.2
385	<b>CZERWIŃSKA Klaudyna</b>	<b>301</b>	OPEL FIJAŁKOWSKI	30-39	126	Opel Fijałkowski	00:16:47	<b>00:32:35.25</b>	+00:14:47	6:31	9.2
386	<b>STANULA Kinga</b>	<b>438</b>		50-59	42		00:16:33	<b>00:32:37.50</b>	+00:14:49	6:31	9.2
387	<b>ZAGÓRSKA Beata</b>	<b>355</b>		30-39	127		00:16:11	<b>00:32:43.60</b>	+00:14:55	6:32	9.2
388	<b>PODESZWA Barbara</b>	<b>866</b>		40-49	174	Wymyślanka	00:15:59	<b>00:32:46.90</b>	+00:14:59	6:33	9.2
389	<b>MAĆKÓW Małgorzata</b>	<b>244</b>		20-29	33		00:15:52	<b>00:32:47.25</b>	+00:14:59	6:33	9.2
390	<b>ŚLEDŹ Dorota</b>	<b>306</b>	HRMAX ŻORY	20-29	34	HRmax Dziółzki	00:16:14	<b>00:32:48.30</b>	+00:15:00	6:33	9.1
391	<b>ZAWADA Teresa</b>	<b>363</b>		50-59	43		00:16:18	<b>00:32:48.70</b>	+00:15:01	6:33	9.1
392	<b>JORDAN Monika</b>	<b>412</b>		40-49	175		00:15:46	<b>00:32:49.50</b>	+00:15:01	6:33	9.1
393	<b>LIPIŃSKA Monika</b>	<b>404</b>	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	<b>00:32:49.85</b>	+00:15:02	6:33	9.1
394	<b>FRANKOWSKA Ania</b>	<b>807</b>	MGB	50-59	44	Miechowska Grupa Biegowa	00:16:23	<b>00:32:51.15</b>	+00:15:03	6:34	9.1
395	<b>JABŁOŃSKA Sabina</b>	<b>5023</b>		40-49	176		00:16:47	<b>00:32:52.15</b>	+00:15:04	6:34	9.1
396	<b>SŁOWIK Kornelia</b>	<b>453</b>	KOLOROWA DRUŻYNA NESSI	30-39	129	Kolorowa Drużyna Nessi	00:16:15	<b>00:32:54.80</b>	+00:15:07	6:34	9.1
397	<b>KROSNY Lucyna</b>	<b>299</b>	BANK SPÓŁDZIELCZY WJASTRZĘBIU ZDROJU	20-29	35	Bank Spółdzielczy w Jastrzębiu Zdroju	00:16:00	<b>00:32:55.80</b>	+00:15:08	6:35	9.1
398	<b>SZYNAL Magdalena</b>	<b>511</b>		30-39	130		00:15:48	<b>00:32:59.05</b>	+00:15:11	6:35	9.1
399	<b>LISOWSKA Dominika</b>	<b>631</b>		40-49	177		00:16:28	<b>00:32:59.50</b>	+00:15:11	6:35	9.1
400	<b>MARYJOSZ Katarzyna</b>	<b>293</b>		40-49	178		00:16:53	<b>00:33:00.50</b>	+00:15:12	6:36	9.1
401	<b>MARSZALIK Anna</b>	<b>354</b>		40-49	179		00:16:24	<b>00:33:03.90</b>	+00:15:16	6:36	9.1
402	<b>KSEPKO Katarzyna</b>	<b>405</b>		30-39	131		00:16:15	<b>00:33:12.50</b>	+00:15:24	6:38	9
403	<b>BIERNAT Agnieszka</b>	<b>571</b>		40-49	180		00:16:26	<b>00:33:15.65</b>	+00:15:28	6:39	9
404	<b>POŁEDNIOK Aleksandra</b>	<b>152</b>		30-39	132		00:16:10	<b>00:33:19.55</b>	+00:15:31	6:39	9
405	<b>DROZDZIOK Elżbieta</b>	<b>908</b>	WATAHA	30-39	133		00:16:59	<b>00:33:20.05</b>	+00:15:32	6:40	9
406	<b>TYRYTKO Sylwia</b>	<b>602</b>	WATAHA	30-39	134		00:16:59	<b>00:33:20.15</b>	+00:15:32	6:40	9
