



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-05-26
Jastrzębie-Zdrój
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	JAGIELSKA Ewa	1		40-49 lat	1	INCOLA TEAM		00:00:00	00:07:57	00:18:19.04	00:18:19.41		3:27	17.4 (100%)
2	MENDECKA-ZEJDLER Michalina	63		30-39 lat	1			00:00:00	00:08:23	00:19:09.91	00:19:10.28	+00:00:50 (4.4%)	3:36	16.6 (95.4%)
3	SUWAJ Aneta	480	TL ATHLETICS/ALPIN SPORT TEAM	30-39 lat	2	TL Athletics Jastrzębie	N&A	00:00:00	00:08:36	00:19:38.77	00:19:39.14	+00:01:19 (6.8%)	3:42	16.2 (93.1%)
4	DYRLAGA Justyna	51	#JUSTFEELFITTEAM	30-39 lat	3	#JustFeelFitTEAM	#MOBILITYgirls	00:00:01	00:08:47	00:20:39.08	00:20:40.90	+00:02:20 (11.3%)	3:53	15.4 (88.5%)
5	WITOSZEK Barbara	297	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39 lat	4			00:00:00	00:09:32	00:21:09.32	00:21:09.69	+00:02:50 (13.4%)	3:59	15 (86.2%)
6	ADAMCZYK-NOWAK Beata	307	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	1	Miechowska Grupa Biegowa	Kwiat Miechowic	00:00:02	00:09:07	00:21:10.48	00:21:13.05	+00:02:51 (13.5%)	3:59	15 (86.2%)
7	JANKO Anna	206	HRMAX ŻORY	30-39 lat	5	HRmax Dziółski		00:00:02	00:09:06	00:21:15.00	00:21:17.33	+00:02:55 (13.8%)	4:00	15 (86.2%)
8	MROWIEC Kinga	709	TL POGOŃ RUDA ŚLĄSKA	20-29 lat	1		Team Halemba	00:00:00	00:09:21	00:21:25.64	00:21:26.01	+00:03:06 (14.5%)	4:02	14.8 (85.1%)
9	LEWICKA Elżbieta	520		40-49 lat	2		rAnnElle	00:00:01	00:09:11	00:21:30.03	00:21:31.85	+00:03:10 (14.8%)	4:03	14.8 (85.1%)
10	JANEK Weronika	226		40-49 lat	3			00:00:01	00:09:23	00:21:54.81	00:21:55.86	+00:03:35 (16.4%)	4:07	14.5 (83.3%)
11	SUDNIK Anna	519	RANNELLE	30-39 lat	6		rAnnElle	00:00:02	00:09:19	00:22:14.33	00:22:17.17	+00:03:55 (17.6%)	4:11	14.3 (82.2%)
12	NIEDOBECKA Joanna	69	AKADEMIA BIEGANIA ORNONTOWICE	30-39 lat	7			00:00:00	00:09:20	00:22:26.99	00:22:27.36	+00:04:07 (18.4%)	4:13	14.2 (81.6%)
13	WRÓBLEWSKA Judyta	500	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	30-39 lat	8	TL Athletics Jastrzębie		00:00:01	00:09:21	00:22:33.54	00:22:35.36	+00:04:14 (18.8%)	4:15	14.1 (81.0%)
14	BUDNY Patrycja	363	WARTKIE PIERONY	20-29 lat	2	Wartkie Pieronice		00:00:03	00:09:26	00:22:34.48	00:22:37.62	+00:04:15 (18.9%)	4:15	14.1 (81.0%)
15	PIETRAS Sylwia	147	MIECHOWICKA GRUPA BIEGOWA	30-39 lat	9	Miechowska Grupa Biegowa	Kwiat Miechowic	00:00:02	00:09:44	00:22:46.99	00:22:49.53	+00:04:27 (19.6%)	4:17	14 (80.5%)
16	OPIEKULSKA Renata	983		40-49 lat	6			00:00:01	00:09:29	00:22:54.32	00:22:56.14	+00:04:35 (20.0%)	4:19	13.9 (79.9%)
17	KOBIELUSZ Martyna	388		20-29 lat	3			00:00:04	00:09:39	00:22:52.93	00:22:57.20	+00:04:33 (19.9%)	4:18	13.9 (79.9%)
18	POŁOMSKA Edyta	368	POŁOMSCY TEAM	40-49 lat	5			00:00:03	00:09:22	00:22:53.79	00:22:57.28	+00:04:34 (20.0%)	4:19	13.9 (79.9%)
19	JURASZEK Elżbieta	393	JUSTFEELFITTEAM	40-49 lat	4	#JustFeelFitTEAM		00:00:06	00:09:59	00:22:53.15	00:22:59.94	+00:04:34 (20.0%)	4:19	13.9 (79.9%)

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
20	WYPIÓR Ewa	331		40-49 lat	7			00:00:04	00:09:41	00:22:58.77	00:23:03.38	+00:04:39 (20.3%)	4:20	13.8 (79.3%)
21	KAJTOCH Jolanta	553	BIE-RUN	40-49 lat	8		Monika i Jola	00:00:02	00:09:59	00:23:09.35	00:23:11.56	+00:04:50 (20.9%)	4:22	13.7 (78.7%)
22	NENKO Barbara	984		40-49 lat	9	Never too late	Team Halemba	00:00:02	00:10:21	00:23:14.82	00:23:17.58	+00:04:55 (21.2%)	4:23	13.7 (78.7%)
23	ANDROSZ Beata	909		40-49 lat	11			00:00:03	00:10:01	00:23:18.55	00:23:22.31	+00:04:59 (21.4%)	4:23	13.6 (78.2%)
24	BARSKA Agnieszka	587		40-49 lat	10	Dyczuś Team		00:00:08	00:09:48	00:23:16.23	00:23:24.67	+00:04:57 (21.3%)	4:23	13.7 (78.7%)
25	KANDORA Joanna	675	MIECHOWICACH GRUPA BIEGOWA	40-49 lat	12	MIECHOWICKA GRUPA BIEGOWA		00:00:03	00:10:14	00:23:32.57	00:23:36.49	+00:05:13 (22.2%)	4:26	13.5 (77.6%)
26	WRÓBEL Katarzyna	517	#JUSTFEELFITTEAM	30-39 lat	10	#JustFeelFitTEAM		00:00:05	00:10:01	00:23:34.01	00:23:39.99	+00:05:14 (22.3%)	4:26	13.5 (77.6%)
27	DOMIAN Paulina	334		30-39 lat	11			00:00:03	00:10:02	00:23:39.35	00:23:42.96	+00:05:20 (22.6%)	4:27	13.4 (77.0%)
28	MALEJKA Katarzyna	740		50-59 lat	2	Huragan Ligota	E&K	00:00:13	00:10:05	00:23:30.05	00:23:43.53	+00:05:11 (22.1%)	4:26	13.5 (77.6%)
29	NGUYEN Dorota	668	RADLINIOKI W BIEGU/RYBNICKA GRUPA BIEGOWA	30-39 lat	12	Rybnicka Grupa Biegowa Pędzimy Razem		00:00:06	00:10:28	00:23:41.37	00:23:48.04	+00:05:22 (22.7%)	4:28	13.4 (77.0%)
30	PERUGIEWICZ Joanna	731	@GOOD VIBES	30-39 lat	13		@good vibes	00:00:04	00:09:51	00:23:53.07	00:23:57.93	+00:05:34 (23.3%)	4:30	13.3 (76.4%)
31	NOWAK Beata	374	ZZOZOLKI	50-59 lat	3	ZZOZOLKI		00:00:03	00:10:00	00:23:57.25	00:24:00.43	+00:05:38 (23.5%)	4:31	13.3 (76.4%)
32	SUSHKO Maryna	663	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	30-39 lat	14	Rybnicka Grupa Biegowa Pędzimy Razem	Zielone dziewczyny	00:00:05	00:10:33	00:23:57.68	00:24:03.50	+00:05:38 (23.6%)	4:31	13.3 (76.4%)
33	BINIENDA Agnieszka	449	KOBIETY WATAHY	40-49 lat	14			00:00:03	00:10:16	00:24:01.91	00:24:05.91	+00:05:42 (23.8%)	4:31	13.2 (75.9%)
34	DYCZEK Basia	582	DYCUŚ TEAM	30-39 lat	15	Dyczuś Team		00:00:08	00:10:16	00:24:00.20	00:24:08.92	+00:05:41 (23.7%)	4:31	13.3 (76.4%)
35	CZYŻ Leonarda	366	ZZOZOLKI	50-59 lat	4	ZZOZOLKI		00:00:03	00:10:11	00:24:05.69	00:24:09.22	+00:05:46 (24.0%)	4:32	13.2 (75.9%)
36	GRYCMAN Marta	433		30-39 lat	16		M i A	00:00:05	00:10:15	00:24:11.61	00:24:17.41	+00:05:52 (24.3%)	4:33	13.1 (75.3%)
37	TANISTRA - SŁOWIK Katarzyna	522	HURAGAN LIGOTA	40-49 lat	13	Huragan Ligota		00:00:24	00:10:21	00:23:58.94	00:24:23.85	+00:05:39 (23.6%)	4:31	13.3 (76.4%)
38	MIKULAK Natalia	423		20-29 lat	4			00:00:06	00:10:19	00:24:20.75	00:24:26.94	+00:06:01 (24.8%)	4:35	13.1 (75.3%)
39	SZOJDA Paulina	96	VIKING TRAINING CENTER	40-49 lat	15	Viking Training Center		00:00:06	00:10:16	00:24:20.82	00:24:27.32	+00:06:01 (24.8%)	4:35	13.1 (75.3%)
40	NIESŁAŃCZYK Małgorzata	485	WATAHA	40-49 lat	17	Wataha		00:00:02	00:10:20	00:24:29.70	00:24:32.34	+00:06:10 (25.2%)	4:37	13 (74.7%)
41	PERKOWSKA Daria	987		40-49 lat	18	Kobiety na 5+		00:00:03	00:10:14	00:24:32.46	00:24:36.28	+00:06:13 (25.4%)	4:37	13 (74.7%)
42	KONDZIOŁKA Kinga	308		20-29 lat	5	ZZOZOLKI		00:00:01	00:10:31	00:24:36.23	00:24:38.05	+00:06:17 (25.6%)	4:38	12.9 (74.1%)
43	MOCHOCKA Agnieszka	728		40-49 lat	16	Team Oli Lidl		00:00:17	00:10:20	00:24:22.51	00:24:39.88	+00:06:03 (24.9%)	4:35	13.1 (75.3%)
44	PASŁAWSKA Katarzyna	140		40-49 lat	19	Kobiety na 5+		00:00:03	00:10:14	00:24:39.26	00:24:43.07	+00:06:20 (25.7%)	4:39	12.9 (74.1%)
45	BIAŁOŃCZYK Joanna	218	BYLE DO METY	30-39 lat	17	Byle do mety		00:00:14	00:11:04	00:24:30.61	00:24:45.60	+00:06:11 (25.3%)	4:37	13 (74.7%)

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46	SIKORA Wiktoria	685		20-29 lat	6			00:00:04	00:10:40	00:24:48.66	00:24:53.15	+00:06:29 (26.2%)	4:40	12.8 (73.6%)
47	PAWŁOWSKA Beata	178	RADLINIOKI W BIEGU	50-59 lat	6			00:00:06	00:10:18	00:24:49.51	00:24:55.62	+00:06:30 (26.2%)	4:40	12.8 (73.6%)
48	SZAFARCZYK Eugenia	279	RUNSZ-TEAM	60+	1	RunSZ-team		00:00:00	00:10:23	00:24:59.81	00:25:00.18	+00:06:40 (26.7%)	4:42	12.7 (73.0%)
49	NOWAK Ewa	477		50-59 lat	5		E&K	00:00:13	00:10:52	00:24:46.97	00:25:00.66	+00:06:27 (26.1%)	4:40	12.8 (73.6%)
50	MIELAŃCZYK Patrycja	142		30-39 lat	18			00:00:02	00:10:31	00:25:04.57	00:25:07.29	+00:06:45 (27.0%)	4:43	12.7 (73.0%)
51	JANKO Joanna	157		30-39 lat	20			00:00:01	00:10:57	00:25:13.13	00:25:14.95	+00:06:54 (27.4%)	4:45	12.6 (72.4%)
52	KIEŁKOWSKA Maria	942		40-49 lat	21			00:00:08	00:11:07	00:25:08.60	00:25:17.45	+00:06:49 (27.1%)	4:44	12.7 (73.0%)
53	KANDORA Katarzyna	676	MIECHOWICKA GRUPA BIEGOWA	16-19 lat	1	Miechowicka Grupa Biegowa		00:00:03	00:10:50	00:25:16.90	00:25:20.84	+00:06:57 (27.5%)	4:46	12.6 (72.4%)
54	MATERNOWSKA Sandra	819		30-39 lat	22			00:00:03	00:10:27	00:25:19.85	00:25:23.00	+00:07:00 (27.7%)	4:46	12.6 (72.4%)
55	GABER Magdalena	202	#JUSTFEELFITTEAM	40-49 lat	20	#JustFeelFitTEAM		00:00:30	00:10:47	00:24:53.44	00:25:23.64	+00:06:34 (26.4%)	4:41	12.8 (73.6%)
56	PORCZYŃSKA Patrycja	870	SPOT PSZCZYNA	30-39 lat	19	SPOT Pszczyna	Diego&Coco	00:00:11	00:11:04	00:25:12.70	00:25:24.26	+00:06:53 (27.3%)	4:45	12.6 (72.4%)
57	SOŁTYSEK Barbara	623	#JUSTFEELFITTEAM	40-49 lat	22	#JustFeelFitTEAM	#MOBILITYgirls	00:00:11	00:10:55	00:25:13.28	00:25:24.62	+00:06:54 (27.4%)	4:45	12.6 (72.4%)
58	RYŁKO-ŻYŁA Kamila	484	JUSTFEELFITTEAM	30-39 lat	21	#JustFeelFitTEAM		00:00:11	00:10:54	00:25:13.14	00:25:25.07	+00:06:54 (27.4%)	4:45	12.6 (72.4%)
59	POZNIAK Maria	416		20-29 lat	7			00:00:13	00:10:52	00:25:22.30	00:25:35.60	+00:07:03 (27.8%)	4:47	12.5 (71.8%)
60	LOSKOT Monika	557		40-49 lat	24		Monika i Jola	00:00:02	00:10:31	00:25:33.42	00:25:35.89	+00:07:14 (28.3%)	4:49	12.4 (71.3%)
61	SŁOWIK Marlena	119	#JUSTFEELFITTEAM	16-19 lat	2	#JustFeelFitTEAM		00:00:05	00:10:48	00:25:32.05	00:25:37.21	+00:07:13 (28.3%)	4:49	12.5 (71.8%)
62	GOZDALSKA-ZACHŁÓD Sylwia	674		30-39 lat	23			00:00:04	00:10:33	00:25:34.14	00:25:38.29	+00:07:15 (28.4%)	4:49	12.4 (71.3%)
63	KWAPISZ-BONUSIAK Dorota	2		30-39 lat	25			00:00:02	00:10:43	00:25:39.88	00:25:41.88	+00:07:20 (28.6%)	4:50	12.4 (71.3%)
64	SUSZCZYK Monika	121	MORS HUBERTUS	40-49 lat	23		Gazele	00:00:10	00:11:18	00:25:31.05	00:25:41.91	+00:07:12 (28.2%)	4:48	12.5 (71.8%)
65	GRZYBEK Małgorzata	817		30-39 lat	24			00:00:05	00:10:56	00:25:39.35	00:25:44.61	+00:07:20 (28.6%)	4:50	12.4 (71.3%)
66	MENTELSKA Wioleta	345	POWOLI DO CELU	30-39 lat	26	PoWoli do Celu		00:00:04	00:10:30	00:25:41.13	00:25:45.80	+00:07:22 (28.7%)	4:50	12.4 (71.3%)
67	DOMAŃSKA Joanna	41		30-39 lat	27			00:00:06	00:10:30	00:25:49.43	00:25:55.76	+00:07:30 (29.1%)	4:52	12.3 (70.7%)
68	PIDANTY Milena	465		30-39 lat	28			00:00:08	00:11:20	00:25:52.44	00:26:00.77	+00:07:33 (29.2%)	4:52	12.3 (70.7%)
69	MISTEROWICZ Kinga	290	RUNSZ-TEAM	30-39 lat	29	RunSZ-team		00:00:01	00:11:08	00:26:00.95	00:26:02.77	+00:07:41 (29.6%)	4:54	12.2 (70.1%)
70	DAICZMANEK Aleksandra	91		40-49 lat	25			00:00:07	00:11:16	00:26:06.21	00:26:13.59	+00:07:47 (29.8%)	4:55	12.2 (70.1%)
71	KOWALONEK Aleksandra	716	@GOOD VIBES	20-29 lat	8		@good vibes	00:00:04	00:10:51	00:26:14.82	00:26:19.42	+00:07:55 (30.2%)	4:56	12.1 (69.5%)

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72	HANDY Samanta	138	POWOLI DO CELU	30-39 lat	31	PoWoli do Celu		00:00:14	00:10:58	00:26:08.09	00:26:22.79	+00:07:49 (29.9%)	4:55	12.2 (70.1%)
73	MUSIOŁ Helena	543		40-49 lat	26			00:00:03	00:10:59	00:26:20.31	00:26:23.87	+00:08:01 (30.5%)	4:58	12.1 (69.5%)
74	BROCKA Anita	431	SILESIAN TRIATHLON TEAM	50-59 lat	7	Silesian Triathlon Team	M i A	00:00:05	00:11:09	00:26:23.92	00:26:29.89	+00:08:04 (30.6%)	4:58	12.1 (69.5%)
75	MUSIAŁ Wioletta	113	GALOPUJĄCE ŚLIMAKI	40-49 lat	27			00:00:06	00:11:24	00:26:24.28	00:26:30.94	+00:08:05 (30.6%)	4:58	12 (69.0%)
76	HANARZ Joanna	209	#JUSTFEELFITTEAM	30-39 lat	32	#JustFeelFitTEAM		00:00:07	00:11:12	00:26:30.59	00:26:38.41	+00:08:11 (30.9%)	5:00	12 (69.0%)
77	POPEK Barbara	59	SOBIESKI 6	50-59 lat	8	Sobieski 6	Sobieski 6	00:00:05	00:11:02	00:26:34.48	00:26:39.57	+00:08:15 (31.1%)	5:00	12 (69.0%)
78	PUSTELNIK Justyna	707		40-49 lat	29			00:00:06	00:11:04	00:26:33.88	00:26:40.07	+00:08:14 (31.0%)	5:00	12 (69.0%)
79	SZCZĘSNA Kinga	389	RUNSZ-TEAM	20-29 lat	9	RunSZ-team		00:00:03	00:12:04	00:26:38.57	00:26:41.73	+00:08:19 (31.2%)	5:01	11.9 (68.4%)
80	GOŁBA-KĘSKA Ewa	283		30-39 lat	30	Wiewiórki Zimnokrwiste		00:00:39	00:11:41	00:26:02.70	00:26:42.63	+00:07:43 (29.7%)	4:54	12.2 (70.1%)
81	HANDZLIK-STARZYK Anna	136		40-49 lat	28	Wiewiórki Zimnokrwiste		00:00:13	00:11:45	00:26:29.08	00:26:42.96	+00:08:10 (30.8%)	4:59	12 (69.0%)
82	LERCH-HENCZKO Maria	645	AKTYWNIENAKRĘCENI	30-39 lat	34			00:00:07	00:10:54	00:26:42.79	00:26:50.05	+00:08:23 (31.4%)	5:02	11.9 (68.4%)
83	CHROMIK Krystyna	828		30-39 lat	33		Dwie szalone	00:00:23	00:11:05	00:26:30.83	00:26:53.96	+00:08:11 (30.9%)	5:00	12 (69.0%)
84	MENDECKA Daria	233	MOSIR ŁAZISKA GÓRNE	30-39 lat	35			00:00:06	00:11:15	00:26:48.82	00:26:55.32	+00:08:29 (31.7%)	5:03	11.9 (68.4%)
85	HELIOSZ Agnieszka	457		40-49 lat	33			00:00:04	00:11:14	00:26:52.53	00:26:57.50	+00:08:33 (31.8%)	5:04	11.8 (67.8%)
86	KORDEK Dorota	387		40-49 lat	31			00:00:12	00:11:26	00:26:44.81	00:26:57.80	+00:08:25 (31.5%)	5:02	11.9 (68.4%)
87	MAZUR Małgorzata	750		40-49 lat	30			00:00:29	00:11:26	00:26:36.03	00:27:05.13	+00:08:16 (31.1%)	5:01	12 (69.0%)
88	LACH Ewelina	679		40-49 lat	35			00:00:08	00:11:21	00:26:57.85	00:27:06.46	+00:08:38 (32.1%)	5:05	11.8 (67.8%)
89	JESIONEK Małgorzata	105	VIKING TRAINING CENTER	40-49 lat	32	Viking Training Center		00:00:17	00:11:40	00:26:50.54	00:27:08.03	+00:08:31 (31.8%)	5:03	11.9 (68.4%)
90	URBANEK Iwona	644		40-49 lat	34			00:00:17	00:11:31	00:26:55.48	00:27:12.87	+00:08:36 (32.0%)	5:04	11.8 (67.8%)
91	KIERMACZ Dorota	478	JEJKOWICE BIEGAJĄ	30-39 lat	37	Jejkowickie Kobiетки		00:00:03	00:11:58	00:27:11.22	00:27:15.13	+00:08:52 (32.6%)	5:07	11.7 (67.2%)
92	LEPA Klaudia	910		20-29 lat	10			00:00:05	00:11:31	00:27:13.03	00:27:18.53	+00:08:53 (32.7%)	5:08	11.7 (67.2%)
93	MACHNIK Iwona	358	JEJKOWICE BIEGAJĄ	30-39 lat	38	Jejkowickie Kobiетки		00:00:05	00:11:56	00:27:13.85	00:27:18.85	+00:08:54 (32.7%)	5:08	11.7 (67.2%)
94	KRAKOWCZYK Tatiana	153		40-49 lat	36	Wiewiórki Zimnokrwiste		00:00:14	00:11:44	00:27:06.15	00:27:20.38	+00:08:47 (32.4%)	5:06	11.7 (67.2%)
95	SIKORA Anna	993		30-39 lat	36	Nessi Sportswear		00:00:35	00:11:37	00:26:52.09	00:27:27.49	+00:08:33 (31.8%)	5:04	11.8 (67.8%)
96	PAJESTKA Katarzyna	421		40-49 lat	39			00:00:06	00:11:39	00:27:23.86	00:27:30.19	+00:09:04 (33.1%)	5:10	11.6 (66.7%)
97	SLISZ Maria	189	DECATHLON I PRZYJACIELE	50-59 lat	9		M&M	00:00:09	00:11:38	00:27:24.78	00:27:33.91	+00:09:05 (33.2%)	5:10	11.6 (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
98	KUFIETA Magdalena	788	DECATHLON	40-49 lat	40		M&M	00:00:09	00:11:35	00:27:24.55	00:27:33.97	+00:09:05 (33.2%)	5:10	11.6 (66.7%)
99	KUPCZAK Dominika	643		16-19 lat	3			00:00:03	00:11:40	00:27:31.61	00:27:34.79	+00:09:12 (33.5%)	5:11	11.6 (66.7%)
100	LORENZ Agnieszka	261		40-49 lat	38	NICE GIRLS		00:00:20	00:11:41	00:27:15.18	00:27:35.18	+00:08:56 (32.8%)	5:08	11.7 (67.2%)
101	PIOTROWSKA Anna	554	HURAGAN LIGOTA	40-49 lat	37	Huragan Ligota		00:00:24	00:12:01	00:27:13.40	00:27:38.33	+00:08:54 (32.7%)	5:08	11.7 (67.2%)
102	HOLONA Agata	659		30-39 lat	40			00:00:01	00:11:34	00:27:37.82	00:27:39.64	+00:09:18 (33.7%)	5:12	11.5 (66.1%)
103	SOKÓŁ-PISZCZEK Agnieszka	943	PRO INDUSTRIA ŻORY TEAM	40-49 lat	42			00:00:14	00:12:02	00:27:27.07	00:27:41.80	+00:09:08 (33.3%)	5:10	11.6 (66.7%)
104	DYCZEK Klaudia	95	DYCZUŚ TEAM	40-49 lat	45	Dyczuś Team		00:00:09	00:11:57	00:27:35.42	00:27:44.94	+00:09:16 (33.6%)	5:12	11.5 (66.1%)
105	GARBOŚ Weronika	921		40-49 lat	43			00:00:18	00:11:57	00:27:27.66	00:27:46.18	+00:09:08 (33.3%)	5:10	11.6 (66.7%)
106	GOŁOFIT Edyta	995		20-29 lat	11	OPEL Fijałkowski		00:00:11	00:11:59	00:27:35.88	00:27:47.47	+00:09:16 (33.6%)	5:12	11.5 (66.1%)
107	PIĄTEK Patrycja	696		20-29 lat	13		Majowe psiapsi	00:00:07	00:11:48	00:27:42.22	00:27:49.93	+00:09:23 (33.9%)	5:13	11.5 (66.1%)
108	HAŁASA Anna	778		20-29 lat	12			00:00:10	00:11:55	00:27:39.17	00:27:50.13	+00:09:20 (33.8%)	5:13	11.5 (66.1%)
109	BIENKO Edyta	446		40-49 lat	41			00:00:24	00:11:38	00:27:25.99	00:27:50.62	+00:09:06 (33.2%)	5:10	11.6 (66.7%)
110	RASZKA-TRZÓPEK Dorota	306		30-39 lat	41			00:00:07	00:12:13	00:27:53.59	00:28:00.69	+00:09:34 (34.3%)	5:15	11.4 (65.5%)
111	SZPYRA Aniola	239	SOBIESKI6	16-19 lat	5	Sobieski 6		00:00:05	00:11:45	00:27:56.03	00:28:01.11	+00:09:36 (34.4%)	5:16	11.4 (65.5%)
112	BAC Małgorzata	857		16-19 lat	4			00:00:11	00:11:30	00:27:51.15	00:28:02.57	+00:09:32 (34.2%)	5:15	11.4 (65.5%)
113	TALIK Monika	111		40-49 lat	47		Baby górą	00:00:12	00:11:43	00:27:51.92	00:28:04.65	+00:09:32 (34.3%)	5:15	11.4 (65.5%)
114	ZIEMIŃSKA Paulina	11		20-29 lat	14			00:00:14	00:11:59	00:27:53.05	00:28:07.84	+00:09:34 (34.3%)	5:15	11.4 (65.5%)
115	GRZYB Klaudia	856		30-39 lat	39			00:00:59	00:12:23	00:27:18.05	00:28:17.57	+00:08:59 (32.9%)	5:09	11.6 (66.7%)
116	CZYŻ Wiola	160		40-49 lat	44			00:00:50	00:12:13	00:27:28.29	00:28:18.97	+00:09:09 (33.3%)	5:10	11.6 (66.7%)
117	WERNIK Katarzyna	268		50-59 lat	10			00:00:07	00:12:02	00:28:14.99	00:28:22.17	+00:09:55 (35.2%)	5:19	11.3 (64.9%)
118	BAKOWSKA Justyna	338		40-49 lat	50			00:00:18	00:12:15	00:28:04.33	00:28:23.10	+00:09:45 (34.7%)	5:17	11.3 (64.9%)
119	DZIOBEK Dominika	317		40-49 lat	52			00:00:03	00:11:27	00:28:21.46	00:28:24.79	+00:10:02 (35.4%)	5:20	11.2 (64.4%)
120	MAZUR Anna	883	ZIMNOKRWISTE WIEWIÓRKI	30-39 lat	42	Wiewiórki Zimnokrwiste		00:00:30	00:11:51	00:27:56.72	00:28:26.82	+00:09:37 (34.5%)	5:16	11.4 (65.5%)
121	MADEJA Aleksandra	376	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	51	Miechowicka Grupa Biegowa		00:00:12	00:12:18	00:28:16.32	00:28:28.37	+00:09:57 (35.2%)	5:20	11.3 (64.9%)
122	KRZAK Natalia	924		40-49 lat	56			00:00:04	00:12:00	00:28:25.55	00:28:30.46	+00:10:06 (35.6%)	5:21	11.2 (64.4%)
123	RAŻNIAK Beata	172		50-59 lat	11	Kobiety na 5+		00:00:06	00:12:19	00:28:24.70	00:28:30.86	+00:10:05 (35.5%)	5:21	11.2 (64.4%)

