



# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2022  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2022-05-22  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>82</b>	TRENUN Z SANDRĄ	30-39	1	Trenuj z Sandrą		00:00:00	00:08:05	<b>00:18:32.55</b>	<b>00:18:32.55</b>		3:29	17.2 (100%)
2	<b>MENDECKA-ZEJDLER Michalina</b>	<b>7</b>		30-39	2	PĘDZIWIATRY		00:00:00	00:08:34	<b>00:18:55.90</b>	<b>00:18:55.90</b>	+00:00:23 (2.1%)	3:34	16.8 (97.7%)
3	<b>GRIMAN Joanna</b>	<b>39</b>	MOJŻYSZ TEAM/ERIGO	40-49	1	PĘDZIWIATRY		00:00:00	00:08:27	<b>00:18:58.95</b>	<b>00:18:58.95</b>	+00:00:26 (2.3%)	3:34	16.8 (97.7%)
4	<b>SUWAJ Aneta</b>	<b>42</b>	NIEBIESKIE DZIEWCZYNY	30-39	3	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:35	<b>00:19:07.60</b>	<b>00:19:07.60</b>	+00:00:35 (3.1%)	3:36	16.6 (96.5%)
5	<b>WOJTYŁA-SIKORA Barbara</b>	<b>41</b>	NIEBIESKIE DZIEWCZYNY	20-29	1	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:36	<b>00:19:21.05</b>	<b>00:19:21.05</b>	+00:00:48 (4.2%)	3:39	16.4 (95.3%)
6	<b>BODNAR Anna</b>	<b>57</b>	ANIA HALSKA COACHING	40-49	2		Ania Halska Coaching	00:00:00	00:08:46	<b>00:19:46.20</b>	<b>00:19:46.20</b>	+00:01:13 (6.2%)	3:43	16.1 (93.6%)
7	<b>DYRLAGA Justyna</b>	<b>54</b>	JUSTFEELFIT	30-39	4	JustFeelFit		00:00:00	00:09:12	<b>00:20:35.60</b>	<b>00:20:35.60</b>	+00:02:03 (10.0%)	3:53	15.4 (89.5%)
8	<b>BIELIŃSKA Monika</b>	<b>25</b>	DOROTA I MONIKA	30-39	5	PĘDZIWIATRY	DOROTA I MONIKA	00:00:00	00:09:13	<b>00:20:37.10</b>	<b>00:20:37.10</b>	+00:02:04 (10.1%)	3:53	15.4 (89.5%)
9	<b>KRUPOWICZ Wiktoria</b>	<b>71</b>	ANIA HALSKA COACHING	20-29	2		Ania Halska Coaching	00:00:00	00:09:06	<b>00:20:49.10</b>	<b>00:20:49.10</b>	+00:02:16 (10.9%)	3:55	15.3 (89.0%)
10	<b>DZIUK Dagmara</b>	<b>84</b>	TL ATHLETICS JASTRZĘBIE	30-39	6			00:00:00	00:09:14	<b>00:20:58.10</b>	<b>00:20:58.10</b>	+00:02:25 (11.6%)	3:57	15.2 (88.4%)
11	<b>GOS Basia</b>	<b>80</b>		50-59	1	Burza Team		00:00:00	00:09:25	<b>00:21:02.80</b>	<b>00:21:02.80</b>	+00:02:30 (11.9%)	3:58	15.1 (87.8%)
12	<b>LEWICKA Elżbieta</b>	<b>43</b>	NIEZRZESZONA	40-49	3			00:00:00	00:09:23	<b>00:21:10.95</b>	<b>00:21:10.95</b>	+00:02:38 (12.5%)	3:59	15 (87.2%)
13	<b>CZYŻ Katarzyna</b>	<b>60</b>	TL POGOŃ RUDA ŚLĄSKA	40-49	4			00:00:00	00:09:17	<b>00:21:15.50</b>	<b>00:21:15.50</b>	+00:02:42 (12.8%)	4:00	15 (87.2%)
14	<b>SZELEST Barbara</b>	<b>78</b>	BURZA TEAM	40-49	5	Burza Team		00:00:00	00:09:24	<b>00:21:15.90</b>	<b>00:21:15.90</b>	+00:02:43 (12.8%)	4:00	15 (87.2%)
15	<b>STRZELCZYK Ewa</b>	<b>61</b>	HURAGAN LIGOTA	40-49	6	Huragan Ligota		00:00:00	00:09:24	<b>00:21:21.60</b>	<b>00:21:21.60</b>	+00:02:49 (13.2%)	4:01	14.9 (86.6%)
16	<b>STUHLIK Magdalena</b>	<b>663</b>	TRENUJ Z SANDRĄ	40-49	7	Trenuj z Sandrą		00:00:00	00:09:16	<b>00:21:29.75</b>	<b>00:21:29.75</b>	+00:02:57 (13.7%)	4:03	14.8 (86.0%)
17	<b>REDZIK Dorota</b>	<b>76</b>	DOROTA I MONIKA	30-39	7	Never Too Late	DOROTA I MONIKA	00:00:00	00:09:35	<b>00:21:30.65</b>	<b>00:21:30.65</b>	+00:02:58 (13.8%)	4:03	14.8 (86.0%)
18	<b>ADAMCZYK-NOWAK Beata</b>	<b>16</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	8	Miechowicka Grupa Biegowa		00:00:00	00:09:25	<b>00:21:32.05</b>	<b>00:21:32.05</b>	+00:02:59 (13.9%)	4:03	14.8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
19	<b>MROWIEC Kinga</b>	<b>66</b>	TL POGOŃ RUDA ŚLĄSKA	20-29	3			00:00:00	00:09:36	<b>00:21:34.80</b>	<b>00:21:34.80</b>	+00:03:02 (14.1%)	4:04	14.7 (85.5%)
20	<b>ANDROSZ Beata</b>	<b>6</b>	BBL RUDA ŚLĄSKA	40-49	9	BBL Ruda Śląska		00:00:00	00:09:32	<b>00:21:48.40</b>	<b>00:21:48.40</b>	+00:03:15 (15.0%)	4:06	14.6 (84.9%)
21	<b>DOMIAN Paulina</b>	<b>172</b>		30-39	8			00:00:00	00:09:34	<b>00:21:57.70</b>	<b>00:21:57.70</b>	+00:03:25 (15.6%)	4:08	14.5 (84.3%)
22	<b>MALEJKA Katarzyna</b>	<b>3</b>	HURAGAN LIGOTA	50-59	2			00:00:00	00:09:38	<b>00:21:59.75</b>	<b>00:21:59.75</b>	+00:03:27 (15.7%)	4:08	14.5 (84.3%)
23	<b>PARZYCH Katarzyna</b>	<b>31</b>		40-49	10			00:00:00	00:09:51	<b>00:22:06.70</b>	<b>00:22:06.70</b>	+00:03:34 (16.1%)	4:10	14.4 (83.7%)
24	<b>FILEC Wiktoria</b>	<b>789</b>	RMKS RYBNIK	20-29	4	PIĘKNE I BESTIA		00:00:00	00:09:47	<b>00:22:11.05</b>	<b>00:22:11.05</b>	+00:03:38 (16.4%)	4:11	14.3 (83.1%)
25	<b>SZATKA Beata</b>	<b>752</b>	DY CZUŚ TEAM	40-49	11	Dyczuś Team		00:00:00	00:09:48	<b>00:22:19.40</b>	<b>00:22:19.40</b>	+00:03:46 (16.9%)	4:12	14.2 (82.6%)
26	<b>JANKO Anna</b>	<b>73</b>	HRMAX DZIOŁSZKI	30-39	9	HRmax Dziołszki		00:00:00	00:09:56	<b>00:22:26.85</b>	<b>00:22:26.85</b>	+00:03:54 (17.4%)	4:13	14.2 (82.6%)
27	<b>ZĘBIK Grażyna</b>	<b>20</b>		40-49	12	Olza Cieszyn		00:00:00	00:09:54	<b>00:22:42.85</b>	<b>00:22:42.85</b>	+00:04:10 (18.4%)	4:16	14 (81.4%)
28	<b>NENKO Barbara</b>	<b>30</b>		40-49	13			00:00:00	00:10:07	<b>00:22:50.60</b>	<b>00:22:50.60</b>	+00:04:18 (18.8%)	4:18	13.9 (80.8%)
29	<b>TELEUCKA Sandra</b>	<b>35</b>	AKADEMIA BIEGANIA	20-29	5			00:00:00	00:09:59	<b>00:23:01.15</b>	<b>00:23:01.15</b>	+00:04:28 (19.4%)	4:20	13.8 (80.2%)
30	<b>NOWAK Beata</b>	<b>27</b>	OLZA CIESZYN	50-59	3	Olza Cieszyn		00:00:00	00:10:03	<b>00:23:07.95</b>	<b>00:23:07.95</b>	+00:04:35 (19.8%)	4:21	13.8 (80.2%)
31	<b>RATAJ Barbara</b>	<b>155</b>	DIABEŁKI CHARLIEGO	30-39	10	Jejkowice Biegają	Diabełki Charliego	00:00:00	00:10:00	<b>00:23:08.60</b>	<b>00:23:08.60</b>	+00:04:36 (19.9%)	4:21	13.7 (79.7%)
32	<b>FANGOR-GRAB Agata</b>	<b>665</b>	RESHAPE RUNNERS	30-39	11			00:00:00	00:10:06	<b>00:23:09.45</b>	<b>00:23:09.45</b>	+00:04:36 (19.9%)	4:22	13.7 (79.7%)
33	<b>KOPIEC Izabela</b>	<b>2</b>		40-49	14			00:00:00	00:10:16	<b>00:23:09.95</b>	<b>00:23:09.95</b>	+00:04:37 (20.0%)	4:22	13.7 (79.7%)
34	<b>SUSHKO Maryna</b>	<b>143</b>		30-39	12			00:00:00	00:10:17	<b>00:23:10.05</b>	<b>00:23:10.05</b>	+00:04:37 (20.0%)	4:22	13.7 (79.7%)
35	<b>CZYŻ Leonarda</b>	<b>17</b>	OLZA CIESZYN	40-49	15	Olza Cieszyn		00:00:00	00:10:05	<b>00:23:10.70</b>	<b>00:23:10.70</b>	+00:04:38 (20.0%)	4:22	13.7 (79.7%)
36	<b>WRÓBLEWSKA Judyta</b>	<b>32</b>	KLUB BIEGACZA FARTLEK	20-29	6			00:00:00	00:10:22	<b>00:23:10.90</b>	<b>00:23:10.90</b>	+00:04:38 (20.0%)	4:22	13.7 (79.7%)
37	<b>JURASZEK Elzbieta</b>	<b>37</b>	JUSTFEELFIT	30-39	13	JustFeelFit		00:00:00	00:10:19	<b>00:23:14.55</b>	<b>00:23:14.55</b>	+00:04:42 (20.2%)	4:23	13.7 (79.7%)
38	<b>KUDIO Daria</b>	<b>65</b>		30-39	14	PIĘKNE I BESTIA		00:00:00	00:10:19	<b>00:23:23.45</b>	<b>00:23:23.45</b>	+00:04:50 (20.7%)	4:24	13.6 (79.1%)
39	<b>GRIMAN Martyna</b>	<b>38</b>	RMKS RYBNIK	16-19	1	PIĘKNE I BESTIA		00:00:00	00:10:30	<b>00:23:25.45</b>	<b>00:23:25.45</b>	+00:04:52 (20.8%)	4:25	13.6 (79.1%)
40	<b>SZAFARCZYK Eugenia</b>	<b>14</b>	RUNSZ-TEAM	60+	1	Niedoścignione		00:00:00	00:10:14	<b>00:23:26.75</b>	<b>00:23:26.75</b>	+00:04:54 (20.9%)	4:25	13.6 (79.1%)
41	<b>POZNIAK Małgorzata</b>	<b>110</b>		20-29	7			00:00:00	00:10:20	<b>00:23:40.10</b>	<b>00:23:40.10</b>	+00:05:07 (21.7%)	4:27	13.4 (77.9%)
42	<b>BINIENDA Agnieszka</b>	<b>765</b>	KOBIETY WATAHY	40-49	16			00:00:00	00:10:36	<b>00:23:42.50</b>	<b>00:23:42.50</b>	+00:05:09 (21.8%)	4:28	13.4 (77.9%)
43	<b>OLEŚ-ZDECHLIK Beata</b>	<b>206</b>		30-39	15			00:00:00	00:10:27	<b>00:23:53.35</b>	<b>00:23:53.35</b>	+00:05:20 (22.4%)	4:30	13.3 (77.3%)
44	<b>PANKIEWICZ Magdalena</b>	<b>183</b>	DY CZUŚ TEAM	30-39	16	Dyczuś Team		00:00:00	00:10:32	<b>00:23:56.05</b>	<b>00:23:56.05</b>	+00:05:23 (22.5%)	4:30	13.3 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
45	<b>POZNIAK Maria</b>	<b>610</b>		20-29	8			00:00:00	00:10:22	<b>00:24:02.25</b>	<b>00:24:02.25</b>	+00:05:29 (22.9%)	4:32	13.2 (76.7%)
46	<b>BOGUSŁAWSKA Angelika</b>	<b>227</b>	NESSI TIME ŻORY	30-39	17			00:00:00	00:10:11	<b>00:24:13.50</b>	<b>00:24:13.50</b>	+00:05:40 (23.5%)	4:34	13.1 (76.2%)
47	<b>PERKOWSKA Daria</b>	<b>154</b>	KOBIETY NA 5+	40-49	17			00:00:00	00:10:26	<b>00:24:14.55</b>	<b>00:24:14.55</b>	+00:05:42 (23.5%)	4:34	13.1 (76.2%)
48	<b>BARSKA Agnieszka</b>	<b>754</b>	DY CZUŚ TEAM	40-49	18	Dyczuś Team		00:00:00	00:10:44	<b>00:24:16.70</b>	<b>00:24:16.70</b>	+00:05:44 (23.6%)	4:34	13.1 (76.2%)
49	<b>FOJCIK-PUSTELNIK Karolina</b>	<b>915</b>	HÓNYM DO METY	40-49	19			00:00:00	00:10:42	<b>00:24:18.50</b>	<b>00:24:18.50</b>	+00:05:45 (23.7%)	4:35	13.1 (76.2%)
50	<b>GREENE Agnieszka</b>	<b>196</b>		40-49	20			00:00:00	00:10:42	<b>00:24:21.65</b>	<b>00:24:21.65</b>	+00:05:49 (23.9%)	4:35	13.1 (76.2%)
51	<b>WRÓBEL Katarzyna</b>	<b>310</b>	JUSTFEELFIT	30-39	18	JustFeelFit		00:00:00	00:10:40	<b>00:24:22.55</b>	<b>00:24:22.55</b>	+00:05:50 (23.9%)	4:35	13.1 (76.2%)
52	<b>PILCH Natalia</b>	<b>22</b>	OLZA CIESZYN	30-39	19	Olza Cieszyn		00:00:00	00:10:55	<b>00:24:23.90</b>	<b>00:24:23.90</b>	+00:05:51 (24.0%)	4:36	13 (75.6%)
53	<b>ZEMLAK Adriana</b>	<b>224</b>		30-39	20			00:00:00	00:10:58	<b>00:24:24.05</b>	<b>00:24:24.05</b>	+00:05:51 (24.0%)	4:36	13 (75.6%)
54	<b>WOWRY Sylwia</b>	<b>52</b>	OLZA CIESZYN	40-49	21	Olza Cieszyn		00:00:00	00:10:46	<b>00:24:40.20</b>	<b>00:24:40.20</b>	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
55	<b>GRYCMAN Marta</b>	<b>124</b>	MARTA I ANITA	30-39	21		Marta i Anita	00:00:00	00:10:42	<b>00:24:40.25</b>	<b>00:24:40.25</b>	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
56	<b>MENDECKA Daria</b>	<b>9</b>	MOSIR ŁAZISKA GÓRNE	30-39	22			00:00:00	00:10:32	<b>00:24:40.40</b>	<b>00:24:40.40</b>	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
57	<b>SITKO Agnieszka</b>	<b>299</b>		30-39	23	Radlinioki w biegu		00:00:00	00:10:52	<b>00:24:42.15</b>	<b>00:24:42.15</b>	+00:06:09 (24.9%)	4:39	12.9 (75.0%)
58	<b>MIELAŃCZYK Patrycja</b>	<b>212</b>		30-39	24			00:00:00	00:10:27	<b>00:24:45.95</b>	<b>00:24:45.95</b>	+00:06:13 (25.1%)	4:40	12.8 (74.4%)
59	<b>SICH- SOSNA Agnieszka</b>	<b>51</b>		50-59	4			00:00:00	00:11:05	<b>00:24:47.20</b>	<b>00:24:47.20</b>	+00:06:14 (25.2%)	4:40	12.8 (74.4%)
60	<b>KUCZEK Katarzyna</b>	<b>77</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	22			00:00:00	00:10:37	<b>00:24:48.00</b>	<b>00:24:48.00</b>	+00:06:15 (25.2%)	4:40	12.8 (74.4%)
61	<b>MISTEROWICZ Kinga</b>	<b>18</b>	RUNSZ-TEAM	30-39	25	Niedoścignione		00:00:00	00:10:49	<b>00:24:52.70</b>	<b>00:24:52.70</b>	+00:06:20 (25.5%)	4:41	12.8 (74.4%)
62	<b>PIOTROWSKA Anna</b>	<b>50</b>	HURAGAN LIGOTA	40-49	23	Huragan Ligota		00:00:00	00:10:59	<b>00:24:56.05</b>	<b>00:24:56.05</b>	+00:06:23 (25.6%)	4:42	12.8 (74.4%)
63	<b>MENDLA Agata</b>	<b>122</b>		30-39	26	ŁAPACZKI Zachodów słońca		00:00:00	00:10:47	<b>00:25:02.90</b>	<b>00:25:02.90</b>	+00:06:30 (26.0%)	4:43	12.7 (73.8%)
64	<b>HORDZIEJEWICZ Ewa</b>	<b>331</b>		50-59	5	CrossfitBrothers		00:00:00	00:11:23	<b>00:25:10.40</b>	<b>00:25:10.40</b>	+00:06:37 (26.3%)	4:44	12.6 (73.3%)
65	<b>STABLA Ksenia</b>	<b>313</b>	AKTWN I LYSKI	40-49	24			00:00:00	00:11:02	<b>00:25:11.65</b>	<b>00:25:11.65</b>	+00:06:39 (26.4%)	4:45	12.6 (73.3%)
66	<b>KRAKOWCZYK Karolina</b>	<b>282</b>	ŁAPACZKI ZACHODÓW SŁOŃCA	30-39	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:50	<b>00:25:13.15</b>	<b>00:25:13.15</b>	+00:06:40 (26.5%)	4:45	12.6 (73.3%)
67	<b>KILAROVA Jana</b>	<b>217</b>	MK SEITL OSTRAVA	40-49	25			00:00:00	00:10:51	<b>00:25:14.00</b>	<b>00:25:14.00</b>	+00:06:41 (26.5%)	4:45	12.6 (73.3%)
68	<b>HANDZLIK-STARZYK Anna</b>	<b>8</b>	WIEWIÓRKI ZIMNOKRWISTE	40-49	26	Wiewiórki Zimnokrwiste		00:00:00	00:11:05	<b>00:25:14.70</b>	<b>00:25:14.70</b>	+00:06:42 (26.5%)	4:45	12.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
69	<b>PRZYŁĘCKA-HUSSAR Agnieszka</b>	<b>81</b>		30-39	28			00:00:00	00:10:55	<b>00:25:15.90</b>	<b>00:25:15.90</b>	+00:06:43 (26.6%)	4:45	12.6 (73.3%)
70	<b>RAŹNIAK Beata</b>	<b>109</b>	KOBIETY NA 5 +	50-59	6	Kobiety na 5+		00:00:00	00:10:25	<b>00:25:17.75</b>	<b>00:25:17.75</b>	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
71	<b>HELIOSZ Agnieszka</b>	<b>44</b>	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:55	<b>00:25:17.90</b>	<b>00:25:17.90</b>	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
72	<b>KOŻUCH Emilia</b>	<b>405</b>	DZIKUSKI	40-49	28		Dzikuski	00:00:00		<b>00:25:18.10</b>	<b>00:25:18.10</b>	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
73	<b>NGUYEN Dorota</b>	<b>686</b>	RYBNICKA GRUPA BIEGOWA , RADLINIOKI W BIEGU	30-39	29			00:00:00	00:11:01	<b>00:25:20.30</b>	<b>00:25:20.30</b>	+00:06:47 (26.8%)	4:46	12.6 (73.3%)
74	<b>TRYBAŁA Danuta</b>	<b>603</b>	WATAHA	30-39	30	WATAHA		00:00:00	00:10:55	<b>00:25:21.05</b>	<b>00:25:21.05</b>	+00:06:48 (26.9%)	4:46	12.5 (72.7%)
75	<b>GNAŚ Anna</b>	<b>162</b>	ALPIN SPORT HOKA ONE ONE TEAM	30-39	31		Ana do Bara	00:00:00	00:10:32	<b>00:25:21.85</b>	<b>00:25:21.85</b>	+00:06:49 (26.9%)	4:46	12.5 (72.7%)
76	<b>DAICZMANEK Aleksandra</b>	<b>136</b>		40-49	29			00:00:00	00:11:07	<b>00:25:23.80</b>	<b>00:25:23.80</b>	+00:06:51 (27.0%)	4:47	12.5 (72.7%)
77	<b>LORENZ Agnieszka</b>	<b>130</b>	GB GALOPUJĄCE ŚLIMAKI	40-49	30			00:00:00	00:11:01	<b>00:25:24.55</b>	<b>00:25:24.55</b>	+00:06:52 (27.0%)	4:47	12.5 (72.7%)
78	<b>SICH-ŚWITAŁA Małgorzata</b>	<b>157</b>		40-49	31			00:00:00	00:11:12	<b>00:25:28.00</b>	<b>00:25:28.00</b>	+00:06:55 (27.2%)	4:48	12.5 (72.7%)
79	<b>MENŻYK Joanna</b>	<b>150</b>	MORS HUBERTUS MYSŁOWICE	40-49	32			00:00:00		<b>00:25:29.35</b>	<b>00:25:29.35</b>	+00:06:56 (27.3%)	4:48	12.5 (72.7%)
80	<b>GABER Magdalena</b>	<b>876</b>		40-49	33			00:00:00	00:11:18	<b>00:25:29.70</b>	<b>00:25:29.70</b>	+00:06:57 (27.3%)	4:48	12.5 (72.7%)
81	<b>POŁOMSKA Edyta</b>	<b>177</b>	POLOMSCY TEAM	40-49	34			00:00:00	00:10:56	<b>00:25:33.25</b>	<b>00:25:33.25</b>	+00:07:00 (27.4%)	4:49	12.4 (72.1%)
82	<b>DOMINIKA Kupczak</b>	<b>1077</b>		16-19	2			00:00:00	00:10:51	<b>00:25:34.60</b>	<b>00:25:34.60</b>	+00:07:02 (27.5%)	4:49	12.4 (72.1%)
83	<b>FURMANEK Ela</b>	<b>53</b>	HURAGAN LIGOTA	50-59	7	Huragan Ligota		00:00:00	00:11:20	<b>00:25:35.45</b>	<b>00:25:35.45</b>	+00:07:02 (27.5%)	4:49	12.4 (72.1%)
84	<b>MAZUR Małgorzata</b>	<b>180</b>		40-49	35			00:00:00	00:11:06	<b>00:25:36.25</b>	<b>00:25:36.25</b>	+00:07:03 (27.6%)	4:49	12.4 (72.1%)
85	<b>LISZKA Ela</b>	<b>218</b>	FIT WARIATKI	40-49	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:15	<b>00:25:39.70</b>	<b>00:25:39.70</b>	+00:07:07 (27.7%)	4:50	12.4 (72.1%)
86	<b>RAFA Asia</b>	<b>46</b>		40-49	37			00:00:00	00:11:06	<b>00:25:43.85</b>	<b>00:25:43.85</b>	+00:07:11 (27.9%)	4:51	12.4 (72.1%)
87	<b>CHORCHOS Magda</b>	<b>769</b>		30-39	32			00:00:00	00:11:03	<b>00:25:45.45</b>	<b>00:25:45.45</b>	+00:07:12 (28.0%)	4:51	12.3 (71.5%)
88	<b>BANAŚ Wioleta</b>	<b>431</b>	OPEL FIJAŁKOWSKI	30-39	33	OPEL FIJAŁKOWSKI		00:00:00	00:11:34	<b>00:25:47.05</b>	<b>00:25:47.05</b>	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
89	<b>KUPCZAK Jagoda</b>	<b>788</b>	JUSTFEELFIT	30-39	34	JustFeelFit		00:00:00	00:11:38	<b>00:25:47.10</b>	<b>00:25:47.10</b>	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
89	<b>KRUZ Joanna</b>	<b>322</b>	NESSI TEAM	40-49	38			00:00:00	00:11:39	<b>00:25:47.10</b>	<b>00:25:47.10</b>	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
91	<b>LEPA Klaudia</b>	<b>134</b>	BBL RUDA ŚLĄSKA	20-29	9	BBL Ruda Śląska		00:00:00	00:10:50	<b>00:25:49.90</b>	<b>00:25:49.90</b>	+00:07:17 (28.2%)	4:52	12.3 (71.5%)
92	<b>DOMIN-ZBYL Agnieszka</b>	<b>148</b>		50-59	8			00:00:00	00:11:17	<b>00:25:51.05</b>	<b>00:25:51.05</b>	+00:07:18 (28.3%)	4:52	12.3 (71.5%)
