



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEGENNE 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

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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	MICHALAK Sandra	82	TRENUN Z SANDRĄ	30-39	1	Trenuj z Sandrą		00:00:00	00:08:05	00:18:32.55	00:18:32.55		3:29	17.2 (100%)
2	MENDECKA-ZEJDLER Michalina	7		30-39	2	PĘDZIWIATRY		00:00:00	00:08:34	00:18:55.90	00:18:55.90	+00:00:23 (2.1%)	3:34	16.8 (97.7%)
3	GRIMAN Joanna	39	MOJŻYSZ TEAM/ERIGO	40-49	1	PĘDZIWIATRY		00:00:00	00:08:27	00:18:58.95	00:18:58.95	+00:00:26 (2.3%)	3:34	16.8 (97.7%)
4	SUWAJ Aneta	42	NIEBIESKIE DZIEWCZYNY	30-39	3	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:35	00:19:07.60	00:19:07.60	+00:00:35 (3.1%)	3:36	16.6 (96.5%)
5	WOJTYŁA-SIKORA Barbara	41	NIEBIESKIE DZIEWCZYNY	20-29	1	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:36	00:19:21.05	00:19:21.05	+00:00:48 (4.2%)	3:39	16.4 (95.3%)
6	BODNAR Anna	57	ANIA HALSKA COACHING	40-49	2		Ania Halska Coaching	00:00:00	00:08:46	00:19:46.20	00:19:46.20	+00:01:13 (6.2%)	3:43	16.1 (93.6%)
7	DYRLAGA Justyna	54	JUSTFEELFIT	30-39	4	JustFeelFit		00:00:00	00:09:12	00:20:35.60	00:20:35.60	+00:02:03 (10.0%)	3:53	15.4 (89.5%)
8	BIELIŃSKA Monika	25	DOROTA I MONIKA	30-39	5	PĘDZIWIATRY	DOROTA I MONIKA	00:00:00	00:09:13	00:20:37.10	00:20:37.10	+00:02:04 (10.1%)	3:53	15.4 (89.5%)
9	KRUPOWICZ Wiktoria	71	ANIA HALSKA COACHING	20-29	2		Ania Halska Coaching	00:00:00	00:09:06	00:20:49.10	00:20:49.10	+00:02:16 (10.9%)	3:55	15.3 (89.0%)
10	DZIUK Dagmara	84	TL ATHLETICS JASTRZĘBIE	30-39	6			00:00:00	00:09:14	00:20:58.10	00:20:58.10	+00:02:25 (11.6%)	3:57	15.2 (88.4%)
11	GOS Basia	80		50-59	1	Burza Team		00:00:00	00:09:25	00:21:02.80	00:21:02.80	+00:02:30 (11.9%)	3:58	15.1 (87.8%)
12	LEWICKA Elżbieta	43	NIEZRZESZONA	40-49	3			00:00:00	00:09:23	00:21:10.95	00:21:10.95	+00:02:38 (12.5%)	3:59	15 (87.2%)
13	CZYŻ Katarzyna	60	TL POGOŃ RUDA ŚLĄSKA	40-49	4			00:00:00	00:09:17	00:21:15.50	00:21:15.50	+00:02:42 (12.8%)	4:00	15 (87.2%)
14	SZELEST Barbara	78	BURZA TEAM	40-49	5	Burza Team		00:00:00	00:09:24	00:21:15.90	00:21:15.90	+00:02:43 (12.8%)	4:00	15 (87.2%)
15	STRZELCZYK Ewa	61	HURAGAN LIGOTA	40-49	6	Huragan Ligota		00:00:00	00:09:24	00:21:21.60	00:21:21.60	+00:02:49 (13.2%)	4:01	14.9 (86.6%)
16	STUHLIK Magdalena	663	TRENUJ Z SANDRĄ	40-49	7	Trenuj z Sandrą		00:00:00	00:09:16	00:21:29.75	00:21:29.75	+00:02:57 (13.7%)	4:03	14.8 (86.0%)
17	REDZIK Dorota	76	DOROTA I MONIKA	30-39	7	Never Too Late	DOROTA I MONIKA	00:00:00	00:09:35	00:21:30.65	00:21:30.65	+00:02:58 (13.8%)	4:03	14.8 (86.0%)
18	ADAMCZYK-NOWAK Beata	16	MIECHOWICKA GRUPA BIEGOWA	40-49	8	Miechowicka Grupa Biegowa		00:00:00	00:09:25	00:21:32.05	00:21:32.05	+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	MROWIEC Kinga	66	TL POGOŃ RUDA ŚLĄSKA	20-29	3			00:00:00	00:09:36	00:21:34.80	00:21:34.80	+00:03:02 (14.1%)	4:04	14.7 (85.5%)
20	ANDROSZ Beata	6	BBL RUDA ŚLĄSKA	40-49	9	BBL Ruda Śląska		00:00:00	00:09:32	00:21:48.40	00:21:48.40	+00:03:15 (15.0%)	4:06	14.6 (84.9%)
21	DOMIAN Paulina	172		30-39	8			00:00:00	00:09:34	00:21:57.70	00:21:57.70	+00:03:25 (15.6%)	4:08	14.5 (84.3%)
22	MALEJKA Katarzyna	3	HURAGAN LIGOTA	50-59	2			00:00:00	00:09:38	00:21:59.75	00:21:59.75	+00:03:27 (15.7%)	4:08	14.5 (84.3%)
23	PARZYCH Katarzyna	31		40-49	10			00:00:00	00:09:51	00:22:06.70	00:22:06.70	+00:03:34 (16.1%)	4:10	14.4 (83.7%)
24	FILEC Wiktoria	789	RMKS RYBNIK	20-29	4	PIĘKNE I BESTIA		00:00:00	00:09:47	00:22:11.05	00:22:11.05	+00:03:38 (16.4%)	4:11	14.3 (83.1%)
25	SZATKA Beata	752	DY CZUŚ TEAM	40-49	11	Dyczuś Team		00:00:00	00:09:48	00:22:19.40	00:22:19.40	+00:03:46 (16.9%)	4:12	14.2 (82.6%)
26	JANKO Anna	73	HRMAX DZIOŁSZKI	30-39	9	HRmax Dziołszki		00:00:00	00:09:56	00:22:26.85	00:22:26.85	+00:03:54 (17.4%)	4:13	14.2 (82.6%)
27	ZĘBIK Grażyna	20		40-49	12	Olza Cieszyn		00:00:00	00:09:54	00:22:42.85	00:22:42.85	+00:04:10 (18.4%)	4:16	14 (81.4%)
28	NENKO Barbara	30		40-49	13			00:00:00	00:10:07	00:22:50.60	00:22:50.60	+00:04:18 (18.8%)	4:18	13.9 (80.8%)
29	TELEUCKA Sandra	35	AKADEMIA BIEGANIA	20-29	5			00:00:00	00:09:59	00:23:01.15	00:23:01.15	+00:04:28 (19.4%)	4:20	13.8 (80.2%)
30	NOWAK Beata	27	OLZA CIESZYN	50-59	3	Olza Cieszyn		00:00:00	00:10:03	00:23:07.95	00:23:07.95	+00:04:35 (19.8%)	4:21	13.8 (80.2%)
31	RATAJ Barbara	155	DIABEŁKI CHARLIEGO	30-39	10	Jejkowice Biegają	Diabełki Charliego	00:00:00	00:10:00	00:23:08.60	00:23:08.60	+00:04:36 (19.9%)	4:21	13.7 (79.7%)
32	FANGOR-GRAB Agata	665	RESHAPE RUNNERS	30-39	11			00:00:00	00:10:06	00:23:09.45	00:23:09.45	+00:04:36 (19.9%)	4:22	13.7 (79.7%)
33	KOPIEC Izabela	2		40-49	14			00:00:00	00:10:16	00:23:09.95	00:23:09.95	+00:04:37 (20.0%)	4:22	13.7 (79.7%)
34	SUSHKO Maryna	143		30-39	12			00:00:00	00:10:17	00:23:10.05	00:23:10.05	+00:04:37 (20.0%)	4:22	13.7 (79.7%)
35	CZYŻ Leonarda	17	OLZA CIESZYN	40-49	15	Olza Cieszyn		00:00:00	00:10:05	00:23:10.70	00:23:10.70	+00:04:38 (20.0%)	4:22	13.7 (79.7%)
36	WRÓBLEWSKA Judyta	32	KLUB BIEGACZA FARTLEK	20-29	6			00:00:00	00:10:22	00:23:10.90	00:23:10.90	+00:04:38 (20.0%)	4:22	13.7 (79.7%)
37	JURASZEK Elzbieta	37	JUSTFEELFIT	30-39	13	JustFeelFit		00:00:00	00:10:19	00:23:14.55	00:23:14.55	+00:04:42 (20.2%)	4:23	13.7 (79.7%)
38	KUDIO Daria	65		30-39	14	PIĘKNE I BESTIA		00:00:00	00:10:19	00:23:23.45	00:23:23.45	+00:04:50 (20.7%)	4:24	13.6 (79.1%)
39	GRIMAN Martyna	38	RMKS RYBNIK	16-19	1	PIĘKNE I BESTIA		00:00:00	00:10:30	00:23:25.45	00:23:25.45	+00:04:52 (20.8%)	4:25	13.6 (79.1%)
40	SZAFARCZYK Eugenia	14	RUNSZ-TEAM	60+	1	Niedoścignione		00:00:00	00:10:14	00:23:26.75	00:23:26.75	+00:04:54 (20.9%)	4:25	13.6 (79.1%)
41	POZNIAK Małgorzata	110		20-29	7			00:00:00	00:10:20	00:23:40.10	00:23:40.10	+00:05:07 (21.7%)	4:27	13.4 (77.9%)
42	BINIENDA Agnieszka	765	KOBIETY WATAHY	40-49	16			00:00:00	00:10:36	00:23:42.50	00:23:42.50	+00:05:09 (21.8%)	4:28	13.4 (77.9%)
43	OLEŚ-ZDECHLIK Beata	206		30-39	15			00:00:00	00:10:27	00:23:53.35	00:23:53.35	+00:05:20 (22.4%)	4:30	13.3 (77.3%)
44	PANKIEWICZ Magdalena	183	DY CZUŚ TEAM	30-39	16	Dyczuś Team		00:00:00	00:10:32	00:23:56.05	00:23:56.05	+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	POZNIAK Maria	610		20-29	8			00:00:00	00:10:22	00:24:02.25	00:24:02.25	+00:05:29 (22.9%)	4:32	13.2 (76.7%)
46	BOGUSŁAWSKA Angelika	227	NESSI TIME ŻORY	30-39	17			00:00:00	00:10:11	00:24:13.50	00:24:13.50	+00:05:40 (23.5%)	4:34	13.1 (76.2%)
47	PERKOWSKA Daria	154	KOBIETY NA 5+	40-49	17			00:00:00	00:10:26	00:24:14.55	00:24:14.55	+00:05:42 (23.5%)	4:34	13.1 (76.2%)
48	BARSKA Agnieszka	754	DY CZUŚ TEAM	40-49	18	Dyczuś Team		00:00:00	00:10:44	00:24:16.70	00:24:16.70	+00:05:44 (23.6%)	4:34	13.1 (76.2%)
49	FOJCIK-PUSTELNIK Karolina	915	HÓNYM DO METY	40-49	19			00:00:00	00:10:42	00:24:18.50	00:24:18.50	+00:05:45 (23.7%)	4:35	13.1 (76.2%)
50	GREENE Agnieszka	196		40-49	20			00:00:00	00:10:42	00:24:21.65	00:24:21.65	+00:05:49 (23.9%)	4:35	13.1 (76.2%)
51	WRÓBEL Katarzyna	310	JUSTFEELFIT	30-39	18	JustFeelFit		00:00:00	00:10:40	00:24:22.55	00:24:22.55	+00:05:50 (23.9%)	4:35	13.1 (76.2%)
52	PILCH Natalia	22	OLZA CIESZYN	30-39	19	Olza Cieszyn		00:00:00	00:10:55	00:24:23.90	00:24:23.90	+00:05:51 (24.0%)	4:36	13 (75.6%)
53	ZEMLAK Adriana	224		30-39	20			00:00:00	00:10:58	00:24:24.05	00:24:24.05	+00:05:51 (24.0%)	4:36	13 (75.6%)
54	WOWRY Sylwia	52	OLZA CIESZYN	40-49	21	Olza Cieszyn		00:00:00	00:10:46	00:24:40.20	00:24:40.20	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
55	GRYCMAN Marta	124	MARTA I ANITA	30-39	21		Marta i Anita	00:00:00	00:10:42	00:24:40.25	00:24:40.25	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
56	MENDECKA Daria	9	MOSIR ŁAZISKA GÓRNE	30-39	22			00:00:00	00:10:32	00:24:40.40	00:24:40.40	+00:06:07 (24.8%)	4:39	12.9 (75.0%)
57	SITKO Agnieszka	299		30-39	23	Radlinioki w biegu		00:00:00	00:10:52	00:24:42.15	00:24:42.15	+00:06:09 (24.9%)	4:39	12.9 (75.0%)
58	MIELAŃCZYK Patrycja	212		30-39	24			00:00:00	00:10:27	00:24:45.95	00:24:45.95	+00:06:13 (25.1%)	4:40	12.8 (74.4%)
59	SICH- SOSNA Agnieszka	51		50-59	4			00:00:00	00:11:05	00:24:47.20	00:24:47.20	+00:06:14 (25.2%)	4:40	12.8 (74.4%)
60	KUCZEK Katarzyna	77	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	22			00:00:00	00:10:37	00:24:48.00	00:24:48.00	+00:06:15 (25.2%)	4:40	12.8 (74.4%)
61	MISTEROWICZ Kinga	18	RUNSZ-TEAM	30-39	25	Niedoścignione		00:00:00	00:10:49	00:24:52.70	00:24:52.70	+00:06:20 (25.5%)	4:41	12.8 (74.4%)
62	PIOTROWSKA Anna	50	HURAGAN LIGOTA	40-49	23	Huragan Ligota		00:00:00	00:10:59	00:24:56.05	00:24:56.05	+00:06:23 (25.6%)	4:42	12.8 (74.4%)
63	MENDLA Agata	122		30-39	26	ŁAPACZKI Zachodów słońca		00:00:00	00:10:47	00:25:02.90	00:25:02.90	+00:06:30 (26.0%)	4:43	12.7 (73.8%)
64	HORDZIEJEWICZ Ewa	331		50-59	5	CrossfitBrothers		00:00:00	00:11:23	00:25:10.40	00:25:10.40	+00:06:37 (26.3%)	4:44	12.6 (73.3%)
65	STABLA Ksenia	313	AKTWN I LYSKI	40-49	24			00:00:00	00:11:02	00:25:11.65	00:25:11.65	+00:06:39 (26.4%)	4:45	12.6 (73.3%)
66	KRAKOWCZYK Karolina	282	ŁAPACZKI ZACHODÓW SŁOŃCA	30-39	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:50	00:25:13.15	00:25:13.15	+00:06:40 (26.5%)	4:45	12.6 (73.3%)
67	KILAROVA Jana	217	MK SEITL OSTRAVA	40-49	25			00:00:00	00:10:51	00:25:14.00	00:25:14.00	+00:06:41 (26.5%)	4:45	12.6 (73.3%)
68	HANDZLIK-STARZYK Anna	8	WIEWIÓRKI ZIMNOKRWISTE	40-49	26	Wiewiórki Zimnokrwiste		00:00:00	00:11:05	00:25:14.70	00:25:14.70	+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	PRZYŁĘCKA-HUSSAR Agnieszka	81		30-39	28			00:00:00	00:10:55	00:25:15.90	00:25:15.90	+00:06:43 (26.6%)	4:45	12.6 (73.3%)
70	RAŹNIAK Beata	109	KOBIETY NA 5 +	50-59	6	Kobiety na 5+		00:00:00	00:10:25	00:25:17.75	00:25:17.75	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
71	HELIOSZ Agnieszka	44	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:55	00:25:17.90	00:25:17.90	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
72	KOŻUCH Emilia	405	DZIKUSKI	40-49	28		Dzikuski	00:00:00		00:25:18.10	00:25:18.10	+00:06:45 (26.7%)	4:46	12.6 (73.3%)
73	NGUYEN Dorota	686	RYBNICKA GRUPA BIEGOWA , RADLINIOKI W BIEGU	30-39	29			00:00:00	00:11:01	00:25:20.30	00:25:20.30	+00:06:47 (26.8%)	4:46	12.6 (73.3%)
74	TRYBAŁA Danuta	603	WATAHA	30-39	30	WATAHA		00:00:00	00:10:55	00:25:21.05	00:25:21.05	+00:06:48 (26.9%)	4:46	12.5 (72.7%)
75	GNAŚ Anna	162	ALPIN SPORT HOKA ONE ONE TEAM	30-39	31		Ana do Bara	00:00:00	00:10:32	00:25:21.85	00:25:21.85	+00:06:49 (26.9%)	4:46	12.5 (72.7%)
76	DAICZMANEK Aleksandra	136		40-49	29			00:00:00	00:11:07	00:25:23.80	00:25:23.80	+00:06:51 (27.0%)	4:47	12.5 (72.7%)
77	LORENZ Agnieszka	130	GB GALOPUJĄCE ŚLIMAKI	40-49	30			00:00:00	00:11:01	00:25:24.55	00:25:24.55	+00:06:52 (27.0%)	4:47	12.5 (72.7%)
78	SICH-ŚWITAŁA Małgorzata	157		40-49	31			00:00:00	00:11:12	00:25:28.00	00:25:28.00	+00:06:55 (27.2%)	4:48	12.5 (72.7%)
79	MENŻYK Joanna	150	MORS HUBERTUS MYSŁOWICE	40-49	32			00:00:00		00:25:29.35	00:25:29.35	+00:06:56 (27.3%)	4:48	12.5 (72.7%)
80	GABER Magdalena	876		40-49	33			00:00:00	00:11:18	00:25:29.70	00:25:29.70	+00:06:57 (27.3%)	4:48	12.5 (72.7%)
81	POŁOMSKA Edyta	177	POLOMSCY TEAM	40-49	34			00:00:00	00:10:56	00:25:33.25	00:25:33.25	+00:07:00 (27.4%)	4:49	12.4 (72.1%)
82	DOMINIKA Kupczak	1077		16-19	2			00:00:00	00:10:51	00:25:34.60	00:25:34.60	+00:07:02 (27.5%)	4:49	12.4 (72.1%)
83	FURMANEK Ela	53	HURAGAN LIGOTA	50-59	7	Huragan Ligota		00:00:00	00:11:20	00:25:35.45	00:25:35.45	+00:07:02 (27.5%)	4:49	12.4 (72.1%)