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
124	PIETRZYK Małgorzata	715		40-49 lat	46			00:00:59	00:12:24	00:27:35.71	00:28:35.14	+00:09:16 (33.6%)	5:12	11.5 (66.1%)
125	RABSZTYN-PILARSKA Sylwia	627	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:12	00:12:01	00:28:22.67	00:28:35.37	+00:10:03 (35.5%)	5:21	11.2 (64.4%)
126	WANDZEL Anna	26		40-49 lat	49			00:00:31	00:11:59	00:28:04.19	00:28:35.64	+00:09:45 (34.7%)	5:17	11.3 (64.9%)
127	SMOLORZ Anna	3		30-39 lat	43			00:00:21	00:12:21	00:28:14.07	00:28:35.97	+00:09:55 (35.1%)	5:19	11.3 (64.9%)
128	KASPERCZYK Aleksandra	256	WARTKIE PIERONY	40-49 lat	48	Wartkie Pieronice		00:00:37	00:12:22	00:27:59.25	00:28:36.67	+00:09:40 (34.6%)	5:16	11.4 (65.5%)
129	PŁASKA Barbara	15	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:11	00:11:57	00:28:30.05	00:28:41.47	+00:10:11 (35.7%)	5:22	11.2 (64.4%)
130	GORZELAK Joanna	913	KOBIETY NA 5+	40-49 lat	57	Kobiety na 5+		00:00:11	00:12:06	00:28:30.12	00:28:41.51	+00:10:11 (35.7%)	5:22	11.2 (64.4%)
131	PASTUCHA Anna	377		60+	2			00:00:09	00:12:11	00:28:35.36	00:28:44.58	+00:10:16 (35.9%)	5:23	11.1 (63.8%)
132	KUFKA Judyta	626		30-39 lat	44			00:00:28	00:12:06	00:28:16.38	00:28:44.85	+00:09:57 (35.2%)	5:20	11.3 (64.9%)
133	MARCZYŃSKA Izabela	660		30-39 lat	46			00:00:05	00:11:53	00:28:40.78	00:28:46.00	+00:10:21 (36.1%)	5:24	11.1 (63.8%)
134	OLECH Kinga	698		20-29 lat	17		Majowe psiapsi	00:00:07	00:11:50	00:28:40.87	00:28:48.00	+00:10:21 (36.1%)	5:24	11.1 (63.8%)
135	WIDUCH Katarzyna	722		30-39 lat	45		Idziemy Biegać	00:00:10	00:11:55	00:28:38.86	00:28:49.33	+00:10:19 (36.1%)	5:24	11.1 (63.8%)
136	MARSZAŁKOWSKA Daria	939		40-49 lat	59			00:00:14	00:12:19	00:28:35.34	00:28:49.42	+00:10:16 (35.9%)	5:23	11.1 (63.8%)
137	PARMA Anna	944		30-39 lat	47			00:00:07	00:11:52	00:28:42.57	00:28:49.93	+00:10:23 (36.2%)	5:24	11.1 (63.8%)
138	PIECHA-ŁACHAJCZYK Hanna	470		40-49 lat	55		Kiedy jak nie teraz?	00:00:26	00:12:28	00:28:23.23	00:28:49.99	+00:10:04 (35.5%)	5:21	11.2 (64.4%)
139	BANACH Ewa	629		30-39 lat	48			00:00:06	00:12:06	00:28:44.78	00:28:51.52	+00:10:25 (36.3%)	5:25	11.1 (63.8%)
140	SZEWERDA Hanna	541		40-49 lat	53			00:00:29	00:12:17	00:28:22.08	00:28:51.77	+00:10:03 (35.4%)	5:21	11.2 (64.4%)
141	SZEWczyk Marzena	482	JEJKOWICE BIEGAJĄ	40-49 lat	58	Jejkowickie Kobiетки		00:00:16	00:12:27	00:28:35.09	00:28:51.97	+00:10:16 (35.9%)	5:23	11.1 (63.8%)
142	PROKOP Iwona	986		50-59 lat	13			00:00:15	00:12:34	00:28:37.52	00:28:52.56	+00:10:18 (36.0%)	5:23	11.1 (63.8%)
143	KRAWCZYK Urszula	255		20-29 lat	15			00:00:45	00:12:24	00:28:14.89	00:29:00.66	+00:09:55 (35.2%)	5:19	11.3 (64.9%)
144	DĄBROWSKA Agata	846		40-49 lat	62			00:00:13	00:12:19	00:28:48.57	00:29:01.82	+00:10:29 (36.4%)	5:26	11 (63.2%)
145	ŁATKA Dorota	729		50-59 lat	14			00:00:12	00:12:05	00:28:51.93	00:29:04.26	+00:10:32 (36.5%)	5:26	11 (63.2%)
146	GRUSZKIEWICZ Sylwia	511		40-49 lat	61			00:00:20		00:28:44.00	00:29:04.87	+00:10:24 (36.3%)	5:25	11.1 (63.8%)
147	PYTEL Renata	248		50-59 lat	17	Sobieski 6	Sobieski 6	00:00:06	00:11:52	00:28:59.18	00:29:05.89	+00:10:40 (36.8%)	5:28	11 (63.2%)
148	SZYMCZYK Teresa	469	TEAM SZYMCZYKI /ZABIEGANA BABCIA	60+	3			00:00:15	00:12:11	00:28:50.60	00:29:06.57	+00:10:31 (36.5%)	5:26	11 (63.2%)
149	SKIBA Krzysia	396		40-49 lat	65			00:00:09	00:12:33	00:29:04.51	00:29:13.99	+00:10:45 (37.0%)	5:29	10.9 (62.6%)

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
150	BOJDA Brygida	150	PORANNY BESKID RUN	40-49 lat	64			00:00:15	00:12:20	00:29:01.94	00:29:17.78	+00:10:42 (36.9%)	5:28	11 (63.2%)
151	MAZGAJ Grażyna	745		50-59 lat	16			00:00:19	00:12:18	00:28:58.03	00:29:17.97	+00:10:38 (36.8%)	5:27	11 (63.2%)
152	TERESZYŃSKA Anna	632		40-49 lat	66			00:00:08	00:11:57	00:29:10.96	00:29:19.22	+00:10:51 (37.2%)	5:30	10.9 (62.6%)
153	SOŁTYS Wiktoria	535		20-29 lat	16			00:00:42	00:12:14	00:28:38.14	00:29:20.17	+00:10:19 (36.0%)	5:24	11.1 (63.8%)
154	SAJNAJ Izabela	321		40-49 lat	60		Izolda&Iwi	00:00:41	00:12:24	00:28:40.94	00:29:22.08	+00:10:21 (36.1%)	5:24	11.1 (63.8%)
155	PAWLIKOWSKA Barbara	639		40-49 lat	67		Idziemy Biegać	00:00:10	00:12:02	00:29:15.37	00:29:25.41	+00:10:56 (37.4%)	5:31	10.9 (62.6%)
156	MIKOŁAJEC Paulina	949		20-29 lat	18			00:00:16	00:12:41	00:29:15.15	00:29:31.35	+00:10:56 (37.4%)	5:31	10.9 (62.6%)
157	PUDA Dorota	981	KOBIETY NA 5+	50-59 lat	20	Kobiety na 5+		00:00:13	00:12:18	00:29:20.13	00:29:33.58	+00:11:01 (37.6%)	5:32	10.8 (62.1%)
158	HUTYRA Ewa	289		30-39 lat	49			00:00:25	00:12:26	00:29:10.01	00:29:35.43	+00:10:50 (37.2%)	5:30	10.9 (62.6%)
159	JAKUBOWSKA Aleksandra	759		40-49 lat	63			00:00:41	00:12:56	00:28:58.68	00:29:40.60	+00:10:39 (36.8%)	5:27	11 (63.2%)
160	ŁATA-KUNERT Magdalena	869	FEMINGO NOWOCZESNA FIZJOTERAPIA KOBIET	40-49 lat	71			00:00:05	00:12:21	00:29:36.50	00:29:41.54	+00:11:17 (38.1%)	5:35	10.7 (61.5%)
161	SKRZYPOSZEK Małgorzata	320	WARTKIE PIERONY	50-59 lat	15	Wartkie Pieronice		00:00:48	00:12:34	00:28:54.04	00:29:42.21	+00:10:34 (36.6%)	5:27	11 (63.2%)
162	SPYRKA Monika	555	KLUB BIEGACZA FARTLEK	30-39 lat	52	Klub Biegacza Fartlek	Klub Biegacza Fartlek Girls	00:00:14	00:12:05	00:29:30.11	00:29:44.53	+00:11:11 (37.9%)	5:33	10.8 (62.1%)
163	PIONTEK Sabina	281	MIEDONIA FIT	30-39 lat	55			00:00:11	00:12:30	00:29:33.58	00:29:44.63	+00:11:14 (38.0%)	5:34	10.8 (62.1%)
164	GARUS Magdalena	271		40-49 lat	72			00:00:06	00:12:27	00:29:40.12	00:29:47.07	+00:11:21 (38.3%)	5:35	10.7 (61.5%)
165	PŁOTKA Iwona	824	SZPRYCHY	30-39 lat	51	Szprychy	Szprychy	00:00:21	00:12:24	00:29:26.10	00:29:47.44	+00:11:07 (37.8%)	5:33	10.8 (62.1%)
166	PACHUT Justyna	527	VIKING TRAINING CENTER	40-49 lat	68			00:00:31	00:12:48	00:29:16.56	00:29:47.88	+00:10:57 (37.4%)	5:31	10.9 (62.6%)
167	GRABIAŃSKA Katarzyna	245	VIKING TRAINING CENTER	40-49 lat	69	Viking Training Center		00:00:30	00:12:46	00:29:17.90	00:29:48.03	+00:10:58 (37.5%)	5:31	10.9 (62.6%)
168	BRASZKIEWICZ Agnieszka	957		30-39 lat	58			00:00:14	00:12:37	00:29:35.17	00:29:50.08	+00:11:16 (38.1%)	5:34	10.7 (61.5%)
169	PAŁUCKA Monika	491	POWOLI DO CELU	30-39 lat	61	PoWoli do Celu		00:00:03	00:12:33	00:29:46.22	00:29:50.17	+00:11:27 (38.5%)	5:36	10.7 (61.5%)
170	WOJTAS Kinga	600	POWOLI DO CELU	20-29 lat	19	PoWoli do Celu		00:00:20	00:13:08	00:29:30.37	00:29:51.11	+00:11:11 (37.9%)	5:33	10.8 (62.1%)
171	KĄKOL-WOJTAS Katarzyna	300	POWOLI DO CELU	40-49 lat	70	PoWoli do Celu		00:00:22	00:13:07	00:29:29.44	00:29:51.74	+00:11:10 (37.9%)	5:33	10.8 (62.1%)
172	REJBICZ Weronika	937		30-39 lat	59			00:00:14	00:12:39	00:29:38.74	00:29:53.27	+00:11:19 (38.2%)	5:35	10.7 (61.5%)
173	ADAMEK Stella	681		30-39 lat	50			00:00:43	00:13:10	00:29:14.34	00:29:57.88	+00:10:55 (37.4%)	5:30	10.9 (62.6%)
174	SOKÓŁ-OLEŚ Ewelina	254		50-59 lat	18	RUNTEAM PAWŁOWICE		00:00:53	00:13:00	00:29:05.24	00:29:59.21	+00:10:46 (37.0%)	5:29	10.9 (62.6%)
175	CHMURA Ewelina	127	#JUSTFEELFITTEAM	30-39 lat	53	#JustFeelFitTEAM		00:00:28	00:13:17	00:29:31.15	00:29:59.94	+00:11:12 (37.9%)	5:34	10.8 (62.1%)

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
176	KUBECKA Jolanta	356	ZZOZOLKI	50-59 lat	23	ZZOZOLKI		00:00:18	00:12:36	00:29:43.51	00:30:01.69	+00:11:24 (38.4%)	5:36	10.7 (61.5%)
177	ROZMUS Marzena	971	STS BIEGATON MIKOŁÓW	50-59 lat	19		NAJLEPSZE	00:00:42	00:12:54	00:29:19.18	00:30:02.14	+00:11:00 (37.5%)	5:31	10.8 (62.1%)
178	FRYZIK Monika	574		20-29 lat	20			00:00:23	00:13:23	00:29:39.53	00:30:03.30	+00:11:20 (38.2%)	5:35	10.7 (61.5%)
179	KONIECKO Karolina	1323		30-39 lat	56			00:00:29	00:12:27	00:29:33.75	00:30:03.58	+00:11:14 (38.0%)	5:34	10.8 (62.1%)
180	GŁĄBEK Edyta	501	SPOT PSZCZYNA	30-39 lat	63	Spot Pszczyna		00:00:10	00:12:38	00:29:53.67	00:30:03.94	+00:11:34 (38.7%)	5:38	10.6 (60.9%)
181	BUCHHOLZ Majka	412		50-59 lat	25			00:00:03	00:12:33	00:30:00.45	00:30:04.06	+00:11:41 (39.0%)	5:39	10.6 (60.9%)
182	KANIA Monika	171		40-49 lat	74			00:00:18	00:12:43	00:29:47.16	00:30:05.79	+00:11:28 (38.5%)	5:37	10.7 (61.5%)
183	GÓRKA Barbara	452	RUN TEAM	40-49 lat	79	RUNTEAM PAWŁOWICE		00:00:01	00:13:15	00:30:06.18	00:30:08.00	+00:11:47 (39.2%)	5:40	10.6 (60.9%)
184	BURDA Renata	474	AKTYWNI RYDUŁTOWY	50-59 lat	21			00:00:34	00:12:47	00:29:33.25	00:30:08.06	+00:11:14 (38.0%)	5:34	10.8 (62.1%)
185	MARCISZ Natalia	974		20-29 lat	21			00:00:17	00:13:00	00:29:50.18	00:30:08.11	+00:11:31 (38.6%)	5:37	10.7 (61.5%)
186	GAŁUSZKA Katarzyna	227		30-39 lat	54			00:00:38	00:12:01	00:29:32.07	00:30:10.84	+00:11:13 (38.0%)	5:34	10.8 (62.1%)
187	PARCHAŃSKA-ZUREK Iwona	451		30-39 lat	57			00:00:35	00:13:15	00:29:35.04	00:30:10.95	+00:11:15 (38.1%)	5:34	10.7 (61.5%)
188	ZAMARŁO Natalia	919		30-39 lat	64	ZZOZOLKI		00:00:14	00:13:10	00:29:57.83	00:30:12.58	+00:11:38 (38.9%)	5:39	10.6 (60.9%)
189	ZARAŃSKA Izabela	486	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	22	MIECHOWICKA GRUPA BIEGOWA	Miechowska Grupa Biegowa	00:00:33	00:12:52	00:29:40.04	00:30:13.48	+00:11:20 (38.3%)	5:35	10.7 (61.5%)
190	KĘKUŚ Dorota	785		40-49 lat	82	Przedszkole Małych Bohaterów		00:00:04	00:12:14	00:30:11.71	00:30:16.53	+00:11:52 (39.3%)	5:41	10.5 (60.3%)
191	GATNER Agnieszka	313		40-49 lat	80			00:00:06	00:12:14	00:30:10.02	00:30:16.84	+00:11:50 (39.3%)	5:41	10.5 (60.3%)
192	ŁASA Izabela	624		40-49 lat	75	Team Oli Lidl		00:00:26	00:12:56	00:29:53.90	00:30:20.53	+00:11:34 (38.7%)	5:38	10.6 (60.9%)
193	IWANCZEWSKA Weronika	838		30-39 lat	60	Wartkie Pieronice		00:00:37	00:12:53	00:29:45.24	00:30:23.08	+00:11:26 (38.4%)	5:36	10.7 (61.5%)
194	TRYBAŁA Danuta	497		40-49 lat	73	Wataha		00:00:39	00:13:35	00:29:46.96	00:30:26.28	+00:11:27 (38.5%)	5:36	10.7 (61.5%)
195	LISZKA Monika	217	TEAM PAPRY/VIKING TRAINING CENTER	40-49 lat	76	Viking Training Center		00:00:26	00:13:35	00:30:00.77	00:30:27.28	+00:11:41 (39.0%)	5:39	10.6 (60.9%)
196	LEGIERSKA Natalia	683	TL ATHLETICS JASTRZĘBIE	30-39 lat	67	TL Athletics Jastrzębie	Corridori	00:00:06	00:12:47	00:30:23.06	00:30:29.16	+00:12:04 (39.7%)	5:43	10.5 (60.3%)
197	SAMUL Karolina	325	HURAGAN LIGOTA	40-49 lat	83	Huragan Ligota		00:00:13	00:13:28	00:30:16.24	00:30:29.28	+00:11:57 (39.5%)	5:42	10.5 (60.3%)
198	RANSZ Beata	79	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	27		Przyjaciółki	00:00:13	00:12:53	00:30:17.76	00:30:31.51	+00:11:58 (39.5%)	5:42	10.5 (60.3%)
199	RATAJCZAK Ewa	502	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	84		Przyjaciółki	00:00:13	00:12:53	00:30:17.75	00:30:31.52	+00:11:58 (39.5%)	5:42	10.5 (60.3%)
200	PRZYBYLSKA-BAK Kasia	442	VIKING TRAINING CENTER	40-49 lat	78	Viking Training Center		00:00:29	00:12:47	00:30:02.10	00:30:32.04	+00:11:43 (39.0%)	5:40	10.6 (60.9%)
201	BURZYŃSKA Beata	415		40-49 lat	86		Różowy trampek	00:00:06	00:12:39	00:30:27.14	00:30:33.18	+00:12:08 (39.8%)	5:44	10.4 (59.8%)

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
202	CHORCHOS Magda	12		30-39 lat	65			00:00:17	00:13:13	00:30:17.39	00:30:34.40	+00:11:58 (39.5%)	5:42	10.5 (60.3%)
203	JACEK Dorota	561		40-49 lat	85			00:00:08	00:12:50	00:30:25.88	00:30:34.85	+00:12:06 (39.8%)	5:44	10.5 (60.3%)
204	SZENDERA-ORSZULIK Zofia	47		40-49 lat	88			00:00:04	00:12:32	00:30:33.31	00:30:37.39	+00:12:14 (40.1%)	5:45	10.4 (59.8%)
205	KUŚ Monika	754		30-39 lat	69			00:00:05	00:13:05	00:30:33.57	00:30:39.35	+00:12:14 (40.1%)	5:45	10.4 (59.8%)
206	KOZIELSKA Dominika	858		20-29 lat	22			00:00:31	00:13:30	00:30:09.05	00:30:40.18	+00:11:50 (39.2%)	5:41	10.5 (60.3%)
207	ADAMUS Anna	384	WARTKIE PIERONY	40-49 lat	77	Wartkie Pieronice		00:00:39	00:13:11	00:30:01.71	00:30:40.95	+00:11:42 (39.0%)	5:39	10.6 (60.9%)
208	DAWID Żaneta	436	VIKING TRAINING CENTER	30-39 lat	62	Viking Training Center		00:00:48	00:13:00	00:29:53.61	00:30:41.99	+00:11:34 (38.7%)	5:38	10.6 (60.9%)
209	BURCZYK Celina	309	HURAGAN LIGOTA	50-59 lat	30	Huragan Ligota		00:00:10	00:12:27	00:30:32.36	00:30:43.26	+00:12:13 (40.0%)	5:45	10.4 (59.8%)
210	NATKANIEC Dorota	851		50-59 lat	26			00:00:31	00:13:31	00:30:16.95	00:30:48.03	+00:11:57 (39.5%)	5:42	10.5 (60.3%)
211	KANTOROWSKA Ania	16	POWOLI DO CELU	30-39 lat	68	PoWoli do Celu		00:00:16	00:13:16	00:30:31.71	00:30:48.68	+00:12:12 (40.0%)	5:45	10.4 (59.8%)
212	SOCHA Marlena	82	WARTKIE PIERONY	50-59 lat	24	Wartkie Pieronice		00:00:57	00:13:02	00:29:52.38	00:30:49.49	+00:11:33 (38.7%)	5:38	10.6 (60.9%)
213	MICHALAK Nikola	544		20-29 lat	23			00:00:41	00:12:52	00:30:10.43	00:30:51.66	+00:11:51 (39.3%)	5:41	10.5 (60.3%)
214	JASTRZĘBSKA Ewa	199		50-59 lat	29			00:00:21	00:12:56	00:30:29.94	00:30:51.85	+00:12:10 (39.9%)	5:45	10.4 (59.8%)
215	WALA Anna	162		40-49 lat	81			00:00:41	00:12:57	00:30:10.17	00:30:51.97	+00:11:51 (39.3%)	5:41	10.5 (60.3%)
216	SZCZOTKA Sylwia	46	#JUSTFEELFITTEAM	30-39 lat	66	#JustFeelFitTEAM		00:00:36	00:13:27	00:30:22.50	00:30:58.62	+00:12:03 (39.7%)	5:43	10.5 (60.3%)
217	CELER Iwona	232		50-59 lat	31			00:00:27	00:12:54	00:30:33.86	00:31:00.89	+00:12:14 (40.1%)	5:45	10.4 (59.8%)
218	GENSTY Klaudia	259	DYSTANS LUBOMIA	50-59 lat	33			00:00:20	00:13:36	00:30:42.27	00:31:02.39	+00:12:23 (40.3%)	5:47	10.4 (59.8%)
219	TULKO Iwona	277		50-59 lat	35			00:00:03	00:12:28	00:31:02.04	00:31:05.34	+00:12:42 (41.0%)	5:51	10.2 (58.6%)
220	SOBIK Anna	850		30-39 lat	75			00:00:09	00:13:01	00:30:56.28	00:31:05.41	+00:12:37 (40.8%)	5:50	10.3 (59.2%)
221	BUGLA Weronika	298	DYSTANS LUBOMIA	50-59 lat	34			00:00:05	00:12:44	00:31:01.16	00:31:06.50	+00:12:42 (40.9%)	5:51	10.3 (59.2%)
222	NYKIEL Małgorzata	273	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	28	Miechowicka Grupa Biegowa	Miechowicka Grupa Biegowa	00:00:39	00:14:08	00:30:28.08	00:31:07.11	+00:12:09 (39.9%)	5:44	10.4 (59.8%)
223	BRZUSKA Adrianna	145	ZZOZOLKI	20-29 lat	24	ZZOZOLKI		00:00:39	00:12:41	00:30:28.30	00:31:08.10	+00:12:09 (39.9%)	5:44	10.4 (59.8%)
224	MALISZEWSKA Beata	792		30-39 lat	72			00:00:24	00:12:45	00:30:45.43	00:31:10.24	+00:12:26 (40.4%)	5:48	10.3 (59.2%)
225	CZECH Karolina	804		30-39 lat	74			00:00:19	00:13:14	00:30:51.47	00:31:10.53	+00:12:32 (40.6%)	5:49	10.3 (59.2%)
226	TRZEWIK Beata	920	ZIMNOKRWISTE WIEWIÓRKI	50-59 lat	32	Wiewiórki Zimnokrwiste		00:00:29	00:13:21	00:30:41.06	00:31:11.04	+00:12:22 (40.3%)	5:47	10.4 (59.8%)
227	DOBOSZ Ilona	54		50-59 lat	39			00:00:07	00:13:06	00:31:04.92	00:31:12.46	+00:12:45 (41.1%)	5:51	10.2 (58.6%)