93	<b>KWAPISZ-BONUSIAK Dorota</b>	<b>280</b>		30-39	35			00:00:00	00:11:10	<b>00:25:56.40</b>	<b>00:25:56.40</b>	+00:07:23 (28.5%)	4:53	12.3 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
94	<b>BREJNAK Agnieszka</b>	<b>219</b>	FIT WARIATKI	30-39	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:13	<b>00:25:58.15</b>	<b>00:25:58.15</b>	+00:07:25 (28.6%)	4:53	12.2 (70.9%)
95	<b>PIWOŃSKA Adriana</b>	<b>96</b>	INTERAKTYWNI KROSTOSZOWICE	40-49	39	ŁAPACZKI Zachodów słońca		00:00:00	00:11:18	<b>00:26:02.90</b>	<b>00:26:02.90</b>	+00:07:30 (28.8%)	4:54	12.2 (70.9%)
96	<b>WRUCHA Sylwia</b>	<b>377</b>		40-49	40			00:00:00	00:11:12	<b>00:26:03.70</b>	<b>00:26:03.70</b>	+00:07:31 (28.9%)	4:54	12.2 (70.9%)
97	<b>GENSTY Klaudia</b>	<b>145</b>	KK	60+	2		KK	00:00:00	00:11:38	<b>00:26:06.40</b>	<b>00:26:06.40</b>	+00:07:33 (29.0%)	4:55	12.2 (70.9%)
98	<b>PIOTROWSKA Anna</b>	<b>336</b>	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	41	ŁAPACZKI Zachodów słońca		00:00:00	00:11:19	<b>00:26:13.40</b>	<b>00:26:13.40</b>	+00:07:40 (29.3%)	4:56	12.1 (70.3%)
99	<b>KONKOL-PEPŁOWSKA Martyna</b>	<b>229</b>		40-49	42			00:00:00		<b>00:26:13.90</b>	<b>00:26:13.90</b>	+00:07:41 (29.3%)	4:56	12.1 (70.3%)
100	<b>GŁUSZEK Ula</b>	<b>759</b>	DY CZUŚ TEAM	40-49	43	Dyczuś Team		00:00:00	00:11:23	<b>00:26:14.20</b>	<b>00:26:14.20</b>	+00:07:41 (29.3%)	4:56	12.1 (70.3%)
101	<b>KANTOROWSKA Ania</b>	<b>101</b>	POWOLI DO CELU	30-39	37	PoWoli do Celu		00:00:00	00:11:18	<b>00:26:16.25</b>	<b>00:26:16.25</b>	+00:07:43 (29.4%)	4:57	12.1 (70.3%)
102	<b>BROCKA Anita</b>	<b>102</b>	MARTA I ANITA	40-49	44		Marta i Anita	00:00:00	00:11:19	<b>00:26:19.75</b>	<b>00:26:19.75</b>	+00:07:47 (29.6%)	4:57	12.1 (70.3%)
103	<b>ZDUNIAK Anita</b>	<b>429</b>		20-29	10			00:00:00	00:11:42	<b>00:26:22.05</b>	<b>00:26:22.05</b>	+00:07:49 (29.7%)	4:58	12.1 (70.3%)
104	<b>HOŁYŃSKA-URBASIK Karolina</b>	<b>997</b>	KAROLINA I ASIA	30-39	38		Karolina i Asia	00:00:00	00:11:05	<b>00:26:23.30</b>	<b>00:26:23.30</b>	+00:07:50 (29.7%)	4:58	12.1 (70.3%)
105	<b>MASŁOWSKA Katarzyna</b>	<b>453</b>	AKTYWNI LYSKI	40-49	45			00:00:00	00:11:30	<b>00:26:30.25</b>	<b>00:26:30.25</b>	+00:07:57 (30.0%)	5:00	12 (69.8%)
106	<b>PIWISZKIS Barbara</b>	<b>4</b>	KOBIETY NA 5 +	40-49	46	Kobiety na 5+	Ana do Bara	00:00:00	00:10:58	<b>00:26:30.85</b>	<b>00:26:30.85</b>	+00:07:58 (30.1%)	5:00	12 (69.8%)
107	<b>PIŃKOWSKA Angelika</b>	<b>85</b>		30-39	39			00:00:00	00:12:05	<b>00:26:36.00</b>	<b>00:26:36.00</b>	+00:08:03 (30.3%)	5:01	12 (69.8%)
108	<b>BARCIEWICZ Kinga</b>	<b>1217</b>		30-39	40			00:00:00	00:11:08	<b>00:26:38.00</b>	<b>00:26:38.00</b>	+00:08:05 (30.4%)	5:01	11.9 (69.2%)
108	<b>MUSIAŁ Maria</b>	<b>179</b>		50-59	9			00:00:00	00:11:45	<b>00:26:38.00</b>	<b>00:26:38.00</b>	+00:08:05 (30.4%)	5:01	11.9 (69.2%)
110	<b>ŁAPA Julia</b>	<b>83</b>		20-29	11			00:00:00	00:11:40	<b>00:26:39.30</b>	<b>00:26:39.30</b>	+00:08:06 (30.4%)	5:01	11.9 (69.2%)
111	<b>KOTOWICZ Anna</b>	<b>184</b>		40-49	47			00:00:00	00:11:34	<b>00:26:39.45</b>	<b>00:26:39.45</b>	+00:08:06 (30.4%)	5:01	11.9 (69.2%)
112	<b>MAŁECKA Aleksandra</b>	<b>866</b>	BBAM	30-39	41		BBAM	00:00:00	00:11:56	<b>00:26:40.55</b>	<b>00:26:40.55</b>	+00:08:08 (30.5%)	5:01	11.9 (69.2%)
113	<b>WITOS-GRZYBOWSKA Renata</b>	<b>690</b>	JUSTFEELFIT	30-39	42	JustFeelFit		00:00:00	00:11:27	<b>00:26:41.70</b>	<b>00:26:41.70</b>	+00:08:09 (30.5%)	5:02	11.9 (69.2%)
114	<b>PASTUCHA Anna</b>	<b>87</b>		60+	3			00:00:00	00:11:41	<b>00:26:45.25</b>	<b>00:26:45.25</b>	+00:08:12 (30.7%)	5:02	11.9 (69.2%)
115	<b>GRZONKA Magdalena</b>	<b>554</b>		40-49	48			00:00:00	00:11:38	<b>00:26:46.10</b>	<b>00:26:46.10</b>	+00:08:13 (30.7%)	5:03	11.9 (69.2%)
116	<b>SZULC Marta</b>	<b>223</b>	BURZA TEAM	30-39	43	Burza Team		00:00:00	00:11:21	<b>00:26:47.70</b>	<b>00:26:47.70</b>	+00:08:15 (30.8%)	5:03	11.9 (69.2%)
117	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>149</b>	NESSI TIME ŻORY	30-39	44			00:00:00	00:12:04	<b>00:26:49.35</b>	<b>00:26:49.35</b>	+00:08:16 (30.9%)	5:03	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
118	<b>PAJESTKA Katarzyna</b>	<b>151</b>		40-49	49			00:00:00	00:12:06	<b>00:26:49.50</b>	<b>00:26:49.50</b>	+00:08:16 (30.9%)	5:03	11.9 (69.2%)
119	<b>SZOJDA Paulina</b>	<b>508</b>	VIKING TRAINING CENTER	40-49	50			00:00:00	00:12:03	<b>00:26:51.00</b>	<b>00:26:51.00</b>	+00:08:18 (30.9%)	5:03	11.8 (68.6%)
120	<b>TRYBAŁA Weronika</b>	<b>623</b>	WATAHA	20-29	12	WATAHA		00:00:00	00:11:36	<b>00:26:53.80</b>	<b>00:26:53.80</b>	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
121	<b>PARKITA Justyna</b>	<b>225</b>	BDB TEAM	30-39	45			00:00:00	00:11:45	<b>00:26:53.85</b>	<b>00:26:53.85</b>	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
122	<b>BUJAK Monika</b>	<b>553</b>		40-49	51			00:00:00	00:11:46	<b>00:26:55.65</b>	<b>00:26:55.65</b>	+00:08:23 (31.1%)	5:04	11.8 (68.6%)
123	<b>MUSIOŁ Helena</b>	<b>550</b>		40-49	52			00:00:00	00:11:39	<b>00:26:58.25</b>	<b>00:26:58.25</b>	+00:08:25 (31.2%)	5:05	11.8 (68.6%)
124	<b>KONSEK Anna</b>	<b>746</b>		30-39	46			00:00:00	00:11:58	<b>00:26:59.30</b>	<b>00:26:59.30</b>	+00:08:26 (31.3%)	5:05	11.8 (68.6%)
125	<b>PIJANOWSKA - MALCHAREK Kamila</b>	<b>216</b>	KAMA RUN	40-49	53			00:00:00	00:12:17	<b>00:27:01.00</b>	<b>00:27:01.00</b>	+00:08:28 (31.4%)	5:05	11.8 (68.6%)
126	<b>FRANEK Agata</b>	<b>170</b>		30-39	47			00:00:00	00:11:20	<b>00:27:01.15</b>	<b>00:27:01.15</b>	+00:08:28 (31.4%)	5:05	11.8 (68.6%)
127	<b>JURASZEK Ewelina</b>	<b>181</b>	AGNIESZKA&EWELINA	40-49	54		Agnieszka&Ewelina	00:00:00	00:12:23	<b>00:27:02.05</b>	<b>00:27:02.05</b>	+00:08:29 (31.4%)	5:06	11.8 (68.6%)
128	<b>WODNIAK Angela</b>	<b>254</b>	POWOLI DO CELU	30-39	48	PoWoli do Celu		00:00:00	00:11:30	<b>00:27:03.35</b>	<b>00:27:03.35</b>	+00:08:30 (31.5%)	5:06	11.8 (68.6%)
129	<b>DUSZYŃSKA Marta</b>	<b>222</b>	BURZA TEAM	40-49	55	Burza Team		00:00:00	00:11:51	<b>00:27:03.90</b>	<b>00:27:03.90</b>	+00:08:31 (31.5%)	5:06	11.8 (68.6%)
129	<b>NENKO Jolanta</b>	<b>139</b>		30-39	49			00:00:00	00:11:53	<b>00:27:03.90</b>	<b>00:27:03.90</b>	+00:08:31 (31.5%)	5:06	11.8 (68.6%)
131	<b>CHROBOK Józefa</b>	<b>118</b>	OLZA CIESZYN	50-59	10			00:00:00	00:11:42	<b>00:27:04.25</b>	<b>00:27:04.25</b>	+00:08:31 (31.5%)	5:06	11.7 (68.0%)
132	<b>LERCH Bożena</b>	<b>114</b>		30-39	50			00:00:00	00:11:47	<b>00:27:05.25</b>	<b>00:27:05.25</b>	+00:08:32 (31.5%)	5:06	11.7 (68.0%)
133	<b>GAŁAJDA Monika</b>	<b>12</b>	RADLINIOKI	40-49	56			00:00:00	00:11:52	<b>00:27:06.05</b>	<b>00:27:06.05</b>	+00:08:33 (31.6%)	5:06	11.7 (68.0%)
134	<b>HANARZ Joanna</b>	<b>735</b>		30-39	51	JustFeelFit		00:00:00	00:12:12	<b>00:27:06.45</b>	<b>00:27:06.45</b>	+00:08:33 (31.6%)	5:06	11.7 (68.0%)
135	<b>REINERT Aleksandra</b>	<b>766</b>		40-49	57			00:00:00	00:11:45	<b>00:27:10.25</b>	<b>00:27:10.25</b>	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
135	<b>WANDEL-HANUSEK Agnieszka</b>	<b>644</b>		30-39	52			00:00:00	00:12:23	<b>00:27:10.25</b>	<b>00:27:10.25</b>	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
137	<b>LERCH Maria</b>	<b>116</b>		30-39	53			00:00:00	00:11:44	<b>00:27:10.70</b>	<b>00:27:10.70</b>	+00:08:38 (31.8%)	5:07	11.7 (68.0%)
138	<b>LIPKO Izabela</b>	<b>316</b>		30-39	54			00:00:00	00:12:55	<b>00:27:13.00</b>	<b>00:27:13.00</b>	+00:08:40 (31.9%)	5:08	11.7 (68.0%)
139	<b>GOŁOFIT Edyta</b>	<b>221</b>	OPEL FIJAŁKOWSKI	20-29	13	OPEL FIJAŁKOWSKI		00:00:00	00:12:20	<b>00:27:13.60</b>	<b>00:27:13.60</b>	+00:08:41 (31.9%)	5:08	11.7 (68.0%)
140	<b>PROKOP Iwona</b>	<b>91</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	58			00:00:00	00:11:53	<b>00:27:13.90</b>	<b>00:27:13.90</b>	+00:08:41 (31.9%)	5:08	11.7 (68.0%)
141	<b>GORZELAK Joanna</b>	<b>142</b>	KOBIETY NA 5+	40-49	59	Kobiety na 5+		00:00:00	00:11:54	<b>00:27:19.15</b>	<b>00:27:19.15</b>	+00:08:46 (32.1%)	5:09	11.6 (67.4%)
142	<b>GANCARCZYK Karolina</b>	<b>305</b>	BIEGOWE WARIATY	30-39	55			00:00:00	00:11:57	<b>00:27:22.00</b>	<b>00:27:22.00</b>	+00:08:49 (32.2%)	5:09	11.6 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
143	<b>MARSZAŁKOWSKA Daria</b>	<b>21</b>		30-39	56			00:00:00	00:12:17	<b>00:27:22.30</b>	<b>00:27:22.30</b>	+00:08:49 (32.3%)	5:09	11.6 (67.4%)
144	<b>GAJDA Magdalena</b>	<b>94</b>	MAGDA I OLA	30-39	57		Magda i Ola	00:00:00	00:12:22	<b>00:27:25.35</b>	<b>00:27:25.35</b>	+00:08:52 (32.4%)	5:10	11.6 (67.4%)
145	<b>JUREK Iza</b>	<b>732</b>		40-49	60			00:00:00	00:12:00	<b>00:27:25.95</b>	<b>00:27:25.95</b>	+00:08:53 (32.4%)	5:10	11.6 (67.4%)
146	<b>BARTUSEK Hanna</b>	<b>64</b>		40-49	61			00:00:00	00:12:09	<b>00:27:26.25</b>	<b>00:27:26.25</b>	+00:08:53 (32.4%)	5:10	11.6 (67.4%)
147	<b>WITOS Karolina</b>	<b>685</b>	JUSTFEELFIT	16-19	3			00:00:00	00:11:17	<b>00:27:28.30</b>	<b>00:27:28.30</b>	+00:08:55 (32.5%)	5:10	11.6 (67.4%)
148	<b>LACHOWICZ Izabela</b>	<b>49</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	58			00:00:00	00:12:19	<b>00:27:28.60</b>	<b>00:27:28.60</b>	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
149	<b>KUFKA Judyta</b>	<b>164</b>		30-39	59			00:00:00	00:12:19	<b>00:27:28.75</b>	<b>00:27:28.75</b>	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
150	<b>PUKAS-STĘCLIK Karolina</b>	<b>175</b>		30-39	60			00:00:00	00:12:32	<b>00:27:31.60</b>	<b>00:27:31.60</b>	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
151	<b>ZAKRZEWSKA Sabina</b>	<b>356</b>		30-39	61			00:00:00		<b>00:27:31.85</b>	<b>00:27:31.85</b>	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
152	<b>NYKIEL Małgorzata</b>	<b>146</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	62	Miechowicka Grupa Biegowa		00:00:00	00:12:21	<b>00:27:33.00</b>	<b>00:27:33.00</b>	+00:09:00 (32.7%)	5:11	11.5 (66.9%)
153	<b>CZAPSKA Ewa</b>	<b>92</b>	HURAGAN LIGOTA	60+	4	Huragan Ligota		00:00:00	00:11:56	<b>00:27:33.65</b>	<b>00:27:33.65</b>	+00:09:01 (32.7%)	5:11	11.5 (66.9%)
154	<b>KRYSTEK Beata</b>	<b>214</b>	AHOJ PRZYGODO!	40-49	63		Ahoj Przygodo!	00:00:00	00:12:03	<b>00:27:34.50</b>	<b>00:27:34.50</b>	+00:09:01 (32.8%)	5:12	11.5 (66.9%)
155	<b>REJBICZ Weronika</b>	<b>850</b>		30-39	62			00:00:00	00:12:23	<b>00:27:34.55</b>	<b>00:27:34.55</b>	+00:09:02 (32.8%)	5:12	11.5 (66.9%)
156	<b>SZYPUŁA Ola</b>	<b>123</b>	-	16-19	4			00:00:00	00:12:22	<b>00:27:35.90</b>	<b>00:27:35.90</b>	+00:09:03 (32.8%)	5:12	11.5 (66.9%)
157	<b>BRĄŃKA Barbara</b>	<b>867</b>	BBAM	40-49	64		BBAM	00:00:00	00:12:13	<b>00:27:37.05</b>	<b>00:27:37.05</b>	+00:09:04 (32.9%)	5:12	11.5 (66.9%)
158	<b>WICHER Sabina</b>	<b>132</b>	MONSUN SPORT	30-39	63			00:00:00	00:12:50	<b>00:27:38.50</b>	<b>00:27:38.50</b>	+00:09:05 (32.9%)	5:12	11.5 (66.9%)
159	<b>PYTEL Renata</b>	<b>103</b>	SOBIESKI	50-59	11			00:00:00	00:12:05	<b>00:27:39.50</b>	<b>00:27:39.50</b>	+00:09:06 (33.0%)	5:13	11.5 (66.9%)
160	<b>HOJKA Gabriela</b>	<b>414</b>		40-49	65			00:00:00	00:11:59	<b>00:27:39.80</b>	<b>00:27:39.80</b>	+00:09:07 (33.0%)	5:13	11.5 (66.9%)
161	<b>BOGDANOWICZ Maja</b>	<b>215</b>	AHOJ PRZYGODO!	40-49	66		Ahoj Przygodo!	00:00:00	00:12:04	<b>00:27:39.95</b>	<b>00:27:39.95</b>	+00:09:07 (33.0%)	5:13	11.5 (66.9%)
162	<b>SLISZ Maria</b>	<b>294</b>		40-49	67			00:00:00	00:12:00	<b>00:27:41.10</b>	<b>00:27:41.10</b>	+00:09:08 (33.0%)	5:13	11.5 (66.9%)
163	<b>KRZYK Małgorzata</b>	<b>247</b>		40-49	68			00:00:00	00:12:12	<b>00:27:41.60</b>	<b>00:27:41.60</b>	+00:09:09 (33.0%)	5:13	11.5 (66.9%)
164	<b>AUGUSCIK Ewelina</b>	<b>325</b>	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	<b>00:27:42.15</b>	<b>00:27:42.15</b>	+00:09:09 (33.1%)	5:13	11.5 (66.9%)
165	<b>SKRZYPOSZEK Małgorzata</b>	<b>121</b>	WARTKIE PIERONY	50-59	12	BBL Ruda Śląska		00:00:00	00:12:42	<b>00:27:42.20</b>	<b>00:27:42.20</b>	+00:09:09 (33.1%)	5:13	11.5 (66.9%)
166	<b>PŁAZA Monika</b>	<b>275</b>	KOBIETY NA 5+	30-39	65	Kobiety na 5+		00:00:00	00:12:04	<b>00:27:43.40</b>	<b>00:27:43.40</b>	+00:09:10 (33.1%)	5:13	11.5 (66.9%)
167	<b>NOWAK Magdalena</b>	<b>199</b>	NESSI TIME ŻORY	30-39	66			00:00:00	00:12:14	<b>00:27:44.25</b>	<b>00:27:44.25</b>	+00:09:11 (33.2%)	5:13	11.5 (66.9%)
168	<b>JĘDRYKA Patrycja</b>	<b>135</b>	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	<b>00:27:44.85</b>	<b>00:27:44.85</b>	+00:09:12 (33.2%)	5:13	11.5 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
169	<b>MRACHACZ Dorota</b>	<b>98</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	13	Miechowicka Grupa Biegowa		00:00:00	00:12:25	<b>00:27:45.40</b>	<b>00:27:45.40</b>	+00:09:12 (33.2%)	5:14	11.5 (66.9%)
170	<b>WYCISK Lidia</b>	<b>626</b>	SISTER	50-59	14			00:00:00	00:12:03	<b>00:27:45.90</b>	<b>00:27:45.90</b>	+00:09:13 (33.2%)	5:14	11.5 (66.9%)
171	<b>WOJTYŚ Monika</b>	<b>314</b>		40-49	69			00:00:00	00:12:42	<b>00:27:46.20</b>	<b>00:27:46.20</b>	+00:09:13 (33.2%)	5:14	11.5 (66.9%)
172	<b>SZYMURA Izabela</b>	<b>152</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	70			00:00:00	00:12:00	<b>00:27:48.30</b>	<b>00:27:48.30</b>	+00:09:15 (33.3%)	5:14	11.4 (66.3%)
173	<b>ŚLEZIAK Ewa</b>	<b>191</b>	G&E TG	50-59	15			00:00:00	00:12:23	<b>00:27:52.60</b>	<b>00:27:52.60</b>	+00:09:20 (33.5%)	5:15	11.4 (66.3%)
174	<b>PIECHA-ŁACHAJCZYK Hanna</b>	<b>189</b>		30-39	68			00:00:00	00:12:46	<b>00:27:55.85</b>	<b>00:27:55.85</b>	+00:09:23 (33.6%)	5:16	11.4 (66.3%)
175	<b>RUSZCZYŃSKA Anna</b>	<b>585</b>	ANIA I EDYTA	40-49	71		Ania i Edyta	00:00:00	00:12:28	<b>00:27:57.00</b>	<b>00:27:57.00</b>	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
176	<b>DYCZEK Klaudia</b>	<b>182</b>	DYCUŚ TEAM	40-49	72	Dyczuś Team		00:00:00	00:12:33	<b>00:27:57.05</b>	<b>00:27:57.05</b>	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
177	<b>CHYTROSZEK Eleonora</b>	<b>10</b>		50-59	16			00:00:00	00:12:15	<b>00:27:57.35</b>	<b>00:27:57.35</b>	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
178	<b>SZYMICZEK Paulina</b>	<b>290</b>	DYSTANS LUBOMIA	30-39	69			00:00:00	00:12:33	<b>00:28:00.60</b>	<b>00:28:00.60</b>	+00:09:28 (33.8%)	5:16	11.4 (66.3%)
179	<b>JAROŃ Katarzyna</b>	<b>914</b>		40-49	73			00:00:00	00:12:12	<b>00:28:00.80</b>	<b>00:28:00.80</b>	+00:09:28 (33.8%)	5:16	11.4 (66.3%)
180	<b>HORAK Alina</b>	<b>238</b>	SZALONE PITKI	40-49	74		Szalone Pitki	00:00:00	00:12:18	<b>00:28:01.70</b>	<b>00:28:01.70</b>	+00:09:29 (33.8%)	5:17	11.4 (66.3%)
181	<b>POLAK Sabina</b>	<b>511</b>	SWIM-POL TEAM	30-39	70			00:00:00	00:12:18	<b>00:28:01.75</b>	<b>00:28:01.75</b>	+00:09:29 (33.8%)	5:17	11.4 (66.3%)
182	<b>DELEWSKA Dorota</b>	<b>348</b>	NIGHT RUNNERS ZABRZE	50-59	17			00:00:00	00:12:19	<b>00:28:04.20</b>	<b>00:28:04.20</b>	+00:09:31 (33.9%)	5:17	11.3 (65.7%)
183	<b>KRAKOWCZYK Tatiana</b>	<b>611</b>		40-49	75			00:00:00	00:12:50	<b>00:28:04.55</b>	<b>00:28:04.55</b>	+00:09:32 (34.0%)	5:17	11.3 (65.7%)
184	<b>DĄBROWSKA Agata</b>	<b>140</b>	NESSI TIME ŻORY	40-49	76	Nessi Team		00:00:00	00:12:31	<b>00:28:05.20</b>	<b>00:28:05.20</b>	+00:09:32 (34.0%)	5:17	11.3 (65.7%)
185	<b>MIKOŁAJEC Paulina</b>	<b>203</b>		20-29	14			00:00:00	00:12:30	<b>00:28:06.60</b>	<b>00:28:06.60</b>	+00:09:34 (34.0%)	5:18	11.3 (65.7%)
186	<b>GARBOŚ Weronika</b>	<b>412</b>		40-49	77			00:00:00	00:12:40	<b>00:28:07.80</b>	<b>00:28:07.80</b>	+00:09:35 (34.1%)	5:18	11.3 (65.7%)
187	<b>SZŁAPA Urszula</b>	<b>88</b>	SPOT PSZCZYNA	30-39	71	SPOT Pszczyna		00:00:00	00:11:31	<b>00:28:08.55</b>	<b>00:28:08.55</b>	+00:09:36 (34.1%)	5:18	11.3 (65.7%)
188	<b>CHMIEL Anna</b>	<b>406</b>	DZIKUSKI	40-49	78		Dzikuski	00:00:00	00:12:08	<b>00:28:08.95</b>	<b>00:28:08.95</b>	+00:09:36 (34.1%)	5:18	11.3 (65.7%)