84	MAZUR Małgorzata	180		40-49	35			00:00:00	00:11:06	00:25:36.25	00:25:36.25	+00:07:03 (27.6%)	4:49	12.4 (72.1%)
85	LISZKA Ela	218	FIT WARIATKI	40-49	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:15	00:25:39.70	00:25:39.70	+00:07:07 (27.7%)	4:50	12.4 (72.1%)
86	RAFA Asia	46		40-49	37			00:00:00	00:11:06	00:25:43.85	00:25:43.85	+00:07:11 (27.9%)	4:51	12.4 (72.1%)
87	CHORCHOS Magda	769		30-39	32			00:00:00	00:11:03	00:25:45.45	00:25:45.45	+00:07:12 (28.0%)	4:51	12.3 (71.5%)
88	BANAŚ Wioleta	431	OPEL FIJAŁKOWSKI	30-39	33	OPEL FIJAŁKOWSKI		00:00:00	00:11:34	00:25:47.05	00:25:47.05	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
89	KUPCZAK Jagoda	788	JUSTFEELFIT	30-39	34	JustFeelFit		00:00:00	00:11:38	00:25:47.10	00:25:47.10	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
89	KRUZ Joanna	322	NESSI TEAM	40-49	38			00:00:00	00:11:39	00:25:47.10	00:25:47.10	+00:07:14 (28.1%)	4:51	12.3 (71.5%)
91	LEPA Klaudia	134	BBL RUDA ŚLĄSKA	20-29	9	BBL Ruda Śląska		00:00:00	00:10:50	00:25:49.90	00:25:49.90	+00:07:17 (28.2%)	4:52	12.3 (71.5%)
92	DOMIN-ZBYL Agnieszka	148		50-59	8			00:00:00	00:11:17	00:25:51.05	00:25:51.05	+00:07:18 (28.3%)	4:52	12.3 (71.5%)
93	KWAPISZ-BONUSIAK Dorota	280		30-39	35			00:00:00	00:11:10	00:25:56.40	00:25:56.40	+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	BREJNAK Agnieszka	219	FIT WARIATKI	30-39	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:13	00:25:58.15	00:25:58.15	+00:07:25 (28.6%)	4:53	12.2 (70.9%)
95	PIWOŃSKA Adriana	96	INTERAKTYWNI KROSTOSZOWICE	40-49	39	ŁAPACZKI Zachodów słońca		00:00:00	00:11:18	00:26:02.90	00:26:02.90	+00:07:30 (28.8%)	4:54	12.2 (70.9%)
96	WRUCHA Sylwia	377		40-49	40			00:00:00	00:11:12	00:26:03.70	00:26:03.70	+00:07:31 (28.9%)	4:54	12.2 (70.9%)
97	GENSTY Klaudia	145	KK	60+	2		KK	00:00:00	00:11:38	00:26:06.40	00:26:06.40	+00:07:33 (29.0%)	4:55	12.2 (70.9%)
98	PIOTROWSKA Anna	336	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	41	ŁAPACZKI Zachodów słońca		00:00:00	00:11:19	00:26:13.40	00:26:13.40	+00:07:40 (29.3%)	4:56	12.1 (70.3%)
99	KONKOL-PEPŁOWSKA Martyna	229		40-49	42			00:00:00		00:26:13.90	00:26:13.90	+00:07:41 (29.3%)	4:56	12.1 (70.3%)
100	GŁUSZEK Ula	759	DY CZUŚ TEAM	40-49	43	Dyczuś Team		00:00:00	00:11:23	00:26:14.20	00:26:14.20	+00:07:41 (29.3%)	4:56	12.1 (70.3%)
101	KANTOROWSKA Ania	101	POWOLI DO CELU	30-39	37	PoWoli do Celu		00:00:00	00:11:18	00:26:16.25	00:26:16.25	+00:07:43 (29.4%)	4:57	12.1 (70.3%)
102	BROCKA Anita	102	MARTA I ANITA	40-49	44		Marta i Anita	00:00:00	00:11:19	00:26:19.75	00:26:19.75	+00:07:47 (29.6%)	4:57	12.1 (70.3%)
103	ZDUNIAK Anita	429		20-29	10			00:00:00	00:11:42	00:26:22.05	00:26:22.05	+00:07:49 (29.7%)	4:58	12.1 (70.3%)
104	HOŁYŃSKA-URBASIK Karolina	997	KAROLINA I ASIA	30-39	38		Karolina i Asia	00:00:00	00:11:05	00:26:23.30	00:26:23.30	+00:07:50 (29.7%)	4:58	12.1 (70.3%)
105	MASŁOWSKA Katarzyna	453	AKTYWNI LYSKI	40-49	45			00:00:00	00:11:30	00:26:30.25	00:26:30.25	+00:07:57 (30.0%)	5:00	12 (69.8%)
106	PIWISZKIS Barbara	4	KOBIETY NA 5 +	40-49	46	Kobiety na 5+	Ana do Bara	00:00:00	00:10:58	00:26:30.85	00:26:30.85	+00:07:58 (30.1%)	5:00	12 (69.8%)
107	PIŃKOWSKA Angelika	85		30-39	39			00:00:00	00:12:05	00:26:36.00	00:26:36.00	+00:08:03 (30.3%)	5:01	12 (69.8%)
108	BARCIEWICZ Kinga	1217		30-39	40			00:00:00	00:11:08	00:26:38.00	00:26:38.00	+00:08:05 (30.4%)	5:01	11.9 (69.2%)
108	MUSIAŁ Maria	179		50-59	9			00:00:00	00:11:45	00:26:38.00	00:26:38.00	+00:08:05 (30.4%)	5:01	11.9 (69.2%)
110	ŁAPA Julia	83		20-29	11			00:00:00	00:11:40	00:26:39.30	00:26:39.30	+00:08:06 (30.4%)	5:01	11.9 (69.2%)
111	KOTOWICZ Anna	184		40-49	47			00:00:00	00:11:34	00:26:39.45	00:26:39.45	+00:08:06 (30.4%)	5:01	11.9 (69.2%)
112	MAŁECKA Aleksandra	866	BBAM	30-39	41		BBAM	00:00:00	00:11:56	00:26:40.55	00:26:40.55	+00:08:08 (30.5%)	5:01	11.9 (69.2%)
113	WITOS-GRZYBOWSKA Renata	690	JUSTFEELFIT	30-39	42	JustFeelFit		00:00:00	00:11:27	00:26:41.70	00:26:41.70	+00:08:09 (30.5%)	5:02	11.9 (69.2%)
114	PASTUCHA Anna	87		60+	3			00:00:00	00:11:41	00:26:45.25	00:26:45.25	+00:08:12 (30.7%)	5:02	11.9 (69.2%)
115	GRZONKA Magdalena	554		40-49	48			00:00:00	00:11:38	00:26:46.10	00:26:46.10	+00:08:13 (30.7%)	5:03	11.9 (69.2%)
116	SZULC Marta	223	BURZA TEAM	30-39	43	Burza Team		00:00:00	00:11:21	00:26:47.70	00:26:47.70	+00:08:15 (30.8%)	5:03	11.9 (69.2%)
117	SOKÓŁ-PISZCZEK Agnieszka	149	NESSI TIME ŻORY	30-39	44			00:00:00	00:12:04	00:26:49.35	00:26:49.35	+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	PAJESTKA Katarzyna	151		40-49	49			00:00:00	00:12:06	00:26:49.50	00:26:49.50	+00:08:16 (30.9%)	5:03	11.9 (69.2%)
119	SZOJDA Paulina	508	VIKING TRAINING CENTER	40-49	50			00:00:00	00:12:03	00:26:51.00	00:26:51.00	+00:08:18 (30.9%)	5:03	11.8 (68.6%)
120	TRYBAŁA Weronika	623	WATAHA	20-29	12	WATAHA		00:00:00	00:11:36	00:26:53.80	00:26:53.80	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
121	PARKITA Justyna	225	BDB TEAM	30-39	45			00:00:00	00:11:45	00:26:53.85	00:26:53.85	+00:08:21 (31.1%)	5:04	11.8 (68.6%)
122	BUJAK Monika	553		40-49	51			00:00:00	00:11:46	00:26:55.65	00:26:55.65	+00:08:23 (31.1%)	5:04	11.8 (68.6%)
123	MUSIOŁ Helena	550		40-49	52			00:00:00	00:11:39	00:26:58.25	00:26:58.25	+00:08:25 (31.2%)	5:05	11.8 (68.6%)
124	KONSEK Anna	746		30-39	46			00:00:00	00:11:58	00:26:59.30	00:26:59.30	+00:08:26 (31.3%)	5:05	11.8 (68.6%)
125	PIJANOWSKA - MALCHAREK Kamila	216	KAMA RUN	40-49	53			00:00:00	00:12:17	00:27:01.00	00:27:01.00	+00:08:28 (31.4%)	5:05	11.8 (68.6%)
126	FRANEK Agata	170		30-39	47			00:00:00	00:11:20	00:27:01.15	00:27:01.15	+00:08:28 (31.4%)	5:05	11.8 (68.6%)
127	JURASZEK Ewelina	181	AGNIESZKA&EWELINA	40-49	54		Agnieszka&Ewelina	00:00:00	00:12:23	00:27:02.05	00:27:02.05	+00:08:29 (31.4%)	5:06	11.8 (68.6%)
128	WODNIAK Angela	254	POWOLI DO CELU	30-39	48	PoWoli do Celu		00:00:00	00:11:30	00:27:03.35	00:27:03.35	+00:08:30 (31.5%)	5:06	11.8 (68.6%)
129	DUSZYŃSKA Marta	222	BURZA TEAM	40-49	55	Burza Team		00:00:00	00:11:51	00:27:03.90	00:27:03.90	+00:08:31 (31.5%)	5:06	11.8 (68.6%)
129	NENKO Jolanta	139		30-39	49			00:00:00	00:11:53	00:27:03.90	00:27:03.90	+00:08:31 (31.5%)	5:06	11.8 (68.6%)
131	CHROBOK Józefa	118	OLZA CIESZYN	50-59	10			00:00:00	00:11:42	00:27:04.25	00:27:04.25	+00:08:31 (31.5%)	5:06	11.7 (68.0%)
132	LERCH Bożena	114		30-39	50			00:00:00	00:11:47	00:27:05.25	00:27:05.25	+00:08:32 (31.5%)	5:06	11.7 (68.0%)
133	GAŁAJDA Monika	12	RADLINIOKI	40-49	56			00:00:00	00:11:52	00:27:06.05	00:27:06.05	+00:08:33 (31.6%)	5:06	11.7 (68.0%)
134	HANARZ Joanna	735		30-39	51	JustFeelFit		00:00:00	00:12:12	00:27:06.45	00:27:06.45	+00:08:33 (31.6%)	5:06	11.7 (68.0%)
135	REINERT Aleksandra	766		40-49	57			00:00:00	00:11:45	00:27:10.25	00:27:10.25	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
135	WANDEL-HANUSEK Agnieszka	644		30-39	52			00:00:00	00:12:23	00:27:10.25	00:27:10.25	+00:08:37 (31.8%)	5:07	11.7 (68.0%)
137	LERCH Maria	116		30-39	53			00:00:00	00:11:44	00:27:10.70	00:27:10.70	+00:08:38 (31.8%)	5:07	11.7 (68.0%)
138	LIPKO Izabela	316		30-39	54			00:00:00	00:12:55	00:27:13.00	00:27:13.00	+00:08:40 (31.9%)	5:08	11.7 (68.0%)
139	GOŁOFIT Edyta	221	OPEL FIJAŁKOWSKI	20-29	13	OPEL FIJAŁKOWSKI		00:00:00	00:12:20	00:27:13.60	00:27:13.60	+00:08:41 (31.9%)	5:08	11.7 (68.0%)
140	PROKOP Iwona	91	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	58			00:00:00	00:11:53	00:27:13.90	00:27:13.90	+00:08:41 (31.9%)	5:08	11.7 (68.0%)
141	GORZELAK Joanna	142	KOBIETY NA 5+	40-49	59	Kobiety na 5+		00:00:00	00:11:54	00:27:19.15	00:27:19.15	+00:08:46 (32.1%)	5:09	11.6 (67.4%)
142	GANCARCZYK Karolina	305	BIEGOWE WARIATY	30-39	55			00:00:00	00:11:57	00:27:22.00	00:27:22.00	+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	MARSZAŁKOWSKA Daria	21		30-39	56			00:00:00	00:12:17	00:27:22.30	00:27:22.30	+00:08:49 (32.3%)	5:09	11.6 (67.4%)
144	GAJDA Magdalena	94	MAGDA I OLA	30-39	57		Magda i Ola	00:00:00	00:12:22	00:27:25.35	00:27:25.35	+00:08:52 (32.4%)	5:10	11.6 (67.4%)
145	JUREK Iza	732		40-49	60			00:00:00	00:12:00	00:27:25.95	00:27:25.95	+00:08:53 (32.4%)	5:10	11.6 (67.4%)
146	BARTUSEK Hanna	64		40-49	61			00:00:00	00:12:09	00:27:26.25	00:27:26.25	+00:08:53 (32.4%)	5:10	11.6 (67.4%)
147	WITOS Karolina	685	JUSTFEELFIT	16-19	3			00:00:00	00:11:17	00:27:28.30	00:27:28.30	+00:08:55 (32.5%)	5:10	11.6 (67.4%)
148	LACHOWICZ Izabela	49	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	58			00:00:00	00:12:19	00:27:28.60	00:27:28.60	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
149	KUFKA Judyta	164		30-39	59			00:00:00	00:12:19	00:27:28.75	00:27:28.75	+00:08:56 (32.5%)	5:10	11.6 (67.4%)
150	PUKAS-STĘCŁIK Karolina	175		30-39	60			00:00:00	00:12:32	00:27:31.60	00:27:31.60	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
151	ZAKRZEWSKA Sabina	356		30-39	61			00:00:00		00:27:31.85	00:27:31.85	+00:08:59 (32.6%)	5:11	11.6 (67.4%)
152	NYKIEL Małgorzata	146	MIECHOWICKA GRUPA BIEGOWA	40-49	62	Miechowicka Grupa Biegowa		00:00:00	00:12:21	00:27:33.00	00:27:33.00	+00:09:00 (32.7%)	5:11	11.5 (66.9%)
153	CZAPSKA Ewa	92	HURAGAN LIGOTA	60+	4	Huragan Ligota		00:00:00	00:11:56	00:27:33.65	00:27:33.65	+00:09:01 (32.7%)	5:11	11.5 (66.9%)
154	KRYSTEK Beata	214	AHOJ PRZYGODO!	40-49	63		Ahój Przygodo!	00:00:00	00:12:03	00:27:34.50	00:27:34.50	+00:09:01 (32.8%)	5:12	11.5 (66.9%)
155	REJBICZ Weronika	850		30-39	62			00:00:00	00:12:23	00:27:34.55	00:27:34.55	+00:09:02 (32.8%)	5:12	11.5 (66.9%)
156	SZYPUŁA Ola	123	-	16-19	4			00:00:00	00:12:22	00:27:35.90	00:27:35.90	+00:09:03 (32.8%)	5:12	11.5 (66.9%)
157	BRĄKA Barbara	867	BBAM	40-49	64		BBAM	00:00:00	00:12:13	00:27:37.05	00:27:37.05	+00:09:04 (32.9%)	5:12	11.5 (66.9%)
158	WICHER Sabina	132	MONSUN SPORT	30-39	63			00:00:00	00:12:50	00:27:38.50	00:27:38.50	+00:09:05 (32.9%)	5:12	11.5 (66.9%)
159	PYTEL Renata	103	SOBIESKI	50-59	11			00:00:00	00:12:05	00:27:39.50	00:27:39.50	+00:09:06 (33.0%)	5:13	11.5 (66.9%)
160	HOJKA Gabriela	414		40-49	65			00:00:00	00:11:59	00:27:39.80	00:27:39.80	+00:09:07 (33.0%)	5:13	11.5 (66.9%)
161	BOGDANOWICZ Maja	215	AHOJ PRZYGODO!	40-49	66		Ahój Przygodo!	00:00:00	00:12:04	00:27:39.95	00:27:39.95	+00:09:07 (33.0%)	5:13	11.5 (66.9%)
162	SLISZ Maria	294		40-49	67			00:00:00	00:12:00	00:27:41.10	00:27:41.10	+00:09:08 (33.0%)	5:13	11.5 (66.9%)
163	KRZYK Małgorzata	247		40-49	68			00:00:00	00:12:12	00:27:41.60	00:27:41.60	+00:09:09 (33.0%)	5:13	11.5 (66.9%)
164	AUGUSCIK Ewelina	325	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	00:27:42.15	00:27:42.15	+00:09:09 (33.1%)	5:13	11.5 (66.9%)
165	SKRZYPOSZEK Małgorzata	121	WARTKIE PIERONY	50-59	12	BBL Ruda Śląska		00:00:00	00:12:42	00:27:42.20	00:27:42.20	+00:09:09 (33.1%)	5:13	11.5 (66.9%)
166	PŁAZA Monika	275	KOBIETY NA 5+	30-39	65	Kobiety na 5+		00:00:00	00:12:04	00:27:43.40	00:27:43.40	+00:09:10 (33.1%)	5:13	11.5 (66.9%)
167	NOWAK Magdalena	199	NESSI TIME ŻORY	30-39	66			00:00:00	00:12:14	00:27:44.25	00:27:44.25	+00:09:11 (33.2%)	5:13	11.5 (66.9%)
168	JĘDRYKA Patrycja	135	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	00:27:44.85	00:27:44.85	+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	MRACHACZ Dorota	98	MIECHOWICKA GRUPA BIEGOWA	50-59	13	Miechowicka Grupa Biegowa		00:00:00	00:12:25	00:27:45.40	00:27:45.40	+00:09:12 (33.2%)	5:14	11.5 (66.9%)
170	WYCISK Lidia	626	SISTER	50-59	14			00:00:00	00:12:03	00:27:45.90	00:27:45.90	+00:09:13 (33.2%)	5:14	11.5 (66.9%)
171	WOJTYŚ Monika	314		40-49	69			00:00:00	00:12:42	00:27:46.20	00:27:46.20	+00:09:13 (33.2%)	5:14	11.5 (66.9%)