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
228	SZYSZKA Natalia	605		30-39 lat	79	Po jednej Babci		00:00:08	00:13:10	00:31:05.56	00:31:14.37	+00:12:46 (41.1%)	5:51	10.2 (58.6%)
229	GACH Anna	591		30-39 lat	83			00:00:05	00:12:06	00:31:09.52	00:31:15.12	+00:12:50 (41.2%)	5:52	10.2 (58.6%)
230	BALCAREK Magdalena	680		40-49 lat	87			00:00:42	00:13:11	00:30:33.01	00:31:15.79	+00:12:13 (40.0%)	5:45	10.4 (59.8%)
231	JANIK Anna	994		30-39 lat	70	Nessi Sportswear		00:00:36	00:13:53	00:30:39.56	00:31:15.86	+00:12:20 (40.3%)	5:46	10.4 (59.8%)
232	WIERCIGROCH Mariola	173		30-39 lat	73	#JustFeelFitTEAM		00:00:28	00:13:24	00:30:48.43	00:31:16.74	+00:12:29 (40.5%)	5:48	10.3 (59.2%)
233	PATAŁĄG Sandra	55		30-39 lat	71			00:00:36	00:13:21	00:30:40.67	00:31:16.92	+00:12:21 (40.3%)	5:47	10.4 (59.8%)
234	MUSIAŁ Maria	445		60+	4			00:00:38	00:13:54	00:30:39.03	00:31:17.61	+00:12:19 (40.2%)	5:46	10.4 (59.8%)
235	JUREK Iza	584		40-49 lat	89	NICE GIRLS		00:00:20	00:13:41	00:30:57.37	00:31:17.82	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
236	KROCZEK Agata	695		40-49 lat	90	NICE GIRLS		00:00:20	00:13:42	00:30:57.43	00:31:17.87	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
237	DĄBROWSKA Katarzyna	349		40-49 lat	99			00:00:07	00:12:56	00:31:11.81	00:31:19.39	+00:12:52 (41.3%)	5:53	10.2 (58.6%)
238	MICHALSKA Monika	867		30-39 lat	81			00:00:12	00:13:13	00:31:07.21	00:31:20.05	+00:12:48 (41.1%)	5:52	10.2 (58.6%)
239	WALEK Natalia	693		30-39 lat	80			00:00:16	00:13:29	00:31:06.00	00:31:22.18	+00:12:46 (41.1%)	5:52	10.2 (58.6%)
240	KOSIACKA Agnieszka	8		30-39 lat	82			00:00:16	00:14:12	00:31:07.86	00:31:24.01	+00:12:48 (41.2%)	5:52	10.2 (58.6%)
241	DOBRENIUK Aurelia	70		40-49 lat	103			00:00:09	00:12:42	00:31:19.97	00:31:29.53	+00:13:00 (41.5%)	5:54	10.2 (58.6%)
242	BAJCAR Beata	552	KOBIETY NA 5+	50-59 lat	43	Kobiety na 5+		00:00:12	00:13:09	00:31:19.37	00:31:32.29	+00:13:00 (41.5%)	5:54	10.2 (58.6%)
243	LACHOWICZ Izabela	422	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39 lat	78			00:00:31	00:13:10	00:31:00.91	00:31:32.74	+00:12:41 (40.9%)	5:50	10.3 (59.2%)
244	GABRUŚ Iwona	418	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59 lat	37			00:00:29	00:13:12	00:31:03.39	00:31:32.78	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
245	GROLIK Karolina	573		40-49 lat	93			00:00:31	00:13:11	00:31:01.20	00:31:32.80	+00:12:42 (40.9%)	5:51	10.3 (59.2%)
246	KRZYŻOWSKA Iwona	318		40-49 lat	100			00:00:17	00:13:43	00:31:15.88	00:31:33.70	+00:12:56 (41.4%)	5:53	10.2 (58.6%)
247	HAŚNIK Daria	972		30-39 lat	77		NAJLEPSZE	00:00:34	00:13:16	00:30:59.69	00:31:34.34	+00:12:40 (40.9%)	5:50	10.3 (59.2%)
248	DĄBROWSKA - KUŚNIERZ Ewelina	29		40-49 lat	91			00:00:37	00:13:52	00:30:57.56	00:31:35.01	+00:12:38 (40.8%)	5:50	10.3 (59.2%)
249	LUCIK Grażyna	329	MIECHOWICKA GRUPA BIEGOWA	60+	6	Miechowicka Grupa Biegowa		00:00:05	00:13:21	00:31:29.84	00:31:35.02	+00:13:10 (41.8%)	5:56	10.1 (58.0%)
250	ROJ Anna	310		40-49 lat	101			00:00:17	00:13:45	00:31:18.56	00:31:36.07	+00:12:59 (41.5%)	5:54	10.2 (58.6%)
251	KLIMEK-KARAS Sylwia	907	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49 lat	106	Rozbiegamy To Miasto - Czechowice-Dziedzice		00:00:12	00:14:05	00:31:26.41	00:31:38.79	+00:13:07 (41.7%)	5:55	10.1 (58.0%)
252	ZIEMIŃSKA Patrycja	10		40-49 lat	104			00:00:15	00:13:25	00:31:24.22	00:31:39.47	+00:13:05 (41.7%)	5:55	10.1 (58.0%)
253	SKWORC Ilona	931	WARTKIE PIERONY	40-49 lat	92	Wartkie Pieronice		00:00:39	00:13:56	00:31:00.53	00:31:39.71	+00:12:41 (40.9%)	5:50	10.3 (59.2%)

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
254	OZDARSKA Beata	252	WARTKIE PIERONY	50-59 lat	38	Wartkie Pieronice		00:00:35	00:13:22	00:31:04.53	00:31:39.91	+00:12:45 (41.1%)	5:51	10.2 (58.6%)
255	TOMAN Antonina	703		40-49 lat	97			00:00:35	00:13:38	00:31:04.96	00:31:40.19	+00:12:45 (41.1%)	5:51	10.2 (58.6%)
256	KMIECIAK Grażyna	827		50-59 lat	40			00:00:30	00:13:31	00:31:09.98	00:31:40.55	+00:12:50 (41.2%)	5:52	10.2 (58.6%)
257	GOLDA Ewa	903	SPECIALTEAM	50-59 lat	44	SpecialTeam	EwAnka	00:00:17	00:14:11	00:31:23.87	00:31:41.38	+00:13:04 (41.7%)	5:55	10.1 (58.0%)
258	BRZUSKA Katarzyna	50	ZZOZOLKI	40-49 lat	94	ZZOZOLKI		00:00:39	00:13:19	00:31:02.29	00:31:41.42	+00:12:43 (41.0%)	5:51	10.2 (58.6%)
259	FURMANEK Ela	65	HURAGAN LIGOTA	50-59 lat	42	Huragan Ligota		00:00:23	00:14:31	00:31:18.06	00:31:41.75	+00:12:59 (41.5%)	5:54	10.2 (58.6%)
260	HORAK Alina	795	-----	50-59 lat	36			00:00:39	00:13:31	00:31:03.00	00:31:42.81	+00:12:43 (41.0%)	5:51	10.2 (58.6%)
261	FRANCISZCZAK Łucja	362	CIDRYLOTAJOM	60+	7			00:00:00	00:12:58	00:31:42.60	00:31:42.96	+00:13:23 (42.2%)	5:58	10 (57.5%)
262	BORUTA Wioletta	293		40-49 lat	107			00:00:14	00:13:29	00:31:29.79	00:31:44.33	+00:13:10 (41.8%)	5:56	10.1 (58.0%)
263	CHRZĄSTEK Magdalena	432		30-39 lat	85			00:00:17	00:12:57	00:31:28.04	00:31:45.98	+00:13:08 (41.8%)	5:56	10.1 (58.0%)
264	ŚLUCZKA Kinga	697		50-59 lat	45			00:00:19	00:13:43	00:31:27.46	00:31:46.60	+00:13:08 (41.8%)	5:56	10.1 (58.0%)
265	KURIATA Katarzyna	130		30-39 lat	86	Team Oli Lidl		00:00:18	00:13:46	00:31:29.74	00:31:47.91	+00:13:10 (41.8%)	5:56	10.1 (58.0%)
266	HERCHEL Marzena	316	SUSZECKA DZIKA PIĄTKA DYCHA I PÓLMARATON	40-49 lat	105			00:00:23	00:13:24	00:31:25.91	00:31:49.13	+00:13:06 (41.7%)	5:55	10.1 (58.0%)
267	LISZKA Joanna	43		40-49 lat	96			00:00:46	00:15:00	00:31:03.79	00:31:50.20	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
268	AUGUŚCIK Ewelina	495	KOBIETY NA 5+	30-39 lat	87			00:00:11	00:13:30	00:31:39.05	00:31:50.59	+00:13:20 (42.1%)	5:58	10 (57.5%)
269	CEGLARSKA Alicja	344	JEJKOWICE BIEGAJĄ	40-49 lat	114	Jejkowickie Kobiетки		00:00:05	00:13:35	00:31:45.36	00:31:50.71	+00:13:26 (42.3%)	5:59	10 (57.5%)
270	WOŹNIAK Aleksandra	357		40-49 lat	111	Team Oli Lidl		00:00:18	00:13:18	00:31:32.62	00:31:51.03	+00:13:13 (41.9%)	5:56	10.1 (58.0%)
271	SNOCHOWSKA Gabriela	796	SKLEP BIEGACZA RUNNING TEAM	30-39 lat	76			00:00:53	00:14:18	00:30:59.17	00:31:52.43	+00:12:40 (40.9%)	5:50	10.3 (59.2%)
272	CZEKAJŁO Paulina	280	OSZEK TEAM	40-49 lat	98	Team Oczek		00:00:47	00:14:55	00:31:07.31	00:31:54.93	+00:12:48 (41.1%)	5:52	10.2 (58.6%)
273	BOMBOR Antonina	712		40-49 lat	95			00:00:51	00:13:30	00:31:03.52	00:31:55.31	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
274	DZIEWIRZ Aurelia	885		40-49 lat	118			00:00:07	00:13:13	00:31:48.31	00:31:55.90	+00:13:29 (42.4%)	6:00	10 (57.5%)
275	ZIMNY Celina	401	SMAKI BIEGANIA	40-49 lat	119			00:00:09	00:13:05	00:31:48.40	00:31:58.05	+00:13:29 (42.4%)	6:00	10 (57.5%)
276	SOBINA Roksana	970	KLUB BIEGACZA FARTLEK	40-49 lat	110	Klub Biegacza Fartlek		00:00:27	00:13:27	00:31:31.13	00:31:59.01	+00:13:12 (41.9%)	5:56	10.1 (58.0%)
277	DĄBROWSKA Emilia	1321	PARTLEK	40-49 lat	109	PARTLEK		00:00:28	00:13:27	00:31:30.88	00:31:59.04	+00:13:11 (41.9%)	5:56	10.1 (58.0%)
278	LACHERA Marysia	787		60+	5			00:00:56	00:13:35	00:31:03.63	00:31:59.70	+00:12:44 (41.0%)	5:51	10.2 (58.6%)
279	ROŚCZAK Sylwia	767		40-49 lat	121			00:00:07	00:12:54	00:31:51.93	00:31:59.73	+00:13:32 (42.5%)	6:00	10 (57.5%)

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
280	SAGAN Izabela	413	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49 lat	127	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:03	00:13:02	00:31:59.16	00:32:03.08	+00:13:40 (42.7%)	6:02	9.9 (56.9%)
281	KUSA Aleksandra	1320		50-59 lat	46			00:00:36	00:13:24	00:31:27.78	00:32:03.89	+00:13:08 (41.8%)	5:56	10.1 (58.0%)
282	KŁEK Marzena	945		40-49 lat	123			00:00:07	00:13:13	00:31:56.57	00:32:04.25	+00:13:37 (42.7%)	6:01	10 (57.5%)
283	WÓJCIK Anna	769	ZZOZOLKI	30-39 lat	84	ZZOZOLKI		00:00:39	00:14:08	00:31:25.58	00:32:04.97	+00:13:06 (41.7%)	5:55	10.1 (58.0%)
284	GOŁĄBEK Anna	661		30-39 lat	88			00:00:14	00:13:31	00:31:50.41	00:32:05.01	+00:13:31 (42.5%)	6:00	10 (57.5%)
285	JURASZEK Agnieszka	713	JUST FEEL FIT	40-49 lat	108	#JustFeelFitTEAM		00:00:34	00:13:30	00:31:30.88	00:32:05.09	+00:13:11 (41.9%)	5:56	10.1 (58.0%)
286	GÓRKA Aleksandra	805		40-49 lat	117			00:00:16	00:13:16	00:31:48.22	00:32:05.13	+00:13:29 (42.4%)	6:00	10 (57.5%)
287	SKOTNICKA Urszula	193	NIE ZRZESZONA	50-59 lat	47			00:00:07	00:13:07	00:31:59.82	00:32:07.43	+00:13:40 (42.8%)	6:02	9.9 (56.9%)
288	DROBNY Joanna	766		30-39 lat	90			00:00:08	00:13:38	00:31:59.43	00:32:07.70	+00:13:40 (42.7%)	6:02	9.9 (56.9%)
289	POŁEDNIOK Aleksandra	551		40-49 lat	124			00:00:10	00:13:14	00:31:56.91	00:32:07.78	+00:13:37 (42.7%)	6:01	10 (57.5%)
290	ŁEPEK Bożena	343		50-59 lat	41			00:00:51	00:13:38	00:31:15.95	00:32:07.93	+00:12:56 (41.4%)	5:53	10.2 (58.6%)
291	SIEKIERKA Klaudia	149		30-39 lat	91			00:00:03	00:12:41	00:32:04.76	00:32:08.58	+00:13:45 (42.9%)	6:03	9.9 (56.9%)
292	ŻEBRACKA- MEJER Kornelia	985		30-39 lat	94			00:00:02	00:13:18	00:32:07.93	00:32:09.93	+00:13:48 (43.0%)	6:03	9.9 (56.9%)
293	KLOZIK Agnieszka	6		40-49 lat	131			00:00:02	00:13:07	00:32:09.14	00:32:11.43	+00:13:50 (43.0%)	6:03	9.9 (56.9%)
294	MARSZOLIK Angela	559		40-49 lat	102			00:00:52	00:13:48	00:31:19.49	00:32:12.00	+00:13:00 (41.5%)	5:54	10.2 (58.6%)
295	BURDZIK Weronika	499		30-39 lat	89			00:00:15	00:13:30	00:31:59.33	00:32:14.58	+00:13:40 (42.7%)	6:02	9.9 (56.9%)
296	PETRYKOWSKA Magda	380		20-29 lat	25			00:00:51	00:15:11	00:31:26.88	00:32:18.83	+00:13:07 (41.8%)	5:55	10.1 (58.0%)
297	FIZIA Joanna	930		30-39 lat	95			00:00:12	00:13:50	00:32:09.88	00:32:22.41	+00:13:50 (43.1%)	6:03	9.9 (56.9%)
298	GWIZDAŁA Joanna	609		40-49 lat	112			00:00:47	00:13:21	00:31:35.33	00:32:23.22	+00:13:16 (42.0%)	5:57	10.1 (58.0%)
299	TYRYTKO Sylwia	322	WATAHA	40-49 lat	120	Wataha		00:00:39	00:13:58	00:31:49.05	00:32:28.88	+00:13:30 (42.4%)	6:00	10 (57.5%)
300	JĘDRZEJEWSKA Beata	492	MIRAZ RACE TEAM	40-49 lat	113			00:00:45	00:13:48	00:31:43.47	00:32:28.92	+00:13:24 (42.3%)	5:59	10 (57.5%)
301	WOWRA Aleksandra	662		30-39 lat	93			00:00:21	00:14:20	00:32:07.58	00:32:29.06	+00:13:48 (43.0%)	6:03	9.9 (56.9%)
302	GLANERT Karolina	990		60+	8			00:00:05	00:13:32	00:32:25.76	00:32:31.53	+00:14:06 (43.5%)	6:06	9.8 (56.3%)
303	PROKOPIUK Wiktoria	177		16-19 lat	7			00:00:11	00:12:47	00:32:20.42	00:32:31.62	+00:14:01 (43.4%)	6:06	9.8 (56.3%)
304	ŁASA Martyna	625		16-19 lat	6	Team Oli Lidl		00:00:26	00:13:41	00:32:06.40	00:32:33.04	+00:13:47 (42.9%)	6:03	9.9 (56.9%)
305	ZAWADZKA Beba	122		40-49 lat	115			00:00:49	00:14:26	00:31:47.31	00:32:37.03	+00:13:28 (42.4%)	5:59	10 (57.5%)

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
306	TARGOSZ Aneta	161		40-49 lat	116	ZZOZOLKI		00:00:50	00:13:48	00:31:47.34 (42.4%)	00:32:38.11	+00:13:28 (42.4%)	5:59	10 (57.5%)
307	ORSZULIK Paulina	978		20-29 lat	26			00:00:42	00:14:10	00:31:56.26 (42.6%)	00:32:38.47	+00:13:37 (42.6%)	6:01	10 (57.5%)
308	KOKOT Monika	440		40-49 lat	126			00:00:39	00:13:17	00:31:58.50 (42.7%)	00:32:38.48	+00:13:39 (42.7%)	6:01	9.9 (56.9%)
309	KOŁDYS Karolina	979		20-29 lat	27			00:00:42	00:14:12	00:31:56.95 (42.7%)	00:32:38.95	+00:13:37 (42.7%)	6:01	10 (57.5%)
310	GROMADZKA Justyna	253	KOBIETY WATAHY	40-49 lat	122			00:00:45	00:13:31	00:31:53.71 (42.6%)	00:32:39.52	+00:13:34 (42.6%)	6:00	10 (57.5%)
311	STĘPIEŃ Sandra	216		30-39 lat	102			00:00:09	00:13:09	00:32:30.10 (43.6%)	00:32:40.06	+00:14:11 (43.6%)	6:07	9.8 (56.3%)
312	KUSZOWSKA Julia	938	JEJKOWICKIE KOBIETKI	30-39 lat	97	Jejkowickie Kobiетки		00:00:27	00:13:54	00:32:13.09 (43.1%)	00:32:40.30	+00:13:54 (43.1%)	6:04	9.9 (56.9%)
313	HYJEK Ewa	863		40-49 lat	137			00:00:04	00:13:34	00:32:36.45 (43.8%)	00:32:41.03	+00:14:17 (43.8%)	6:09	9.8 (56.3%)
314	PAJĄK Mariola	151	#JUSTFEELFITTEAM	30-39 lat	92	#JustFeelFitTEAM		00:00:34	00:14:02	00:32:06.85 (43.0%)	00:32:41.25	+00:13:47 (43.0%)	6:03	9.9 (56.9%)
315	MATUĆ Aleksandra	45	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	48	MIECHOWICKA GRUPA BIEGOWA		00:00:31	00:13:59	00:32:10.57 (43.1%)	00:32:41.85	+00:13:51 (43.1%)	6:04	9.9 (56.9%)
316	KOZDROŃ Anna	195	LECOM ŚWIONY	40-49 lat	129			00:00:36	00:13:45	00:32:06.45 (42.9%)	00:32:42.64	+00:13:47 (42.9%)	6:03	9.9 (56.9%)
317	ŁAPA Aleksandra	4	4A	40-49 lat	128		4A	00:00:43	00:13:21	00:31:59.84 (42.8%)	00:32:43.33	+00:13:40 (42.8%)	6:02	9.9 (56.9%)
318	BAŁUCH Michalina	894	SPECIALTEAM	30-39 lat	100	SpecialTeam	SpecialTeam M&M	00:00:17	00:14:11	00:32:27.54 (43.6%)	00:32:44.57	+00:14:08 (43.6%)	6:07	9.8 (56.3%)
319	TYTKO-HAŁADA Małgorzata	847		40-49 lat	138			00:00:07	00:13:11	00:32:37.29 (43.8%)	00:32:45.06	+00:14:18 (43.8%)	6:09	9.7 (55.7%)
320	JANOSZ Natalia	30	SPOT PSZCZYNA	30-39 lat	103	Spot Pszczyna		00:00:14	00:13:26	00:32:32.10 (43.7%)	00:32:46.37	+00:14:13 (43.7%)	6:08	9.8 (56.3%)
321	WOLSKA Marta	212		40-49 lat	135		Baby górą	00:00:29	00:14:25	00:32:17.19 (43.3%)	00:32:46.45	+00:13:58 (43.3%)	6:05	9.9 (56.9%)
322	BALICKA Magdalena	596		40-49 lat	125			00:00:48	00:13:55	00:31:58.35 (42.7%)	00:32:46.63	+00:13:39 (42.7%)	6:01	9.9 (56.9%)
323	WIECZOREK Małgorzata	621	WARTKIE PIERONICE	40-49 lat	130			00:00:38	00:14:09	00:32:08.64 (43.0%)	00:32:47.13	+00:13:49 (43.0%)	6:03	9.9 (56.9%)
324	DROBIAK Kornelia	512	KOBIETY NA 5+	30-39 lat	104			00:00:13	00:14:07	00:32:34.21 (43.8%)	00:32:47.93	+00:14:15 (43.8%)	6:08	9.8 (56.3%)
325	WALUSZ Jolanta	588	SZOMBIERKI DREAM TEAM	50-59 lat	50			00:00:32	00:13:43	00:32:16.88 (43.3%)	00:32:49.15	+00:13:57 (43.3%)	6:05	9.9 (56.9%)
326	OLSCHIMKE Kasia	181	K.S. M.E.T.A	40-49 lat	133	K.S. M.E.T.A		00:00:34	00:14:22	00:32:15.47 (43.2%)	00:32:49.64	+00:13:56 (43.2%)	6:05	9.9 (56.9%)
327	ANIOŁ-BARLIK Agnieszka	198		40-49 lat	141			00:00:03	00:13:38	00:32:46.78 (44.1%)	00:32:50.34	+00:14:27 (44.1%)	6:10	9.7 (55.7%)
328	HETMANIOK Agnieszka	381		30-39 lat	96			00:00:41	00:13:04	00:32:10.25 (43.1%)	00:32:51.96	+00:13:51 (43.1%)	6:04	9.9 (56.9%)
329	SUKIENNIK Aleksandra	532	VIKING TRAINING CENTER	30-39 lat	105	Viking Training Center		00:00:20	00:12:59	00:32:35.14 (43.8%)	00:32:56.02	+00:14:16 (43.8%)	6:08	9.8 (56.3%)
330	KRAWCZYK Monika	802		30-39 lat	108			00:00:07	00:13:20	00:32:48.43 (44.2%)	00:32:56.39	+00:14:29 (44.2%)	6:11	9.7 (55.7%)
331	GAŁUSZKA Małgorzata	196		30-39 lat	107	Wiewiórki Zimnokrwiste		00:00:12	00:14:16	00:32:44.48 (44.1%)	00:32:56.69	+00:14:25 (44.1%)	6:10	9.7 (55.7%)