189	<b>OZDARSKA Beata</b>	<b>133</b>		50-59	18			00:00:00	00:12:17	<b>00:28:10.25</b>	<b>00:28:10.25</b>	+00:09:37 (34.2%)	5:18	11.3 (65.7%)
190	<b>WIERCIGROCH Mariola</b>	<b>166</b>	JUSTFEELFIT	30-39	72			00:00:00	00:12:27	<b>00:28:10.85</b>	<b>00:28:10.85</b>	+00:09:38 (34.2%)	5:18	11.3 (65.7%)
191	<b>SKWORC Ilona</b>	<b>805</b>	BBL RUDA ŚLĄSKA	40-49	79	BBL Ruda Śląska		00:00:00	00:12:59	<b>00:28:11.40</b>	<b>00:28:11.40</b>	+00:09:38 (34.2%)	5:19	11.3 (65.7%)
192	<b>KUBIEŃ Karolina</b>	<b>875</b>	JUSTFEELFIT	20-29	15	JustFeelFit		00:00:00	00:12:07	<b>00:28:12.20</b>	<b>00:28:12.20</b>	+00:09:39 (34.3%)	5:19	11.3 (65.7%)
193	<b>BURDA Katarzyna</b>	<b>11</b>	MMA	40-49	80			00:00:00	00:12:09	<b>00:28:12.90</b>	<b>00:28:12.90</b>	+00:09:40 (34.3%)	5:19	11.3 (65.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
194	<b>KRAUSE Sylwia</b>	<b>347</b>	RADLINIOKI W BIEGU	40-49	81	Radlinioki w biegu		00:00:00	00:12:47	<b>00:28:12.95</b>	<b>00:28:12.95</b>	+00:09:40 (34.3%)	5:19	11.3 (65.7%)
195	<b>ROSGA Anna</b>	<b>680</b>		40-49	82			00:00:00	00:12:29	<b>00:28:13.10</b>	<b>00:28:13.10</b>	+00:09:40 (34.3%)	5:19	11.3 (65.7%)
196	<b>GŁĄBEK Edyta</b>	<b>595</b>	SPOT PSZCZYNS	20-29	16			00:00:00	00:12:36	<b>00:28:13.85</b>	<b>00:28:13.85</b>	+00:09:41 (34.3%)	5:19	11.3 (65.7%)
197	<b>CIELANGA Barbara</b>	<b>878</b>	WATAHA	30-39	73	WATAHA		00:00:00	00:12:10	<b>00:28:17.65</b>	<b>00:28:17.65</b>	+00:09:45 (34.5%)	5:20	11.2 (65.1%)
198	<b>CEGLARSKA Sonia</b>	<b>664</b>	JEJKOWICE BIEGAJĄ	40-49	83	Jejkowice Biegają	Jejkowice Biegają	00:00:00		<b>00:28:17.85</b>	<b>00:28:17.85</b>	+00:09:45 (34.5%)	5:20	11.2 (65.1%)
199	<b>MALINOWSKA Aneta</b>	<b>279</b>	OLZA CIESZYN	40-49	84	Olza Cieszyn		00:00:00	00:12:37	<b>00:28:19.00</b>	<b>00:28:19.00</b>	+00:09:46 (34.5%)	5:20	11.2 (65.1%)
200	<b>POCIENNIK Justyna</b>	<b>308</b>	BGB	50-59	19			00:00:00	00:12:33	<b>00:28:19.35</b>	<b>00:28:19.35</b>	+00:09:46 (34.5%)	5:20	11.2 (65.1%)
201	<b>STEFAŃSKA Barbara</b>	<b>228</b>		40-49	85			00:00:00	00:12:27	<b>00:28:23.25</b>	<b>00:28:23.25</b>	+00:09:50 (34.7%)	5:21	11.2 (65.1%)
202	<b>ADAMUS Anna</b>	<b>129</b>	BBL RUDA ŚLĄSKA	40-49	86	BBL Ruda Śląska		00:00:00	00:12:37	<b>00:28:25.90</b>	<b>00:28:25.90</b>	+00:09:53 (34.8%)	5:21	11.2 (65.1%)
202	<b>GAWLAS Paulina</b>	<b>854</b>		30-39	74			00:00:00	00:12:46	<b>00:28:25.90</b>	<b>00:28:25.90</b>	+00:09:53 (34.8%)	5:21	11.2 (65.1%)
204	<b>DZIERŻĘGA Wiktoria</b>	<b>33</b>	KAKTUSIARY	16-19	5		Kaktusiary	00:00:00	00:12:39	<b>00:28:27.45</b>	<b>00:28:27.45</b>	+00:09:54 (34.8%)	5:22	11.2 (65.1%)
205	<b>BIZOŃ Monika</b>	<b>210</b>		40-49	87			00:00:00	00:12:34	<b>00:28:28.35</b>	<b>00:28:28.35</b>	+00:09:55 (34.9%)	5:22	11.2 (65.1%)
206	<b>KANIA Monika</b>	<b>312</b>		40-49	88			00:00:00	00:12:40	<b>00:28:32.10</b>	<b>00:28:32.10</b>	+00:09:59 (35.0%)	5:23	11.1 (64.5%)
207	<b>JĘDRZEJEWSKA Beata</b>	<b>201</b>	MIRAZ RACE TEAM	40-49	89			00:00:00	00:12:09	<b>00:28:33.15</b>	<b>00:28:33.15</b>	+00:10:00 (35.1%)	5:23	11.1 (64.5%)
208	<b>MUSIAŁ Wioletta</b>	<b>350</b>	GALOPUJĄCE ŚLIMAKI	40-49	90			00:00:00	00:12:39	<b>00:28:33.45</b>	<b>00:28:33.45</b>	+00:10:00 (35.1%)	5:23	11.1 (64.5%)
209	<b>MAZUR Aleksandra</b>	<b>738</b>		30-39	75			00:00:00	00:12:23	<b>00:28:34.10</b>	<b>00:28:34.10</b>	+00:10:01 (35.1%)	5:23	11.1 (64.5%)
210	<b>PŁASKA Barbara</b>	<b>240</b>	KOBIETY NA 5+	50-59	20	Kobiety na 5+		00:00:00	00:12:21	<b>00:28:35.70</b>	<b>00:28:35.70</b>	+00:10:03 (35.2%)	5:23	11.1 (64.5%)
210	<b>RÓŻYCKA-FRYT Katarzyna</b>	<b>346</b>	BIEGAMYSŁOWICE	40-49	91	biegaMYSłowice		00:00:00	00:12:26	<b>00:28:35.70</b>	<b>00:28:35.70</b>	+00:10:03 (35.2%)	5:23	11.1 (64.5%)
212	<b>SZCZEŚNIAK Iwona</b>	<b>70</b>		30-39	76			00:00:00	00:12:39	<b>00:28:37.05</b>	<b>00:28:37.05</b>	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
213	<b>WIRTH Agnieszka</b>	<b>289</b>		40-49	92			00:00:00	00:12:44	<b>00:28:37.20</b>	<b>00:28:37.20</b>	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
214	<b>WERNIK Katarzyna</b>	<b>185</b>	BESTFITCLUB RYBNIK	50-59	21			00:00:00	00:12:38	<b>00:28:37.55</b>	<b>00:28:37.55</b>	+00:10:05 (35.2%)	5:23	11.1 (64.5%)
215	<b>KUREK Joanna</b>	<b>13</b>		40-49	93	INCOLA TEAM		00:00:00	00:12:42	<b>00:28:38.95</b>	<b>00:28:38.95</b>	+00:10:06 (35.3%)	5:24	11.1 (64.5%)
216	<b>MADEJA Zofia</b>	<b>702</b>	POWOLIDOCELU	40-49	94	PoWoli do Celu		00:00:00	00:12:17	<b>00:28:40.05</b>	<b>00:28:40.05</b>	+00:10:07 (35.3%)	5:24	11.1 (64.5%)
217	<b>SZULC Barbara</b>	<b>24</b>	MIECHOWICKA GRUPA BIEGOWA	60+	5	Miechowicka Grupa Biegowa		00:00:00	00:12:59	<b>00:28:40.90</b>	<b>00:28:40.90</b>	+00:10:08 (35.4%)	5:24	11.1 (64.5%)
218	<b>WIECHOWSKA Sabina</b>	<b>583</b>	MONSUN SPORT	30-39	77			00:00:00	00:12:27	<b>00:28:42.00</b>	<b>00:28:42.00</b>	+00:10:09 (35.4%)	5:24	11.1 (64.5%)
219	<b>KIEŁKOWSKA Agnieszka</b>	<b>178</b>		50-59	22	Kobiety na 5+		00:00:00	00:12:32	<b>00:28:45.30</b>	<b>00:28:45.30</b>	+00:10:12 (35.5%)	5:25	11.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
220	<b>PILCH Anna</b>	<b>428</b>	PIGUATEAM	30-39	78	PiguaTeam		00:00:00	00:13:11	<b>00:28:46.25</b>	<b>00:28:46.25</b>	+00:10:13 (35.6%)	5:25	11.1 (64.5%)
221	<b>ZARAŃSKA Izabela</b>	<b>106</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa		00:00:00	00:12:32	<b>00:28:47.10</b>	<b>00:28:47.10</b>	+00:10:14 (35.6%)	5:25	11 (64.0%)
222	<b>MAJCHRZAK Agnieszka</b>	<b>204</b>	NESSITEAM	40-49	95			00:00:00	00:13:20	<b>00:28:47.70</b>	<b>00:28:47.70</b>	+00:10:15 (35.6%)	5:25	11 (64.0%)
223	<b>PASTUSIAK Janina</b>	<b>891</b>	JANKA & MARIOLA	40-49	96		Janka & Mariola	00:00:00	00:12:05	<b>00:28:49.30</b>	<b>00:28:49.30</b>	+00:10:16 (35.7%)	5:26	11 (64.0%)
224	<b>GARUS Magdalena</b>	<b>360</b>		40-49	97			00:00:00	00:11:59	<b>00:28:50.00</b>	<b>00:28:50.00</b>	+00:10:17 (35.7%)	5:26	11 (64.0%)
225	<b>TARGOSZ Aneta</b>	<b>108</b>	OLZA CIESZYN	30-39	79	Olza Cieszyn		00:00:00	00:12:39	<b>00:28:50.30</b>	<b>00:28:50.30</b>	+00:10:17 (35.7%)	5:26	11 (64.0%)
226	<b>TERESZYŃSKA Anna</b>	<b>389</b>	ALKOALPINIZM	40-49	98			00:00:00	00:12:13	<b>00:28:54.85</b>	<b>00:28:54.85</b>	+00:10:22 (35.9%)	5:27	11 (64.0%)
227	<b>FOLTYN Bożena</b>	<b>107</b>	F	30-39	80			00:00:00	00:12:58	<b>00:28:57.00</b>	<b>00:28:57.00</b>	+00:10:24 (35.9%)	5:27	11 (64.0%)
228	<b>KROPKA Gabriela</b>	<b>138</b>	OLZA SPORT	30-39	81	Olza Cieszyn		00:00:00	00:12:25	<b>00:28:57.75</b>	<b>00:28:57.75</b>	+00:10:25 (36.0%)	5:27	11 (64.0%)
229	<b>STEFANOW Agnieszka</b>	<b>598</b>		30-39	82			00:00:00	00:13:09	<b>00:28:58.65</b>	<b>00:28:58.65</b>	+00:10:26 (36.0%)	5:27	11 (64.0%)
230	<b>SOŁTYSIK Zdzisia</b>	<b>547</b>	PĘDZĄCE ŻÓŁWIE	40-49	99			00:00:00	00:12:45	<b>00:28:59.30</b>	<b>00:28:59.30</b>	+00:10:26 (36.0%)	5:28	11 (64.0%)
231	<b>ZYGMA Żaneta</b>	<b>167</b>		30-39	83			00:00:00	00:12:11	<b>00:28:59.75</b>	<b>00:28:59.75</b>	+00:10:27 (36.1%)	5:28	11 (64.0%)
232	<b>GAMZA Barbara</b>	<b>438</b>		40-49	100			00:00:00	00:12:46	<b>00:28:59.80</b>	<b>00:28:59.80</b>	+00:10:27 (36.1%)	5:28	11 (64.0%)
233	<b>FOJCIK Katarzyna</b>	<b>69</b>	PIERUNSKIE CANGÓRY	30-39	84	PieRUNskie CanGÓRY		00:00:00	00:12:56	<b>00:29:01.30</b>	<b>00:29:01.30</b>	+00:10:28 (36.1%)	5:28	11 (64.0%)
234	<b>JANICKA Sylwia</b>	<b>368</b>	DRUŻYNA KOPERNIKA	50-59	24			00:00:00	00:12:40	<b>00:29:02.60</b>	<b>00:29:02.60</b>	+00:10:30 (36.2%)	5:28	11 (64.0%)
235	<b>KOPIEC Estera</b>	<b>785</b>		30-39	85	PoWoli do Celu		00:00:00	00:11:54	<b>00:29:03.45</b>	<b>00:29:03.45</b>	+00:10:30 (36.2%)	5:28	10.9 (63.4%)
236	<b>TRYBAŁA Monika</b>	<b>643</b>	WATAHA	40-49	101	WATAHA		00:00:00	00:12:51	<b>00:29:04.15</b>	<b>00:29:04.15</b>	+00:10:31 (36.2%)	5:29	10.9 (63.4%)
237	<b>MARSZOLIK Angela</b>	<b>265</b>		40-49	102			00:00:00	00:12:45	<b>00:29:04.20</b>	<b>00:29:04.20</b>	+00:10:31 (36.2%)	5:29	10.9 (63.4%)
238	<b>MARCINIAK Beata</b>	<b>628</b>	WATAHA	40-49	103	WATAHA		00:00:00	00:12:52	<b>00:29:06.80</b>	<b>00:29:06.80</b>	+00:10:34 (36.3%)	5:29	10.9 (63.4%)
239	<b>JURASZEK Agnieszka</b>	<b>127</b>	JUSTFEELFIT	40-49	104			00:00:00	00:13:20	<b>00:29:07.60</b>	<b>00:29:07.60</b>	+00:10:35 (36.3%)	5:29	10.9 (63.4%)
240	<b>STABLA Agata</b>	<b>75</b>	KAKTUSIARY	40-49	105		Kaktusiary	00:00:00		<b>00:29:08.60</b>	<b>00:29:08.60</b>	+00:10:36 (36.4%)	5:29	10.9 (63.4%)
241	<b>KUBECKA Jolanta</b>	<b>341</b>	OLZA CIESZYN	50-59	25	Olza Cieszyn		00:00:00	00:12:48	<b>00:29:12.20</b>	<b>00:29:12.20</b>	+00:10:39 (36.5%)	5:30	10.9 (63.4%)
242	<b>PIEKAR Adriana</b>	<b>230</b>		30-39	86			00:00:00	00:12:43	<b>00:29:13.95</b>	<b>00:29:13.95</b>	+00:10:41 (36.6%)	5:30	10.9 (63.4%)
243	<b>SKOTNICKA Urszula</b>	<b>128</b>	NIE ZRZESZONA	50-59	26			00:00:00	00:12:21	<b>00:29:16.30</b>	<b>00:29:16.30</b>	+00:10:43 (36.7%)	5:31	10.9 (63.4%)
244	<b>PAWŁOWSKA Beata</b>	<b>357</b>	RADLINIOKI W BIEGU	40-49	106	Radlinioki w biegu		00:00:00	00:13:12	<b>00:29:21.65</b>	<b>00:29:21.65</b>	+00:10:49 (36.8%)	5:32	10.8 (62.8%)
245	<b>HEJNA Izabela</b>	<b>358</b>	RADLINIOKI W BIEGU	50-59	27	Radlinioki w biegu		00:00:00	00:13:13	<b>00:29:22.30</b>	<b>00:29:22.30</b>	+00:10:49 (36.9%)	5:32	10.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
246	<b>WIECZOREK Marta</b>	<b>47</b>	PIERUNSKIE CANGÓRY	20-29	17	PieRUNskie CanGÓRY		00:00:00	00:12:56	<b>00:29:23.75</b>	<b>00:29:23.75</b>	+00:10:51 (36.9%)	5:32	10.8 (62.8%)
247	<b>PIETROSZEK Władysława</b>	<b>251</b>		40-49	107			00:00:00	00:12:54	<b>00:29:24.10</b>	<b>00:29:24.10</b>	+00:10:51 (36.9%)	5:32	10.8 (62.8%)
248	<b>KALETA Agnieszka</b>	<b>93</b>	POWOLI DO CELU	30-39	87	PoWoli do Celu		00:00:00	00:12:42	<b>00:29:25.70</b>	<b>00:29:25.70</b>	+00:10:53 (37.0%)	5:33	10.8 (62.8%)
249	<b>BERNAT Katarzyna</b>	<b>355</b>		40-49	108			00:00:00	00:12:36	<b>00:29:25.90</b>	<b>00:29:25.90</b>	+00:10:53 (37.0%)	5:33	10.8 (62.8%)
250	<b>KUFIETA Ewelina Ina</b>	<b>353</b>	KASIA I EWELINA	40-49	109		Kasia i Ewelina	00:00:00	00:12:38	<b>00:29:27.00</b>	<b>00:29:27.00</b>	+00:10:54 (37.0%)	5:33	10.8 (62.8%)
251	<b>KURIATA Katarzyna</b>	<b>286</b>		30-39	88			00:00:00	00:13:20	<b>00:29:27.65</b>	<b>00:29:27.65</b>	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
252	<b>BOBER Alicja</b>	<b>467</b>		30-39	89			00:00:00	00:12:42	<b>00:29:27.90</b>	<b>00:29:27.90</b>	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
253	<b>CELER Iwona</b>	<b>402</b>		40-49	110			00:00:00		<b>00:29:28.50</b>	<b>00:29:28.50</b>	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
254	<b>ZIELOSKO Beata</b>	<b>612</b>		40-49	111			00:00:00	00:12:59	<b>00:29:28.55</b>	<b>00:29:28.55</b>	+00:10:56 (37.1%)	5:33	10.8 (62.8%)
255	<b>BIENIEK Katarzyna</b>	<b>439</b>		40-49	112			00:00:00	00:13:09	<b>00:29:28.75</b>	<b>00:29:28.75</b>	+00:10:56 (37.1%)	5:33	10.8 (62.8%)
256	<b>WITOS-PAZDAN Ewelina</b>	<b>684</b>	JUSTFEELFIT	30-39	90			00:00:00	00:13:11	<b>00:29:30.60</b>	<b>00:29:30.60</b>	+00:10:58 (37.2%)	5:33	10.8 (62.8%)
257	<b>BROJEK Martyna</b>	<b>372</b>		20-29	18			00:00:00	00:13:56	<b>00:29:30.80</b>	<b>00:29:30.80</b>	+00:10:58 (37.2%)	5:33	10.8 (62.8%)
258	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	91			00:00:00	00:13:03	<b>00:29:31.30</b>	<b>00:29:31.30</b>	+00:10:58 (37.2%)	5:34	10.8 (62.8%)
259	<b>JARON Milena</b>	<b>913</b>		16-19	6			00:00:00	00:13:07	<b>00:29:33.20</b>	<b>00:29:33.20</b>	+00:11:00 (37.3%)	5:34	10.8 (62.8%)
260	<b>POLNY Daria</b>	<b>391</b>		30-39	92			00:00:00	00:13:43	<b>00:29:33.85</b>	<b>00:29:33.85</b>	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
261	<b>STROJEK Agnieszka</b>	<b>548</b>		40-49	113			00:00:00	00:13:04	<b>00:29:33.90</b>	<b>00:29:33.90</b>	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
262	<b>BRZUSKA Katarzyna</b>	<b>342</b>	OLZA CIESZYN	40-49	114	Olza Cieszyn		00:00:00	00:12:49	<b>00:29:34.80</b>	<b>00:29:34.80</b>	+00:11:02 (37.3%)	5:34	10.8 (62.8%)
263	<b>WĄSIK Karolina</b>	<b>756</b>		20-29	19			00:00:00	00:13:13	<b>00:29:35.50</b>	<b>00:29:35.50</b>	+00:11:02 (37.3%)	5:34	10.7 (62.2%)
264	<b>ADAMCZAK Renata</b>	<b>173</b>		50-59	28			00:00:00	00:13:15	<b>00:29:35.80</b>	<b>00:29:35.80</b>	+00:11:03 (37.3%)	5:34	10.7 (62.2%)
265	<b>JASEK Wioletta</b>	<b>383</b>	KOBIETY WATAHY	40-49	115			00:00:00	00:12:51	<b>00:29:37.45</b>	<b>00:29:37.45</b>	+00:11:04 (37.4%)	5:35	10.7 (62.2%)
266	<b>BAJCAR Beata</b>	<b>159</b>	KOBIETY NA 5+	50-59	29	Kobiety na 5+		00:00:00	00:12:52	<b>00:29:37.75</b>	<b>00:29:37.75</b>	+00:11:05 (37.4%)	5:35	10.7 (62.2%)
267	<b>MAZGAJ Grażyna</b>	<b>192</b>	G&E TG	50-59	30			00:00:00	00:13:08	<b>00:29:37.80</b>	<b>00:29:37.80</b>	+00:11:05 (37.4%)	5:35	10.7 (62.2%)
268	<b>PANEK Ela</b>	<b>393</b>	MARGO TEAM	40-49	116			00:00:00	00:12:40	<b>00:29:39.45</b>	<b>00:29:39.45</b>	+00:11:06 (37.5%)	5:35	10.7 (62.2%)
269	<b>BURCZYK Celina</b>	<b>158</b>	HURAGAN LIGOTA	50-59	31	Huragan Ligota		00:00:00	00:12:43	<b>00:29:41.05</b>	<b>00:29:41.05</b>	+00:11:08 (37.5%)	5:36	10.7 (62.2%)
270	<b>BUREK Alina</b>	<b>832</b>		40-49	117			00:00:00	00:12:41	<b>00:29:42.00</b>	<b>00:29:42.00</b>	+00:11:09 (37.6%)	5:36	10.7 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
271	<b>KĘKUŚ Dorota</b>	<b>371</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	40-49	118	Przedszkole Małych Bohaterów		00:00:00	00:12:57	<b>00:29:43.95</b>	<b>00:29:43.95</b>	+00:11:11 (37.6%)	5:36	10.7 (62.2%)
272	<b>PILCH Lucyna</b>	<b>859</b>	PIGUA TEAM	30-39	93	PiguaTeam		00:00:00	00:13:13	<b>00:29:49.05</b>	<b>00:29:49.05</b>	+00:11:16 (37.8%)	5:37	10.7 (62.2%)
273	<b>KUŚ Joanna</b>	<b>910</b>		40-49	119			00:00:00	00:13:10	<b>00:29:52.35</b>	<b>00:29:52.35</b>	+00:11:19 (37.9%)	5:38	10.6 (61.6%)
274	<b>KLIMEK-KARAS Sylwia</b>	<b>194</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	120	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:13:10	<b>00:29:52.75</b>	<b>00:29:52.75</b>	+00:11:20 (37.9%)	5:38	10.6 (61.6%)
275	<b>NOSAL Maria</b>	<b>399</b>		30-39	94			00:00:00	00:12:58	<b>00:29:53.00</b>	<b>00:29:53.00</b>	+00:11:20 (38.0%)	5:38	10.6 (61.6%)
276	<b>KOHUTKOVA Miroslava</b>	<b>220</b>	OSTRAVSKE BEHNICKY	50-59	32			00:00:00	00:12:55	<b>00:29:53.25</b>	<b>00:29:53.25</b>	+00:11:20 (38.0%)	5:38	10.6 (61.6%)
277	<b>SZEFER Sylwia</b>	<b>97</b>		40-49	121			00:00:00	00:12:45	<b>00:29:55.85</b>	<b>00:29:55.85</b>	+00:11:23 (38.0%)	5:38	10.6 (61.6%)
278	<b>SZEFER Wioleta</b>	<b>213</b>		30-39	95			00:00:00	00:12:46	<b>00:29:56.10</b>	<b>00:29:56.10</b>	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
279	<b>SERAFIN Agnieszka</b>	<b>374</b>	AGNIESZKA&EWELINA	30-39	96		Agnieszka&Ewelina	00:00:00	00:13:17	<b>00:29:58.70</b>	<b>00:29:58.70</b>	+00:11:26 (38.1%)	5:39	10.6 (61.6%)
280	<b>LISIECKA Magdalena</b>	<b>426</b>		30-39	97			00:00:00	00:13:19	<b>00:29:59.75</b>	<b>00:29:59.75</b>	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
281	<b>NOWAK Justyna</b>	<b>713</b>		30-39	98			00:00:00	00:13:57	<b>00:30:00.20</b>	<b>00:30:00.20</b>	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
282	<b>MADEJA Aleksandra</b>	<b>479</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	122	Miechowicka Grupa Biegowa		00:00:00	00:13:43	<b>00:30:01.70</b>	<b>00:30:01.70</b>	+00:11:29 (38.2%)	5:39	10.6 (61.6%)
283	<b>SOCHA Marlena</b>	<b>281</b>	BBL RUDA ŚLĄSKA	40-49	123	BBL Ruda Śląska		00:00:00	00:13:24	<b>00:30:02.20</b>	<b>00:30:02.20</b>	+00:11:29 (38.3%)	5:40	10.6 (61.6%)