172	SZYMURA Izabela	152	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	70			00:00:00	00:12:00	00:27:48.30	00:27:48.30	+00:09:15 (33.3%)	5:14	11.4 (66.3%)
173	ŚLEZIAK Ewa	191	G&E TG	50-59	15			00:00:00	00:12:23	00:27:52.60	00:27:52.60	+00:09:20 (33.5%)	5:15	11.4 (66.3%)
174	PIECHA-ŁACHAJCZYK Hanna	189		30-39	68			00:00:00	00:12:46	00:27:55.85	00:27:55.85	+00:09:23 (33.6%)	5:16	11.4 (66.3%)
175	RUSZCZYŃSKA Anna	585	ANIA I EDYTA	40-49	71		Ania i Edyta	00:00:00	00:12:28	00:27:57.00	00:27:57.00	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
176	DYCZEK Klaudia	182	DYCUŚ TEAM	40-49	72	Dyczuś Team		00:00:00	00:12:33	00:27:57.05	00:27:57.05	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
177	CHYTROSZEK Eleonora	10		50-59	16			00:00:00	00:12:15	00:27:57.35	00:27:57.35	+00:09:24 (33.7%)	5:16	11.4 (66.3%)
178	SZYMICZEK Paulina	290	DYSTANS LUBOMIA	30-39	69			00:00:00	00:12:33	00:28:00.60	00:28:00.60	+00:09:28 (33.8%)	5:16	11.4 (66.3%)
179	JAROŃ Katarzyna	914		40-49	73			00:00:00	00:12:12	00:28:00.80	00:28:00.80	+00:09:28 (33.8%)	5:16	11.4 (66.3%)
180	HORAK Alina	238	SZALONE PITKI	40-49	74		Szalone Pitki	00:00:00	00:12:18	00:28:01.70	00:28:01.70	+00:09:29 (33.8%)	5:17	11.4 (66.3%)
181	POLAK Sabina	511	SWIM-POL TEAM	30-39	70			00:00:00	00:12:18	00:28:01.75	00:28:01.75	+00:09:29 (33.8%)	5:17	11.4 (66.3%)
182	DELEWSKA Dorota	348	NIGHT RUNNERS ZABRZE	50-59	17			00:00:00	00:12:19	00:28:04.20	00:28:04.20	+00:09:31 (33.9%)	5:17	11.3 (65.7%)
183	KRAKOWCZYK Tatiana	611		40-49	75			00:00:00	00:12:50	00:28:04.55	00:28:04.55	+00:09:32 (34.0%)	5:17	11.3 (65.7%)
184	DĄBROWSKA Agata	140	NESSI TIME ŻORY	40-49	76	Nessi Team		00:00:00	00:12:31	00:28:05.20	00:28:05.20	+00:09:32 (34.0%)	5:17	11.3 (65.7%)
185	MIKOŁAJEC Paulina	203		20-29	14			00:00:00	00:12:30	00:28:06.60	00:28:06.60	+00:09:34 (34.0%)	5:18	11.3 (65.7%)
186	GARBOŚ Weronika	412		40-49	77			00:00:00	00:12:40	00:28:07.80	00:28:07.80	+00:09:35 (34.1%)	5:18	11.3 (65.7%)
187	SZŁAPA Urszula	88	SPOT PSZCZYNA	30-39	71	SPOT Pszczyna		00:00:00	00:11:31	00:28:08.55	00:28:08.55	+00:09:36 (34.1%)	5:18	11.3 (65.7%)
188	CHMIEL Anna	406	DZIKUSKI	40-49	78		Dzikuski	00:00:00	00:12:08	00:28:08.95	00:28:08.95	+00:09:36 (34.1%)	5:18	11.3 (65.7%)
189	OZDARSKA Beata	133		50-59	18			00:00:00	00:12:17	00:28:10.25	00:28:10.25	+00:09:37 (34.2%)	5:18	11.3 (65.7%)
190	WIERCIGROCH Mariola	166	JUSTFEELFIT	30-39	72			00:00:00	00:12:27	00:28:10.85	00:28:10.85	+00:09:38 (34.2%)	5:18	11.3 (65.7%)
191	SKWORC Ilona	805	BBL RUDA ŚLĄSKA	40-49	79	BBL Ruda Śląska		00:00:00	00:12:59	00:28:11.40	00:28:11.40	+00:09:38 (34.2%)	5:19	11.3 (65.7%)
192	KUBIEŃ Karolina	875	JUSTFEELFIT	20-29	15	JustFeelFit		00:00:00	00:12:07	00:28:12.20	00:28:12.20	+00:09:39 (34.3%)	5:19	11.3 (65.7%)
193	BURDA Katarzyna	11	MMA	40-49	80			00:00:00	00:12:09	00:28:12.90	00:28:12.90	+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	KRAUSE Sylwia	347	RADLINIOKI W BIEGU	40-49	81	Radlinioki w biegu		00:00:00	00:12:47	00:28:12.95	00:28:12.95	+00:09:40 (34.3%)	5:19	11.3 (65.7%)
195	ROSGA Anna	680		40-49	82			00:00:00	00:12:29	00:28:13.10	00:28:13.10	+00:09:40 (34.3%)	5:19	11.3 (65.7%)
196	GŁĄBEK Edyta	595	SPOT PSZCZYNS	20-29	16			00:00:00	00:12:36	00:28:13.85	00:28:13.85	+00:09:41 (34.3%)	5:19	11.3 (65.7%)
197	CIELANGA Barbara	878	WATAHA	30-39	73	WATAHA		00:00:00	00:12:10	00:28:17.65	00:28:17.65	+00:09:45 (34.5%)	5:20	11.2 (65.1%)
198	CEGLARSKA Sonia	664	JEJKOWICE BIEGAJĄ	40-49	83	Jejkowice Biegają	Jejkowice Biegają	00:00:00		00:28:17.85	00:28:17.85	+00:09:45 (34.5%)	5:20	11.2 (65.1%)
199	MALINOWSKA Aneta	279	OLZA CIESZYN	40-49	84	Olza Cieszyn		00:00:00	00:12:37	00:28:19.00	00:28:19.00	+00:09:46 (34.5%)	5:20	11.2 (65.1%)
200	POCIENNIK Justyna	308	BGB	50-59	19			00:00:00	00:12:33	00:28:19.35	00:28:19.35	+00:09:46 (34.5%)	5:20	11.2 (65.1%)
201	STEFAŃSKA Barbara	228		40-49	85			00:00:00	00:12:27	00:28:23.25	00:28:23.25	+00:09:50 (34.7%)	5:21	11.2 (65.1%)
202	ADAMUS Anna	129	BBL RUDA ŚLĄSKA	40-49	86	BBL Ruda Śląska		00:00:00	00:12:37	00:28:25.90	00:28:25.90	+00:09:53 (34.8%)	5:21	11.2 (65.1%)
202	GAWLAS Paulina	854		30-39	74			00:00:00	00:12:46	00:28:25.90	00:28:25.90	+00:09:53 (34.8%)	5:21	11.2 (65.1%)
204	DZIERŻĘGA Wiktoria	33	KAKTUSIARY	16-19	5		Kaktusiary	00:00:00	00:12:39	00:28:27.45	00:28:27.45	+00:09:54 (34.8%)	5:22	11.2 (65.1%)
205	BIZOŃ Monika	210		40-49	87			00:00:00	00:12:34	00:28:28.35	00:28:28.35	+00:09:55 (34.9%)	5:22	11.2 (65.1%)
206	KANIA Monika	312		40-49	88			00:00:00	00:12:40	00:28:32.10	00:28:32.10	+00:09:59 (35.0%)	5:23	11.1 (64.5%)
207	JĘDRZEJEWSKA Beata	201	MIRAZ RACE TEAM	40-49	89			00:00:00	00:12:09	00:28:33.15	00:28:33.15	+00:10:00 (35.1%)	5:23	11.1 (64.5%)
208	MUSIAŁ Wioletta	350	GALOPUJĄCE ŚLIMAKI	40-49	90			00:00:00	00:12:39	00:28:33.45	00:28:33.45	+00:10:00 (35.1%)	5:23	11.1 (64.5%)
209	MAZUR Aleksandra	738		30-39	75			00:00:00	00:12:23	00:28:34.10	00:28:34.10	+00:10:01 (35.1%)	5:23	11.1 (64.5%)
210	PŁASKA Barbara	240	KOBIETY NA 5+	50-59	20	Kobiety na 5+		00:00:00	00:12:21	00:28:35.70	00:28:35.70	+00:10:03 (35.2%)	5:23	11.1 (64.5%)
210	RÓŻYCKA-FRYT Katarzyna	346	BIEGAMYSŁOWICE	40-49	91	biegaMYSłowice		00:00:00	00:12:26	00:28:35.70	00:28:35.70	+00:10:03 (35.2%)	5:23	11.1 (64.5%)
212	SZCZEŚNIAK Iwona	70		30-39	76			00:00:00	00:12:39	00:28:37.05	00:28:37.05	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
213	WIRTH Agnieszka	289		40-49	92			00:00:00	00:12:44	00:28:37.20	00:28:37.20	+00:10:04 (35.2%)	5:23	11.1 (64.5%)
214	WERNIK Katarzyna	185	BESTFITCLUB RYBNIK	50-59	21			00:00:00	00:12:38	00:28:37.55	00:28:37.55	+00:10:05 (35.2%)	5:23	11.1 (64.5%)
215	KUREK Joanna	13		40-49	93	INCOLA TEAM		00:00:00	00:12:42	00:28:38.95	00:28:38.95	+00:10:06 (35.3%)	5:24	11.1 (64.5%)
216	MADEJA Zofia	702	POWOLIDOCELU	40-49	94	PoWoli do Celu		00:00:00	00:12:17	00:28:40.05	00:28:40.05	+00:10:07 (35.3%)	5:24	11.1 (64.5%)
217	SZULC Barbara	24	MIECHOWICKA GRUPA BIEGOWA	60+	5	Miechowska Grupa Biegowa		00:00:00	00:12:59	00:28:40.90	00:28:40.90	+00:10:08 (35.4%)	5:24	11.1 (64.5%)
218	WIECHOWSKA Sabina	583	MONSUN SPORT	30-39	77			00:00:00	00:12:27	00:28:42.00	00:28:42.00	+00:10:09 (35.4%)	5:24	11.1 (64.5%)
219	KIEŁKOWSKA Agnieszka	178		50-59	22	Kobiety na 5+		00:00:00	00:12:32	00:28:45.30	00:28:45.30	+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	PILCH Anna	428	PIGUATEAM	30-39	78	PiguaTeam		00:00:00	00:13:11	00:28:46.25	00:28:46.25	+00:10:13 (35.6%)	5:25	11.1 (64.5%)
221	ZARAŃSKA Izabela	106	MIECHOWICKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa		00:00:00	00:12:32	00:28:47.10	00:28:47.10	+00:10:14 (35.6%)	5:25	11 (64.0%)
222	MAJCHRZAK Agnieszka	204	NESSITEAM	40-49	95			00:00:00	00:13:20	00:28:47.70	00:28:47.70	+00:10:15 (35.6%)	5:25	11 (64.0%)
223	PASTUSIAK Janina	891	JANKA & MARIOLA	40-49	96		Janka & Mariola	00:00:00	00:12:05	00:28:49.30	00:28:49.30	+00:10:16 (35.7%)	5:26	11 (64.0%)
224	GARUS Magdalena	360		40-49	97			00:00:00	00:11:59	00:28:50.00	00:28:50.00	+00:10:17 (35.7%)	5:26	11 (64.0%)
225	TARGOSZ Aneta	108	OLZA CIESZYN	30-39	79	Olza Cieszyn		00:00:00	00:12:39	00:28:50.30	00:28:50.30	+00:10:17 (35.7%)	5:26	11 (64.0%)
226	TERESZYŃSKA Anna	389	ALKOALPINIZM	40-49	98			00:00:00	00:12:13	00:28:54.85	00:28:54.85	+00:10:22 (35.9%)	5:27	11 (64.0%)
227	FOLTYN Bożena	107	F	30-39	80			00:00:00	00:12:58	00:28:57.00	00:28:57.00	+00:10:24 (35.9%)	5:27	11 (64.0%)
228	KROPKA Gabriela	138	OLZA SPORT	30-39	81	Olza Cieszyn		00:00:00	00:12:25	00:28:57.75	00:28:57.75	+00:10:25 (36.0%)	5:27	11 (64.0%)
229	STEFANOW Agnieszka	598		30-39	82			00:00:00	00:13:09	00:28:58.65	00:28:58.65	+00:10:26 (36.0%)	5:27	11 (64.0%)
230	SOŁTYSIK Zdzisia	547	PĘDZĄCE ŻÓŁWIE	40-49	99			00:00:00	00:12:45	00:28:59.30	00:28:59.30	+00:10:26 (36.0%)	5:28	11 (64.0%)
231	ZYGMA Żaneta	167		30-39	83			00:00:00	00:12:11	00:28:59.75	00:28:59.75	+00:10:27 (36.1%)	5:28	11 (64.0%)
232	GAMZA Barbara	438		40-49	100			00:00:00	00:12:46	00:28:59.80	00:28:59.80	+00:10:27 (36.1%)	5:28	11 (64.0%)
233	FOJCIK Katarzyna	69	PIERUNSKIE CANGÓRY	30-39	84	PieRUNskie CanGÓRY		00:00:00	00:12:56	00:29:01.30	00:29:01.30	+00:10:28 (36.1%)	5:28	11 (64.0%)
234	JANICKA Sylwia	368	DRUŻYNA KOPERNIKA	50-59	24			00:00:00	00:12:40	00:29:02.60	00:29:02.60	+00:10:30 (36.2%)	5:28	11 (64.0%)
235	KOPIEC Estera	785		30-39	85	PoWoli do Celu		00:00:00	00:11:54	00:29:03.45	00:29:03.45	+00:10:30 (36.2%)	5:28	10.9 (63.4%)
236	TRYBAŁA Monika	643	WATAHA	40-49	101	WATAHA		00:00:00	00:12:51	00:29:04.15	00:29:04.15	+00:10:31 (36.2%)	5:29	10.9 (63.4%)
237	MARSZOLIK Angela	265		40-49	102			00:00:00	00:12:45	00:29:04.20	00:29:04.20	+00:10:31 (36.2%)	5:29	10.9 (63.4%)
238	MARCINIAK Beata	628	WATAHA	40-49	103	WATAHA		00:00:00	00:12:52	00:29:06.80	00:29:06.80	+00:10:34 (36.3%)	5:29	10.9 (63.4%)
239	JURASZEK Agnieszka	127	JUSTFEELFIT	40-49	104			00:00:00	00:13:20	00:29:07.60	00:29:07.60	+00:10:35 (36.3%)	5:29	10.9 (63.4%)
240	STABLA Agata	75	KAKTUSIARY	40-49	105		Kaktusiary	00:00:00		00:29:08.60	00:29:08.60	+00:10:36 (36.4%)	5:29	10.9 (63.4%)
241	KUBECKA Jolanta	341	OLZA CIESZYN	50-59	25	Olza Cieszyn		00:00:00	00:12:48	00:29:12.20	00:29:12.20	+00:10:39 (36.5%)	5:30	10.9 (63.4%)
242	PIEKAR Adriana	230		30-39	86			00:00:00	00:12:43	00:29:13.95	00:29:13.95	+00:10:41 (36.6%)	5:30	10.9 (63.4%)
243	SKOTNICKA Urszula	128	NIE ZRZESZONA	50-59	26			00:00:00	00:12:21	00:29:16.30	00:29:16.30	+00:10:43 (36.7%)	5:31	10.9 (63.4%)
244	PAWŁOWSKA Beata	357	RADLINIOKI W BIEGU	40-49	106	Radlinioki w biegu		00:00:00	00:13:12	00:29:21.65	00:29:21.65	+00:10:49 (36.8%)	5:32	10.8 (62.8%)
245	HEJNA Izabela	358	RADLINIOKI W BIEGU	50-59	27	Radlinioki w biegu		00:00:00	00:13:13	00:29:22.30	00:29:22.30	+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	WIECZOREK Marta	47	PIERUNSKIE CANGÓRY	20-29	17	PieRUNskie CanGÓRY		00:00:00	00:12:56	00:29:23.75	00:29:23.75	+00:10:51 (36.9%)	5:32	10.8 (62.8%)
247	PIETROSZEK Władysława	251		40-49	107			00:00:00	00:12:54	00:29:24.10	00:29:24.10	+00:10:51 (36.9%)	5:32	10.8 (62.8%)
248	KALETA Agnieszka	93	POWOLI DO CELU	30-39	87	PoWoli do Celu		00:00:00	00:12:42	00:29:25.70	00:29:25.70	+00:10:53 (37.0%)	5:33	10.8 (62.8%)
249	BERNAT Katarzyna	355		40-49	108			00:00:00	00:12:36	00:29:25.90	00:29:25.90	+00:10:53 (37.0%)	5:33	10.8 (62.8%)
250	KUFIETA Ewelina Ina	353	KASIA I EWELINA	40-49	109		Kasia i Ewelina	00:00:00	00:12:38	00:29:27.00	00:29:27.00	+00:10:54 (37.0%)	5:33	10.8 (62.8%)
251	KURIATA Katarzyna	286		30-39	88			00:00:00	00:13:20	00:29:27.65	00:29:27.65	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
252	BOBER Alicja	467		30-39	89			00:00:00	00:12:42	00:29:27.90	00:29:27.90	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
253	CELER Iwona	402		40-49	110			00:00:00		00:29:28.50	00:29:28.50	+00:10:55 (37.1%)	5:33	10.8 (62.8%)
254	ZIELOSKO Beata	612		40-49	111			00:00:00	00:12:59	00:29:28.55	00:29:28.55	+00:10:56 (37.1%)	5:33	10.8 (62.8%)
255	BIENIEK Katarzyna	439		40-49	112			00:00:00	00:13:09	00:29:28.75	00:29:28.75	+00:10:56 (37.1%)	5:33	10.8 (62.8%)
256	WITOS-PAZDAN Ewelina	684	JUSTFEELFIT	30-39	90			00:00:00	00:13:11	00:29:30.60	00:29:30.60	+00:10:58 (37.2%)	5:33	10.8 (62.8%)
257	BROJEK Martyna	372		20-29	18			00:00:00	00:13:56	00:29:30.80	00:29:30.80	+00:10:58 (37.2%)	5:33	10.8 (62.8%)
258	GWIZDAŁA Joanna	105		30-39	91			00:00:00	00:13:03	00:29:31.30	00:29:31.30	+00:10:58 (37.2%)	5:34	10.8 (62.8%)
259	JARON Milena	913		16-19	6			00:00:00	00:13:07	00:29:33.20	00:29:33.20	+00:11:00 (37.3%)	5:34	10.8 (62.8%)