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
332	SOSNA Iwona	652		40-49 lat	142			00:00:09	00:13:10	00:32:49.51	00:32:58.64	+00:14:30 (44.2%)	6:11	9.7 (55.7%)
333	KOTLARCZYK Katarzyna	710		40-49 lat	136	Wiewiórki Zimnokrwiste		00:00:31	00:13:30	00:32:28.86	00:33:00.28	+00:14:09 (43.6%)	6:07	9.8 (56.3%)
334	PAWLIK Natalia	34	BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW	30-39 lat	101			00:00:32	00:13:19	00:32:29.08	00:33:01.34	+00:14:10 (43.6%)	6:07	9.8 (56.3%)
335	MAĆKÓW Agnieszka	437		50-59 lat	53			00:00:36	00:13:47	00:32:27.19	00:33:03.54	+00:14:08 (43.6%)	6:07	9.8 (56.3%)
336	KUBIAK Izabela	32		30-39 lat	99			00:00:36	00:13:45	00:32:26.88	00:33:03.61	+00:14:07 (43.5%)	6:07	9.8 (56.3%)
337	JABŁOŃSKA-SŁAZIŃSKA Anna	963		40-49 lat	140			00:00:22	00:14:17	00:32:41.35	00:33:04.34	+00:14:22 (44.0%)	6:10	9.7 (55.7%)
338	GRABOWSKA Katarzyna	286		50-59 lat	49			00:00:50	00:14:14	00:32:13.93	00:33:04.78	+00:13:54 (43.2%)	6:04	9.9 (56.9%)
339	SZUBARSKA Katarzyna	840	ZZOZOLKI	50-59 lat	55	ZZOZOLKI		00:00:24	00:14:00	00:32:40.50	00:33:05.29	+00:14:21 (43.9%)	6:09	9.7 (55.7%)
340	KĄŁUS Joanna	548	UKS REFLEX RYBNIK	40-49 lat	139			00:00:29	00:13:43	00:32:37.68	00:33:07.24	+00:14:18 (43.9%)	6:09	9.7 (55.7%)
341	FARUGA Angelina	725		30-39 lat	109			00:00:15	00:14:10	00:32:52.29	00:33:08.02	+00:14:33 (44.3%)	6:12	9.7 (55.7%)
342	KAMIŃSKA Agnieszka	62		40-49 lat	134			00:00:53	00:13:53	00:32:16.26	00:33:09.33	+00:13:57 (43.2%)	6:05	9.9 (56.9%)
343	KŁOSEK Monika	976		40-49 lat	132			00:00:56	00:13:33	00:32:14.12	00:33:10.19	+00:13:55 (43.2%)	6:04	9.9 (56.9%)
344	HEJNA Izabela	860	RADLINIOKI W BIEGU	50-59 lat	52	Radlinioki w biegu		00:00:46	00:14:37	00:32:25.28	00:33:11.43	+00:14:06 (43.5%)	6:06	9.8 (56.3%)
345	KRAUSE Sylwia	33	RADLINIOKI W BIEGU	50-59 lat	51	Radlinioki w biegu		00:00:46	00:14:37	00:32:25.07	00:33:11.50	+00:14:06 (43.5%)	6:06	9.8 (56.3%)
346	KUREK Joanna	774		40-49 lat	144	INCOLA TEAM		00:00:17	00:14:17	00:32:57.00	00:33:14.97	+00:14:37 (44.4%)	6:13	9.7 (55.7%)
347	BUREK Gabriela	85	RUNTEAM	30-39 lat	98			00:00:54	00:14:15	00:32:21.54	00:33:15.99	+00:14:02 (43.4%)	6:06	9.8 (56.3%)
348	BOBER Alicja	275		40-49 lat	143			00:00:25	00:14:17	00:32:51.35	00:33:16.99	+00:14:32 (44.2%)	6:11	9.7 (55.7%)
349	LENART-ZYGMUNT Martyna	106		30-39 lat	106			00:00:38	00:14:15	00:32:39.45	00:33:17.80	+00:14:20 (43.9%)	6:09	9.7 (55.7%)
350	MAŚLANKA Sabina	223		50-59 lat	54	Wartkie Pieronice		00:00:38	00:14:22	00:32:39.76	00:33:17.97	+00:14:20 (43.9%)	6:09	9.7 (55.7%)
351	WRÓBEL Karolina	152	MIECHOWICKA GRUPA BIEGOWA	20-29 lat	31	Miechowicka Grupa Biegowa		00:00:16	00:13:53	00:33:04.68	00:33:21.21	+00:14:45 (44.6%)	6:14	9.6 (55.2%)
352	MILDNER Grażyna	159		40-49 lat	146	Viking Training Center		00:00:17	00:13:38	00:33:07.75	00:33:25.46	+00:14:48 (44.7%)	6:14	9.6 (55.2%)
353	ZIEJA Martyna	687	MAGDA	20-29 lat	28	Magda		00:00:41	00:14:39	00:32:47.63	00:33:28.91	+00:14:28 (44.1%)	6:11	9.7 (55.7%)
354	ŚMIATEK Martyna	771		20-29 lat	29			00:00:41	00:15:02	00:32:48.97	00:33:30.47	+00:14:29 (44.2%)	6:11	9.7 (55.7%)
355	KĘPKA Joanna	839		50-59 lat	57			00:00:21	00:13:52	00:33:09.36	00:33:30.67	+00:14:50 (44.8%)	6:15	9.6 (55.2%)
356	JANCZAR Angelika	94		30-39 lat	118			00:00:08	00:14:17	00:33:23.86	00:33:32.58	+00:15:04 (45.2%)	6:17	9.5 (54.6%)
357	GIEZEK Dorota	434		30-39 lat	117			00:00:16	00:14:04	00:33:17.88	00:33:34.45	+00:14:58 (45.0%)	6:16	9.6 (55.2%)

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
358	HAIN Klaudia	975	MAŁE LAMPARTY	30-39 lat	119			00:00:06	00:13:42	00:33:27.69	00:33:34.52	+00:15:08 (45.3%)	6:18	9.5 (54.6%)
359	CZARNOTA Bożena	448		50-59 lat	59			00:00:16	00:14:04	00:33:17.98	00:33:34.54	+00:14:58 (45.0%)	6:16	9.6 (55.2%)
360	KOCERBA Katarzyna	569	JEJKOWICE BIEGAJĄ	30-39 lat	114			00:00:32	00:14:37	00:33:03.24	00:33:35.64	+00:14:44 (44.6%)	6:14	9.6 (55.2%)
361	BIELECKA Anna	589	VIKING TRAINING CENTER	30-39 lat	111	Viking Training Center		00:00:38	00:14:36	00:32:57.54	00:33:35.97	+00:14:38 (44.4%)	6:13	9.7 (55.7%)
362	PIETROSZEK Władysława	71		40-49 lat	151			00:00:08	00:13:16	00:33:28.44	00:33:36.44	+00:15:09 (45.3%)	6:18	9.5 (54.6%)
363	ZIELIŃSKA Karolina	666		30-39 lat	110			00:00:41	00:14:12	00:32:55.21	00:33:36.73	+00:14:36 (44.4%)	6:12	9.7 (55.7%)
364	DAMIĘCKA Magda	650		30-39 lat	122			00:00:02	00:14:52	00:33:35.37	00:33:37.37	+00:15:16 (45.5%)	6:20	9.5 (54.6%)
365	WAWRYK-BIZOŃ Żaneta	505		30-39 lat	113			00:00:40	00:14:39	00:32:58.61	00:33:39.35	+00:14:39 (44.5%)	6:13	9.6 (55.2%)
366	SZYMICZEK Paulina	503	DYSTANS LUBOMIA	30-39 lat	112			00:00:40	00:14:41	00:32:58.56	00:33:39.36	+00:14:39 (44.5%)	6:13	9.6 (55.2%)
367	SURY Sylwia	571		30-39 lat	121			00:00:05	00:14:03	00:33:33.64	00:33:39.41	+00:15:14 (45.4%)	6:19	9.5 (54.6%)
368	SZCZUKA Joanna	426	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	147	Miechowicka Grupa Biegowa		00:00:26	00:14:04	00:33:13.54	00:33:40.44	+00:14:54 (44.9%)	6:16	9.6 (55.2%)
369	MAJERANOWSKA Kinga	686		16-19 lat	8			00:00:44	00:14:14	00:32:56.03	00:33:40.49	+00:14:36 (44.4%)	6:12	9.7 (55.7%)
370	ŁAPA Juliq	39	AKTYWNA PSZCZYNA	20-29 lat	30			00:00:38	00:14:36	00:33:02.49	00:33:40.85	+00:14:43 (44.6%)	6:13	9.6 (55.2%)
371	KŁOPEĆ Weronika	855		30-39 lat	116			00:00:32	00:14:30	00:33:09.18	00:33:41.62	+00:14:50 (44.7%)	6:15	9.6 (55.2%)
372	BURY Natalia	267	#JUSTFEELFITTEAM	30-39 lat	115	#JustFeelFitTEAM		00:00:34	00:13:28	00:33:07.40	00:33:42.35	+00:14:48 (44.7%)	6:14	9.6 (55.2%)
373	BADACH Agnieszka	7	KOBIETY NA 5+	50-59 lat	61	Kobiety na 5+		00:00:12	00:14:03	00:33:29.80	00:33:42.48	+00:15:10 (45.3%)	6:19	9.5 (54.6%)
374	ŚLEZIAK Ewa	746		50-59 lat	60			00:00:22	00:14:27	00:33:21.51	00:33:43.82	+00:15:02 (45.1%)	6:17	9.5 (54.6%)
375	DZIUK Jolanta	493		50-59 lat	58			00:00:32	00:14:06	00:33:11.83	00:33:44.47	+00:14:52 (44.8%)	6:15	9.6 (55.2%)
376	SZPYRA Sonia	244		50-59 lat	63			00:00:05	00:13:41	00:33:39.12	00:33:44.91	+00:15:20 (45.6%)	6:20	9.5 (54.6%)
377	KADŁUBEK Magdalena	1087		50-59 lat	56			00:00:50	00:14:19	00:32:55.40	00:33:46.29	+00:14:36 (44.4%)	6:12	9.7 (55.7%)
378	KUSTRA-POLAK Monika	911	JEJKOWICE BIEGAJĄ	40-49 lat	148	Jejkowickie Kobiетки		00:00:27	00:13:56	00:33:22.40	00:33:49.67	+00:15:03 (45.1%)	6:17	9.5 (54.6%)
379	MAJERANOWSKA Wiktoria	748		20-29 lat	32			00:00:44	00:14:46	00:33:05.29	00:33:49.74	+00:14:46 (44.6%)	6:14	9.6 (55.2%)
380	RADECKA Bożena	934		60+	9			00:00:37	00:13:34	00:33:13.45	00:33:50.97	+00:14:54 (44.9%)	6:16	9.6 (55.2%)
381	KWIATKOWSKA Elwira	419	ZABIEGANY TEAM	40-49 lat	160			00:00:04	00:14:09	00:33:49.28	00:33:53.82	+00:15:30 (45.8%)	6:22	9.4 (54.0%)
382	WITOS Karolina	896		16-19 lat	9			00:00:04	00:12:52	00:33:51.69	00:33:55.97	+00:15:32 (45.9%)	6:23	9.4 (54.0%)
383	TRYBAŁA Weronika	498	WATAHA	20-29 lat	33	Wataha		00:00:39	00:13:59	00:33:16.87	00:33:56.21	+00:14:57 (45.0%)	6:16	9.6 (55.2%)

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
384	WOSIŃSKA Helena	538		40-49 lat	145	RUNTEAM PAWŁOWICE		00:00:53	00:14:16	00:33:03.27 (44.6%)	00:33:56.62	+00:14:44 (44.6%)	6:14	9.6 (55.2%)
385	DUTKA - BĘBEN Kinga	929		40-49 lat	157			00:00:12	00:14:10	00:33:44.42 (45.7%)	00:33:56.80	+00:15:25 (45.7%)	6:21	9.4 (54.0%)
386	GŁĄB Agnieszka	439	SPOT PSZCZYNA	40-49 lat	156	SPOT Pszczyna		00:00:12	00:13:41	00:33:44.36 (45.7%)	00:33:56.96	+00:15:25 (45.7%)	6:21	9.4 (54.0%)
387	KARWOT Martyna	705		20-29 lat	35			00:00:07	00:13:32	00:33:51.95 (45.9%)	00:33:59.02	+00:15:32 (45.9%)	6:23	9.4 (54.0%)
388	ŁUSZCZ Ewelina	454		20-29 lat	34			00:00:30	00:14:01	00:33:30.05 (45.3%)	00:34:00.20	+00:15:11 (45.3%)	6:19	9.5 (54.6%)
389	ŁUSZCZ Magdalena	455	SILESIA MARATHON CLUB	50-59 lat	62			00:00:29	00:14:02	00:33:31.16 (45.4%)	00:34:00.42	+00:15:12 (45.4%)	6:19	9.5 (54.6%)
390	KONIECZNA Magdalena	965		40-49 lat	150			00:00:37	00:14:18	00:33:24.66 (45.2%)	00:34:02.37	+00:15:05 (45.2%)	6:18	9.5 (54.6%)
391	KOŁODYŃSKA Justyna	165		30-39 lat	129			00:00:09	00:14:26	00:33:53.75 (46.0%)	00:34:03.60	+00:15:34 (46.0%)	6:23	9.4 (54.0%)
392	LUPA Monika	327		40-49 lat	153			00:00:24	00:14:03	00:33:40.09 (45.6%)	00:34:04.50	+00:15:21 (45.6%)	6:21	9.4 (54.0%)
393	DONOCIK Bogusława	23		40-49 lat	149	ZZOZOLKI		00:00:41	00:14:59	00:33:24.19 (45.2%)	00:34:05.41	+00:15:05 (45.2%)	6:18	9.5 (54.6%)
394	TATARCZYK Justyna	179		40-49 lat	165			00:00:08	00:14:29	00:33:59.10 (46.1%)	00:34:08.09	+00:15:40 (46.1%)	6:24	9.4 (54.0%)
395	GAPIŃSKA Joanna	372		30-39 lat	131			00:00:13	00:14:36	00:33:57.26 (46.1%)	00:34:11.15	+00:15:38 (46.1%)	6:24	9.4 (54.0%)
396	GAŚIOR Roksana	1322		30-39 lat	120			00:00:44	00:14:01	00:33:29.21 (45.3%)	00:34:13.24	+00:15:10 (45.3%)	6:19	9.5 (54.6%)
397	WOŚ Magdalena	68		30-39 lat	125	PieRUNskie CanGÓRY		00:00:28	00:14:02	00:33:46.37 (45.8%)	00:34:14.54	+00:15:27 (45.8%)	6:22	9.4 (54.0%)
398	TOPOLIŃSKA Dorota	881		30-39 lat	135			00:00:06	00:13:49	00:34:08.42 (46.3%)	00:34:14.55	+00:15:49 (46.3%)	6:26	9.3 (53.4%)
399	JAFERNIK Małgorzata	690		40-49 lat	152			00:00:40	00:14:43	00:33:34.89 (45.5%)	00:34:14.93	+00:15:15 (45.5%)	6:20	9.5 (54.6%)
400	ZAREMBA Justyna	299		30-39 lat	130			00:00:19	00:14:41	00:33:56.58 (46.0%)	00:34:16.29	+00:15:37 (46.0%)	6:24	9.4 (54.0%)
401	SIWY Monika	72	VIKING TRAINING CENTER	40-49 lat	162	Viking Training Center		00:00:22	00:14:38	00:33:53.86 (46.0%)	00:34:16.44	+00:15:34 (46.0%)	6:23	9.4 (54.0%)
402	BOGACZ-BUCHTA Anna	570		40-49 lat	158			00:00:30	00:14:49	00:33:47.35 (45.8%)	00:34:17.38	+00:15:28 (45.8%)	6:22	9.4 (54.0%)
403	PULUT Anna	479		40-49 lat	166			00:00:16	00:14:28	00:34:01.28 (46.2%)	00:34:17.55	+00:15:42 (46.2%)	6:25	9.3 (53.4%)
404	KRÓL Magdalena	49		40-49 lat	163			00:00:21	00:14:37	00:33:56.65 (46.0%)	00:34:17.88	+00:15:37 (46.0%)	6:24	9.4 (54.0%)
405	IDZIKOWSKA Elżbieta	302		40-49 lat	164			00:00:20	00:14:14	00:33:57.27 (46.1%)	00:34:18.00	+00:15:38 (46.1%)	6:24	9.4 (54.0%)
406	ULMAN Justyna	547		30-39 lat	126		Krejzolki	00:00:27	00:14:36	00:33:52.28 (45.9%)	00:34:19.42	+00:15:33 (45.9%)	6:23	9.4 (54.0%)
407	CZAPSKA Ewa	48	HURAGAN LIGOTA	60+	10	Huragan Ligota		00:00:23	00:14:36	00:33:56.11 (46.0%)	00:34:19.81	+00:15:37 (46.0%)	6:24	9.4 (54.0%)
408	SMAGA Ewelina	546		40-49 lat	161		Krejzolki	00:00:27	00:14:35	00:33:52.76 (45.9%)	00:34:20.55	+00:15:33 (45.9%)	6:23	9.4 (54.0%)
409	SOBEL Beata	19		40-49 lat	170			00:00:14	00:14:04	00:34:07.53 (46.3%)	00:34:21.68	+00:15:48 (46.3%)	6:26	9.3 (53.4%)