407	<b>BRODA Kamila</b>	<b>311</b>		20-29	36		00:16:25	<b>00:33:21.25</b>	+00:15:33	6:40	9
408	<b>GARUS Angelika</b>	<b>278</b>		30-39	135		00:16:10	<b>00:33:21.70</b>	+00:15:34	6:40	9
409	<b>BRODA Beata</b>	<b>341</b>		50-59	45		00:16:26	<b>00:33:22.80</b>	+00:15:35	6:40	9
410	<b>BARTNIK Joanna</b>	<b>479</b>	STREET SPIRIT	40-49	181		00:16:35	<b>00:33:28.10</b>	+00:15:40	6:41	9
411	<b>SUSLIK Magdalena</b>	<b>746</b>		40-49	182		00:16:36	<b>00:33:28.45</b>	+00:15:40	6:41	9
412	<b>CICHY Agnieszka</b>	<b>435</b>		30-39	136		00:16:25	<b>00:33:33.85</b>	+00:15:46	6:42	8.9
413	<b>KOWALSKA Małgorzata</b>	<b>484</b>		50-59	46		00:16:14	<b>00:33:34.30</b>	+00:15:46	6:42	8.9
414	<b>KOWALCZYK Basia</b>	<b>598</b>		30-39	137		00:16:27	<b>00:33:35.25</b>	+00:15:47	6:43	8.9
415	<b>WYLOTEK Barbara</b>	<b>489</b>		40-49	183		00:16:31	<b>00:33:40.95</b>	+00:15:53	6:44	8.9
416	<b>SERAFIN-CHWAŁEK Joanna</b>	<b>515</b>		40-49	184		00:16:28	<b>00:33:42.00</b>	+00:15:54	6:44	8.9
417	<b>PIETRASZEK Ewa</b>	<b>875</b>	KOBIETH WATAHY	50-59	47		00:16:47	<b>00:33:43.55</b>	+00:15:55	6:44	8.9
418	<b>GROSIK Marta</b>	<b>673</b>		30-39	138		00:16:33	<b>00:33:43.95</b>	+00:15:56	6:44	8.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
419	<b>KAPŁON Agnieszka</b>	<b>528</b>		40-49	185		00:17:13	<b>00:33:46.30</b>	+00:15:58	6:45	8.9
420	<b>SZCZUCHNIAK Adriana</b>	<b>360</b>		40-49	186		00:16:39	<b>00:33:46.70</b>	+00:15:59	6:45	8.9
421	<b>ROSKOSZ Magdalena</b>	<b>740</b>		40-49	187		00:17:02	<b>00:33:47.80</b>	+00:16:00	6:45	8.9
422	<b>ROMBERG Agnieszka</b>	<b>480</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	188	Miechowicka Grupa Biegowa	00:16:45	<b>00:33:51.40</b>	+00:16:03	6:46	8.9
423	<b>HRYNKIEWICZ Katarzyna</b>	<b>644</b>		30-39	139		00:16:39	<b>00:33:52.55</b>	+00:16:04	6:46	8.9
424	<b>ŚLEBODA Bożena</b>	<b>5022</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	189	Miechowicka Grupa Biegowa	00:16:54	<b>00:33:54.00</b>	+00:16:06	6:46	8.8
425	<b>ZMUDA Ewelina</b>	<b>538</b>		30-39	140		00:16:38	<b>00:33:56.70</b>	+00:16:09	6:47	8.8
426	<b>STANO Monika</b>	<b>678</b>		30-39	141		00:17:15	<b>00:33:58.15</b>	+00:16:10	6:47	8.8
427	<b>WAWOCZNY Anita</b>	<b>487</b>	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	<b>00:33:58.90</b>	+00:16:11	6:47	8.8
428	<b>SAWICKA Marta</b>	<b>260</b>	KOBIETY NA 5+	40-49	190	Kobiety na 5+	00:17:02	<b>00:33:59.25</b>	+00:16:11	6:47	8.8