260	POLNY Daria	391		30-39	92			00:00:00	00:13:43	00:29:33.85	00:29:33.85	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
261	STROJEK Agnieszka	548		40-49	113			00:00:00	00:13:04	00:29:33.90	00:29:33.90	+00:11:01 (37.3%)	5:34	10.8 (62.8%)
262	BRZUSKA Katarzyna	342	OLZA CIESZYN	40-49	114	Olza Cieszyn		00:00:00	00:12:49	00:29:34.80	00:29:34.80	+00:11:02 (37.3%)	5:34	10.8 (62.8%)
263	WĄSIK Karolina	756		20-29	19			00:00:00	00:13:13	00:29:35.50	00:29:35.50	+00:11:02 (37.3%)	5:34	10.7 (62.2%)
264	ADAMCZAK Renata	173		50-59	28			00:00:00	00:13:15	00:29:35.80	00:29:35.80	+00:11:03 (37.3%)	5:34	10.7 (62.2%)
265	JASEK Wioletta	383	KOBIETY WATAHY	40-49	115			00:00:00	00:12:51	00:29:37.45	00:29:37.45	+00:11:04 (37.4%)	5:35	10.7 (62.2%)
266	BAJCAR Beata	159	KOBIETY NA 5+	50-59	29	Kobiety na 5+		00:00:00	00:12:52	00:29:37.75	00:29:37.75	+00:11:05 (37.4%)	5:35	10.7 (62.2%)
267	MAZGAJ Grażyna	192	G&E TG	50-59	30			00:00:00	00:13:08	00:29:37.80	00:29:37.80	+00:11:05 (37.4%)	5:35	10.7 (62.2%)
268	PANEK Ela	393	MARGO TEAM	40-49	116			00:00:00	00:12:40	00:29:39.45	00:29:39.45	+00:11:06 (37.5%)	5:35	10.7 (62.2%)
269	BURCZYK Celina	158	HURAGAN LIGOTA	50-59	31	Huragan Ligota		00:00:00	00:12:43	00:29:41.05	00:29:41.05	+00:11:08 (37.5%)	5:36	10.7 (62.2%)
270	BUREK Alina	832		40-49	117			00:00:00	00:12:41	00:29:42.00	00:29:42.00	+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	KĘKUŚ Dorota	371	PRZEDSZKOLE MAŁYCH BOHATERÓW	40-49	118	Przedszkole Małych Bohaterów		00:00:00	00:12:57	00:29:43.95	00:29:43.95	+00:11:11 (37.6%)	5:36	10.7 (62.2%)
272	PILCH Lucyna	859	PIGUA TEAM	30-39	93	PiguaTeam		00:00:00	00:13:13	00:29:49.05	00:29:49.05	+00:11:16 (37.8%)	5:37	10.7 (62.2%)
273	KUŚ Joanna	910		40-49	119			00:00:00	00:13:10	00:29:52.35	00:29:52.35	+00:11:19 (37.9%)	5:38	10.6 (61.6%)
274	KLIMEK-KARAS Sylwia	194	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	120	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:13:10	00:29:52.75	00:29:52.75	+00:11:20 (37.9%)	5:38	10.6 (61.6%)
275	NOSAL Maria	399		30-39	94			00:00:00	00:12:58	00:29:53.00	00:29:53.00	+00:11:20 (38.0%)	5:38	10.6 (61.6%)
276	KOHUTKOVA Miroslava	220	OSTRAVSKE BEHNICKY	50-59	32			00:00:00	00:12:55	00:29:53.25	00:29:53.25	+00:11:20 (38.0%)	5:38	10.6 (61.6%)
277	SZEFER Sylwia	97		40-49	121			00:00:00	00:12:45	00:29:55.85	00:29:55.85	+00:11:23 (38.0%)	5:38	10.6 (61.6%)
278	SZEFER Wioleta	213		30-39	95			00:00:00	00:12:46	00:29:56.10	00:29:56.10	+00:11:23 (38.1%)	5:38	10.6 (61.6%)
279	SERAFIN Agnieszka	374	AGNIESZKA&EWELINA	30-39	96		Agnieszka&Ewelina	00:00:00	00:13:17	00:29:58.70	00:29:58.70	+00:11:26 (38.1%)	5:39	10.6 (61.6%)
280	LISIECKA Magdalena	426		30-39	97			00:00:00	00:13:19	00:29:59.75	00:29:59.75	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
281	NOWAK Justyna	713		30-39	98			00:00:00	00:13:57	00:30:00.20	00:30:00.20	+00:11:27 (38.2%)	5:39	10.6 (61.6%)
282	MADEJA Aleksandra	479	MIECHOWICKA GRUPA BIEGOWA	40-49	122	Miechowicka Grupa Biegowa		00:00:00	00:13:43	00:30:01.70	00:30:01.70	+00:11:29 (38.2%)	5:39	10.6 (61.6%)
283	SOCHA Marlena	281	BBL RUDA ŚLĄSKA	40-49	123	BBL Ruda Śląska		00:00:00	00:13:24	00:30:02.20	00:30:02.20	+00:11:29 (38.3%)	5:40	10.6 (61.6%)
284	DROBIAK Kornelia	498	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	00:30:04.10	00:30:04.10	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
284	DĄBROWSKA Katarzyna	462		30-39	100			00:00:00	00:13:48	00:30:04.10	00:30:04.10	+00:11:31 (38.3%)	5:40	10.6 (61.6%)
286	ŁAPA Aleksandra	333	4A	40-49	124		4A	00:00:00	00:13:01	00:30:07.55	00:30:07.55	+00:11:35 (38.4%)	5:40	10.6 (61.6%)
287	JASTRZĘBSKA Ewa	593		50-59	33			00:00:00	00:12:58	00:30:07.95	00:30:07.95	+00:11:35 (38.5%)	5:40	10.6 (61.6%)
288	PALUCH Karolina	646		30-39	101			00:00:00	00:13:34	00:30:08.95	00:30:08.95	+00:11:36 (38.5%)	5:41	10.6 (61.6%)
289	MAĆKÓW Agnieszka	277		40-49	125			00:00:00	00:12:52	00:30:13.45	00:30:13.45	+00:11:40 (38.7%)	5:42	10.5 (61.0%)
290	MAĆKÓW Klaudia	120		20-29	20			00:00:00	00:12:51	00:30:14.15	00:30:14.15	+00:11:41 (38.7%)	5:42	10.5 (61.0%)
291	RANSZ Beata	268		50-59	34			00:00:00	00:12:57	00:30:15.35	00:30:15.35	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
291	BIELAŃSKA Beata	711	HURAGAN LIGOTA	40-49	126	Huragan Ligota		00:00:00	00:13:15	00:30:15.35	00:30:15.35	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
293	BOMBOR Antonina	233		40-49	127			00:00:00	00:13:10	00:30:15.45	00:30:15.45	+00:11:42 (38.7%)	5:42	10.5 (61.0%)
294	NIEŚLAŃCZYK Barbara	484		30-39	102			00:00:00	00:13:27	00:30:15.60	00:30:15.60	+00:11:43 (38.7%)	5:42	10.5 (61.0%)
295	GRABOWSKA Katarzyna	676		40-49	128			00:00:00	00:13:27	00:30:15.75	00:30:15.75	+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	SZWEDA Mirka	104	HURAGAN LIGOTA	60+	7	Huragan Ligota		00:00:00	00:13:14	00:30:34.90	00:30:34.90	+00:12:02 (39.4%)	5:46	10.4 (60.5%)
322	REJMAN-GUTKOWSKA Alina	568		40-49	140			00:00:00		00:30:37.25	00:30:37.25	+00:12:04 (39.4%)	5:46	10.4 (60.5%)
323	FIZIA Joanna	190		30-39	111	Nessi Team		00:00:00	00:13:36	00:30:37.45	00:30:37.45	+00:12:04 (39.5%)	5:46	10.4 (60.5%)
324	JACEK Dorota	799		40-49	141			00:00:00	00:13:29	00:30:37.75	00:30:37.75	+00:12:05 (39.5%)	5:46	10.4 (60.5%)
325	EISLER Anna	899		30-39	112	JustFeelFit		00:00:00	00:14:04	00:30:38.80	00:30:38.80	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
326	MOSZ Weronika	724		40-49	142			00:00:00	00:13:54	00:30:39.30	00:30:39.30	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
327	MATUSIAK Paulina	257		30-39	113			00:00:00	00:13:09	00:30:39.50	00:30:39.50	+00:12:06 (39.5%)	5:46	10.4 (60.5%)
328	KLEK Marzena	874		40-49	143			00:00:00	00:13:48	00:30:40.45	00:30:40.45	+00:12:07 (39.6%)	5:47	10.4 (60.5%)
329	KLOC Marzena	407	ZABIEGANA ZOŁZA	50-59	38			00:00:00	00:12:32	00:30:41.80	00:30:41.80	+00:12:09 (39.6%)	5:47	10.4 (60.5%)
330	MARSZALIK Anna	112		40-49	144			00:00:00	00:13:03	00:30:43.25	00:30:43.25	+00:12:10 (39.6%)	5:47	10.4 (60.5%)
331	STANULA Kinga	542		50-59	39			00:00:00	00:13:36	00:30:46.55	00:30:46.55	+00:12:14 (39.7%)	5:48	10.3 (59.9%)
332	KWIATKOWSKA Tatiana	496		40-49	145			00:00:00	00:14:20	00:30:48.15	00:30:48.15	+00:12:15 (39.8%)	5:48	10.3 (59.9%)
333	ZIĘTARA Agata	261		50-59	40			00:00:00	00:13:45	00:30:48.75	00:30:48.75	+00:12:16 (39.8%)	5:48	10.3 (59.9%)
334	GIEROŃ Katarzyna	144	KK	40-49	146		KK	00:00:00	00:13:12	00:30:49.00	00:30:49.00	+00:12:16 (39.8%)	5:48	10.3 (59.9%)
335	KOTOSKA Żaneta	787		30-39	114			00:00:00	00:13:27	00:30:51.25	00:30:51.25	+00:12:18 (39.9%)	5:49	10.3 (59.9%)
336	LUCIK Grażyna	324	MIECHOWICKA GRUPA BIEGOWA	50-59	41	Miechowicka Grupa Biegowa		00:00:00	00:13:29	00:30:51.60	00:30:51.60	+00:12:19 (39.9%)	5:49	10.3 (59.9%)
337	GÓRKA Barbara	658		40-49	147			00:00:00	00:13:55	00:30:52.75	00:30:52.75	+00:12:20 (40.0%)	5:49	10.3 (59.9%)
338	WOŚ Magda	352	PIERUNSKIE CANGÓRY	30-39	115	PieRUNskie CanGÓRY		00:00:00	00:13:00	00:30:53.85	00:30:53.85	+00:12:21 (40.0%)	5:49	10.3 (59.9%)
339	MIKOŁAJCZAK Magdalena	607	HRMAX ŻORY	40-49	148			00:00:00	00:13:23	00:30:55.15	00:30:55.15	+00:12:22 (40.0%)	5:50	10.3 (59.9%)
340	DOBRENIUK Aurelia	502		40-49	149			00:00:00	00:14:09	00:30:55.50	00:30:55.50	+00:12:22 (40.0%)	5:50	10.3 (59.9%)
341	PRADELA Joanna	675	AKTYWNI LYSKI	40-49	150			00:00:00	00:13:36	00:30:56.30	00:30:56.30	+00:12:23 (40.1%)	5:50	10.3 (59.9%)
341	CZAJKOWSKA Oliwia	902	DZIKI	16-19	7	Dziki		00:00:00	00:14:41	00:30:56.30	00:30:56.30	+00:12:23 (40.1%)	5:50	10.3 (59.9%)
343	BAŁA Justyna	263	KOBIETY NA 5+	40-49	151	Kobiety na 5+		00:00:00	00:13:44	00:30:57.70	00:30:57.70	+00:12:25 (40.1%)	5:50	10.3 (59.9%)
344	MALISZEWSKA Beata	205		30-39	116			00:00:00	00:13:18	00:30:58.25	00:30:58.25	+00:12:25 (40.1%)	5:50	10.3 (59.9%)
345	KLOSEK-TARASZKIEWICZ Monika	861	RUNTEAM	40-49	152	RUNTEAM PAWŁOWICE		00:00:00		00:30:59.10	00:30:59.10	+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	KALISZ Magdalena	245		20-29	23			00:00:00	00:13:00	00:30:59.65	00:30:59.65	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
347	SOBOL Ewa	824		40-49	153			00:00:00	00:13:38	00:31:00.05	00:31:00.05	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
348	KUŚNIERZ Ewelina Dąbrowska	375	MIRAZ RACE TEAM	40-49	154	Miraz Race Team		00:00:00	00:13:38	00:31:00.10	00:31:00.10	+00:12:27 (40.2%)	5:50	10.3 (59.9%)
349	WOSIŃSKA Helena	147	RUNTEAM PAWŁOWICE	40-49	155	RUNTEAM PAWŁOWICE		00:00:00	00:13:38	00:31:01.10	00:31:01.10	+00:12:28 (40.2%)	5:51	10.3 (59.9%)
350	DZIEWIRZ Aurelia	211		40-49	156			00:00:00	00:13:20	00:31:01.85	00:31:01.85	+00:12:29 (40.2%)	5:51	10.3 (59.9%)
351	KONICKA Edi	728		30-39	117			00:00:00	00:13:41	00:31:04.20	00:31:04.20	+00:12:31 (40.3%)	5:51	10.2 (59.3%)
352	CELER Justyna	187		20-29	24			00:00:00	00:13:29	00:31:04.55	00:31:04.55	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
353	KUŚ Anna	654		40-49	157			00:00:00	00:13:43	00:31:04.80	00:31:04.80	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
354	WESOŁOWSKA Katarzyna	1214		40-49	158			00:00:00	00:13:43	00:31:05.10	00:31:05.10	+00:12:32 (40.3%)	5:51	10.2 (59.3%)
355	GLINIANY Małgorzata	400	ZABIEGANA RODZINKA	50-59	42			00:00:00	00:13:38	00:31:06.20	00:31:06.20	+00:12:33 (40.4%)	5:52	10.2 (59.3%)
356	KOKOT Justyna	396	SKM HARCIOLE	40-49	159			00:00:00	00:13:21	00:31:07.80	00:31:07.80	+00:12:35 (40.4%)	5:52	10.2 (59.3%)
357	SŁOWIŃSKA Joanna	156	RUNTEAM PAWŁOWICE	30-39	118			00:00:00	00:13:30	00:31:08.45	00:31:08.45	+00:12:35 (40.5%)	5:52	10.2 (59.3%)
358	PYZIK Barbara	40		40-49	160			00:00:00	00:12:59	00:31:09.05	00:31:09.05	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
359	PUDA Dorota	169	KOBIETY NA 5+	50-59	43	Kobiety na 5+		00:00:00	00:13:17	00:31:09.45	00:31:09.45	+00:12:36 (40.5%)	5:52	10.2 (59.3%)
360	HANZLIK Martyna	831		30-39	119			00:00:00	00:12:42	00:31:10.05	00:31:10.05	+00:12:37 (40.5%)	5:52	10.2 (59.3%)
361	PRÓSZYŃSKA Agnieszka	361		40-49	161			00:00:00	00:13:58	00:31:10.25	00:31:10.25	+00:12:37 (40.5%)	5:52	10.2 (59.3%)
362	KĄŁUS Joanna	403		40-49	162			00:00:00	00:13:14	00:31:10.80	00:31:10.80	+00:12:38 (40.5%)	5:52	10.2 (59.3%)
363	SŁODZIŃSKA Magdalena	415		20-29	25			00:00:00	00:13:02	00:31:10.90	00:31:10.90	+00:12:38 (40.5%)	5:52	10.2 (59.3%)
364	DZIUK Jolanta	572		50-59	44			00:00:00	00:13:34	00:31:11.20	00:31:11.20	+00:12:38 (40.5%)	5:53	10.2 (59.3%)
365	KOZIOŁEK Iwona	619	ZABIEGANA ZOŁZA	50-59	45			00:00:00	00:13:33	00:31:11.30	00:31:11.30	+00:12:38 (40.5%)	5:53	10.2 (59.3%)
366	KRAWCZYK Monika	817		30-39	120			00:00:00	00:13:08	00:31:13.50	00:31:13.50	+00:12:40 (40.6%)	5:53	10.2 (59.3%)
367	SMAGA Ewelina	354		30-39	121			00:00:00	00:14:04	00:31:14.25	00:31:14.25	+00:12:41 (40.6%)	5:53	10.2 (59.3%)
368	FILIPIAK Joanna	636		20-29	26			00:00:00	00:13:51	00:31:14.80	00:31:14.80	+00:12:42 (40.7%)	5:53	10.2 (59.3%)
369	CICHOŃ Iwona	248	HURAGAN LIGOTA	40-49	163	Huragan Ligota		00:00:00	00:13:28	00:31:17.85	00:31:17.85	+00:12:45 (40.8%)	5:54	10.2 (59.3%)
370	SZTUCHLIK Aleksandra	851		20-29	27	Przedszkole Małych Bohaterów		00:00:00	00:13:19	00:31:18.30	00:31:18.30	+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	KWIATKOWSKA Elwira	820		40-49	164			00:00:00	00:13:16	00:31:19.15	00:31:19.15	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
371	MARZEC Sylwia	691	JUSTFEELFIT	20-29	28	JustFeelFit		00:00:00	00:14:33	00:31:19.15	00:31:19.15	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
