



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2023-05-21
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

B4SPORT
INTELEKTNE 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	MEDECKA-ZEJDLER Michalina	486		30-39 lat	1	PĘDZIWIATRY		00:00:00	00:08:18	00:19:15.75	00:19:15.75		3:37	16.5 (100%)
2	GRIMAN Joanna	205	MOJŻYSZ TEAM/ERIGO	40-49 lat	1	PĘDZIWIATRY		00:00:00	00:08:23	00:19:27.55	00:19:27.55	+00:00:11 (1.0%)	3:40	16.3 (98.8%)
3	SUWAJ Aneta	741	ALPIN SPORT TEAM	30-39 lat	2	TL Athletics Jastrzębie	ZABIEGANE	00:00:00	00:08:42	00:20:11.45	00:20:11.45	+00:00:55 (4.6%)	3:48	15.8 (95.8%)
4	DYRLAGA Justyna	131	#JUSTFEELFITTEAM	30-39 lat	3	JustfeelfitTEAM	MOBILITY GIRLS	00:00:00	00:08:56	00:20:29.10	00:20:29.10	+00:01:13 (6.0%)	3:51	15.5 (93.9%)
5	REDZIK Dorota	647	NEVER TOO LATE	40-49 lat	2		Dorota i Monika	00:00:00	00:08:56	00:20:30.55	00:20:30.55	+00:01:14 (6.1%)	3:52	15.5 (93.9%)
6	KUBIAK Izabela	379		30-39 lat	4			00:00:00	00:08:48	00:20:43.80	00:20:43.80	+00:01:28 (7.1%)	3:54	15.3 (92.7%)
7	ADAMCZYK-NOWAK Beata	4	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	3	Miechowska Grupa Biegowa		00:00:00	00:09:05	00:20:54.50	00:20:54.50	+00:01:38 (7.9%)	3:56	15.2 (92.1%)
8	MROWIEC Kinga	515	TL POGOŃ RUDA ŚLĄSKA	20-29 lat	1		Biegające Wirusy	00:00:00	00:09:30	00:21:31.45	00:21:31.45	+00:02:15 (10.5%)	4:03	14.8 (89.7%)
9	BIELIŃSKA Monika	39		40-49 lat	4	PĘDZIWIATRY	Dorota i Monika	00:00:00	00:09:11	00:21:33.50	00:21:33.50	+00:02:17 (10.6%)	4:03	14.8 (89.7%)
10	JANKO Anna	253		30-39 lat	5			00:00:00	00:09:19	00:21:44.10	00:21:44.10	+00:02:28 (11.4%)	4:06	14.6 (88.5%)
11	GOS Barbara	195	RUN&FUN	50-59 lat	1	Run&Fun		00:00:00	00:09:26	00:21:51.65	00:21:51.65	+00:02:35 (11.9%)	4:07	14.6 (88.5%)
12	NENKO Barbara	533	TEACHERS	40-49 lat	5		Teachers	00:00:00	00:09:29	00:22:00.15	00:22:00.15	+00:02:44 (12.5%)	4:09	14.5 (87.9%)
13	TANISTRA - SŁOWIK Katarzyna	774	HURAGAN LIGOTA	40-49 lat	6	HURAGAN LIGOTA		00:00:00	00:09:15	00:22:00.95	00:22:00.95	+00:02:45 (12.5%)	4:09	14.5 (87.9%)
14	FILEC Wiktoria	141	RMKS RYBNIK	20-29 lat	2			00:00:00	00:09:32	00:22:02.30	00:22:02.30	+00:02:46 (12.6%)	4:09	14.4 (87.3%)
15	ANDROSZ Beata	7	BBL RUDA ŚLĄSKA	40-49 lat	7			00:00:00	00:09:18	00:22:03.25	00:22:03.25	+00:02:47 (12.7%)	4:09	14.4 (87.3%)
16	WITOSZEK Barbara	813		30-39 lat	6			00:00:00	00:09:31	00:22:04.35	00:22:04.35	+00:02:48 (12.7%)	4:09	14.4 (87.3%)
17	LEWICKA Elżbieta	427		40-49 lat	8		Biegające Wirusy	00:00:00	00:09:26	00:22:13.35	00:22:13.35	+00:02:57 (13.3%)	4:11	14.3 (86.7%)

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
18	WRÓBLEWSKA Judyta	832	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	30-39 lat	7	TL Athletics Jastrzębie		00:00:00	00:09:30	00:22:25.00	00:22:25.00	+00:03:09 (14.1%)	4:13	14.2 (86.1%)
19	MALEJKA Katarzyna	460		50-59 lat	2	Run&Fun	E&K	00:00:00	00:09:36	00:22:30.00	00:22:30.00	+00:03:14 (14.4%)	4:14	14.1 (85.5%)
20	PARZYCH Katarzyna	590	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49 lat	9	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:09:38	00:22:31.70	00:22:31.70	+00:03:15 (14.5%)	4:14	14.1 (85.5%)
21	SUSHKO Maryna	739	RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM'ZEM'	30-39 lat	8	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:09:55	00:22:41.75	00:22:41.75	+00:03:26 (15.1%)	4:16	14 (84.8%)
22	SUSZCZYK Monika	740		40-49 lat	10	Mors Hubertus	Mysłowickie Frele	00:00:00	00:09:56	00:22:45.70	00:22:45.70	+00:03:29 (15.4%)	4:17	14 (84.8%)
23	DOBRENKO Edyta	961		40-49 lat	11			00:00:00	00:10:01	00:23:05.90	00:23:05.90	+00:03:50 (16.6%)	4:21	13.8 (83.6%)
24	JANEK Weronika	248		40-49 lat	12			00:00:00	00:09:52	00:23:09.40	00:23:09.40	+00:03:53 (16.8%)	4:22	13.7 (83.0%)
25	PIETRAS Sylwia	606	MIECHOWICKA GRUPA BIEGOWA	30-39 lat	9	Miechowicka Grupa Biegowa		00:00:00	00:10:26	00:23:16.95	00:23:16.95	+00:04:01 (17.3%)	4:23	13.7 (83.0%)
26	OPIEKULSKA Renata	566		40-49 lat	13			00:00:00	00:09:55	00:23:20.50	00:23:20.50	+00:04:04 (17.5%)	4:24	13.6 (82.4%)
27	KLUK Justyna	317	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	10	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:09:41	00:23:22.85	00:23:22.85	+00:04:07 (17.6%)	4:24	13.6 (82.4%)
28	KAJTOCH Jolanta	285	BIE-RUN	30-39 lat	11		J&M	00:00:00	00:09:50	00:23:33.15	00:23:33.15	+00:04:17 (18.2%)	4:26	13.5 (81.8%)
29	KOPIEC Izabela	347		40-49 lat	14	Matki żony i biegaczk		00:00:00	00:10:02	00:23:33.75	00:23:33.75	+00:04:18 (18.2%)	4:26	13.5 (81.8%)
30	GRIMAN Martyna	206	RMKS RYBNIK	16-19 lat	1			00:00:00	00:10:24	00:23:36.00	00:23:36.00	+00:04:20 (18.4%)	4:27	13.5 (81.8%)
31	DOMIAN Paulina	118		30-39 lat	12			00:00:00	00:10:05	00:23:52.05	00:23:52.05	+00:04:36 (19.3%)	4:30	13.3 (80.6%)
32	PASŁAWSKA Katarzyna	591	KOBIETY NA 5+	40-49 lat	15	Kobiety na 5+		00:00:00	00:10:10	00:24:02.45	00:24:02.45	+00:04:46 (19.9%)	4:32	13.2 (80.0%)
33	LACHOWICZ Izabela	418	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39 lat	13	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:00	00:10:07	00:24:03.05	00:24:03.05	+00:04:47 (19.9%)	4:32	13.2 (80.0%)
34	MISTEROWICZ Kinga	502	RUNSZ-TEAM	30-39 lat	14	runSZ-Team		00:00:00	00:10:25	00:24:05.10	00:24:05.10	+00:04:49 (20.0%)	4:32	13.2 (80.0%)
35	JURASZEK Elzbieta	275	#JUSTFEELFITTEAM	30-39 lat	15	JustfeelfitTEAM		00:00:00	00:10:29	00:24:14.20	00:24:14.20	+00:04:58 (20.5%)	4:34	13.1 (79.4%)
36	NIESŁAŃCZYK Małgorzata	540	WATAHA	40-49 lat	16	WATAHA		00:00:00	00:10:09	00:24:21.10	00:24:21.10	+00:05:05 (20.9%)	4:35	13.1 (79.4%)
37	POZNIAK Maria	631		20-29 lat	3			00:00:00	00:10:30	00:24:21.20	00:24:21.20	+00:05:05 (20.9%)	4:35	13.1 (79.4%)
38	PORCZYŃSKA Patrycja	627		30-39 lat	16	SPOT Pszczyna	Vamos Patria!	00:00:00	00:10:20	00:24:25.40	00:24:25.40	+00:05:09 (21.1%)	4:36	13 (78.8%)

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
39	BIALOŃCZYK Joanna	35		30-39 lat	17	Byle Do Mety		00:00:00	00:10:27	00:24:25.55	00:24:25.55	+00:05:09 (21.1%)	4:36	13 (78.8%)
40	WRÓBEL Katarzyna	829	#JUSTFEELFITTEAM	30-39 lat	18	JustfeelfitTEAM		00:00:00	00:10:31	00:24:26.55	00:24:26.55	+00:05:10 (21.2%)	4:36	13 (78.8%)
41	SZAFARCZYK Eugenia	742	RUNSZ-TEAM	60+	1	runSZ-Team		00:00:00	00:10:26	00:24:29.15	00:24:29.15	+00:05:13 (21.3%)	4:37	13 (78.8%)
42	KANDORA Joanna	293	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	17	Miechowicka Grupa Biegowa		00:00:00	00:10:31	00:24:29.20	00:24:29.20	+00:05:13 (21.3%)	4:37	13 (78.8%)
43	WYPIÓR Ewa	836		40-49 lat	18			00:00:00	00:10:20	00:24:30.80	00:24:30.80	+00:05:15 (21.4%)	4:37	13 (78.8%)
44	JANKO Joanna	254		30-39 lat	19			00:00:00	00:10:29	00:24:36.15	00:24:36.15	+00:05:20 (21.7%)	4:38	12.9 (78.2%)
45	NOWAK Ewa	548		50-59 lat	3	Run&Fun	E&K	00:00:00	00:10:28	00:24:39.25	00:24:39.25	+00:05:23 (21.9%)	4:39	12.9 (78.2%)
46	SIKORA Wiktoria	678		20-29 lat	4			00:00:00	00:10:10	00:24:40.65	00:24:40.65	+00:05:24 (21.9%)	4:39	12.9 (78.2%)
47	MOCHOCKA Agnieszka	507		30-39 lat	20			00:00:00	00:10:31	00:24:41.55	00:24:41.55	+00:05:25 (22.0%)	4:39	12.9 (78.2%)
48	BIEJNAK Agnieszka	472		30-39 lat	21	FIT MORE RYBNIK		00:00:00	00:10:41	00:24:47.60	00:24:47.60	+00:05:31 (22.3%)	4:40	12.8 (77.6%)
49	KANDORA Katarzyna	294	MIECHOWICKA GRUPA BIEGOWA	16-19 lat	2	Miechowicka Grupa Biegowa		00:00:00	00:10:39	00:24:55.70	00:24:55.70	+00:05:39 (22.7%)	4:42	12.8 (77.6%)
50	NOWAK Beata	550		50-59 lat	4	Olza Cieszyn	BiS	00:00:00	00:10:29	00:24:57.00	00:24:57.00	+00:05:41 (22.8%)	4:42	12.7 (77.0%)
51	ZYGMA Żaneta	860	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39 lat	22	Aktywna Pszczyzna Runners Team		00:00:00	00:10:42	00:25:04.25	00:25:04.25	+00:05:48 (23.2%)	4:43	12.7 (77.0%)
52	JUTKA Kasia	1192		40-49 lat	19			00:00:00	00:11:33	00:25:05.45	00:25:05.45	+00:05:49 (23.2%)	4:43	12.7 (77.0%)
53	NGUYEN Dorota	534	PIRATKI Z SZARLOTY	30-39 lat	23	Piratki z Szarloty		00:00:00	00:10:40	00:25:06.05	00:25:06.05	+00:05:50 (23.3%)	4:44	12.7 (77.0%)
54	WOWRY Sylwia	825	OLZA CIESZYN	40-49 lat	20	Olza Cieszyn	BiS	00:00:00	00:10:35	00:25:10.00	00:25:10.00	+00:05:54 (23.5%)	4:44	12.6 (76.4%)
55	KWAPISZ-BONUSIAK Dorota	413		30-39 lat	24			00:00:00	00:10:25	00:25:12.05	00:25:12.05	+00:05:56 (23.6%)	4:45	12.6 (76.4%)
56	SŁOWIK Marlena	694	#JUSTFEELFITTEAM	16-19 lat	3	JustfeelfitTEAM		00:00:00	00:10:45	00:25:16.35	00:25:16.35	+00:06:00 (23.8%)	4:46	12.6 (76.4%)
57	KILAROVÁ Jana	308	MK SEITL	50-59 lat	5			00:00:00	00:10:35	00:25:19.35	00:25:19.35	+00:06:03 (23.9%)	4:46	12.6 (76.4%)
58	MIELAŃCZYK Patrycja	495		30-39 lat	25			00:00:00	00:10:05	00:25:22.70	00:25:22.70	+00:06:06 (24.1%)	4:47	12.5 (75.8%)
59	GÓRSKA Agnieszka	201	BDB TEAM	40-49 lat	21	BDB Team		00:00:00	00:11:06	00:25:22.95	00:25:22.95	+00:06:07 (24.1%)	4:47	12.5 (75.8%)
60	WITOS-GRZYBOWSKA Renata	812	#JUSTFEELFIT	30-39 lat	26	JustfeelfitTEAM		00:00:00	00:10:38	00:25:27.05	00:25:27.05	+00:06:11 (24.3%)	4:48	12.5 (75.8%)
61	SOCHORKOVÁ Aneta	710		40-49 lat	22			00:00:00	00:10:59	00:25:27.15	00:25:27.15	+00:06:11 (24.3%)	4:48	12.5 (75.8%)
62	KRZYSTAŁA Alicja	377		20-29 lat	5			00:00:00	00:11:02	00:25:31.30	00:25:31.30	+00:06:15 (24.5%)	4:48	12.5 (75.8%)

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
63	CZERWIŃSKA Sonia	98		40-49 lat	23			00:00:00	00:10:49	00:25:32.15	00:25:32.15	+00:06:16 (24.6%)	4:49	12.5 (75.8%)
64	POZNIAK Małgorzata	630		20-29 lat	6			00:00:00	00:10:50	00:25:35.85	00:25:35.85	+00:06:20 (24.7%)	4:49	12.4 (75.2%)
65	HANDY Samanta	224		30-39 lat	27	PoWoli do Celu		00:00:00	00:10:55	00:25:36.80	00:25:36.80	+00:06:21 (24.8%)	4:49	12.4 (75.2%)
66	PIWOŃSKA Ada	617	PIRATKI Z SZARLOTY	40-49 lat	24	Piratki z Szarloty	Piratki z Szarloty	00:00:00	00:10:48	00:25:43.85	00:25:43.85	+00:06:28 (25.1%)	4:51	12.4 (75.2%)
67	HANARZ Joanna	223	#JUSTFEELFITTEAM	30-39 lat	28	JustfeelfitTEAM		00:00:00	00:11:05	00:25:45.45	00:25:45.45	+00:06:29 (25.2%)	4:51	12.3 (74.5%)
68	KUPCZAK Dominika	396		16-19 lat	4			00:00:00	00:11:05	00:25:48.55	00:25:48.55	+00:06:32 (25.4%)	4:52	12.3 (74.5%)
69	FURMANEK Ela	154	HURAGAN LIGOTA	50-59 lat	6			00:00:00	00:11:21	00:25:51.40	00:25:51.40	+00:06:35 (25.5%)	4:52	12.3 (74.5%)
70	MATUSZCZAK Wioleta	479	TL ATHLETICS JASTRZĘBIE	16-19 lat	5	TL Athletics Jastrzębie		00:00:00	00:11:09	00:25:55.95	00:25:55.95	+00:06:40 (25.7%)	4:53	12.3 (74.5%)
71	PAWŁOWSKA Beata	598	RADLINIOKI W BIEGU	50-59 lat	7			00:00:00	00:10:46	00:25:58.85	00:25:58.85	+00:06:43 (25.9%)	4:53	12.2 (73.9%)
72	OLEŚ-ZDECHLIK Beata	563		30-39 lat	29			00:00:00	00:11:05	00:26:04.40	00:26:04.40	+00:06:48 (26.1%)	4:55	12.2 (73.9%)
73	UNGEHOJER Małgorzata	787		40-49 lat	25			00:00:00	00:10:45	00:26:07.45	00:26:07.45	+00:06:51 (26.3%)	4:55	12.2 (73.9%)
74	LOSOT Monika	436	J&M	40-49 lat	26		J&M	00:00:00	00:10:49	00:26:08.75	00:26:08.75	+00:06:53 (26.3%)	4:55	12.2 (73.9%)
75	HELIOSZ Agnieszka	229	PIRATKI Z SZARLOTY	40-49 lat	27	Piratki z Szarloty		00:00:00	00:10:57	00:26:09.15	00:26:09.15	+00:06:53 (26.3%)	4:56	12.2 (73.9%)
76	SOŁTYSEK Barbara	713	JUSTFEELFITTEAM	40-49 lat	28	JustfeelfitTEAM	MOBILITY GIRLS	00:00:00	00:11:30	00:26:09.75	00:26:09.75	+00:06:54 (26.4%)	4:56	12.2 (73.9%)
77	KWARCIŃSKA Maria	414	BDB TEAM	40-49 lat	29	BDB Team		00:00:00	00:11:37	00:26:11.55	00:26:11.55	+00:06:55 (26.5%)	4:56	12.1 (73.3%)
78	BURZYŃSKA-GÓRKA Aleksandra	75		30-39 lat	30			00:00:00	00:11:18	00:26:12.35	00:26:12.35	+00:06:56 (26.5%)	4:56	12.1 (73.3%)
79	POPEK Barbara	626	SOBIESKI6	50-59 lat	8	Sobieski6	Sobieski6	00:00:00	00:10:40	00:26:12.65	00:26:12.65	+00:06:56 (26.5%)	4:56	12.1 (73.3%)
80	TRYBAŁA Danuta	780	WATAHA	30-39 lat	31	WATAHA		00:00:00	00:10:51	00:26:12.90	00:26:12.90	+00:06:57 (26.5%)	4:56	12.1 (73.3%)
81	MENŻYK Joanna	491	MORS HUBERTUS MYSŁOWICE	40-49 lat	30	Mors Hubertus	Mysłowickie Frele	00:00:00	00:11:07	00:26:13.50	00:26:13.50	+00:06:57 (26.5%)	4:56	12.1 (73.3%)
82	RAZIK Grażyna	645		50-59 lat	9		Golden Team	00:00:00	00:11:11	00:26:16.60	00:26:16.60	+00:07:00 (26.7%)	4:57	12.1 (73.3%)
83	GREENE Agnieszka	204	HÓNYM DO METY	40-49 lat	31	JUST FOR FUN		00:00:00	00:11:59	00:26:23.00	00:26:23.00	+00:07:07 (27.0%)	4:58	12.1 (73.3%)
84	HANF Ania	226	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	32	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:11:09	00:26:27.80	00:26:27.80	+00:07:12 (27.2%)	4:59	12 (72.7%)
85	PAJESTKA Katarzyna	579		40-49 lat	32			00:00:00	00:11:32	00:26:28.65	00:26:28.65	+00:07:12 (27.2%)	4:59	12 (72.7%)
86	SLISZ Maria	691	DECATHLON & PRZYJACIELE	40-49 lat	33		M&M	00:00:00	00:11:35	00:26:32.65	00:26:32.65	+00:07:16 (27.4%)	5:00	12 (72.7%)
87	MAZUR Małgorzata	484		40-49 lat	34			00:00:00	00:11:27	00:26:36.00	00:26:36.00	+00:07:20 (27.6%)	5:01	12 (72.7%)