429	<b>BATKO Agnieszka</b>	<b>544</b>		30-39	143		00:17:19	<b>00:34:09.30</b>	+00:16:21	6:49	8.8
430	<b>BRZANA Anna</b>	<b>857</b>		40-49	191	Wymyślanka	00:16:48	<b>00:34:12.25</b>	+00:16:24	6:50	8.8
431	<b>ŚLEDZIEWSKA Agata</b>	<b>693</b>		30-39	144		00:17:00	<b>00:34:15.80</b>	+00:16:28	6:51	8.8
432	<b>JEZIOROWSKA-CAPANDA Patrycja</b>	<b>581</b>		20-29	37		00:16:57	<b>00:34:16.65</b>	+00:16:29	6:51	8.8
433	<b>GÓRKA Kamila</b>	<b>851</b>		20-29	38		00:16:54	<b>00:34:16.80</b>	+00:16:29	6:51	8.8
434	<b>GRZELAK Patrycja</b>	<b>670</b>	KOLOROWA DRUŻYNA NESSI	40-49	192	Kolorowa Drużyna Nessi	00:17:08	<b>00:34:18.00</b>	+00:16:30	6:51	8.7
435	<b>KUBAS Alina</b>	<b>600</b>	KLUB BIEGACZA FARTLEK	50-59	48	KLUB BIEGACZA FARTLEK	00:17:36	<b>00:34:21.00</b>	+00:16:33	6:52	8.7
436	<b>PRZYBYCIN Bożena</b>	<b>519</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	193	Miechowicka Grupa Biegowa	00:17:05	<b>00:34:21.20</b>	+00:16:33	6:52	8.7
437	<b>ZIELONKA Agnieszka</b>	<b>253</b>		30-39	145	Cioteczki	00:17:15	<b>00:34:38.60</b>	+00:16:50	6:55	8.7
438	<b>DAMIĘCKA Magda</b>	<b>462</b>	RUNTEAM	30-39	146	RUNTEAM Pawłowice	00:17:30	<b>00:34:48.50</b>	+00:17:00	6:57	8.6
439	<b>KANIA Grażyna</b>	<b>910</b>	DEKATHLON&PRZYJACIELE	40-49	194	Decathlon & Przyjaciele	00:17:14	<b>00:34:54.90</b>	+00:17:07	6:58	8.6
440	<b>SUDLITZ Anna</b>	<b>449</b>	FORTUNA TEAM	30-39	147		00:18:12	<b>00:34:56.45</b>	+00:17:08	6:59	8.6
441	<b>BAJOR Aneta</b>	<b>493</b>		40-49	195		00:17:11	<b>00:34:57.00</b>	+00:17:09	6:59	8.6
442	<b>KWAŚNIEWSKA Kasia</b>	<b>593</b>		30-39	148		00:16:43	<b>00:34:57.85</b>	+00:17:10	6:59	8.6
443	<b>ŚLIWA Kornelia</b>	<b>638</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	196	Miechowicka Grupa Biegowa	00:17:24	<b>00:34:58.45</b>	+00:17:10	6:59	8.6
444	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>362</b>		50-59	49	RUNTEAM Pawłowice	00:17:11	<b>00:35:00.15</b>	+00:17:12	7:00	8.6
445	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>468</b>	RUNTEAM PAWŁOWICE	30-39	149	RUNTEAM Pawłowice	00:17:10	<b>00:35:00.40</b>	+00:17:12	7:00	8.6
446	<b>MARUSZCZAK Justyna</b>	<b>822</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	197	Miechowicka Grupa Biegowa	00:17:15	<b>00:35:02.40</b>	+00:17:14	7:00	8.6
447	<b>MYŚLIWIEC Seniorita</b>	<b>350</b>	KOBIETY NA 5+	20-29	39	Kobiety na 5+	00:16:58	<b>00:35:03.70</b>	+00:17:16	7:00	8.6
448	<b>KIERMASZEK Paulina</b>	<b>796</b>		20-29	40		00:16:48	<b>00:35:03.80</b>	+00:17:16	7:00	8.6