373	PODLEŚNY Justyna	202	NESSI TEAM ŻORY	40-49	165	Nessi Team		00:00:00	00:12:51	00:31:19.25	00:31:19.25	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
374	KALITA Anna	425		50-59	46	INCOLA TEAM		00:00:00	00:13:47	00:31:19.40	00:31:19.40	+00:12:46 (40.8%)	5:54	10.2 (59.3%)
375	JAKIMOWICZ Patrycja	413	NESSI TEAM	30-39	122	Nessi Team		00:00:00	00:12:57	00:31:19.95	00:31:19.95	+00:12:47 (40.8%)	5:54	10.2 (59.3%)
376	PAJĄK Agnieszka	427	KAMA RUN	40-49	166			00:00:00	00:13:20	00:31:20.80	00:31:20.80	+00:12:48 (40.8%)	5:54	10.1 (58.7%)
377	PEPEK Aneta	198		40-49	167			00:00:00	00:13:56	00:31:23.55	00:31:23.55	+00:12:51 (40.9%)	5:55	10.1 (58.7%)
378	BURDA Renata	907	AKTYWNA	40-49	168		Aktywna	00:00:00	00:14:49	00:31:25.55	00:31:25.55	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
379	MIŁOWSKA Sylwia	422		40-49	169			00:00:00	00:13:31	00:31:26.30	00:31:26.30	+00:12:53 (41.0%)	5:55	10.1 (58.7%)
380	KLYSZCZ Honorata	323	ŁAPACZKI ZACHODÓW SŁOŃCA	40-49	170	ŁAPACZKI Zachodów słońca		00:00:00	00:14:02	00:31:29.35	00:31:29.35	+00:12:56 (41.1%)	5:56	10.1 (58.7%)
381	SNOCHOWSKA Gabriela	435	SKLEP BIEGACZA RUNNING TEAM	30-39	123			00:00:00	00:14:34	00:31:29.90	00:31:29.90	+00:12:57 (41.1%)	5:56	10.1 (58.7%)
382	BORUTA Wioletta	734		40-49	171			00:00:00	00:13:26	00:31:31.30	00:31:31.30	+00:12:58 (41.2%)	5:56	10.1 (58.7%)
383	JASIK Karolina	853	BBL RUDA ŚLĄSKA	20-29	29	BBL Ruda Śląska		00:00:00	00:14:13	00:31:32.30	00:31:32.30	+00:12:59 (41.2%)	5:56	10.1 (58.7%)
384	KONOPKA Magdalena	532		30-39	124			00:00:00	00:13:23	00:31:32.35	00:31:32.35	+00:12:59 (41.2%)	5:56	10.1 (58.7%)
385	FECZKO Lucyna	288		40-49	172			00:00:00	00:12:52	00:31:34.45	00:31:34.45	+00:13:01 (41.3%)	5:57	10.1 (58.7%)
386	STROJEK Alicja	549		16-19	8			00:00:00	00:13:28	00:31:34.65	00:31:34.65	+00:13:02 (41.3%)	5:57	10.1 (58.7%)
387	MADALINSKA Karolina	302		30-39	125			00:00:00	00:13:19	00:31:37.40	00:31:37.40	+00:13:04 (41.4%)	5:57	10.1 (58.7%)
388	SITKO Dagmara	304		30-39	126			00:00:00	00:14:17	00:31:37.95	00:31:37.95	+00:13:05 (41.4%)	5:57	10.1 (58.7%)
389	KOLAT Jadwiga	264	KOBIETY NA 5+	40-49	173	Kobiety na 5+		00:00:00	00:13:41	00:31:38.50	00:31:38.50	+00:13:05 (41.4%)	5:58	10.1 (58.7%)
390	UKLEJA Ela	857		40-49	174			00:00:00	00:14:22	00:31:38.65	00:31:38.65	+00:13:06 (41.4%)	5:58	10.1 (58.7%)
391	HRYNKIEWICZ Izabela	386		30-39	127			00:00:00	00:13:41	00:31:39.25	00:31:39.25	+00:13:06 (41.4%)	5:58	10 (58.1%)
392	PANFIL Beata	645		30-39	128			00:00:00	00:13:11	00:31:41.50	00:31:41.50	+00:13:08 (41.5%)	5:58	10 (58.1%)
393	SKRZYPEK Marta	117	JUSTFEELFIT	40-49	175			00:00:00	00:13:39	00:31:42.65	00:31:42.65	+00:13:10 (41.5%)	5:58	10 (58.1%)
394	CZYRNEK Ewa	536	SMAKI BIEGANIA	40-49	176	Smaki Biegania		00:00:00	00:13:47	00:31:43.80	00:31:43.80	+00:13:11 (41.6%)	5:59	10 (58.1%)
395	STOPYRA Agnieszka	86		40-49	177			00:00:00	00:13:46	00:31:44.20	00:31:44.20	+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	WYSOCKA Magdalena	723		40-49	178			00:00:00	00:13:55	00:31:44.55	00:31:44.55	+00:13:12 (41.6%)	5:59	10 (58.1%)
397	KASPRZYCKA-SZUBARSKA Katarzyna	165	PARKRUN CIESZYN	50-59	47	Olza Cieszyn		00:00:00	00:13:59	00:31:45.25	00:31:45.25	+00:13:12 (41.6%)	5:59	10 (58.1%)
398	SZUBARSKA Jagoda	535	PARKRUN CIESZYN	16-19	9	Olza Cieszyn		00:00:00	00:14:00	00:31:45.65	00:31:45.65	+00:13:13 (41.6%)	5:59	10 (58.1%)
399	KOZDRÓŃ Anna	1209		40-49	179			00:00:00		00:31:46.65	00:31:46.65	+00:13:14 (41.6%)	5:59	10 (58.1%)
400	BIELA Adrianna	89		20-29	30			00:00:00	00:13:05	00:31:47.10	00:31:47.10	+00:13:14 (41.7%)	5:59	10 (58.1%)
401	HUBA Agnieszka	244	KOBIETY NA 5+	30-39	129	Kobiety na 5+		00:00:00	00:13:25	00:31:48.15	00:31:48.15	+00:13:15 (41.7%)	6:00	10 (58.1%)
402	JASZCZAK Małgorzata	473		20-29	31			00:00:00	00:13:51	00:31:49.25	00:31:49.25	+00:13:16 (41.7%)	6:00	10 (58.1%)
402	SAMUL Karolina	329	HURAGAN LIGOTA	30-39	130			00:00:00	00:14:25	00:31:49.25	00:31:49.25	+00:13:16 (41.7%)	6:00	10 (58.1%)
402	SZCZOTKA Agnieszka	871	JUSTFEELFIT	40-49	180	JustFeelFit		00:00:00	00:14:34	00:31:49.25	00:31:49.25	+00:13:16 (41.7%)	6:00	10 (58.1%)
405	ŁUPIŃSKA Marlena	267		20-29	32			00:00:00	00:13:19	00:31:50.85	00:31:50.85	+00:13:18 (41.8%)	6:00	10 (58.1%)
406	WOJTOŃ-STAWICKA Małgorzata	307	RUNTEAM PAWŁOWICE	50-59	48	RUNTEAM PAWŁOWICE		00:00:00	00:13:54	00:31:51.05	00:31:51.05	+00:13:18 (41.8%)	6:00	10 (58.1%)
407	DĘBOWSKA Beata	161		50-59	49			00:00:00	00:13:24	00:31:52.45	00:31:52.45	+00:13:19 (41.8%)	6:00	10 (58.1%)
408	TYRYTKO Sylwia	657	WATAHA	40-49	181	WATAHA		00:00:00	00:13:28	00:31:54.80	00:31:54.80	+00:13:22 (41.9%)	6:01	10 (58.1%)
409	LECHOWICZ Irena	362	SZARE MORSY	50-59	50			00:00:00	00:14:10	00:31:55.90	00:31:55.90	+00:13:23 (41.9%)	6:01	10 (58.1%)
410	KUJAWA Marzena	235		30-39	131			00:00:00	00:13:55	00:31:58.45	00:31:58.45	+00:13:25 (42.0%)	6:01	9.9 (57.6%)
411	KOSOWSKA Grażyna	492	KOBIETY NA 5+	50-59	51	Kobiety na 5+		00:00:00	00:13:23	00:31:59.20	00:31:59.20	+00:13:26 (42.0%)	6:02	9.9 (57.6%)
412	MATUĆ Aleksandra	241	MIECHOWICKA GRUPA BIEGOWA	40-49	182	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:04.05	00:32:04.05	+00:13:31 (42.2%)	6:03	9.9 (57.6%)
413	WAWER Kasia	617	MIECHOWICKA GRUPA BIEGOWA	40-49	183	Miechowicka Grupa Biegowa		00:00:00	00:14:38	00:32:04.15	00:32:04.15	+00:13:31 (42.2%)	6:03	9.9 (57.6%)
414	KAMIŃSKA Agnieszka	296		30-39	132			00:00:00	00:14:07	00:32:05.40	00:32:05.40	+00:13:32 (42.2%)	6:03	9.9 (57.6%)
415	ZAWADA Teresa	491		50-59	52			00:00:00	00:13:31	00:32:05.60	00:32:05.60	+00:13:33 (42.2%)	6:03	9.9 (57.6%)
416	REYMANN Milena	343		40-49	184	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:49	00:32:06.05	00:32:06.05	+00:13:33 (42.2%)	6:03	9.9 (57.6%)
417	KOWAL Beata	317	MIECHOWICKA GRUPA BIEGOWA	50-59	53	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:06.90	00:32:06.90	+00:13:34 (42.3%)	6:03	9.9 (57.6%)
418	MAROSZEK Aleksandra	90		40-49	185			00:00:00	00:13:26	00:32:07.15	00:32:07.15	+00:13:34 (42.3%)	6:03	9.9 (57.6%)
419	SKÓRA Joanna	440		50-59	54			00:00:00	00:13:59	00:32:08.35	00:32:08.35	+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	FARUGA Angelina	382		30-39	144			00:00:00	00:14:13	00:32:41.35	00:32:41.35	+00:14:08 (43.3%)	6:10	9.7 (56.4%)
446	MUSIALIK Sabina	398	LECYMY DURŚ	40-49	196		Lecymy Durś	00:00:00	00:14:52	00:32:41.40	00:32:41.40	+00:14:08 (43.3%)	6:10	9.7 (56.4%)
447	NALEWAJKA Wioleta	276		50-59	56	Kobiety na 5+		00:00:00	00:13:25	00:32:41.60	00:32:41.60	+00:14:09 (43.3%)	6:10	9.7 (56.4%)
448	NIEDZIOŁKO Bożena	256	KOBIEY NA 5+	50-59	57	Kobiety na 5+		00:00:00	00:13:25	00:32:42.00	00:32:42.00	+00:14:09 (43.3%)	6:10	9.7 (56.4%)
449	MAĆKÓW Małgorzata	249		20-29	36			00:00:00	00:13:32	00:32:45.55	00:32:45.55	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
450	SADOWSKA-LASYK Kamila	775		30-39	145			00:00:00	00:14:23	00:32:45.65	00:32:45.65	+00:14:13 (43.4%)	6:10	9.7 (56.4%)
451	STRZODA Barbara	518		40-49	197			00:00:00	00:14:20	00:32:47.65	00:32:47.65	+00:14:15 (43.5%)	6:11	9.7 (56.4%)
452	GOJNY Daria	896		30-39	146			00:00:00	00:14:12	00:32:49.65	00:32:49.65	+00:14:17 (43.5%)	6:11	9.7 (56.4%)
453	REK Katarzyna	328	RADLINIOKI W BIEGU	40-49	198	Radlinioki w biegu		00:00:00	00:13:57	00:32:49.95	00:32:49.95	+00:14:17 (43.5%)	6:11	9.7 (56.4%)
454	OLSZEWSKA Dorota	364		40-49	199			00:00:00	00:14:17	00:32:51.15	00:32:51.15	+00:14:18 (43.6%)	6:11	9.7 (56.4%)
455	URBAŚ Monika	319		30-39	147	Kobiety na 5+		00:00:00	00:13:52	00:32:53.80	00:32:53.80	+00:14:21 (43.6%)	6:12	9.7 (56.4%)
456	PTASIŃSKA Iwona	483		20-29	37			00:00:00		00:32:54.90	00:32:54.90	+00:14:22 (43.7%)	6:12	9.7 (56.4%)
457	PAJAK Małgorzata	575	DRUŻYNAKOBIEY NA 5 +	50-59	58	Kobiety na 5+		00:00:00	00:13:54	00:32:55.25	00:32:55.25	+00:14:22 (43.7%)	6:12	9.7 (56.4%)
458	WALEK Natalia	505		20-29	38			00:00:00	00:15:07	00:32:55.95	00:32:55.95	+00:14:23 (43.7%)	6:12	9.7 (56.4%)
459	CIESLA Liliana	404		60+	8			00:00:00	00:13:49	00:32:57.10	00:32:57.10	+00:14:24 (43.7%)	6:13	9.7 (56.4%)
460	HOLONA Bożena	778		50-59	59			00:00:00	00:14:51	00:32:58.80	00:32:58.80	+00:14:26 (43.8%)	6:13	9.6 (55.8%)
461	CEGLARSKA Alicja	321	JEJKOWICE BIEGAJĄ	40-49	200	Jejkowice Biegają		00:00:00	00:14:45	00:33:00.20	00:33:00.20	+00:14:27 (43.8%)	6:13	9.6 (55.8%)
462	ALEKSA Lucyna	605	MIECHOWICKA GRUPA BIEGOWA	30-39	148	Miechowicka Grupa Biegowa		00:00:00	00:14:53	00:33:04.65	00:33:04.65	+00:14:32 (43.9%)	6:14	9.6 (55.8%)
463	LISIAK Wioletta	523		Najliczniejsza drużyna	1			00:00:00	00:14:09	00:33:07.55	00:33:07.55	+00:14:35 (44.0%)	6:14	9.6 (55.8%)
464	TRAWNICKA Małgosia	450		30-39	149			00:00:00	00:14:29	00:33:07.75	00:33:07.75	+00:14:35 (44.0%)	6:14	9.6 (55.8%)
465	KRZYŻOWSKA Marzena	519		30-39	150			00:00:00	00:14:18	00:33:09.90	00:33:09.90	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
466	KOZŁOWSKA Bożena	188		40-49	201			00:00:00	00:14:13	00:33:10.40	00:33:10.40	+00:14:37 (44.1%)	6:15	9.6 (55.8%)
467	GAJ Monika	528	DAR-BUD TEAM	40-49	202			00:00:00	00:14:49	00:33:11.20	00:33:11.20	+00:14:38 (44.1%)	6:15	9.6 (55.8%)
468	KLONOWSKA Monika	448	SZALONE PITKI	40-49	203			00:00:00	00:14:52	00:33:11.55	00:33:11.55	+00:14:39 (44.1%)	6:15	9.6 (55.8%)
469	ZACZYŃSKA-POZNIAK Jarosława	125		40-49	204			00:00:00	00:14:50	00:33:14.50	00:33:14.50	+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	KORCZEWSKA Beata	736	MIECHOWICACH GRUPA BIEGOWA	40-49	205	Miechowska Grupa Biegowa		00:00:00	00:14:42	00:33:16.75	00:33:16.75	+00:14:44 (44.3%)	6:16	9.6 (55.8%)
471	DELONG-MICHAŁOWSKAS Izabela	1213	POJECHNI WARIACI	50-59	60			00:00:00	00:14:43	00:33:17.65	00:33:17.65	+00:14:45 (44.3%)	6:16	9.6 (55.8%)
472	BETLEJ Dorota	541		30-39	151			00:00:00	00:14:02	00:33:21.35	00:33:21.35	+00:14:48 (44.4%)	6:17	9.5 (55.2%)
473	GŁĄB Magdalena	363		30-39	152			00:00:00	00:14:57	00:33:22.10	00:33:22.10	+00:14:49 (44.4%)	6:17	9.5 (55.2%)
474	ZŁOCIAK Agnieszka	539		40-49	206			00:00:00	00:14:57	00:33:22.35	00:33:22.35	+00:14:49 (44.4%)	6:17	9.5 (55.2%)
475	KAMEJSZA Olga	237	ZABIERZÓW BIEGA	30-39	153			00:00:00	00:14:04	00:33:25.65	00:33:25.65	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
476	JELITKO Ania	868		30-39	154			00:00:00	00:15:16	00:33:25.70	00:33:25.70	+00:14:53 (44.5%)	6:18	9.5 (55.2%)
477	ZAGÓRSKA Beata	470		40-49	207			00:00:00	00:14:50	00:33:27.00	00:33:27.00	+00:14:54 (44.6%)	6:18	9.5 (55.2%)
478	BATKO Agnieszka	242		40-49	208			00:00:00	00:14:44	00:33:27.35	00:33:27.35	+00:14:54 (44.6%)	6:18	9.5 (55.2%)
479	KRÓL Magdalena	287	KINGTEAM	40-49	209			00:00:00	00:15:08	00:33:29.45	00:33:29.45	+00:14:56 (44.6%)	6:19	9.5 (55.2%)
480	MENDRELA Agata	327		50-59	61			00:00:00	00:13:33	00:33:30.90	00:33:30.90	+00:14:58 (44.7%)	6:19	9.5 (55.2%)
481	KUBICA Bożena	430	ZABIEGANI NAUCZYCIELE	50-59	62			00:00:00	00:14:07	00:33:31.50	00:33:31.50	+00:14:58 (44.7%)	6:19	9.5 (55.2%)
482	MIELAŃCZYK Maria	571		60+	9			00:00:00	00:14:35	00:33:32.00	00:33:32.00	+00:14:59 (44.7%)	6:19	9.5 (55.2%)
483	KLEPACKA Edyta	570	ANIA I EDYTA	40-49	210		Ania i Edyta	00:00:00	00:14:25	00:33:34.30	00:33:34.30	+00:15:01 (44.8%)	6:20	9.5 (55.2%)
484	CELINA Celina	834		40-49	211			00:00:00	00:14:16	00:33:35.40	00:33:35.40	+00:15:02 (44.8%)	6:20	9.5 (55.2%)
485	ZABORSKA Wioletta	544	PRESSGLASS BIEGAMY I WSPIERAMY	40-49	212			00:00:00	00:14:57	00:33:36.45	00:33:36.45	+00:15:03 (44.8%)	6:20	9.5 (55.2%)
486	GŁÓWCZYK Izabella	474		40-49	213			00:00:00	00:14:25	00:33:38.50	00:33:38.50	+00:15:05 (44.9%)	6:20	9.5 (55.2%)
487	LERCH Ewa	113		20-29	39			00:00:00	00:13:58	00:33:41.50	00:33:41.50	+00:15:08 (45.0%)	6:21	9.4 (54.7%)