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
88	MATERNOWSKA Sandra	477		30-39 lat	33			00:00:00	00:11:22	00:26:37.70	00:26:37.70	+00:07:21 (27.7%)	5:01	11.9 (72.1%)
89	SICH-SOSNA Agnieszka	675		50-59 lat	10	Matki żony i biegaczki		00:00:00	00:11:45	00:26:38.65	00:26:38.65	+00:07:22 (27.7%)	5:01	11.9 (72.1%)
90	SICH-ŚWITAŁA Małgorzata	676		40-49 lat	35	Matki żony i biegaczki		00:00:00	00:11:46	00:26:38.70	00:26:38.70	+00:07:22 (27.7%)	5:01	11.9 (72.1%)
91	WIECZOREK Marta	803	PIRATKI Z SZARLOTY	20-29 lat	7	Piratki z Szarloty	Kangurzyce	00:00:00	00:11:10	00:26:39.45	00:26:39.45	+00:07:23 (27.7%)	5:01	11.9 (72.1%)
92	KUFKA Judyta	391		30-39 lat	34			00:00:00	00:11:29	00:26:40.00	00:26:40.00	+00:07:24 (27.8%)	5:01	11.9 (72.1%)
93	BASISTA Kasia	20	PIRATKI Z SZARLOTY	50-59 lat	11	Piratki z Szarloty	Piratki z Szarloty	00:00:00	00:11:25	00:26:44.30	00:26:44.30	+00:07:28 (28.0%)	5:02	11.9 (72.1%)
94	MIKULAK Natalia	498		20-29 lat	8			00:00:00	00:11:37	00:26:46.35	00:26:46.35	+00:07:30 (28.1%)	5:03	11.9 (72.1%)
95	MENTELSKA Wioleta	490	POWOLI DO CELU	30-39 lat	35			00:00:00	00:11:22	00:26:58.30	00:26:58.30	+00:07:42 (28.6%)	5:05	11.8 (71.5%)
96	RAŻNIAK Beata	646	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:00	00:11:40	00:27:01.05	00:27:01.05	+00:07:45 (28.7%)	5:05	11.8 (71.5%)
97	RUSECKA Agnieszka	661	BDB TEAM	30-39 lat	36	BDB Team		00:00:00	00:12:21	00:27:02.65	00:27:02.65	+00:07:46 (28.8%)	5:06	11.8 (71.5%)
98	PIWKO Anna	616		40-49 lat	36			00:00:00	00:11:50	00:27:09.05	00:27:09.05	+00:07:53 (29.1%)	5:07	11.7 (70.9%)
99	LEPA Klaudia	424	WARTKIE PIERONY	20-29 lat	9			00:00:00	00:11:10	00:27:10.05	00:27:10.05	+00:07:54 (29.1%)	5:07	11.7 (70.9%)
100	KASPERCZYK Aleksandra	299	WARTKIE PIERONY	40-49 lat	37	Wartkie Pierony		00:00:00	00:11:57	00:27:10.25	00:27:10.25	+00:07:54 (29.1%)	5:07	11.7 (70.9%)
101	WOLNY Natalia	820	#JUSTFEELFITTEAM	16-19 lat	6	JustfeelfitTEAM		00:00:00	00:12:25	00:27:10.75	00:27:10.75	+00:07:55 (29.1%)	5:07	11.7 (70.9%)
102	PIOTROWSKA Anna	612	HURAGAN LIGOTA	40-49 lat	38	HURAGAN LIGOTA		00:00:00	00:11:30	00:27:11.00	00:27:11.00	+00:07:55 (29.1%)	5:07	11.7 (70.9%)
103	KRAKOWCZYK Tatiana	370		40-49 lat	39	Wiewiórki Zimnokrwiste		00:00:00	00:12:03	00:27:12.40	00:27:12.40	+00:07:56 (29.2%)	5:07	11.7 (70.9%)
104	JANOSZ Katarzyna	257		20-29 lat	10		K&M	00:00:00	00:11:44	00:27:13.05	00:27:13.05	+00:07:57 (29.2%)	5:08	11.7 (70.9%)
105	ROLNIK Monika	655		40-49 lat	40		M&K	00:00:00	00:11:45	00:27:13.40	00:27:13.40	+00:07:57 (29.2%)	5:08	11.7 (70.9%)
106	MRACHACZ Dorota	511	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	13	Miechowicka Grupa Biegowa	LIGÓWKI	00:00:00	00:12:20	00:27:13.95	00:27:13.95	+00:07:58 (29.3%)	5:08	11.7 (70.9%)
107	HANDZLIK-STARZYK Anna	225		40-49 lat	41	Wiewiórki Zimnokrwiste		00:00:00	00:11:53	00:27:15.10	00:27:15.10	+00:07:59 (29.3%)	5:08	11.7 (70.9%)
108	OPIŁEK Dorota	567	BDB TEAM	30-39 lat	37	BDB Team		00:00:00	00:12:41	00:27:15.65	00:27:15.65	+00:07:59 (29.3%)	5:08	11.7 (70.9%)
109	PRZYŁĘCKA-HUSSAR Agnieszka	635	BDB TEAM	30-39 lat	38	BDB Team		00:00:00	00:12:41	00:27:16.85	00:27:16.85	+00:08:01 (29.4%)	5:08	11.7 (70.9%)
110	MYSIAK Beata	522	BDB TEAM	40-49 lat	42	BDB Team		00:00:00	00:11:41	00:27:18.55	00:27:18.55	+00:08:02 (29.5%)	5:09	11.6 (70.3%)
111	PUSTELNIK Justyna	637		40-49 lat	43			00:00:00	00:11:27	00:27:19.05	00:27:19.05	+00:08:03 (29.5%)	5:09	11.6 (70.3%)
112	MUSIAŁ Wioletta	519	SZARE MORSY	40-49 lat	44	Szare Morsy		00:00:00	00:11:34	00:27:20.15	00:27:20.15	+00:08:04 (29.5%)	5:09	11.6 (70.3%)

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
113	KOSIACKA Agnieszka	353		30-39 lat	39			00:00:00	00:11:34	00:27:21.05	00:27:21.05	+00:08:05 (29.6%)	5:09	11.6 (70.3%)
114	CHMURA Ewelina	83	JUSTFEELFIT	30-39 lat	40	JustfeelfitTEAM		00:00:00	00:12:31	00:27:21.80	00:27:21.80	+00:08:06 (29.6%)	5:09	11.6 (70.3%)
115	LERCH-HENCZKO Maria	425		30-39 lat	41			00:00:00	00:11:07	00:27:25.95	00:27:25.95	+00:08:10 (29.8%)	5:10	11.6 (70.3%)
116	SKWORC Ilona	690	WARTKIE PIERONY	40-49 lat	45	Wartkie Pierony		00:00:00	00:12:04	00:27:27.95	00:27:27.95	+00:08:12 (29.9%)	5:10	11.6 (70.3%)
117	NOWACZEK Ela	547	WARTKIE PIERONY	40-49 lat	46	Wartkie Pierony	Wartkie Pieronice	00:00:00	00:11:56	00:27:28.25	00:27:28.25	+00:08:12 (29.9%)	5:10	11.6 (70.3%)
118	SOKÓŁ-PISZCZEK Agnieszka	712	TEAM ŻORY	40-49 lat	47			00:00:00	00:12:10	00:27:30.20	00:27:30.20	+00:08:14 (30.0%)	5:11	11.6 (70.3%)
119	KUSTRA-POLAK Monika	404	JEJKOWICE KOBIETKI	40-49 lat	48	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:11:52	00:27:32.20	00:27:32.20	+00:08:16 (30.0%)	5:11	11.5 (69.7%)
120	BARCIEWICZ Kinga	18		30-39 lat	42			00:00:00	00:11:19	00:27:33.45	00:27:33.45	+00:08:17 (30.1%)	5:11	11.5 (69.7%)
121	NENKO Jolanta	532		30-39 lat	43		Teachers	00:00:00	00:12:08	00:27:33.50	00:27:33.50	+00:08:17 (30.1%)	5:11	11.5 (69.7%)
122	MENDECKA Daria	487	MOSIR ŁAZISKA GÓRNE	30-39 lat	44			00:00:00	00:11:36	00:27:36.75	00:27:36.75	+00:08:21 (30.2%)	5:12	11.5 (69.7%)
123	PLASKA Barbara	620	KOBIETY NA 5+	50-59 lat	14	Kobiety na 5+		00:00:00	00:11:43	00:27:37.65	00:27:37.65	+00:08:21 (30.3%)	5:12	11.5 (69.7%)
124	NYKIEL Małgorzata	556	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	15	Miechowicka Grupa Biegowa	LIGÓWKI	00:00:00	00:11:46	00:27:40.85	00:27:40.85	+00:08:25 (30.4%)	5:13	11.5 (69.7%)
125	PIEKARCZYK Katarzyna	605		20-29 lat	11			00:00:00	00:11:55	00:27:41.45	00:27:41.45	+00:08:25 (30.4%)	5:13	11.5 (69.7%)
126	KOTOWICZ Anna	356		40-49 lat	49			00:00:00	00:11:40	00:27:42.75	00:27:42.75	+00:08:27 (30.5%)	5:13	11.5 (69.7%)
127	FILIPIAK Beata	142	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	50			00:00:00	00:11:23	00:27:43.10	00:27:43.10	+00:08:27 (30.5%)	5:13	11.5 (69.7%)
128	WERNIK Katarzyna	799		50-59 lat	16			00:00:00	00:11:49	00:27:43.50	00:27:43.50	+00:08:27 (30.5%)	5:13	11.5 (69.7%)
129	FRANEK Agata	150		40-49 lat	51			00:00:00	00:11:22	00:27:43.75	00:27:43.75	+00:08:28 (30.5%)	5:13	11.5 (69.7%)
130	GAJEWSKA Martyna	160	RMKS RYBNIK	20-29 lat	12		Rmks	00:00:00	00:11:06	00:27:45.55	00:27:45.55	+00:08:29 (30.6%)	5:14	11.5 (69.7%)
131	BANAS Wioleta	15		30-39 lat	45	OPEL FIJAŁKOWSKI		00:00:00	00:11:57	00:27:48.40	00:27:48.40	+00:08:32 (30.7%)	5:14	11.4 (69.1%)
132	PŁOTKA Iwona	621		30-39 lat	46			00:00:00	00:11:53	00:27:48.80	00:27:48.80	+00:08:33 (30.7%)	5:14	11.4 (69.1%)
133	KOBIELUSZ Martyna	328		20-29 lat	13			00:00:00	00:11:21	00:27:49.10	00:27:49.10	+00:08:33 (30.8%)	5:14	11.4 (69.1%)
134	JASEK Wioletta	262	KOBIETY WATAHY	40-49 lat	52			00:00:00	00:11:49	00:27:49.85	00:27:49.85	+00:08:34 (30.8%)	5:14	11.4 (69.1%)
135	FRYSZTACKA Barbara	153		50-59 lat	17			00:00:00	00:11:30	00:27:51.30	00:27:51.30	+00:08:35 (30.8%)	5:15	11.4 (69.1%)
136	PROKOP Iwona	634	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49 lat	53		Teachers	00:00:00	00:12:08	00:27:56.65	00:27:56.65	+00:08:40 (31.1%)	5:16	11.4 (69.1%)
137	GORZELAK Joanna	194	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:00	00:11:57	00:27:58.00	00:27:58.00	+00:08:42 (31.1%)	5:16	11.4 (69.1%)
138	SKRZYPOSZEK Małgorzata	689	WARTKIE PIERONY	50-59 lat	18	Wartkie Pierony		00:00:00	00:12:04	00:28:01.70	00:28:01.70	+00:08:45 (31.3%)	5:17	11.4 (69.1%)

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
139	PASTUCHA Anna	592		60+	2			00:00:00	00:11:54	00:28:02.90	00:28:02.90	+00:08:47 (31.3%)	5:17	11.3 (68.5%)
140	GÓRECKA Iwona	197		40-49 lat	55			00:00:00	00:12:32	00:28:05.30	00:28:05.30	+00:08:49 (31.4%)	5:17	11.3 (68.5%)
141	MAKIELAK Aleksandra	459		30-39 lat	47			00:00:00	00:12:12	00:28:11.15	00:28:11.15	+00:08:55 (31.7%)	5:19	11.3 (68.5%)
142	WODNIAK Angela	814	POWOLI DO CELU	30-39 lat	48	PoWoli do Celu		00:00:00	00:11:55	00:28:12.35	00:28:12.35	+00:08:56 (31.7%)	5:19	11.3 (68.5%)
143	KLOZIK Agnieszka	316		40-49 lat	56			00:00:00	00:11:31	00:28:12.40	00:28:12.40	+00:08:56 (31.7%)	5:19	11.3 (68.5%)
144	WINIARSKA Monika	807	YNO ULTRA	40-49 lat	57			00:00:00	00:12:05	00:28:14.00	00:28:14.00	+00:08:58 (31.8%)	5:19	11.3 (68.5%)
145	WYCISK Lidia	835		50-59 lat	19			00:00:00	00:12:07	00:28:15.20	00:28:15.20	+00:08:59 (31.8%)	5:19	11.3 (68.5%)
146	CEGLARSKA Sonia	78	JEJKOWICE BIEGAJĄ	40-49 lat	58	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:12:30	00:28:15.25	00:28:15.25	+00:08:59 (31.8%)	5:19	11.3 (68.5%)
147	LACH Ewelina	417		40-49 lat	59			00:00:00	00:12:06	00:28:26.10	00:28:26.10	+00:09:10 (32.3%)	5:21	11.2 (67.9%)
148	CZAPSKA Ewa	95	HURAGAN LIGOTA	60+	3	HURAGAN LIGOTA		00:00:00	00:12:01	00:28:26.50	00:28:26.50	+00:09:10 (32.3%)	5:21	11.2 (67.9%)
149	OLEŚ Alicja	562		60+	4			00:00:00	00:12:28	00:28:29.00	00:28:29.00	+00:09:13 (32.4%)	5:22	11.2 (67.9%)
150	ADAMUS Anna	405	WARTKIE PIERONY	40-49 lat	60	Wartkie Pierony		00:00:00	00:12:05	00:28:31.40	00:28:31.40	+00:09:15 (32.5%)	5:22	11.2 (67.9%)
151	CHORCHOS Magdalena	84		30-39 lat	49			00:00:00	00:12:48	00:28:32.05	00:28:32.05	+00:09:16 (32.5%)	5:23	11.1 (67.3%)
152	GIEROŃ Katarzyna	179	DYSTANS LUBOMIA	40-49 lat	61		KK	00:00:00	00:12:21	00:28:33.15	00:28:33.15	+00:09:17 (32.5%)	5:23	11.1 (67.3%)
153	GRZYBEK Małgorzata	214		30-39 lat	50			00:00:00	00:12:45	00:28:35.70	00:28:35.70	+00:09:19 (32.6%)	5:23	11.1 (67.3%)
154	KORDEK Dorota	350		40-49 lat	62			00:00:00	00:12:07	00:28:35.85	00:28:35.85	+00:09:20 (32.6%)	5:23	11.1 (67.3%)
155	JASIŃSKA-DUDEK Barbara	264		30-39 lat	51			00:00:00	00:11:58	00:28:42.55	00:28:42.55	+00:09:26 (32.9%)	5:24	11.1 (67.3%)
156	GENSTY Klaudia	176	DYSTANS LUBOMIA	40-49 lat	63		KK	00:00:00	00:12:37	00:28:43.45	00:28:43.45	+00:09:27 (32.9%)	5:25	11.1 (67.3%)
157	SZŁAPA Urszula	756	SPOT PSZCZYNA	40-49 lat	64	SPOT Pszczyna		00:00:00	00:11:13	00:28:45.40	00:28:45.40	+00:09:29 (33.0%)	5:25	11.1 (67.3%)
158	PILCH Anna	611	PIGUATEAM	30-39 lat	52	PiguaTeam	PiguaTeam	00:00:00	00:12:22	00:28:46.80	00:28:46.80	+00:09:31 (33.1%)	5:25	11.1 (67.3%)
159	ZARAŃSKA Izabela	845		50-59 lat	20	Miechowicka Grupa Biegowa		00:00:00	00:12:30	00:28:46.95	00:28:46.95	+00:09:31 (33.1%)	5:25	11.1 (67.3%)
160	BORUTA Wioletta	57		40-49 lat	65			00:00:00	00:12:04	00:28:50.70	00:28:50.70	+00:09:34 (33.2%)	5:26	11 (66.7%)
161	DOBRENKO Edyta	116		40-49 lat	66			00:00:00	00:12:32	00:28:51.90	00:28:51.90	+00:09:36 (33.3%)	5:26	11 (66.7%)
162	RANSZ Beata	643	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	21			00:00:00	00:12:17	00:28:54.90	00:28:54.90	+00:09:39 (33.4%)	5:27	11 (66.7%)
163	CHROBOK Józefa	85	OLZA CIESZYN	50-59 lat	22	Olza Cieszyn		00:00:00	00:12:13	00:28:55.65	00:28:55.65	+00:09:39 (33.4%)	5:27	11 (66.7%)
164	RZEPECKA Bożena	667	OLZA CIESZYN	50-59 lat	23	Olza Cieszyn		00:00:00	00:12:14	00:28:55.75	00:28:55.75	+00:09:40 (33.4%)	5:27	11 (66.7%)

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
165	KULIŃSKA Bożena	394	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	50-59 lat	24			00:00:00	00:12:06	00:28:57.45	00:28:57.45	+00:09:41 (33.5%)	5:27	11 (66.7%)
166	KĘKUŚ Dorota	304	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	40-49 lat	67			00:00:00	00:12:15	00:29:01.45	00:29:01.45	+00:09:45 (33.6%)	5:28	11 (66.7%)
167	TERESZYŃSKA Anna	776		40-49 lat	68			00:00:00	00:11:38	00:29:01.80	00:29:01.80	+00:09:46 (33.6%)	5:28	11 (66.7%)
168	ŁAPA Julia	442		20-29 lat	14			00:00:00	00:12:44	00:29:02.95	00:29:02.95	+00:09:47 (33.7%)	5:28	11 (66.7%)
169	GATNER Agnieszka	171		40-49 lat	69			00:00:00	00:12:19	00:29:05.10	00:29:05.10	+00:09:49 (33.8%)	5:29	10.9 (66.1%)
169	ŁASA Izabela	443		40-49 lat	70			00:00:00	00:12:30	00:29:05.10	00:29:05.10	+00:09:49 (33.8%)	5:29	10.9 (66.1%)
171	JELITKO Ania	272		30-39 lat	53			00:00:00	00:13:39	00:29:06.15	00:29:06.15	+00:09:50 (33.8%)	5:29	10.9 (66.1%)
172	RATAJCZYK Dominika	1191		20-29 lat	15			00:00:00	00:11:35	00:29:06.80	00:29:06.80	+00:09:51 (33.8%)	5:29	10.9 (66.1%)
173	KONOPKA Magdalena	343		30-39 lat	54		Magda i Ola	00:00:00	00:13:01	00:29:09.50	00:29:09.50	+00:09:53 (33.9%)	5:30	10.9 (66.1%)
174	KĄKOL-WOJTAS Katarzyna	303	POWOLI DO CELU	40-49 lat	71	PoWoli do Celu		00:00:00	00:12:45	00:29:10.25	00:29:10.25	+00:09:54 (34.0%)	5:30	10.9 (66.1%)
175	GABRUŚ Iwona	156	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59 lat	25			00:00:00	00:12:35	00:29:10.35	00:29:10.35	+00:09:54 (34.0%)	5:30	10.9 (66.1%)
176	KRAWCZYK Urszula	371		20-29 lat	16			00:00:00	00:11:38	00:29:11.35	00:29:11.35	+00:09:55 (34.0%)	5:30	10.9 (66.1%)
177	CHYTROSZEK Eleonora	87		50-59 lat	26			00:00:00	00:12:31	00:29:12.35	00:29:12.35	+00:09:56 (34.0%)	5:30	10.9 (66.1%)
178	SZCZĘSNA Kinga	749	RUNSZ-TEAM	20-29 lat	17	runSZ-Team		00:00:00	00:11:50	00:29:17.60	00:29:17.60	+00:10:01 (34.2%)	5:31	10.9 (66.1%)
179	DĘBICKA Aneta	1190		20-29 lat	18			00:00:00	00:11:39	00:29:19.10	00:29:19.10	+00:10:03 (34.3%)	5:31	10.8 (65.5%)
180	SŁOWIŃSKA Joanna	696	RUNTEAM PAWŁOWICE	30-39 lat	55	RUNTEAM Pawłowice		00:00:00	00:12:07	00:29:21.40	00:29:21.40	+00:10:05 (34.4%)	5:32	10.8 (65.5%)
181	SZYPUŁA Ola	766	-	16-19 lat	7		Magda i Ola	00:00:00	00:13:02	00:29:23.50	00:29:23.50	+00:10:07 (34.5%)	5:32	10.8 (65.5%)
182	WITOS Karolina	811	JUSTFEELFIT	16-19 lat	8	justfeelfitTEAM		00:00:00	00:11:26	00:29:24.95	00:29:24.95	+00:10:09 (34.5%)	5:32	10.8 (65.5%)
183	BURZYŃSKA Żaneta	76		30-39 lat	56			00:00:00	00:12:30	00:29:27.85	00:29:27.85	+00:10:12 (34.6%)	5:33	10.8 (65.5%)
184	KMIECIAK Grażyna	325		50-59 lat	27			00:00:00	00:12:20	00:29:28.00	00:29:28.00	+00:10:12 (34.6%)	5:33	10.8 (65.5%)
185	PLESZCZYŃSKA Iwona	619		40-49 lat	72		Izolda&Iwi	00:00:00	00:12:33	00:29:28.70	00:29:28.70	+00:10:12 (34.7%)	5:33	10.8 (65.5%)
186	ZAWADZKA Agnieszka	847		30-39 lat	57	INCOLA TEAM		00:00:00	00:13:02	00:29:35.95	00:29:35.95	+00:10:20 (34.9%)	5:34	10.7 (64.8%)
187	PYTEL Renata	638	SOBIESKI	50-59 lat	28		Sobieski6	00:00:00	00:12:11	00:29:36.30	00:29:36.30	+00:10:20 (34.9%)	5:35	10.7 (64.8%)
188	ŁATKA Dorota	444		40-49 lat	73			00:00:00	00:12:24	00:29:36.45	00:29:36.45	+00:10:20 (34.9%)	5:35	10.7 (64.8%)
189	PUDA Dorota	636	KOBIETY NA 5+	50-59 lat	29	Kobiety na 5+		00:00:00	00:12:37	00:29:36.70	00:29:36.70	+00:10:20 (34.9%)	5:35	10.7 (64.8%)
190	HALSZKA Joanna	222		40-49 lat	74		funfelki	00:00:00	00:12:59	00:29:38.85	00:29:38.85	+00:10:23 (35.0%)	5:35	10.7 (64.8%)