449	<b>TATARCZYK Justyna</b>	<b>307</b>		40-49	198		00:17:14	<b>00:35:04.50</b>	+00:17:16	7:00	8.6
450	<b>ROJEK Wioleta</b>	<b>845</b>		30-39	150		00:17:16	<b>00:35:11.25</b>	+00:17:23	7:02	8.5
451	<b>BALCERAK Beata</b>	<b>348</b>		30-39	151		00:17:04	<b>00:35:15.75</b>	+00:17:28	7:03	8.5
452	<b>DUDA Magdalena</b>	<b>652</b>		30-39	152		00:17:04	<b>00:35:15.90</b>	+00:17:28	7:03	8.5
453	<b>MADZIA Bożena</b>	<b>692</b>		20-29	41	Wnniczek Team	00:17:47	<b>00:35:19.50</b>	+00:17:31	7:03	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
454	<b>LEPICH Katarzyna</b>	<b>380</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	153	Miechowicka Grupa Biegowa	00:16:55	<b>00:35:21.10</b>	+00:17:33	7:04	8.5
455	<b>NIEDŹWIEDŹ Maja</b>	<b>853</b>		40-49	199		00:16:35	<b>00:35:24.45</b>	+00:17:36	7:04	8.5
456	<b>GŁĄB Mariola</b>	<b>669</b>		30-39	154		00:17:11	<b>00:35:24.50</b>	+00:17:36	7:04	8.5
457	<b>BAJER Marzena</b>	<b>775</b>	DYSTANS LUBOMIA	30-39	155	Dystans Lubomia	00:18:00	<b>00:35:29.50</b>	+00:17:41	7:05	8.5
458	<b>KOWALSKA Dorota</b>	<b>349</b>	SBD ENERGETYK RYBNIK	50-59	50		00:17:29	<b>00:35:34.05</b>	+00:17:46	7:06	8.4
459	<b>KUBIS Barbara</b>	<b>603</b>		40-49	200		00:17:45	<b>00:35:40.45</b>	+00:17:52	7:08	8.4
460	<b>ZALEWSKA Barbara</b>	<b>557</b>	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	<b>00:35:44.55</b>	+00:17:56	7:08	8.4
461	<b>JAŚKIEWICZ Natalia</b>	<b>303</b>	OPEL FIJALKOWSKI	20-29	42	Opel Fijałkowski	00:17:21	<b>00:35:45.60</b>	+00:17:57	7:09	8.4
462	<b>BIAŁAS Joanna</b>	<b>463</b>	SPOT PSZCZYNA	40-49	202		00:17:46	<b>00:35:50.95</b>	+00:18:03	7:10	8.4
463	<b>GIBAS Amanda</b>	<b>478</b>	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	<b>00:35:55.60</b>	+00:18:07	7:11	8.4
464	<b>GÓRAL Alina</b>	<b>542</b>		40-49	203		00:17:34	<b>00:36:01.45</b>	+00:18:13	7:12	8.3
465	<b>ŚLEZIONA Katarzyna</b>	<b>270</b>		30-39	157		00:17:23	<b>00:36:06.15</b>	+00:18:18	7:13	8.3
466	<b>STYRNOL Beata</b>	<b>747</b>		50-59	51		00:18:16	<b>00:36:09.35</b>	+00:18:21	7:13	8.3
467	<b>ŁAKOMSKA Michalina</b>	<b>871</b>		16-19	6		00:18:05	<b>00:36:13.65</b>	+00:18:26	7:14	8.3
468	<b>VAIDYAN-IWANOWSKA Grażyna</b>	<b>933</b>		60+	9		00:17:27	<b>00:36:15.95</b>	+00:18:28	7:15	8.3
469	<b>ROTTER Hanna</b>	<b>789</b>		50-59	52		00:17:40	<b>00:36:22.40</b>	+00:18:34	7:16	8.2
470	<b>KIERMASZEK Barbara</b>	<b>791</b>		60+	10		00:17:41	<b>00:36:22.75</b>	+00:18:35	7:16	8.2