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
410	KAFARA Joanna	889	WATAHA	30-39 lat	123	Wataha		00:00:39	00:15:36	00:33:42.33	00:34:21.91	+00:15:23 (45.7%)	6:21	9.4 (54.0%)
411	TRYBAŁA Monika	888	WATAHA	40-49 lat	155	Wataha		00:00:38	00:15:37	00:33:43.88	00:34:22.01	+00:15:24 (45.7%)	6:21	9.4 (54.0%)
412	GOLEC Monika	100		30-39 lat	134			00:00:14	00:14:25	00:34:07.19	00:34:22.07	+00:15:48 (46.3%)	6:26	9.3 (53.4%)
413	SARZYŃSKA Iwona	829		40-49 lat	169	Szprychy		00:00:17	00:14:27	00:34:04.30	00:34:22.13	+00:15:45 (46.2%)	6:25	9.3 (53.4%)
414	ARENDARSKA Patrycja	270		30-39 lat	124			00:00:38	00:14:39	00:33:44.61	00:34:22.91	+00:15:25 (45.7%)	6:21	9.4 (54.0%)
415	MAJER Marzena	631	TEAM AERO ŻÓŁEIKI	50-59 lat	64			00:00:45	00:16:06	00:33:40.08	00:34:25.27	+00:15:21 (45.6%)	6:21	9.4 (54.0%)
416	STUZIK Mariola	619		40-49 lat	168			00:00:21	00:15:04	00:34:04.16	00:34:25.57	+00:15:45 (46.2%)	6:25	9.3 (53.4%)
417	PASTUSIAK Janina	989		40-49 lat	167			00:00:22	00:15:03	00:34:03.43	00:34:25.66	+00:15:44 (46.2%)	6:25	9.3 (53.4%)
418	WOŹNIAK Anna	489	KOBIETY WATAHY	40-49 lat	154			00:00:45	00:13:48	00:33:42.50	00:34:27.82	+00:15:23 (45.7%)	6:21	9.4 (54.0%)
419	SODZAWICZNA Magdalena	222		30-39 lat	132	Viking Training Center		00:00:28	00:13:58	00:34:00.08	00:34:28.46	+00:15:41 (46.1%)	6:24	9.4 (54.0%)
420	WOJTAS Paulina	800	TEAM OLI LIDL	30-39 lat	136	Team Oli Lidl		00:00:18	00:14:46	00:34:11.74	00:34:30.34	+00:15:52 (46.4%)	6:26	9.3 (53.4%)
421	MISIOŁEK Gośka	312		40-49 lat	172			00:00:18	00:15:33	00:34:13.02	00:34:31.08	+00:15:53 (46.5%)	6:27	9.3 (53.4%)
422	KUŹNIK Edyta	125		30-39 lat	139			00:00:09	00:13:58	00:34:22.14	00:34:31.52	+00:16:03 (46.7%)	6:29	9.3 (53.4%)
423	MADALIŃSKA Karolina	174		30-39 lat	142			00:00:04	00:14:16	00:34:27.74	00:34:31.85	+00:16:08 (46.8%)	6:30	9.2 (52.9%)
424	DUSZA Jolanta	865	SMAKI BIEGANIA	40-49 lat	176			00:00:10	00:13:38	00:34:22.13	00:34:32.42	+00:16:03 (46.7%)	6:29	9.3 (53.4%)
425	NOWICKA Ola	282		30-39 lat	133			00:00:27	00:14:04	00:34:05.02	00:34:32.99	+00:15:45 (46.3%)	6:25	9.3 (53.4%)
426	SZPYRKA Monika	708		20-29 lat	36			00:00:37	00:14:38	00:33:57.41	00:34:34.78	+00:15:38 (46.1%)	6:24	9.4 (54.0%)
427	NOWROT Ewa	373		40-49 lat	173			00:00:22	00:14:31	00:34:13.48	00:34:35.84	+00:15:54 (46.5%)	6:27	9.3 (53.4%)
428	PIETRUSZEWSKA Magdalena	276	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	178	Miechowska Grupa Biegowa		00:00:07	00:14:44	00:34:30.87	00:34:37.92	+00:16:11 (46.9%)	6:30	9.2 (52.9%)
429	ZDEB Basia	38		40-49 lat	159			00:00:50	00:14:44	00:33:48.73	00:34:39.44	+00:15:29 (45.8%)	6:22	9.4 (54.0%)
430	GWÓZDŹ Jolanta	476	PO WOLI DO CELU	50-59 lat	67	PoWoli doCelu		00:00:19	00:15:02	00:34:20.53	00:34:39.89	+00:16:01 (46.7%)	6:28	9.3 (53.4%)
431	FECZKO Monika	812		20-29 lat	39			00:00:15	00:14:30	00:34:24.30	00:34:40.29	+00:16:05 (46.8%)	6:29	9.2 (52.9%)
432	IDZIKOWSKA Urszula	303		20-29 lat	38			00:00:21	00:14:14	00:34:19.03	00:34:40.31	+00:15:59 (46.6%)	6:28	9.3 (53.4%)
433	GUDZIK Angelika	515		30-39 lat	138			00:00:19	00:14:36	00:34:21.20	00:34:40.76	+00:16:02 (46.7%)	6:28	9.3 (53.4%)
434	PRUDEL Joanna	733		30-39 lat	143			00:00:10	00:13:56	00:34:31.28	00:34:41.92	+00:16:12 (46.9%)	6:30	9.2 (52.9%)
435	PRUDEL Paulina	734		20-29 lat	40			00:00:11	00:13:55	00:34:30.84	00:34:41.95	+00:16:11 (46.9%)	6:30	9.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
436	PRUDEL Karolina	735		16-19 lat	10			00:00:10	00:13:55	00:34:31.39	00:34:42.05	+00:16:12 (46.9%)	6:30	9.2 (52.9%)
437	PIECHOCKA-WARZECHA Katarzyna	927		30-39 lat	144			00:00:11	00:14:07	00:34:31.38	00:34:43.26	+00:16:12 (46.9%)	6:30	9.2 (52.9%)
438	HRYNKIEWICZ Izabela	311		40-49 lat	175			00:00:24	00:14:06	00:34:20.54	00:34:45.04	+00:16:01 (46.7%)	6:28	9.3 (53.4%)
439	GOLEC-CHOLEWA Aleksandra	221		30-39 lat	145			00:00:14	00:14:28	00:34:31.69	00:34:46.06	+00:16:12 (46.9%)	6:30	9.2 (52.9%)
440	RYZIŃSKA Kornelia	337		20-29 lat	37			00:00:41	00:14:51	00:34:04.93	00:34:46.40	+00:15:45 (46.3%)	6:25	9.3 (53.4%)
441	STOPYRA Agnieszka	526		50-59 lat	65			00:00:50	00:14:38	00:33:56.21	00:34:46.40	+00:15:37 (46.0%)	6:24	9.4 (54.0%)
442	SADLOK Anna	902		40-49 lat	177	SpecialTeam	EwAnka	00:00:17	00:14:20	00:34:29.93	00:34:47.45	+00:16:10 (46.9%)	6:30	9.2 (52.9%)
443	BRYCHCY Estera	13		30-39 lat	127			00:00:54	00:14:47	00:33:52.81	00:34:47.68	+00:15:33 (45.9%)	6:23	9.4 (54.0%)
444	SOŁODUCHA Justyna	462		40-49 lat	174			00:00:29	00:14:28	00:34:19.02	00:34:48.22	+00:15:59 (46.6%)	6:28	9.3 (53.4%)
445	FECZKO Lucyna	811		40-49 lat	179			00:00:15	00:14:23	00:34:33.28	00:34:49.08	+00:16:14 (47.0%)	6:31	9.2 (52.9%)
446	SZELONG Kinga	915		20-29 lat	41			00:00:03	00:13:17	00:34:47.83	00:34:51.36	+00:16:28 (47.4%)	6:33	9.1 (52.3%)
447	WESOŁOWSKA Katarzyna	444		50-59 lat	68	ZZOZOLKI		00:00:15	00:14:52	00:34:37.01	00:34:52.85	+00:16:17 (47.1%)	6:31	9.2 (52.9%)
448	HERZYK Ewa	1138		60+	12	ZZOZOLKI		00:00:15	00:14:52	00:34:37.13	00:34:52.87	+00:16:18 (47.1%)	6:31	9.2 (52.9%)
449	BYRTEK Anna	664	#JUSTFEELFITTEAM	30-39 lat	137	#JustFeelFitTEAM		00:00:42	00:15:33	00:34:12.16	00:34:55.05	+00:15:53 (46.4%)	6:27	9.3 (53.4%)
450	DREWNIAK Magdalena	246	JUSTFEELFITTEAM	40-49 lat	171	#JustFeelFitTEAM		00:00:43	00:15:33	00:34:12.07	00:34:55.25	+00:15:53 (46.4%)	6:27	9.3 (53.4%)
451	PAGIEŁA Katarzyna	391		30-39 lat	141			00:00:31	00:15:33	00:34:24.31	00:34:55.36	+00:16:05 (46.8%)	6:29	9.2 (52.9%)
452	LISZOK Iwona	364		30-39 lat	146			00:00:22	00:14:34	00:34:33.18	00:34:55.68	+00:16:14 (47.0%)	6:31	9.2 (52.9%)
453	SOSNA Agata	266		50-59 lat	66			00:00:52	00:14:27	00:34:06.99	00:34:59.20	+00:15:47 (46.3%)	6:26	9.3 (53.4%)
454	BUCZAK Klaudia	158	ŻUBRÓWKI	30-39 lat	128	Żubrówki		00:01:06	00:14:49	00:33:53.42	00:34:59.48	+00:15:34 (46.0%)	6:23	9.4 (54.0%)
455	KUJAWA Marzena	120		40-49 lat	184	Team Oli Lidl		00:00:18	00:14:59	00:34:47.20	00:35:05.85	+00:16:28 (47.3%)	6:33	9.1 (52.3%)
456	BOŻEK Dagmara	42		40-49 lat	183	Team Oli Lidl		00:00:19	00:14:59	00:34:46.93	00:35:05.98	+00:16:27 (47.3%)	6:33	9.1 (52.3%)
457	SZYNAL Magdalena	634		30-39 lat	147			00:00:23	00:14:29	00:34:45.68	00:35:09.15	+00:16:26 (47.3%)	6:33	9.2 (52.9%)
458	SIKORA Agnieszka	264		40-49 lat	181			00:00:27	00:15:28	00:34:42.90	00:35:10.62	+00:16:23 (47.2%)	6:32	9.2 (52.9%)
459	DELEWSKA Dorota	816	NIGHT RUNNERS ZABRZE	50-59 lat	69			00:00:27	00:15:29	00:34:43.32	00:35:10.72	+00:16:24 (47.2%)	6:33	9.2 (52.9%)
460	CZERWIŃSKA Iwona	64		30-39 lat	140			00:00:53	00:15:08	00:34:22.49	00:35:15.50	+00:16:03 (46.7%)	6:29	9.3 (53.4%)
461	WYSOCKA Magdalena	429		40-49 lat	186			00:00:25	00:14:45	00:34:51.32	00:35:17.28	+00:16:32 (47.4%)	6:34	9.1 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
462	MOSZ Weronika	564		40-49 lat	185			00:00:26	00:14:44	00:34:51.22 (47.4%)	00:35:17.44	+00:16:32 (47.4%)	6:34	9.1 (52.3%)
463	PAWELA Sylwia	764		30-39 lat	152			00:00:11	00:14:15	00:35:08.68 (47.9%)	00:35:19.72	+00:16:49 (47.9%)	6:37	9.1 (52.3%)
464	SŁODZIŃSKA Magdalena	468	MADYRUN	20-29 lat	42			00:00:17	00:14:42	00:35:05.00 (47.8%)	00:35:22.65	+00:16:45 (47.8%)	6:37	9.1 (52.3%)
465	GLÓWCZYK Izabella	340	KOBIETY NA 5+	40-49 lat	195	Kobiety na 5+		00:00:11	00:14:25	00:35:12.88 (48.0%)	00:35:24.80	+00:16:53 (48.0%)	6:38	9 (51.7%)
466	WRÓBEL Ewa	568	ITMBW	40-49 lat	196			00:00:07	00:15:05	00:35:19.20 (48.1%)	00:35:26.29	+00:17:00 (48.1%)	6:39	9 (51.7%)
467	STOCZEK Agnieszka	922	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	70	Wiewiórki Zimnokrwiste		00:00:32	00:15:17	00:34:55.23 (47.5%)	00:35:27.28	+00:16:36 (47.5%)	6:35	9.1 (52.3%)
468	KALETA Agnieszka	129	POWOLI DO CELU	30-39 lat	153	PoWoli doCelu		00:00:17	00:14:27	00:35:11.17 (47.9%)	00:35:28.90	+00:16:52 (47.9%)	6:38	9 (51.7%)
469	KUCHMISTRZ Izabela	265		40-49 lat	180			00:00:49	00:14:43	00:34:39.96 (47.2%)	00:35:29.44	+00:16:20 (47.2%)	6:32	9.2 (52.9%)
470	GABRYEL Danuta	447		60+	13	MIECHOWICKA GRUPA BIEGOWA		00:00:26	00:15:02	00:35:04.59 (47.8%)	00:35:30.69	+00:16:45 (47.8%)	6:36	9.1 (52.3%)
471	ROMBERG Agnieszka	144	MIECHOWICE GRUPA BIEGOWA	40-49 lat	191	Miechowicka Grupa Biegowa		00:00:26	00:15:01	00:35:04.66 (47.8%)	00:35:30.76	+00:16:45 (47.8%)	6:36	9.1 (52.3%)
472	HRISTOVA Daria	871	SPOT PSZCZYNA	30-39 lat	155	SPOT Pszczyna	Diego&Coco	00:00:14	00:14:10	00:35:16.85 (48.1%)	00:35:31.25	+00:16:57 (48.1%)	6:39	9 (51.7%)
473	SZCZEPANOWSKA Grażyna	730		60+	11			00:01:01	00:15:02	00:34:31.39 (46.9%)	00:35:32.55	+00:16:12 (46.9%)	6:30	9.2 (52.9%)
474	SZYMAŃSKA Anna	928	DRUŻYNA WIEWIÓRKI ZIMNOKRWISTE	40-49 lat	190	Wiewiórki Zimnokrwiste		00:00:32	00:15:18	00:35:02.89 (47.7%)	00:35:35.27	+00:16:43 (47.7%)	6:36	9.1 (52.3%)
475	KUCZEK Katarzyna	534		40-49 lat	182			00:00:48	00:16:02	00:34:46.91 (47.3%)	00:35:35.63	+00:16:27 (47.3%)	6:33	9.1 (52.3%)
476	TRZCIŃSKA Joanna	92	KOBIETY NA 5+	30-39 lat	158	Kobiety na 5+		00:00:11	00:14:42	00:35:25.52 (48.3%)	00:35:36.53	+00:17:06 (48.3%)	6:40	9 (51.7%)
477	KRZYŻOWSKA Marzena	656		30-39 lat	160			00:00:07	00:14:41	00:35:29.77 (48.4%)	00:35:37.39	+00:17:10 (48.4%)	6:41	9 (51.7%)
478	BOKŁAK Magdalena	954		40-49 lat	187			00:00:45	00:15:29	00:34:51.46 (47.5%)	00:35:37.46	+00:16:32 (47.5%)	6:34	9.1 (52.3%)
479	PŁOSKA Marzena	139		30-39 lat	157			00:00:16	00:14:46	00:35:23.64 (48.2%)	00:35:40.49	+00:17:04 (48.2%)	6:40	9 (51.7%)
480	KOZŁOWSKA Malwina	128		30-39 lat	156			00:00:17	00:14:47	00:35:23.33 (48.2%)	00:35:40.54	+00:17:04 (48.2%)	6:40	9 (51.7%)
481	KAMIŃSKA Kaja	400		16-19 lat	11			00:00:14	00:15:28	00:35:29.23 (48.4%)	00:35:43.29	+00:17:10 (48.4%)	6:41	9 (51.7%)
482	BAŁA Justyna	115		40-49 lat	200	Kobiety na 5+		00:00:13	00:14:05	00:35:29.64 (48.4%)	00:35:43.43	+00:17:10 (48.4%)	6:41	9 (51.7%)
483	BUGAŃSKA Edyta	326		40-49 lat	201	Wiewiórki Zimnokrwiste		00:00:12	00:14:16	00:35:32.02 (48.5%)	00:35:44.85	+00:17:12 (48.5%)	6:42	8.9 (51.1%)
484	CZERNIEJ Natalia	884		30-39 lat	164			00:00:03	00:13:53	00:35:41.83 (48.7%)	00:35:45.76	+00:17:22 (48.7%)	6:43	8.9 (51.1%)
485	SZMUK Karina	744		30-39 lat	149			00:00:46	00:15:30	00:34:59.23 (47.6%)	00:35:45.86	+00:16:40 (47.6%)	6:36	9.1 (52.3%)
486	LEWANDOWSKA Aneta	962		40-49 lat	189			00:00:46	00:15:34	00:35:01.06 (47.7%)	00:35:47.30	+00:16:42 (47.7%)	6:36	9.1 (52.3%)
487	MICHALAK Monika	999		20-29 lat	43	OPEL Fijałkowski		00:00:10	00:16:09	00:35:38.22 (48.6%)	00:35:48.73	+00:17:19 (48.6%)	6:43	8.9 (51.1%)

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
488	MORGAŁA Daria	604		40-49 lat	193			00:00:40	00:15:55	00:35:10.56	00:35:51.02	+00:16:51 (47.9%)	6:38	9 (51.7%)
489	DERECHOWSKA Agnieszka	224		40-49 lat	192			00:00:41	00:15:53	00:35:09.27	00:35:51.07	+00:16:50 (47.9%)	6:37	9 (51.7%)
490	KOKOT Justyna	496	HARCIOLE	40-49 lat	198			00:00:25	00:15:04	00:35:25.34	00:35:51.27	+00:17:06 (48.3%)	6:40	9 (51.7%)
491	NOSOL Karolina	689		30-39 lat	154			00:00:39	00:14:44	00:35:12.34	00:35:51.82	+00:16:53 (48.0%)	6:38	9 (51.7%)
492	ŚLEBODA Bożena	323	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	197	Miechowicka Grupa Biegowa		00:00:33	00:15:05	00:35:19.45	00:35:53.14	+00:17:00 (48.1%)	6:39	9 (51.7%)
493	GŁĄB Magdalena	133		40-49 lat	203			00:00:19	00:15:22	00:35:35.18	00:35:55.05	+00:17:16 (48.5%)	6:42	8.9 (51.1%)
494	ADAMCZAK Renata	25		50-59 lat	72			00:00:34	00:15:11	00:35:21.19	00:35:55.45	+00:17:02 (48.2%)	6:40	9 (51.7%)
495	ZŁOCIĄK Agnieszka	215		40-49 lat	204			00:00:20	00:15:22	00:35:35.45	00:35:55.75	+00:17:16 (48.5%)	6:42	8.9 (51.1%)
496	MARSZALIK Ania	347		40-49 lat	202			00:00:23	00:14:28	00:35:32.16	00:35:55.80	+00:17:13 (48.5%)	6:42	8.9 (51.1%)
497	KEMPA-GOŁĄB Agnieszka	459	VIKING TRAINING CENTER	30-39 lat	162	Viking Training Center		00:00:20	00:15:14	00:35:38.75	00:35:59.62	+00:17:19 (48.6%)	6:43	8.9 (51.1%)
498	TOBIASZ Justyna	533	VIKING TRAINING CENTER	40-49 lat	205	Viking Training Center		00:00:21	00:15:17	00:35:38.50	00:36:00.17	+00:17:19 (48.6%)	6:43	8.9 (51.1%)
499	KACZMARCZYK-ZIELIŃSKA Magdalena	563		30-39 lat	151	RUNTEAM PAWŁOWICE		00:00:56	00:16:01	00:35:03.92	00:36:00.78	+00:16:44 (47.8%)	6:36	9.1 (52.3%)
500	TWARDAWA Magdalena	849		30-39 lat	161	Team Oli Lidl		00:00:27	00:15:40	00:35:33.75	00:36:00.79	+00:17:14 (48.5%)	6:42	8.9 (51.1%)
501	FLAK Ewa	830		40-49 lat	188	Wartkie Pieronice		00:01:01	00:14:46	00:34:59.61	00:36:01.31	+00:16:40 (47.7%)	6:36	9.1 (52.3%)
502	OLSZEWSKA Oliwia	780		30-39 lat	150			00:01:01	00:15:33	00:34:59.48	00:36:01.35	+00:16:40 (47.7%)	6:36	9.1 (52.3%)
503	BRANDYS Krystyna	135	DYŃKI TEAM	30-39 lat	148			00:01:02	00:15:35	00:34:59.16	00:36:01.47	+00:16:40 (47.6%)	6:36	9.1 (52.3%)
504	ZIĘTARA Agata	516		50-59 lat	71			00:00:50	00:15:21	00:35:10.90	00:36:01.76	+00:16:51 (47.9%)	6:38	9 (51.7%)
505	ŻYWICA Dorota	262		40-49 lat	208	Huragan Ligota		00:00:16	00:14:59	00:35:47.36	00:36:03.43	+00:17:28 (48.8%)	6:45	8.9 (51.1%)
506	FIRLA Lidka	580	ZZOZOLKI	40-49 lat	199	ZZOZOLKI		00:00:35	00:15:02	00:35:28.19	00:36:03.49	+00:17:09 (48.4%)	6:41	9 (51.7%)
507	MAZUR-ŁAGODA Daria	53	BIEGOWA KUŹNIA	50-59 lat	74			00:00:36	00:15:53	00:35:28.46	00:36:04.58	+00:17:09 (48.4%)	6:41	9 (51.7%)
508	DRAGON Paulina	395		30-39 lat	163			00:00:26	00:15:38	00:35:39.53	00:36:05.85	+00:17:20 (48.6%)	6:43	8.9 (51.1%)
509	PLESZCZYŃSKA Iwona	305		40-49 lat	194			00:00:54	00:14:39	00:35:12.71	00:36:06.85	+00:16:53 (48.0%)	6:38	9 (51.7%)
510	DĘBOWSKA Beata	101		50-59 lat	73			00:00:47	00:15:03	00:35:22.42	00:36:09.61	+00:17:03 (48.2%)	6:40	9 (51.7%)
511	PIEROŃ Julia	702		30-39 lat	169	Po jednej Babci		00:00:07	00:14:20	00:36:04.20	00:36:12.15	+00:17:45 (49.2%)	6:48	8.8 (50.6%)
512	MASZCZYŃSKA-SKALIK Anna	330		40-49 lat	206			00:00:33	00:15:35	00:35:41.57	00:36:14.82	+00:17:22 (48.7%)	6:43	8.9 (51.1%)
513	STRZODA Barbara	706		40-49 lat	207			00:00:30	00:15:16	00:35:45.21	00:36:15.90	+00:17:26 (48.8%)	6:44	8.9 (51.1%)

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
514	MATUSZEK Anna	83		30-39 lat	174			00:00:05	00:15:01	00:36:14.12	00:36:19.87	+00:17:55 (49.4%)	6:50	8.8 (50.6%)
515	MACHNIK Marta	471		30-39 lat	176			00:00:01	00:13:58	00:36:18.27	00:36:20.09	+00:17:59 (49.5%)	6:50	8.8 (50.6%)
516	KAISER Wiktoria	375		20-29 lat	45			00:00:24	00:15:07	00:35:57.53	00:36:22.08	+00:17:38 (49.1%)	6:46	8.8 (50.6%)
517	FOJCIK Kasia	257	PIERUNSKIE CANGÓRY	30-39 lat	167	PieRUNskie CanGÓRY	Kangurzyce	00:00:28	00:14:47	00:35:55.47	00:36:23.98	+00:17:36 (49.0%)	6:46	8.9 (51.1%)
518	GOJ Hania	700	MORS HUBERTUS MYŚŁOWICE	50-59 lat	75		Mors Hubertus Myśłowice	00:00:49	00:14:38	00:35:35.28	00:36:24.60	+00:17:16 (48.5%)	6:42	8.9 (51.1%)
519	KOŁODZIEJ Ewa	341		50-59 lat	76			00:00:31	00:16:27	00:35:56.07	00:36:27.09	+00:17:37 (49.0%)	6:46	8.8 (50.6%)
520	KAMEJSZA Olga	472	ZABIERZÓW BIEGA	30-39 lat	159			00:01:01	00:15:41	00:35:26.49	00:36:27.62	+00:17:07 (48.3%)	6:41	9 (51.7%)
521	FOJCIK Gabriela	473		60+	14			00:00:28	00:15:22	00:36:00.03	00:36:28.99	+00:17:40 (49.1%)	6:47	8.8 (50.6%)
522	JANIK Anna	148		30-39 lat	175	Wiewiórki Zimnokrwiste		00:00:13	00:14:22	00:36:15.65	00:36:29.53	+00:17:56 (49.5%)	6:50	8.8 (50.6%)
523	WOŹNIAK Wiktoria	456		20-29 lat	46			00:00:21	00:14:21	00:36:08.72	00:36:30.34	+00:17:49 (49.3%)	6:49	8.8 (50.6%)
524	STEBEL Marzena	898	SPOT PSZCZYNA	40-49 lat	214	SPOT Pszczyna		00:00:12		00:36:20.90	00:36:32.96	+00:18:01 (49.6%)	6:51	8.8 (50.6%)
525	KARAŚ Daria	783		30-39 lat	165			00:00:46	00:15:28	00:35:47.43	00:36:33.81	+00:17:28 (48.8%)	6:45	8.9 (51.1%)
526	WIŚNIEWSKA Maria	428		20-29 lat	44			00:00:42	00:15:26	00:35:51.79	00:36:34.38	+00:17:32 (48.9%)	6:45	8.9 (51.1%)
527	DZIĘCIELEWSKA Sylwia	899		40-49 lat	209	Byle do mety		00:00:43	00:15:17	00:35:52.88	00:36:36.19	+00:17:33 (48.9%)	6:46	8.9 (51.1%)
528	BLANIK Agnieszka	842		40-49 lat	210			00:00:44	00:15:20	00:35:53.59	00:36:37.97	+00:17:34 (49.0%)	6:46	8.9 (51.1%)
529	WOJDANOWSKA Małgorzata	219		30-39 lat	171			00:00:31	00:14:12	00:36:07.98	00:36:39.89	+00:17:48 (49.3%)	6:48	8.8 (50.6%)
530	BUCHOLC Mariola	777		30-39 lat	179			00:00:06	00:15:01	00:36:33.74	00:36:40.07	+00:18:14 (49.9%)	6:53	8.7 (50.0%)
531	BUNIEWICZ-KULLAS Małgorzata	507	VIKING TRAINING CENTER	50-59 lat	78	Viking Training Center		00:00:20	00:15:32	00:36:22.03	00:36:42.07	+00:18:02 (49.6%)	6:51	8.7 (50.0%)
532	BULANDA Martyna	406	VIKING TRAINING CENTER	30-39 lat	173	Viking Training Center		00:00:30	00:14:36	00:36:13.69	00:36:44.13	+00:17:54 (49.4%)	6:50	8.8 (50.6%)
533	MATUSZEK Dorota	460	KĄTY BIEGAJĄ	50-59 lat	77			00:00:43	00:15:43	00:36:00.29	00:36:44.19	+00:17:41 (49.1%)	6:47	8.8 (50.6%)
534	RUSZAŁA Karolina	453	KĄTY BIEGAJĄ	30-39 lat	168			00:00:42	00:15:44	00:36:01.65	00:36:44.20	+00:17:42 (49.2%)	6:47	8.8 (50.6%)
535	CZERWIŃSKA Klaudyna	996		30-39 lat	178		OPEL Fijałkowski	00:00:12	00:15:21	00:36:32.22	00:36:44.73	+00:18:13 (49.9%)	6:53	8.7 (50.0%)
536	KIETRYS Anna	810		30-39 lat	182			00:00:10	00:15:54	00:36:37.30	00:36:47.59	+00:18:18 (50.0%)	6:54	8.7 (50.0%)
537	LASKOWSKA Anna	779		30-39 lat	166			00:01:01	00:15:35	00:35:49.92	00:36:51.82	+00:17:30 (48.9%)	6:45	8.9 (51.1%)
538	CITUK Iwona	420	VIKING TRAINING CENTER	40-49 lat	216	Viking Training Center		00:00:20	00:15:57	00:36:33.12	00:36:53.17	+00:18:14 (49.9%)	6:53	8.7 (50.0%)
539	REYMANN Milena	776		40-49 lat	212	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:45	00:15:35	00:36:10.87	00:36:56.36	+00:17:51 (49.4%)	6:49	8.8 (50.6%)