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
191	PIECHA-ŁACHAJCZYK Hanna	602		40-49 lat	75			00:00:00	00:12:55	00:29:41.00	00:29:41.00	+00:10:25 (35.1%)	5:36	10.7 (64.8%)
192	KAMIŃSKA Agnieszka	292		40-49 lat	76			00:00:00	00:12:36	00:29:43.05	00:29:43.05	+00:10:27 (35.2%)	5:36	10.7 (64.8%)
193	MUSIAŁ Maria	518		60+	5			00:00:00	00:13:09	00:29:43.85	00:29:43.85	+00:10:28 (35.2%)	5:36	10.7 (64.8%)
194	BUREK Alina	72		40-49 lat	77			00:00:00	00:12:26	00:29:49.40	00:29:49.40	+00:10:33 (35.4%)	5:37	10.7 (64.8%)
195	BĄKOWSKA Justyna	23		30-39 lat	58			00:00:00	00:13:11	00:29:50.55	00:29:50.55	+00:10:34 (35.5%)	5:37	10.7 (64.8%)
196	KUSA Aleksandra	403		50-59 lat	30			00:00:00	00:12:37	00:29:55.15	00:29:55.15	+00:10:39 (35.6%)	5:38	10.6 (64.2%)
197	MROWIEC Marta	514	BDB TEAM	30-39 lat	59	BDB Team		00:00:00	00:13:03	00:29:56.55	00:29:56.55	+00:10:40 (35.7%)	5:38	10.6 (64.2%)
198	FOJCIK Kasia	146	PIRATKI Z SZARLOTY	30-39 lat	60	Piratki z Szarloty	Kangurzyce	00:00:00	00:12:07	00:29:57.00	00:29:57.00	+00:10:41 (35.7%)	5:39	10.6 (64.2%)
199	FRAJHOFER Ewka	149		40-49 lat	78	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:12:19	00:29:58.85	00:29:58.85	+00:10:43 (35.8%)	5:39	10.6 (64.2%)
199	GORAUS-GŁOWANIA Daria	191	ADS MASNA	30-39 lat	61		Masne Frelki	00:00:00	00:13:50	00:29:58.85	00:29:58.85	+00:10:43 (35.8%)	5:39	10.6 (64.2%)
201	MARCISZ Natalia	464		20-29 lat	19			00:00:00	00:12:46	00:29:59.25	00:29:59.25	+00:10:43 (35.8%)	5:39	10.6 (64.2%)
202	PISKORZ Katarzyna	614		16-19 lat	9			00:00:00	00:12:08	00:29:59.40	00:29:59.40	+00:10:43 (35.8%)	5:39	10.6 (64.2%)
203	BITNER-RYSZKA Natalia	43		40-49 lat	79			00:00:00	00:13:12	00:30:00.55	00:30:00.55	+00:10:44 (35.8%)	5:39	10.6 (64.2%)
204	ŻBEL Ania	862		40-49 lat	80			00:00:00	00:13:12	00:30:00.80	00:30:00.80	+00:10:45 (35.8%)	5:39	10.6 (64.2%)
205	WIDERA Elżbieta	801		40-49 lat	81	HRmax dziółszki		00:00:00	00:13:15	00:30:02.35	00:30:02.35	+00:10:46 (35.9%)	5:40	10.6 (64.2%)
206	GRABOWSKA Katarzyna	203		50-59 lat	31			00:00:00	00:12:51	00:30:03.90	00:30:03.90	+00:10:48 (35.9%)	5:40	10.6 (64.2%)
207	LUCIK Grażyna	438	MGB	60+	6	Miechowicka Grupa Biegowa		00:00:00	00:12:46	00:30:04.80	00:30:04.80	+00:10:49 (36.0%)	5:40	10.6 (64.2%)
208	SAJNAJ Izabela	669		40-49 lat	82		Izolda&Iwi	00:00:00	00:12:46	00:30:06.45	00:30:06.45	+00:10:50 (36.0%)	5:40	10.6 (64.2%)
209	KUŚNIERZ Ewelina Dąbrowska	411	MIRAZ RACE TEAM	40-49 lat	83	Miraz Race Team		00:00:00	00:13:20	00:30:13.95	00:30:13.95	+00:10:58 (36.3%)	5:42	10.5 (63.6%)
210	MUSIOŁ Bożena	521		40-49 lat	84			00:00:00	00:11:54	00:30:14.75	00:30:14.75	+00:10:59 (36.3%)	5:42	10.5 (63.6%)
211	DĄBROWSKA Agata	106	NESSI TIME ŻORY	40-49 lat	85			00:00:00	00:13:14	00:30:15.85	00:30:15.85	+00:11:00 (36.4%)	5:42	10.5 (63.6%)
212	SZULC Barbara	761	MIECHOWICKA GRUPA BIEGOWA	60+	7	Miechowicka Grupa Biegowa		00:00:00	00:12:47	00:30:16.00	00:30:16.00	+00:11:00 (36.4%)	5:42	10.5 (63.6%)
213	JAKUBOWSKA Agnieszka	243	HRMAX DZIOŁSZKI	40-49 lat	86	HRmax dziółszki		00:00:00	00:13:15	00:30:16.20	00:30:16.20	+00:11:00 (36.4%)	5:42	10.5 (63.6%)
214	AUGUSCIK Ewelina	10	KOBIETY NA 5+	30-39 lat	62	Kobiety na 5+		00:00:00	00:12:17	00:30:16.30	00:30:16.30	+00:11:00 (36.4%)	5:42	10.5 (63.6%)

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
214	KACZOREK Anna	283	HRMAX DZIOŁSZKI	40-49 lat	87	HRmax dziolszki		00:00:00	00:13:15	00:30:16.30	00:30:16.30	+00:11:00 (36.4%)	5:42	10.5 (63.6%)
216	BŁOŃSKA Wiola	49	CHWALISZ CZY CHWALISZ - LOTEJ Z NAMI	30-39 lat	63	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:12:15	00:30:17.35	00:30:17.35	+00:11:01 (36.4%)	5:42	10.5 (63.6%)
217	KOWALONEK Aleksandra	360		20-29 lat	20		O&K	00:00:00	00:12:36	00:30:18.10	00:30:18.10	+00:11:02 (36.4%)	5:43	10.5 (63.6%)
218	JAROŃ Katarzyna	259		40-49 lat	88			00:00:00	00:12:03	00:30:19.25	00:30:19.25	+00:11:03 (36.5%)	5:43	10.5 (63.6%)
219	ZIELOSKO Beata	854		40-49 lat	89			00:00:00	00:13:10	00:30:20.25	00:30:20.25	+00:11:04 (36.5%)	5:43	10.5 (63.6%)
220	SKOTNICKA Urszula	685	NIE ZRZESZONA	50-59 lat	32			00:00:00	00:12:33	00:30:21.00	00:30:21.00	+00:11:05 (36.5%)	5:43	10.5 (63.6%)
221	LISOWSKA Agnieszka	432		40-49 lat	90			00:00:00	00:12:50	00:30:21.80	00:30:21.80	+00:11:06 (36.6%)	5:43	10.5 (63.6%)
222	SŁOWIK Katarzyna	695	JUSTFEELFIT	30-39 lat	64	JustfeelfitTEAM		00:00:00	00:13:39	00:30:23.05	00:30:23.05	+00:11:07 (36.6%)	5:43	10.5 (63.6%)
223	ŚLUSARCZYK Wioletta	771	BIEGAMY/MORSUJEMY	40-49 lat	91			00:00:00	00:12:36	00:30:25.05	00:30:25.05	+00:11:09 (36.7%)	5:44	10.5 (63.6%)
224	WIECHOWSKA Sabina	802	MONSUN SPORT	40-49 lat	92			00:00:00	00:12:20	00:30:25.10	00:30:25.10	+00:11:09 (36.7%)	5:44	10.5 (63.6%)
225	GLANERT Karolina	182		60+	8			00:00:00	00:13:10	00:30:25.30	00:30:25.30	+00:11:09 (36.7%)	5:44	10.5 (63.6%)
226	MARSZAŁKOWSKA Daria	471		40-49 lat	93			00:00:00	00:13:57	00:30:25.45	00:30:25.45	+00:11:09 (36.7%)	5:44	10.5 (63.6%)
227	GAŁKIEWICZ Monika	162	BDB TEAM	40-49 lat	94	BDB Team		00:00:00	00:13:00	00:30:27.05	00:30:27.05	+00:11:11 (36.7%)	5:44	10.4 (63.0%)
228	MADEJA Zofia	454	POWOLIDOCELU	40-49 lat	95	PoWoli do Celu		00:00:00	00:13:32	00:30:29.35	00:30:29.35	+00:11:13 (36.8%)	5:45	10.4 (63.0%)
229	JANICKA Sylwia	249	DRUZYNA KOPERNIKA	50-59 lat	33			00:00:00	00:13:08	00:30:30.00	00:30:30.00	+00:11:14 (36.8%)	5:45	10.4 (63.0%)
230	PARMA Anna	589		30-39 lat	65			00:00:00	00:12:12	00:30:30.80	00:30:30.80	+00:11:15 (36.9%)	5:45	10.4 (63.0%)
231	GORYCKA Katarzyna	193	GRUPETTO POGWIZDÓW	50-59 lat	34			00:00:00	00:13:23	00:30:31.35	00:30:31.35	+00:11:15 (36.9%)	5:45	10.4 (63.0%)
232	PAJĄK Mariola	577	JUSTFEELFITTEAM	30-39 lat	66	JustfeelfitTEAM		00:00:00	00:13:39	00:30:33.95	00:30:33.95	+00:11:18 (37.0%)	5:45	10.4 (63.0%)
233	BAJCAR Beata	11	KOBIETY NA 5+	50-59 lat	35	Kobiety na 5+		00:00:00	00:12:53	00:30:34.90	00:30:34.90	+00:11:19 (37.0%)	5:46	10.4 (63.0%)
234	BIZOŃ Monika	44		40-49 lat	96			00:00:00	00:12:57	00:30:38.20	00:30:38.20	+00:11:22 (37.1%)	5:46	10.4 (63.0%)
235	KURIATA Katarzyna	402		30-39 lat	67			00:00:00	00:13:05	00:30:38.45	00:30:38.45	+00:11:22 (37.1%)	5:46	10.4 (63.0%)
236	SOBINA Roksana	707	KLUB BIEGACZA FARTLEK	40-49 lat	97	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.15	00:30:39.15	+00:11:23 (37.2%)	5:46	10.4 (63.0%)
237	SZTABLA Liliana	760	KLUB BIEGACZA FARTLEK	40-49 lat	98	Klub Biegacza Fartlek	Drem Team	00:00:00	00:12:43	00:30:39.85	00:30:39.85	+00:11:24 (37.2%)	5:46	10.4 (63.0%)
238	SKORUPA Magdalena	683		30-39 lat	68			00:00:00	00:13:18	00:30:41.20	00:30:41.20	+00:11:25 (37.2%)	5:47	10.4 (63.0%)
239	TYRYTKO Sylwia	783	WATAHA	40-49 lat	99	WATAHA		00:00:00	00:13:20	00:30:43.35	00:30:43.35	+00:11:27 (37.3%)	5:47	10.4 (63.0%)
240	GOLASIK Katarzyna	188	JUSTFEELFITTEAM	40-49 lat	100	JustfeelfitTEAM		00:00:00	00:13:40	00:30:43.50	00:30:43.50	+00:11:27 (37.3%)	5:47	10.4 (63.0%)

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
241	JASIK Karolina	263	BIEGAM BO LUBIĘ RUDA ŚLĄSKA	20-29 lat	21	Wartkie Pierony		00:00:00	00:12:36	00:30:45.10	00:30:45.10	+00:11:29 (37.4%)	5:48	10.3 (62.4%)
242	BUREK Gabriela	71	RUNTEAM PAWŁOWICE	30-39 lat	69	RUNTEAM Pawłowice		00:00:00	00:13:36	00:30:45.70	00:30:45.70	+00:11:29 (37.4%)	5:48	10.3 (62.4%)
243	ŻEBRACKA-MEJER Kornelia	863		30-39 lat	70			00:00:00	00:13:22	00:30:47.30	00:30:47.30	+00:11:31 (37.4%)	5:48	10.3 (62.4%)
244	OLSZAK Joanna	564	JUST FOR FAN	40-49 lat	101	JUST FOR FUN		00:00:00	00:13:23	00:30:48.35	00:30:48.35	+00:11:32 (37.5%)	5:48	10.3 (62.4%)
245	DZIEWIRZ Aurelia	134		40-49 lat	102			00:00:00	00:12:45	00:30:49.65	00:30:49.65	+00:11:33 (37.5%)	5:48	10.3 (62.4%)
246	NOSAL Maria	546		40-49 lat	103			00:00:00	00:12:49	00:30:50.20	00:30:50.20	+00:11:34 (37.5%)	5:49	10.3 (62.4%)
247	GÓRKA Barbara	199	RUNTEAM PAWŁOWICE	40-49 lat	104	RUNTEAM Pawłowice		00:00:00	00:13:35	00:30:52.15	00:30:52.15	+00:11:36 (37.6%)	5:49	10.3 (62.4%)
248	FRANICZEK Bożena	151		40-49 lat	105			00:00:00	00:12:46	00:30:52.45	00:30:52.45	+00:11:36 (37.6%)	5:49	10.3 (62.4%)
249	PARKITA Justyna	588	BDB TEAM	40-49 lat	106	BDB Team		00:00:00	00:13:01	00:30:56.20	00:30:56.20	+00:11:40 (37.7%)	5:50	10.3 (62.4%)
250	KUŚ Elżbieta	408		40-49 lat	107	rude ze śląska		00:00:00	00:13:52	00:30:58.05	00:30:58.05	+00:11:42 (37.8%)	5:50	10.3 (62.4%)
251	WARLEWSKA Joanna	792		30-39 lat	71			00:00:00	00:12:48	00:30:58.25	00:30:58.25	+00:11:42 (37.8%)	5:50	10.3 (62.4%)
252	LIPKA Edyta	429		40-49 lat	108			00:00:00	00:12:52	00:30:58.50	00:30:58.50	+00:11:42 (37.8%)	5:50	10.3 (62.4%)
253	MAĆKÓW Agnieszka	450		50-59 lat	36			00:00:00	00:13:11	00:30:59.60	00:30:59.60	+00:11:43 (37.8%)	5:50	10.3 (62.4%)
254	BOŁOTIUCH Katarzyna	54	POWOLI DO CELU	40-49 lat	109	PoWoli do Celu		00:00:00	00:13:04	00:30:59.75	00:30:59.75	+00:11:44 (37.9%)	5:50	10.3 (62.4%)
255	GOŁOFIT Edyta	190	OPEL FIJAŁKOWSKI	20-29 lat	22	OPEL FIJAŁKOWSKI		00:00:00	00:13:55	00:31:00.55	00:31:00.55	+00:11:44 (37.9%)	5:50	10.3 (62.4%)
256	KONIECZNY Marta	341		20-29 lat	23			00:00:00	00:13:05	00:31:04.10	00:31:04.10	+00:11:48 (38.0%)	5:51	10.2 (61.8%)
257	DROBIAK Kornelia	123	KOBIETY NA 5+	30-39 lat	72	Kobiety na 5+		00:00:00	00:13:05	00:31:04.90	00:31:04.90	+00:11:49 (38.0%)	5:51	10.2 (61.8%)
258	KACHEL Monika	280	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	30-39 lat	73	Chwalisz czy nie chwalisz lotej z nami		00:00:00	00:12:48	00:31:05.50	00:31:05.50	+00:11:49 (38.0%)	5:51	10.2 (61.8%)
259	RADWAŃSKA Agata	640		20-29 lat	24			00:00:00	00:13:37	00:31:05.75	00:31:05.75	+00:11:50 (38.1%)	5:51	10.2 (61.8%)
260	MALINOWSKA Aneta	461	OLZA CIESZYN	40-49 lat	110	Olza Cieszyn		00:00:00	00:13:11	00:31:08.40	00:31:08.40	+00:11:52 (38.1%)	5:52	10.2 (61.8%)
261	BOMBOR Antonina	55		40-49 lat	111			00:00:00	00:13:33	00:31:10.05	00:31:10.05	+00:11:54 (38.2%)	5:52	10.2 (61.8%)
262	MAĆKÓW Klaudia	452		20-29 lat	25			00:00:00	00:13:11	00:31:12.00	00:31:12.00	+00:11:56 (38.3%)	5:53	10.2 (61.8%)
263	PAŁUCKA Monika	582	POWOLI DO CELU	30-39 lat	74	PoWoli do Celu		00:00:00	00:13:02	00:31:12.75	00:31:12.75	+00:11:57 (38.3%)	5:53	10.2 (61.8%)
264	WRZOŁ Anna	833		30-39 lat	75			00:00:00	00:13:25	00:31:13.20	00:31:13.20	+00:11:57 (38.3%)	5:53	10.2 (61.8%)
265	JABŁOŃSKA Aleksandra	238		30-39 lat	76			00:00:00	00:13:50	00:31:14.05	00:31:14.05	+00:11:58 (38.3%)	5:53	10.2 (61.8%)
266	WIERCIGROCH Mariola	805	JUSTFEELFITTEAM	30-39 lat	77	JustfeelfitTEAM		00:00:00	00:13:14	00:31:15.00	00:31:15.00	+00:11:59 (38.4%)	5:53	10.2 (61.8%)