284	<b>DROBIAK Kornelia</b>	<b>498</b>	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
284	<b>DĄBROWSKA Katarzyna</b>	<b>462</b>		30-39	100			00:00:00	00:13:48	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
286	<b>ŁAPA Aleksandra</b>	<b>333</b>	4A	40-49	124		4A	00:00:00	00:13:01	<b>00:30:07.55</b>	<b>00:30:07.55</b>	+00:11:35 (38.4%)	5:40	10.6 (61.6%)
287	<b>JASTRZĘBSKA Ewa</b>	<b>593</b>		50-59	33			00:00:00	00:12:58	<b>00:30:07.95</b>	<b>00:30:07.95</b>	+00:11:35 (38.5%)	5:40	10.6 (61.6%)
288	<b>PALUCH Karolina</b>	<b>646</b>		30-39	101			00:00:00	00:13:34	<b>00:30:08.95</b>	<b>00:30:08.95</b>	+00:11:36 (38.5%)	5:41	10.6 (61.6%)
289	<b>MAĆKÓW Agnieszka</b>	<b>277</b>		40-49	125			00:00:00	00:12:52	<b>00:30:13.45</b>	<b>00:30:13.45</b>	+00:11:40 (38.7%)	5:42	10.5 (61.0%)
290	<b>MAĆKÓW Klaudia</b>	<b>120</b>		20-29	20			00:00:00	00:12:51	<b>00:30:14.15</b>	<b>00:30:14.15</b>	+00:11:41 (38.7%)	5:42	10.5 (61.0%)
291	<b>RANSZ Beata</b>	<b>268</b>		50-59	34			00:00:00	00:12:57	<b>00:30:15.35</b>	<b>00:30:15.35</b>	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
291	<b>BIELAŃSKA Beata</b>	<b>711</b>	HURAGAN LIGOTA	40-49	126	Huragan Ligota		00:00:00	00:13:15	<b>00:30:15.35</b>	<b>00:30:15.35</b>	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
293	<b>BOMBOR Antonina</b>	<b>233</b>		40-49	127			00:00:00	00:13:10	<b>00:30:15.45</b>	<b>00:30:15.45</b>	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
294	<b>NIEŚLAŃCZYK Barbara</b>	<b>484</b>		30-39	102			00:00:00	00:13:27	<b>00:30:15.60</b>	<b>00:30:15.60</b>	+00:11:43 (38.7%)	5:42	10.5 (61.0%)
295	<b>GRABOWSKA Katarzyna</b>	<b>676</b>		40-49	128			00:00:00	00:13:27	<b>00:30:15.75</b>	<b>00:30:15.75</b>	+00:11:43 (38.7%)	5:42	10.5 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
296	ZAMOJSKA Iwona	226	MIECHOWICKA GRUPA BIEGOWA	40-49	129	Miechowska Grupa Biegowa		00:00:00	00:13:00	00:30:16.15	00:30:16.15	+00:11:43 (38.7%)	5:42	10.5 (61.0%)
297	BIELA Małgorzata	119	KOBIETY NA 5+	50-59	35	Kobiety na 5+		00:00:00	00:13:01	00:30:16.40	00:30:16.40	+00:11:43 (38.7%)	5:42	10.5 (61.0%)
298	KMIECIAK Grażyna	1010		50-59	36			00:00:00	00:13:04	00:30:16.75	00:30:16.75	+00:11:44 (38.8%)	5:42	10.5 (61.0%)
299	TYTKO-HAŁADA Małgorzata	115		40-49	130			00:00:00		00:30:17.70	00:30:17.70	+00:11:45 (38.8%)	5:42	10.5 (61.0%)
300	KARBOWY Izabela	48	JEJKOWICE BIEGAJĄ	30-39	103	Jejkowice Biegają		00:00:00	00:14:03	00:30:18.00	00:30:18.00	+00:11:45 (38.8%)	5:43	10.5 (61.0%)
301	DOMAŃSKA Joanna	171		30-39	104			00:00:00	00:12:43	00:30:18.80	00:30:18.80	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
302	HADUCH Aneta	798		30-39	105			00:00:00	00:12:55	00:30:19.00	00:30:19.00	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
303	BANASZEWSKA Aleksandra	176		30-39	106			00:00:00	00:12:20	00:30:19.25	00:30:19.25	+00:11:46 (38.8%)	5:43	10.5 (61.0%)
304	ŁATKA Dorota	193		40-49	131			00:00:00	00:13:07	00:30:19.70	00:30:19.70	+00:11:47 (38.9%)	5:43	10.5 (61.0%)
305	BURZYŃSKA Beata	153		40-49	132			00:00:00	00:13:15	00:30:20.45	00:30:20.45	+00:11:47 (38.9%)	5:43	10.5 (61.0%)
306	PAWLIK Patrycja	840		20-29	21			00:00:00		00:30:21.00	00:30:21.00	+00:11:48 (38.9%)	5:43	10.5 (61.0%)
307	ŻAGIEL Edyta	384		50-59	37			00:00:00	00:13:15	00:30:22.80	00:30:22.80	+00:11:50 (39.0%)	5:43	10.5 (61.0%)
308	ŁASA Izabela	577		40-49	133			00:00:00	00:13:53	00:30:23.25	00:30:23.25	+00:11:50 (39.0%)	5:43	10.5 (61.0%)
309	MARCISZ Natalia	546		30-39	107			00:00:00	00:12:55	00:30:23.50	00:30:23.50	+00:11:50 (39.0%)	5:43	10.5 (61.0%)
310	KOZŁOWSKA Anna	838		30-39	108	Byle do mety		00:00:00	00:12:51	00:30:23.55	00:30:23.55	+00:11:51 (39.0%)	5:43	10.5 (61.0%)
310	KMIECIK Marcelina	488		30-39	109			00:00:00	00:13:39	00:30:23.55	00:30:23.55	+00:11:51 (39.0%)	5:43	10.5 (61.0%)
312	SIKORA Agnieszka	186		40-49	134			00:00:00	00:13:18	00:30:25.15	00:30:25.15	+00:11:52 (39.0%)	5:44	10.5 (61.0%)
313	BINASIK Agnieszka	392	HURAGAN LIGOTA	40-49	135	Huragan Ligota		00:00:00	00:13:15	00:30:25.35	00:30:25.35	+00:11:52 (39.1%)	5:44	10.5 (61.0%)
314	KLOZIK Agnieszka	885	4A	40-49	136		4A	00:00:00	00:13:39	00:30:25.45	00:30:25.45	+00:11:52 (39.1%)	5:44	10.5 (61.0%)
315	LACHERA Marysia	344		60+	6			00:00:00	00:13:29	00:30:25.75	00:30:25.75	+00:11:53 (39.1%)	5:44	10.5 (61.0%)
316	KRUPOWICZ Aneta	207		40-49	137			00:00:00	00:13:35	00:30:29.85	00:30:29.85	+00:11:57 (39.2%)	5:45	10.4 (60.5%)
317	SAGAN Izabela	303	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	40-49	138	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:09	00:30:29.90	00:30:29.90	+00:11:57 (39.2%)	5:45	10.4 (60.5%)
318	OLSCHIMKE Katarzyna	833	GISZOWIEC BIEG RAZEM	40-49	139			00:00:00	00:13:31	00:30:32.25	00:30:32.25	+00:11:59 (39.3%)	5:45	10.4 (60.5%)
319	RADWAŃSKA Agata	236		20-29	22			00:00:00	00:13:52	00:30:32.35	00:30:32.35	+00:11:59 (39.3%)	5:45	10.4 (60.5%)
320	ZIOBRO Kamila	410	REBELION OF FREE RUNNERS	30-39	110			00:00:00		00:30:33.55	00:30:33.55	+00:12:01 (39.3%)	5:45	10.4 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
321	<b>SZWEDA Mirka</b>	<b>104</b>	HURAGAN LIGOTA	60+	7	Huragan Ligota		00:00:00	00:13:14	<b>00:30:34.90</b>	<b>00:30:34.90</b>	+00:12:02 (39.4%)	5:46	10.4 (60.5%)
322	<b>REJMAN-GUTKOWSKA Alina</b>	<b>568</b>		40-49	140			00:00:00		<b>00:30:37.25</b>	<b>00:30:37.25</b>	+00:12:04 (39.4%)	5:46	10.4 (60.5%)
323	<b>FIZIA Joanna</b>	<b>190</b>		30-39	111	Nessi Team		00:00:00	00:13:36	<b>00:30:37.45</b>	<b>00:30:37.45</b>	+00:12:04 (39.5%)	5:46	10.4 (60.5%)
324	<b>JACEK Dorota</b>	<b>799</b>		40-49	141			00:00:00	00:13:29	<b>00:30:37.75</b>	<b>00:30:37.75</b>	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
325	<b>EISLER Anna</b>	<b>899</b>		30-39	112	JustFeelFit		00:00:00	00:14:04	<b>00:30:38.80</b>	<b>00:30:38.80</b>	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
326	<b>MOSZ Weronika</b>	<b>724</b>		40-49	142			00:00:00	00:13:54	<b>00:30:39.30</b>	<b>00:30:39.30</b>	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
327	<b>MATUSIAK Paulina</b>	<b>257</b>		30-39	113			00:00:00	00:13:09	<b>00:30:39.50</b>	<b>00:30:39.50</b>	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
328	<b>KLEK Marzena</b>	<b>874</b>		40-49	143			00:00:00	00:13:48	<b>00:30:40.45</b>	<b>00:30:40.45</b>	+00:12:07 (39.6%)	5:47	10.4 (60.5%)
329	<b>KLOC Marzena</b>	<b>407</b>	ZABIEGANA ZOŁZA	50-59	38			00:00:00	00:12:32	<b>00:30:41.80</b>	<b>00:30:41.80</b>	+00:12:09 (39.6%)	5:47	10.4 (60.5%)
330	<b>MARSZALIK Anna</b>	<b>112</b>		40-49	144			00:00:00	00:13:03	<b>00:30:43.25</b>	<b>00:30:43.25</b>	+00:12:10 (39.6%)	5:47	10.4 (60.5%)
331	<b>STANULA Kinga</b>	<b>542</b>		50-59	39			00:00:00	00:13:36	<b>00:30:46.55</b>	<b>00:30:46.55</b>	+00:12:14 (39.7%)	5:48	10.3 (59.9%)
332	<b>KWIATKOWSKA Tatiana</b>	<b>496</b>		40-49	145			00:00:00	00:14:20	<b>00:30:48.15</b>	<b>00:30:48.15</b>	+00:12:15 (39.8%)	5:48	10.3 (59.9%)
333	<b>ZIĘTARA Agata</b>	<b>261</b>		50-59	40			00:00:00	00:13:45	<b>00:30:48.75</b>	<b>00:30:48.75</b>	+00:12:16 (39.8%)	5:48	10.3 (59.9%)
334	<b>GIEROŃ Katarzyna</b>	<b>144</b>	KK	40-49	146		KK	00:00:00	00:13:12	<b>00:30:49.00</b>	<b>00:30:49.00</b>	+00:12:16 (39.8%)	5:48	10.3 (59.9%)
335	<b>KOTOSKA Żaneta</b>	<b>787</b>		30-39	114			00:00:00	00:13:27	<b>00:30:51.25</b>	<b>00:30:51.25</b>	+00:12:18 (39.9%)	5:49	10.3 (59.9%)
336	<b>LUCIK Grażyna</b>	<b>324</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	41	Miechowicka Grupa Biegowa		00:00:00	00:13:29	<b>00:30:51.60</b>	<b>00:30:51.60</b>	+00:12:19 (39.9%)	5:49	10.3 (59.9%)
337	<b>GÓRKA Barbara</b>	<b>658</b>		40-49	147			00:00:00	00:13:55	<b>00:30:52.75</b>	<b>00:30:52.75</b>	+00:12:20 (40.0%)	5:49	10.3 (59.9%)
338	<b>WOŚ Magda</b>	<b>352</b>	PIERUNSKIE CANGÓRY	30-39	115	PieRUNskie CanGÓRY		00:00:00	00:13:00	<b>00:30:53.85</b>	<b>00:30:53.85</b>	+00:12:21 (40.0%)	5:49	10.3 (59.9%)
339	<b>MIKOŁAJCZAK Magdalena</b>	<b>607</b>	HRMAX ŻORY	40-49	148			00:00:00	00:13:23	<b>00:30:55.15</b>	<b>00:30:55.15</b>	+00:12:22 (40.0%)	5:50	10.3 (59.9%)
340	<b>DOBRENIUK Aurelia</b>	<b>502</b>		40-49	149			00:00:00	00:14:09	<b>00:30:55.50</b>	<b>00:30:55.50</b>	+00:12:22 (40.0%)	5:50	10.3 (59.9%)
341	<b>PRADELA Joanna</b>	<b>675</b>	AKTYWNI LYSKI	40-49	150			00:00:00	00:13:36	<b>00:30:56.30</b>	<b>00:30:56.30</b>	+00:12:23 (40.1%)	5:50	10.3 (59.9%)
341	<b>CZAJKOWSKA Oliwia</b>	<b>902</b>	DZIKI	16-19	7	Dziki		00:00:00	00:14:41	<b>00:30:56.30</b>	<b>00:30:56.30</b>	+00:12:23 (40.1%)	5:50	10.3 (59.9%)
343	<b>BAŁA Justyna</b>	<b>263</b>	KOBIETY NA 5+	40-49	151	Kobiety na 5+		00:00:00	00:13:44	<b>00:30:57.70</b>	<b>00:30:57.70</b>	+00:12:25 (40.1%)	5:50	10.3 (59.9%)
344	<b>MALISZEWSKA Beata</b>	<b>205</b>		30-39	116			00:00:00	00:13:18	<b>00:30:58.25</b>	<b>00:30:58.25</b>	+00:12:25 (40.1%)	5:50	10.3 (59.9%)
345	<b>KLOSEK-TARASZKIEWICZ Monika</b>	<b>861</b>	RUNTEAM	40-49	152	RUNTEAM PAWŁOWICE		00:00:00		<b>00:30:59.10</b>	<b>00:30:59.10</b>	+00:12:26 (40.2%)	5:50	10.3 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
346	<b>KALISZ Magdalena</b>	<b>245</b>		20-29	23			00:00:00	00:13:00	<b>00:30:59.65</b>	<b>00:30:59.65</b>	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
347	<b>SOBOL Ewa</b>	<b>824</b>		40-49	153			00:00:00	00:13:38	<b>00:31:00.05</b>	<b>00:31:00.05</b>	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
348	<b>KUŚNIERZ Ewelina Dąbrowska</b>	<b>375</b>	MIRAZ RACE TEAM	40-49	154	Miraz Race Team		00:00:00	00:13:38	<b>00:31:00.10</b>	<b>00:31:00.10</b>	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
349	<b>WOSIŃSKA Helena</b>	<b>147</b>	RUNTEAM PAWŁOWICE	40-49	155	RUNTEAM PAWŁOWICE		00:00:00	00:13:38	<b>00:31:01.10</b>	<b>00:31:01.10</b>	+00:12:28 (40.2%)	5:51	10.3 (59.9%)
350	<b>DZIEWIRZ Aurelia</b>	<b>211</b>		40-49	156			00:00:00	00:13:20	<b>00:31:01.85</b>	<b>00:31:01.85</b>	+00:12:29 (40.2%)	5:51	10.3 (59.9%)
351	<b>KONICKA Edi</b>	<b>728</b>		30-39	117			00:00:00	00:13:41	<b>00:31:04.20</b>	<b>00:31:04.20</b>	+00:12:31 (40.3%)	5:51	10.2 (59.3%)
352	<b>CELER Justyna</b>	<b>187</b>		20-29	24			00:00:00	00:13:29	<b>00:31:04.55</b>	<b>00:31:04.55</b>	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
353	<b>KUŚ Anna</b>	<b>654</b>		40-49	157			00:00:00	00:13:43	<b>00:31:04.80</b>	<b>00:31:04.80</b>	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
354	<b>WESOŁOWSKA Katarzyna</b>	<b>1214</b>		40-49	158			00:00:00	00:13:43	<b>00:31:05.10</b>	<b>00:31:05.10</b>	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
355	<b>GLINIANY Małgorzata</b>	<b>400</b>	ZABIEGANA RODZINKA	50-59	42			00:00:00	00:13:38	<b>00:31:06.20</b>	<b>00:31:06.20</b>	+00:12:33 (40.4%)	5:52	10.2 (59.3%)
356	<b>KOKOT Justyna</b>	<b>396</b>	SKM HARCIOLE	40-49	159			00:00:00	00:13:21	<b>00:31:07.80</b>	<b>00:31:07.80</b>	+00:12:35 (40.4%)	5:52	10.2 (59.3%)
357	<b>SŁOWIŃSKA Joanna</b>	<b>156</b>	RUNTEAM PAWŁOWICE	30-39	118			00:00:00	00:13:30	<b>00:31:08.45</b>	<b>00:31:08.45</b>	+00:12:35 (40.5%)	5:52	10.2 (59.3%)
358	<b>PYZIK Barbara</b>	<b>40</b>		40-49	160			00:00:00	00:12:59	<b>00:31:09.05</b>	<b>00:31:09.05</b>	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
359	<b>PUDA Dorota</b>	<b>169</b>	KOBIETY NA 5+	50-59	43	Kobiety na 5+		00:00:00	00:13:17	<b>00:31:09.45</b>	<b>00:31:09.45</b>	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
360	<b>HANZLIK Martyna</b>	<b>831</b>		30-39	119			00:00:00	00:12:42	<b>00:31:10.05</b>	<b>00:31:10.05</b>	+00:12:37 (40.5%)	5:52	10.2 (59.3%)
361	<b>PRÓSZYŃSKA Agnieszka</b>	<b>361</b>		40-49	161			00:00:00	00:13:58	<b>00:31:10.25</b>	<b>00:31:10.25</b>	+00:12:37 (40.5%)	5:52	10.2 (59.3%)
362	<b>KĄŁUS Joanna</b>	<b>403</b>		40-49	162			00:00:00	00:13:14	<b>00:31:10.80</b>	<b>00:31:10.80</b>	+00:12:38 (40.5%)	5:52	10.2 (59.3%)
363	<b>SŁODZIŃSKA Magdalena</b>	<b>415</b>		20-29	25			00:00:00	00:13:02	<b>00:31:10.90</b>	<b>00:31:10.90</b>	+00:12:38 (40.5%)	5:52	10.2 (59.3%)
364	<b>DZIUK Jolanta</b>	<b>572</b>		50-59	44			00:00:00	00:13:34	<b>00:31:11.20</b>	<b>00:31:11.20</b>	+00:12:38 (40.5%)	5:53	10.2 (59.3%)
365	<b>KOZIOŁEK Iwona</b>	<b>619</b>	ZABIEGANA ZOŁZA	50-59	45			00:00:00	00:13:33	<b>00:31:11.30</b>	<b>00:31:11.30</b>	+00:12:38 (40.5%)	5:53	10.2 (59.3%)
366	<b>KRAWCZYK Monika</b>	<b>817</b>		30-39	120			00:00:00	00:13:08	<b>00:31:13.50</b>	<b>00:31:13.50</b>	+00:12:40 (40.6%)	5:53	10.2 (59.3%)
367	<b>SMAGA Ewelina</b>	<b>354</b>		30-39	121			00:00:00	00:14:04	<b>00:31:14.25</b>	<b>00:31:14.25</b>	+00:12:41 (40.6%)	5:53	10.2 (59.3%)
368	<b>FILIPIAK Joanna</b>	<b>636</b>		20-29	26			00:00:00	00:13:51	<b>00:31:14.80</b>	<b>00:31:14.80</b>	+00:12:42 (40.7%)	5:53	10.2 (59.3%)
369	<b>CICHOŃ Iwona</b>	<b>248</b>	HURAGAN LIGOTA	40-49	163	Huragan Ligota		00:00:00	00:13:28	<b>00:31:17.85</b>	<b>00:31:17.85</b>	+00:12:45 (40.8%)	5:54	10.2 (59.3%)
370	<b>SZTUCHLIK Aleksandra</b>	<b>851</b>		20-29	27	Przedszkole Małych Bohaterów		00:00:00	00:13:19	<b>00:31:18.30</b>	<b>00:31:18.30</b>	+00:12:45 (40.8%)	5:54	10.2 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
371	<b>KWIATKOWSKA Elwira</b>	<b>820</b>		40-49	164			00:00:00	00:13:16	<b>00:31:19.15</b>	<b>00:31:19.15</b>	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
371	<b>MARZEC Sylwia</b>	<b>691</b>	JUSTFEELFIT	20-29	28	JustFeelFit		00:00:00	00:14:33	<b>00:31:19.15</b>	<b>00:31:19.15</b>	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
373	<b>PODLEŚNY Justyna</b>	<b>202</b>	NESSI TEAM ŻORY	40-49	165	Nessi Team		00:00:00	00:12:51	<b>00:31:19.25</b>	<b>00:31:19.25</b>	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
374	<b>KALITA Anna</b>	<b>425</b>		50-59	46	INCOLA TEAM		00:00:00	00:13:47	<b>00:31:19.40</b>	<b>00:31:19.40</b>	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
375	<b>JAKIMOWICZ Patrycja</b>	<b>413</b>	NESSI TEAM	30-39	122	Nessi Team		00:00:00	00:12:57	<b>00:31:19.95</b>	<b>00:31:19.95</b>	+00:12:47 (40.8%)	5:54	10.2 (59.3%)
376	<b>PAJĄK Agnieszka</b>	<b>427</b>	KAMA RUN	40-49	166			00:00:00	00:13:20	<b>00:31:20.80</b>	<b>00:31:20.80</b>	+00:12:48 (40.8%)	5:54	10.1 (58.7%)
377	<b>PEPEK Aneta</b>	<b>198</b>		40-49	167			00:00:00	00:13:56	<b>00:31:23.55</b>	<b>00:31:23.55</b>	+00:12:51 (40.9%)	5:55	10.1 (58.7%)
378	<b>BURDA Renata</b>	<b>907</b>	AKTYWNA	40-49	168		Aktywna	00:00:00	00:14:49	<b>00:31:25.55</b>	<b>00:31:25.55</b>	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
379	<b>MIŁOWSKA Sylwia</b>	<b>422</b>		40-49	169			00:00:00	00:13:31	<b>00:31:26.30</b>	<b>00:31:26.30</b>	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
380	<b>KLYSZCZ Honorata</b>	<b>323</b>	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	170	ŁAPACZKI Zachodów słońca		00:00:00	00:14:02	<b>00:31:29.35</b>	<b>00:31:29.35</b>	+00:12:56 (41.1%)	5:56	10.1 (58.7%)
381	<b>SNOCHOWSKA Gabriela</b>	<b>435</b>	SKLEP BIEGACZA RUNNING TEAM	30-39	123			00:00:00	00:14:34	<b>00:31:29.90</b>	<b>00:31:29.90</b>	+00:12:57 (41.1%)	5:56	10.1 (58.7%)
382	<b>BORUTA Wioletta</b>	<b>734</b>		40-49	171			00:00:00	00:13:26	<b>00:31:31.30</b>	<b>00:31:31.30</b>	+00:12:58 (41.2%)	5:56	10.1 (58.7%)
383	<b>JASIK Karolina</b>	<b>853</b>	BBL RUDA ŚLĄSKA	20-29	29	BBL Ruda Śląska		00:00:00	00:14:13	<b>00:31:32.30</b>	<b>00:31:32.30</b>	+00:12:59 (41.2%)	5:56	10.1 (58.7%)
384	<b>KONOPKA Magdalena</b>	<b>532</b>		30-39	124			00:00:00	00:13:23	<b>00:31:32.35</b>	<b>00:31:32.35</b>	+00:12:59 (41.2%)	5:56	10.1 (58.7%)