471	<b>PYTLIK Agata</b>	<b>257</b>		20-29	43	Cioteczki	00:17:54	<b>00:36:23.20</b>	+00:18:35	7:16	8.2
472	<b>JANCZURA Marzena</b>	<b>850</b>		40-49	204	Wawrzinek Team	00:18:17	<b>00:36:25.90</b>	+00:18:38	7:17	8.2
473	<b>STAŚKIEWICZ Monika</b>	<b>663</b>		40-49	205		00:18:06	<b>00:36:36.45</b>	+00:18:48	7:19	8.2
474	<b>POLOK-MIGAS Justyna</b>	<b>840</b>		40-49	206		00:17:40	<b>00:36:37.80</b>	+00:18:50	7:19	8.2
475	<b>RACZYŃSKA Aleksandra</b>	<b>643</b>	STADION ŚLĄSKI NW	60+	11		00:18:00	<b>00:36:40.90</b>	+00:18:53	7:20	8.2
476	<b>ZIELONKA Dorota</b>	<b>275</b>		30-39	158	Cioteczki	00:17:53	<b>00:36:42.75</b>	+00:18:55	7:20	8.2
477	<b>KOŹDOŃ Jagoda</b>	<b>543</b>		30-39	159		00:18:31	<b>00:36:44.55</b>	+00:18:56	7:20	8.2
478	<b>SIREK Izabela</b>	<b>635</b>	OLZA CIESZYN	30-39	160	Olza Cieszyn	00:17:47	<b>00:36:44.80</b>	+00:18:57	7:20	8.2
479	<b>WRONA Aleksandra</b>	<b>583</b>		20-29	44		00:18:04	<b>00:36:53.85</b>	+00:19:06	7:22	8.1
480	<b>JAROSZ Jolanta</b>	<b>534</b>	MORS HUBERTUS MYSŁOWCE	50-59	53	MORS Hubertus Mysłowice	00:18:03	<b>00:36:54.05</b>	+00:19:06	7:22	8.1
481	<b>DAMIS Daria</b>	<b>668</b>		30-39	161		00:18:13	<b>00:36:56.80</b>	+00:19:09	7:23	8.1
482	<b>KROCZEK Magdalena</b>	<b>451</b>	FORTUNA TEAM	30-39	162		00:18:19	<b>00:37:02.95</b>	+00:19:15	7:24	8.1
483	<b>GAŁUSZKA Magdalena</b>	<b>450</b>	FORTUNA TEAM	40-49	207		00:18:19	<b>00:37:03.65</b>	+00:19:16	7:24	8.1
484	<b>TORKA-KUNERT Grażyna</b>	<b>291</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	60+	12		00:18:45	<b>00:37:09.00</b>	+00:19:21	7:25	8.1
485	<b>MARON Honorata</b>	<b>684</b>		20-29	45		00:18:02	<b>00:37:09.25</b>	+00:19:21	7:25	8.1
486	<b>WACHTARCZYK Dominika</b>	<b>390</b>		20-29	46		00:18:07	<b>00:37:10.25</b>	+00:19:22	7:26	8.1
487	<b>ŚCIĘGAJ Joanna</b>	<b>430</b>		30-39	163		00:18:03	<b>00:37:10.70</b>	+00:19:23	7:26	8.1
488	<b>SZOJDA Paulina</b>	<b>799</b>	VIKING TRAINING CENTER/BIEGNĘ BYLE DOBIEC	30-39	164		00:18:13	<b>00:37:15.30</b>	+00:19:27	7:27	8.1
489	<b>JUTKA Kasia</b>	<b>891</b>		30-39	165		00:18:13	<b>00:37:15.55</b>	+00:19:27	7:27	8.1
490	<b>STEFANIAK Justyna</b>	<b>510</b>	POGORIA BIEGA	40-49	208		00:18:10	<b>00:37:16.25</b>	+00:19:28	7:27	8.1
491	<b>SZATANIK Iwona</b>	<b>582</b>		40-49	209		00:18:08	<b>00:37:17.80</b>	+00:19:30	7:27	8
492	<b>PUDA Patrycja</b>	<b>639</b>		20-29	47	PsychoKsiężniczki	00:18:04	<b>00:37:19.00</b>	+00:19:31	7:27	8