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
267	SZAROWICZ Joanna	743		40-49 lat	112	Miechowicka Grupa Biegowa		00:00:00	00:13:09	00:31:15.65	00:31:15.65	+00:11:59 (38.4%)	5:53	10.2 (61.8%)
268	JABŁOŃSKA-SŁAZIŃSKA Anna	239		30-39 lat	78			00:00:00	00:13:51	00:31:16.25	00:31:16.25	+00:12:00 (38.4%)	5:53	10.2 (61.8%)
269	DOBRENIUK Aurelia	115		40-49 lat	113			00:00:00	00:12:59	00:31:16.80	00:31:16.80	+00:12:01 (38.4%)	5:53	10.2 (61.8%)
270	KOPIEC Estera	348	POWOLIDOCELU	30-39 lat	79	PoWoli do Celu		00:00:00	00:13:26	00:31:21.40	00:31:21.40	+00:12:05 (38.6%)	5:54	10.1 (61.2%)
271	JAROŃ Milena	258		16-19 lat	10			00:00:00	00:12:44	00:31:22.50	00:31:22.50	+00:12:06 (38.6%)	5:55	10.1 (61.2%)
272	MADEJA Aleksandra	453	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	114	Miechowicka Grupa Biegowa		00:00:00	00:13:25	00:31:26.40	00:31:26.40	+00:12:10 (38.7%)	5:55	10.1 (61.2%)
273	SOCHA Marlena	709	WARTKIE PIERONY	50-59 lat	37	Wartkie Pierony		00:00:00	00:13:21	00:31:26.55	00:31:26.55	+00:12:10 (38.7%)	5:55	10.1 (61.2%)
274	LEGIERSKA Natalia	422	TL ATHLETICS JASTRZĘBIE	30-39 lat	80	TL Athletics Jastrzębie	ZABIEGANE	00:00:00	00:12:56	00:31:27.40	00:31:27.40	+00:12:11 (38.8%)	5:56	10.1 (61.2%)
275	MUSIOŁ Helena	520		40-49 lat	115			00:00:00	00:12:51	00:31:27.85	00:31:27.85	+00:12:12 (38.8%)	5:56	10.1 (61.2%)
276	JURASZEK Agnieszka	276	JUSTFEELFIT TEAM	40-49 lat	116	JustfeelfitTEAM		00:00:00	00:13:49	00:31:29.95	00:31:29.95	+00:12:14 (38.8%)	5:56	10.1 (61.2%)
277	GROMADZKA Justyna	208	KOBIETYWATAHY	40-49 lat	117			00:00:00	00:12:55	00:31:30.25	00:31:30.25	+00:12:14 (38.9%)	5:56	10.1 (61.2%)
278	PIETROSZEK Władysława	607		40-49 lat	118			00:00:00	00:13:04	00:31:31.00	00:31:31.00	+00:12:15 (38.9%)	5:56	10.1 (61.2%)
279	KISZKA-MAZIARCZUK Berenika	310	LECYMY DURŚ	30-39 lat	81	Lecymy Durś	Defibrylator	00:00:00	00:13:44	00:31:31.40	00:31:31.40	+00:12:15 (38.9%)	5:56	10.1 (61.2%)
280	KRZEMIEŃ Ewa	376		30-39 lat	82			00:00:00	00:12:22	00:31:32.55	00:31:32.55	+00:12:16 (38.9%)	5:56	10.1 (61.2%)
281	BODZIANOWSKA Joanna	51	GOLDENTEAM	40-49 lat	119		Golden Team	00:00:00	00:12:39	00:31:33.45	00:31:33.45	+00:12:17 (39.0%)	5:57	10.1 (61.2%)
282	HORAK Alina	233	-----	50-59 lat	38			00:00:00	00:13:35	00:31:33.60	00:31:33.60	+00:12:17 (39.0%)	5:57	10.1 (61.2%)
283	JASTRZĘBSKA Ewa	266		50-59 lat	39			00:00:00	00:13:31	00:31:33.95	00:31:33.95	+00:12:18 (39.0%)	5:57	10.1 (61.2%)
284	GAJ Monika	158	DAR-BUD TEAM	40-49 lat	120			00:00:00	00:13:49	00:31:34.30	00:31:34.30	+00:12:18 (39.0%)	5:57	10.1 (61.2%)
285	CIEŚLA Edyta	92		50-59 lat	40			00:00:00	00:13:49	00:31:34.45	00:31:34.45	+00:12:18 (39.0%)	5:57	10.1 (61.2%)
286	MOSZ Weronika	509		40-49 lat	121			00:00:00	00:13:46	00:31:38.15	00:31:38.15	+00:12:22 (39.1%)	5:58	10.1 (61.2%)
287	MAŚLANKA Sabina	476		50-59 lat	41			00:00:00	00:14:34	00:31:38.25	00:31:38.25	+00:12:22 (39.1%)	5:58	10.1 (61.2%)
288	GIŻYŃSKA Katarzyna	181		30-39 lat	83	Kobiety na 5+		00:00:00	00:13:10	00:31:38.90	00:31:38.90	+00:12:23 (39.1%)	5:58	10.1 (61.2%)
289	SZPYRA Aniela	759		16-19 lat	11			00:00:00	00:12:29	00:31:39.75	00:31:39.75	+00:12:24 (39.2%)	5:58	10 (60.6%)
290	KUŚ Joanna	407		40-49 lat	122	Rozbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:13:57	00:31:40.10	00:31:40.10	+00:12:24 (39.2%)	5:58	10 (60.6%)

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
291	KLIMEK-KARAS Sylwia	315	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49 lat	123	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:13:57	00:31:41.20	00:31:41.20	+00:12:25 (39.2%)	5:58	10 (60.6%)
292	CIELANGA Barbara	90	WATAHA	30-39 lat	84	WATAHA		00:00:00	00:13:39	00:31:43.05	00:31:43.05	+00:12:27 (39.3%)	5:59	10 (60.6%)
293	KRZYŻOWSKA Izabela	378		50-59 lat	42			00:00:00	00:13:37	00:31:44.10	00:31:44.10	+00:12:28 (39.3%)	5:59	10 (60.6%)
294	PIWISZKIS Barbara	615	KOBIETY NA 5+	40-49 lat	124	Kobiety na 5+	AnadoBara	00:00:00	00:13:06	00:31:44.80	00:31:44.80	+00:12:29 (39.3%)	5:59	10 (60.6%)
294	KUFIETA Ewelina Ina	390		40-49 lat	125		Blond rakiety	00:00:00	00:13:08	00:31:44.80	00:31:44.80	+00:12:29 (39.3%)	5:59	10 (60.6%)
296	FECZKO Monika	140		20-29 lat	26			00:00:00	00:12:51	00:31:45.85	00:31:45.85	+00:12:30 (39.4%)	5:59	10 (60.6%)
297	POCIENNIK Justyna	623	BRYKAJĄCA GRUPA BIEGOWA	50-59 lat	43			00:00:00	00:13:16	00:31:46.50	00:31:46.50	+00:12:30 (39.4%)	5:59	10 (60.6%)
298	UKLEJA Ela	786		40-49 lat	126			00:00:00	00:14:18	00:31:46.60	00:31:46.60	+00:12:30 (39.4%)	5:59	10 (60.6%)
299	WARSZAWSKA Magda	793	BIEGAMY/MORSUJEMY	30-39 lat	85			00:00:00	00:12:57	00:31:47.20	00:31:47.20	+00:12:31 (39.4%)	5:59	10 (60.6%)
300	ROSGA Anna	658		40-49 lat	127			00:00:00	00:12:44	00:31:48.90	00:31:48.90	+00:12:33 (39.5%)	6:00	10 (60.6%)
301	CZYRNEK Ewa	100	SMAKI BIEGANIA	40-49 lat	128	Smaki bieganania	siostry	00:00:00	00:13:10	00:31:49.90	00:31:49.90	+00:12:34 (39.5%)	6:00	10 (60.6%)
302	GAWĘLCZYK Daria	172	SĄDÓWKI	30-39 lat	86	Sądówki	Biegające Sądówki	00:00:00	00:12:33	00:31:50.95	00:31:50.95	+00:12:35 (39.5%)	6:00	10 (60.6%)
303	BAŁA Justyna	14	KOBIETY NA 5+	40-49 lat	129	Kobiety na 5+		00:00:00	00:13:36	00:31:51.85	00:31:51.85	+00:12:36 (39.5%)	6:00	10 (60.6%)
304	LIPKO Izabela	430		40-49 lat	130			00:00:00	00:15:11	00:31:52.35	00:31:52.35	+00:12:36 (39.6%)	6:00	10 (60.6%)
305	GRUSZKIEWICZ Sylwia	210	BORKO TEAM	40-49 lat	131		Borko Team	00:00:00	00:14:52	00:31:53.60	00:31:53.60	+00:12:37 (39.6%)	6:00	10 (60.6%)
306	ANIOŁ-BARLIK Agnieszka	8		40-49 lat	132			00:00:00	00:13:20	00:31:54.90	00:31:54.90	+00:12:39 (39.6%)	6:01	10 (60.6%)
306	KARWOT Martyna	298		20-29 lat	27			00:00:00	00:13:39	00:31:54.90	00:31:54.90	+00:12:39 (39.6%)	6:01	10 (60.6%)
308	DĄBROWSKA Katarzyna	105		30-39 lat	87			00:00:00	00:13:52	00:31:56.35	00:31:56.35	+00:12:40 (39.7%)	6:01	10 (60.6%)
309	JANIK Izabela	251		40-49 lat	133	JUST FOR FUN		00:00:00	00:13:12	00:31:58.85	00:31:58.85	+00:12:43 (39.8%)	6:01	9.9 (60.0%)
310	NAWRAT Faustyna	530		16-19 lat	12			00:00:00	00:13:08	00:32:00.55	00:32:00.55	+00:12:44 (39.8%)	6:02	9.9 (60.0%)
311	KŁEK Marzena	322		40-49 lat	134			00:00:00	00:13:53	00:32:00.70	00:32:00.70	+00:12:44 (39.8%)	6:02	9.9 (60.0%)
312	KASPRZYCKA SZUBARSKA Katarzyna	300	PARKRUN CIESZYN	50-59 lat	44			00:00:00	00:13:50	00:32:00.75	00:32:00.75	+00:12:45 (39.8%)	6:02	9.9 (60.0%)
313	TRYBAŁA Weronika	781	WATAHA	20-29 lat	28	WATAHA		00:00:00	00:12:56	00:32:01.80	00:32:01.80	+00:12:46 (39.9%)	6:02	9.9 (60.0%)
314	PETRYKOWSKA Magda	600		20-29 lat	29			00:00:00	00:13:49	00:32:05.20	00:32:05.20	+00:12:49 (40.0%)	6:03	9.9 (60.0%)
315	OZDARSKA Beata	571	WARTKIE PIERONY	50-59 lat	45	Wartkie Pierony		00:00:00	00:13:21	00:32:05.85	00:32:05.85	+00:12:50 (40.0%)	6:03	9.9 (60.0%)

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
316	GOJ Hanna	187	MORS HUBERTUS MYSŁOWICE	50-59 lat	46	Mors Hubertus		00:00:00	00:13:31	00:32:06.05	00:32:06.05	+00:12:50 (40.0%)	6:03	9.9 (60.0%)
317	MATUSZEK Anna	481		30-39 lat	88			00:00:00	00:13:05	00:32:08.95	00:32:08.95	+00:12:53 (40.1%)	6:03	9.9 (60.0%)
318	DZIUK Jolanta	136		50-59 lat	47			00:00:00	00:12:55	00:32:10.25	00:32:10.25	+00:12:54 (40.1%)	6:04	9.9 (60.0%)
319	JAWORSKA Ewa	269		40-49 lat	135			00:00:00	00:13:56	00:32:10.30	00:32:10.30	+00:12:54 (40.1%)	6:04	9.9 (60.0%)
320	SZPYRA Sonia	758		40-49 lat	136			00:00:00	00:13:22	00:32:11.60	00:32:11.60	+00:12:55 (40.2%)	6:04	9.9 (60.0%)
321	SOBOL Ewa	708		40-49 lat	137		funfelki	00:00:00	00:13:33	00:32:11.80	00:32:11.80	+00:12:56 (40.2%)	6:04	9.9 (60.0%)
322	GRABIEC Małgorzata	202		30-39 lat	89			00:00:00	00:14:21	00:32:12.25	00:32:12.25	+00:12:56 (40.2%)	6:04	9.9 (60.0%)
323	ZACZYŃSKA-POZNIAK Jarosława	840		40-49 lat	138			00:00:00	00:13:56	00:32:15.20	00:32:15.20	+00:12:59 (40.3%)	6:05	9.9 (60.0%)
324	ROŚCZAK Sylwia	659		40-49 lat	139			00:00:00	00:13:48	00:32:17.85	00:32:17.85	+00:13:02 (40.4%)	6:05	9.9 (60.0%)
325	DONOCIK Bogusława	120		40-49 lat	140			00:00:00	00:14:21	00:32:19.95	00:32:19.95	+00:13:04 (40.4%)	6:05	9.8 (59.4%)
326	PIECHOCKA-WARZECHA Katarzyna	604		30-39 lat	90		Rozbiegamy to miasto-Czechowice Dziedzice	00:00:00	00:13:56	00:32:20.35	00:32:20.35	+00:13:04 (40.4%)	6:06	9.8 (59.4%)
327	WOSIŃSKA Helena	822	RUNTEAM PAWŁOWICE	40-49 lat	141		RUNTEAM Pawłowice	00:00:00	00:13:36	00:32:20.85	00:32:20.85	+00:13:05 (40.5%)	6:06	9.8 (59.4%)
328	CICHECKA Jolanta	88		50-59 lat	48		rude ze śląska	00:00:00	00:13:52	00:32:22.55	00:32:22.55	+00:13:06 (40.5%)	6:06	9.8 (59.4%)
329	MASZCZYŃSKA-SKALIK Anna	475		40-49 lat	142			00:00:00	00:14:38	00:32:22.70	00:32:22.70	+00:13:06 (40.5%)	6:06	9.8 (59.4%)
330	GAWLAS Paulina	173		30-39 lat	91			00:00:00	00:13:12	00:32:25.10	00:32:25.10	+00:13:09 (40.6%)	6:06	9.8 (59.4%)
331	BROLL Agnieszka	63		40-49 lat	143			00:00:00	00:13:48	00:32:25.95	00:32:25.95	+00:13:10 (40.6%)	6:06	9.8 (59.4%)
332	GAJOS Agnieszka	161	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	144		Miechowska Grupa Biegowa	00:00:00	00:14:14	00:32:26.35	00:32:26.35	+00:13:10 (40.6%)	6:07	9.8 (59.4%)
333	JAWOREK Monika	268		40-49 lat	145			00:00:00	00:13:56	00:32:27.25	00:32:27.25	+00:13:11 (40.6%)	6:07	9.8 (59.4%)
334	WOŹNIAK Aleksandra	826		40-49 lat	146			00:00:00	00:13:37	00:32:28.45	00:32:28.45	+00:13:12 (40.7%)	6:07	9.8 (59.4%)
335	CELER Justyna	81		20-29 lat	30			00:00:00	00:14:17	00:32:31.65	00:32:31.65	+00:13:15 (40.8%)	6:08	9.8 (59.4%)
336	WYSOCKA Magdalena	838		40-49 lat	147			00:00:00	00:13:48	00:32:33.50	00:32:33.50	+00:13:17 (40.8%)	6:08	9.8 (59.4%)
337	GŁĄBEK Edyta	184	SPOT PSZCZYNA	20-29 lat	31			00:00:00	00:13:47	00:32:33.65	00:32:33.65	+00:13:17 (40.8%)	6:08	9.8 (59.4%)
338	SOSNA Iwona	715		40-49 lat	148			00:00:00	00:13:53	00:32:34.05	00:32:34.05	+00:13:18 (40.9%)	6:08	9.8 (59.4%)
339	BRZÓZKA Beata	66		40-49 lat	149			00:00:00	00:13:45	00:32:36.05	00:32:36.05	+00:13:20 (40.9%)	6:09	9.8 (59.4%)

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
340	SZEWERDA Hanna	755		40-49 lat	150			00:00:00	00:13:41	00:32:37.65	00:32:37.65	+00:13:21 (41.0%)	6:09	9.7 (58.8%)
341	ŁUSZCZ Magdalena	448	SILESIA MARATHON CLUB	50-59 lat	49			00:00:00	00:13:43	00:32:37.90	00:32:37.90	+00:13:22 (41.0%)	6:09	9.7 (58.8%)
342	KONIECZNA Magdalena	340		40-49 lat	151			00:00:00	00:13:29	00:32:38.30	00:32:38.30	+00:13:22 (41.0%)	6:09	9.7 (58.8%)
343	ŁUSZCZ Ewelina	447		20-29 lat	32			00:00:00	00:13:43	00:32:38.45	00:32:38.45	+00:13:22 (41.0%)	6:09	9.7 (58.8%)
344	MATUĆ Aleksandra	478	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	152	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:32:40.25	00:32:40.25	+00:13:24 (41.0%)	6:09	9.7 (58.8%)
345	SZYSZKA Natalia	768		30-39 lat	92			00:00:00	00:13:54	00:32:42.05	00:32:42.05	+00:13:26 (41.1%)	6:10	9.7 (58.8%)
346	GĘBOŁYŚ Beata	177	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	50-59 lat	50	Chwalisz czy nie chwalisz lotej z nami	B&S	00:00:00	00:13:39	00:32:44.60	00:32:44.60	+00:13:28 (41.2%)	6:10	9.7 (58.8%)
347	KORCZEWSKA Beata	349	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	51	Miechowicka Grupa Biegowa		00:00:00	00:13:44	00:32:45.30	00:32:45.30	+00:13:29 (41.2%)	6:10	9.7 (58.8%)
348	BURZYŃSKA Beata	74		40-49 lat	153			00:00:00	00:13:24	00:32:45.85	00:32:45.85	+00:13:30 (41.2%)	6:10	9.7 (58.8%)
349	FECZKO Lucyna	139		40-49 lat	154			00:00:00	00:12:56	00:32:48.90	00:32:48.90	+00:13:33 (41.3%)	6:11	9.7 (58.8%)
350	KUCHMISTRZ Izabela	384		40-49 lat	155			00:00:00	00:14:16	00:32:51.50	00:32:51.50	+00:13:35 (41.4%)	6:11	9.7 (58.8%)
351	DZIERŻĘGA Wiktoria	133	RADLINIOKI W BIEGU	16-19 lat	13		Kaktusiary	00:00:00	00:13:12	00:32:53.85	00:32:53.85	+00:13:38 (41.4%)	6:12	9.7 (58.8%)
352	UTRATA Jolanta	789	BESTIE	40-49 lat	156	BESTie	BESTie	00:00:00	00:13:55	00:32:55.85	00:32:55.85	+00:13:40 (41.5%)	6:12	9.7 (58.8%)
353	BOBER Alicja	50		40-49 lat	157			00:00:00	00:14:19	00:32:58.00	00:32:58.00	+00:13:42 (41.6%)	6:13	9.6 (58.2%)
354	SKOCZEK Sylwia	682		30-39 lat	93	Lecymy Durś	Dyfibrylator	00:00:00	00:13:55	00:33:01.00	00:33:01.00	+00:13:45 (41.7%)	6:13	9.6 (58.2%)
355	STABLA Agata	719	RADLINIOKI W BIEGU	40-49 lat	158		Kaktusiary	00:00:00	00:13:16	00:33:02.30	00:33:02.30	+00:13:46 (41.7%)	6:13	9.6 (58.2%)
356	KARAŚ Daria	296		30-39 lat	94		MyDwie	00:00:00	00:13:19	00:33:02.45	00:33:02.45	+00:13:46 (41.7%)	6:13	9.6 (58.2%)
357	ZIMNY Cecylia	856	SMAKI BIEGANIA	40-49 lat	159	Smaki bieganania	siostry	00:00:00	00:13:15	00:33:04.80	00:33:04.80	+00:13:49 (41.8%)	6:14	9.6 (58.2%)
358	KAŁUS Joanna	290		40-49 lat	160			00:00:00	00:13:18	00:33:06.55	00:33:06.55	+00:13:50 (41.8%)	6:14	9.6 (58.2%)
359	PILCH Mirosława	610	NESSI TIME ŻORY	40-49 lat	161			00:00:00	00:13:57	00:33:06.60	00:33:06.60	+00:13:50 (41.8%)	6:14	9.6 (58.2%)
360	ŚLEBODA Bożena	769	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	162	Miechowicka Grupa Biegowa		00:00:00	00:15:01	00:33:06.70	00:33:06.70	+00:13:50 (41.8%)	6:14	9.6 (58.2%)
361	KUŹNIK Edyta	412		30-39 lat	95			00:00:00	00:14:22	00:33:10.40	00:33:10.40	+00:13:54 (41.9%)	6:15	9.6 (58.2%)
362	KWIATKOWSKA Elwira	416		40-49 lat	163			00:00:00	00:13:35	00:33:11.30	00:33:11.30	+00:13:55 (42.0%)	6:15	9.6 (58.2%)
363	PIJARSKA Bożena	609		50-59 lat	52			00:00:00	00:13:52	00:33:12.60	00:33:12.60	+00:13:56 (42.0%)	6:15	9.6 (58.2%)