488	JANCZARA Ewa	677		40-49	214			00:00:00		00:33:42.45	00:33:42.45	+00:15:09 (45.0%)	6:21	9.4 (54.7%)
489	GOLEC Monika	829		30-39	155			00:00:00	00:14:54	00:33:44.95	00:33:44.95	+00:15:12 (45.1%)	6:21	9.4 (54.7%)
490	POCHYLCZUK Zuzanna	667		20-29	40			00:00:00	00:13:51	00:33:47.60	00:33:47.60	+00:15:15 (45.1%)	6:22	9.4 (54.7%)
491	OLEŚ Alicja	420		60+	10			00:00:00	00:14:12	00:33:49.50	00:33:49.50	+00:15:16 (45.2%)	6:22	9.4 (54.7%)
492	CHRZĄSTEK Magdalena	737		30-39	156			00:00:00	00:14:22	00:33:50.60	00:33:50.60	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
493	WOJDANOWSKA Małgorzata	397	LECYMY DURŚ	30-39	157	Lecymy Durś	Lecymy Durś	00:00:00	00:14:52	00:33:51.45	00:33:51.45	+00:15:18 (45.2%)	6:23	9.4 (54.7%)
494	MICHALSKA Beata	460	BBL RUDA ŚLĄSKA	50-59	63	BBL Ruda Śląska		00:00:00	00:14:45	00:33:52.25	00:33:52.25	+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 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	ROMBERG Agnieszka	95	MIECHOWICKA GRUPA BIEGOWA	40-49	226	Miechowicka Grupa Biegowa		00:00:00	00:15:02	00:34:24.50	00:34:24.50	+00:15:51 (46.1%)	6:29	9.2 (53.5%)
522	KRUCZEK Ewelina	837	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	42	Przedszkole Małych Bohaterów		00:00:00	00:15:11	00:34:25.65	00:34:25.65	+00:15:53 (46.1%)	6:29	9.2 (53.5%)
523	SPYRKA Monika	587		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	00:34:25.80	00:34:25.80	+00:15:53 (46.1%)	6:29	9.2 (53.5%)
524	KAJSZTURA Weronika	836	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	168	Przedszkole Małych Bohaterów		00:00:00	00:15:11	00:34:26.15	00:34:26.15	+00:15:53 (46.2%)	6:29	9.2 (53.5%)
525	LAKSA Marlena	709		40-49	227			00:00:00	00:15:09	00:34:29.60	00:34:29.60	+00:15:57 (46.2%)	6:30	9.2 (53.5%)
526	ROSTALSKA Sylwia	880		20-29	43			00:00:00	00:13:17	00:34:30.55	00:34:30.55	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
527	SMOZIK Mariola	809		40-49	228			00:00:00		00:34:30.70	00:34:30.70	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
528	SOBINA Roksana	5	KLUB BIEGACZA FARTLEK	40-49	229	Klub Biegacza Fartlek		00:00:00	00:14:54	00:34:31.35	00:34:31.35	+00:15:58 (46.3%)	6:30	9.2 (53.5%)
529	SAWICKA Agnieszka	592		40-49	230			00:00:00	00:14:55	00:34:32.00	00:34:32.00	+00:15:59 (46.3%)	6:30	9.2 (53.5%)
530	SZCZUKA Joanna	332	MIECHOWICKA GRUPA BIEGOWA	40-49	231	Miechowicka Grupa Biegowa		00:00:00	00:13:49	00:34:32.50	00:34:32.50	+00:15:59 (46.3%)	6:30	9.2 (53.5%)
531	SZCZEPANEK Urszula	819		40-49	232			00:00:00	00:15:16	00:34:32.75	00:34:32.75	+00:16:00 (46.3%)	6:30	9.2 (53.5%)
532	ŁOSKOT Aneta	365		30-39	169			00:00:00	00:14:54	00:34:32.90	00:34:32.90	+00:16:00 (46.3%)	6:30	9.2 (53.5%)
533	ZMUDA Ewelina	243		30-39	170			00:00:00	00:14:26	00:34:34.90	00:34:34.90	+00:16:02 (46.4%)	6:31	9.2 (53.5%)
534	ŻYWICA Dorota	278	HURAGAN LIGOTA	40-49	233	Huragan Ligota		00:00:00	00:14:55	00:34:36.05	00:34:36.05	+00:16:03 (46.4%)	6:31	9.2 (53.5%)
535	TOMALA Beata	890		40-49	234			00:00:00	00:15:35	00:34:36.25	00:34:36.25	+00:16:03 (46.4%)	6:31	9.2 (53.5%)
536	SMYCZEK Dominika	889		20-29	44			00:00:00	00:15:35	00:34:37.15	00:34:37.15	+00:16:04 (46.4%)	6:31	9.2 (53.5%)
537	BRODA Kamila	486		20-29	45			00:00:00	00:14:37	00:34:40.30	00:34:40.30	+00:16:07 (46.5%)	6:32	9.2 (53.5%)
538	BRODA Beata	482		50-59	68			00:00:00	00:14:39	00:34:41.20	00:34:41.20	+00:16:08 (46.5%)	6:32	9.2 (53.5%)
539	ZIEJA Martyna	860		20-29	46			00:00:00	00:15:12	00:34:41.40	00:34:41.40	+00:16:08 (46.5%)	6:32	9.2 (53.5%)
540	KUKLA Agata	262		30-39	171	PoWoli do Celu		00:00:00	00:16:03	00:34:41.55	00:34:41.55	+00:16:09 (46.6%)	6:32	9.2 (53.5%)
541	BOGACZ-BUCHTA Anna	715		40-49	235			00:00:00	00:15:10	00:34:45.55	00:34:45.55	+00:16:13 (46.7%)	6:33	9.2 (53.5%)
542	HABER Katarzyna	749	MIECHOWICKA GRUPA BIEGOWA	50-59	69	Miechowicka Grupa Biegowa		00:00:00	00:15:29	00:34:46.00	00:34:46.00	+00:16:13 (46.7%)	6:33	9.1 (52.9%)
543	PAŁYS Agata	378		30-39	172			00:00:00	00:14:07	00:34:49.10	00:34:49.10	+00:16:16 (46.7%)	6:34	9.1 (52.9%)
544	MYŚLIWIEC Monika	369	KOBIETY NA 5+	40-49	236	Kobiety na 5+		00:00:00	00:14:38	00:34:49.50	00:34:49.50	+00:16:16 (46.8%)	6:34	9.1 (52.9%)
545	ANDROSZ Joanna	250		40-49	237			00:00:00	00:14:34	00:34:50.15	00:34:50.15	+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	PANEK Sylwia	904		40-49	238			00:00:00	00:14:50	00:34:50.65	00:34:50.65	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
547	PORĘBA Wiola	688		30-39	173			00:00:00	00:15:10	00:34:50.75	00:34:50.75	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
548	KMIECIAK Dominika	602		20-29	47			00:00:00	00:15:11	00:34:51.15	00:34:51.15	+00:16:18 (46.8%)	6:34	9.1 (52.9%)
549	ADAMUS-KLIMM Ewelina	762	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	174	Przedszkole Małych Bohaterów		00:00:00	00:15:38	00:34:56.10	00:34:56.10	+00:16:23 (46.9%)	6:35	9.1 (52.9%)
550	BLOCH Katarzyna	741	MIECHOWICKA GRUPA BIEGOWA	40-49	239	Miechowska Grupa Biegowa		00:00:00	00:14:21	00:34:59.85	00:34:59.85	+00:16:27 (47.0%)	6:36	9.1 (52.9%)
551	DREWNIAK Magdalena	306	JUSTFEELFIT	30-39	175	JustFeelFit		00:00:00		00:35:00.85	00:35:00.85	+00:16:28 (47.0%)	6:36	9.1 (52.9%)
552	SPANDEL Agnieszka	806		30-39	176			00:00:00	00:15:04	00:35:01.50	00:35:01.50	+00:16:28 (47.1%)	6:36	9.1 (52.9%)
553	WANDZEL Anna	811		40-49	240			00:00:00	00:15:04	00:35:02.05	00:35:02.05	+00:16:29 (47.1%)	6:36	9.1 (52.9%)
554	KURZAWA Justyna	660	BIEGAMYSŁOWICE	40-49	241	biegaMYSłowice		00:00:00	00:14:47	00:35:02.80	00:35:02.80	+00:16:30 (47.1%)	6:36	9.1 (52.9%)
555	ROSKOSZ Magdalena	521		40-49	242			00:00:00	00:15:27	00:35:03.50	00:35:03.50	+00:16:30 (47.1%)	6:36	9.1 (52.9%)
556	KONSEK Anna	856		40-49	243			00:00:00	00:15:27	00:35:04.35	00:35:04.35	+00:16:31 (47.1%)	6:36	9.1 (52.9%)
557	OLESIAK Beata	504	MIECHOWICKA GRUPA BIEGOWA	50-59	70	Miechowska Grupa Biegowa		00:00:00	00:15:16	00:35:05.65	00:35:05.65	+00:16:33 (47.2%)	6:37	9.1 (52.9%)
558	POCENTAJŁO Beata	495		50-59	71			00:00:00	00:14:54	00:35:06.45	00:35:06.45	+00:16:33 (47.2%)	6:37	9.1 (52.9%)
559	DYNIA Magdalena	270		40-49	244			00:00:00	00:15:08	00:35:07.90	00:35:07.90	+00:16:35 (47.2%)	6:37	9.1 (52.9%)
560	BRANDYS Krystyna	295		30-39	177			00:00:00	00:15:09	00:35:08.60	00:35:08.60	+00:16:36 (47.2%)	6:37	9.1 (52.9%)
561	BOŻEK Dagmara	272		40-49	245			00:00:00	00:15:13	00:35:10.65	00:35:10.65	+00:16:38 (47.3%)	6:38	9 (52.3%)
562	HUDECKAY Katarzyna	807		30-39	178			00:00:00	00:15:04	00:35:10.95	00:35:10.95	+00:16:38 (47.3%)	6:38	9 (52.3%)
563	KOBIELA Bogna	291	HURAGAN LIGOTA	40-49	246	Huragan Ligota		00:00:00	00:15:42	00:35:11.40	00:35:11.40	+00:16:38 (47.3%)	6:38	9 (52.3%)
564	CIEMIĘGA Izabela	512		20-29	48			00:00:00	00:15:23	00:35:11.95	00:35:11.95	+00:16:39 (47.3%)	6:38	9 (52.3%)
565	BYRTEK Anna	367	JUSTFEELFIT	30-39	179	JustFeelFit		00:00:00	00:15:51	00:35:12.45	00:35:12.45	+00:16:39 (47.3%)	6:38	9 (52.3%)
566	ŻEBROWSKA Matylda	555	MORS HUBERTUS MYSŁOWICE	40-49	247			00:00:00	00:14:57	00:35:13.10	00:35:13.10	+00:16:40 (47.3%)	6:38	9 (52.3%)
567	KOWALSKA Małgorzata	370		50-59	72			00:00:00	00:14:48	00:35:18.05	00:35:18.05	+00:16:45 (47.5%)	6:39	9 (52.3%)
568	JORDAN Monika	476		40-49	248			00:00:00	00:14:37	00:35:18.85	00:35:18.85	+00:16:46 (47.5%)	6:39	9 (52.3%)
569	WERESZCZAK Agnieszka	639		40-49	249			00:00:00	00:15:17	00:35:19.90	00:35:19.90	+00:16:47 (47.5%)	6:39	9 (52.3%)
570	TATARCZYK Justyna	258		40-49	250			00:00:00	00:15:27	00:35:22.45	00:35:22.45	+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	WAWRZYK Iwona	459	OLZA CIESZYN	50-59	73	Olza Cieszyn		00:00:00	00:15:12	00:35:24.40	00:35:24.40	+00:16:51 (47.6%)	6:40	9 (52.3%)
572	ŚLEBODA Bożena	911	MIECHOWICKA GRUPA BIEGOWA	40-49	251	Miechowicka Grupa Biegowa		00:00:00	00:15:22	00:35:24.45	00:35:24.45	+00:16:51 (47.6%)	6:40	9 (52.3%)
573	KOZŁOWSKA Patrycja	578		30-39	180	Byle do mety		00:00:00	00:14:29	00:35:24.60	00:35:24.60	+00:16:52 (47.6%)	6:40	9 (52.3%)
574	SERAFIN-CHWAŁEK Joanna	452		40-49	252			00:00:00	00:14:46	00:35:24.70	00:35:24.70	+00:16:52 (47.6%)	6:40	9 (52.3%)
575	PLATA Marlena	576		30-39	181			00:00:00	00:15:50	00:35:26.45	00:35:26.45	+00:16:53 (47.7%)	6:41	9 (52.3%)
576	SŁABOŃ-SIKORA Aneta	457	D446	40-49	253	POGORIA Biega	D446	00:00:00	00:15:23	00:35:27.30	00:35:27.30	+00:16:54 (47.7%)	6:41	9 (52.3%)
577	BETAŃSKA Aneta	451	KOBIETY NA 5+	40-49	254	Kobiety na 5+		00:00:00	00:14:38	00:35:28.00	00:35:28.00	+00:16:55 (47.7%)	6:41	9 (52.3%)
578	OLCZYK ZIELIŃSKA Wioletta	292	KOBIETY NA 5+	50-59	74	Kobiety na 5+		00:00:00	00:14:28	00:35:29.35	00:35:29.35	+00:16:56 (47.8%)	6:41	9 (52.3%)
579	SKRZYPIEC Martyna	863		20-29	49			00:00:00	00:15:32	00:35:33.80	00:35:33.80	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
579	FORYŚ Justyna	489	GISZOWIEC BIEGA RAZEM	40-49	255			00:00:00		00:35:33.80	00:35:33.80	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
581	MAJKOWSKA Agnieszka	862		40-49	256			00:00:00	00:15:34	00:35:34.45	00:35:34.45	+00:17:01 (47.9%)	6:42	8.9 (51.7%)
582	PEPEK Bożena	260		30-39	182			00:00:00	00:15:26	00:35:35.45	00:35:35.45	+00:17:02 (47.9%)	6:42	8.9 (51.7%)
583	GAPIŃSKA Agata	670		50-59	75			00:00:00	00:15:29	00:35:38.45	00:35:38.45	+00:17:05 (48.0%)	6:43	8.9 (51.7%)
584	NIEDŹWIEDŹ Maja	596		40-49	257			00:00:00	00:15:01	00:35:38.80	00:35:38.80	+00:17:06 (48.0%)	6:43	8.9 (51.7%)
585	WYSOCKA Agnieszka	844		20-29	50			00:00:00	00:15:14	00:35:38.95	00:35:38.95	+00:17:06 (48.0%)	6:43	8.9 (51.7%)
586	BAJOR Aneta	706	REBELLION OF FREE RUNNERS	40-49	258			00:00:00	00:15:16	00:35:40.10	00:35:40.10	+00:17:07 (48.0%)	6:43	8.9 (51.7%)
587	JASKÓŁA Izabela	699		30-39	183			00:00:00	00:14:23	00:35:40.45	00:35:40.45	+00:17:07 (48.0%)	6:43	8.9 (51.7%)
588	KARKOSZKA Rozalia	879		50-59	76			00:00:00	00:15:15	00:35:42.00	00:35:42.00	+00:17:09 (48.1%)	6:44	8.9 (51.7%)
589	PIÓREK Agnieszka	745		40-49	259	Miechowicka Grupa Biegowa		00:00:00		00:35:43.65	00:35:43.65	+00:17:11 (48.1%)	6:44	8.9 (51.7%)
590	GRZONKA Adrianna	552	RADLINIOKI W BIEGU	20-29	51	Radlinioki w biegu		00:00:00	00:15:17	00:35:47.85	00:35:47.85	+00:17:15 (48.2%)	6:45	8.9 (51.7%)
591	KRZACZEK Aleksandra	26	RADLINIOKI W BIEGU	50-59	77	Radlinioki w biegu		00:00:00	00:15:15	00:35:48.70	00:35:48.70	+00:17:16 (48.2%)	6:45	8.9 (51.7%)
592	SURMA-MAGOŃ Gosia	447	RADLINIOKI W BIEGU	30-39	184	Radlinioki w biegu		00:00:00	00:15:18	00:35:48.75	00:35:48.75	+00:17:16 (48.2%)	6:45	8.9 (51.7%)
593	PIPIRO Grażyna	609		60+	12			00:00:00	00:15:41	00:35:50.65	00:35:50.65	+00:17:18 (48.3%)	6:45	8.9 (51.7%)
594	MACHEJ Małgorzata	849		50-59	78			00:00:00	00:15:29	00:35:51.10	00:35:51.10	+00:17:18 (48.3%)	6:45	8.9 (51.7%)
595	KOTOSKA Aneta	780		30-39	185			00:00:00	00:14:22	00:35:53.35	00:35:53.35	+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	BARTNIK Joanna	493		40-49	260			00:00:00	00:14:59	00:35:57.20	00:35:57.20	+00:17:24 (48.4%)	6:46	8.8 (51.2%)
597	POSŁUSZNA Monika	561		20-29	52			00:00:00	00:16:01	00:35:57.40	00:35:57.40	+00:17:24 (48.4%)	6:46	8.8 (51.2%)
598	SZYPUŁA Joanna	703		30-39	186			00:00:00	00:15:55	00:35:57.70	00:35:57.70	+00:17:25 (48.4%)	6:46	8.8 (51.2%)
599	GURCZYŃSKA Monika	637	ZABIEGANE ZOŁZY	40-49	261			00:00:00	00:15:55	00:36:02.35	00:36:02.35	+00:17:29 (48.5%)	6:47	8.8 (51.2%)
600	SZEWCZUK Agnieszka	481		40-49	262	Byle do mety		00:00:00	00:15:00	00:36:14.85	00:36:14.85	+00:17:42 (48.8%)	6:50	8.8 (51.2%)
601	CISŁO Katarzyna	584	POWOLI DO CELU	30-39	187	PoWoli do Celu		00:00:00	00:15:45	00:36:15.15	00:36:15.15	+00:17:42 (48.9%)	6:50	8.8 (51.2%)