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
540	MIELAŃCZYK Maria	28		60+	15			00:00:41	00:15:29	00:36:15.13	00:36:56.64	+00:17:56 (49.5%)	6:50	8.8 (50.6%)
541	MICHALAK Marta	998		30-39 lat	184	OPEL Fijałkowski		00:00:10	00:15:50	00:36:45.99	00:36:56.72	+00:18:26 (50.2%)	6:56	8.7 (50.0%)
542	WYSKIEL Marta	132		30-39 lat	170			00:00:51	00:15:09	00:36:06.51	00:36:57.86	+00:17:47 (49.3%)	6:48	8.8 (50.6%)
543	GRECZNER Oliwia	360		16-19 lat	12	Wiewiórki Zimnokrwiste		00:00:36	00:16:27	00:36:26.43	00:37:02.60	+00:18:07 (49.7%)	6:52	8.7 (50.0%)
544	PEPEK Bożena	789		40-49 lat	215			00:00:40	00:15:27	00:36:22.62	00:37:03.28	+00:18:03 (49.6%)	6:51	8.7 (50.0%)
545	SOSIŃSKA Anna	862		20-29 lat	48	Po jednej Babci	Aaa ale fajne dziewczyny	00:00:08	00:15:21	00:36:56.07	00:37:04.27	+00:18:37 (50.4%)	6:58	8.6 (49.4%)
546	KONOPKA Magdalena	86		30-39 lat	172	55-lat SP5		00:00:51	00:16:26	00:36:13.12	00:37:04.84	+00:17:54 (49.4%)	6:50	8.8 (50.6%)
547	KANIA Bożena	348		40-49 lat	213	55-lat SP5		00:00:52	00:16:12	00:36:12.85	00:37:04.99	+00:17:53 (49.4%)	6:49	8.8 (50.6%)
548	CICHY Agnieszka	126		40-49 lat	221			00:00:19	00:15:28	00:36:45.62	00:37:05.16	+00:18:26 (50.2%)	6:56	8.7 (50.0%)
549	CICHOŃ Iwona	386	HURAGAN LIGOTA	40-49 lat	220	Huragan Ligota		00:00:24	00:15:42	00:36:42.91	00:37:07.33	+00:18:23 (50.1%)	6:55	8.7 (50.0%)
550	DYNIA Magdalena	93	DYŃKI TEAM	40-49 lat	211			00:01:04	00:15:29	00:36:03.34	00:37:07.63	+00:17:44 (49.2%)	6:48	8.8 (50.6%)
551	SMOLEŃ Dagmara	398		40-49 lat	222	Viking Training Center		00:00:19	00:15:26	00:36:48.63	00:37:07.70	+00:18:29 (50.2%)	6:56	8.6 (49.4%)
552	MATUSIAK Paulina	723		30-39 lat	183			00:00:25	00:15:18	00:36:42.82	00:37:07.84	+00:18:23 (50.1%)	6:55	8.7 (50.0%)
553	KUCHARCZYK Aneta	237	VIKING TRAINING CENTER	40-49 lat	223	Viking Training Center		00:00:19	00:15:27	00:36:48.88	00:37:07.94	+00:18:29 (50.2%)	6:56	8.6 (49.4%)
554	LISICKA Sabina	408		30-39 lat	186	#JustFeelFitTEAM		00:00:06	00:15:12	00:37:02.10	00:37:08.45	+00:18:43 (50.5%)	6:59	8.6 (49.4%)
555	KARBOWY Marzena	562	ZATYRANI.PL GRATISOWNIA.PL	30-39 lat	177	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE		00:00:44	00:15:52	00:36:25.14	00:37:09.26	+00:18:06 (49.7%)	6:52	8.7 (50.0%)
556	ROGÓZ Sonia	577	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	50-59 lat	79			00:00:44	00:15:51	00:36:25.24	00:37:09.34	+00:18:06 (49.7%)	6:52	8.7 (50.0%)
557	MAROSZEK Aleksandra	483		40-49 lat	226			00:00:08	00:14:37	00:37:03.61	00:37:12.18	+00:18:44 (50.6%)	6:59	8.6 (49.4%)
558	ROKITA Magdalena	576		30-39 lat	181			00:00:41	00:16:36	00:36:35.91	00:37:16.97	+00:18:16 (50.0%)	6:54	8.7 (50.0%)
559	BUREK Alina	518		40-49 lat	218			00:00:41	00:15:20	00:36:38.37	00:37:19.38	+00:18:19 (50.0%)	6:54	8.7 (50.0%)
560	LECHOWICZ Irena	301	SZARE MORSY	60+	16			00:00:34	00:15:49	00:36:45.43	00:37:19.94	+00:18:26 (50.2%)	6:56	8.7 (50.0%)
561	RATAJSZCZAK-MAŁYS Ewa	315	BBL RACIBÓRZ	50-59 lat	81			00:00:47	00:15:55	00:36:32.86	00:37:20.64	+00:18:13 (49.9%)	6:53	8.7 (50.0%)
562	KAMECKA Agnieszka	531	VIKING TRAINING CENTER	50-59 lat	83	Viking Training Center		00:00:20	00:16:02	00:37:00.35	00:37:21.22	+00:18:41 (50.5%)	6:58	8.6 (49.4%)
563	KWAŚNIEWSKA Kasia	848		40-49 lat	228			00:00:15	00:15:24	00:37:06.70	00:37:22.22	+00:18:47 (50.6%)	7:00	8.6 (49.4%)
564	LABZA Anna	593		30-39 lat	180			00:00:50	00:15:43	00:36:35.22	00:37:25.45	+00:18:16 (49.9%)	6:54	8.7 (50.0%)
565	SUCHY Katarzyna	859		40-49 lat	227	Szprychy		00:00:19	00:15:50	00:37:06.14	00:37:25.58	+00:18:47 (50.6%)	7:00	8.6 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
566	CZYSZCZOŃ Paulina	524	VIKING TRAINING CENTER	30-39 lat	187	Viking Training Center		00:00:20	00:15:20	00:37:05.84	00:37:25.89	+00:18:46 (50.6%)	6:59	8.6 (49.4%)
567	WOJTOŃ-STAWICKA Małgorzata	438	RUNTEAM PAWŁOWICE	50-59 lat	80	RUNTEAM PAWŁOWICE		00:00:58	00:16:02	00:36:27.63	00:37:26.18	+00:18:08 (49.8%)	6:52	8.7 (50.0%)
568	ŻEBROWSKA Matylda	66	MORS HUBERTUS MYŚŁOWICE	50-59 lat	82	Mors Hubertus		00:00:49	00:15:07	00:36:37.67	00:37:27.52	+00:18:18 (50.0%)	6:54	8.7 (50.0%)
569	SZCZECHLA Patrycja	556		20-29 lat	47			00:00:35	00:15:55	00:36:52.74	00:37:28.48	+00:18:33 (50.3%)	6:57	8.6 (49.4%)
570	PETRYKOWSKA Elżbieta	369		40-49 lat	219			00:00:51	00:15:11	00:36:40.01	00:37:32.01	+00:18:20 (50.0%)	6:55	8.7 (50.0%)
571	STRASZEWSKA Aleksandra	97	KLUB SPORTOWY M.E.T.A.	40-49 lat	225			00:00:33	00:15:50	00:36:59.83	00:37:33.62	+00:18:40 (50.5%)	6:58	8.6 (49.4%)
572	GAŃKO Grażyna	608		60+	17			00:00:12	00:15:58	00:37:22.16	00:37:34.67	+00:19:03 (51.0%)	7:03	8.5 (48.9%)
573	BATKO Agnieszka	378		40-49 lat	217			00:00:58	00:15:31	00:36:36.21	00:37:34.98	+00:18:17 (50.0%)	6:54	8.7 (50.0%)
574	MODZELEWSKA Lidia	806	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	86	Wiewiórki Zimnokrwiste		00:00:13	00:15:37	00:37:25.35	00:37:38.41	+00:19:06 (51.1%)	7:03	8.5 (48.9%)
575	MENDROCH Joanna	146	ZZOZOLKI	50-59 lat	84	ZZOZOLKI		00:00:32	00:15:41	00:37:08.90	00:37:41.00	+00:18:49 (50.7%)	7:00	8.6 (49.4%)
576	LAZAR Joanna	274		30-39 lat	185			00:00:48	00:15:27	00:36:56.04	00:37:44.87	+00:18:36 (50.4%)	6:58	8.6 (49.4%)
577	KACZMAREK Ewa	950		40-49 lat	231			00:00:32	00:15:47	00:37:13.03	00:37:45.75	+00:18:53 (50.8%)	7:01	8.5 (48.9%)
578	PRZYWARA Ewelina	760		40-49 lat	224			00:00:51	00:15:46	00:36:54.90	00:37:46.28	+00:18:35 (50.4%)	6:57	8.6 (49.4%)
579	GRZEGOSZCZYK Żaneta	803		30-39 lat	194			00:00:08	00:14:40	00:37:38.30	00:37:46.43	+00:19:19 (51.3%)	7:06	8.4 (48.3%)
580	SZYMCZAK Mariola	187		60+	19			00:00:10	00:15:16	00:37:37.78	00:37:47.81	+00:19:18 (51.3%)	7:05	8.5 (48.9%)
581	DEMSKA-ĆWIERTKA Izabela	586	VIKING TRAINING CENTER	40-49 lat	230	Viking Training Center		00:00:38	00:16:30	00:37:09.94	00:37:48.31	+00:18:50 (50.7%)	7:00	8.6 (49.4%)
582	KŁOPEĆ Sylwia	854		30-39 lat	191			00:00:34	00:15:29	00:37:13.96	00:37:48.37	+00:18:54 (50.8%)	7:01	8.5 (48.9%)
583	SZABLICKA Monika	726	MAGDA	40-49 lat	229	Magda		00:00:40	00:15:13	00:37:08.63	00:37:48.89	+00:18:49 (50.7%)	7:00	8.6 (49.4%)
584	SZABLICKA Magda	719	MAGDA	20-29 lat	49	Magda		00:00:41	00:15:13	00:37:07.90	00:37:48.91	+00:18:48 (50.7%)	7:00	8.6 (49.4%)
585	DZIEDZINA Anna	807		30-39 lat	193			00:00:19	00:17:41	00:37:30.48	00:37:49.51	+00:19:11 (51.2%)	7:04	8.5 (48.9%)
586	MARUSZCZYK Małgorzata	692	VIKING TRAINING CENTER	30-39 lat	189	Viking Training Center		00:00:39	00:16:29	00:37:10.34	00:37:49.70	+00:18:51 (50.7%)	7:00	8.6 (49.4%)
587	MALICH Aleksandra	961	TEAM MAŁYCH BOHATERÓW	20-29 lat	50	TEAM MAŁYCH BOHATERÓW :-)		00:00:27	00:16:58	00:37:23.72	00:37:51.54	+00:19:04 (51.0%)	7:03	8.5 (48.9%)
588	KLUSKA Sylwia	81	HURAGAN LIGOTA	50-59 lat	92	Huragan Ligota		00:00:17	00:15:49	00:37:37.96	00:37:55.59	+00:19:18 (51.3%)	7:05	8.5 (48.9%)
589	OBERSKA Sylwia	236	NORDIKOWE FRELKI	50-59 lat	87	Nordicowe Frelki		00:00:29	00:15:40	00:37:26.03	00:37:55.71	+00:19:06 (51.1%)	7:03	8.5 (48.9%)
590	STALMACH Iza	658	BIEGOWA KUŹNIA	50-59 lat	89			00:00:24	00:15:34	00:37:34.94	00:37:59.03	+00:19:15 (51.3%)	7:05	8.5 (48.9%)
591	POPCZYK Ewa	409	BIEGOWA KUŹNIA	50-59 lat	85			00:00:36	00:15:55	00:37:22.33	00:37:59.06	+00:19:03 (51.0%)	7:03	8.5 (48.9%)

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
592	PRZYŁUCKA Grażyna	370	BIEGOWA KUŹNIA	50-59 lat	91			00:00:23	00:15:35	00:37:35.72	00:37:59.25	+00:19:16 (51.3%)	7:05	8.5 (48.9%)
593	HEROK Michalina	536		30-39 lat	192			00:00:42	00:15:49	00:37:19.49	00:38:02.00	+00:19:00 (50.9%)	7:02	8.5 (48.9%)
594	CIEŚLA Edyta	537		50-59 lat	90			00:00:28	00:16:15	00:37:35.29	00:38:03.67	+00:19:16 (51.3%)	7:05	8.5 (48.9%)
595	MAĆKÓW Małgorzata	205		20-29 lat	51			00:00:37	00:15:35	00:37:27.51	00:38:04.73	+00:19:08 (51.1%)	7:03	8.5 (48.9%)
596	ABRACHAMCZYK Agnieszka	18		20-29 lat	52			00:00:16	00:16:13	00:37:48.18	00:38:04.85	+00:19:29 (51.5%)	7:07	8.4 (48.3%)
597	JURKOWSKA Monika	103	KOBIETY NA 5+	30-39 lat	197	Kobiety na 5+		00:00:17	00:16:12	00:37:47.45	00:38:05.00	+00:19:28 (51.5%)	7:07	8.4 (48.3%)
598	KACHEL Sonia	844	SONIAKACHEL@VP.PL	30-39 lat	196	Szprychy		00:00:20	00:17:24	00:37:45.36	00:38:05.87	+00:19:26 (51.5%)	7:07	8.4 (48.3%)
599	REK Katarzyna	494	RADLINIOKI W BIEGU	40-49 lat	232	Radlinioki w biegu		00:00:43	00:15:33	00:37:22.55	00:38:06.54	+00:19:03 (51.0%)	7:03	8.5 (48.9%)
600	KRZYKAŁA Zdzisława	841		50-59 lat	94			00:00:21	00:15:58	00:37:46.17	00:38:07.44	+00:19:27 (51.5%)	7:07	8.4 (48.3%)
601	JAKUBIK Edyta	763		30-39 lat	190			00:00:54	00:14:55	00:37:13.82	00:38:08.42	+00:18:54 (50.8%)	7:01	8.5 (48.9%)
602	GUŚCIORA Justyna	108		50-59 lat	95			00:00:12	00:14:45	00:37:57.98	00:38:10.79	+00:19:38 (51.8%)	7:09	8.4 (48.3%)
603	DAMIS Daria	52		30-39 lat	188			00:01:04	00:15:20	00:37:07.42	00:38:12.30	+00:18:48 (50.7%)	7:00	8.6 (49.4%)
604	LAKSA Marlena	60	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	88	Miechowska Grupa Biegowa		00:00:44	00:16:06	00:37:29.37	00:38:13.57	+00:19:10 (51.1%)	7:04	8.5 (48.9%)
605	CEREMON Joanna	890		40-49 lat	245			00:00:04	00:15:17	00:38:10.76	00:38:15.38	+00:19:51 (52.0%)	7:12	8.3 (47.7%)
606	CISŁO Katarzyna	37	POWOLI DO CELU	30-39 lat	205	PoWoli doCelu		00:00:17	00:16:13	00:37:58.21	00:38:15.40	+00:19:39 (51.8%)	7:09	8.4 (48.3%)
607	ZŁOTKOWSKA Sylwia	741	WATAHA	30-39 lat	203	Wataha		00:00:21	00:15:16	00:37:55.27	00:38:16.65	+00:19:36 (51.7%)	7:09	8.4 (48.3%)
608	DULIBAN Agnieszka	940		30-39 lat	204			00:00:20	00:15:56	00:37:56.82	00:38:17.46	+00:19:37 (51.7%)	7:09	8.4 (48.3%)
609	MICHALSKA Beata	169	WARTKIE PIERONY	50-59 lat	93	Wartkie Pieronice		00:00:34	00:15:53	00:37:43.21	00:38:17.69	+00:19:24 (51.4%)	7:06	8.4 (48.3%)
610	KONOPACKA Waleria	487		60+	18			00:00:51	00:16:31	00:37:28.72	00:38:20.07	+00:19:09 (51.1%)	7:04	8.5 (48.9%)
611	RĘKAL Dorota	242	BYLE DO METY	60+	21	Byle do mety		00:00:16	00:15:20	00:38:05.38	00:38:22.21	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
612	OLCZYK Wioletta	560		50-59 lat	101	Kobiety na 5+		00:00:09	00:15:00	00:38:12.68	00:38:22.62	+00:19:53 (52.1%)	7:12	8.3 (47.7%)
613	STRUFF Karolina	825	SZPRYCHY	40-49 lat	235		Szprychy	00:00:21	00:15:41	00:38:01.62	00:38:23.20	+00:19:42 (51.8%)	7:10	8.4 (48.3%)
614	BANACH-HAN Kinga	673		30-39 lat	215			00:00:03	00:15:51	00:38:21.90	00:38:25.56	+00:20:02 (52.3%)	7:14	8.3 (47.7%)
615	MURAS-JAROMIN Justyna	878		30-39 lat	202			00:00:31	00:16:17	00:37:53.97	00:38:25.63	+00:19:34 (51.7%)	7:08	8.4 (48.3%)
616	KUBIS Barbara	670		40-49 lat	234			00:00:31	00:16:19	00:37:53.81	00:38:25.77	+00:19:34 (51.7%)	7:08	8.4 (48.3%)
617	SADOWSKA Kamila	926		30-39 lat	209			00:00:20	00:15:55	00:38:06.10	00:38:26.85	+00:19:47 (51.9%)	7:11	8.3 (47.7%)

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
618	WIKA Agnieszka	861		40-49 lat	247	Po jednej Babci	Aaa ale fajne dziewczyny	00:00:08	00:15:17	00:38:19.95	00:38:28.76	+00:20:00 (52.2%)	7:13	8.3 (47.7%)
619	PIEROŃ-KŁAKUS Aneta	701		30-39 lat	214	Po jednej Babci		00:00:08	00:15:20	00:38:20.39	00:38:28.76	+00:20:01 (52.2%)	7:13	8.3 (47.7%)
620	STACHOŃ Sylwia	461	4A	40-49 lat	233			00:00:59	00:16:03	00:37:30.34	00:38:30.29	+00:19:11 (51.2%)	7:04	8.5 (48.9%)
621	KRZYSZTOPORSKA Karolina	346		30-39 lat	195			00:00:52	00:17:03	00:37:39.30	00:38:32.05	+00:19:20 (51.4%)	7:06	8.4 (48.3%)
622	KMIECIAK Dominika	167	RUNPATOLA	30-39 lat	206			00:00:30	00:15:55	00:38:02.69	00:38:33.31	+00:19:43 (51.9%)	7:10	8.4 (48.3%)
623	KUBALA Joanna	952	AKTYWNI RYDUŁTOWY	30-39 lat	208			00:00:28	00:15:57	00:38:04.71	00:38:33.66	+00:19:45 (51.9%)	7:10	8.4 (48.3%)
624	PORĘBA Wiola	866	AKTYWNI RYDUŁTOWY	30-39 lat	207			00:00:29	00:15:57	00:38:04.19	00:38:33.73	+00:19:45 (51.9%)	7:10	8.4 (48.3%)
625	SERAFIN CHWAŁEK Joanna	118		40-49 lat	240			00:00:27	00:15:41	00:38:07.00	00:38:34.31	+00:19:47 (51.9%)	7:11	8.3 (47.7%)
626	BOREK Karolina	900	BYLE DO METY	30-39 lat	200			00:00:42	00:15:40	00:37:52.79	00:38:34.97	+00:19:33 (51.6%)	7:08	8.4 (48.3%)
627	OSMAŃSKA Ewa	615		40-49 lat	242		PSIAPSI1	00:00:28	00:16:08	00:38:07.60	00:38:36.09	+00:19:48 (52.0%)	7:11	8.3 (47.7%)
628	SŁYSZ Natalia	642	BYLE DO METY	30-39 lat	201	Byle do mety		00:00:44	00:16:25	00:37:53.09	00:38:37.74	+00:19:34 (51.6%)	7:08	8.4 (48.3%)
629	ROJEK-CZEKAJ Patrycja	791		40-49 lat	249			00:00:09	00:15:39	00:38:28.27	00:38:38.24	+00:20:09 (52.4%)	7:15	8.3 (47.7%)
630	HABER Katarzyna	203	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	97	Miechowicka Grupa Biegowa		00:00:38	00:16:34	00:38:01.60	00:38:39.84	+00:19:42 (51.8%)	7:10	8.4 (48.3%)
631	BASEK Marta	328	HRMAX DZIOŁSZKI	50-59 lat	98	HRmax Dziołszki		00:00:33	00:16:22	00:38:06.33	00:38:40.14	+00:19:47 (51.9%)	7:11	8.3 (47.7%)
632	BURNAGIEL Agata	191	HRMAX DZIOŁSZKI	50-59 lat	96	HRmax Dziołszki		00:00:39	00:16:17	00:38:00.90	00:38:40.72	+00:19:41 (51.8%)	7:10	8.4 (48.3%)
633	MAJCHRZYK Lidia	204		60+	20			00:00:39	00:16:17	00:38:00.92	00:38:40.74	+00:19:41 (51.8%)	7:10	8.4 (48.3%)
634	KAŁUS Ewa	230	HRMAX ŻORY	40-49 lat	243	HRmax Dziołszki		00:00:33	00:16:24	00:38:07.74	00:38:40.75	+00:19:48 (52.0%)	7:11	8.3 (47.7%)
635	RYBAK Monika	742		40-49 lat	246		Kiedy jak nie teraz?	00:00:28	00:16:32	00:38:12.41	00:38:40.79	+00:19:53 (52.1%)	7:12	8.3 (47.7%)
636	KACZOREK Anna	353	HRMAX DZIOŁSZK	40-49 lat	237	HRmax Dziołszki		00:00:35	00:16:23	00:38:05.75	00:38:41.06	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
637	JAKUBOWSKA Agnieszka	61	HRMAX ŻORY	40-49 lat	238	HRmax Dziołszki		00:00:35	00:16:22	00:38:05.76	00:38:41.14	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
638	MACURA Ewa	417	HRMAX DZIOŁSZKI	50-59 lat	100	HRmax Dziołszki		00:00:31	00:16:24	00:38:10.21	00:38:41.85	+00:19:51 (52.0%)	7:12	8.3 (47.7%)
639	ŻBEL Ania	9	HRMAX ŻORY	40-49 lat	244	HRmax Dziołszki		00:00:32	00:16:24	00:38:09.89	00:38:42.34	+00:19:50 (52.0%)	7:11	8.3 (47.7%)
640	WALA Roksana	948		30-39 lat	210	TEAM MAŁYCH BOHATERÓW :-)		00:00:32	00:16:44	00:38:10.15	00:38:43.02	+00:19:51 (52.0%)	7:12	8.3 (47.7%)
641	PADIASEK Dominika	821	HRMAX ŻORY	40-49 lat	236	HRmax Dziołszki		00:00:37	00:16:15	00:38:05.48	00:38:43.33	+00:19:46 (51.9%)	7:11	8.4 (48.3%)
642	TOMAN Aneta	694	HRMAX DZIOŁSZKI	40-49 lat	241	HRmax Dziołszki		00:00:36	00:16:24	00:38:07.18	00:38:43.43	+00:19:48 (51.9%)	7:11	8.3 (47.7%)
643	DACENKO Joanna	669		40-49 lat	248			00:00:15	00:15:52	00:38:27.73	00:38:43.61	+00:20:08 (52.4%)	7:15	8.3 (47.7%)

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
644	BODZIONY Anna	737	HRMAX	40-49 lat	239	HRmax Dziółszki		00:00:37	00:16:23	00:38:06.49	00:38:43.70	+00:19:47 (51.9%)	7:11	8.3 (47.7%)
645	KOGUT Edyta	718		50-59 lat	99	HRmax Dziółszki		00:00:36	00:16:25	00:38:07.95	00:38:44.20	+00:19:48 (52.0%)	7:11	8.3 (47.7%)
646	ANDROSZ Joanna	324		40-49 lat	252			00:00:13	00:15:46	00:38:32.80	00:38:46.44	+00:20:13 (52.5%)	7:16	8.3 (47.7%)
647	WAGNER Natalia	647		30-39 lat	218			00:00:06	00:16:21	00:38:41.73	00:38:48.56	+00:20:22 (52.7%)	7:17	8.2 (47.1%)
648	PIECHOCIŃSKA Katarzyna	914		30-39 lat	199	Szare Morsy		00:00:57	00:16:02	00:37:51.43	00:38:48.96	+00:19:32 (51.6%)	7:08	8.4 (48.3%)
649	HUBA Agnieszka	134	KOBIETY NA 5+	30-39 lat	217	Kobiety na 5+		00:00:12	00:14:41	00:38:36.11	00:38:49.02	+00:20:17 (52.5%)	7:16	8.2 (47.1%)
650	MYŚLIWIEC Monika	581		40-49 lat	253	Kobiety na 5+		00:00:09	00:15:55	00:38:39.13	00:38:49.08	+00:20:20 (52.6%)	7:17	8.2 (47.1%)
651	MACHEJ Małgorzata	504		50-59 lat	102			00:00:36	00:16:33	00:38:13.59	00:38:50.54	+00:19:54 (52.1%)	7:12	8.3 (47.7%)
652	PLATA Marlena	521		30-39 lat	212			00:00:37	00:16:49	00:38:13.82	00:38:51.02	+00:19:54 (52.1%)	7:12	8.3 (47.7%)
653	KACZOREK Malwina	1276		30-39 lat	216			00:00:25	00:15:26	00:38:27.12	00:38:53.04	+00:20:08 (52.4%)	7:15	8.3 (47.7%)
654	RUSINEK Joanna	923	WIEWIÓRKI ZIMNOKRWISTE	50-59 lat	105	Wiewiórki Zimnokrwiste		00:00:31	00:15:44	00:38:21.36	00:38:53.05	+00:20:02 (52.2%)	7:14	8.3 (47.7%)
655	SMOŁKA Katarzyna	508	FLUENTBE	30-39 lat	213			00:00:36	00:17:31	00:38:17.91	00:38:54.43	+00:19:58 (52.2%)	7:13	8.3 (47.7%)
656	MICHAŁEK Karolina	872	VIKING TRENING CENTER	20-29 lat	55	Viking Training Center		00:00:21	00:16:18	00:38:32.49	00:38:54.46	+00:20:13 (52.5%)	7:16	8.3 (47.7%)
657	NIEDŹWIEDŹ Julia	342		20-29 lat	56			00:00:09	00:16:18	00:38:45.00	00:38:54.88	+00:20:25 (52.7%)	7:18	8.2 (47.1%)
658	JANISZEWKA Patrycja	917	BYLE DO METY	30-39 lat	211	Byle do mety		00:00:43	00:15:30	00:38:13.54	00:38:57.39	+00:19:54 (52.1%)	7:12	8.3 (47.7%)
659	FITAS Natalia	758		20-29 lat	53			00:00:38	00:17:03	00:38:19.52	00:38:58.32	+00:20:00 (52.2%)	7:13	8.3 (47.7%)
660	PELCZAR Natalia	818		20-29 lat	57			00:00:08	00:16:16	00:38:50.90	00:38:59.31	+00:20:31 (52.8%)	7:19	8.2 (47.1%)
661	GARUS Andzia	467		40-49 lat	254			00:00:16	00:16:10	00:38:43.53	00:38:59.70	+00:20:24 (52.7%)	7:18	8.2 (47.1%)
662	MAZUREK Beata	590	ŻUBRÓWKI	30-39 lat	198	Żubrówki		00:01:10	00:16:58	00:37:50.73	00:39:00.80	+00:19:31 (51.6%)	7:08	8.4 (48.3%)
663	ROŻEK Mirosława	397		50-59 lat	104			00:00:43	00:16:22	00:38:17.51	00:39:00.98	+00:19:58 (52.2%)	7:13	8.3 (47.7%)
664	ROSTALSKA Barbara	966		50-59 lat	103	55-lat SP5		00:00:52	00:16:24	00:38:14.36	00:39:06.98	+00:19:55 (52.1%)	7:12	8.3 (47.7%)
665	MAGIERA Barbara	269	POWOLI DO CELU	30-39 lat	221	PoWoli do Celu		00:00:17	00:16:15	00:38:49.99	00:39:07.20	+00:20:30 (52.8%)	7:19	8.2 (47.1%)
666	MARON Honorata	549		30-39 lat	223			00:00:08	00:16:16	00:38:58.85	00:39:07.74	+00:20:39 (53.0%)	7:21	8.2 (47.1%)
667	WODNIAK Angela	74	POWOLI DO CELU	30-39 lat	220	PoWoli do Celu		00:00:18	00:16:13	00:38:49.66	00:39:08.03	+00:20:30 (52.8%)	7:19	8.2 (47.1%)
668	OLEJNIK Karolina	757		20-29 lat	54			00:00:38	00:17:03	00:38:31.00	00:39:09.59	+00:20:11 (52.4%)	7:16	8.3 (47.7%)
669	ŚNIEG Alicja	747		30-39 lat	225			00:00:10	00:15:59	00:39:04.37	00:39:14.44	+00:20:45 (53.1%)	7:22	8.1 (46.6%)