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
364	WIECZOREK Małgorzata	804		40-49 lat	164			00:00:00	00:14:35	00:33:15.50	00:33:15.50	+00:13:59 (42.1%)	6:16	9.6 (58.2%)
365	PAINTA Jadzia	576	SPOT	40-49 lat	165	SPOT Pszczyna		00:00:00	00:14:18	00:33:15.60	00:33:15.60	+00:13:59 (42.1%)	6:16	9.6 (58.2%)
366	ZAGÓRSKA Beata	841		40-49 lat	166			00:00:00	00:14:01	00:33:16.45	00:33:16.45	+00:14:00 (42.1%)	6:16	9.6 (58.2%)
367	SZYMAŃSKA Gabriela	764		16-19 lat	14			00:00:00	00:12:48	00:33:19.65	00:33:19.65	+00:14:03 (42.2%)	6:17	9.5 (57.6%)
368	SZYPUŁA Ewa	767		40-49 lat	167			00:00:00	00:14:08	00:33:21.80	00:33:21.80	+00:14:06 (42.3%)	6:17	9.5 (57.6%)
369	SIKORA Agnieszka	677		40-49 lat	168			00:00:00	00:14:06	00:33:22.00	00:33:22.00	+00:14:06 (42.3%)	6:17	9.5 (57.6%)
370	NALEWAJKA Wioleta	526	KOBIETY NA 5+	50-59 lat	53	Kobiety na 5+		00:00:00	00:13:05	00:33:22.30	00:33:22.30	+00:14:06 (42.3%)	6:17	9.5 (57.6%)
371	KRAKOWCZYK Karolina	368	PIRATKI Z SZARLOTY	30-39 lat	96	Piratki z Szarloty		00:00:00	00:12:58	00:33:23.65	00:33:23.65	+00:14:07 (42.3%)	6:17	9.5 (57.6%)
372	KRAKOWCZYK Julia	369	PIRATKI Z SZARLOTY	16-19 lat	15	Piratki z Szarloty		00:00:00	00:12:57	00:33:24.15	00:33:24.15	+00:14:08 (42.3%)	6:18	9.5 (57.6%)
373	KLYSZCZ Honorata	320	PIRATKI Z SZALOTY	40-49 lat	169	Piratki z Szarloty		00:00:00	00:12:58	00:33:24.90	00:33:24.90	+00:14:09 (42.4%)	6:18	9.5 (57.6%)
374	NOWICKA Aleksandra	552	KLUB BIEGACZA FARTLEK	30-39 lat	97	Klub Biegacza Fartlek		00:00:00	00:13:39	00:33:27.95	00:33:27.95	+00:14:12 (42.4%)	6:18	9.5 (57.6%)
375	JAKUBIEC Karolina	241		30-39 lat	98			00:00:00	00:13:29	00:33:28.05	00:33:28.05	+00:14:12 (42.4%)	6:18	9.5 (57.6%)
376	BAK-ŚCIERSKA Beata	24	BESTIE	40-49 lat	170			00:00:00	00:14:05	00:33:29.45	00:33:29.45	+00:14:13 (42.5%)	6:19	9.5 (57.6%)
377	ROMAN Karolina	656		30-39 lat	99			00:00:00	00:14:21	00:33:30.45	00:33:30.45	+00:14:14 (42.5%)	6:19	9.5 (57.6%)
378	MAZUR Aleksandra	483		40-49 lat	171			00:00:00	00:14:20	00:33:30.65	00:33:30.65	+00:14:14 (42.5%)	6:19	9.5 (57.6%)
379	OZIMEK Aldona	572		40-49 lat	172			00:00:00	00:14:37	00:33:30.75	00:33:30.75	+00:14:15 (42.5%)	6:19	9.5 (57.6%)
380	SZWEDA Mirka	762	HURAGAN LIGOTA	60+	9	Huragan Ligota		00:00:00	00:14:07	00:33:31.95	00:33:31.95	+00:14:16 (42.6%)	6:19	9.5 (57.6%)
381	WAWER Kasia	794	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	54	Miechowicka Grupa Biegowa		00:00:00	00:14:37	00:33:32.85	00:33:32.85	+00:14:17 (42.6%)	6:19	9.5 (57.6%)
382	KARBOWY Iza	297	JEJKOWICE BIEGAJĄ	30-39 lat	100	Jejkowice Biegają	Jejkowice Biegają	00:00:00	00:14:04	00:33:33.20	00:33:33.20	+00:14:17 (42.6%)	6:19	9.5 (57.6%)
383	SOŁTYSIK Zdzisia	714	PIRATKI Z SZARLOTY	40-49 lat	173	Piratki z Szarloty		00:00:00	00:13:40	00:33:35.50	00:33:35.50	+00:14:19 (42.7%)	6:20	9.5 (57.6%)
384	STOPYRA Agnieszka	728		40-49 lat	174			00:00:00	00:13:54	00:33:35.55	00:33:35.55	+00:14:19 (42.7%)	6:20	9.5 (57.6%)
385	WOŚ Magda	823	PIRATKI Z SZARLOTY	30-39 lat	101	Piratki z Szarloty		00:00:00	00:13:41	00:33:36.25	00:33:36.25	+00:14:20 (42.7%)	6:20	9.5 (57.6%)
386	NOGA Joanna	543		40-49 lat	175			00:00:00	00:14:36	00:33:38.70	00:33:38.70	+00:14:22 (42.7%)	6:20	9.5 (57.6%)
387	WESOŁOWSKA Katarzyna	800		40-49 lat	176			00:00:00	00:14:44	00:33:40.05	00:33:40.05	+00:14:24 (42.8%)	6:21	9.4 (57.0%)
388	KORNACKA Wioletta	351		50-59 lat	55			00:00:00	00:14:08	00:33:40.70	00:33:40.70	+00:14:24 (42.8%)	6:21	9.4 (57.0%)
389	SPYRKA Monika	717		30-39 lat	102	Klub Biegacza Fartlek		00:00:00	00:13:45	00:33:41.55	00:33:41.55	+00:14:25 (42.8%)	6:21	9.4 (57.0%)

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
390	GAŁUSZKA Małgorzata	163		30-39 lat	103	Wiewiórki Zimnokrwiste		00:00:00	00:15:04	00:33:42.85	00:33:42.85	+00:14:27 (42.9%)	6:21	9.4 (57.0%)
391	NIESŁAŃCZYK Barbara	541	MYDWIE	30-39 lat	104		MyDwie	00:00:00	00:14:29	00:33:45.25	00:33:45.25	+00:14:29 (42.9%)	6:22	9.4 (57.0%)
392	KOLAT Jadzia	334	KOBIETY NA 5+	40-49 lat	177	Kobiety na 5+		00:00:00	00:14:02	00:33:48.35	00:33:48.35	+00:14:32 (43.0%)	6:22	9.4 (57.0%)
393	CELER Iwona	80		50-59 lat	56			00:00:00	00:14:16	00:33:48.50	00:33:48.50	+00:14:32 (43.0%)	6:22	9.4 (57.0%)
394	KUPCZYŃSKA Patrycja	399		20-29 lat	33			00:00:00	00:14:18	00:33:48.80	00:33:48.80	+00:14:33 (43.0%)	6:22	9.4 (57.0%)
395	ŚWIĄTEK Edyta	773	BDB TEAM	30-39 lat	105	BDB Team		00:00:00	00:15:10	00:33:49.25	00:33:49.25	+00:14:33 (43.0%)	6:22	9.4 (57.0%)
396	LUBER Beata	437	JUST FOR FUN	50-59 lat	57	JUST FOR FUN		00:00:00	00:13:48	00:33:49.45	00:33:49.45	+00:14:33 (43.1%)	6:22	9.4 (57.0%)
396	SZELIGA Ola	753	BDB TEAM	40-49 lat	178	BDB Team		00:00:00	00:15:10	00:33:49.45	00:33:49.45	+00:14:33 (43.1%)	6:22	9.4 (57.0%)
398	SZWEDA-KUBOSZEK Katarzyna	763		40-49 lat	179			00:00:00	00:14:35	00:33:49.65	00:33:49.65	+00:14:33 (43.1%)	6:22	9.4 (57.0%)
399	PATAŁĄG Sandra	595		30-39 lat	106			00:00:00	00:14:28	00:33:49.85	00:33:49.85	+00:14:34 (43.1%)	6:22	9.4 (57.0%)
400	SKORUPA Martyna	684		20-29 lat	34			00:00:00	00:13:33	00:33:50.60	00:33:50.60	+00:14:34 (43.1%)	6:23	9.4 (57.0%)
401	HRYNKIEWICZ Izabela	235		40-49 lat	180			00:00:00	00:14:13	00:33:52.65	00:33:52.65	+00:14:36 (43.1%)	6:23	9.4 (57.0%)
402	BATKO Agnieszka	21		40-49 lat	181			00:00:00	00:14:16	00:33:54.00	00:33:54.00	+00:14:38 (43.2%)	6:23	9.4 (57.0%)
403	PANFIL Beata	585		40-49 lat	182			00:00:00	00:13:13	00:33:56.15	00:33:56.15	+00:14:40 (43.2%)	6:24	9.4 (57.0%)
404	KUREK Joanna	401		40-49 lat	183	INCOLA TEAM		00:00:00	00:14:59	00:33:57.80	00:33:57.80	+00:14:42 (43.3%)	6:24	9.4 (57.0%)
405	BURNAGIEL Agata	73	HRMAX DZIOŁSZKI	50-59 lat	58	HRmax dziolszki		00:00:00	00:15:00	00:34:02.75	00:34:02.75	+00:14:47 (43.4%)	6:25	9.3 (56.4%)
405	DERECHOWSKA Agnieszka	110		40-49 lat	184			00:00:00	00:15:01	00:34:02.75	00:34:02.75	+00:14:47 (43.4%)	6:25	9.3 (56.4%)
407	PARCHAŃSKA Oliwia	586		30-39 lat	107			00:00:00	00:14:52	00:34:03.00	00:34:03.00	+00:14:47 (43.4%)	6:25	9.3 (56.4%)
408	MORGAŁA Daria	508		40-49 lat	185			00:00:00	00:15:01	00:34:03.10	00:34:03.10	+00:14:47 (43.4%)	6:25	9.3 (56.4%)
409	KOHUTKOVÁ Miroslava	332	OSTRAVSKÉ BĚHNIČKY	50-59 lat	59			00:00:00	00:14:50	00:34:07.95	00:34:07.95	+00:14:52 (43.6%)	6:26	9.3 (56.4%)
410	MALISZEWSKA Beata	462		30-39 lat	108			00:00:00	00:14:48	00:34:08.70	00:34:08.70	+00:14:52 (43.6%)	6:26	9.3 (56.4%)
411	SARZYŃSKA Iwona	670		40-49 lat	186			00:00:00	00:13:46	00:34:09.90	00:34:09.90	+00:14:54 (43.6%)	6:26	9.3 (56.4%)
412	TYTKO-HAŁADA Małgorzata	785		40-49 lat	187			00:00:00	00:14:08	00:34:10.05	00:34:10.05	+00:14:54 (43.6%)	6:26	9.3 (56.4%)
413	DOBOSZ Ilona	114		50-59 lat	60			00:00:00	00:13:54	00:34:11.15	00:34:11.15	+00:14:55 (43.7%)	6:26	9.3 (56.4%)
414	KUŚ Monika	409		30-39 lat	109			00:00:00	00:13:51	00:34:11.60	00:34:11.60	+00:14:55 (43.7%)	6:26	9.3 (56.4%)
414	PIĄTKOWSKA Aleksandra	601		20-29 lat	35			00:00:00	00:14:32	00:34:11.60	00:34:11.60	+00:14:55 (43.7%)	6:26	9.3 (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
416	SUCHY Katarzyna	735		40-49 lat	188			00:00:00	00:14:25	00:34:12.40	00:34:12.40	+00:14:56 (43.7%)	6:27	9.3 (56.4%)
417	CEGLARSKA Alicja	79	JEJKOWICE BIEGAJĄ	40-49 lat	189	Jejkowice Biegają	Jejkowice kobitki	00:00:00	00:14:56	00:34:13.90	00:34:13.90	+00:14:58 (43.7%)	6:27	9.3 (56.4%)
418	ŻYREK Danusia	867		20-29 lat	36	JustfeelfitTEAM		00:00:00	00:14:35	00:34:14.40	00:34:14.40	+00:14:58 (43.7%)	6:27	9.3 (56.4%)
419	ZDEB Basia	849		40-49 lat	190		Fit Bezy	00:00:00	00:14:33	00:34:17.85	00:34:17.85	+00:15:02 (43.8%)	6:28	9.3 (56.4%)
420	BEDNAREK Anita	26		40-49 lat	191			00:00:00	00:13:50	00:34:18.00	00:34:18.00	+00:15:02 (43.8%)	6:28	9.3 (56.4%)
421	SZCZUKA Joanna	752	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	192	Miechowicka Grupa Biegowa		00:00:00	00:14:26	00:34:19.65	00:34:19.65	+00:15:03 (43.9%)	6:28	9.3 (56.4%)
422	ADAMCZAK Renata	3		50-59 lat	61			00:00:00	00:14:42	00:34:21.00	00:34:21.00	+00:15:05 (43.9%)	6:28	9.3 (56.4%)
423	ŁAPA Aleksandra	441	4A	40-49 lat	193			00:00:00	00:14:47	00:34:21.20	00:34:21.20	+00:15:05 (43.9%)	6:28	9.3 (56.4%)
424	SOBIK Anna	706		30-39 lat	110			00:00:00	00:14:32	00:34:23.00	00:34:23.00	+00:15:07 (44.0%)	6:29	9.2 (55.8%)
425	KALETA Agnieszka	286	POWOLI DO CELU	30-39 lat	111	PoWoli do Celu		00:00:00	00:14:24	00:34:25.50	00:34:25.50	+00:15:09 (44.0%)	6:29	9.2 (55.8%)
426	ŁEPEK Bożena	445		40-49 lat	194			00:00:00	00:14:23	00:34:26.60	00:34:26.60	+00:15:10 (44.1%)	6:29	9.2 (55.8%)
427	DĘBOWSKA Beata	111		50-59 lat	62			00:00:00	00:14:11	00:34:27.40	00:34:27.40	+00:15:11 (44.1%)	6:30	9.2 (55.8%)
428	HOŁDA Sabina	232		40-49 lat	195			00:00:00	00:15:34	00:34:29.65	00:34:29.65	+00:15:13 (44.2%)	6:30	9.2 (55.8%)
429	MIŚ Elżbieta	504	JUSTFEELFIT	30-39 lat	112	JustfeelfitTEAM		00:00:00	00:14:35	00:34:29.80	00:34:29.80	+00:15:14 (44.2%)	6:30	9.2 (55.8%)
430	WUWER Monika	834		30-39 lat	113			00:00:00	00:15:43	00:34:32.55	00:34:32.55	+00:15:16 (44.2%)	6:30	9.2 (55.8%)
431	MARCOL-WUTZKE Ewelina	465		40-49 lat	196			00:00:00	00:14:21	00:34:34.55	00:34:34.55	+00:15:18 (44.3%)	6:31	9.2 (55.8%)
432	JORDAN Monika	274		40-49 lat	197			00:00:00	00:13:43	00:34:35.80	00:34:35.80	+00:15:20 (44.3%)	6:31	9.2 (55.8%)
433	PYZIK Barbara	639	SZARE MORSY	40-49 lat	198	Szare Morsy		00:00:00	00:14:05	00:34:36.50	00:34:36.50	+00:15:20 (44.3%)	6:31	9.2 (55.8%)
434	SMYCZEK Dominika	702		20-29 lat	37			00:00:00	00:13:22	00:34:36.75	00:34:36.75	+00:15:21 (44.3%)	6:31	9.2 (55.8%)
435	GĄSIOR Natalia	175	WATAHA	16-19 lat	16	WATAHA		00:00:00	00:13:53	00:34:37.25	00:34:37.25	+00:15:21 (44.4%)	6:31	9.2 (55.8%)
436	ZŁOTKOWSKA Sylwia	858	WATAHA	30-39 lat	114	WATAHA		00:00:00	00:13:54	00:34:38.65	00:34:38.65	+00:15:22 (44.4%)	6:32	9.2 (55.8%)
437	KOKOT Justyna	333		40-49 lat	199			00:00:00	00:14:35	00:34:39.80	00:34:39.80	+00:15:24 (44.4%)	6:32	9.2 (55.8%)
438	JANCZAR Angelika	244		30-39 lat	115			00:00:00	00:14:38	00:34:40.15	00:34:40.15	+00:15:24 (44.4%)	6:32	9.2 (55.8%)
439	BEDNAREK Jolanta	25		50-59 lat	63			00:00:00	00:14:32	00:34:40.20	00:34:40.20	+00:15:24 (44.4%)	6:32	9.2 (55.8%)
440	WRÓBEL Ewa	830		40-49 lat	200			00:00:00	00:14:50	00:34:41.70	00:34:41.70	+00:15:25 (44.5%)	6:32	9.2 (55.8%)
441	KONOPKA Magdalena	344		30-39 lat	116			00:00:00	00:13:58	00:34:42.25	00:34:42.25	+00:15:26 (44.5%)	6:32	9.2 (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
442	BOGACZ-BUCHTA Anna	53		40-49 lat	201			00:00:00	00:14:47	00:34:43.05	00:34:43.05	+00:15:27 (44.5%)	6:33	9.2 (55.8%)
443	MAROSZEK Aleksandra	467		40-49 lat	202			00:00:00	00:14:13	00:34:43.85	00:34:43.85	+00:15:28 (44.5%)	6:33	9.2 (55.8%)
444	BLANIK Agnieszka	46		40-49 lat	203			00:00:00	00:14:29	00:34:45.25	00:34:45.25	+00:15:29 (44.6%)	6:33	9.2 (55.8%)
445	JANIK Anna	250		30-39 lat	117	Wiewiórki zimnokrwiste		00:00:00	00:14:03	00:34:45.40	00:34:45.40	+00:15:29 (44.6%)	6:33	9.2 (55.8%)
446	TATARCZYK Justyna	775		40-49 lat	204			00:00:00	00:14:45	00:34:47.20	00:34:47.20	+00:15:31 (44.6%)	6:33	9.1 (55.2%)
447	BEDNARSKA Anna	27		40-49 lat	205	BESTie		00:00:00	00:14:43	00:34:56.40	00:34:56.40	+00:15:40 (44.9%)	6:35	9.1 (55.2%)
448	KOWALIK-STANIA Agnieszka	359	BESTIE	40-49 lat	206			00:00:00	00:14:44	00:34:56.95	00:34:56.95	+00:15:41 (44.9%)	6:35	9.1 (55.2%)
449	CHRZĄSTEK Magdalena	86		30-39 lat	118			00:00:00	00:14:20	00:35:02.35	00:35:02.35	+00:15:46 (45.0%)	6:36	9.1 (55.2%)
450	ROMBERG Agnieszka	657	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	207	Miechowicka Grupa Biegowa		00:00:00	00:15:03	00:35:04.40	00:35:04.40	+00:15:48 (45.1%)	6:36	9.1 (55.2%)
451	GABRYEL Danuta	157	MIECHOWICKA GRUPA BIEGOWA	60+	10			00:00:00	00:15:04	00:35:04.85	00:35:04.85	+00:15:49 (45.1%)	6:36	9.1 (55.2%)
452	SMAGA Ewelina	699		40-49 lat	208	Sądówki	Biegające Sądówki	00:00:00	00:13:45	00:35:06.05	00:35:06.05	+00:15:50 (45.1%)	6:37	9.1 (55.2%)
453	RUSZCZYŃSKA Anna	663		40-49 lat	209			00:00:00	00:15:22	00:35:08.15	00:35:08.15	+00:15:52 (45.2%)	6:37	9.1 (55.2%)
454	KLEPACKA Edyta	312		40-49 lat	210			00:00:00	00:15:22	00:35:08.30	00:35:08.30	+00:15:52 (45.2%)	6:37	9.1 (55.2%)
455	REYMANN Milena	650		40-49 lat	211	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:15:29	00:35:08.55	00:35:08.55	+00:15:52 (45.2%)	6:37	9.1 (55.2%)
456	KISZKA Oriana	309		30-39 lat	119	PiguaTeam		00:00:00	00:14:18	00:35:09.35	00:35:09.35	+00:15:53 (45.2%)	6:37	9 (54.5%)
457	ŻEBROWSKA Matylda	864	MORS HUBERTUS MYŚŁOWICE	40-49 lat	212	Mors Hubertus		00:00:00	00:13:52	00:35:11.50	00:35:11.50	+00:15:55 (45.3%)	6:38	9 (54.5%)
458	KONIECKO Karolina	339		30-39 lat	120			00:00:00	00:14:27	00:35:14.40	00:35:14.40	+00:15:58 (45.3%)	6:38	9 (54.5%)
459	KIDOŃ Joanna	306		40-49 lat	213			00:00:00	00:14:27	00:35:14.60	00:35:14.60	+00:15:58 (45.3%)	6:38	9 (54.5%)
460	KOSTKA Karolina	355	SRS CZANTORIA	40-49 lat	214	JUST FOR FUN		00:00:00	00:14:26	00:35:15.55	00:35:15.55	+00:15:59 (45.4%)	6:39	9 (54.5%)
461	PIETRUSZEWSKA Magdalena	608	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	215	Miechowicka Grupa Biegowa		00:00:00	00:14:56	00:35:15.70	00:35:15.70	+00:15:59 (45.4%)	6:39	9 (54.5%)
462	SITKO Dagmara	681	KOBIETY NA 5+	30-39 lat	121	Kobiety na 5+		00:00:00	00:15:04	00:35:16.55	00:35:16.55	+00:16:00 (45.4%)	6:39	9 (54.5%)
463	PANEK Ela	584	BIEGAMY/MORSUJEMY	40-49 lat	216			00:00:00	00:14:08	00:35:17.70	00:35:17.70	+00:16:01 (45.4%)	6:39	9 (54.5%)
464	KUPCZAK Magdalena	397	JUSTFEELFITTEAM	30-39 lat	122	JustfeelfitTEAM		00:00:00	00:16:08	00:35:22.85	00:35:22.85	+00:16:07 (45.6%)	6:40	9 (54.5%)
465	SMOŁKA Katarzyna	700		30-39 lat	123			00:00:00	00:16:17	00:35:23.90	00:35:23.90	+00:16:08 (45.6%)	6:40	9 (54.5%)