602	HAJZYK Eveline	725	DECATHLON I PRZYJACIELE	40-49	263	Decathlon i Przyjaciele		00:00:00	00:15:06	00:36:16.25	00:36:16.25	+00:17:43 (48.9%)	6:50	8.8 (51.2%)
603	BIAŁACH Małgorzata	800		30-39	188			00:00:00	00:16:40	00:36:16.60	00:36:16.60	+00:17:44 (48.9%)	6:50	8.8 (51.2%)
604	SKIBSKA - PUCHALA Małgorzata	597	ZABIEGANA ZOLZA	50-59	79			00:00:00	00:15:54	00:36:17.95	00:36:17.95	+00:17:45 (48.9%)	6:50	8.8 (51.2%)
605	MITURA Patrycja	801		20-29	53			00:00:00	00:16:40	00:36:18.65	00:36:18.65	+00:17:46 (48.9%)	6:50	8.8 (51.2%)
606	HERUD Magdalena	516	EKO-OKNA RUNNERS	30-39	189			00:00:00	00:15:51	00:36:22.95	00:36:22.95	+00:17:50 (49.0%)	6:51	8.7 (50.6%)
607	SIENKIEWICZ Gabriela	283	POWOLIDOCELU	30-39	190			00:00:00	00:15:19	00:36:24.20	00:36:24.20	+00:17:51 (49.1%)	6:52	8.7 (50.6%)
608	ŚLEZIONA Katarzyna	841		30-39	191			00:00:00	00:15:12	00:36:27.60	00:36:27.60	+00:17:55 (49.1%)	6:52	8.7 (50.6%)
609	KOŹDOŃ Jagoda	469		30-39	192			00:00:00	00:15:54	00:36:33.40	00:36:33.40	+00:18:00 (49.3%)	6:53	8.7 (50.6%)
610	STEFANIK Katarzyna	471		30-39	193			00:00:00	00:16:27	00:36:34.75	00:36:34.75	+00:18:02 (49.3%)	6:53	8.7 (50.6%)
611	KWAŚNIEWSKA Kasia	477		30-39	194			00:00:00	00:15:39	00:36:36.15	00:36:36.15	+00:18:03 (49.3%)	6:54	8.7 (50.6%)
612	LISOWSKA Agnieszka	908		40-49	264			00:00:00	00:15:32	00:36:37.05	00:36:37.05	+00:18:04 (49.4%)	6:54	8.7 (50.6%)
612	DAMIĘCKA Magda	707	RUNTEAM PAWŁOWICE	30-39	195			00:00:00	00:15:33	00:36:37.05	00:36:37.05	+00:18:04 (49.4%)	6:54	8.7 (50.6%)
614	SŁOMSKA Agata	507		30-39	196			00:00:00	00:15:19	00:36:37.70	00:36:37.70	+00:18:05 (49.4%)	6:54	8.7 (50.6%)
615	OSTAPIUK Anna	864		30-39	197			00:00:00	00:15:18	00:36:44.20	00:36:44.20	+00:18:11 (49.5%)	6:55	8.7 (50.6%)
616	ANIOŁ-BARLIK Agnieszka	23		40-49	265			00:00:00	00:15:29	00:36:44.65	00:36:44.65	+00:18:12 (49.5%)	6:55	8.7 (50.6%)
617	DAMIS Daria	444		30-39	198			00:00:00	00:16:26	00:36:46.85	00:36:46.85	+00:18:14 (49.6%)	6:56	8.6 (50.0%)
618	LISICKA Sabina	1218	JUSTFEELFIT	20-29	54	JustFeelFit		00:00:00	00:16:12	00:36:47.15	00:36:47.15	+00:18:14 (49.6%)	6:56	8.6 (50.0%)
619	RATAJCZAK Ewa	559		40-49	266			00:00:00	00:15:40	00:36:49.95	00:36:49.95	+00:18:17 (49.7%)	6:56	8.6 (50.0%)
620	ZWIOREK-ROTKEGEL Anna	506	MIECHOWICKA GRUPA BIEGOWA	50-59	80			00:00:00	00:15:50	00:36:51.90	00:36:51.90	+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	WACHTARCZYK Dominika	525		20-29	55			00:00:00	00:16:39	00:36:53.00	00:36:53.00	+00:18:20 (49.7%)	6:57	8.6 (50.0%)
622	MAJ Dominika	802		20-29	56			00:00:00	00:16:20	00:36:54.00	00:36:54.00	+00:18:21 (49.7%)	6:57	8.6 (50.0%)
623	POŁEDNIOK Aleksandra	668		40-49	267			00:00:00	00:15:51	00:36:54.90	00:36:54.90	+00:18:22 (49.8%)	6:57	8.6 (50.0%)
624	PETRYKOWSKA Magda	366		16-19	10			00:00:00	00:16:50	00:36:55.00	00:36:55.00	+00:18:22 (49.8%)	6:57	8.6 (50.0%)
625	PADIASEK Dominika	710	HRMAX DZIOŁSZKI	40-49	268	HRmax Dziołszki		00:00:00	00:16:07	00:36:55.65	00:36:55.65	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
626	WIDERA Elżbieta	168	HRMAX ŻORY	40-49	269	HRmax Dziołszki		00:00:00	00:16:07	00:36:55.70	00:36:55.70	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
627	PŁOTKA Joanna	888		20-29	57			00:00:00	00:15:37	00:36:55.90	00:36:55.90	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
628	PASZEK Hania	424	HRMAX ŻORY	40-49	270	HRmax Dziołszki		00:00:00	00:16:06	00:36:55.95	00:36:55.95	+00:18:23 (49.8%)	6:57	8.6 (50.0%)
629	SZOJDA Paulina	436	VIKING TRAINING CENTER	40-49	271			00:00:00	00:15:37	00:36:56.00	00:36:56.00	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
630	GARUS Angela	376		40-49	272			00:00:00	00:15:52	00:36:56.05	00:36:56.05	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
631	ŚLEDŹ Dorota	533	HRMAX ŻORY	20-29	58	HRmax Dziołszki		00:00:00		00:36:56.10	00:36:56.10	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
632	BURNAGIEL Agata	273	HRMAX DZIOŁSZKI	50-59	81	HRmax Dziołszki		00:00:00	00:16:07	00:36:56.15	00:36:56.15	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
633	PETRYKOWSKA Elżbieta	349		40-49	273			00:00:00	00:16:50	00:36:56.25	00:36:56.25	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
634	ŻBEL Ania	141	HRMAX ŻORY	40-49	274	HRmax Dziołszki		00:00:00	00:16:05	00:36:56.30	00:36:56.30	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
635	SIREK Izabela	441	OLZA CIESZYN	30-39	199	Olza Cieszyn		00:00:00	00:16:03	00:36:56.35	00:36:56.35	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
635	KĄŁUS Ewa	309	HRMAX ŻORY	40-49	275	HRmax Dziołszki		00:00:00	00:16:07	00:36:56.35	00:36:56.35	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
637	JUTKA Katarzyna	783		40-49	276			00:00:00	00:15:40	00:36:56.45	00:36:56.45	+00:18:23 (49.8%)	6:58	8.6 (50.0%)
638	JAKUBOWSKA Agnieszka	269	HRMAX ŻORY	40-49	277	HRmax Dziołszki		00:00:00	00:16:07	00:36:56.75	00:36:56.75	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
639	KONOPACKA Waleria	614		60+	13			00:00:00	00:16:47	00:36:57.15	00:36:57.15	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
640	KACZOREK Ania	285	HRMAX DZIOŁSZKI	40-49	278	HRmax Dziołszki		00:00:00	00:16:08	00:36:57.50	00:36:57.50	+00:18:24 (49.8%)	6:58	8.6 (50.0%)
641	NIESTRÓJ Żaneta	620		20-29	59			00:00:00	00:15:47	00:37:09.05	00:37:09.05	+00:18:36 (50.1%)	7:00	8.6 (50.0%)
642	KOŻUCH Katarzyna	906	RODZINKA.PL	40-49	279			00:00:00	00:16:11	00:37:11.20	00:37:11.20	+00:18:38 (50.1%)	7:00	8.6 (50.0%)
643	LISZOK Iwona	445		30-39	200			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
643	SZYNAL Magdalena	503		30-39	201			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:39 (50.2%)	7:01	8.5 (49.4%)
645	KŁUSAK Halina	826		30-39	202			00:00:00	00:16:20	00:37:16.35	00:37:16.35	+00:18:43 (50.3%)	7:01	8.5 (49.4%)
646	ORDZOWIAŁA Karolina	692		30-39	203			00:00:00	00:15:39	00:37:23.55	00:37:23.55	+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	MIŚKOWIEC Agnieszka	255		40-49	280			00:00:00	00:14:29	00:37:24.45	00:37:24.45	+00:18:51 (50.4%)	7:03	8.5 (49.4%)
648	CICHY Agnieszka	297		30-39	204			00:00:00	00:15:30	00:37:29.50	00:37:29.50	+00:18:56 (50.5%)	7:04	8.5 (49.4%)
648	NAWROCKA Agnieszka	259		40-49	281			00:00:00	00:15:43	00:37:29.50	00:37:29.50	+00:18:56 (50.5%)	7:04	8.5 (49.4%)
650	MATYJA Kararzyna	872		40-49	282			00:00:00	00:15:41	00:37:29.60	00:37:29.60	+00:18:57 (50.5%)	7:04	8.5 (49.4%)
651	MATLOCH Sandra	700		30-39	205			00:00:00	00:16:08	00:37:30.20	00:37:30.20	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
652	JANKOWSKA Martyna	672		16-19	11			00:00:00	00:16:32	00:37:30.30	00:37:30.30	+00:18:57 (50.6%)	7:04	8.5 (49.4%)
653	SZCZUCHNIAK Adriana	501		40-49	283			00:00:00	00:15:26	00:37:32.10	00:37:32.10	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
654	SAWICKA Marta	557		40-49	284	Kobiety na 5+		00:00:00	00:16:24	00:37:32.50	00:37:32.50	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
654	WAWOCZNY Anita	509	KOBIETY NA 5+	40-49	285	Kobiety na 5+		00:00:00	00:16:25	00:37:32.50	00:37:32.50	+00:18:59 (50.6%)	7:04	8.5 (49.4%)
656	BLANK-PODKULSKA Marta	748		40-49	286			00:00:00	00:16:21	00:37:34.15	00:37:34.15	+00:19:01 (50.6%)	7:05	8.5 (49.4%)
657	STYRNOL Beata	615		50-59	82			00:00:00	00:16:55	00:37:34.65	00:37:34.65	+00:19:02 (50.7%)	7:05	8.5 (49.4%)
658	NOWAK Wiktoria	845		20-29	60			00:00:00	00:16:18	00:37:34.90	00:37:34.90	+00:19:02 (50.7%)	7:05	8.5 (49.4%)
659	HEROK Michalina	385		20-29	61			00:00:00	00:16:39	00:37:37.85	00:37:37.85	+00:19:05 (50.7%)	7:05	8.5 (49.4%)
660	KOWALCZYK Basia	624		30-39	206			00:00:00	00:15:40	00:37:38.85	00:37:38.85	+00:19:06 (50.7%)	7:06	8.4 (48.8%)
661	DYBCZAK-KOWALSKA Lucyna	893	POWER ŻYWIEC	40-49	287		Power Żywiec	00:00:00	00:16:21	00:37:43.45	00:37:43.45	+00:19:10 (50.8%)	7:06	8.4 (48.8%)
662	FRANKOWSKA Ania	137	MIECHOWICKA GRUPA BIEGOWA	50-59	83	Miechowicka Grupa Biegowa		00:00:00	00:16:04	00:37:45.85	00:37:45.85	+00:19:13 (50.9%)	7:07	8.4 (48.8%)
663	OLEŚ Ula	750		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	00:37:46.70	00:37:46.70	+00:19:14 (50.9%)	7:07	8.4 (48.8%)
664	MARUSZCZAK Justyna	613	MIECHOWICKA GRUPA BIEGOWA	40-49	288	Miechowicka Grupa Biegowa		00:00:00	00:16:18	00:37:50.80	00:37:50.80	+00:19:18 (51.0%)	7:08	8.4 (48.8%)
665	DUBIEL Joanna	774	DUBIEL CLUB	50-59	84			00:00:00	00:16:09	00:37:52.20	00:37:52.20	+00:19:19 (51.0%)	7:08	8.4 (48.8%)
666	SUCHY Katarzyna	538		40-49	289			00:00:00	00:17:30	00:37:59.50	00:37:59.50	+00:19:26 (51.2%)	7:10	8.4 (48.8%)
667	PRZYBYCIN Bożena	454	MIECHOWICKA GRUPA BIEGOWA	40-49	290	Miechowicka Grupa Biegowa		00:00:00	00:17:08	00:38:00.20	00:38:00.20	+00:19:27 (51.2%)	7:10	8.4 (48.8%)
668	SOBOL Emilia	825		20-29	62			00:00:00	00:16:33	00:38:03.30	00:38:03.30	+00:19:30 (51.3%)	7:10	8.4 (48.8%)
669	GÓRNICZ Patrycja	652		30-39	208			00:00:00	00:16:45	00:38:04.15	00:38:04.15	+00:19:31 (51.3%)	7:10	8.4 (48.8%)
670	NOWAK Dorota	731		40-49	291			00:00:00	00:16:32	00:38:06.25	00:38:06.25	+00:19:33 (51.3%)	7:11	8.3 (48.3%)
671	KANIA Grażyna	650	DECATHLON I PRZYJACIELE	40-49	292			00:00:00		00:38:08.90	00:38:08.90	+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	PARCHAŃSKA Oliwia	790		30-39	209			00:00:00	00:16:17	00:38:11.60	00:38:11.60	+00:19:39 (51.5%)	7:12	8.3 (48.3%)
673	CIESLIŃSKA Jolanta	659	DECATHLON I PRZYJACIELE	50-59	85			00:00:00	00:16:37	00:38:21.15	00:38:21.15	+00:19:48 (51.7%)	7:14	8.3 (48.3%)
674	TRZCIŃSKA Joanna	461	KOBIETY NA 5+	30-39	210	Kobiety na 5+		00:00:00	00:16:25	00:38:23.15	00:38:23.15	+00:19:50 (51.7%)	7:14	8.3 (48.3%)
675	MYŚLIWIEC Barbara	298	KOBIETY NA 5+	20-29	63	Kobiety na 5+		00:00:00	00:16:26	00:38:23.85	00:38:23.85	+00:19:51 (51.7%)	7:14	8.3 (48.3%)
676	ZALEWSKA Barbara	274	KOBIETY NA 5+	40-49	293	Kobiety na 5+		00:00:00	00:16:05	00:38:23.90	00:38:23.90	+00:19:51 (51.7%)	7:14	8.3 (48.3%)
677	MROWIEC Edyta	200		20-29	64			00:00:00	00:17:11	00:38:34.80	00:38:34.80	+00:20:02 (51.9%)	7:16	8.2 (47.7%)
678	WAGNER Natalia	912		30-39	211			00:00:00	00:17:06	00:38:35.30	00:38:35.30	+00:20:02 (51.9%)	7:16	8.2 (47.7%)
679	MASZCZYŃSKA-SKALIK Anna	567		40-49	294			00:00:00	00:16:39	00:38:40.00	00:38:40.00	+00:20:07 (52.0%)	7:17	8.2 (47.7%)
680	WORONK-ZACZYŃSKA Janina	1012		60+	14			00:00:00	00:17:39	00:38:43.50	00:38:43.50	+00:20:10 (52.1%)	7:18	8.2 (47.7%)
681	PUCHALIK Barbara	883		50-59	86			00:00:00		00:38:56.40	00:38:56.40	+00:20:23 (52.4%)	7:20	8.2 (47.7%)
682	ŁUCZAK Anna	881		40-49	295			00:00:00	00:17:18	00:38:57.10	00:38:57.10	+00:20:24 (52.4%)	7:20	8.2 (47.7%)
683	BALCERAK Beata	689		30-39	212			00:00:00	00:15:52	00:38:59.50	00:38:59.50	+00:20:26 (52.4%)	7:21	8.2 (47.7%)
684	KUBIS Barbara	409	SPOT PSZCZYNA	40-49	296			00:00:00	00:16:22	00:39:05.00	00:39:05.00	+00:20:32 (52.6%)	7:22	8.1 (47.1%)
685	PIOTROWSKA Iwona	433		50-59	87			00:00:00	00:16:12	00:39:06.35	00:39:06.35	+00:20:33 (52.6%)	7:22	8.1 (47.1%)
686	CZARNECKA Małgorzata	1000	MIECHOWICKA GRUPA BIEGOWA	40-49	297	Miechowicka Grupa Biegowa		00:00:00	00:17:06	00:39:08.55	00:39:08.55	+00:20:36 (52.6%)	7:23	8.1 (47.1%)
687	KACZOREK Małgorzata	839		30-39	213			00:00:00	00:15:35	00:39:11.30	00:39:11.30	+00:20:38 (52.7%)	7:23	8.1 (47.1%)
688	KLARENBACH Agnieszka	678		30-39	214			00:00:00	00:17:22	00:39:12.35	00:39:12.35	+00:20:39 (52.7%)	7:23	8.1 (47.1%)
689	GARDECKA Katarzyna	882		40-49	298			00:00:00	00:17:18	00:39:15.50	00:39:15.50	+00:20:42 (52.8%)	7:24	8.1 (47.1%)