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
670	ŚMIGIEL Aneta	814	RADLINIOKI W BIEGU	40-49 lat	250	Radlinioki w biegu		00:00:46	00:16:29	00:38:31.16	00:39:18.11	+00:20:12 (52.4%)	7:16	8.3 (47.7%)
671	KLYSZCZ Honorata	699		40-49 lat	251			00:00:46	00:16:26	00:38:31.46	00:39:18.13	+00:20:12 (52.5%)	7:16	8.3 (47.7%)
672	MAREK Sylwia	879		30-39 lat	222			00:00:34	00:16:51	00:38:52.27	00:39:26.32	+00:20:33 (52.9%)	7:20	8.2 (47.1%)
673	STELMACH Marta	749		30-39 lat	228			00:00:08	00:16:20	00:39:19.51	00:39:27.58	+00:21:00 (53.4%)	7:25	8.1 (46.6%)
674	WOŹNICKA Anna	175	WIEWIÓRKI ZIMNOKRWISTE	40-49 lat	259	Wiewiórki Zimnokrwiste		00:00:12	00:15:48	00:39:23.04	00:39:35.24	+00:21:03 (53.5%)	7:25	8.1 (46.6%)
675	WYBRANIEC Aleksandra	797		20-29 lat	59	Wiewiórki Zimnokrwiste		00:00:31	00:15:50	00:39:03.38	00:39:35.26	+00:20:44 (53.1%)	7:22	8.1 (46.6%)
676	BANACH Monika	450	ZIMNOKRWISTE WIEWIÓRKI	50-59 lat	112	Wiewiórki Zimnokrwiste		00:00:13	00:15:40	00:39:22.46	00:39:35.52	+00:21:03 (53.5%)	7:25	8.1 (46.6%)
677	SCHMIDT Magdalena	893		30-39 lat	219	55-lat SP5		00:00:52	00:16:31	00:38:46.61	00:39:39.27	+00:20:27 (52.8%)	7:18	8.2 (47.1%)
678	PYZIK Barbara	14		40-49 lat	261			00:00:13	00:15:18	00:39:25.61	00:39:39.48	+00:21:06 (53.5%)	7:26	8.1 (46.6%)
679	ZAGÓRSKA Beata	319		40-49 lat	255	ZZOZOLKI		00:00:44	00:16:39	00:38:55.91	00:39:40.39	+00:20:36 (53.0%)	7:20	8.2 (47.1%)
680	LOREK Jolanta	355		40-49 lat	256			00:00:44	00:16:40	00:38:56.13	00:39:40.52	+00:20:37 (53.0%)	7:20	8.2 (47.1%)
681	BARAN Karolina	525		30-39 lat	224			00:00:41	00:16:46	00:39:00.68	00:39:42.05	+00:20:41 (53.0%)	7:21	8.2 (47.1%)
682	PATAŁĄG Katarzyna	24		30-39 lat	226			00:00:37	00:15:56	00:39:08.20	00:39:45.61	+00:20:49 (53.2%)	7:23	8.1 (46.6%)
683	OSZEK Karolina	76	TEAM OCZEK	40-49 lat	257	Team Oczek		00:00:46	00:16:27	00:38:59.33	00:39:46.33	+00:20:40 (53.0%)	7:21	8.2 (47.1%)
684	NAWARYŃSKA Ewa	176		50-59 lat	107			00:00:46	00:17:22	00:38:59.67	00:39:46.37	+00:20:40 (53.0%)	7:21	8.2 (47.1%)
685	NAWARYŃSKA Katarzyna	210		20-29 lat	58			00:00:46	00:16:27	00:38:59.56	00:39:46.46	+00:20:40 (53.0%)	7:21	8.2 (47.1%)
686	STYRNOL Beata	194		50-59 lat	106			00:00:47	00:17:22	00:38:59.43	00:39:47.04	+00:20:40 (53.0%)	7:21	8.2 (47.1%)
687	DRANICZAREK Anna	481		30-39 lat	232			00:00:07	00:16:24	00:39:41.40	00:39:48.44	+00:21:22 (53.8%)	7:29	8 (46.0%)
688	ZMUDA Wioleta	260	KLUB SPORTOWY META	40-49 lat	258			00:00:34	00:16:57	00:39:15.31	00:39:49.97	+00:20:56 (53.3%)	7:24	8.1 (46.6%)
689	MARUSZCZAK Justyna	186	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	109	Miechowicka Grupa Biegowa		00:00:41	00:16:15	00:39:08.32	00:39:50.27	+00:20:49 (53.2%)	7:23	8.1 (46.6%)
690	NAWROCKA Agnieszka	84		50-59 lat	111			00:00:33	00:16:41	00:39:18.09	00:39:51.55	+00:20:59 (53.4%)	7:24	8.1 (46.6%)
691	ZACZYŃSKA-POZNIAK Jarosława	411		50-59 lat	108			00:00:49	00:16:02	00:39:03.08	00:39:52.82	+00:20:44 (53.1%)	7:22	8.1 (46.6%)
692	KAMIŃSKA Aleksandra	530		30-39 lat	227			00:00:41	00:16:46	00:39:11.81	00:39:53.00	+00:20:52 (53.3%)	7:23	8.1 (46.6%)
693	MAZUREK Natalia	997		20-29 lat	61	OPEL Fijałkowski		00:00:10	00:16:12	00:39:42.39	00:39:53.10	+00:21:23 (53.9%)	7:29	8 (46.0%)
694	KOWALSKA Małgorzata	441		50-59 lat	110			00:00:40	00:15:53	00:39:16.80	00:39:57.00	+00:20:57 (53.4%)	7:24	8.1 (46.6%)
695	GRZELAK Patrycja	352		40-49 lat	265			00:00:15	00:16:29	00:39:45.37	00:40:00.53	+00:21:26 (53.9%)	7:30	8 (46.0%)

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
696	ZWOREK ROTKEGEL Anna	583		50-59 lat	114	MIECHOWICKA GRUPA BIEGOWA		00:00:33	00:16:43	00:39:29.40	00:40:02.54	+00:21:10 (53.6%)	7:26	8.1 (46.6%)
697	WĘGRZYN Zuzanna	592		20-29 lat	62			00:00:10	00:16:08	00:39:54.14	00:40:04.25	+00:21:35 (54.1%)	7:31	8 (46.0%)
698	GARUS Daria	285		30-39 lat	230			00:00:28	00:16:20	00:39:36.44	00:40:05.31	+00:21:17 (53.8%)	7:28	8 (46.0%)
699	KOWALCZYK Basia	170		40-49 lat	268			00:00:07	00:16:29	00:39:59.61	00:40:06.71	+00:21:40 (54.2%)	7:32	8 (46.0%)
700	WANDZEL Iwona	117		30-39 lat	231			00:00:30	00:16:09	00:39:37.48	00:40:07.92	+00:21:18 (53.8%)	7:28	8 (46.0%)
701	PARCHAŃSKA Oliwia	617		30-39 lat	233	Byle do mety		00:00:26	00:17:35	00:39:41.65	00:40:08.10	+00:21:22 (53.9%)	7:29	8 (46.0%)
702	TUSZYŃSKA Anna	107	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	260		Miechowicka Grupa Biegowa	00:00:44	00:17:19	00:39:24.66	00:40:09.00	+00:21:05 (53.5%)	7:26	8.1 (46.6%)
703	GŁĄB Mariola	665		30-39 lat	229			00:00:36	00:15:59	00:39:34.32	00:40:10.41	+00:21:15 (53.7%)	7:27	8 (46.0%)
704	ZAJĄC Patrycja	382	ZAJĄCE >.<	20-29 lat	60			00:00:39	00:16:39	00:39:31.21	00:40:10.95	+00:21:12 (53.7%)	7:27	8 (46.0%)
705	KOŁODZIEJCZYK Aleksandra	78	RADLINIOKI W BIEGU	40-49 lat	262	Radlinioki w biegu		00:00:47	00:16:26	00:39:26.10	00:40:13.83	+00:21:07 (53.6%)	7:26	8.1 (46.6%)
706	DUBIEL Joanna	20	DUBIEL CLUB	50-59 lat	116			00:00:04	00:16:47	00:40:09.76	00:40:14.39	+00:21:50 (54.4%)	7:34	7.9 (45.4%)
707	RADUCKA Kinga	837		40-49 lat	266	NICE GIRLS		00:00:18	00:16:43	00:39:56.93	00:40:15.89	+00:21:37 (54.1%)	7:32	8 (46.0%)
708	PIWOWAR Beata	836		40-49 lat	267	NICE GIRLS		00:00:18	00:16:44	00:39:57.82	00:40:16.24	+00:21:38 (54.2%)	7:32	8 (46.0%)
709	KLEPACKA Edyta	403		40-49 lat	263			00:00:36	00:17:43	00:39:42.77	00:40:19.14	+00:21:23 (53.9%)	7:29	8 (46.0%)
710	RUSZCZYŃSKA Anna	407		40-49 lat	264			00:00:35	00:17:42	00:39:43.43	00:40:19.15	+00:21:24 (53.9%)	7:29	8 (46.0%)
711	VAIDYAN-IWANOWSKA Grażyna	314		60+	23			00:00:05	00:16:22	00:40:17.48	00:40:22.64	+00:21:58 (54.5%)	7:36	7.9 (45.4%)
712	NIEDŹWIEDŹ Maja	339		40-49 lat	273			00:00:09	00:15:43	00:40:20.86	00:40:30.07	+00:22:01 (54.6%)	7:36	7.9 (45.4%)
713	OSTAPIUK Anna	40		30-39 lat	235			00:00:33	00:16:57	00:39:56.91	00:40:30.89	+00:21:37 (54.1%)	7:32	8 (46.0%)
714	BETLEJ Dorota	572		30-39 lat	234			00:00:39	00:16:02	00:39:52.10	00:40:31.54	+00:21:33 (54.1%)	7:31	8 (46.0%)
715	KUŚKA Justyna	610	PSIAPSI	40-49 lat	272		Psiapsi	00:00:26	00:15:52	00:40:09.81	00:40:36.29	+00:21:50 (54.4%)	7:34	7.9 (45.4%)
716	BRODA Beata	240		50-59 lat	115			00:00:36	00:16:38	00:40:00.00	00:40:36.86	+00:21:40 (54.2%)	7:32	8 (46.0%)
717	BRODA Kamila	229		30-39 lat	236			00:00:36	00:16:39	00:40:00.90	00:40:37.17	+00:21:41 (54.2%)	7:32	8 (46.0%)
718	PIPIRO Grażyna	156	KOBIETY NA 5+	60+	22	Kobiety na 5+		00:00:37	00:17:10	00:40:02.43	00:40:39.96	+00:21:43 (54.3%)	7:33	7.9 (45.4%)
719	NALEPKA Katarzyna	109	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	269	Miechowicka Grupa Biegowa	Idymy durś	00:00:44	00:17:19	00:40:00.15	00:40:44.72	+00:21:41 (54.2%)	7:32	8 (46.0%)
720	CHOLEWIŃSKA Katarzyna	717		50-59 lat	117			00:00:26	00:17:22	00:40:19.97	00:40:46.56	+00:22:00 (54.6%)	7:36	7.9 (45.4%)
721	BIAŁAS Joanna	875	SPOT PSZCZYNA	40-49 lat	279			00:00:10	00:16:41	00:40:36.65	00:40:47.65	+00:22:17 (54.9%)	7:39	7.8 (44.8%)

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
722	LISOWSKA Agnieszka	784		40-49 lat	274			00:00:28	00:17:18	00:40:21.05 (54.6%)	00:40:49.17	+00:22:02 (54.6%)	7:36	7.9 (45.4%)
723	RACIBORSKA Agnieszka	786		40-49 lat	275			00:00:27	00:17:19	00:40:21.71 (54.6%)	00:40:49.26	+00:22:02 (54.6%)	7:36	7.9 (45.4%)
724	KLUSKA Patrycja	908		20-29 lat	63	Wiewiórki Zimnokrwiste		00:00:50	00:19:01	00:39:59.02 (54.2%)	00:40:49.59	+00:21:39 (54.2%)	7:32	8 (46.0%)
725	MIKŁUSIAK Barbara	845		30-39 lat	243	Szprychy		00:00:19	00:17:54	00:40:31.84 (54.8%)	00:40:51.57	+00:22:12 (54.8%)	7:38	7.8 (44.8%)
726	KUCZEK Elwira	831		40-49 lat	270		Dwie Szczigi	00:00:48	00:16:30	00:40:03.64 (54.3%)	00:40:52.38	+00:21:44 (54.3%)	7:33	7.9 (45.4%)
727	KRÓL Justyna	832		40-49 lat	271		Dwie Szczigi	00:00:48	00:16:29	00:40:04.36 (54.3%)	00:40:52.90	+00:21:45 (54.3%)	7:33	7.9 (45.4%)
728	KAJSTURA Katarzyna	622	VIKING TRAINING CENTER	40-49 lat	277	Viking Training Center		00:00:21	00:17:01	00:40:32.60 (54.8%)	00:40:53.88	+00:22:13 (54.8%)	7:38	7.8 (44.8%)
729	LIMAŃSKA Joanna	585	VIKING TRAINING CENTER	30-39 lat	239	Viking Training Center		00:00:39	00:16:50	00:40:14.96 (54.5%)	00:40:54.21	+00:21:55 (54.5%)	7:35	7.9 (45.4%)
730	OLEŚ Ula	947		30-39 lat	241	TEAM MAŁYCH BOHATERÓW :-)		00:00:26	00:17:37	00:40:29.58 (54.8%)	00:40:56.11	+00:22:10 (54.8%)	7:38	7.9 (45.4%)
731	UHEREK Agnieszka	599		30-39 lat	238	GRAŻYNY 87		00:00:55	00:16:45	00:40:02.24 (54.2%)	00:40:57.66	+00:21:43 (54.2%)	7:33	7.9 (45.4%)
732	OWCZARZY Agnieszka	597	GRAŻYNY 87	30-39 lat	237	GRAŻYNY 87		00:00:56	00:16:45	00:40:01.64 (54.2%)	00:40:57.80	+00:21:42 (54.2%)	7:33	7.9 (45.4%)
733	WÓJCIK Dorota	724		30-39 lat	240	Byle do mety		00:00:44	00:16:26	00:40:15.84 (54.5%)	00:41:00.64	+00:21:56 (54.5%)	7:35	7.9 (45.4%)
734	SZWED Ania	241	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	276	MIECHOWICKA GRUPA BIEGOWA		00:00:31	00:17:28	00:40:29.74 (54.8%)	00:41:01.24	+00:22:10 (54.8%)	7:38	7.9 (45.4%)
735	FOLTYN Dominika	877		30-39 lat	242			00:00:33	00:17:39	00:40:30.66 (54.8%)	00:41:04.29	+00:22:11 (54.8%)	7:38	7.9 (45.4%)
736	STEFANIAK Justyna	110	POGORIA BIEGA	40-49 lat	278			00:00:33	00:17:12	00:40:34.47 (54.9%)	00:41:07.52	+00:22:15 (54.9%)	7:39	7.8 (44.8%)
737	KALITA Anna	773		50-59 lat	118	INCOLA TEAM		00:00:53	00:17:52	00:40:20.42 (54.6%)	00:41:13.52	+00:22:01 (54.6%)	7:36	7.9 (45.4%)
738	ŻULEWSKA Maria	955		60+	24			00:00:00	00:16:25	00:41:14.20 (55.6%)	00:41:14.56	+00:22:55 (55.6%)	7:46	7.7 (44.3%)
739	PAŁYS Agata	736	SZARE MORSY	40-49 lat	283			00:00:00	00:16:25	00:41:14.23 (55.6%)	00:41:14.60	+00:22:55 (55.6%)	7:46	7.7 (44.3%)
740	NOWAK-MARKITON Karolina	951		30-39 lat	247			00:00:10	00:18:31	00:41:10.05 (55.5%)	00:41:20.68	+00:22:51 (55.5%)	7:46	7.7 (44.3%)
741	NIEDZIELA Roksana	183		20-29 lat	65	Wiewiórki Zimnokrwiste		00:00:13	00:16:23	00:41:10.30 (55.5%)	00:41:24.15	+00:22:51 (55.5%)	7:46	7.7 (44.3%)
742	ŚLEZIONA Katarzyna	379		30-39 lat	246			00:00:18	00:16:36	00:41:08.45 (55.5%)	00:41:26.77	+00:22:49 (55.5%)	7:45	7.7 (44.3%)
743	JELONEK Klaudia	180		30-39 lat	245			00:00:38	00:17:35	00:40:48.12 (55.1%)	00:41:26.83	+00:22:29 (55.1%)	7:41	7.8 (44.8%)
744	ADAMUS Daria	606		20-29 lat	64			00:00:40	00:17:33	00:40:46.89 (55.1%)	00:41:27.26	+00:22:27 (55.1%)	7:41	7.8 (44.8%)
745	KULIG-GOC Gabriela	207		30-39 lat	244			00:00:40	00:17:35	00:40:47.16 (55.1%)	00:41:27.29	+00:22:28 (55.1%)	7:41	7.8 (44.8%)
746	KOŹDOŃ Jagoda	56		30-39 lat	251			00:00:05	00:16:38	00:41:22.72 (55.7%)	00:41:28.23	+00:23:03 (55.7%)	7:48	7.7 (44.3%)
747	SZCZUCHNIAK Adriana	284		40-49 lat	280			00:00:45	00:17:06	00:40:45.83 (55.1%)	00:41:31.11	+00:22:26 (55.1%)	7:41	7.8 (44.8%)

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
748	JAKIEŁEK Barbara	225		30-39 lat	248	Wiewiórki Zimnokrwiste		00:00:14	00:16:45	00:41:16.91	00:41:31.44	+00:22:57 (55.6%)	7:47	7.7 (44.3%)
749	WODZYŃSKA-KOCZY Marta	294		40-49 lat	285			00:00:16	00:16:39	00:41:15.38	00:41:32.12	+00:22:56 (55.6%)	7:46	7.7 (44.3%)
750	SIEROTA Renata	887		40-49 lat	284			00:00:17	00:17:06	00:41:14.76	00:41:32.19	+00:22:55 (55.6%)	7:46	7.7 (44.3%)
751	MILCUSZEK Magdalena	90		30-39 lat	249			00:00:15	00:17:08	00:41:17.02	00:41:32.39	+00:22:57 (55.6%)	7:47	7.7 (44.3%)
752	RYŚ Weronika	278		20-29 lat	66			00:00:19	00:17:23	00:41:19.32	00:41:39.23	+00:23:00 (55.7%)	7:47	7.7 (44.3%)
753	BARTNIK Joanna	251	STREET SPIRIT	40-49 lat	286		Dwie szalone	00:00:23	00:16:58	00:41:16.78	00:41:40.67	+00:22:57 (55.6%)	7:47	7.7 (44.3%)
754	PIETRASZEK Ewa	234	KOBIETY WATAHY	50-59 lat	119			00:00:47	00:17:40	00:40:54.25	00:41:41.63	+00:22:35 (55.2%)	7:43	7.8 (44.8%)
755	NOWAK Malwina	936		30-39 lat	252			00:00:11	00:18:12	00:41:31.14	00:41:42.68	+00:23:12 (55.9%)	7:50	7.7 (44.3%)
756	GUBAŁA Monika	727		30-39 lat	250			00:00:29	00:18:47	00:41:17.25	00:41:46.50	+00:22:58 (55.6%)	7:47	7.7 (44.3%)
757	KAJMOWICZ-SOPICKA Jolanta	982		40-49 lat	281	INCOLA TEAM		00:00:53	00:17:52	00:41:02.61	00:41:56.01	+00:22:43 (55.4%)	7:44	7.7 (44.3%)
758	DERYŁO Sylwia	988		40-49 lat	282	INCOLA TEAM		00:00:53	00:17:52	00:41:02.64	00:41:56.06	+00:22:43 (55.4%)	7:44	7.7 (44.3%)
759	BYCINA Edyta	935		40-49 lat	287			00:00:35	00:17:24	00:41:27.55	00:42:02.92	+00:23:08 (55.8%)	7:49	7.7 (44.3%)
760	ROTTER Hanna	164		60+	26			00:00:24	00:17:31	00:41:38.60	00:42:03.51	+00:23:19 (56.0%)	7:51	7.6 (43.7%)
761	KIERMASZEK Barbara	402		60+	25			00:00:26	00:17:22	00:41:37.84	00:42:04.22	+00:23:18 (56.0%)	7:51	7.6 (43.7%)
762	BROCKA Joanna	672		40-49 lat	289			00:00:34	00:17:24	00:41:30.97	00:42:05.92	+00:23:11 (55.9%)	7:49	7.7 (44.3%)
763	GRECZNER Jowita	359		40-49 lat	288	Wiewiórki Zimnokrwiste		00:00:36	00:17:50	00:41:30.48	00:42:06.60	+00:23:11 (55.9%)	7:49	7.7 (44.3%)
764	PALICA Halina	809	AKTYWNI LYSKI	60+	27			00:00:29	00:17:42	00:41:39.05	00:42:08.29	+00:23:20 (56.0%)	7:51	7.6 (43.7%)
765	POREMSKA Elżbieta	901	AKTYWNI LYSKI	40-49 lat	290			00:00:28	00:17:42	00:41:39.46	00:42:08.35	+00:23:20 (56.0%)	7:51	7.6 (43.7%)
766	DZIENDZIEL Renata	75		50-59 lat	113	TEAM MAŁYCH BOHATERÓW :-)		00:02:46	00:17:17	00:39:23.90	00:42:10.13	+00:21:04 (53.5%)	7:25	8.1 (46.6%)
767	GLICA Katarzyna	756		30-39 lat	254			00:00:11	00:17:56	00:42:05.60	00:42:16.88	+00:23:46 (56.5%)	7:56	7.6 (43.7%)
768	KOSTKA Justyna	655		30-39 lat	256			00:00:08	00:18:28	00:42:14.53	00:42:23.07	+00:23:55 (56.6%)	7:58	7.5 (43.1%)
769	KRZACZEK Aleksandra	87	RADLINIOKI W BIEGU	50-59 lat	120	Radlinioki w biegu		00:00:45	00:17:35	00:41:43.37	00:42:29.31	+00:23:24 (56.1%)	7:52	7.6 (43.7%)
770	CZYŻAK Beata	385		40-49 lat	291	ZZOZOLKI		00:00:33	00:19:35	00:41:57.23	00:42:30.96	+00:23:38 (56.3%)	7:54	7.6 (43.7%)
771	PALUCH Agnieszka	263		40-49 lat	295			00:00:18	00:17:22	00:42:14.16	00:42:32.49	+00:23:55 (56.6%)	7:58	7.5 (43.1%)
772	MATIOSZEK Agnieszka	88		30-39 lat	253			00:00:47	00:17:49	00:41:49.21	00:42:36.71	+00:23:30 (56.2%)	7:53	7.6 (43.7%)
773	BALCERAK Beata	250		30-39 lat	255			00:00:25	00:17:13	00:42:12.12	00:42:37.67	+00:23:53 (56.6%)	7:57	7.5 (43.1%)