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
466	MARON Honorata	466		20-29 lat	38			00:00:00	00:15:42	00:35:24.85	00:35:24.85	+00:16:09 (45.6%)	6:40	9 (54.5%)
467	KALITA Anna	288	INCOLA	50-59 lat	64	INCOLA TEAM		00:00:00	00:15:24	00:35:26.05	00:35:26.05	+00:16:10 (45.6%)	6:41	9 (54.5%)
468	SMOZIK Mariola	701		40-49 lat	217			00:00:00	00:14:53	00:35:28.40	00:35:28.40	+00:16:12 (45.7%)	6:41	9 (54.5%)
469	KUCZERA Hanna	389		30-39 lat	124			00:00:00	00:14:45	00:35:29.50	00:35:29.50	+00:16:13 (45.7%)	6:41	9 (54.5%)
470	KAJSZTURA Weronika	284		30-39 lat	125			00:00:00	00:16:01	00:35:29.70	00:35:29.70	+00:16:13 (45.7%)	6:41	9 (54.5%)
471	LISZOK Iwona	433		30-39 lat	126			00:00:00	00:14:38	00:35:30.15	00:35:30.15	+00:16:14 (45.7%)	6:41	9 (54.5%)
472	NOWROT Ewa	555		40-49 lat	218			00:00:00	00:14:39	00:35:30.45	00:35:30.45	+00:16:14 (45.8%)	6:41	9 (54.5%)
473	BANASZEWSKA Aleksandra	16		30-39 lat	127			00:00:00	00:14:19	00:35:30.75	00:35:30.75	+00:16:15 (45.8%)	6:41	9 (54.5%)
474	SNOCHOWSKA Gabriela	703	SKLEP BIEGACZA RUNNING TEAM	30-39 lat	128			00:00:00	00:15:41	00:35:36.40	00:35:36.40	+00:16:20 (45.9%)	6:43	8.9 (53.9%)
475	SZYMCZAK Mariola	765		60+	11			00:00:00	00:15:18	00:35:40.25	00:35:40.25	+00:16:24 (46.0%)	6:43	8.9 (53.9%)
476	HEROK Michalina	230		30-39 lat	129			00:00:00	00:15:51	00:35:40.60	00:35:40.60	+00:16:24 (46.0%)	6:43	8.9 (53.9%)
477	DUSZA Jolka	126	SMAKI BIEGANIA	40-49 lat	219			00:00:00	00:14:46	00:35:40.95	00:35:40.95	+00:16:25 (46.0%)	6:43	8.9 (53.9%)
478	GUDZIK Angelika	215	BORKO TEAM	30-39 lat	130		Borko Team	00:00:00	00:15:07	00:35:41.20	00:35:41.20	+00:16:25 (46.0%)	6:43	8.9 (53.9%)
479	POWALA. Karina	629	KS FORMA WODZISŁAW ŚLĄSKI	40-49 lat	220			00:00:00	00:14:39	00:35:41.45	00:35:41.45	+00:16:25 (46.0%)	6:43	8.9 (53.9%)
480	GOLEC Monika	189		30-39 lat	131			00:00:00	00:15:19	00:35:45.95	00:35:45.95	+00:16:30 (46.1%)	6:44	8.9 (53.9%)
481	RUSZAŁA Karolina	662		30-39 lat	132			00:00:00	00:15:30	00:35:48.25	00:35:48.25	+00:16:32 (46.2%)	6:45	8.9 (53.9%)
482	BIELA Małgorzata	38	KOBIETY NA 5+	50-59 lat	65	Kobiety na 5+		00:00:00	00:14:48	00:35:48.30	00:35:48.30	+00:16:32 (46.2%)	6:45	8.9 (53.9%)
483	MATUSZEK Dorota	480		50-59 lat	66			00:00:00	00:15:29	00:35:48.60	00:35:48.60	+00:16:32 (46.2%)	6:45	8.9 (53.9%)
484	BALICKA Magdalena	13		40-49 lat	221			00:00:00	00:15:21	00:35:48.95	00:35:48.95	+00:16:33 (46.2%)	6:45	8.9 (53.9%)
485	OBERSKA Sylwia	557		50-59 lat	67			00:00:00	00:14:56	00:35:52.95	00:35:52.95	+00:16:37 (46.3%)	6:46	8.9 (53.9%)
485	KALFAS Marta	287	JUSTFEELFITTEAM	30-39 lat	133	justfeelfitTEAM		00:00:00	00:15:37	00:35:52.95	00:35:52.95	+00:16:37 (46.3%)	6:46	8.9 (53.9%)
487	SKÓRA Joanna	686		50-59 lat	68			00:00:00	00:14:59	00:35:54.85	00:35:54.85	+00:16:39 (46.4%)	6:46	8.9 (53.9%)
488	BIEGUN Iwona	36	JUSTFEELFITTEAM	40-49 lat	222	justfeelfitTEAM		00:00:00	00:15:05	00:35:58.05	00:35:58.05	+00:16:42 (46.4%)	6:47	8.8 (53.3%)
489	KRUCEK Ewelina	374		20-29 lat	39			00:00:00	00:16:01	00:35:59.60	00:35:59.60	+00:16:43 (46.5%)	6:47	8.8 (53.3%)
490	WOJTOŃ-STAWICKA Małgorzata	819	RUNTEAM PAWŁOWICE	50-59 lat	69	RUNTEAM Pawłowice		00:00:00	00:15:43	00:36:01.15	00:36:01.15	+00:16:45 (46.5%)	6:47	8.8 (53.3%)
491	SOBEL Beata	704		40-49 lat	223			00:00:00	00:15:05	00:36:04.75	00:36:04.75	+00:16:49 (46.6%)	6:48	8.8 (53.3%)

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
492	DUTKA-BĘBEN Kinga	127	ROZBIEGAMY TO MIASTO-CZECHOWICE DZIEDZICE	40-49 lat	224	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:53	00:36:05.45	00:36:05.45	+00:16:49 (46.6%)	6:48	8.8 (53.3%)
493	BORDA Grażyna	56	KOBIETY NA 5+	40-49 lat	225	Kobiety na 5+		00:00:00	00:14:35	00:36:05.65	00:36:05.65	+00:16:49 (46.6%)	6:48	8.8 (53.3%)
494	GAŃKO Grażyna	165		60+	12			00:00:00	00:15:29	00:36:06.35	00:36:06.35	+00:16:50 (46.6%)	6:48	8.8 (53.3%)
495	URBAŚ Monika	788	KOBIETY NA 5+	30-39 lat	134	kobiety na 5+		00:00:00	00:14:37	00:36:06.55	00:36:06.55	+00:16:50 (46.7%)	6:48	8.8 (53.3%)
496	PAJĄK Małgorzata	578	KOBIETY NA 5+	50-59 lat	70	Kobiety na 5+		00:00:00	00:14:37	00:36:07.10	00:36:07.10	+00:16:51 (46.7%)	6:48	8.8 (53.3%)
497	BRANDYS Krystyna	59	DYŃKI TEAM	30-39 lat	135	Dyńki Team		00:00:00	00:15:24	00:36:07.15	00:36:07.15	+00:16:51 (46.7%)	6:48	8.8 (53.3%)
498	DYNIA Magdalena	130	DYŃKI TEAM	40-49 lat	226	Dyńki Team		00:00:00	00:15:25	00:36:07.35	00:36:07.35	+00:16:51 (46.7%)	6:48	8.8 (53.3%)
499	LASKOWSKA Anna	419		30-39 lat	136			00:00:00	00:15:26	00:36:08.15	00:36:08.15	+00:16:52 (46.7%)	6:49	8.8 (53.3%)
500	LORENZ Hanna	435		16-19 lat	17			00:00:00	00:14:53	00:36:09.65	00:36:09.65	+00:16:53 (46.7%)	6:49	8.8 (53.3%)
501	KOMOROWSKA Bożena	337	DRUŻYNA KOPERNIKA	50-59 lat	71			00:00:00	00:15:31	00:36:13.75	00:36:13.75	+00:16:58 (46.8%)	6:50	8.8 (53.3%)
502	BIAŁACH Małgorzata	30		30-39 lat	137			00:00:00	00:15:35	00:36:13.80	00:36:13.80	+00:16:58 (46.8%)	6:50	8.8 (53.3%)
503	MITURA Patrycja	506		20-29 lat	40			00:00:00	00:15:34	00:36:14.30	00:36:14.30	+00:16:58 (46.8%)	6:50	8.8 (53.3%)
504	NAPIERAŁA Marta	528		30-39 lat	138			00:00:00	00:15:28	00:36:14.80	00:36:14.80	+00:16:59 (46.9%)	6:50	8.8 (53.3%)
505	KŁAPTOCZ Anna	321		20-29 lat	41	Rozbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:15:55	00:36:19.75	00:36:19.75	+00:17:04 (47.0%)	6:51	8.8 (53.3%)
506	MACHNIK Marta	1015		30-39 lat	139			00:00:00	00:14:49	00:36:19.95	00:36:19.95	+00:17:04 (47.0%)	6:51	8.8 (53.3%)
507	JANCZYK Izabella	247		30-39 lat	140	Rozbiegamy to miasto - CzDz		00:00:00	00:15:55	00:36:20.60	00:36:20.60	+00:17:04 (47.0%)	6:51	8.8 (53.3%)
508	BIAŁEK Sonia	32	UZDROWISKO	30-39 lat	141	UZDROWISKO		00:00:00	00:15:44	00:36:20.65	00:36:20.65	+00:17:04 (47.0%)	6:51	8.8 (53.3%)
509	BOŻEK Dagmara	58		40-49 lat	227			00:00:00	00:15:11	00:36:22.50	00:36:22.50	+00:17:06 (47.0%)	6:51	8.7 (52.7%)
510	ŚNIEG Alicja	772		30-39 lat	142			00:00:00	00:15:00	00:36:22.65	00:36:22.65	+00:17:06 (47.0%)	6:51	8.7 (52.7%)
511	KUJAWA Marzena	392		40-49 lat	228			00:00:00	00:15:12	00:36:23.05	00:36:23.05	+00:17:07 (47.1%)	6:51	8.7 (52.7%)
512	BUGAŃSKA Edyta	68		40-49 lat	229	Wiewiórki Zimnokrwiste		00:00:00	00:15:04	00:36:26.80	00:36:26.80	+00:17:11 (47.1%)	6:52	8.7 (52.7%)
513	LORENZ Agnieszka	434	GB GALOPUJĄCE ŚLIMAKI	40-49 lat	230			00:00:00	00:15:10	00:36:27.05	00:36:27.05	+00:17:11 (47.2%)	6:52	8.7 (52.7%)
514	TOMALA Beata	779		40-49 lat	231			00:00:00	00:15:32	00:36:28.35	00:36:28.35	+00:17:12 (47.2%)	6:52	8.7 (52.7%)
515	DRANICZAREK Anna	121		30-39 lat	143			00:00:00	00:15:02	00:36:29.05	00:36:29.05	+00:17:13 (47.2%)	6:53	8.7 (52.7%)

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
516	ABRACHAMCZYK Agnieszka	1		20-29 lat	42			00:00:00	00:16:14	00:36:31.80	00:36:31.80	+00:17:16 (47.3%)	6:53	8.7 (52.7%)
517	MILDNER Grażyna	500	VIKINGI TRAINING CENTER	40-49 lat	232			00:00:00	00:15:27	00:36:32.40	00:36:32.40	+00:17:16 (47.3%)	6:53	8.7 (52.7%)
518	PAWELA Sylwia	596		30-39 lat	144			00:00:00	00:15:25	00:36:32.45	00:36:32.45	+00:17:16 (47.3%)	6:53	8.7 (52.7%)
519	RESZTAK Małgorzata	649		50-59 lat	72			00:00:00	00:14:55	00:36:33.90	00:36:33.90	+00:17:18 (47.3%)	6:53	8.7 (52.7%)
520	GABER Magdalena	155	#JUSTFEELFITTEAM	40-49 lat	233	JustfeelfitTEAM		00:00:00	00:10:08	00:36:34.00	00:36:34.00	+00:17:18 (47.3%)	6:53	8.7 (52.7%)
521	GROSIK Marta	209		40-49 lat	234			00:00:00	00:15:28	00:36:35.00	00:36:35.00	+00:17:19 (47.3%)	6:54	8.7 (52.7%)
522	MICHALSKA Beata	493	WARTKIE PIERONY	50-59 lat	73	Wartkie Pierony		00:00:00	00:15:10	00:36:35.40	00:36:35.40	+00:17:19 (47.4%)	6:54	8.7 (52.7%)
523	MACHEJ Małgorzata	449		50-59 lat	74			00:00:00	00:15:29	00:36:36.45	00:36:36.45	+00:17:20 (47.4%)	6:54	8.7 (52.7%)
524	MISTEROWICZ Sabina	503		30-39 lat	145	INCOLA TEAM		00:00:00	00:15:22	00:36:38.10	00:36:38.10	+00:17:22 (47.4%)	6:54	8.7 (52.7%)
525	TOCHACZEK Barbara	777	PARK RAN	50-59 lat	75	Cieszyn		00:00:00	00:15:10	00:36:40.55	00:36:40.55	+00:17:24 (47.5%)	6:55	8.7 (52.7%)
526	LESZCZYŃSKA Violetta	426		50-59 lat	76			00:00:00	00:16:36	00:36:42.25	00:36:42.25	+00:17:26 (47.5%)	6:55	8.7 (52.7%)
527	FRANKOWSKA Ania	152	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	77	Miechowska Grupa Biegowa		00:00:00	00:15:32	00:36:43.20	00:36:43.20	+00:17:27 (47.5%)	6:55	8.7 (52.7%)
528	BIAŁEK Daria	33	BDB TEAM	40-49 lat	235	BDB Team		00:00:00	00:15:46	00:36:45.60	00:36:45.60	+00:17:29 (47.6%)	6:56	8.7 (52.7%)
529	KUŚ Małgorzata	406	BDB TEAM	40-49 lat	236	BDB Team		00:00:00	00:15:46	00:36:45.90	00:36:45.90	+00:17:30 (47.6%)	6:56	8.7 (52.7%)
530	KRYSIK Marcelina	375		20-29 lat	43			00:00:00	00:15:05	00:36:49.20	00:36:49.20	+00:17:33 (47.7%)	6:56	8.6 (52.1%)
531	ŻYWICA Dorota	868	HURAGAN LIGOTA	40-49 lat	237	Huragan Ligota		00:00:00	00:15:33	00:36:49.95	00:36:49.95	+00:17:34 (47.7%)	6:56	8.6 (52.1%)
532	KUCZEK Elwira	387		40-49 lat	238			00:00:00	00:15:44	00:36:51.85	00:36:51.85	+00:17:36 (47.7%)	6:57	8.6 (52.1%)
533	MAJER Marzena	457	TEAM AERO ŻÓŁWIKI	50-59 lat	78			00:00:00	00:17:33	00:36:51.95	00:36:51.95	+00:17:36 (47.7%)	6:57	8.6 (52.1%)
534	KUCZEK Katarzyna	386	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49 lat	239			00:00:00	00:15:44	00:36:52.45	00:36:52.45	+00:17:36 (47.8%)	6:57	8.6 (52.1%)
535	OSZEK Karolina	569		40-49 lat	240		Oczek Tean	00:00:00	00:15:39	00:37:00.10	00:37:00.10	+00:17:44 (47.9%)	6:58	8.6 (52.1%)
536	STRYCHARZ Aleksandra	731	OCZEK TEAN	30-39 lat	146		Ola i spółka	00:00:00	00:15:39	00:37:00.50	00:37:00.50	+00:17:44 (48.0%)	6:58	8.6 (52.1%)
536	BYRTEK Ania	77	#JUSTFEELFITTEAM	30-39 lat	147	JustfeelfitTEAM		00:00:00	00:16:25	00:37:00.50	00:37:00.50	+00:17:44 (48.0%)	6:58	8.6 (52.1%)
538	DEPTA Justyna	109		30-39 lat	148		Oczek Tean	00:00:00	00:15:17	00:37:00.65	00:37:00.65	+00:17:44 (48.0%)	6:58	8.6 (52.1%)
539	DREWNIK Magdalena	122	#JUSTFEELFITTEAM	40-49 lat	241	JustfeelfitTEAM		00:00:00	00:16:25	00:37:00.70	00:37:00.70	+00:17:44 (48.0%)	6:58	8.6 (52.1%)
540	DRÓZDŹ Monika	124		40-49 lat	242			00:00:00	00:15:48	00:37:03.80	00:37:03.80	+00:17:48 (48.0%)	6:59	8.6 (52.1%)
541	DUDA Magdalena	125		30-39 lat	149			00:00:00	00:15:56	00:37:06.30	00:37:06.30	+00:17:50 (48.1%)	7:00	8.6 (52.1%)

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
542	BIELA Adrianna	37		20-29 lat	44			00:00:00	00:15:20	00:37:06.70	00:37:06.70	+00:17:50 (48.1%)	7:00	8.6 (52.1%)
543	KRÓL Justyna	373		40-49 lat	243			00:00:00	00:16:05	00:37:12.75	00:37:12.75	+00:17:57 (48.2%)	7:01	8.5 (51.5%)
544	MARSZALIK Ania	469		40-49 lat	244			00:00:00	00:15:05	00:37:13.70	00:37:13.70	+00:17:57 (48.3%)	7:01	8.5 (51.5%)
545	STRUFF Karolina	730		30-39 lat	150			00:00:00	00:15:05	00:37:13.95	00:37:13.95	+00:17:58 (48.3%)	7:01	8.5 (51.5%)
546	FLAK Ewa	145		40-49 lat	245			00:00:00	00:15:37	00:37:15.30	00:37:15.30	+00:17:59 (48.3%)	7:01	8.5 (51.5%)
547	DAMIS Daria	103		30-39 lat	151			00:00:00	00:15:27	00:37:16.70	00:37:16.70	+00:18:00 (48.3%)	7:01	8.5 (51.5%)
548	STEFANIK Katarzyna	725		30-39 lat	152			00:00:00	00:15:27	00:37:17.05	00:37:17.05	+00:18:01 (48.3%)	7:02	8.5 (51.5%)
549	MIKOŁAJCZYK Magdalena	289	HRMAX ŻORY	40-49 lat	246	HRmax	dziółszki	00:00:00	00:15:30	00:37:17.20	00:37:17.20	+00:18:01 (48.3%)	7:02	8.5 (51.5%)
550	KUKLA Agata	393	POWOLI DO CELU	30-39 lat	153	PoWoli do Celu		00:00:00	00:16:17	00:37:32.75	00:37:32.75	+00:18:17 (48.7%)	7:04	8.5 (51.5%)
551	MAĆKÓW Małgorzata	451		20-29 lat	45			00:00:00	00:15:00	00:37:34.15	00:37:34.15	+00:18:18 (48.7%)	7:05	8.5 (51.5%)
552	KOZŁOWSKA Barbara	366	GEPARDY ŻORY	40-49 lat	247			00:00:00	00:15:42	00:37:35.00	00:37:35.00	+00:18:19 (48.7%)	7:05	8.5 (51.5%)
553	MICHALCZUK Sabina	492	WIEWIÓRKI ZIMNOKRWISTE	30-39 lat	154	Wiewiórki	Zimnokrwiste	00:00:00	00:15:42	00:37:37.25	00:37:37.25	+00:18:21 (48.8%)	7:05	8.5 (51.5%)
554	POŁEDNIOK Aleksandra	625		40-49 lat	248			00:00:00	00:16:24	00:37:40.40	00:37:40.40	+00:18:24 (48.9%)	7:06	8.4 (50.9%)
555	OLCZYK Wioletta	558	KOBIETY NA 5+	50-59 lat	79	Kobiety na 5+		00:00:00	00:14:30	00:37:40.60	00:37:40.60	+00:18:24 (48.9%)	7:06	8.4 (50.9%)
556	WACHTARCZYK Dominika	790		30-39 lat	155			00:00:00	00:15:51	00:37:41.40	00:37:41.40	+00:18:25 (48.9%)	7:06	8.4 (50.9%)
557	ZIEJA Martyna	852		20-29 lat	46	Sądówki		00:00:00	00:16:04	00:37:42.25	00:37:42.25	+00:18:26 (48.9%)	7:06	8.4 (50.9%)
558	IDZIKOWSKA Elżbieta	237		40-49 lat	249	Oribanda		00:00:00	00:16:04	00:37:44.55	00:37:44.55	+00:18:28 (49.0%)	7:07	8.4 (50.9%)
559	WAWRZYK Iwona	796	OLZA CIESZYN	50-59 lat	80	Olza Cieszyn		00:00:00	00:16:08	00:37:44.70	00:37:44.70	+00:18:28 (49.0%)	7:07	8.4 (50.9%)
560	IDZIKOWSKA Urszula	236		20-29 lat	47	Oribanda		00:00:00	00:16:05	00:37:44.80	00:37:44.80	+00:18:29 (49.0%)	7:07	8.4 (50.9%)
561	NIEDŹWIEDŹ Maja	538		40-49 lat	250			00:00:00	00:14:47	00:37:45.95	00:37:45.95	+00:18:30 (49.0%)	7:07	8.4 (50.9%)
562	KOWALSKA Małgorzata	361		50-59 lat	81			00:00:00	00:15:59	00:37:47.45	00:37:47.45	+00:18:31 (49.0%)	7:07	8.4 (50.9%)
563	TYRYTKO Joanna	784	WATAHA	20-29 lat	48	WATAHA		00:00:00	00:13:54	00:37:47.85	00:37:47.85	+00:18:32 (49.0%)	7:07	8.4 (50.9%)
564	HABER Katarzyna	219	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	82	Miechowicka	Grupa Biegowa	00:00:00	00:16:05	00:37:49.00	00:37:49.00	+00:18:33 (49.1%)	7:08	8.4 (50.9%)
565	JASNY Agata	265		30-39 lat	156		Masne Frelki	00:00:00	00:15:25	00:37:52.80	00:37:52.80	+00:18:37 (49.1%)	7:08	8.4 (50.9%)
566	KNAP Beata	326		50-59 lat	83			00:00:00	00:15:49	00:37:53.00	00:37:53.00	+00:18:37 (49.2%)	7:08	8.4 (50.9%)
567	SOBEL Izabela	705		40-49 lat	251			00:00:00	00:15:16	00:37:54.00	00:37:54.00	+00:18:38 (49.2%)	7:09	8.4 (50.9%)