690	LERCH-WÓJCIK Anna	884		30-39	215			00:00:00	00:17:18	00:39:16.00	00:39:16.00	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
691	BIAŁAS Joanna	408	SPOT PSZCZYNA	40-49	299			00:00:00	00:16:21	00:39:16.50	00:39:16.50	+00:20:43 (52.8%)	7:24	8.1 (47.1%)
692	ŚNIEG Alicja	877		30-39	216			00:00:00	00:17:22	00:39:20.35	00:39:20.35	+00:20:47 (52.9%)	7:25	8.1 (47.1%)
693	WRÓBEL Basia	562	SISTERS	40-49	300		Sisters	00:00:00	00:16:12	00:39:30.75	00:39:30.75	+00:20:58 (53.1%)	7:27	8.1 (47.1%)
694	SMOLARSKA Paulina	808		30-39	217			00:00:00	00:16:48	00:39:31.50	00:39:31.50	+00:20:58 (53.1%)	7:27	8 (46.5%)
695	KOŁODZIEJCZYK Aleksandra	15	RADLINIOKI W BIEGU	40-49	301	Radlinioki w biegu		00:00:00	00:16:43	00:39:34.05	00:39:34.05	+00:21:01 (53.1%)	7:27	8 (46.5%)
696	KROCHMAŁSKA Jadwiga	818	MIECHOWICKA GRUPA BIEGOWA	40-49	302	Miechowicka Grupa Biegowa		00:00:00	00:17:10	00:39:38.85	00:39:38.85	+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	KIERMASZEK Barbara	594		60+	15			00:00:00	00:17:06	00:39:39.70	00:39:39.70	+00:21:07 (53.2%)	7:28	8 (46.5%)
698	DRAGON Sylwia	466		50-59	88			00:00:00	00:17:05	00:39:39.95	00:39:39.95	+00:21:07 (53.3%)	7:28	8 (46.5%)
699	GRZELAK Patrycja	631	KOLOROWA DRUŻYNA NESSI	40-49	303	Kolorowa Drużyna Nessi		00:00:00	00:17:19	00:39:40.15	00:39:40.15	+00:21:07 (53.3%)	7:29	8 (46.5%)
700	CHAŁCZYŃSKA Agnieszka	653	W POGONI ZA DUCHEM	40-49	304			00:00:00	00:16:18	00:39:40.40	00:39:40.40	+00:21:07 (53.3%)	7:29	8 (46.5%)
701	ROTTER Hanna	566		60+	16			00:00:00	00:17:08	00:39:40.65	00:39:40.65	+00:21:08 (53.3%)	7:29	8 (46.5%)
702	ZADĘCKA Sabina	1215		40-49	305			00:00:00	00:16:18	00:39:40.75	00:39:40.75	+00:21:08 (53.3%)	7:29	8 (46.5%)
703	STOLARCZYK Katarzyna	510	JUSTFEELFIT TEAM	40-49	306	JustFeelFit		00:00:00	00:17:05	00:39:44.85	00:39:44.85	+00:21:12 (53.3%)	7:29	8 (46.5%)
704	KRZESZOWSKA Beata	638	MIECHOWICKA GRUPA BIEGOWA	50-59	89	Miechowicka Grupa Biegowa		00:00:00	00:17:19	00:39:45.75	00:39:45.75	+00:21:13 (53.4%)	7:30	8 (46.5%)
705	KUBAS Alina	487	KLUB BIEGACZA FARTLEK	50-59	90	Klub Biegacza Fartlek		00:00:00	00:16:53	00:39:46.70	00:39:46.70	+00:21:14 (53.4%)	7:30	8 (46.5%)
706	IDZIKOWSKA Elżbieta	581		40-49	307			00:00:00	00:17:29	00:39:47.20	00:39:47.20	+00:21:14 (53.4%)	7:30	8 (46.5%)
707	IDZIKOWSKA Urszula	569		20-29	65			00:00:00	00:17:30	00:39:48.30	00:39:48.30	+00:21:15 (53.4%)	7:30	8 (46.5%)
708	PROKOPIUK Adriana	591	KLUB BIEGACZA FARTLEK	40-49	308	Klub Biegacza Fartlek		00:00:00	00:16:59	00:39:48.50	00:39:48.50	+00:21:15 (53.4%)	7:30	8 (46.5%)
709	NAWARYŃSKA Katarzyna	606		20-29	66			00:00:00	00:16:57	00:39:49.15	00:39:49.15	+00:21:16 (53.4%)	7:30	8 (46.5%)
709	JANCZURA Marzena	618	BUDZIKI	40-49	309			00:00:00	00:16:57	00:39:49.15	00:39:49.15	+00:21:16 (53.4%)	7:30	8 (46.5%)
711	KLIMA Agnieszka	625		40-49	310			00:00:00	00:16:58	00:39:50.00	00:39:50.00	+00:21:17 (53.4%)	7:30	8 (46.5%)
712	BIEGUN Elżbieta	847		60+	17			00:00:00	00:16:34	00:39:52.15	00:39:52.15	+00:21:19 (53.5%)	7:31	8 (46.5%)
712	GIBAS Amanda	485	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	00:39:52.15	00:39:52.15	+00:21:19 (53.5%)	7:31	8 (46.5%)
714	PRZYŁUCKA Grażyna	537		50-59	91			00:00:00	00:16:34	00:39:52.45	00:39:52.45	+00:21:19 (53.5%)	7:31	8 (46.5%)
715	SZATANIK Iwona	475		40-49	311			00:00:00	00:17:08	00:39:56.05	00:39:56.05	+00:21:23 (53.6%)	7:32	8 (46.5%)
716	HEKIERT Wioleta	648	MIECHOWICKA GRUPA BIEGOWA	40-49	312	Miechowicka Grupa Biegowa		00:00:00	00:17:21	00:39:59.90	00:39:59.90	+00:21:27 (53.6%)	7:32	8 (46.5%)
717	DOBOSZ Katarzyna	455	MIECHOWICA GRUPA BIEGOWA	40-49	313	Miechowicka Grupa Biegowa		00:00:00	00:17:21	00:40:00.10	00:40:00.10	+00:21:27 (53.6%)	7:32	8 (46.5%)
718	WACŁAWIK Agnieszka	531		30-39	219			00:00:00	00:17:03	00:40:04.75	00:40:04.75	+00:21:32 (53.7%)	7:33	7.9 (45.9%)
719	MAGIERA Barbara	563	POWOLI DO CELU	30-39	220	PoWoli do Celu		00:00:00	00:17:01	00:40:10.10	00:40:10.10	+00:21:37 (53.8%)	7:34	7.9 (45.9%)
720	MŁOCEK Ewelina	694		30-39	221			00:00:00	00:18:00	00:40:10.60	00:40:10.60	+00:21:38 (53.8%)	7:34	7.9 (45.9%)
721	GAJDA Aleksandra	472		40-49	314			00:00:00	00:17:30	00:40:16.60	00:40:16.60	+00:21:44 (54.0%)	7:35	7.9 (45.9%)
722	GROCHOWSKA Oliwia	666		16-19	12			00:00:00	00:16:40	00:40:18.60	00:40:18.60	+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	PERKOWSKA Izabela	698		50-59	92			00:00:00	00:17:49	00:40:21.60	00:40:21.60	+00:21:49 (54.1%)	7:36	7.9 (45.9%)
724	SŁOTA Justyna	708		40-49	315			00:00:00	00:17:13	00:40:26.10	00:40:26.10	+00:21:53 (54.1%)	7:37	7.9 (45.9%)
725	PALUCH Agnieszka	782		40-49	316			00:00:00	00:17:16	00:40:29.20	00:40:29.20	+00:21:56 (54.2%)	7:38	7.9 (45.9%)
726	SŁUPECKA Beata	721		40-49	317			00:00:00	00:16:59	00:40:30.85	00:40:30.85	+00:21:58 (54.2%)	7:38	7.9 (45.9%)
727	ZAJĄCZKOWSKA Emilia	815	SOCJAL CORPO GROUP	30-39	222		Socjal Corpo Group	00:00:00	00:18:19	00:40:35.95	00:40:35.95	+00:22:03 (54.3%)	7:39	7.8 (45.3%)
728	WOJTAL Danuta	733		40-49	318			00:00:00	00:17:10	00:40:39.35	00:40:39.35	+00:22:06 (54.4%)	7:40	7.8 (45.3%)
729	KUNERT Katarzyna	608	KOLONIE	40-49	319	Kolonie		00:00:00	00:16:54	00:40:41.20	00:40:41.20	+00:22:08 (54.4%)	7:40	7.8 (45.3%)
730	STOPKA Dominika	717	JUSTFEELFIT	40-49	320	JustFeelFit		00:00:00	00:17:13	00:40:44.40	00:40:44.40	+00:22:11 (54.5%)	7:41	7.8 (45.3%)
731	KACZMARCZYK-ZIELIŃSKA Magdalena	497	RUNTEAM PAWŁOWICE	30-39	223			00:00:00	00:17:30	00:40:52.00	00:40:52.00	+00:22:19 (54.6%)	7:42	7.8 (45.3%)
732	SOKÓŁ-OLEŚ Ewelina	337	RUNTEAM PAWŁOWICE	50-59	93			00:00:00	00:17:29	00:40:52.20	00:40:52.20	+00:22:19 (54.6%)	7:42	7.8 (45.3%)
733	NIERADZIK Daria	524		30-39	224			00:00:00	00:17:12	00:40:54.80	00:40:54.80	+00:22:22 (54.7%)	7:43	7.8 (45.3%)
734	SKOCZYKŁODA Iwona	463	KOLONIE	40-49	321	Kolonie		00:00:00	00:17:03	00:40:54.85	00:40:54.85	+00:22:22 (54.7%)	7:43	7.8 (45.3%)
735	SEKUŁA Marlena	604		40-49	322			00:00:00	00:17:15	00:41:13.65	00:41:13.65	+00:22:41 (55.0%)	7:46	7.7 (44.8%)
736	LAZAR Joanna	768		30-39	225			00:00:00	00:17:18	00:41:21.65	00:41:21.65	+00:22:49 (55.2%)	7:48	7.7 (44.8%)
737	KRYSMAN Agnieszka	784		40-49	323			00:00:00	00:17:11	00:41:30.70	00:41:30.70	+00:22:58 (55.3%)	7:49	7.7 (44.8%)
738	STAŚKIEWICZ Beata	814	SOCJAL CORPO GROUP	40-49	324		Socjal Corpo Group	00:00:00	00:18:18	00:41:34.30	00:41:34.30	+00:23:01 (55.4%)	7:50	7.7 (44.8%)
739	SKRABARCZYK Anna	520		30-39	226			00:00:00	00:18:25	00:42:30.05	00:42:30.05	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
740	ŚWIDERSKA Anna	558	POWOLI DO CELU	30-39	227	PoWoli do Celu		00:00:00	00:18:25	00:42:30.45	00:42:30.45	+00:23:57 (56.4%)	8:01	7.5 (43.6%)
741	PIETRASZEK Ewa	767	KOBIETY WATACH	50-59	94			00:00:00	00:18:30	00:42:32.95	00:42:32.95	+00:24:00 (56.4%)	8:01	7.5 (43.6%)
742	RAJNYSZ Magdalena	797		40-49	325			00:00:00	00:17:59	00:42:40.05	00:42:40.05	+00:24:07 (56.5%)	8:03	7.5 (43.6%)
743	KOSZEWSKA Damuta	718	KLUB BIEGACZA FARTLEK	50-59	95	Klub Biegacza Fartlek		00:00:00	00:18:01	00:42:40.55	00:42:40.55	+00:24:08 (56.6%)	8:03	7.5 (43.6%)
744	SPYRKA Natalia	795		30-39	228			00:00:00	00:18:05	00:42:52.30	00:42:52.30	+00:24:19 (56.7%)	8:05	7.4 (43.0%)
745	BOBER Aneta	556		30-39	229			00:00:00	00:18:08	00:43:00.75	00:43:00.75	+00:24:28 (56.9%)	8:06	7.4 (43.0%)
746	NIEDŹWIEDŹ Julia	599		20-29	67			00:00:00	00:17:57	00:43:08.75	00:43:08.75	+00:24:36 (57.0%)	8:08	7.4 (43.0%)
747	WOŹNIAK Anna	764	KOBIETY WATAHY	40-49	326			00:00:00	00:19:10	00:43:11.85	00:43:11.85	+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	BŁACHUT Agnieszka	901		40-49	327	UZDROWISKO		00:00:00	00:19:16	00:43:18.20	00:43:18.20	+00:24:45 (57.2%)	8:10	7.3 (42.4%)
749	BURYAN Kamila	527		30-39	230			00:00:00	00:18:17	00:43:28.40	00:43:28.40	+00:24:55 (57.3%)	8:12	7.3 (42.4%)
750	BAZGIER Magdalena	661		30-39	231			00:00:00	00:18:37	00:43:39.10	00:43:39.10	+00:25:06 (57.5%)	8:14	7.3 (42.4%)
751	SZCZEPANIK Marta	886		30-39	232			00:00:00	00:19:01	00:44:12.70	00:44:12.70	+00:25:40 (58.1%)	8:20	7.2 (41.9%)
752	ŁANUCHA Mariola	580	KOBIETY NA 5+	60+	18	Kobiety na 5+		00:00:00	00:18:08	00:44:16.10	00:44:16.10	+00:25:43 (58.1%)	8:21	7.2 (41.9%)
753	SURY-WOLNIEWICZ Kamila	300	KOBIETY NA 5+	40-49	328			00:00:00	00:18:10	00:44:18.60	00:44:18.60	+00:25:46 (58.2%)	8:21	7.2 (41.9%)
754	ARENDARCZYK Anna	744		50-59	96			00:00:00	00:18:31	00:45:07.35	00:45:07.35	+00:26:34 (58.9%)	8:30	7 (40.7%)
755	R Agnieszka	1219		50-59	97			00:00:00	00:20:13	00:45:42.85	00:45:42.85	+00:27:10 (59.4%)	8:37	7 (40.7%)
756	RUTKOWSKA Anna	751		40-49	329	Przedszkole Małych Bohaterów		00:00:00	00:20:08	00:45:48.30	00:45:48.30	+00:27:15 (59.5%)	8:38	6.9 (40.1%)
757	MAGIEREK Magdalena	588		30-39	233			00:00:00	00:20:24	00:46:38.70	00:46:38.70	+00:28:06 (60.2%)	8:47	6.8 (39.5%)
758	DAMIS Jessica	627		30-39	234			00:00:00	00:20:24	00:46:39.50	00:46:39.50	+00:28:06 (60.3%)	8:48	6.8 (39.5%)
759	WOŻNY Izabela	573		30-39	235			00:00:00	00:20:25	00:46:39.85	00:46:39.85	+00:28:07 (60.3%)	8:48	6.8 (39.5%)
760	PRASAK Sabina	582	D446	40-49	330	POGORIA Biega	D446	00:00:00	00:20:27	00:47:23.25	00:47:23.25	+00:28:50 (60.9%)	8:56	6.7 (39.0%)
761	STEFANIAK Justyna	456	D446	40-49	331	POGORIA Biega	D446	00:00:00	00:20:25	00:47:24.50	00:47:24.50	+00:28:51 (60.9%)	8:56	6.7 (39.0%)
762	JANKOWSKA Justyna	712	D446	40-49	332			00:00:00	00:20:24	00:47:25.70	00:47:25.70	+00:28:53 (60.9%)	8:56	6.7 (39.0%)
763	JANKOWSKA Anita	642		50-59	98			00:00:00	00:20:10	00:47:26.10	00:47:26.10	+00:28:53 (60.9%)	8:56	6.7 (39.0%)
764	BRZANA Anna	634	KOLONIE	40-49	333	Kolonie		00:00:00	00:19:26	00:47:44.65	00:47:44.65	+00:29:12 (61.2%)	9:00	6.7 (39.0%)
765	KNOPIK Martyna	773	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	68	Przedszkole Małych Bohaterów		00:00:00	00:20:24	00:48:14.55	00:48:14.55	+00:29:42 (61.6%)	9:06	6.6 (38.4%)
766	MACHULIK Bożena	873	ZABIEGANI NAUCZYCIELE	50-59	99			00:00:00	00:21:56	00:48:53.30	00:48:53.30	+00:30:20 (62.1%)	9:13	6.5 (37.8%)
767	KURYŁO Dorota	823	WESOŁE ŻÓŁWIE	50-59	100		Wesołe żółwie	00:00:00	00:21:16	00:49:05.35	00:49:05.35	+00:30:32 (62.2%)	9:15	6.5 (37.8%)
768	GWIZDOŃ Elżbieta	895		50-59	101			00:00:00	00:21:09	00:49:28.85	00:49:28.85	+00:30:56 (62.5%)	9:20	6.4 (37.2%)
769	MALICH Aleksandra	747	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	69	Przedszkole Małych Bohaterów		00:00:00	00:22:53	00:50:40.95	00:50:40.95	+00:32:08 (63.4%)	9:33	6.3 (36.6%)
770	PIERZCHAŁA Magdalena	590	MORS HUBERTUS MYSŁOWICE	30-39	236			00:00:00	00:24:05	00:52:47.95	00:52:47.95	+00:34:15 (64.9%)	9:57	6 (34.9%)
771	ŻEBROWSKA Weronika	564	MORS HUBERTUS MYSŁOWICE	20-29	70			00:00:00	00:24:05	00:52:48.85	00:52:48.85	+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	TRZCIŃSKA Paulina	714		30-39	237			00:00:00		00:52:59.90	00:52:59.90	+00:34:27 (65.0%)	9:59	6 (34.9%)
773	ROBAKOWSKA Barbara	601	KOLONIE	40-49	334	Kolonie		00:00:00	00:22:44	00:53:01.85	00:53:01.85	+00:34:29 (65.0%)	10:00	6 (34.9%)
774	WARLEWSKA Angelina	894	PUSZYSTE JEST PIĘKNE	30-39	238	UZDROWISKO	Puszyste jest piękne	00:00:00	00:23:20	00:53:33.15	00:53:33.15	+00:35:00 (65.4%)	10:06	5.9 (34.3%)
775	KOSIACKA Agnieszka	111		30-39	239			00:00:00	00:24:51	00:54:02.10	00:54:02.10	+00:35:29 (65.7%)	10:11	5.9 (34.3%)
776	KOPER Zofia	827	WESOŁE ŻÓŁWIE	50-59	102		Wesołe żółwie	00:00:00	00:24:02	00:57:38.25	00:57:38.25	+00:39:05 (67.8%)	10:52	5.5 (32.0%)
777	WIŚNIEWSKA Janina	835		50-59	103			00:00:00	00:35:24	01:02:53.10	01:02:53.10	+00:44:20 (70.5%)	11:51	5.1 (29.7%)

Znaleziono 777 wynik(ów)