493	<b>STEFANIK Katarzyna</b>	<b>343</b>		30-39	166		00:18:16	<b>00:37:23.00</b>	+00:19:35	7:28	8
494	<b>LEKI Grażyna</b>	<b>774</b>		30-39	167		00:18:16	<b>00:37:24.20</b>	+00:19:36	7:28	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
495	<b>MAGIEREK Magdalena</b>	<b>618</b>		30-39	168		00:18:16	<b>00:37:24.45</b>	+00:19:36	7:28	8
496	<b>PIERZCHAŁA Magdalena</b>	<b>263</b>	MORS HUBERTUS MYSŁOWICE	30-39	169	MORS Hubertus Mysłowice	00:18:12	<b>00:37:42.00</b>	+00:19:54	7:32	8
496	<b>ŻEBROWSKA Matylda</b>	<b>683</b>	MORS HUBERTUS MYSŁOWICE	40-49	210	Mors Hubertus Mysłowice	00:18:12	<b>00:37:42.00</b>	+00:19:54	7:32	8
498	<b>ZIELIŃSKA Anna</b>	<b>379</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	211	Miechowska Grupa Biegowa	00:19:21	<b>00:37:58.65</b>	+00:20:11	7:35	7.9
499	<b>MAGIERA Barbara</b>	<b>517</b>		30-39	170	PoWoliDoCelu	00:19:17	<b>00:38:09.70</b>	+00:20:22	7:37	7.9
500	<b>KALETA Agnieszka</b>	<b>186</b>	POWOLI DO CELU	30-39	171	PoWoliDoCelu	00:19:16	<b>00:38:09.75</b>	+00:20:22	7:37	7.9
501	<b>IDZIKOWSKA Urszula</b>	<b>738</b>		20-29	48		00:18:42	<b>00:38:25.75</b>	+00:20:38	7:41	7.8
502	<b>PROKOPIUK Adriana</b>	<b>677</b>	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	<b>00:38:25.85</b>	+00:20:38	7:41	7.8
503	<b>BAK Barbara</b>	<b>895</b>		40-49	213		00:18:42	<b>00:38:26.15</b>	+00:20:38	7:41	7.8
504	<b>ŚWIDERSKA Anna</b>	<b>513</b>	POWOLI DO CELU	30-39	172	PoWoli do Celu	00:19:17	<b>00:38:26.20</b>	+00:20:38	7:41	7.8
505	<b>IDZIKOWSKA Elżbieta</b>	<b>588</b>	FAMILY DREAMS	40-49	214		00:18:39	<b>00:38:26.30</b>	+00:20:38	7:41	7.8
506	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>164</b>	KS METRACO POLKOWICE	60+	13		00:19:28	<b>00:38:31.85</b>	+00:20:44	7:42	7.8
507	<b>ŁANUCHA Mariola</b>	<b>560</b>	KOBIETY NA 5+	60+	14	Kobiety na 5+	00:18:37	<b>00:38:34.05</b>	+00:20:46	7:42	7.8
508	<b>SURY-WOLNIEWICZ Kamila</b>	<b>448</b>		40-49	215		00:18:36	<b>00:38:35.50</b>	+00:20:47	7:43	7.8
509	<b>PARZYCH Renata</b>	<b>655</b>	KOBIETY NA 5+	60+	15	Kobiety na 5+	00:18:39	<b>00:38:37.00</b>	+00:20:49	7:43	7.8
510	<b>MADEJA Aleksandra</b>	<b>67</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	216	Miechowska Grupa Biegowa	00:18:50	<b>00:39:11.95</b>	+00:21:24	7:50	7.7
511	<b>HEKIERT Wioleta</b>	<b>352</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	217	Miechowska Grupa Biegowa	00:18:51	<b>00:39:13.00</b>	+00:21:25	7:50	7.6