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
774	ORDZOWIAŁA Karolina	598		40-49 lat	294			00:00:25	00:17:13	00:42:13.60	00:42:38.89	+00:23:54 (56.6%)	7:57	7.5 (43.1%)
775	KOTLARCZYK Patrycja	711		20-29 lat	67	Wiewiórki Zimnokrwiste		00:00:50	00:19:01	00:41:57.25	00:42:47.52	+00:23:38 (56.3%)	7:54	7.6 (43.7%)
776	STANIÓW-KLUSKA Agnieszka	906		40-49 lat	292	Wiewiórki Zimnokrwiste		00:00:49	00:19:01	00:41:58.65	00:42:47.69	+00:23:39 (56.4%)	7:55	7.6 (43.7%)
777	DOBOSZ Kasia	753	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	121	Miechowska Grupa Biegowa		00:00:37	00:17:47	00:42:11.53	00:42:49.45	+00:23:52 (56.6%)	7:57	7.5 (43.1%)
778	BRYŁA Małgorzata	720		40-49 lat	293		Socjo Corpo Group	00:00:43	00:18:00	00:42:06.92	00:42:50.40	+00:23:47 (56.5%)	7:56	7.6 (43.7%)
779	MYŚLIWIEC Seniorita	137	KOBIETY NA 5+	30-39 lat	257	Kobiety na 5+		00:00:08	00:17:04	00:42:42.37	00:42:51.04	+00:24:23 (57.1%)	8:03	7.4 (42.5%)
780	GŁUSZAK Aleksandra	332	KOBIETY NA 5+	40-49 lat	301	Kobiety na 5+		00:00:09	00:16:58	00:42:42.24	00:42:51.25	+00:24:23 (57.1%)	8:03	7.4 (42.5%)
781	BETAŃSKA Aneta	155	KOBIETY NA 5+	40-49 lat	302	Kobiety na 5+		00:00:08	00:17:03	00:42:42.29	00:42:51.29	+00:24:23 (57.1%)	8:03	7.4 (42.5%)
782	WAWOCZNY Anita	392	KOBIETY NA 5+	40-49 lat	298	Kobiety na 5+		00:00:12	00:17:18	00:42:39.84	00:42:52.20	+00:24:20 (57.1%)	8:02	7.5 (43.1%)
783	SAWICKA Marta	211	KOBIETY NA 5+	40-49 lat	299	Kobiety na 5+		00:00:12	00:17:18	00:42:39.99	00:42:52.34	+00:24:20 (57.1%)	8:02	7.5 (43.1%)
784	ŁANUCHA Mariola	67		60+	29	Kobiety na 5+		00:00:15	00:17:51	00:42:37.98	00:42:53.39	+00:24:18 (57.0%)	8:02	7.5 (43.1%)
785	GREŃ-IWAN Anna	770		60+	28			00:00:15	00:17:51	00:42:37.51	00:42:53.49	+00:24:18 (57.0%)	8:02	7.5 (43.1%)
786	ZALEWSKA Barbara	190	KOBIETY NA 5+	40-49 lat	303	Kobiety na 5+		00:00:07	00:17:30	00:42:46.47	00:42:53.73	+00:24:27 (57.2%)	8:04	7.4 (42.5%)
787	KOLAT Jadwiga	57	KOBIETY NA 5+	40-49 lat	300	Kobiety na 5+		00:00:13	00:16:54	00:42:40.58	00:42:54.05	+00:24:21 (57.1%)	8:03	7.5 (43.1%)
788	PAJĄK Małgorzata	291	KOBIETY NA 5+	50-59 lat	124	Kobiety na 5+		00:00:09	00:17:03	00:42:44.82	00:42:54.13	+00:24:25 (57.1%)	8:03	7.4 (42.5%)
789	KNAPEK Anna	292		40-49 lat	304	Wiewiórki Zimnokrwiste		00:00:02	00:17:55	00:42:53.41	00:42:55.41	+00:24:34 (57.3%)	8:05	7.4 (42.5%)
790	GAJDA Aleksandra	826		40-49 lat	297	Szprychy		00:00:21	00:17:54	00:42:34.43	00:42:56.02	+00:24:15 (57.0%)	8:01	7.5 (43.1%)
791	FRANKOWSKA Ania	636	MIECHOWICKA GRUPA BIEGOWA	50-59 lat	123	Miechowska Grupa Biegowa		00:00:32	00:17:31	00:42:34.97	00:43:07.43	+00:24:15 (57.0%)	8:01	7.5 (43.1%)
792	HANUSA Beata	790		20-29 lat	68	Team Oli Lidl		00:00:27	00:16:37	00:42:41.61	00:43:08.83	+00:24:22 (57.1%)	8:03	7.5 (43.1%)
793	FIRLEJ Hania	799		20-29 lat	69	Team Oli Lidl		00:00:26	00:16:37	00:42:41.88	00:43:08.84	+00:24:22 (57.1%)	8:03	7.5 (43.1%)
794	POCENTAJŁO Beata	143	BIEGAM BO LUBIĘ RACIBÓRZ	50-59 lat	122			00:00:48	00:17:59	00:42:33.32	00:43:21.42	+00:24:14 (57.0%)	8:01	7.5 (43.1%)
795	JUTKA Kasia	17		40-49 lat	305			00:00:22	00:17:32	00:43:00.01	00:43:22.40	+00:24:40 (57.4%)	8:06	7.4 (42.5%)
796	WAMBERSKA Beata	201		30-39 lat	259			00:00:22	00:17:31	00:43:00.28	00:43:22.49	+00:24:41 (57.4%)	8:06	7.4 (42.5%)
797	BROLL Agnieszka	678		40-49 lat	296			00:01:02	00:18:35	00:42:32.97	00:43:35.74	+00:24:13 (57.0%)	8:01	7.5 (43.1%)
798	KOWALSKA Dorota	539	SBD ENERGETYK RYBNIK	50-59 lat	126			00:00:29	00:17:32	00:43:07.68	00:43:37.54	+00:24:48 (57.5%)	8:08	7.4 (42.5%)
799	GALAS Martyna	58		40-49 lat	306			00:00:31	00:17:47	00:43:07.20	00:43:38.46	+00:24:48 (57.5%)	8:08	7.4 (42.5%)

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
800	STAŚKIEWICZ Monika	509		50-59 lat	125			00:00:43	00:18:16	00:42:58.09	00:43:41.39	+00:24:39 (57.4%)	8:06	7.4 (42.5%)
801	GÓRNICZ Patrycja	651		30-39 lat	261			00:00:36	00:17:28	00:43:08.43	00:43:45.26	+00:24:49 (57.5%)	8:08	7.4 (42.5%)
802	POPOWSKA Agnieszka	960		50-59 lat	127			00:00:37	00:18:55	00:43:08.35	00:43:45.67	+00:24:49 (57.5%)	8:08	7.4 (42.5%)
803	LORENZ Wioletta	958		40-49 lat	307			00:00:37	00:18:53	00:43:08.12	00:43:45.67	+00:24:49 (57.5%)	8:08	7.4 (42.5%)
804	OSTASZEWSKA Wioletta	868	VIKING TRAINING CENTER	40-49 lat	309	Viking Training Center		00:00:26	00:17:35	00:43:21.73	00:43:48.37	+00:25:02 (57.8%)	8:10	7.3 (42.0%)
805	FIZIA Katarzyna	618		30-39 lat	262		PSIAPSI1	00:00:28	00:19:33	00:43:20.43	00:43:48.76	+00:25:01 (57.7%)	8:10	7.3 (42.0%)
806	SZCZEPANIK Marta	671		30-39 lat	260			00:00:51	00:18:30	00:43:01.83	00:43:53.69	+00:24:42 (57.4%)	8:06	7.4 (42.5%)
807	JANKOWSKA Martyna	124		16-19 lat	13			00:00:42	00:18:12	00:43:22.44	00:44:04.52	+00:25:03 (57.8%)	8:10	7.3 (42.0%)
808	BAZGIER Magdalena	654		30-39 lat	263			00:00:36	00:17:28	00:43:29.36	00:44:06.22	+00:25:10 (57.9%)	8:12	7.3 (42.0%)
809	OLBER Justyna	918		30-39 lat	264			00:00:34	00:18:48	00:43:38.13	00:44:12.23	+00:25:19 (58.0%)	8:13	7.3 (42.0%)
810	MŁOWSKA Sylwia	567		40-49 lat	310			00:00:27	00:18:08	00:43:55.71	00:44:23.02	+00:25:36 (58.3%)	8:17	7.2 (41.4%)
811	BARCZYCKA Monika	755		30-39 lat	265			00:00:27	00:18:08	00:43:55.86	00:44:23.15	+00:25:36 (58.3%)	8:17	7.2 (41.4%)
812	MONIKA Monika	258		30-39 lat	267			00:00:11	00:18:31	00:44:29.64	00:44:41.16	+00:26:10 (58.8%)	8:23	7.1 (40.8%)
813	STAŚKIEWICZ Beata	721		40-49 lat	311		Socjo Corpo Group	00:00:43	00:18:43	00:44:01.27	00:44:44.95	+00:25:42 (58.4%)	8:18	7.2 (41.4%)
814	GOMUŁKA Anna	99		30-39 lat	266			00:00:37	00:17:53	00:44:09.31	00:44:46.90	+00:25:50 (58.5%)	8:19	7.2 (41.4%)
815	FABIN Marta	635		30-39 lat	268	Team Oli Lidl		00:00:22	00:18:03	00:44:30.47	00:44:52.93	+00:26:11 (58.8%)	8:23	7.1 (40.8%)
816	DUDEK Janeta	781		40-49 lat	313	Team Oli Lidl		00:00:22	00:18:03	00:44:30.83	00:44:53.00	+00:26:11 (58.9%)	8:23	7.1 (40.8%)
817	KATRYNIOK Ewa	231	KLUB SPORTOWY M.E.T.A.	40-49 lat	312			00:00:35	00:18:26	00:44:18.46	00:44:53.53	+00:25:59 (58.7%)	8:21	7.2 (41.4%)
818	WORONKO-ZACZYŃSKA Janina	410		60+	30			00:00:28	00:18:54	00:44:38.55	00:45:07.05	+00:26:19 (59.0%)	8:25	7.1 (40.8%)
819	KASTELIK Ilona	607		30-39 lat	269		Psiapsi	00:00:26	00:19:09	00:44:59.45	00:45:26.00	+00:26:40 (59.3%)	8:29	7.1 (40.8%)
820	WYSTEMP Ewelina	614		30-39 lat	258			00:02:48	00:17:48	00:42:46.47	00:45:35.18	+00:24:27 (57.2%)	8:04	7.4 (42.5%)
821	WOLNY Żaneta	565		30-39 lat	270		Wolny Tim	00:00:34	00:19:48	00:45:04.41	00:45:39.00	+00:26:45 (59.4%)	8:30	7.1 (40.8%)
822	DUDA Magdalena	287		40-49 lat	308			00:02:21	00:18:59	00:43:18.53	00:45:40.44	+00:24:59 (57.7%)	8:10	7.3 (42.0%)
823	KLEPACKA Maja	404		16-19 lat	14			00:00:36	00:19:00	00:45:04.55	00:45:40.93	+00:26:45 (59.4%)	8:30	7.1 (40.8%)
824	NALEWAJKA Wioleta	443	KOBIETY NA 5+	50-59 lat	130	Kobiety na 5+		00:00:14	00:18:44	00:45:31.41	00:45:45.52	+00:27:12 (59.8%)	8:35	7 (40.2%)
825	SZCZEPANIK Aleksandra	116		30-39 lat	273			00:00:14	00:18:42	00:45:31.16	00:45:45.60	+00:27:12 (59.8%)	8:35	7 (40.2%)

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
826	NIEDZIOŁKO Bożena	208	KOBIETY NA 5+	50-59 lat	129	Kobiety na 5+		00:00:15	00:18:42	00:45:30.88	00:45:46.22	+00:27:11 (59.8%)	8:35	7 (40.2%)
827	ŻYŁA Sonia	946		30-39 lat	272			00:00:29	00:18:13	00:45:19.12	00:45:48.27	+00:27:00 (59.6%)	8:33	7 (40.2%)
828	KWIATKOWSKA Berta	616	VIKING TRAINING CENTER	40-49 lat	315	Viking Training Center		00:00:24	00:18:27	00:45:30.14	00:45:55.04	+00:27:11 (59.7%)	8:35	7 (40.2%)
829	KLIMEK Justyna	566	VIKING TRAINING CENTER	40-49 lat	314	Viking Training Center		00:00:25	00:17:31	00:45:29.50	00:45:55.10	+00:27:10 (59.7%)	8:34	7 (40.2%)
830	MACHOWSKA Renata	272	VIKING TRAINING CENTER	40-49 lat	316	Viking Training Center		00:00:24	00:17:32	00:45:30.57	00:45:55.16	+00:27:11 (59.8%)	8:35	7 (40.2%)
831	GROCHOWSKA Oliwia	550		16-19 lat	15			00:00:12	00:18:32	00:45:49.74	00:46:02.21	+00:27:30 (60.0%)	8:38	6.9 (39.7%)
832	MROWCZYK Kamila	751		30-39 lat	274			00:00:25	00:18:40	00:45:39.11	00:46:04.91	+00:27:20 (59.9%)	8:36	7 (40.2%)
833	RODZIEWICZ Agnieszka	684		30-39 lat	271			00:00:56	00:19:25	00:45:16.51	00:46:13.34	+00:26:57 (59.5%)	8:32	7 (40.2%)
834	ZAWADA Magdalena	367		40-49 lat	317	ZZOZOLKI		00:00:33	00:19:35	00:45:40.87	00:46:14.55	+00:27:21 (59.9%)	8:36	7 (40.2%)
835	WŁOCH Izabela	184	VIKING TRAINING CENTER	40-49 lat	319	Viking Training Center		00:00:21	00:19:34	00:46:18.79	00:46:40.40	+00:27:59 (60.4%)	8:44	6.9 (39.7%)
836	WŁOCH Dominika	646		20-29 lat	70	Viking Training Center		00:00:22	00:19:33	00:46:17.68	00:46:40.46	+00:27:58 (60.4%)	8:43	6.9 (39.7%)
837	SŁOTA Justyna	22	MIECHOWICKA GRUPA BIEGOWA	40-49 lat	318	Miechowska Grupa Biegowa		00:00:44	00:19:12	00:46:09.83	00:46:54.07	+00:27:50 (60.3%)	8:42	6.9 (39.7%)
838	WIĘDŁOCHA-GRABKA Marta	752		30-39 lat	276			00:00:27	00:19:30	00:46:27.10	00:46:54.56	+00:28:08 (60.6%)	8:45	6.8 (39.1%)
839	KONOWALCZUK Iza	633		30-39 lat	275			00:00:27	00:19:31	00:46:26.82	00:46:54.60	+00:28:07 (60.6%)	8:45	6.8 (39.1%)
840	ABRACHAMCZYK Barbara	102		60+	31			00:00:15	00:18:27	00:46:41.71	00:46:57.56	+00:28:22 (60.8%)	8:48	6.8 (39.1%)
841	STOMPEL Karolina	765		20-29 lat	71			00:00:33	00:20:04	00:46:24.44	00:46:57.95	+00:28:05 (60.5%)	8:45	6.9 (39.7%)
842	STOMPEL Justyna	815		40-49 lat	320			00:00:33	00:20:04	00:46:24.69	00:46:58.41	+00:28:05 (60.5%)	8:45	6.9 (39.7%)
843	BALAS Małgorzata	123	VIKING TRAINING CENTER	30-39 lat	280	Viking Training Center		00:00:23	00:19:29	00:46:36.70	00:47:00.07	+00:28:17 (60.7%)	8:47	6.8 (39.1%)
844	BIZACKA Marzena	371	VIKING TRAINING CENTER	30-39 lat	281	Viking Training Center		00:00:23	00:19:29	00:46:36.73	00:47:00.34	+00:28:17 (60.7%)	8:47	6.8 (39.1%)
845	NAMIELSKA Justyna	880		50-59 lat	128			00:02:50	00:18:46	00:44:10.33	00:47:01.16	+00:25:51 (58.5%)	8:20	7.2 (41.4%)
846	SZŁAPA Urszula	36	SPOT PSZCZYNA	40-49 lat	322	SPOT Pszczyna	Gabi i Ula	00:00:31	00:19:35	00:46:55.16	00:47:26.49	+00:28:36 (61.0%)	8:51	6.8 (39.1%)
847	DZIĘCIOŁ Małgorzata	131	SPOT PSZCZYNA	60+	32	SPOT Pszczyna		00:00:31	00:19:36	00:46:55.30	00:47:26.63	+00:28:36 (61.0%)	8:51	6.8 (39.1%)
848	WITKOWSKA-DOLNY Sandra	390		30-39 lat	278	GRAŻYNY 87		00:00:57	00:20:07	00:46:31.70	00:47:29.29	+00:28:12 (60.6%)	8:46	6.8 (39.1%)
849	PRUC Jolanta	808	GRAŻYNY 87	30-39 lat	279	GRAŻYNY 87		00:00:55	00:20:09	00:46:33.49	00:47:29.40	+00:28:14 (60.7%)	8:46	6.8 (39.1%)
850	WOŹNIAK Magdalena	458		40-49 lat	323			00:00:23	00:20:16	00:47:05.97	00:47:29.51	+00:28:46 (61.1%)	8:53	6.8 (39.1%)
851	SŁUPECKA Beata	336		40-49 lat	324			00:00:23	00:18:45	00:47:44.92	00:48:08.89	+00:29:25 (61.6%)	9:00	6.7 (38.5%)

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
852	SAGAN Małgorzata	967		50-59 lat	132	TEAM MAŁYCH BOHATERÓW :-)		00:00:25	00:19:44	00:48:08.86	00:48:34.64	+00:29:49 (62.0%)	9:04	6.6 (37.9%)
853	KOPYTEK Aneta	977	RUNAWAYS	40-49 lat	321			00:02:22	00:19:58	00:46:27.49	00:48:49.51	+00:28:08 (60.6%)	8:45	6.8 (39.1%)
854	KUŚMIERSKA-KUBAS Alina	933		50-59 lat	133			00:00:22	00:19:38	00:48:29.01	00:48:51.65	+00:30:09 (62.2%)	9:08	6.6 (37.9%)
855	PŁACZEK Dominika	430		30-39 lat	282			00:00:26	00:20:32	00:48:32.59	00:48:58.86	+00:30:13 (62.3%)	9:09	6.6 (37.9%)
856	MARCZOK Marta	601		30-39 lat	283			00:00:24	00:20:34	00:48:34.12	00:48:59.01	+00:30:15 (62.3%)	9:09	6.5 (37.4%)
857	PIŁATOWSKA Magdalena	424		30-39 lat	284			00:00:24	00:20:34	00:48:34.20	00:48:59.10	+00:30:15 (62.3%)	9:09	6.5 (37.4%)
858	JAMIOŁA Kinga	542		30-39 lat	277			00:02:36	00:21:12	00:46:30.11	00:49:06.56	+00:28:11 (60.6%)	8:46	6.8 (39.1%)
859	KUCZEK Jolanta	545		50-59 lat	131			00:02:36	00:21:14	00:46:29.90	00:49:06.69	+00:28:10 (60.6%)	8:46	6.8 (39.1%)
860	LEJTAN Joanna	243		40-49 lat	325			00:00:45	00:20:22	00:48:33.84	00:49:19.72	+00:30:14 (62.3%)	9:09	6.5 (37.4%)
861	WOJTAL Danuta	801		50-59 lat	135			00:00:37	00:20:18	00:49:15.56	00:49:52.84	+00:30:56 (62.8%)	9:17	6.5 (37.4%)
862	KANIA Grażyna	852		50-59 lat	134			00:02:30	00:21:53	00:49:00.67	00:51:31.15	+00:30:41 (62.6%)	9:14	6.5 (37.4%)
863	HASIOR Dorota	185		50-59 lat	138			00:00:40	00:21:09	00:51:04.89	00:51:45.36	+00:32:45 (64.1%)	9:38	6.2 (35.6%)
864	PIĄTKOWSKA Romana	154		50-59 lat	137			00:00:40	00:21:09	00:51:04.76	00:51:45.56	+00:32:45 (64.1%)	9:38	6.2 (35.6%)
865	JANKOWSKA Anita	112		50-59 lat	139			00:00:42	00:22:01	00:51:13.63	00:51:55.93	+00:32:54 (64.2%)	9:39	6.2 (35.6%)
866	BUJAK Magdalena	73	VIKING TRAINING CENTER	30-39 lat	285	Viking Training Center		00:00:22	00:22:08	00:52:06.66	00:52:28.87	+00:33:47 (64.8%)	9:49	6.1 (35.1%)
867	KRÓLICZAK Agnieszka	228		20-29 lat	72	Żubrówki		00:02:40		00:50:18.41	00:52:59.21	+00:31:59 (63.6%)	9:29	6.3 (36.2%)
868	ŚWITA Anna	214	FORMA WODZISŁAW	50-59 lat	136			00:02:35	00:22:01	00:51:02.03	00:53:37.89	+00:32:42 (64.1%)	9:37	6.2 (35.6%)
869	WOLAŃSKA Barbara	383		30-39 lat	286	GRAŻYNY 87		00:01:10	00:20:45	00:53:54.41	00:55:05.10	+00:35:35 (66.0%)	10:10	5.9 (33.9%)
870	KIEŁKOWSKA Ewelina	682		30-39 lat	287	GRAŻYNY 87		00:00:55	00:21:00	00:54:10.84	00:55:06.22	+00:35:51 (66.2%)	10:13	5.9 (33.9%)
871	STRYCHARZ Aleksandra	768	OCZEK TEAM	40-49 lat	326	Team Oczek		00:02:40	00:23:17	00:53:04.97	00:55:45.22	+00:34:45 (65.5%)	10:00	6 (34.5%)
872	KORBEL Klaudia	956		30-39 lat	288	TEAM MAŁYCH BOHATERÓW :-)		00:02:52	00:23:39	00:54:29.86	00:57:22.14	+00:36:10 (66.4%)	10:16	5.8 (33.3%)
873	RUTKOWSKA Ania	953		50-59 lat	140	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:41	00:54:33.44	00:57:25.40	+00:36:14 (66.4%)	10:17	5.8 (33.3%)
874	BUREK Sonia	980	TEAM MAŁYCH BOHATERÓW	30-39 lat	289	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:43	00:54:34.52	00:57:26.43	+00:36:15 (66.4%)	10:17	5.8 (33.3%)
875	TRZCIŃSKA Paulina	44		30-39 lat	290			00:00:10	00:25:00	00:57:47.66	00:57:58.23	+00:39:28 (68.3%)	10:54	5.5 (31.6%)
876	BORDA Grażyna	80	KOBIETY NA 5+	40-49 lat	327	Kobiety na 5+		00:00:12	00:24:58	00:57:46.10	00:57:58.25	+00:39:27 (68.3%)	10:53	5.5 (31.6%)
877	ŻEBROWSKA Weronika	31	MORS HUBERTUS MYŚŁOWICE	20-29 lat	73			00:00:50	00:19:31	00:57:31.63	00:58:22.45	+00:39:12 (68.2%)	10:51	5.5 (31.6%)

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
878	SZCZEPANIK Bogumiła	27		30-39 lat	291			00:00:40		01:00:37.96	01:01:18.15	+00:42:18 (69.8%)	11:26	5.2 (29.9%)
879	CIEŚLA Liliana	603		60+	33			00:00:00	00:17:47	01:07:25.63	01:07:26.00	+00:49:06 (72.8%)	12:43	4.7 (27.0%)
880	SKRZYPIEC Martyna	864		30-39 lat	292			00:00:45	00:16:06			+00:08:09	6:26	9.3 (53.4%)
881	JABŁOŃSKA Aleksandra	964		30-39 lat	293			00:00:22						(0.0%)

Znaleziono 881 wynik(ów)