385	<b>FECZKO Lucyna</b>	<b>288</b>		40-49	172			00:00:00	00:12:52	<b>00:31:34.45</b>	<b>00:31:34.45</b>	+00:13:01 (41.3%)	5:57	10.1 (58.7%)
386	<b>STROJEK Alicja</b>	<b>549</b>		16-19	8			00:00:00	00:13:28	<b>00:31:34.65</b>	<b>00:31:34.65</b>	+00:13:02 (41.3%)	5:57	10.1 (58.7%)
387	<b>MADALINSKA Karolina</b>	<b>302</b>		30-39	125			00:00:00	00:13:19	<b>00:31:37.40</b>	<b>00:31:37.40</b>	+00:13:04 (41.4%)	5:57	10.1 (58.7%)
388	<b>SITKO Dagmara</b>	<b>304</b>		30-39	126			00:00:00	00:14:17	<b>00:31:37.95</b>	<b>00:31:37.95</b>	+00:13:05 (41.4%)	5:57	10.1 (58.7%)
389	<b>KOLAT Jadwiga</b>	<b>264</b>	KOBIETY NA 5+	40-49	173	Kobiety na 5+		00:00:00	00:13:41	<b>00:31:38.50</b>	<b>00:31:38.50</b>	+00:13:05 (41.4%)	5:58	10.1 (58.7%)
390	<b>UKLEJA Ela</b>	<b>857</b>		40-49	174			00:00:00	00:14:22	<b>00:31:38.65</b>	<b>00:31:38.65</b>	+00:13:06 (41.4%)	5:58	10.1 (58.7%)
391	<b>HRYNKIEWICZ Izabela</b>	<b>386</b>		30-39	127			00:00:00	00:13:41	<b>00:31:39.25</b>	<b>00:31:39.25</b>	+00:13:06 (41.4%)	5:58	10 (58.1%)
392	<b>PANFIL Beata</b>	<b>645</b>		30-39	128			00:00:00	00:13:11	<b>00:31:41.50</b>	<b>00:31:41.50</b>	+00:13:08 (41.5%)	5:58	10 (58.1%)
393	<b>SKRZYPEK Marta</b>	<b>117</b>	JUSTFEELFIT	40-49	175			00:00:00	00:13:39	<b>00:31:42.65</b>	<b>00:31:42.65</b>	+00:13:10 (41.5%)	5:58	10 (58.1%)
394	<b>CZYRNEK Ewa</b>	<b>536</b>	SMAKI BIEGANIA	40-49	176	Smaki Biegania		00:00:00	00:13:47	<b>00:31:43.80</b>	<b>00:31:43.80</b>	+00:13:11 (41.6%)	5:59	10 (58.1%)
395	<b>STOPYRA Agnieszka</b>	<b>86</b>		40-49	177			00:00:00	00:13:46	<b>00:31:44.20</b>	<b>00:31:44.20</b>	+00:13:11 (41.6%)	5:59	10 (58.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
396	<b>WYSOCKA Magdalena</b>	<b>723</b>		40-49	178			00:00:00	00:13:55	<b>00:31:44.55</b>	<b>00:31:44.55</b>	+00:13:12 (41.6%)	5:59	10 (58.1%)
397	<b>KASPRZYCKA-SZUBARSKA Katarzyna</b>	<b>165</b>	PARKRUN CIESZYN	50-59	47	Olza Cieszyn		00:00:00	00:13:59	<b>00:31:45.25</b>	<b>00:31:45.25</b>	+00:13:12 (41.6%)	5:59	10 (58.1%)
398	<b>SZUBARSKA Jagoda</b>	<b>535</b>	PARKRUN CIESZYN	16-19	9	Olza Cieszyn		00:00:00	00:14:00	<b>00:31:45.65</b>	<b>00:31:45.65</b>	+00:13:13 (41.6%)	5:59	10 (58.1%)
399	<b>KOZDRÓŃ Anna</b>	<b>1209</b>		40-49	179			00:00:00		<b>00:31:46.65</b>	<b>00:31:46.65</b>	+00:13:14 (41.6%)	5:59	10 (58.1%)
400	<b>BIELA Adrianna</b>	<b>89</b>		20-29	30			00:00:00	00:13:05	<b>00:31:47.10</b>	<b>00:31:47.10</b>	+00:13:14 (41.7%)	5:59	10 (58.1%)
401	<b>HUBA Agnieszka</b>	<b>244</b>	KOBIETY NA 5+	30-39	129	Kobiety na 5+		00:00:00	00:13:25	<b>00:31:48.15</b>	<b>00:31:48.15</b>	+00:13:15 (41.7%)	6:00	10 (58.1%)
402	<b>JASZCZAK Małgorzata</b>	<b>473</b>		20-29	31			00:00:00	00:13:51	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:13:16 (41.7%)	6:00	10 (58.1%)
402	<b>SAMUL Karolina</b>	<b>329</b>	HURAGAN LIGOTA	30-39	130			00:00:00	00:14:25	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:13:16 (41.7%)	6:00	10 (58.1%)
402	<b>SZCZOTKA Agnieszka</b>	<b>871</b>	JUSTFEELFIT	40-49	180	JustFeelFit		00:00:00	00:14:34	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:13:16 (41.7%)	6:00	10 (58.1%)
405	<b>ŁUPIŃSKA Marlena</b>	<b>267</b>		20-29	32			00:00:00	00:13:19	<b>00:31:50.85</b>	<b>00:31:50.85</b>	+00:13:18 (41.8%)	6:00	10 (58.1%)
406	<b>WOJTOŃ-STAWICKA Małgorzata</b>	<b>307</b>	RUNTEAM PAWŁOWICE	50-59	48	RUNTEAM PAWŁOWICE		00:00:00	00:13:54	<b>00:31:51.05</b>	<b>00:31:51.05</b>	+00:13:18 (41.8%)	6:00	10 (58.1%)
407	<b>DĘBOWSKA Beata</b>	<b>161</b>		50-59	49			00:00:00	00:13:24	<b>00:31:52.45</b>	<b>00:31:52.45</b>	+00:13:19 (41.8%)	6:00	10 (58.1%)
408	<b>TYRYTKO Sylwia</b>	<b>657</b>	WATAHA	40-49	181	WATAHA		00:00:00	00:13:28	<b>00:31:54.80</b>	<b>00:31:54.80</b>	+00:13:22 (41.9%)	6:01	10 (58.1%)
409	<b>LECHOWICZ Irena</b>	<b>362</b>	SZARE MORSY	50-59	50			00:00:00	00:14:10	<b>00:31:55.90</b>	<b>00:31:55.90</b>	+00:13:23 (41.9%)	6:01	10 (58.1%)
410	<b>KUJAWA Marzena</b>	<b>235</b>		30-39	131			00:00:00	00:13:55	<b>00:31:58.45</b>	<b>00:31:58.45</b>	+00:13:25 (42.0%)	6:01	9.9 (57.6%)
411	<b>KOSOWSKA Grażyna</b>	<b>492</b>	KOBIETY NA 5+	50-59	51	Kobiety na 5+		00:00:00	00:13:23	<b>00:31:59.20</b>	<b>00:31:59.20</b>	+00:13:26 (42.0%)	6:02	9.9 (57.6%)
412	<b>MATUĆ Aleksandra</b>	<b>241</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	182	Miechowicka Grupa Biegowa		00:00:00	00:14:37	<b>00:32:04.05</b>	<b>00:32:04.05</b>	+00:13:31 (42.2%)	6:03	9.9 (57.6%)
413	<b>WAWER Kasia</b>	<b>617</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	183	Miechowicka Grupa Biegowa		00:00:00	00:14:38	<b>00:32:04.15</b>	<b>00:32:04.15</b>	+00:13:31 (42.2%)	6:03	9.9 (57.6%)
414	<b>KAMIŃSKA Agnieszka</b>	<b>296</b>		30-39	132			00:00:00	00:14:07	<b>00:32:05.40</b>	<b>00:32:05.40</b>	+00:13:32 (42.2%)	6:03	9.9 (57.6%)
415	<b>ZAWADA Teresa</b>	<b>491</b>		50-59	52			00:00:00	00:13:31	<b>00:32:05.60</b>	<b>00:32:05.60</b>	+00:13:33 (42.2%)	6:03	9.9 (57.6%)
416	<b>REYMANN Milena</b>	<b>343</b>		40-49	184	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:49	<b>00:32:06.05</b>	<b>00:32:06.05</b>	+00:13:33 (42.2%)	6:03	9.9 (57.6%)
417	<b>KOWAL Beata</b>	<b>317</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	53	Miechowicka Grupa Biegowa		00:00:00	00:14:37	<b>00:32:06.90</b>	<b>00:32:06.90</b>	+00:13:34 (42.3%)	6:03	9.9 (57.6%)
418	<b>MAROSZEK Aleksandra</b>	<b>90</b>		40-49	185			00:00:00	00:13:26	<b>00:32:07.15</b>	<b>00:32:07.15</b>	+00:13:34 (42.3%)	6:03	9.9 (57.6%)
419	<b>SKÓRA Joanna</b>	<b>440</b>		50-59	54			00:00:00	00:13:59	<b>00:32:08.35</b>	<b>00:32:08.35</b>	+00:13:35 (42.3%)	6:03	9.9 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
420	KUCIEJ Justyna	271		40-49	186			00:00:00	00:13:51	00:32:08.65	00:32:08.65	+00:13:36 (42.3%)	6:03	9.9 (57.6%)
421	RUSEK Aleksandra	727		20-29	33			00:00:00		00:32:10.75	00:32:10.75	+00:13:38 (42.4%)	6:04	9.9 (57.6%)
422	DOBOSZ Ilona	252		50-59	55			00:00:00	00:13:31	00:32:11.35	00:32:11.35	+00:13:38 (42.4%)	6:04	9.9 (57.6%)
423	PERZAK Beata	779		40-49	187			00:00:00	00:13:40	00:32:15.00	00:32:15.00	+00:13:42 (42.5%)	6:05	9.9 (57.6%)
424	CIEŚLICKA Marta	499	NESSI TEAM	40-49	188	Nessi Team		00:00:00	00:14:11	00:32:17.55	00:32:17.55	+00:13:45 (42.6%)	6:05	9.9 (57.6%)
425	TAGOWSKA Agnieszka	740		40-49	189			00:00:00	00:13:44	00:32:18.00	00:32:18.00	+00:13:45 (42.6%)	6:05	9.8 (57.0%)
426	BLANIK Aga	852		40-49	190			00:00:00	00:14:17	00:32:20.25	00:32:20.25	+00:13:47 (42.7%)	6:06	9.8 (57.0%)
427	JAKUBIK Edyta	442		30-39	133			00:00:00	00:13:43	00:32:22.40	00:32:22.40	+00:13:49 (42.7%)	6:06	9.8 (57.0%)
428	BUKOWSKA Joanna	315	KATOWICKI NORDIC WALKING	40-49	191			00:00:00	00:14:29	00:32:22.90	00:32:22.90	+00:13:50 (42.7%)	6:06	9.8 (57.0%)
429	BORDA Grażyna	804		40-49	192			00:00:00	00:13:53	00:32:23.25	00:32:23.25	+00:13:50 (42.7%)	6:06	9.8 (57.0%)
430	BRYCHCY Estera	446	WATAHA-ŁĄCZY NAS BIEGANIE	30-39	134			00:00:00	00:14:32	00:32:24.10	00:32:24.10	+00:13:51 (42.8%)	6:06	9.8 (57.0%)
431	STRZAŁKA-LECH Magdalena	887		30-39	135			00:00:00	00:13:32	00:32:26.45	00:32:26.45	+00:13:53 (42.8%)	6:07	9.8 (57.0%)
431	DYRLAGA Danusia	687	JUSTFEELFIT	20-29	34			00:00:00	00:14:42	00:32:26.45	00:32:26.45	+00:13:53 (42.8%)	6:07	9.8 (57.0%)
433	KARAŚ Daria	600		30-39	136			00:00:00	00:13:25	00:32:26.55	00:32:26.55	+00:13:54 (42.8%)	6:07	9.8 (57.0%)
434	JURASZEK Agnieszka	335	JUSTFEELFIT	30-39	137	JustFeelFit		00:00:00	00:14:40	00:32:26.65	00:32:26.65	+00:13:54 (42.8%)	6:07	9.8 (57.0%)
435	BURDZIK Weronika	830		20-29	35			00:00:00	00:13:47	00:32:28.25	00:32:28.25	+00:13:55 (42.9%)	6:07	9.8 (57.0%)
436	ZŁOTKOWSKA Sylwia	858	WILCZKI	30-39	138	WATAHA		00:00:00	00:13:40	00:32:29.30	00:32:29.30	+00:13:56 (42.9%)	6:07	9.8 (57.0%)
437	ŁEPEK Bożena	311		40-49	193			00:00:00	00:13:51	00:32:30.10	00:32:30.10	+00:13:57 (42.9%)	6:07	9.8 (57.0%)
438	MORGAŁA Daria	388		40-49	194			00:00:00	00:14:29	00:32:30.35	00:32:30.35	+00:13:57 (43.0%)	6:07	9.8 (57.0%)
439	PAGIEŁA Katarzyna	545		30-39	139			00:00:00	00:14:45	00:32:31.40	00:32:31.40	+00:13:58 (43.0%)	6:08	9.8 (57.0%)
440	MIŚ Elżbieta	339	JUSTFEELFIT	30-39	140	JustFeelFit		00:00:00	00:14:41	00:32:31.80	00:32:31.80	+00:13:59 (43.0%)	6:08	9.8 (57.0%)
441	KOSTKA Karolina	68	HÓNYM DO METY	40-49	195			00:00:00	00:13:35	00:32:35.45	00:32:35.45	+00:14:02 (43.1%)	6:08	9.8 (57.0%)
442	KAFARA Joanna	293	WATAHA	30-39	141			00:00:00	00:14:24	00:32:37.40	00:32:37.40	+00:14:04 (43.2%)	6:09	9.7 (56.4%)
443	PARCHAŃSKA-ŻUREK Iwona	100		30-39	142			00:00:00	00:14:11	00:32:38.80	00:32:38.80	+00:14:06 (43.2%)	6:09	9.7 (56.4%)
444	KISZKA-MAZIARCZUK Berenika	786	A   B	30-39	143	Lecymy Durs	A i B	00:00:00	00:14:51	00:32:40.75	00:32:40.75	+00:14:08 (43.3%)	6:09	9.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
445	<b>FARUGA Angelina</b>	<b>382</b>		30-39	144			00:00:00	00:14:13	<b>00:32:41.35</b>	<b>00:32:41.35</b>	+00:14:08 (43.3%)	6:10	9.7 (56.4%)
446	<b>MUSIALIK Sabina</b>	<b>398</b>	LECYMY DURŚ	40-49	196		Lecymy Durś	00:00:00	00:14:52	<b>00:32:41.40</b>	<b>00:32:41.40</b>	+00:14:08 (43.3%)	6:10	9.7 (56.4%)
447	<b>NALEWAJKA Wioleta</b>	<b>276</b>		50-59	56	Kobiety na 5+		00:00:00	00:13:25	<b>00:32:41.60</b>	<b>00:32:41.60</b>	+00:14:09 (43.3%)	6:10	9.7 (56.4%)
448	<b>NIEDZIOŁKO Bożena</b>	<b>256</b>	KOBIETY NA 5+	50-59	57	Kobiety na 5+		00:00:00	00:13:25	<b>00:32:42.00</b>	<b>00:32:42.00</b>	+00:14:09 (43.3%)	6:10	9.7 (56.4%)
449	<b>MAĆKÓW Małgorzata</b>	<b>249</b>		20-29	36			00:00:00	00:13:32	<b>00:32:45.55</b>	<b>00:32:45.55</b>	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
450	<b>SADOWSKA-LASYK Kamila</b>	<b>775</b>		30-39	145			00:00:00	00:14:23	<b>00:32:45.65</b>	<b>00:32:45.65</b>	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
451	<b>STRZODA Barbara</b>	<b>518</b>		40-49	197			00:00:00	00:14:20	<b>00:32:47.65</b>	<b>00:32:47.65</b>	+00:14:15 (43.5%)	6:11	9.7 (56.4%)
452	<b>GOJNY Daria</b>	<b>896</b>		30-39	146			00:00:00	00:14:12	<b>00:32:49.65</b>	<b>00:32:49.65</b>	+00:14:17 (43.5%)	6:11	9.7 (56.4%)
453	<b>REK Katarzyna</b>	<b>328</b>	RADLINIOKI W BIEGU	40-49	198	Radlinioki w biegu		00:00:00	00:13:57	<b>00:32:49.95</b>	<b>00:32:49.95</b>	+00:14:17 (43.5%)	6:11	9.7 (56.4%)
454	<b>OLSZEWSKA Dorota</b>	<b>364</b>		40-49	199			00:00:00	00:14:17	<b>00:32:51.15</b>	<b>00:32:51.15</b>	+00:14:18 (43.6%)	6:11	9.7 (56.4%)
455	<b>URBAŚ Monika</b>	<b>319</b>		30-39	147	Kobiety na 5+		00:00:00	00:13:52	<b>00:32:53.80</b>	<b>00:32:53.80</b>	+00:14:21 (43.6%)	6:12	9.7 (56.4%)
456	<b>PTASIŃSKA Iwona</b>	<b>483</b>		20-29	37			00:00:00		<b>00:32:54.90</b>	<b>00:32:54.90</b>	+00:14:22 (43.7%)	6:12	9.7 (56.4%)
457	<b>PAJAK Małgorzata</b>	<b>575</b>	DRUŻYNAKOBIETY NA 5 +	50-59	58	Kobiety na 5+		00:00:00	00:13:54	<b>00:32:55.25</b>	<b>00:32:55.25</b>	+00:14:22 (43.7%)	6:12	9.7 (56.4%)
458	<b>WALEK Natalia</b>	<b>505</b>		20-29	38			00:00:00	00:15:07	<b>00:32:55.95</b>	<b>00:32:55.95</b>	+00:14:23 (43.7%)	6:12	9.7 (56.4%)
459	<b>CIESLA Liliana</b>	<b>404</b>		60+	8			00:00:00	00:13:49	<b>00:32:57.10</b>	<b>00:32:57.10</b>	+00:14:24 (43.7%)	6:13	9.7 (56.4%)
460	<b>HOLONA Bożena</b>	<b>778</b>		50-59	59			00:00:00	00:14:51	<b>00:32:58.80</b>	<b>00:32:58.80</b>	+00:14:26 (43.8%)	6:13	9.6 (55.8%)
461	<b>CEGLARSKA Alicja</b>	<b>321</b>	JEJKOWICE BIEGAJĄ	40-49	200	Jejkowice Biegają		00:00:00	00:14:45	<b>00:33:00.20</b>	<b>00:33:00.20</b>	+00:14:27 (43.8%)	6:13	9.6 (55.8%)
462	<b>ALEKSA Lucyna</b>	<b>605</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	148	Miechowicka Grupa Biegowa		00:00:00	00:14:53	<b>00:33:04.65</b>	<b>00:33:04.65</b>	+00:14:32 (43.9%)	6:14	9.6 (55.8%)
463	<b>LISIAK Wioletta</b>	<b>523</b>		Najliczniejsza drużyna	1			00:00:00	00:14:09	<b>00:33:07.55</b>	<b>00:33:07.55</b>	+00:14:35 (44.0%)	6:14	9.6 (55.8%)
464	<b>TRAWNICKA Małgosia</b>	<b>450</b>		30-39	149			00:00:00	00:14:29	<b>00:33:07.75</b>	<b>00:33:07.75</b>	+00:14:35 (44.0%)	6:14	9.6 (55.8%)
465	<b>KRZYŻOWSKA Marzena</b>	<b>519</b>		30-39	150			00:00:00	00:14:18	<b>00:33:09.90</b>	<b>00:33:09.90</b>	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
466	<b>KOZŁOWSKA Bożena</b>	<b>188</b>		40-49	201			00:00:00	00:14:13	<b>00:33:10.40</b>	<b>00:33:10.40</b>	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
467	<b>GAJ Monika</b>	<b>528</b>	DAR-BUD TEAM	40-49	202			00:00:00	00:14:49	<b>00:33:11.20</b>	<b>00:33:11.20</b>	+00:14:38 (44.1%)	6:15	9.6 (55.8%)
468	<b>KLONOWSKA Monika</b>	<b>448</b>	SZALONE PITKI	40-49	203			00:00:00	00:14:52	<b>00:33:11.55</b>	<b>00:33:11.55</b>	+00:14:39 (44.1%)	6:15	9.6 (55.8%)
469	<b>ZACZYŃSKA-POZNIAK Jarosława</b>	<b>125</b>		40-49	204			00:00:00	00:14:50	<b>00:33:14.50</b>	<b>00:33:14.50</b>	+00:14:41 (44.2%)	6:16	9.6 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
470	<b>KORCZEWSKA Beata</b>	<b>736</b>	MIECHOWICACH GRUPA BIEGOWA	40-49	205	Miechowska Grupa Biegowa		00:00:00	00:14:42	<b>00:33:16.75</b>	<b>00:33:16.75</b>	+00:14:44 (44.3%)	6:16	9.6 (55.8%)
471	<b>DELONG-MICHAŁOWSKAS Izabela</b>	<b>1213</b>	POJECHNI WARIACI	50-59	60			00:00:00	00:14:43	<b>00:33:17.65</b>	<b>00:33:17.65</b>	+00:14:45 (44.3%)	6:16	9.6 (55.8%)
472	<b>BETLEJ Dorota</b>	<b>541</b>		30-39	151			00:00:00	00:14:02	<b>00:33:21.35</b>	<b>00:33:21.35</b>	+00:14:48 (44.4%)	6:17	9.5 (55.2%)
473	<b>GŁĄB Magdalena</b>	<b>363</b>		30-39	152			00:00:00	00:14:57	<b>00:33:22.10</b>	<b>00:33:22.10</b>	+00:14:49 (44.4%)	6:17	9.5 (55.2%)
474	<b>ZŁOCIAK Agnieszka</b>	<b>539</b>		40-49	206			00:00:00	00:14:57	<b>00:33:22.35</b>	<b>00:33:22.35</b>	+00:14:49 (44.4%)	6:17	9.5 (55.2%)
475	<b>KAMEJSZA Olga</b>	<b>237</b>	ZABIERZÓW BIEGA	30-39	153			00:00:00	00:14:04	<b>00:33:25.65</b>	<b>00:33:25.65</b>	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
476	<b>JELITKO Ania</b>	<b>868</b>		30-39	154			00:00:00	00:15:16	<b>00:33:25.70</b>	<b>00:33:25.70</b>	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
477	<b>ZAGÓRSKA Beata</b>	<b>470</b>		40-49	207			00:00:00	00:14:50	<b>00:33:27.00</b>	<b>00:33:27.00</b>	+00:14:54 (44.6%)	6:18	9.5 (55.2%)
478	<b>BATKO Agnieszka</b>	<b>242</b>		40-49	208			00:00:00	00:14:44	<b>00:33:27.35</b>	<b>00:33:27.35</b>	+00:14:54 (44.6%)	6:18	9.5 (55.2%)
479	<b>KRÓL Magdalena</b>	<b>287</b>	KINGTEAM	40-49	209			00:00:00	00:15:08	<b>00:33:29.45</b>	<b>00:33:29.45</b>	+00:14:56 (44.6%)	6:19	9.5 (55.2%)
480	<b>MENDRELA Agata</b>	<b>327</b>		50-59	61			00:00:00	00:13:33	<b>00:33:30.90</b>	<b>00:33:30.90</b>	+00:14:58 (44.7%)	6:19	9.5 (55.2%)
481	<b>KUBICA Bożena</b>	<b>430</b>	ZABIEGANI NAUCZYCIELE	50-59	62			00:00:00	00:14:07	<b>00:33:31.50</b>	<b>00:33:31.50</b>	+00:14:58 (44.7%)	6:19	9.5 (55.2%)
482	<b>MIELAŃCZYK Maria</b>	<b>571</b>		60+	9			00:00:00	00:14:35	<b>00:33:32.00</b>	<b>00:33:32.00</b>	+00:14:59 (44.7%)	6:19	9.5 (55.2%)
483	<b>KLEPACKA Edyta</b>	<b>570</b>	ANIA I EDYTA	40-49	210		Ania i Edyta	00:00:00	00:14:25	<b>00:33:34.30</b>	<b>00:33:34.30</b>	+00:15:01 (44.8%)	6:20	9.5 (55.2%)
484	<b>CELINA Celina</b>	<b>834</b>		40-49	211			00:00:00	00:14:16	<b>00:33:35.40</b>	<b>00:33:35.40</b>	+00:15:02 (44.8%)	6:20	9.5 (55.2%)
485	<b>ZABORSKA Wioletta</b>	<b>544</b>	PRESSGLASS BIEGAMY I WSPIERAMY	40-49	212			00:00:00	00:14:57	<b>00:33:36.45</b>	<b>00:33:36.45</b>	+00:15:03 (44.8%)	6:20	9.5 (55.2%)
486	<b>GŁÓWCZYK Izabella</b>	<b>474</b>		40-49	213			00:00:00	00:14:25	<b>00:33:38.50</b>	<b>00:33:38.50</b>	+00:15:05 (44.9%)	6:20	9.5 (55.2%)