512	<b>CZARNECKA Małgorzata</b>	<b>620</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	218	Miechowska Grupa Biegowa	00:19:37	<b>00:39:13.20</b>	+00:21:25	7:50	7.6
513	<b>DOBOSZ Katarzyna</b>	<b>5024</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	219	Miechowska Grupa Biegowa	00:18:52	<b>00:39:13.35</b>	+00:21:25	7:50	7.6
514	<b>KROCHMAŁSKA Jadwiga</b>	<b>641</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	220		00:19:38	<b>00:39:14.00</b>	+00:21:26	7:50	7.6
515	<b>ARENDARCZYK Anna</b>	<b>527</b>		40-49	221	BIELSZCZANKI BIEGAJĄ	00:19:34	<b>00:39:30.45</b>	+00:21:42	7:54	7.6
516	<b>WOZNIAK Joanna</b>	<b>429</b>		40-49	222		00:19:37	<b>00:39:35.45</b>	+00:21:47	7:55	7.6
517	<b>WOZNIAK Jolanta</b>	<b>743</b>		60+	16		00:19:38	<b>00:39:36.20</b>	+00:21:48	7:55	7.6
518	<b>SEKUŁA Marlena</b>	<b>537</b>		40-49	223		00:20:01	<b>00:39:37.10</b>	+00:21:49	7:55	7.6
519	<b>BAZGIER Magdalena</b>	<b>768</b>		30-39	173		00:19:25	<b>00:39:38.00</b>	+00:21:50	7:55	7.6
520	<b>ISKRA Joanna</b>	<b>548</b>		30-39	174		00:19:28	<b>00:39:38.65</b>	+00:21:51	7:55	7.6
521	<b>STAŚKIEWICZ Beata</b>	<b>666</b>	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	<b>00:40:00.40</b>	+00:22:12	8:00	7.5
522	<b>PRASAK Sabina</b>	<b>650</b>	POGORIA BIEGA	40-49	225		00:20:27	<b>00:40:37.50</b>	+00:22:49	8:07	7.4
523	<b>JANKOWSKA Anita</b>	<b>758</b>		50-59	54	5===	00:19:55	<b>00:40:50.20</b>	+00:23:02	8:10	7.3
524	<b>NIEDŹWIEDŹ Julia</b>	<b>859</b>		16-19	7		00:19:38	<b>00:40:52.55</b>	+00:23:04	8:10	7.3
525	<b>TOMCZYK Anna</b>	<b>750</b>		30-39	175		00:20:25	<b>00:40:58.80</b>	+00:23:11	8:11	7.3
526	<b>BURYAN Kamila</b>	<b>645</b>		30-39	176		00:20:21	<b>00:41:07.45</b>	+00:23:19	8:13	7.3
527	<b>BOGUSZ-WIŚNIEWSKA Janina</b>	<b>760</b>		50-59	55		00:20:14	<b>00:41:18.45</b>	+00:23:30	8:15	7.3
528	<b>NIEDZIOŁKO Bożena</b>	<b>285</b>	KOBIETY NA 5+	50-59	56	Kobiety na 5+	00:20:07	<b>00:41:21.70</b>	+00:23:34	8:16	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
529	<b>SZCZEPANIK Aleksandra</b>	<b>526</b>	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	<b>00:41:21.95</b>	+00:23:34	8:16	7.3
530	<b>CIBIS Agnieszka</b>	<b>51</b>	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	<b>00:41:23.55</b>	+00:23:35	8:16	7.2
531	<b>SAWICKA Agnieszka</b>	<b>585</b>	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZLO BETLEJEM	00:20:10	<b>00:41:24.45</b>	+00:23:36	8:16	7.2