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
568	POCENTAJŁO Beata	622	INTERNATIONAL RUINING KLUB	50-59 lat	84			00:00:00	00:15:32	00:37:55.70	00:37:55.70	+00:18:39 (49.2%)	7:09	8.4 (50.9%)
569	KĘPKA Joanna	305		40-49 lat	252			00:00:00	00:15:24	00:37:56.20	00:37:56.20	+00:18:40 (49.2%)	7:09	8.4 (50.9%)
570	SERAFIN-CHWAŁEK Joanna	673		40-49 lat	253			00:00:00	00:15:20	00:37:57.70	00:37:57.70	+00:18:41 (49.3%)	7:09	8.4 (50.9%)
571	JAKUBIK Edyta	242		30-39 lat	157			00:00:00	00:15:28	00:38:01.15	00:38:01.15	+00:18:45 (49.3%)	7:10	8.4 (50.9%)
572	GŁĄB Agnieszka	185	SPOT PSZCZYNA	40-49 lat	254	SPOT Pszczyna		00:00:00	00:14:27	00:38:02.05	00:38:02.05	+00:18:46 (49.4%)	7:10	8.4 (50.9%)
573	STEBEL Marzena	723	SPOT PSZCZYNA	40-49 lat	255	SPOT Pszczyna		00:00:00	00:14:28	00:38:02.25	00:38:02.25	+00:18:46 (49.4%)	7:10	8.4 (50.9%)
574	KOCZY-GAŁUSZKA Edyta	330	SPOT	40-49 lat	256			00:00:00	00:14:18	00:38:02.80	00:38:02.80	+00:18:47 (49.4%)	7:10	8.4 (50.9%)
575	JEKIEŁEK Barbara	271		30-39 lat	158	Wiewiórki Zimnokrwiste		00:00:00	00:15:43	00:38:02.85	00:38:02.85	+00:18:47 (49.4%)	7:10	8.4 (50.9%)
576	SŁABOŃ-SIKORA Aneta	692	STOWARZYSZENIE POGORIA BIEGA	40-49 lat	257			00:00:00	00:15:53	00:38:03.80	00:38:03.80	+00:18:48 (49.4%)	7:10	8.4 (50.9%)
577	KUCHARCZYK Aneta	382	VIKING TRAINING CENTER	30-39 lat	159			00:00:00	00:15:43	00:38:09.00	00:38:09.00	+00:18:53 (49.5%)	7:11	8.3 (50.3%)
578	JANCZARA Ewa	245		40-49 lat	258			00:00:00	00:15:47	00:38:09.50	00:38:09.50	+00:18:53 (49.5%)	7:11	8.3 (50.3%)
579	KLUSKA Sylwia	318	HURAGAN LIGOTA	50-59 lat	85			00:00:00	00:15:49	00:38:10.35	00:38:10.35	+00:18:54 (49.5%)	7:12	8.3 (50.3%)
580	SŁYSZ Natalia	698		30-39 lat	160	Byle Do Mety		00:00:00	00:15:56	00:38:11.00	00:38:11.00	+00:18:55 (49.6%)	7:12	8.3 (50.3%)
581	CICHOŃ Iwona	89	HURAGAN LIGOTA	40-49 lat	259	HURAGAN LIGOTA		00:00:00	00:16:20	00:38:11.10	00:38:11.10	+00:18:55 (49.6%)	7:12	8.3 (50.3%)
582	KOWALCZYK Barbara	358		40-49 lat	260			00:00:00	00:15:59	00:38:13.85	00:38:13.85	+00:18:58 (49.6%)	7:12	8.3 (50.3%)
583	BARTNIK Joanna	19	STREET SPIRIT	40-49 lat	261			00:00:00	00:15:56	00:38:14.00	00:38:14.00	+00:18:58 (49.6%)	7:12	8.3 (50.3%)
584	MIKA Agnieszka	497		30-39 lat	161			00:00:00	00:15:18	00:38:14.45	00:38:14.45	+00:18:58 (49.6%)	7:12	8.3 (50.3%)
585	KWAŚNIEWSKA Kasia	415	TEAM ŻORY	30-39 lat	162			00:00:00	00:15:31	00:38:15.15	00:38:15.15	+00:18:59 (49.6%)	7:13	8.3 (50.3%)
586	ANDROSZ Joanna	6		40-49 lat	262			00:00:00	00:15:39	00:38:15.20	00:38:15.20	+00:18:59 (49.6%)	7:13	8.3 (50.3%)
587	KLUZ Justyna	319		30-39 lat	163	Frelki		00:00:00	00:16:10	00:38:15.50	00:38:15.50	+00:18:59 (49.7%)	7:13	8.3 (50.3%)
588	KOBIELA Bogna	327	HURAGA LIGOTA	40-49 lat	263			00:00:00	00:16:20	00:38:17.35	00:38:17.35	+00:19:01 (49.7%)	7:13	8.3 (50.3%)
589	MAGIERA Barbara	455	POWOLI DO CELU	30-39 lat	164	PoWoli do Celu		00:00:00	00:16:23	00:38:23.10	00:38:23.10	+00:19:07 (49.8%)	7:14	8.3 (50.3%)
590	SZOJDA Paulina	757	VIKING TRAINING CENTER	40-49 lat	264			00:00:00	00:15:35	00:38:23.35	00:38:23.35	+00:19:07 (49.8%)	7:14	8.3 (50.3%)
591	ŚLEZIONA Katarzyna	770		30-39 lat	165			00:00:00	00:15:39	00:38:24.20	00:38:24.20	+00:19:08 (49.8%)	7:14	8.3 (50.3%)
592	PIECHOCIŃSKA Kasia	603	SZARE MORSY	30-39 lat	166	Szare Morsy		00:00:00	00:17:07	00:38:25.40	00:38:25.40	+00:19:09 (49.9%)	7:14	8.3 (50.3%)
593	ZWIOREK - ROTKEGEL Anna	859		50-59 lat	86	Miechowicka Grupa Biegowa		00:00:00	00:16:12	00:38:27.35	00:38:27.35	+00:19:11 (49.9%)	7:15	8.3 (50.3%)

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
594	NAWARYŃSKA Ewa	529		40-49 lat	265			00:00:00	00:17:13	00:38:27.95	00:38:27.95	+00:19:12 (49.9%)	7:15	8.3 (50.3%)
595	STYRNOL Beata	734		50-59 lat	87			00:00:00	00:17:13	00:38:28.40	00:38:28.40	+00:19:12 (49.9%)	7:15	8.3 (50.3%)
596	RĘKAL Dorota	651		50-59 lat	88	Byle Do Mety		00:00:00	00:15:39	00:38:29.95	00:38:29.95	+00:19:14 (50.0%)	7:15	8.3 (50.3%)
597	SZWED Anna	693		40-49 lat	266	Miechowska Grupa Biegowa		00:00:00	00:16:25	00:38:32.35	00:38:32.35	+00:19:16 (50.0%)	7:16	8.3 (50.3%)
598	DACENKO Joanna	101		40-49 lat	267			00:00:00	00:16:53	00:38:41.50	00:38:41.50	+00:19:25 (50.2%)	7:17	8.2 (49.7%)
599	BRODA Beata	62		50-59 lat	89			00:00:00	00:16:17	00:38:41.70	00:38:41.70	+00:19:25 (50.2%)	7:17	8.2 (49.7%)
600	KOŁODZIEJ Ewa	335		50-59 lat	90			00:00:00	00:15:36	00:38:41.80	00:38:41.80	+00:19:26 (50.2%)	7:17	8.2 (49.7%)
601	ROJEK Natalia	652		20-29 lat	49			00:00:00	00:16:25	00:38:47.75	00:38:47.75	+00:19:32 (50.3%)	7:19	8.2 (49.7%)
602	WAGNER Natalia	791		30-39 lat	167		Frelki	00:00:00	00:16:36	00:38:48.00	00:38:48.00	+00:19:32 (50.4%)	7:19	8.2 (49.7%)
603	KACZOREK Malwina	282		30-39 lat	168			00:00:00	00:16:02	00:38:51.55	00:38:51.55	+00:19:35 (50.4%)	7:19	8.2 (49.7%)
604	ROTTER Hanna	660		60+	13			00:00:00	00:16:11	00:38:51.60	00:38:51.60	+00:19:35 (50.4%)	7:19	8.2 (49.7%)
605	KIERMASZEK Barbara	307		60+	14			00:00:00	00:16:09	00:38:52.05	00:38:52.05	+00:19:36 (50.4%)	7:20	8.2 (49.7%)
606	DAMIĘCKA Magda	102		30-39 lat	169			00:00:00	00:17:09	00:38:54.90	00:38:54.90	+00:19:39 (50.5%)	7:20	8.2 (49.7%)
607	SOKÓŁ-OLEŚ Ewelina	711	RUNTEAM PAWŁOWICE	50-59 lat	91	RUNTEAM Pawłowice	RUNTEAM.....ówki	00:00:00	00:17:09	00:38:55.25	00:38:55.25	+00:19:39 (50.5%)	7:20	8.2 (49.7%)
608	KACZMARCZYK-ZIELIŃSKA Magdalena	281	RUNTEAM PAWŁOWICE	30-39 lat	170	RUNTEAM Pawłowice		00:00:00	00:17:09	00:38:55.35	00:38:55.35	+00:19:39 (50.5%)	7:20	8.2 (49.7%)
609	KUCHARSKA Anna	383		40-49 lat	268	Lecymy Durś	Defibrylator	00:00:00	00:15:11	00:38:55.50	00:38:55.50	+00:19:39 (50.5%)	7:20	8.2 (49.7%)
610	DZIENDZIEL Renia	132		40-49 lat	269			00:00:00	00:16:15	00:38:55.65	00:38:55.65	+00:19:39 (50.5%)	7:20	8.2 (49.7%)
611	ORDZOWIAŁA Karolina	568		40-49 lat	270			00:00:00	00:15:52	00:38:56.25	00:38:56.25	+00:19:40 (50.5%)	7:20	8.2 (49.7%)
612	KONOPACKA Waleria	342		60+	15			00:00:00	00:16:50	00:38:56.45	00:38:56.45	+00:19:40 (50.5%)	7:20	8.2 (49.7%)
613	PALARZ Jolanta	580	...	40-49 lat	271	Rozbiegamy to miasto - Czechowice-Dziedzice		00:00:00	00:15:54	00:38:58.85	00:38:58.85	+00:19:43 (50.6%)	7:21	8.2 (49.7%)
614	SZCZEPANIK Aleksandra	746		30-39 lat	171			00:00:00	00:16:12	00:38:59.80	00:38:59.80	+00:19:44 (50.6%)	7:21	8.2 (49.7%)
615	NIEDZIOŁKO Bożena	537	KOBIETY NA 5+	50-59 lat	92	Kobiety na 5+		00:00:00	00:16:11	00:39:00.50	00:39:00.50	+00:19:44 (50.6%)	7:21	8.2 (49.7%)
616	CIESLA Liliana	91		60+	16			00:00:00	00:15:31	00:39:03.20	00:39:03.20	+00:19:47 (50.7%)	7:22	8.1 (49.1%)
617	LECH Martyna	421		30-39 lat	172			00:00:00	00:16:36	00:39:05.70	00:39:05.70	+00:19:49 (50.7%)	7:22	8.1 (49.1%)

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
618	GARUS Angelika	169		40-49 lat	272			00:00:00	00:16:23	00:39:06.55	00:39:06.55	+00:19:50 (50.7%)	7:22	8.1 (49.1%)
619	SZEW CZUK Agnieszka	754		40-49 lat	273	Byle Do Mety		00:00:00	00:15:57	00:39:08.85	00:39:08.85	+00:19:53 (50.8%)	7:23	8.1 (49.1%)
620	WYRWICH Angelika	837		40-49 lat	274			00:00:00	00:16:44	00:39:09.00	00:39:09.00	+00:19:53 (50.8%)	7:23	8.1 (49.1%)
621	KMIECIAK Dominika	324		20-29 lat	50			00:00:00	00:15:13	00:39:12.25	00:39:12.25	+00:19:56 (50.9%)	7:23	8.1 (49.1%)
622	GŁUSZAK Aleksandra	186	KOBIETY NA 5+	40-49 lat	275	Kobiety na 5+		00:00:00	00:16:07	00:39:14.35	00:39:14.35	+00:19:58 (50.9%)	7:24	8.1 (49.1%)
623	MYŚLIWIEC Monika	523	KOBIETY NA 5+	40-49 lat	276	Kobiety na 5+		00:00:00	00:16:07	00:39:14.70	00:39:14.70	+00:19:58 (50.9%)	7:24	8.1 (49.1%)
624	KOŁODZIEJCZYK Aleksandra	336	RADLINIOKI W BIEGU	40-49 lat	277			00:00:00	00:16:21	00:39:15.75	00:39:15.75	+00:20:00 (50.9%)	7:24	8.1 (49.1%)
625	MYŚLIWIEC Barbara	524	KOBIETY NA 5+	20-29 lat	51	Kobiety na 5+		00:00:00	00:16:10	00:39:16.45	00:39:16.45	+00:20:00 (51.0%)	7:24	8.1 (49.1%)
626	CISŁO Katarzyna	94	POWOLI DO CELU	30-39 lat	173	PoWoli do Celu		00:00:00	00:16:34	00:39:18.30	00:39:18.30	+00:20:02 (51.0%)	7:24	8.1 (49.1%)
627	KORNAS Marta	352		30-39 lat	174			00:00:00	00:16:21	00:39:19.90	00:39:19.90	+00:20:04 (51.0%)	7:25	8.1 (49.1%)
628	NAWROCKA Agnieszka	531	KS M.E.T.A	40-49 lat	278			00:00:00	00:16:31	00:39:26.00	00:39:26.00	+00:20:10 (51.2%)	7:26	8.1 (49.1%)
629	KUBIS Barbara	381		40-49 lat	279			00:00:00	00:16:29	00:39:35.60	00:39:35.60	+00:20:19 (51.3%)	7:28	8 (48.5%)
630	MURAS-JAROMIN Justyna	517		30-39 lat	175			00:00:00	00:16:19	00:39:35.65	00:39:35.65	+00:20:19 (51.4%)	7:28	8 (48.5%)
631	ROJEK CZEKAJ Patrycja	654		40-49 lat	280			00:00:00	00:17:50	00:39:37.40	00:39:37.40	+00:20:21 (51.4%)	7:28	8 (48.5%)
632	SZCZUCHNIAK Adriana	751		40-49 lat	281			00:00:00	00:16:33	00:39:37.90	00:39:37.90	+00:20:22 (51.4%)	7:28	8 (48.5%)
633	JUREK Katarzyna	278	JUSTFEELFITTEAM	30-39 lat	176	JustfeelfitTEAM		00:00:00	00:16:27	00:39:42.10	00:39:42.10	+00:20:26 (51.5%)	7:29	8 (48.5%)
634	REK Katarzyna	648	RADLINIOKI W BIEGU	40-49 lat	282	Radlinioki w biegu		00:00:00	00:16:15	00:39:43.00	00:39:43.00	+00:20:27 (51.5%)	7:29	8 (48.5%)
635	NOWAK Malwina	549		30-39 lat	177			00:00:00	00:17:48	00:39:43.15	00:39:43.15	+00:20:27 (51.5%)	7:29	8 (48.5%)
636	KUCIEJ Justyna	385	SZARE MORSY	40-49 lat	283	Szare Morsy		00:00:00	00:16:54	00:39:44.05	00:39:44.05	+00:20:28 (51.5%)	7:29	8 (48.5%)
637	MROWCZYK Kamila	513		20-29 lat	52		O&K	00:00:00	00:16:59	00:39:51.15	00:39:51.15	+00:20:35 (51.7%)	7:31	8 (48.5%)
638	SOWA Aleksandra	716		30-39 lat	178			00:00:00	00:15:33	00:39:56.90	00:39:56.90	+00:20:41 (51.8%)	7:32	8 (48.5%)
639	JAROSZEWSKA Justyna	260	BZIEGACZE	40-49 lat	284			00:00:00	00:15:50	00:40:02.85	00:40:02.85	+00:20:47 (51.9%)	7:33	7.9 (47.9%)
640	KOWALSKA Dorota	362	SBD ENERGETYK RYBNIK	50-59 lat	93			00:00:00	00:16:18	00:40:08.10	00:40:08.10	+00:20:52 (52.0%)	7:34	7.9 (47.9%)
641	BALCERAK Beata	12		30-39 lat	179			00:00:00	00:16:09	00:40:10.60	00:40:10.60	+00:20:54 (52.1%)	7:34	7.9 (47.9%)
642	KŁUSAK Halina	323		30-39 lat	180			00:00:00	00:17:19	00:40:15.50	00:40:15.50	+00:20:59 (52.2%)	7:35	7.9 (47.9%)
643	HAJZYK Eveline	221		40-49 lat	285			00:00:00	00:16:43	00:40:19.35	00:40:19.35	+00:21:03 (52.2%)	7:36	7.9 (47.9%)