487	<b>LERCH Ewa</b>	<b>113</b>		20-29	39			00:00:00	00:13:58	<b>00:33:41.50</b>	<b>00:33:41.50</b>	+00:15:08 (45.0%)	6:21	9.4 (54.7%)
488	<b>JANCZARA Ewa</b>	<b>677</b>		40-49	214			00:00:00		<b>00:33:42.45</b>	<b>00:33:42.45</b>	+00:15:09 (45.0%)	6:21	9.4 (54.7%)
489	<b>GOLEC Monika</b>	<b>829</b>		30-39	155			00:00:00	00:14:54	<b>00:33:44.95</b>	<b>00:33:44.95</b>	+00:15:12 (45.1%)	6:21	9.4 (54.7%)
490	<b>POCHYLCZUK Zuzanna</b>	<b>667</b>		20-29	40			00:00:00	00:13:51	<b>00:33:47.60</b>	<b>00:33:47.60</b>	+00:15:15 (45.1%)	6:22	9.4 (54.7%)
491	<b>OLEŚ Alicja</b>	<b>420</b>		60+	10			00:00:00	00:14:12	<b>00:33:49.50</b>	<b>00:33:49.50</b>	+00:15:16 (45.2%)	6:22	9.4 (54.7%)
492	<b>CHRZĄSTEK Magdalena</b>	<b>737</b>		30-39	156			00:00:00	00:14:22	<b>00:33:50.60</b>	<b>00:33:50.60</b>	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
493	<b>WOJDANOWSKA Małgorzata</b>	<b>397</b>	LECYMY DURŚ	30-39	157	Lecymy Durś	Lecymy Durś	00:00:00	00:14:52	<b>00:33:51.45</b>	<b>00:33:51.45</b>	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
494	<b>MICHALSKA Beata</b>	<b>460</b>	BBL RUDA ŚLĄSKA	50-59	63	BBL Ruda Śląska		00:00:00	00:14:45	<b>00:33:52.25</b>	<b>00:33:52.25</b>	+00:15:19 (45.3%)	6:23	9.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
495	ZDEB Barbara	338		40-49	215			00:00:00	00:15:01	00:33:52.55	00:33:52.55	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
496	DEPTA KLIMAS Magdalena	842		30-39	158			00:00:00	00:14:09	00:33:52.70	00:33:52.70	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
497	KUCHARSKA Anna	792	A i B	30-39	159	Lecymy Durś	A i B	00:00:00	00:14:52	00:33:52.75	00:33:52.75	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
498	FRYDRYSIAK Sylwia	253	ZABIEGANA ZOŁZA	50-59	64			00:00:00	00:14:03	00:33:52.95	00:33:52.95	+00:15:20 (45.3%)	6:23	9.4 (54.7%)
499	BALICKA Magdalena	239		40-49	216			00:00:00	00:15:20	00:33:54.60	00:33:54.60	+00:15:22 (45.3%)	6:23	9.4 (54.7%)
500	KOŁODZIEJ Ewa	579		50-59	65			00:00:00	00:15:12	00:33:56.05	00:33:56.05	+00:15:23 (45.4%)	6:24	9.4 (54.7%)
501	SZYMCZAK Mariola	743		60+	11			00:00:00	00:14:34	00:33:57.80	00:33:57.80	+00:15:25 (45.4%)	6:24	9.4 (54.7%)
502	GAŚSIOR Katarzyna	513		30-39	160			00:00:00	00:14:54	00:34:01.65	00:34:01.65	+00:15:29 (45.5%)	6:25	9.3 (54.1%)
503	ZIELIŃSKA Anna	437		40-49	217	Miechowska Grupa Biegowa		00:00:00	00:15:08	00:34:02.65	00:34:02.65	+00:15:30 (45.5%)	6:25	9.3 (54.1%)
504	KUBALA Agnieszka	174		30-39	161			00:00:00	00:14:29	00:34:02.80	00:34:02.80	+00:15:30 (45.5%)	6:25	9.3 (54.1%)
505	KOMOROWSKA Bożena	739	DRUŻYNA KOPERNIKA	50-59	66			00:00:00	00:14:32	00:34:04.30	00:34:04.30	+00:15:31 (45.6%)	6:25	9.3 (54.1%)
506	KĘPKA Joanna	683		40-49	218			00:00:00	00:14:56	00:34:05.65	00:34:05.65	+00:15:33 (45.6%)	6:25	9.3 (54.1%)
507	KALETA Agata	334	JUSTFEELFIT	30-39	162	JustFeelFit		00:00:00	00:14:59	00:34:08.40	00:34:08.40	+00:15:35 (45.7%)	6:26	9.3 (54.1%)
508	GOLEC-CHOLEWA Aleksandra	704		30-39	163			00:00:00	00:14:54	00:34:08.55	00:34:08.55	+00:15:36 (45.7%)	6:26	9.3 (54.1%)
509	SOBEL Beata	1001		40-49	219			00:00:00	00:14:54	00:34:08.90	00:34:08.90	+00:15:36 (45.7%)	6:26	9.3 (54.1%)
510	BAK-ŚCIERSKA Beata	326		40-49	220			00:00:00	00:14:40	00:34:09.45	00:34:09.45	+00:15:36 (45.7%)	6:26	9.3 (54.1%)
511	KOWOLL Ewa	848		40-49	221			00:00:00	00:16:14	00:34:10.75	00:34:10.75	+00:15:38 (45.7%)	6:26	9.3 (54.1%)
512	NIEDZIELA Roksana	633		20-29	41			00:00:00	00:14:36	00:34:12.60	00:34:12.60	+00:15:40 (45.8%)	6:27	9.3 (54.1%)
513	BIAŁOŃCZYK Joanna	36		30-39	164	Byle do mety		00:00:00	00:14:25	00:34:13.70	00:34:13.70	+00:15:41 (45.8%)	6:27	9.3 (54.1%)
514	RĘKAL Dorota	494	BYLE DO METY	50-59	67			00:00:00	00:14:25	00:34:13.85	00:34:13.85	+00:15:41 (45.8%)	6:27	9.3 (54.1%)
515	MARYJOSZ Katarzyna	465		40-49	222			00:00:00	00:14:42	00:34:14.90	00:34:14.90	+00:15:42 (45.9%)	6:27	9.3 (54.1%)
516	KOŃCZAK-ŁABAS Magdalena	340	HURAGAN LIGOTA	40-49	223	Huragan Ligota		00:00:00	00:15:23	00:34:18.60	00:34:18.60	+00:15:46 (46.0%)	6:28	9.3 (54.1%)
517	NOWICKA Ola	651		30-39	165			00:00:00	00:14:45	00:34:21.40	00:34:21.40	+00:15:48 (46.0%)	6:28	9.3 (54.1%)
518	COFALIK Gabriela	468	BIEGAMY W ŚWIERKLANACH	40-49	224			00:00:00		00:34:23.30	00:34:23.30	+00:15:50 (46.1%)	6:29	9.2 (53.5%)
519	JANIK Anna	622	WIEWIÓRKI ZIMNOKRWISTE	30-39	166		Wiewiórki Zimnokrwiste	00:00:00	00:14:35	00:34:23.95	00:34:23.95	+00:15:51 (46.1%)	6:29	9.2 (53.5%)
519	GRABIŃSKA Ewa	761		40-49	225			00:00:00		00:34:23.95	00:34:23.95	+00:15:51 (46.1%)	6:29	9.2 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
521	<b>ROMBERG Agnieszka</b>	<b>95</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	226	Miechowicka Grupa Biegowa		00:00:00	00:15:02	<b>00:34:24.50</b>	<b>00:34:24.50</b>	+00:15:51 (46.1%)	6:29	9.2 (53.5%)
522	<b>KRUCZEK Ewelina</b>	<b>837</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	42	Przedszkole Małych Bohaterów		00:00:00	00:15:11	<b>00:34:25.65</b>	<b>00:34:25.65</b>	+00:15:53 (46.1%)	6:29	9.2 (53.5%)
523	<b>SPYRKA Monika</b>	<b>587</b>		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	<b>00:34:25.80</b>	<b>00:34:25.80</b>	+00:15:53 (46.1%)	6:29	9.2 (53.5%)
524	<b>KAJSZTURA Weronika</b>	<b>836</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	168	Przedszkole Małych Bohaterów		00:00:00	00:15:11	<b>00:34:26.15</b>	<b>00:34:26.15</b>	+00:15:53 (46.2%)	6:29	9.2 (53.5%)
525	<b>LAKSA Marlena</b>	<b>709</b>		40-49	227			00:00:00	00:15:09	<b>00:34:29.60</b>	<b>00:34:29.60</b>	+00:15:57 (46.2%)	6:30	9.2 (53.5%)
526	<b>ROSTALSKA Sylwia</b>	<b>880</b>		20-29	43			00:00:00	00:13:17	<b>00:34:30.55</b>	<b>00:34:30.55</b>	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
527	<b>SMOZIK Mariola</b>	<b>809</b>		40-49	228			00:00:00		<b>00:34:30.70</b>	<b>00:34:30.70</b>	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
528	<b>SOBINA Roksana</b>	<b>5</b>	KLUB BIEGACZA FARTLEK	40-49	229	Klub Biegacza Fartlek		00:00:00	00:14:54	<b>00:34:31.35</b>	<b>00:34:31.35</b>	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
529	<b>SAWICKA Agnieszka</b>	<b>592</b>		40-49	230			00:00:00	00:14:55	<b>00:34:32.00</b>	<b>00:34:32.00</b>	+00:15:59 (46.3%)	6:30	9.2 (53.5%)
530	<b>SZCZUKA Joanna</b>	<b>332</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	231	Miechowicka Grupa Biegowa		00:00:00	00:13:49	<b>00:34:32.50</b>	<b>00:34:32.50</b>	+00:15:59 (46.3%)	6:30	9.2 (53.5%)
531	<b>SZCZEPANEK Urszula</b>	<b>819</b>		40-49	232			00:00:00	00:15:16	<b>00:34:32.75</b>	<b>00:34:32.75</b>	+00:16:00 (46.3%)	6:30	9.2 (53.5%)
532	<b>ŁOSKOT Aneta</b>	<b>365</b>		30-39	169			00:00:00	00:14:54	<b>00:34:32.90</b>	<b>00:34:32.90</b>	+00:16:00 (46.3%)	6:30	9.2 (53.5%)
533	<b>ZMUDA Ewelina</b>	<b>243</b>		30-39	170			00:00:00	00:14:26	<b>00:34:34.90</b>	<b>00:34:34.90</b>	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
534	<b>ŻYWICA Dorota</b>	<b>278</b>	HURAGAN LIGOTA	40-49	233	Huragan Ligota		00:00:00	00:14:55	<b>00:34:36.05</b>	<b>00:34:36.05</b>	+00:16:03 (46.4%)	6:31	9.2 (53.5%)
535	<b>TOMALA Beata</b>	<b>890</b>		40-49	234			00:00:00	00:15:35	<b>00:34:36.25</b>	<b>00:34:36.25</b>	+00:16:03 (46.4%)	6:31	9.2 (53.5%)
536	<b>SMYCZEK Dominika</b>	<b>889</b>		20-29	44			00:00:00	00:15:35	<b>00:34:37.15</b>	<b>00:34:37.15</b>	+00:16:04 (46.4%)	6:31	9.2 (53.5%)
537	<b>BRODA Kamila</b>	<b>486</b>		20-29	45			00:00:00	00:14:37	<b>00:34:40.30</b>	<b>00:34:40.30</b>	+00:16:07 (46.5%)	6:32	9.2 (53.5%)
538	<b>BRODA Beata</b>	<b>482</b>		50-59	68			00:00:00	00:14:39	<b>00:34:41.20</b>	<b>00:34:41.20</b>	+00:16:08 (46.5%)	6:32	9.2 (53.5%)
539	<b>ZIEJA Martyna</b>	<b>860</b>		20-29	46			00:00:00	00:15:12	<b>00:34:41.40</b>	<b>00:34:41.40</b>	+00:16:08 (46.5%)	6:32	9.2 (53.5%)
540	<b>KUKLA Agata</b>	<b>262</b>		30-39	171	PoWoli do Celu		00:00:00	00:16:03	<b>00:34:41.55</b>	<b>00:34:41.55</b>	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
541	<b>BOGACZ-BUCHTA Anna</b>	<b>715</b>		40-49	235			00:00:00	00:15:10	<b>00:34:45.55</b>	<b>00:34:45.55</b>	+00:16:13 (46.7%)	6:33	9.2 (53.5%)
542	<b>HABER Katarzyna</b>	<b>749</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	69	Miechowicka Grupa Biegowa		00:00:00	00:15:29	<b>00:34:46.00</b>	<b>00:34:46.00</b>	+00:16:13 (46.7%)	6:33	9.1 (52.9%)
543	<b>PAŁYS Agata</b>	<b>378</b>		30-39	172			00:00:00	00:14:07	<b>00:34:49.10</b>	<b>00:34:49.10</b>	+00:16:16 (46.7%)	6:34	9.1 (52.9%)
544	<b>MYŚLIWIEC Monika</b>	<b>369</b>	KOBIETY NA 5+	40-49	236	Kobiety na 5+		00:00:00	00:14:38	<b>00:34:49.50</b>	<b>00:34:49.50</b>	+00:16:16 (46.8%)	6:34	9.1 (52.9%)
545	<b>ANDROSZ Joanna</b>	<b>250</b>		40-49	237			00:00:00	00:14:34	<b>00:34:50.15</b>	<b>00:34:50.15</b>	+00:16:17 (46.8%)	6:34	9.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
546	<b>PANEK Sylwia</b>	<b>904</b>		40-49	238			00:00:00	00:14:50	<b>00:34:50.65</b>	<b>00:34:50.65</b>	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
547	<b>PORĘBA Wiola</b>	<b>688</b>		30-39	173			00:00:00	00:15:10	<b>00:34:50.75</b>	<b>00:34:50.75</b>	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
548	<b>KMIECIAK Dominika</b>	<b>602</b>		20-29	47			00:00:00	00:15:11	<b>00:34:51.15</b>	<b>00:34:51.15</b>	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
549	<b>ADAMUS-KLIMM Ewelina</b>	<b>762</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	174	Przedszkole Małych Bohaterów		00:00:00	00:15:38	<b>00:34:56.10</b>	<b>00:34:56.10</b>	+00:16:23 (46.9%)	6:35	9.1 (52.9%)
550	<b>BLOCH Katarzyna</b>	<b>741</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	239	Miechowska Grupa Biegowa		00:00:00	00:14:21	<b>00:34:59.85</b>	<b>00:34:59.85</b>	+00:16:27 (47.0%)	6:36	9.1 (52.9%)
551	<b>DREWNIAK Magdalena</b>	<b>306</b>	JUSTFEELFIT	30-39	175	JustFeelFit		00:00:00		<b>00:35:00.85</b>	<b>00:35:00.85</b>	+00:16:28 (47.0%)	6:36	9.1 (52.9%)
552	<b>SPANDEL Agnieszka</b>	<b>806</b>		30-39	176			00:00:00	00:15:04	<b>00:35:01.50</b>	<b>00:35:01.50</b>	+00:16:28 (47.1%)	6:36	9.1 (52.9%)
553	<b>WANDZEL Anna</b>	<b>811</b>		40-49	240			00:00:00	00:15:04	<b>00:35:02.05</b>	<b>00:35:02.05</b>	+00:16:29 (47.1%)	6:36	9.1 (52.9%)
554	<b>KURZAWA Justyna</b>	<b>660</b>	BIEGAMYŚŁOWICE	40-49	241	biegaMYślówice		00:00:00	00:14:47	<b>00:35:02.80</b>	<b>00:35:02.80</b>	+00:16:30 (47.1%)	6:36	9.1 (52.9%)
555	<b>ROSKOSZ Magdalena</b>	<b>521</b>		40-49	242			00:00:00	00:15:27	<b>00:35:03.50</b>	<b>00:35:03.50</b>	+00:16:30 (47.1%)	6:36	9.1 (52.9%)
556	<b>KONSEK Anna</b>	<b>856</b>		40-49	243			00:00:00	00:15:27	<b>00:35:04.35</b>	<b>00:35:04.35</b>	+00:16:31 (47.1%)	6:36	9.1 (52.9%)
557	<b>OLESIAK Beata</b>	<b>504</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	70	Miechowska Grupa Biegowa		00:00:00	00:15:16	<b>00:35:05.65</b>	<b>00:35:05.65</b>	+00:16:33 (47.2%)	6:37	9.1 (52.9%)
558	<b>POCENTAJŁO Beata</b>	<b>495</b>		50-59	71			00:00:00	00:14:54	<b>00:35:06.45</b>	<b>00:35:06.45</b>	+00:16:33 (47.2%)	6:37	9.1 (52.9%)
559	<b>DYNIA Magdalena</b>	<b>270</b>		40-49	244			00:00:00	00:15:08	<b>00:35:07.90</b>	<b>00:35:07.90</b>	+00:16:35 (47.2%)	6:37	9.1 (52.9%)
560	<b>BRANDYS Krystyna</b>	<b>295</b>		30-39	177			00:00:00	00:15:09	<b>00:35:08.60</b>	<b>00:35:08.60</b>	+00:16:36 (47.2%)	6:37	9.1 (52.9%)
561	<b>BOŻEK Dagmara</b>	<b>272</b>		40-49	245			00:00:00	00:15:13	<b>00:35:10.65</b>	<b>00:35:10.65</b>	+00:16:38 (47.3%)	6:38	9 (52.3%)
562	<b>HUDECKAY Katarzyna</b>	<b>807</b>		30-39	178			00:00:00	00:15:04	<b>00:35:10.95</b>	<b>00:35:10.95</b>	+00:16:38 (47.3%)	6:38	9 (52.3%)
563	<b>KOBIELA Bogna</b>	<b>291</b>	HURAGAN LIGOTA	40-49	246	Huragan Ligota		00:00:00	00:15:42	<b>00:35:11.40</b>	<b>00:35:11.40</b>	+00:16:38 (47.3%)	6:38	9 (52.3%)
564	<b>CIEMIĘGA Izabela</b>	<b>512</b>		20-29	48			00:00:00	00:15:23	<b>00:35:11.95</b>	<b>00:35:11.95</b>	+00:16:39 (47.3%)	6:38	9 (52.3%)
565	<b>BYRTEK Anna</b>	<b>367</b>	JUSTFEELFIT	30-39	179	JustFeelFit		00:00:00	00:15:51	<b>00:35:12.45</b>	<b>00:35:12.45</b>	+00:16:39 (47.3%)	6:38	9 (52.3%)
566	<b>ŻEBROWSKA Matylda</b>	<b>555</b>	MORS HUBERTUS MYSŁOWICE	40-49	247			00:00:00	00:14:57	<b>00:35:13.10</b>	<b>00:35:13.10</b>	+00:16:40 (47.3%)	6:38	9 (52.3%)
567	<b>KOWALSKA Małgorzata</b>	<b>370</b>		50-59	72			00:00:00	00:14:48	<b>00:35:18.05</b>	<b>00:35:18.05</b>	+00:16:45 (47.5%)	6:39	9 (52.3%)
568	<b>JORDAN Monika</b>	<b>476</b>		40-49	248			00:00:00	00:14:37	<b>00:35:18.85</b>	<b>00:35:18.85</b>	+00:16:46 (47.5%)	6:39	9 (52.3%)
569	<b>WERESZCZAK Agnieszka</b>	<b>639</b>		40-49	249			00:00:00	00:15:17	<b>00:35:19.90</b>	<b>00:35:19.90</b>	+00:16:47 (47.5%)	6:39	9 (52.3%)
570	<b>TATARCZYK Justyna</b>	<b>258</b>		40-49	250			00:00:00	00:15:27	<b>00:35:22.45</b>	<b>00:35:22.45</b>	+00:16:49 (47.6%)	6:40	9 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
571	<b>WAWRZYK Iwona</b>	<b>459</b>	OLZA CIESZYN	50-59	73	Olza Cieszyn		00:00:00	00:15:12	<b>00:35:24.40</b>	<b>00:35:24.40</b>	+00:16:51 (47.6%)	6:40	9 (52.3%)
572	<b>ŚLEBODA Bożena</b>	<b>911</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	251	Miechowicka Grupa Biegowa		00:00:00	00:15:22	<b>00:35:24.45</b>	<b>00:35:24.45</b>	+00:16:51 (47.6%)	6:40	9 (52.3%)
573	<b>KOZŁOWSKA Patrycja</b>	<b>578</b>		30-39	180	Byle do mety		00:00:00	00:14:29	<b>00:35:24.60</b>	<b>00:35:24.60</b>	+00:16:52 (47.6%)	6:40	9 (52.3%)
574	<b>SERAFIN-CHWAŁEK Joanna</b>	<b>452</b>		40-49	252			00:00:00	00:14:46	<b>00:35:24.70</b>	<b>00:35:24.70</b>	+00:16:52 (47.6%)	6:40	9 (52.3%)
575	<b>PLATA Marlena</b>	<b>576</b>		30-39	181			00:00:00	00:15:50	<b>00:35:26.45</b>	<b>00:35:26.45</b>	+00:16:53 (47.7%)	6:41	9 (52.3%)
576	<b>SŁABOŃ-SIKORA Aneta</b>	<b>457</b>	D446	40-49	253	POGORIA Biega	D446	00:00:00	00:15:23	<b>00:35:27.30</b>	<b>00:35:27.30</b>	+00:16:54 (47.7%)	6:41	9 (52.3%)
577	<b>BETAŃSKA Aneta</b>	<b>451</b>	KOBIETY NA 5+	40-49	254	Kobiety na 5+		00:00:00	00:14:38	<b>00:35:28.00</b>	<b>00:35:28.00</b>	+00:16:55 (47.7%)	6:41	9 (52.3%)
578	<b>OLCZYK ZIELIŃSKA Wioletta</b>	<b>292</b>	KOBIETY NA 5+	50-59	74	Kobiety na 5+		00:00:00	00:14:28	<b>00:35:29.35</b>	<b>00:35:29.35</b>	+00:16:56 (47.8%)	6:41	9 (52.3%)
579	<b>SKRZYPIEC Martyna</b>	<b>863</b>		20-29	49			00:00:00	00:15:32	<b>00:35:33.80</b>	<b>00:35:33.80</b>	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
579	<b>FORYŚ Justyna</b>	<b>489</b>	GISZOWIEC BIEGA RAZEM	40-49	255			00:00:00		<b>00:35:33.80</b>	<b>00:35:33.80</b>	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
581	<b>MAJKOWSKA Agnieszka</b>	<b>862</b>		40-49	256			00:00:00	00:15:34	<b>00:35:34.45</b>	<b>00:35:34.45</b>	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
582	<b>PEPEK Bożena</b>	<b>260</b>		30-39	182			00:00:00	00:15:26	<b>00:35:35.45</b>	<b>00:35:35.45</b>	+00:17:02 (47.9%)	6:42	8.9 (51.7%)
583	<b>GAPIŃSKA Agata</b>	<b>670</b>		50-59	75			00:00:00	00:15:29	<b>00:35:38.45</b>	<b>00:35:38.45</b>	+00:17:05 (48.0%)	6:43	8.9 (51.7%)
584	<b>NIEDŹWIEDŹ Maja</b>	<b>596</b>		40-49	257			00:00:00	00:15:01	<b>00:35:38.80</b>	<b>00:35:38.80</b>	+00:17:06 (48.0%)	6:43	8.9 (51.7%)
585	<b>WYSOCKA Agnieszka</b>	<b>844</b>		20-29	50			00:00:00	00:15:14	<b>00:35:38.95</b>	<b>00:35:38.95</b>	+00:17:06 (48.0%)	6:43	8.9 (51.7%)
586	<b>BAJOR Aneta</b>	<b>706</b>	REBELLION OF FREE RUNNERS	40-49	258			00:00:00	00:15:16	<b>00:35:40.10</b>	<b>00:35:40.10</b>	+00:17:07 (48.0%)	6:43	8.9 (51.7%)