532	<b>BOBER Aneta</b>	<b>676</b>		30-39	178		00:20:24	<b>00:41:41.05</b>	+00:23:53	8:20	7.2
533	<b>WOJTAL Danuta</b>	<b>734</b>	ASWC	40-49	228		00:20:33	<b>00:41:49.65</b>	+00:24:02	8:21	7.2
534	<b>FODER Alicja</b>	<b>902</b>	PĘDZĄCE ŻÓŁWE	50-59	57	PĘDZĄCE ŻÓŁWE	00:21:11	<b>00:42:11.85</b>	+00:24:24	8:26	7.1
535	<b>KUBICIUS Zofia</b>	<b>689</b>	OLZA CIESZYN	30-39	179	Olza Cieszyn	00:21:04	<b>00:42:41.15</b>	+00:24:53	8:32	7
536	<b>BŁASZCZYK Marta</b>	<b>776</b>		30-39	180		00:19:49	<b>00:42:55.80</b>	+00:25:08	8:35	7
537	<b>SZCZEGODZIŃSKA Katarzyna</b>	<b>381</b>		30-39	181		00:21:50	<b>00:44:18.15</b>	+00:26:30	8:51	6.8
538	<b>ZĘBIK Grażyna</b>	<b>836</b>		40-49	229		00:22:11	<b>00:45:01.65</b>	+00:27:14	9:00	6.7
539	<b>HABER Karolina</b>	<b>584</b>		20-29	49	Miechowska Grupa Biegowa	00:22:41	<b>00:45:58.80</b>	+00:28:11	9:11	6.5
540	<b>SKOCZYKŁODA Iwona</b>	<b>877</b>		40-49	230	Wymyślanka	00:22:46	<b>00:46:15.95</b>	+00:28:28	9:15	6.5
541	<b>KUNERT Katarzyna</b>	<b>865</b>		40-49	231	Wymyślanka	00:22:47	<b>00:46:16.45</b>	+00:28:28	9:15	6.5
542	<b>BARTNICKA Barbara</b>	<b>649</b>	RUNTEAM PAWŁOWICE	30-39	182	RUNTEAM Pawłowice	00:22:56	<b>00:46:21.20</b>	+00:28:33	9:16	6.5
543	<b>SZYMAŃSKA Magdalena</b>	<b>647</b>		30-39	183		00:22:58	<b>00:46:22.00</b>	+00:28:34	9:16	6.5
544	<b>KWIATOŃ Patrycja</b>	<b>630</b>	RUNTEAM PAWŁOWICE	30-39	184	RUNTEAM Pawłowice	00:22:58	<b>00:46:22.65</b>	+00:28:35	9:16	6.5
545	<b>RUP Sabina</b>	<b>752</b>		40-49	232		00:23:12	<b>00:47:43.75</b>	+00:29:56	9:32	6.3
546	<b>KULCZYCKA- PRUSZYŃSKA Krystyna</b>	<b>662</b>		50-59	58		00:24:12	<b>00:48:47.90</b>	+00:31:00	9:45	6.1
547	<b>ŻEBROWSKA Weronika</b>	<b>730</b>	MORS HUBERTUS	20-29	50		00:25:03	<b>00:50:31.80</b>	+00:32:44	10:06	5.9
548	<b>KOLORZ Teresa</b>	<b>705</b>		60+	17		00:24:55	<b>00:51:24.85</b>	+00:33:37	10:16	5.8
549	<b>KALUS Wioletta</b>	<b>860</b>		40-49	233		00:24:27	<b>00:51:27.40</b>	+00:33:39	10:17	5.8
550	<b>HABER Kasia</b>	<b>592</b>		50-59	59	Miechowska Grupa Biegowa		<b>00:51:30.70</b>	+00:33:43	10:18	5.8
551	<b>DOMINIAK Monika</b>	<b>846</b>		40-49	234		00:26:40	<b>00:53:39.70</b>	+00:35:52	10:43	5.6
552		<b>5017</b>		50-59	60		00:26:26	<b>00:54:40.95</b>	+00:36:53	10:56	5.5
553	<b>WUJKOWSKA Ewa</b>	<b>771</b>		60+	18		00:24:27		+00:15:42	9:46	6.1
554	<b>POŁOMSKA Edyta</b>	<b>128</b>	POŁOMSCY TEAM	40-49	235						

Znaleziono 554 wynik(ów)