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
644	ZIEJA Iza	853		50-59 lat	94	Sądówki		00:00:00	00:16:55	00:40:24.15	00:40:24.15	+00:21:08 (52.3%)	7:37	7.9 (47.9%)
645	BRZANA Anna	64		40-49 lat	286		Kolonie	00:00:00	00:16:27	00:40:29.10	00:40:29.10	+00:21:13 (52.4%)	7:38	7.9 (47.9%)
646	BLOCH Katarzyna	47	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	95	Miechowicka Grupa Biegowa		00:00:00	00:16:35	00:40:29.25	00:40:29.25	+00:21:13 (52.4%)	7:38	7.9 (47.9%)
647	BIAŁAS Joanna	31		40-49 lat	287			00:00:00	00:16:38	00:40:32.45	00:40:32.45	+00:21:16 (52.5%)	7:38	7.8 (47.3%)
648	ZALEWSKA Barbara	844	KOBIETY NA 5+	40-49 lat	288	Kobiety na 5+		00:00:00	00:17:02	00:40:37.35	00:40:37.35	+00:21:21 (52.6%)	7:39	7.8 (47.3%)
649	PODESZWA Katarzyna	624		40-49 lat	289			00:00:00	00:17:02	00:40:38.25	00:40:38.25	+00:21:22 (52.6%)	7:40	7.8 (47.3%)
650	LIPIŃSKA Iza	428		40-49 lat	290		SISITERS	00:00:00	00:16:19	00:40:39.35	00:40:39.35	+00:21:23 (52.6%)	7:40	7.8 (47.3%)
651	WRÓBEL Barbara	831		40-49 lat	291		SISITERS	00:00:00	00:16:19	00:40:39.60	00:40:39.60	+00:21:23 (52.6%)	7:40	7.8 (47.3%)
652	LURANC Urszula	439		30-39 lat	181			00:00:00	00:16:34	00:40:40.05	00:40:40.05	+00:21:24 (52.6%)	7:40	7.8 (47.3%)
653	NIEDZIELA Roksana	535		20-29 lat	53	Wiewiórki Zimnokrwiste		00:00:00	00:16:49	00:40:40.45	00:40:40.45	+00:21:24 (52.6%)	7:40	7.8 (47.3%)
654	KAWCZYŃSKA Wiesława	302		50-59 lat	96			00:00:00	00:17:59	00:40:43.90	00:40:43.90	+00:21:28 (52.7%)	7:40	7.8 (47.3%)
655	OLEŚ Ula	561		30-39 lat	182			00:00:00	00:16:43	00:40:50.90	00:40:50.90	+00:21:35 (52.8%)	7:42	7.8 (47.3%)
656	PLATA Marlena	618		30-39 lat	183			00:00:00	00:16:49	00:40:54.95	00:40:54.95	+00:21:39 (52.9%)	7:43	7.8 (47.3%)
657	GAPIŃSKA Agata	167		50-59 lat	97			00:00:00	00:16:49	00:40:55.60	00:40:55.60	+00:21:39 (52.9%)	7:43	7.8 (47.3%)
658	SCHMIDT Magdalena	672		30-39 lat	184			00:00:00	00:17:04	00:41:05.20	00:41:05.20	+00:21:49 (53.1%)	7:45	7.7 (46.7%)
659	STELMACH Marta	726		30-39 lat	185			00:00:00	00:16:29	00:41:08.15	00:41:08.15	+00:21:52 (53.2%)	7:45	7.7 (46.7%)
660	ZAJĄCZKOWSKA Emilia	842	KOBIETY NA 5+	30-39 lat	186	Kobiety na 5+		00:00:00	00:17:09	00:41:08.95	00:41:08.95	+00:21:53 (53.2%)	7:45	7.7 (46.7%)
661	MARUSZCZAK Justyna	473	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	98	Miechowicka Grupa Biegowa		00:00:00	00:17:03	00:41:11.05	00:41:11.05	+00:21:55 (53.2%)	7:46	7.7 (46.7%)
662	GROCHOWSKA Oliwia	207		16-19 lat	18			00:00:00	00:16:37	00:41:22.60	00:41:22.60	+00:22:06 (53.4%)	7:48	7.7 (46.7%)
663	HANUSA Beata	227		20-29 lat	54			00:00:00	00:17:26	00:41:29.70	00:41:29.70	+00:22:13 (53.6%)	7:49	7.7 (46.7%)
664	ŁANUCHA Mariola	440	KOBIETY NA 5+	60+	17	Kobiety na 5+		00:00:00	00:16:55	00:41:36.90	00:41:36.90	+00:22:21 (53.7%)	7:50	7.6 (46.1%)
665	GAJDA Aleksandra	159		40-49 lat	292			00:00:00	00:17:08	00:41:41.75	00:41:41.75	+00:22:26 (53.8%)	7:51	7.6 (46.1%)
666	PATAŁĄG Katarzyna	594		30-39 lat	187			00:00:00	00:16:01	00:41:44.70	00:41:44.70	+00:22:28 (53.9%)	7:52	7.6 (46.1%)
667	MIŚKOWIEC Agnieszka	505		40-49 lat	293			00:00:00	00:16:32	00:41:49.10	00:41:49.10	+00:22:33 (53.9%)	7:53	7.6 (46.1%)
668	WORONKO-ZACZYŃSKA Janina	821		60+	18			00:00:00	00:18:16	00:41:50.85	00:41:50.85	+00:22:35 (54.0%)	7:53	7.6 (46.1%)

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
669	SUJEWICZ Klaudia	736		20-29 lat	55			00:00:00	00:18:20	00:41:53.90	00:41:53.90	+00:22:38 (54.0%)	7:54	7.6 (46.1%)
670	SURY-WOLNIEWICZ Kamila	738	KOBIETY NA 5+	40-49 lat	294	Kobiety na 5+		00:00:00	00:17:36	00:42:02.45	00:42:02.45	+00:22:46 (54.2%)	7:55	7.6 (46.1%)
671	PAWŁOWICZ Marzena	597		50-59 lat	99			00:00:00	00:17:00	00:42:03.55	00:42:03.55	+00:22:47 (54.2%)	7:56	7.6 (46.1%)
672	CZERWIŃSKA Klaudyna	99		30-39 lat	188	OPEL FIJAŁKOWSKI		00:00:00	00:17:44	00:42:05.30	00:42:05.30	+00:22:49 (54.2%)	7:56	7.6 (46.1%)
673	KOSOWSKA Grażyna	354	KOBIETY NA 5+	50-59 lat	100	Kobiety na 5+		00:00:00	00:18:39	00:42:06.85	00:42:06.85	+00:22:51 (54.3%)	7:56	7.6 (46.1%)
674	MILCUSZEK Magdalena	499		30-39 lat	189			00:00:00	00:18:02	00:42:07.20	00:42:07.20	+00:22:51 (54.3%)	7:56	7.6 (46.1%)
675	WOJCIECHOWSKA Ewa	815		60+	19			00:00:00	00:17:28	00:42:10.10	00:42:10.10	+00:22:54 (54.3%)	7:57	7.5 (45.5%)
676	DOBOSZ Katarzyna	113	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	295	Miechowska Grupa Biegowa		00:00:00	00:18:07	00:42:22.05	00:42:22.05	+00:23:06 (54.5%)	7:59	7.5 (45.5%)
677	JANCZURA Marzena	246		40-49 lat	296			00:00:00	00:17:20	00:42:22.75	00:42:22.75	+00:23:07 (54.5%)	7:59	7.5 (45.5%)
678	BROCKA Joanna	60		40-49 lat	297			00:00:00	00:17:52	00:42:27.35	00:42:27.35	+00:23:11 (54.6%)	8:00	7.5 (45.5%)
679	KOCIK Krystyna	329		60+	20			00:00:00	00:18:03	00:42:30.40	00:42:30.40	+00:23:14 (54.7%)	8:01	7.5 (45.5%)
680	CZARNECKA Małgorzata	96	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	101	Miechowska Grupa Biegowa		00:00:00	00:17:33	00:42:32.25	00:42:32.25	+00:23:16 (54.7%)	8:01	7.5 (45.5%)
681	PALUCH Agnieszka	581		40-49 lat	298			00:00:00	00:17:50	00:42:35.00	00:42:35.00	+00:23:19 (54.8%)	8:02	7.5 (45.5%)
682	JARZABEK Monika	261		40-49 lat	299			00:00:00	00:17:06	00:42:37.20	00:42:37.20	+00:23:21 (54.8%)	8:02	7.5 (45.5%)
683	GARAJ Magdalena	168		40-49 lat	300			00:00:00	00:17:37	00:42:37.60	00:42:37.60	+00:23:21 (54.8%)	8:02	7.5 (45.5%)
684	RYŚ Weronika	666		20-29 lat	56			00:00:00	00:18:11	00:42:40.15	00:42:40.15	+00:23:24 (54.9%)	8:03	7.5 (45.5%)
685	RYŚ Aga	665		20-29 lat	57			00:00:00	00:18:12	00:42:42.15	00:42:42.15	+00:23:26 (54.9%)	8:03	7.4 (44.8%)
686	KLARENBACH Agnieszka	311		30-39 lat	190			00:00:00	00:18:05	00:42:42.35	00:42:42.35	+00:23:26 (54.9%)	8:03	7.4 (44.8%)
687	GLICA Katarzyna	183		30-39 lat	191			00:00:00	00:17:34	00:42:43.40	00:42:43.40	+00:23:27 (54.9%)	8:03	7.4 (44.8%)
688	FABIN Marta	137		30-39 lat	192			00:00:00	00:17:27	00:42:45.05	00:42:45.05	+00:23:29 (54.9%)	8:03	7.4 (44.8%)
689	WOWRA Beata	824		40-49 lat	301			00:00:00	00:18:07	00:42:47.55	00:42:47.55	+00:23:31 (55.0%)	8:04	7.4 (44.8%)
690	ZAWADZKA Beba Beata	846	FIT BEZY	40-49 lat	302	Fit Bezy		00:00:00	00:18:07	00:42:47.85	00:42:47.85	+00:23:32 (55.0%)	8:04	7.4 (44.8%)
691	ŻEBROWSKA Weronika	865	MORS HUBERTUS	20-29 lat	58	Mors Hubertus		00:00:00	00:17:58	00:42:53.25	00:42:53.25	+00:23:37 (55.1%)	8:05	7.4 (44.8%)
692	STAŚKIEWICZ Beata	721	SOCJAL CORPO GROUP	40-49 lat	303	Socjal Corpo Group		00:00:00	00:18:20	00:43:20.25	00:43:20.25	+00:24:04 (55.6%)	8:10	7.3 (44.2%)
693	JANKOWSKA Martyna	256		16-19 lat	19			00:00:00	00:17:27	00:43:23.45	00:43:23.45	+00:24:07 (55.6%)	8:11	7.3 (44.2%)

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
694	RATAJCZAK Ewa	644	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	304			00:00:00	00:17:34	00:43:27.40	00:43:27.40	+00:24:11 (55.7%)	8:11	7.3 (44.2%)
695	STAŚKIEWICZ Monika	722		40-49 lat	305			00:00:00	00:17:28	00:43:31.60	00:43:31.60	+00:24:15 (55.7%)	8:12	7.3 (44.2%)
696	HEKIERT Wioleta	228	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	306	Miechowska Grupa Biegowa		00:00:00	00:18:32	00:43:51.25	00:43:51.25	+00:24:35 (56.1%)	8:16	7.3 (44.2%)
697	GURCZYŃSKA Monika	218		40-49 lat	307			00:00:00	00:19:39	00:44:19.35	00:44:19.35	+00:25:03 (56.5%)	8:21	7.2 (43.6%)
698	GORGON-PASZEK Honorata	192		30-39 lat	193	Bella's Figther		00:00:00	00:17:43	00:44:23.75	00:44:23.75	+00:25:08 (56.6%)	8:22	7.2 (43.6%)
699	SŁUPECKA Beata	697		40-49 lat	308			00:00:00	00:17:30	00:44:32.95	00:44:32.95	+00:25:17 (56.8%)	8:24	7.1 (43.0%)
700	KOZOK Barbara	367	VIKING TRAINING CENTER	30-39 lat	194			00:00:00	00:19:05	00:44:33.35	00:44:33.35	+00:25:17 (56.8%)	8:24	7.1 (43.0%)
701	BUCZAK Jolanta	67		40-49 lat	309			00:00:00	00:18:28	00:44:42.45	00:44:42.45	+00:25:26 (56.9%)	8:26	7.1 (43.0%)
702	SZCZEGODZIŃSKA Kasia	745		30-39 lat	195			00:00:00	00:18:29	00:44:43.20	00:44:43.20	+00:25:27 (56.9%)	8:26	7.1 (43.0%)
703	WOJTAL Danuta	816		50-59 lat	102			00:00:00	00:18:53	00:44:44.95	00:44:44.95	+00:25:29 (57.0%)	8:26	7.1 (43.0%)
704	FIRLEJ Hanna	144		20-29 lat	59			00:00:00	00:18:24	00:44:52.20	00:44:52.20	+00:25:36 (57.1%)	8:27	7.1 (43.0%)
705	WOJTAS Paulina	818		20-29 lat	60			00:00:00	00:18:25	00:44:53.25	00:44:53.25	+00:25:37 (57.1%)	8:28	7.1 (43.0%)
706	DAMIS Jessica	104		30-39 lat	196			00:00:00	00:18:03	00:45:05.15	00:45:05.15	+00:25:49 (57.3%)	8:30	7.1 (43.0%)
707	MAGIELEK Magdalena	485		30-39 lat	197			00:00:00	00:18:04	00:45:05.45	00:45:05.45	+00:25:49 (57.3%)	8:30	7.1 (43.0%)
708	KROCHMAŁSKA Jadwiga	372	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	103	Miechowska Grupa Biegowa		00:00:00	00:18:42	00:45:06.60	00:45:06.60	+00:25:50 (57.3%)	8:30	7.1 (43.0%)
709	SZCZEPANOWSKA Grażyna	748		60+	21			00:00:00	00:20:26	00:45:23.10	00:45:23.10	+00:26:07 (57.6%)	8:33	7 (42.4%)
710	NOWORYTA-RYGUŁA Maria	554		30-39 lat	198			00:00:00	00:18:58	00:45:23.50	00:45:23.50	+00:26:07 (57.6%)	8:33	7 (42.4%)
711	DĘBSKA Olga	112		30-39 lat	199	EKIPA PP19		00:00:00	00:19:07	00:45:35.25	00:45:35.25	+00:26:19 (57.7%)	8:36	7 (42.4%)
712	MULLER-KOCZOR Aleksandra	516		30-39 lat	200	EKIPA PP19		00:00:00	00:19:07	00:45:35.55	00:45:35.55	+00:26:19 (57.8%)	8:36	7 (42.4%)
713	BIAŁEK Maria	34		20-29 lat	61			00:00:00	00:19:06	00:45:45.95	00:45:45.95	+00:26:30 (57.9%)	8:37	7 (42.4%)
714	WILK Izabela	806	WATAHA	50-59 lat	104	WATAHA		00:00:00	00:18:52	00:45:47.00	00:45:47.00	+00:26:31 (57.9%)	8:38	6.9 (41.8%)
715	KODURA Joanna	331	OCZEK TEAM	50-59 lat	105		Oczek Tean	00:00:00	00:20:26	00:46:01.35	00:46:01.35	+00:26:45 (58.1%)	8:40	6.9 (41.8%)
716	JEZUITA Ewa	273	WATAHA	40-49 lat	310	WATAHA		00:00:00	00:18:51	00:46:22.45	00:46:22.45	+00:27:06 (58.5%)	8:44	6.9 (41.8%)
717	GIBAS Amanda	178		40-49 lat	311			00:00:00	00:18:49	00:46:45.45	00:46:45.45	+00:27:29 (58.8%)	8:49	6.8 (41.2%)
718	KUŚMIRSKA-KUBAS Alina	410	KLUB BIEGACZA FARTLEK	50-59 lat	106	Klub Biegacza Fartlek		00:00:00	00:18:52	00:46:48.05	00:46:48.05	+00:27:32 (58.8%)	8:49	6.8 (41.2%)

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
719	WIŚNIEWSKA Janina	809		50-59 lat	107			00:00:00	00:19:59	00:47:08.60	00:47:08.60	+00:27:52 (59.1%)	8:53	6.7 (40.6%)
720	ARENDARCZYK Anna	9		50-59 lat	108			00:00:00	00:19:15	00:47:17.05	00:47:17.05	+00:28:01 (59.3%)	8:55	6.7 (40.6%)
721	SKRZYPIEC Martyna	688		30-39 lat	201			00:00:00	00:17:09	00:47:18.00	00:47:18.00	+00:28:02 (59.3%)	8:55	6.7 (40.6%)
722	MAJKOWSKA Agnieszka	458		40-49 lat	312			00:00:00	00:17:13	00:47:18.55	00:47:18.55	+00:28:02 (59.3%)	8:55	6.7 (40.6%)
723	NIEDŹWIEDŹ Julia	539		20-29 lat	62			00:00:00	00:18:38	00:47:26.55	00:47:26.55	+00:28:10 (59.4%)	8:56	6.7 (40.6%)
724	STEFANIAK Justyna	724	POGORIA BIEGA	40-49 lat	313			00:00:00	00:21:09	00:47:35.40	00:47:35.40	+00:28:19 (59.5%)	8:58	6.7 (40.6%)
725	CIEŚLIŃSKA Jola	93		50-59 lat	109			00:00:00	00:20:53	00:47:53.60	00:47:53.60	+00:28:37 (59.8%)	9:02	6.6 (40.0%)
726	LEJTAN Joanna	423		40-49 lat	314			00:00:00	00:19:46	00:48:02.45	00:48:02.45	+00:28:46 (59.9%)	9:03	6.6 (40.0%)
727	DĄBROWSKA Justyna	107		40-49 lat	315			00:00:00	00:20:04	00:48:21.00	00:48:21.00	+00:29:05 (60.2%)	9:07	6.6 (40.0%)
728	NIESTRÓJ Żaneta	542		20-29 lat	63			00:00:00	00:20:53	00:49:18.80	00:49:18.80	+00:30:03 (60.9%)	9:18	6.5 (39.4%)
729	BUDA Klaudia	1193		20-29 lat	64			00:00:00	00:20:44	00:49:48.65	00:49:48.65	+00:30:32 (61.3%)	9:23	6.4 (38.8%)
730	FOJCIK Gabriela	147		60+	22			00:00:00	00:22:32	00:50:11.00	00:50:11.00	+00:30:55 (61.6%)	9:28	6.3 (38.2%)
731	JANKOWSKA Anita	255		50-59 lat	110			00:00:00	00:21:18	00:50:22.60	00:50:22.60	+00:31:06 (61.8%)	9:30	6.3 (38.2%)
732	NALEPKA Katarzyna	525	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	316	Miechowicka Grupa Biegowa		00:00:00	00:21:39	00:50:25.10	00:50:25.10	+00:31:09 (61.8%)	9:30	6.3 (38.2%)
733	PRASAK Sabina	632	POGORIA BOEGA	40-49 lat	317	Pogoria Biega		00:00:00	00:21:11	00:50:30.85	00:50:30.85	+00:31:15 (61.9%)	9:31	6.3 (38.2%)
734	JAWORSKA Monika	270		30-39 lat	202		Byle do mety	00:00:00	00:21:04	00:50:41.40	00:50:41.40	+00:31:25 (62.0%)	9:33	6.3 (38.2%)
735	BOGACKA Joanna	52		40-49 lat	318		Byle do mety	00:00:00	00:21:05	00:50:42.05	00:50:42.05	+00:31:26 (62.0%)	9:33	6.3 (38.2%)
736	KANTOROWSKA Ania	295	POWOLI DO CELU	30-39 lat	203	PoWoli do Celu		00:00:00	00:22:05	00:51:10.35	00:51:10.35	+00:31:54 (62.4%)	9:39	6.2 (37.6%)
737	JURKOWSKA Monika	279	KOBIETY NA 5+	30-39 lat	204	Kobiety na 5+		00:00:00	00:21:47	00:51:21.80	00:51:21.80	+00:32:06 (62.5%)	9:41	6.2 (37.6%)
738	ABRACHAMCZYK Barbara	2		60+	23			00:00:00	00:21:47	00:51:21.90	00:51:21.90	+00:32:06 (62.5%)	9:41	6.2 (37.6%)
739	NOWOK Katarzyna	553		40-49 lat	319			00:00:00	00:22:20	00:52:57.00	00:52:57.00	+00:33:41 (63.6%)	9:59	6 (36.4%)
740	BUJOK Urszula	559	PIGULY	50-59 lat	111	PiguaTeam		00:00:00	00:23:31	00:53:29.85	00:53:29.85	+00:34:14 (64.0%)	10:05	5.9 (35.8%)
741	WAWOCZNY Anita	795	KOBIETY NA 5+	40-49 lat	320	Kobiety na 5+		00:00:00	00:24:43	00:54:12.05	00:54:12.05	+00:34:56 (64.5%)	10:13	5.9 (35.8%)
742	SAWICKA Marta	671	KOBIETY NA 5+	40-49 lat	321	Kobiety na 5+		00:00:00	00:24:44	00:54:13.40	00:54:13.40	+00:34:57 (64.5%)	10:13	5.9 (35.8%)
743	ZALEWSKA Marianna	843		60+	24			00:00:00	00:24:01	00:54:26.40	00:54:26.40	+00:35:10 (64.6%)	10:16	5.8 (35.2%)
744	BUJAK Magdalena	69	VIKING TRAINING CENTER	30-39 lat	205			00:00:00	00:24:34	00:56:22.25	00:56:22.25	+00:37:06 (65.8%)	10:38	5.6 (33.9%)

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
745	KOPICZKO Ewelina	345	INCOLA TEAM	30-39 lat	206	INCOLA TEAM		00:00:00	00:26:06	01:00:17.50	01:00:17.50	+00:41:01 (68.1%)	11:22	5.3 (32.1%)
746	KOPICZKO Danuta	346		60+	25	INCOLA TEAM		00:00:00	00:26:07	01:00:18.60	01:00:18.60	+00:41:02 (68.1%)	11:22	5.3 (32.1%)
747	PERKOWSKA Daria	599	KOBIETY NA 5+	40-49 lat	322	Kobiety na 5+		00:00:00	00:09:26			+00:01:08	3:46	15.9 (96.4%)

Znaleziono 747 wynik(ów)