587	<b>JASKÓŁA Izabela</b>	<b>699</b>		30-39	183			00:00:00	00:14:23	<b>00:35:40.45</b>	<b>00:35:40.45</b>	+00:17:07 (48.0%)	6:43	8.9 (51.7%)
588	<b>KARKOSZKA Rozalia</b>	<b>879</b>		50-59	76			00:00:00	00:15:15	<b>00:35:42.00</b>	<b>00:35:42.00</b>	+00:17:09 (48.1%)	6:44	8.9 (51.7%)
589	<b>PIÓREK Agnieszka</b>	<b>745</b>		40-49	259	Miechowicka Grupa Biegowa		00:00:00		<b>00:35:43.65</b>	<b>00:35:43.65</b>	+00:17:11 (48.1%)	6:44	8.9 (51.7%)
590	<b>GRZONKA Adrianna</b>	<b>552</b>	RADLINIOKI W BIEGU	20-29	51	Radlinioki w biegu		00:00:00	00:15:17	<b>00:35:47.85</b>	<b>00:35:47.85</b>	+00:17:15 (48.2%)	6:45	8.9 (51.7%)
591	<b>KRZACZEK Aleksandra</b>	<b>26</b>	RADLINIOKI W BIEGU	50-59	77	Radlinioki w biegu		00:00:00	00:15:15	<b>00:35:48.70</b>	<b>00:35:48.70</b>	+00:17:16 (48.2%)	6:45	8.9 (51.7%)
592	<b>SURMA-MAGOŃ Gosia</b>	<b>447</b>	RADLINIOKI W BIEGU	30-39	184	Radlinioki w biegu		00:00:00	00:15:18	<b>00:35:48.75</b>	<b>00:35:48.75</b>	+00:17:16 (48.2%)	6:45	8.9 (51.7%)
593	<b>PIPIRO Grażyna</b>	<b>609</b>		60+	12			00:00:00	00:15:41	<b>00:35:50.65</b>	<b>00:35:50.65</b>	+00:17:18 (48.3%)	6:45	8.9 (51.7%)
594	<b>MACHEJ Małgorzata</b>	<b>849</b>		50-59	78			00:00:00	00:15:29	<b>00:35:51.10</b>	<b>00:35:51.10</b>	+00:17:18 (48.3%)	6:45	8.9 (51.7%)
595	<b>KOTOSKA Aneta</b>	<b>780</b>		30-39	185			00:00:00	00:14:22	<b>00:35:53.35</b>	<b>00:35:53.35</b>	+00:17:20 (48.3%)	6:46	8.9 (51.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
596	<b>BARTNIK Joanna</b>	<b>493</b>		40-49	260			00:00:00	00:14:59	<b>00:35:57.20</b>	<b>00:35:57.20</b>	+00:17:24 (48.4%)	6:46	8.8 (51.2%)
597	<b>POSŁUSZNA Monika</b>	<b>561</b>		20-29	52			00:00:00	00:16:01	<b>00:35:57.40</b>	<b>00:35:57.40</b>	+00:17:24 (48.4%)	6:46	8.8 (51.2%)
598	<b>SZYPUŁA Joanna</b>	<b>703</b>		30-39	186			00:00:00	00:15:55	<b>00:35:57.70</b>	<b>00:35:57.70</b>	+00:17:25 (48.4%)	6:46	8.8 (51.2%)
599	<b>GURCZYŃSKA Monika</b>	<b>637</b>	ZABIEGANE ZOŁZY	40-49	261			00:00:00	00:15:55	<b>00:36:02.35</b>	<b>00:36:02.35</b>	+00:17:29 (48.5%)	6:47	8.8 (51.2%)
600	<b>SZEWCZUK Agnieszka</b>	<b>481</b>		40-49	262	Byle do mety		00:00:00	00:15:00	<b>00:36:14.85</b>	<b>00:36:14.85</b>	+00:17:42 (48.8%)	6:50	8.8 (51.2%)
601	<b>CISŁO Katarzyna</b>	<b>584</b>	POWOLI DO CELU	30-39	187	PoWoli do Celu		00:00:00	00:15:45	<b>00:36:15.15</b>	<b>00:36:15.15</b>	+00:17:42 (48.9%)	6:50	8.8 (51.2%)
602	<b>HAJZYK Eveline</b>	<b>725</b>	DECATHLON I PRZYJACIELE	40-49	263	Decathlon i Przyjaciele		00:00:00	00:15:06	<b>00:36:16.25</b>	<b>00:36:16.25</b>	+00:17:43 (48.9%)	6:50	8.8 (51.2%)
603	<b>BIAŁACH Małgorzata</b>	<b>800</b>		30-39	188			00:00:00	00:16:40	<b>00:36:16.60</b>	<b>00:36:16.60</b>	+00:17:44 (48.9%)	6:50	8.8 (51.2%)
604	<b>SKIBSKA - PUCHALA Małgorzata</b>	<b>597</b>	ZABIEGANA ZOLZA	50-59	79			00:00:00	00:15:54	<b>00:36:17.95</b>	<b>00:36:17.95</b>	+00:17:45 (48.9%)	6:50	8.8 (51.2%)
605	<b>MITURA Patrycja</b>	<b>801</b>		20-29	53			00:00:00	00:16:40	<b>00:36:18.65</b>	<b>00:36:18.65</b>	+00:17:46 (48.9%)	6:50	8.8 (51.2%)
606	<b>HERUD Magdalena</b>	<b>516</b>	EKO-OKNA RUNNERS	30-39	189			00:00:00	00:15:51	<b>00:36:22.95</b>	<b>00:36:22.95</b>	+00:17:50 (49.0%)	6:51	8.7 (50.6%)
607	<b>SIENKIEWICZ Gabriela</b>	<b>283</b>	POWOLIDOCELU	30-39	190			00:00:00	00:15:19	<b>00:36:24.20</b>	<b>00:36:24.20</b>	+00:17:51 (49.1%)	6:52	8.7 (50.6%)
608	<b>ŚLEZIONA Katarzyna</b>	<b>841</b>		30-39	191			00:00:00	00:15:12	<b>00:36:27.60</b>	<b>00:36:27.60</b>	+00:17:55 (49.1%)	6:52	8.7 (50.6%)
609	<b>KOŹDOŃ Jagoda</b>	<b>469</b>		30-39	192			00:00:00	00:15:54	<b>00:36:33.40</b>	<b>00:36:33.40</b>	+00:18:00 (49.3%)	6:53	8.7 (50.6%)
610	<b>STEFANIK Katarzyna</b>	<b>471</b>		30-39	193			00:00:00	00:16:27	<b>00:36:34.75</b>	<b>00:36:34.75</b>	+00:18:02 (49.3%)	6:53	8.7 (50.6%)
611	<b>KWAŚNIEWSKA Kasia</b>	<b>477</b>		30-39	194			00:00:00	00:15:39	<b>00:36:36.15</b>	<b>00:36:36.15</b>	+00:18:03 (49.3%)	6:54	8.7 (50.6%)
612	<b>LISOWSKA Agnieszka</b>	<b>908</b>		40-49	264			00:00:00	00:15:32	<b>00:36:37.05</b>	<b>00:36:37.05</b>	+00:18:04 (49.4%)	6:54	8.7 (50.6%)
612	<b>DAMIĘCKA Magda</b>	<b>707</b>	RUNTEAM PAWŁOWICE	30-39	195			00:00:00	00:15:33	<b>00:36:37.05</b>	<b>00:36:37.05</b>	+00:18:04 (49.4%)	6:54	8.7 (50.6%)
614	<b>SŁOMSKA Agata</b>	<b>507</b>		30-39	196			00:00:00	00:15:19	<b>00:36:37.70</b>	<b>00:36:37.70</b>	+00:18:05 (49.4%)	6:54	8.7 (50.6%)
615	<b>OSTAPIUK Anna</b>	<b>864</b>		30-39	197			00:00:00	00:15:18	<b>00:36:44.20</b>	<b>00:36:44.20</b>	+00:18:11 (49.5%)	6:55	8.7 (50.6%)
616	<b>ANIOŁ-BARLIK Agnieszka</b>	<b>23</b>		40-49	265			00:00:00	00:15:29	<b>00:36:44.65</b>	<b>00:36:44.65</b>	+00:18:12 (49.5%)	6:55	8.7 (50.6%)
617	<b>DAMIS Daria</b>	<b>444</b>		30-39	198			00:00:00	00:16:26	<b>00:36:46.85</b>	<b>00:36:46.85</b>	+00:18:14 (49.6%)	6:56	8.6 (50.0%)
618	<b>LISICKA Sabina</b>	<b>1218</b>	JUSTFEELFIT	20-29	54	JustFeelFit		00:00:00	00:16:12	<b>00:36:47.15</b>	<b>00:36:47.15</b>	+00:18:14 (49.6%)	6:56	8.6 (50.0%)
619	<b>RATAJCZAK Ewa</b>	<b>559</b>		40-49	266			00:00:00	00:15:40	<b>00:36:49.95</b>	<b>00:36:49.95</b>	+00:18:17 (49.7%)	6:56	8.6 (50.0%)
620	<b>ZWIOREK-ROTKEGEL Anna</b>	<b>506</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	80			00:00:00	00:15:50	<b>00:36:51.90</b>	<b>00:36:51.90</b>	+00:18:19 (49.7%)	6:57	8.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
621	<b>WACHTARCZYK Dominika</b>	<b>525</b>		20-29	55			00:00:00	00:16:39	<b>00:36:53.00</b>	<b>00:36:53.00</b>	+00:18:20 (49.7%)	6:57	8.6 (50.0%)
622	<b>MAJ Dominika</b>	<b>802</b>		20-29	56			00:00:00	00:16:20	<b>00:36:54.00</b>	<b>00:36:54.00</b>	+00:18:21 (49.7%)	6:57	8.6 (50.0%)
623	<b>POŁEDNIOK Aleksandra</b>	<b>668</b>		40-49	267			00:00:00	00:15:51	<b>00:36:54.90</b>	<b>00:36:54.90</b>	+00:18:22 (49.8%)	6:57	8.6 (50.0%)
624	<b>PETRYKOWSKA Magda</b>	<b>366</b>		16-19	10			00:00:00	00:16:50	<b>00:36:55.00</b>	<b>00:36:55.00</b>	+00:18:22 (49.8%)	6:57	8.6 (50.0%)
625	<b>PADIASEK Dominika</b>	<b>710</b>	HRMAX DZIOŁSZKI	40-49	268	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:55.65</b>	<b>00:36:55.65</b>	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
626	<b>WIDERA Elżbieta</b>	<b>168</b>	HRMAX ŻORY	40-49	269	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:55.70</b>	<b>00:36:55.70</b>	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
627	<b>PŁOTKA Joanna</b>	<b>888</b>		20-29	57			00:00:00	00:15:37	<b>00:36:55.90</b>	<b>00:36:55.90</b>	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
628	<b>PASZEK Hania</b>	<b>424</b>	HRMAX ŻORY	40-49	270	HRmax Dziołszki		00:00:00	00:16:06	<b>00:36:55.95</b>	<b>00:36:55.95</b>	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
629	<b>SZOJDA Paulina</b>	<b>436</b>	VIKING TRAINING CENTER	40-49	271			00:00:00	00:15:37	<b>00:36:56.00</b>	<b>00:36:56.00</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
630	<b>GARUS Angela</b>	<b>376</b>		40-49	272			00:00:00	00:15:52	<b>00:36:56.05</b>	<b>00:36:56.05</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
631	<b>ŚLEDŹ Dorota</b>	<b>533</b>	HRMAX ŻORY	20-29	58	HRmax Dziołszki		00:00:00		<b>00:36:56.10</b>	<b>00:36:56.10</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
632	<b>BURNAGIEL Agata</b>	<b>273</b>	HRMAX DZIOŁSZKI	50-59	81	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:56.15</b>	<b>00:36:56.15</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
633	<b>PETRYKOWSKA Elżbieta</b>	<b>349</b>		40-49	273			00:00:00	00:16:50	<b>00:36:56.25</b>	<b>00:36:56.25</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
634	<b>ŻBEL Ania</b>	<b>141</b>	HRMAX ŻORY	40-49	274	HRmax Dziołszki		00:00:00	00:16:05	<b>00:36:56.30</b>	<b>00:36:56.30</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
635	<b>SIREK Izabela</b>	<b>441</b>	OLZA CIESZYN	30-39	199	Olza Cieszyn		00:00:00	00:16:03	<b>00:36:56.35</b>	<b>00:36:56.35</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
635	<b>KĄŁUS Ewa</b>	<b>309</b>	HRMAX ŻORY	40-49	275	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:56.35</b>	<b>00:36:56.35</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
637	<b>JUTKA Katarzyna</b>	<b>783</b>		40-49	276			00:00:00	00:15:40	<b>00:36:56.45</b>	<b>00:36:56.45</b>	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
638	<b>JAKUBOWSKA Agnieszka</b>	<b>269</b>	HRMAX ŻORY	40-49	277	HRmax Dziołszki		00:00:00	00:16:07	<b>00:36:56.75</b>	<b>00:36:56.75</b>	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
639	<b>KONOPACKA Waleria</b>	<b>614</b>		60+	13			00:00:00	00:16:47	<b>00:36:57.15</b>	<b>00:36:57.15</b>	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
640	<b>KACZOREK Ania</b>	<b>285</b>	HRMAX DZIOŁSZKI	40-49	278	HRmax Dziołszki		00:00:00	00:16:08	<b>00:36:57.50</b>	<b>00:36:57.50</b>	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
641	<b>NIESTRÓJ Żaneta</b>	<b>620</b>		20-29	59			00:00:00	00:15:47	<b>00:37:09.05</b>	<b>00:37:09.05</b>	+00:18:36 (50.1%)	7:00	8.6 (50.0%)
642	<b>KOŻUCH Katarzyna</b>	<b>906</b>	RODZINKA.PL	40-49	279			00:00:00	00:16:11	<b>00:37:11.20</b>	<b>00:37:11.20</b>	+00:18:38 (50.1%)	7:00	8.6 (50.0%)
643	<b>LISZOK Iwona</b>	<b>445</b>		30-39	200			00:00:00	00:16:26	<b>00:37:12.25</b>	<b>00:37:12.25</b>	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
643	<b>SZYNAL Magdalena</b>	<b>503</b>		30-39	201			00:00:00	00:16:26	<b>00:37:12.25</b>	<b>00:37:12.25</b>	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
645	<b>KŁUSAK Halina</b>	<b>826</b>		30-39	202			00:00:00	00:16:20	<b>00:37:16.35</b>	<b>00:37:16.35</b>	+00:18:43 (50.3%)	7:01	8.5 (49.4%)
646	<b>ORDZOWIAŁA Karolina</b>	<b>692</b>		30-39	203			00:00:00	00:15:39	<b>00:37:23.55</b>	<b>00:37:23.55</b>	+00:18:51 (50.4%)	7:03	8.5 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
647	<b>MIŚKOWIEC Agnieszka</b>	<b>255</b>		40-49	280			00:00:00	00:14:29	<b>00:37:24.45</b>	<b>00:37:24.45</b>	+00:18:51 (50.4%)	7:03	8.5 (49.4%)
648	<b>CICHY Agnieszka</b>	<b>297</b>		30-39	204			00:00:00	00:15:30	<b>00:37:29.50</b>	<b>00:37:29.50</b>	+00:18:56 (50.5%)	7:04	8.5 (49.4%)
648	<b>NAWROCKA Agnieszka</b>	<b>259</b>		40-49	281			00:00:00	00:15:43	<b>00:37:29.50</b>	<b>00:37:29.50</b>	+00:18:56 (50.5%)	7:04	8.5 (49.4%)
650	<b>MATYJA Kararzyna</b>	<b>872</b>		40-49	282			00:00:00	00:15:41	<b>00:37:29.60</b>	<b>00:37:29.60</b>	+00:18:57 (50.5%)	7:04	8.5 (49.4%)
651	<b>MATLOCH Sandra</b>	<b>700</b>		30-39	205			00:00:00	00:16:08	<b>00:37:30.20</b>	<b>00:37:30.20</b>	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
652	<b>JANKOWSKA Martyna</b>	<b>672</b>		16-19	11			00:00:00	00:16:32	<b>00:37:30.30</b>	<b>00:37:30.30</b>	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
653	<b>SZCZUCHNIAK Adriana</b>	<b>501</b>		40-49	283			00:00:00	00:15:26	<b>00:37:32.10</b>	<b>00:37:32.10</b>	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
654	<b>SAWICKA Marta</b>	<b>557</b>		40-49	284	Kobiety na 5+		00:00:00	00:16:24	<b>00:37:32.50</b>	<b>00:37:32.50</b>	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
654	<b>WAWOCZNY Anita</b>	<b>509</b>	KOBIETY NA 5+	40-49	285	Kobiety na 5+		00:00:00	00:16:25	<b>00:37:32.50</b>	<b>00:37:32.50</b>	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
656	<b>BLANK-PODKULSKA Marta</b>	<b>748</b>		40-49	286			00:00:00	00:16:21	<b>00:37:34.15</b>	<b>00:37:34.15</b>	+00:19:01 (50.6%)	7:05	8.5 (49.4%)
657	<b>STYRNOL Beata</b>	<b>615</b>		50-59	82			00:00:00	00:16:55	<b>00:37:34.65</b>	<b>00:37:34.65</b>	+00:19:02 (50.7%)	7:05	8.5 (49.4%)
658	<b>NOWAK Wiktoria</b>	<b>845</b>		20-29	60			00:00:00	00:16:18	<b>00:37:34.90</b>	<b>00:37:34.90</b>	+00:19:02 (50.7%)	7:05	8.5 (49.4%)
659	<b>HEROK Michalina</b>	<b>385</b>		20-29	61			00:00:00	00:16:39	<b>00:37:37.85</b>	<b>00:37:37.85</b>	+00:19:05 (50.7%)	7:05	8.5 (49.4%)
660	<b>KOWALCZYK Basia</b>	<b>624</b>		30-39	206			00:00:00	00:15:40	<b>00:37:38.85</b>	<b>00:37:38.85</b>	+00:19:06 (50.7%)	7:06	8.4 (48.8%)
661	<b>DYBCZAK-KOWALSKA Lucyna</b>	<b>893</b>	POWER ŻYWIEC	40-49	287		Power Żywiec	00:00:00	00:16:21	<b>00:37:43.45</b>	<b>00:37:43.45</b>	+00:19:10 (50.8%)	7:06	8.4 (48.8%)
662	<b>FRANKOWSKA Ania</b>	<b>137</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	83	Miechowicka Grupa Biegowa		00:00:00	00:16:04	<b>00:37:45.85</b>	<b>00:37:45.85</b>	+00:19:13 (50.9%)	7:07	8.4 (48.8%)
663	<b>OLEŚ Ula</b>	<b>750</b>		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	<b>00:37:46.70</b>	<b>00:37:46.70</b>	+00:19:14 (50.9%)	7:07	8.4 (48.8%)
664	<b>MARUSZCZAK Justyna</b>	<b>613</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	288	Miechowicka Grupa Biegowa		00:00:00	00:16:18	<b>00:37:50.80</b>	<b>00:37:50.80</b>	+00:19:18 (51.0%)	7:08	8.4 (48.8%)
665	<b>DUBIEL Joanna</b>	<b>774</b>	DUBIEL CLUB	50-59	84			00:00:00	00:16:09	<b>00:37:52.20</b>	<b>00:37:52.20</b>	+00:19:19 (51.0%)	7:08	8.4 (48.8%)
666	<b>SUCHY Katarzyna</b>	<b>538</b>		40-49	289			00:00:00	00:17:30	<b>00:37:59.50</b>	<b>00:37:59.50</b>	+00:19:26 (51.2%)	7:10	8.4 (48.8%)
667	<b>PRZYBYCIN Bożena</b>	<b>454</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	290	Miechowicka Grupa Biegowa		00:00:00	00:17:08	<b>00:38:00.20</b>	<b>00:38:00.20</b>	+00:19:27 (51.2%)	7:10	8.4 (48.8%)
668	<b>SOBOL Emilia</b>	<b>825</b>		20-29	62			00:00:00	00:16:33	<b>00:38:03.30</b>	<b>00:38:03.30</b>	+00:19:30 (51.3%)	7:10	8.4 (48.8%)
669	<b>GÓRNICZ Patrycja</b>	<b>652</b>		30-39	208			00:00:00	00:16:45	<b>00:38:04.15</b>	<b>00:38:04.15</b>	+00:19:31 (51.3%)	7:10	8.4 (48.8%)
670	<b>NOWAK Dorota</b>	<b>731</b>		40-49	291			00:00:00	00:16:32	<b>00:38:06.25</b>	<b>00:38:06.25</b>	+00:19:33 (51.3%)	7:11	8.3 (48.3%)
671	<b>KANIA Grażyna</b>	<b>650</b>	DECATHLON I PRZYJACIELE	40-49	292			00:00:00		<b>00:38:08.90</b>	<b>00:38:08.90</b>	+00:19:36 (51.4%)	7:11	8.3 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
672	<b>PARCHAŃSKA Oliwia</b>	<b>790</b>		30-39	209			00:00:00	00:16:17	<b>00:38:11.60</b>	<b>00:38:11.60</b>	+00:19:39 (51.5%)	7:12	8.3 (48.3%)
673	<b>CIESLIŃSKA Jolanta</b>	<b>659</b>	DECATHLON I PRZYJACIELE	50-59	85			00:00:00	00:16:37	<b>00:38:21.15</b>	<b>00:38:21.15</b>	+00:19:48 (51.7%)	7:14	8.3 (48.3%)
674	<b>TRZCIŃSKA Joanna</b>	<b>461</b>	KOBIETY NA 5+	30-39	210	Kobiety na 5+		00:00:00	00:16:25	<b>00:38:23.15</b>	<b>00:38:23.15</b>	+00:19:50 (51.7%)	7:14	8.3 (48.3%)
675	<b>MYŚLIWIEC Barbara</b>	<b>298</b>	KOBIETY NA 5+	20-29	63	Kobiety na 5+		00:00:00	00:16:26	<b>00:38:23.85</b>	<b>00:38:23.85</b>	+00:19:51 (51.7%)	7:14	8.3 (48.3%)
676	<b>ZALEWSKA Barbara</b>	<b>274</b>	KOBIETY NA 5+	40-49	293	Kobiety na 5+		00:00:00	00:16:05	<b>00:38:23.90</b>	<b>00:38:23.90</b>	+00:19:51 (51.7%)	7:14	8.3 (48.3%)
677	<b>MROWIEC Edyta</b>	<b>200</b>		20-29	64			00:00:00	00:17:11	<b>00:38:34.80</b>	<b>00:38:34.80</b>	+00:20:02 (51.9%)	7:16	8.2 (47.7%)
678	<b>WAGNER Natalia</b>	<b>912</b>		30-39	211			00:00:00	00:17:06	<b>00:38:35.30</b>	<b>00:38:35.30</b>	+00:20:02 (51.9%)	7:16	8.2 (47.7%)
679	<b>MASZCZYŃSKA-SKALIK Anna</b>	<b>567</b>		40-49	294			00:00:00	00:16:39	<b>00:38:40.00</b>	<b>00:38:40.00</b>	+00:20:07 (52.0%)	7:17	8.2 (47.7%)
680	<b>WORONK-ZACZYŃSKA Janina</b>	<b>1012</b>		60+	14			00:00:00	00:17:39	<b>00:38:43.50</b>	<b>00:38:43.50</b>	+00:20:10 (52.1%)	7:18	8.2 (47.7%)
681	<b>PUCHALIK Barbara</b>	<b>883</b>		50-59	86			00:00:00		<b>00:38:56.40</b>	<b>00:38:56.40</b>	+00:20:23 (52.4%)	7:20	8.2 (47.7%)
682	<b>ŁUCZAK Anna</b>	<b>881</b>		40-49	295			00:00:00	00:17:18	<b>00:38:57.10</b>	<b>00:38:57.10</b>	+00:20:24 (52.4%)	7:20	8.2 (47.7%)
683	<b>BALCERAK Beata</b>	<b>689</b>		30-39	212			00:00:00	00:15:52	<b>00:38:59.50</b>	<b>00:38:59.50</b>	+00:20:26 (52.4%)	7:21	8.2 (47.7%)
684	<b>KUBIS Barbara</b>	<b>409</b>	SPOT PSZCZYNA	40-49	296			00:00:00	00:16:22	<b>00:39:05.00</b>	<b>00:39:05.00</b>	+00:20:32 (52.6%)	7:22	8.1 (47.1%)
685	<b>PIOTROWSKA Iwona</b>	<b>433</b>		50-59	87			00:00:00	00:16:12	<b>00:39:06.35</b>	<b>00:39:06.35</b>	+00:20:33 (52.6%)	7:22	8.1 (47.1%)
686	<b>CZARNECKA Małgorzata</b>	<b>1000</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	297	Miechowicka Grupa Biegowa		00:00:00	00:17:06	<b>00:39:08.55</b>	<b>00:39:08.55</b>	+00:20:36 (52.6%)	7:23	8.1 (47.1%)
687	<b>KACZOREK Małgorzata</b>	<b>839</b>		30-39	213			00:00:00	00:15:35	<b>00:39:11.30</b>	<b>00:39:11.30</b>	+00:20:38 (52.7%)	7:23	8.1 (47.1%)
688	<b>KLARENBACH Agnieszka</b>	<b>678</b>		30-39	214			00:00:00	00:17:22	<b>00:39:12.35</b>	<b>00:39:12.35</b>	+00:20:39 (52.7%)	7:23	8.1 (47.1%)
689	<b>GARDECKA Katarzyna</b>	<b>882</b>		40-49	298			00:00:00	00:17:18	<b>00:39:15.50</b>	<b>00:39:15.50</b>	+00:20:42 (52.8%)	7:24	8.1 (47.1%)
690	<b>LERCH-WÓJCIK Anna</b>	<b>884</b>		30-39	215			00:00:00	00:17:18	<b>00:39:16.00</b>	<b>00:39:16.00</b>	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
691	<b>BIAŁAS Joanna</b>	<b>408</b>	SPOT PSZCZYNA	40-49	299			00:00:00	00:16:21	<b>00:39:16.50</b>	<b>00:39:16.50</b>	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
692	<b>ŚNIEG Alicja</b>	<b>877</b>		30-39	216			00:00:00	00:17:22	<b>00:39:20.35</b>	<b>00:39:20.35</b>	+00:20:47 (52.9%)	7:25	8.1 (47.1%)
693	<b>WRÓBEL Basia</b>	<b>562</b>	SISTERS	40-49	300		Sisters	00:00:00	00:16:12	<b>00:39:30.75</b>	<b>00:39:30.75</b>	+00:20:58 (53.1%)	7:27	8.1 (47.1%)
694	<b>SMOLARSKA Paulina</b>	<b>808</b>		30-39	217			00:00:00	00:16:48	<b>00:39:31.50</b>	<b>00:39:31.50</b>	+00:20:58 (53.1%)	7:27	8 (46.5%)
695	<b>KOŁODZIEJCZYK Aleksandra</b>	<b>15</b>	RADLINIOKI W BIEGU	40-49	301	Radlinioki w biegu		00:00:00	00:16:43	<b>00:39:34.05</b>	<b>00:39:34.05</b>	+00:21:01 (53.1%)	7:27	8 (46.5%)
696	<b>KROCHMAŁSKA Jadwiga</b>	<b>818</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	302	Miechowicka Grupa Biegowa		00:00:00	00:17:10	<b>00:39:38.85</b>	<b>00:39:38.85</b>	+00:21:06 (53.2%)	7:28	8 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
697	<b>KIERMASZEK Barbara</b>	<b>594</b>		60+	15			00:00:00	00:17:06	<b>00:39:39.70</b>	<b>00:39:39.70</b>	+00:21:07 (53.2%)	7:28	8 (46.5%)
698	<b>DRAGON Sylwia</b>	<b>466</b>		50-59	88			00:00:00	00:17:05	<b>00:39:39.95</b>	<b>00:39:39.95</b>	+00:21:07 (53.3%)	7:28	8 (46.5%)
699	<b>GRZELAK Patrycja</b>	<b>631</b>	KOLOROWA DRUŻYNA NESSI	40-49	303	Kolorowa Drużyna Nessi		00:00:00	00:17:19	<b>00:39:40.15</b>	<b>00:39:40.15</b>	+00:21:07 (53.3%)	7:29	8 (46.5%)
700	<b>CHAŁCZYŃSKA Agnieszka</b>	<b>653</b>	W POGONI ZA DUCHEM	40-49	304			00:00:00	00:16:18	<b>00:39:40.40</b>	<b>00:39:40.40</b>	+00:21:07 (53.3%)	7:29	8 (46.5%)
701	<b>ROTTER Hanna</b>	<b>566</b>		60+	16			00:00:00	00:17:08	<b>00:39:40.65</b>	<b>00:39:40.65</b>	+00:21:08 (53.3%)	7:29	8 (46.5%)
702	<b>ZADĘCKA Sabina</b>	<b>1215</b>		40-49	305			00:00:00	00:16:18	<b>00:39:40.75</b>	<b>00:39:40.75</b>	+00:21:08 (53.3%)	7:29	8 (46.5%)
703	<b>STOLARCZYK Katarzyna</b>	<b>510</b>	JUSTFEELFIT TEAM	40-49	306	JustFeelFit		00:00:00	00:17:05	<b>00:39:44.85</b>	<b>00:39:44.85</b>	+00:21:12 (53.3%)	7:29	8 (46.5%)
704	<b>KRZESZOWSKA Beata</b>	<b>638</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	89	Miechowicka Grupa Biegowa		00:00:00	00:17:19	<b>00:39:45.75</b>	<b>00:39:45.75</b>	+00:21:13 (53.4%)	7:30	8 (46.5%)
705	<b>KUBAS Alina</b>	<b>487</b>	KLUB BIEGACZA FARTLEK	50-59	90	Klub Biegacza Fartlek		00:00:00	00:16:53	<b>00:39:46.70</b>	<b>00:39:46.70</b>	+00:21:14 (53.4%)	7:30	8 (46.5%)
706	<b>IDZIKOWSKA Elżbieta</b>	<b>581</b>		40-49	307			00:00:00	00:17:29	<b>00:39:47.20</b>	<b>00:39:47.20</b>	+00:21:14 (53.4%)	7:30	8 (46.5%)
707	<b>IDZIKOWSKA Urszula</b>	<b>569</b>		20-29	65			00:00:00	00:17:30	<b>00:39:48.30</b>	<b>00:39:48.30</b>	+00:21:15 (53.4%)	7:30	8 (46.5%)
708	<b>PROKOPIUK Adriana</b>	<b>591</b>	KLUB BIEGACZA FARTLEK	40-49	308	Klub Biegacza Fartlek		00:00:00	00:16:59	<b>00:39:48.50</b>	<b>00:39:48.50</b>	+00:21:15 (53.4%)	7:30	8 (46.5%)
709	<b>NAWARYŃSKA Katarzyna</b>	<b>606</b>		20-29	66			00:00:00	00:16:57	<b>00:39:49.15</b>	<b>00:39:49.15</b>	+00:21:16 (53.4%)	7:30	8 (46.5%)
709	<b>JANCZURA Marzena</b>	<b>618</b>	BUDZIKI	40-49	309			00:00:00	00:16:57	<b>00:39:49.15</b>	<b>00:39:49.15</b>	+00:21:16 (53.4%)	7:30	8 (46.5%)
711	<b>KLIMA Agnieszka</b>	<b>625</b>		40-49	310			00:00:00	00:16:58	<b>00:39:50.00</b>	<b>00:39:50.00</b>	+00:21:17 (53.4%)	7:30	8 (46.5%)
712	<b>BIEGUN Elżbieta</b>	<b>847</b>		60+	17			00:00:00	00:16:34	<b>00:39:52.15</b>	<b>00:39:52.15</b>	+00:21:19 (53.5%)	7:31	8 (46.5%)
712	<b>GIBAS Amanda</b>	<b>485</b>	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	<b>00:39:52.15</b>	<b>00:39:52.15</b>	+00:21:19 (53.5%)	7:31	8 (46.5%)
714	<b>PRZYŁUCKA Grażyna</b>	<b>537</b>		50-59	91			00:00:00	00:16:34	<b>00:39:52.45</b>	<b>00:39:52.45</b>	+00:21:19 (53.5%)	7:31	8 (46.5%)
715	<b>SZATANIK Iwona</b>	<b>475</b>		40-49	311			00:00:00	00:17:08	<b>00:39:56.05</b>	<b>00:39:56.05</b>	+00:21:23 (53.6%)	7:32	8 (46.5%)
716	<b>HEKIERT Wioleta</b>	<b>648</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	312	Miechowicka Grupa Biegowa		00:00:00	00:17:21	<b>00:39:59.90</b>	<b>00:39:59.90</b>	+00:21:27 (53.6%)	7:32	8 (46.5%)
717	<b>DOBOSZ Katarzyna</b>	<b>455</b>	MIECHOWICA GRUPA BIEGOWA	40-49	313	Miechowicka Grupa Biegowa		00:00:00	00:17:21	<b>00:40:00.10</b>	<b>00:40:00.10</b>	+00:21:27 (53.6%)	7:32	8 (46.5%)
718	<b>WACŁAWIK Agnieszka</b>	<b>531</b>		30-39	219			00:00:00	00:17:03	<b>00:40:04.75</b>	<b>00:40:04.75</b>	+00:21:32 (53.7%)	7:33	7.9 (45.9%)
719	<b>MAGIERA Barbara</b>	<b>563</b>	POWOLI DO CELU	30-39	220	PoWoli do Celu		00:00:00	00:17:01	<b>00:40:10.10</b>	<b>00:40:10.10</b>	+00:21:37 (53.8%)	7:34	7.9 (45.9%)
720	<b>MŁOCEK Ewelina</b>	<b>694</b>		30-39	221			00:00:00	00:18:00	<b>00:40:10.60</b>	<b>00:40:10.60</b>	+00:21:38 (53.8%)	7:34	7.9 (45.9%)
721	<b>GAJDA Aleksandra</b>	<b>472</b>		40-49	314			00:00:00	00:17:30	<b>00:40:16.60</b>	<b>00:40:16.60</b>	+00:21:44 (54.0%)	7:35	7.9 (45.9%)
722	<b>GROCHOWSKA Oliwia</b>	<b>666</b>		16-19	12			00:00:00	00:16:40	<b>00:40:18.60</b>	<b>00:40:18.60</b>	+00:21:46 (54.0%)	7:36	7.9 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
723	<b>PERKOWSKA Izabela</b>	<b>698</b>		50-59	92			00:00:00	00:17:49	<b>00:40:21.60</b>	<b>00:40:21.60</b>	+00:21:49 (54.1%)	7:36	7.9 (45.9%)
724	<b>SŁOTA Justyna</b>	<b>708</b>		40-49	315			00:00:00	00:17:13	<b>00:40:26.10</b>	<b>00:40:26.10</b>	+00:21:53 (54.1%)	7:37	7.9 (45.9%)
725	<b>PALUCH Agnieszka</b>	<b>782</b>		40-49	316			00:00:00	00:17:16	<b>00:40:29.20</b>	<b>00:40:29.20</b>	+00:21:56 (54.2%)	7:38	7.9 (45.9%)
726	<b>SŁUPECKA Beata</b>	<b>721</b>		40-49	317			00:00:00	00:16:59	<b>00:40:30.85</b>	<b>00:40:30.85</b>	+00:21:58 (54.2%)	7:38	7.9 (45.9%)
727	<b>ZAJĄCZKOWSKA Emilia</b>	<b>815</b>	SOCJAL CORPO GROUP	30-39	222		Socjal Corpo Group	00:00:00	00:18:19	<b>00:40:35.95</b>	<b>00:40:35.95</b>	+00:22:03 (54.3%)	7:39	7.8 (45.3%)
728	<b>WOJTAL Danuta</b>	<b>733</b>		40-49	318			00:00:00	00:17:10	<b>00:40:39.35</b>	<b>00:40:39.35</b>	+00:22:06 (54.4%)	7:40	7.8 (45.3%)
729	<b>KUNERT Katarzyna</b>	<b>608</b>	KOLONIE	40-49	319	Kolonie		00:00:00	00:16:54	<b>00:40:41.20</b>	<b>00:40:41.20</b>	+00:22:08 (54.4%)	7:40	7.8 (45.3%)
730	<b>STOPKA Dominika</b>	<b>717</b>	JUSTFEELFIT	40-49	320	JustFeelFit		00:00:00	00:17:13	<b>00:40:44.40</b>	<b>00:40:44.40</b>	+00:22:11 (54.5%)	7:41	7.8 (45.3%)
731	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>497</b>	RUNTEAM PAWŁOWICE	30-39	223			00:00:00	00:17:30	<b>00:40:52.00</b>	<b>00:40:52.00</b>	+00:22:19 (54.6%)	7:42	7.8 (45.3%)
732	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>337</b>	RUNTEAM PAWŁOWICE	50-59	93			00:00:00	00:17:29	<b>00:40:52.20</b>	<b>00:40:52.20</b>	+00:22:19 (54.6%)	7:42	7.8 (45.3%)
733	<b>NIERADZIK Daria</b>	<b>524</b>		30-39	224			00:00:00	00:17:12	<b>00:40:54.80</b>	<b>00:40:54.80</b>	+00:22:22 (54.7%)	7:43	7.8 (45.3%)
734	<b>SKOCZYKŁODA Iwona</b>	<b>463</b>	KOLONIE	40-49	321	Kolonie		00:00:00	00:17:03	<b>00:40:54.85</b>	<b>00:40:54.85</b>	+00:22:22 (54.7%)	7:43	7.8 (45.3%)
735	<b>SEKUŁA Marlena</b>	<b>604</b>		40-49	322			00:00:00	00:17:15	<b>00:41:13.65</b>	<b>00:41:13.65</b>	+00:22:41 (55.0%)	7:46	7.7 (44.8%)
736	<b>LAZAR Joanna</b>	<b>768</b>		30-39	225			00:00:00	00:17:18	<b>00:41:21.65</b>	<b>00:41:21.65</b>	+00:22:49 (55.2%)	7:48	7.7 (44.8%)
737	<b>KRYSMAN Agnieszka</b>	<b>784</b>		40-49	323			00:00:00	00:17:11	<b>00:41:30.70</b>	<b>00:41:30.70</b>	+00:22:58 (55.3%)	7:49	7.7 (44.8%)
738	<b>STAŚKIEWICZ Beata</b>	<b>814</b>	SOCJAL CORPO GROUP	40-49	324		Socjal Corpo Group	00:00:00	00:18:18	<b>00:41:34.30</b>	<b>00:41:34.30</b>	+00:23:01 (55.4%)	7:50	7.7 (44.8%)
739	<b>SKRABARCZYK Anna</b>	<b>520</b>		30-39	226			00:00:00	00:18:25	<b>00:42:30.05</b>	<b>00:42:30.05</b>	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
740	<b>ŚWIDERSKA Anna</b>	<b>558</b>	POWOLI DO CELU	30-39	227	PoWoli do Celu		00:00:00	00:18:25	<b>00:42:30.45</b>	<b>00:42:30.45</b>	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
741	<b>PIETRASZEK Ewa</b>	<b>767</b>	KOBIETY WATACH	50-59	94			00:00:00	00:18:30	<b>00:42:32.95</b>	<b>00:42:32.95</b>	+00:24:00 (56.4%)	8:01	7.5 (43.6%)
742	<b>RAJNYSZ Magdalena</b>	<b>797</b>		40-49	325			00:00:00	00:17:59	<b>00:42:40.05</b>	<b>00:42:40.05</b>	+00:24:07 (56.5%)	8:03	7.5 (43.6%)
743	<b>KOSZEWSKA Damuta</b>	<b>718</b>	KLUB BIEGACZA FARTLEK	50-59	95	Klub Biegacza Fartlek		00:00:00	00:18:01	<b>00:42:40.55</b>	<b>00:42:40.55</b>	+00:24:08 (56.6%)	8:03	7.5 (43.6%)
744	<b>SPYRKA Natalia</b>	<b>795</b>		30-39	228			00:00:00	00:18:05	<b>00:42:52.30</b>	<b>00:42:52.30</b>	+00:24:19 (56.7%)	8:05	7.4 (43.0%)
745	<b>BOBER Aneta</b>	<b>556</b>		30-39	229			00:00:00	00:18:08	<b>00:43:00.75</b>	<b>00:43:00.75</b>	+00:24:28 (56.9%)	8:06	7.4 (43.0%)
746	<b>NIEDŹWIEDŹ Julia</b>	<b>599</b>		20-29	67			00:00:00	00:17:57	<b>00:43:08.75</b>	<b>00:43:08.75</b>	+00:24:36 (57.0%)	8:08	7.4 (43.0%)
747	<b>WOŹNIAK Anna</b>	<b>764</b>	KOBIETY WATAHY	40-49	326			00:00:00	00:19:10	<b>00:43:11.85</b>	<b>00:43:11.85</b>	+00:24:39 (57.1%)	8:08	7.4 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
748	<b>BŁACHUT Agnieszka</b>	<b>901</b>		40-49	327	UZDROWISKO		00:00:00	00:19:16	<b>00:43:18.20</b>	<b>00:43:18.20</b>	+00:24:45 (57.2%)	8:10	7.3 (42.4%)
749	<b>BURYAN Kamila</b>	<b>527</b>		30-39	230			00:00:00	00:18:17	<b>00:43:28.40</b>	<b>00:43:28.40</b>	+00:24:55 (57.3%)	8:12	7.3 (42.4%)
750	<b>BAZGIER Magdalena</b>	<b>661</b>		30-39	231			00:00:00	00:18:37	<b>00:43:39.10</b>	<b>00:43:39.10</b>	+00:25:06 (57.5%)	8:14	7.3 (42.4%)
751	<b>SZCZEPANIK Marta</b>	<b>886</b>		30-39	232			00:00:00	00:19:01	<b>00:44:12.70</b>	<b>00:44:12.70</b>	+00:25:40 (58.1%)	8:20	7.2 (41.9%)
752	<b>ŁANUCHA Mariola</b>	<b>580</b>	KOBIETY NA 5+	60+	18	Kobiety na 5+		00:00:00	00:18:08	<b>00:44:16.10</b>	<b>00:44:16.10</b>	+00:25:43 (58.1%)	8:21	7.2 (41.9%)
753	<b>SURY-WOLNIEWICZ Kamila</b>	<b>300</b>	KOBIETY NA 5+	40-49	328			00:00:00	00:18:10	<b>00:44:18.60</b>	<b>00:44:18.60</b>	+00:25:46 (58.2%)	8:21	7.2 (41.9%)
754	<b>ARENDARCZYK Anna</b>	<b>744</b>		50-59	96			00:00:00	00:18:31	<b>00:45:07.35</b>	<b>00:45:07.35</b>	+00:26:34 (58.9%)	8:30	7 (40.7%)
755	<b>R Agnieszka</b>	<b>1219</b>		50-59	97			00:00:00	00:20:13	<b>00:45:42.85</b>	<b>00:45:42.85</b>	+00:27:10 (59.4%)	8:37	7 (40.7%)
756	<b>RUTKOWSKA Anna</b>	<b>751</b>		40-49	329	Przedszkole Małych Bohaterów		00:00:00	00:20:08	<b>00:45:48.30</b>	<b>00:45:48.30</b>	+00:27:15 (59.5%)	8:38	6.9 (40.1%)
757	<b>MAGIEREK Magdalena</b>	<b>588</b>		30-39	233			00:00:00	00:20:24	<b>00:46:38.70</b>	<b>00:46:38.70</b>	+00:28:06 (60.2%)	8:47	6.8 (39.5%)
758	<b>DAMIS Jessica</b>	<b>627</b>		30-39	234			00:00:00	00:20:24	<b>00:46:39.50</b>	<b>00:46:39.50</b>	+00:28:06 (60.3%)	8:48	6.8 (39.5%)
759	<b>WOŻNY Izabela</b>	<b>573</b>		30-39	235			00:00:00	00:20:25	<b>00:46:39.85</b>	<b>00:46:39.85</b>	+00:28:07 (60.3%)	8:48	6.8 (39.5%)
760	<b>PRASAK Sabina</b>	<b>582</b>	D446	40-49	330	POGORIA Biega	D446	00:00:00	00:20:27	<b>00:47:23.25</b>	<b>00:47:23.25</b>	+00:28:50 (60.9%)	8:56	6.7 (39.0%)
761	<b>STEFANIAK Justyna</b>	<b>456</b>	D446	40-49	331	POGORIA Biega	D446	00:00:00	00:20:25	<b>00:47:24.50</b>	<b>00:47:24.50</b>	+00:28:51 (60.9%)	8:56	6.7 (39.0%)
762	<b>JANKOWSKA Justyna</b>	<b>712</b>	D446	40-49	332			00:00:00	00:20:24	<b>00:47:25.70</b>	<b>00:47:25.70</b>	+00:28:53 (60.9%)	8:56	6.7 (39.0%)
763	<b>JANKOWSKA Anita</b>	<b>642</b>		50-59	98			00:00:00	00:20:10	<b>00:47:26.10</b>	<b>00:47:26.10</b>	+00:28:53 (60.9%)	8:56	6.7 (39.0%)
764	<b>BRZANA Anna</b>	<b>634</b>	KOLONIE	40-49	333	Kolonie		00:00:00	00:19:26	<b>00:47:44.65</b>	<b>00:47:44.65</b>	+00:29:12 (61.2%)	9:00	6.7 (39.0%)
765	<b>KNOPIK Martyna</b>	<b>773</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	68	Przedszkole Małych Bohaterów		00:00:00	00:20:24	<b>00:48:14.55</b>	<b>00:48:14.55</b>	+00:29:42 (61.6%)	9:06	6.6 (38.4%)
766	<b>MACHULIK Bożena</b>	<b>873</b>	ZABIEGANI NAUCZYCIELE	50-59	99			00:00:00	00:21:56	<b>00:48:53.30</b>	<b>00:48:53.30</b>	+00:30:20 (62.1%)	9:13	6.5 (37.8%)
767	<b>KURYŁO Dorota</b>	<b>823</b>	WESOŁE ŻÓŁWIE	50-59	100		Wesołe żółwie	00:00:00	00:21:16	<b>00:49:05.35</b>	<b>00:49:05.35</b>	+00:30:32 (62.2%)	9:15	6.5 (37.8%)
768	<b>GWIZDOŃ Elżbieta</b>	<b>895</b>		50-59	101			00:00:00	00:21:09	<b>00:49:28.85</b>	<b>00:49:28.85</b>	+00:30:56 (62.5%)	9:20	6.4 (37.2%)
769	<b>MALICH Aleksandra</b>	<b>747</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	69	Przedszkole Małych Bohaterów		00:00:00	00:22:53	<b>00:50:40.95</b>	<b>00:50:40.95</b>	+00:32:08 (63.4%)	9:33	6.3 (36.6%)
770	<b>PIERZCHAŁA Magdalena</b>	<b>590</b>	MORS HUBERTUS MYSŁOWICE	30-39	236			00:00:00	00:24:05	<b>00:52:47.95</b>	<b>00:52:47.95</b>	+00:34:15 (64.9%)	9:57	6 (34.9%)
771	<b>ŻEBROWSKA Weronika</b>	<b>564</b>	MORS HUBERTUS MYSŁOWICE	20-29	70			00:00:00	00:24:05	<b>00:52:48.85</b>	<b>00:52:48.85</b>	+00:34:16 (64.9%)	9:57	6 (34.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
772	<b>TRZCIŃSKA Paulina</b>	<b>714</b>		30-39	237			00:00:00		<b>00:52:59.90</b>	<b>00:52:59.90</b>	+00:34:27 (65.0%)	9:59	6 (34.9%)
773	<b>ROBAKOWSKA Barbara</b>	<b>601</b>	KOLONIE	40-49	334	Kolonie		00:00:00	00:22:44	<b>00:53:01.85</b>	<b>00:53:01.85</b>	+00:34:29 (65.0%)	10:00	6 (34.9%)
774	<b>WARLEWSKA Angelina</b>	<b>894</b>	PUSZYSTE JEST PIĘKNE	30-39	238	UZDROWISKO	Puszyste jest piękne	00:00:00	00:23:20	<b>00:53:33.15</b>	<b>00:53:33.15</b>	+00:35:00 (65.4%)	10:06	5.9 (34.3%)
775	<b>KOSIACKA Agnieszka</b>	<b>111</b>		30-39	239			00:00:00	00:24:51	<b>00:54:02.10</b>	<b>00:54:02.10</b>	+00:35:29 (65.7%)	10:11	5.9 (34.3%)
776	<b>KOPER Zofia</b>	<b>827</b>	WESOŁE ŻÓŁWIE	50-59	102		Wesołe żółwie	00:00:00	00:24:02	<b>00:57:38.25</b>	<b>00:57:38.25</b>	+00:39:05 (67.8%)	10:52	5.5 (32.0%)
777	<b>WIŚNIEWSKA Janina</b>	<b>835</b>		50-59	103			00:00:00	00:35:24	<b>01:02:53.10</b>	<b>01:02:53.10</b>	+00:44:20 (70.5%)	11:51	5.1 (29.7%)

Znaleziono 777 wynik(ów)