

# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2018-05-27  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SUWAJ Aneta</b>	<b>2</b>	AZS-AWF KATOWICE / ALPINSPOORT TEAM	30-39	1	00:00:00	00:08:11	<b>00:18:59.80</b>	<b>00:19:00.55</b>		3:48	15.8 (100%)
2	<b>PIWISZKIS Barbara</b>	<b>37</b>	KOBIETY NA 5+	30-39	12	00:00:03	00:09:35	<b>00:23:38.90</b>	<b>00:23:42.25</b>	+00:04:39 (19.7%)	4:43	12.7 (80.4%)
3	<b>LERCH Bożena</b>	<b>396</b>	RUNTEAM PAWŁOWICE	30-39	16	00:00:06	00:09:50	<b>00:24:07.60</b>	<b>00:24:14.25</b>	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
4	<b>CHORCHOS Magda</b>	<b>651</b>		20-29	13	00:00:00	00:09:44	<b>00:24:13.65</b>	<b>00:24:13.65</b>	+00:05:13 (21.6%)	4:50	12.4 (78.5%)
5	<b>NIESŁAŃCZYK Małgorzata</b>	<b>998</b>		30-39	22	00:00:07	00:10:17	<b>00:24:46.25</b>	<b>00:24:54.20</b>	+00:05:46 (23.3%)	4:57	12.1 (76.6%)
6	<b>BORKOWSKA Paulina</b>	<b>57</b>		30-39	25	00:00:04	00:10:36	<b>00:24:57.25</b>	<b>00:25:02.15</b>	+00:05:57 (23.9%)	4:59	12 (75.9%)
7	<b>JANECKA Marta</b>	<b>836</b>		16-19	4	00:00:11	00:10:41	<b>00:25:03.40</b>	<b>00:25:15.05</b>	+00:06:03 (24.2%)	5:00	12 (75.9%)
8	<b>GORZELAK Joanna</b>	<b>1027</b>	KOBIETY NA 5+	30-39	32	00:00:13	00:10:54	<b>00:25:38.45</b>	<b>00:25:52.05</b>	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
9	<b>PASŁAWSKA Katarzyna</b>	<b>202</b>	KOBIETY NA 5 +	40-49	25	00:00:03	00:10:27	<b>00:25:46.50</b>	<b>00:25:49.85</b>	+00:06:46 (26.3%)	5:09	11.6 (73.4%)
10	<b>KAMINSKA Dorota</b>	<b>689</b>		20-29	22	00:00:03	00:10:13	<b>00:25:53.25</b>	<b>00:25:57.05</b>	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
11	<b>GNAS Anna</b>	<b>45</b>	KOBIETY NA 5 +	30-39	37	00:00:11	00:10:44	<b>00:25:58.30</b>	<b>00:26:09.30</b>	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
12	<b>LERCH Ewa</b>	<b>798</b>	RUNTEAM PAWŁOWICE	20-29	24	00:00:07	00:10:32	<b>00:26:02.25</b>	<b>00:26:09.85</b>	+00:07:02 (27.0%)	5:12	11.5 (72.8%)
13	<b>SZULIK Dominika</b>	<b>969</b>	KB MOSIR JASTRZĘBIE	16-19	7	00:00:08	00:10:59	<b>00:26:04.30</b>	<b>00:26:12.70</b>	+00:07:04 (27.1%)	5:12	11.5 (72.8%)
14	<b>POPEK Barbara</b>	<b>305</b>		40-49	33	00:00:08	00:10:40	<b>00:26:05.95</b>	<b>00:26:14.10</b>	+00:07:06 (27.2%)	5:13	11.5 (72.8%)
15	<b>ZHABOTYNSKA Maryna</b>	<b>940</b>		30-39	42	00:00:14	00:11:23	<b>00:26:14.10</b>	<b>00:26:28.30</b>	+00:07:14 (27.6%)	5:14	11.4 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>WOJAK Aleksandra</b>	<b>764</b>		20-29	28	00:00:07	00:11:37	<b>00:26:20.70</b>	<b>00:26:28.30</b>	+00:07:20 (27.9%)	5:16	11.4 (72.2%)
17	<b>LORENZ Agnieszka</b>	<b>928</b>	GALOPUJĄCE ŚLIMAKI	40-49	38	00:00:08	00:11:07	<b>00:26:28.90</b>	<b>00:26:37.30</b>	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
18	<b>MAŃCZAK Magdalena</b>	<b>1102</b>		20-29	29	00:00:14	00:11:23	<b>00:26:32.35</b>	<b>00:26:46.50</b>	+00:07:32 (28.4%)	5:18	11.3 (71.5%)
19	<b>BRODA Katarzyna</b>	<b>738</b>		30-39	47	00:00:10	00:10:49	<b>00:26:40.00</b>	<b>00:26:50.50</b>	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
20	<b>RAŻNIAK Beatka</b>	<b>252</b>	KOBIETY 5+	40-49	40	00:00:09	00:11:16	<b>00:26:40.05</b>	<b>00:26:49.85</b>	+00:07:40 (28.8%)	5:20	11.3 (71.5%)
21	<b>BANASZEWSKA Aleksandra</b>	<b>663</b>		20-29	31	00:00:08	00:10:34	<b>00:26:42.45</b>	<b>00:26:50.85</b>	+00:07:42 (28.9%)	5:20	11.2 (70.9%)
22	<b>ZAWIŚLAK-MOROZ Sylwia</b>	<b>984</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	49	00:00:05	00:10:56	<b>00:26:43.20</b>	<b>00:26:48.90</b>	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
23	<b>SZTABLA Liliana</b>	<b>65</b>		40-49	42	00:00:14	00:11:17	<b>00:26:48.05</b>	<b>00:27:02.50</b>	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
24	<b>SAGAN Izabela</b>	<b>981</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	52	00:00:20	00:11:18	<b>00:26:51.25</b>	<b>00:27:11.30</b>	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
25	<b>NALEWAJKA Wioleta</b>	<b>95</b>	KOBIETY NA 5+	40-49	45	00:00:13	00:11:39	<b>00:26:56.35</b>	<b>00:27:09.45</b>	+00:07:56 (29.5%)	5:23	11.1 (70.3%)
26	<b>WRUCHA Sylwia</b>	<b>625</b>		30-39	57	00:00:18	00:11:47	<b>00:26:57.10</b>	<b>00:27:15.25</b>	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
27	<b>ZIELIŃSKA Karolina</b>	<b>256</b>		20-29	32	00:00:09	00:11:06	<b>00:27:11.10</b>	<b>00:27:20.70</b>	+00:08:11 (30.1%)	5:26	11 (69.6%)
28	<b>GÓRA Marta</b>	<b>48</b>		30-39	64	00:00:05	00:11:06	<b>00:27:18.15</b>	<b>00:27:23.45</b>	+00:08:18 (30.4%)	5:27	11 (69.6%)
29	<b>PAWLIK Agata</b>	<b>388</b>		20-29	36	00:00:03	00:10:58	<b>00:27:23.75</b>	<b>00:27:27.65</b>	+00:08:23 (30.7%)	5:28	10.9 (69.0%)
30	<b>SIEGMUND Jolanta</b>	<b>473</b>	KOBIETY NA 5+	40-49	55	00:00:10	00:10:46	<b>00:27:32.15</b>	<b>00:27:42.40</b>	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
31	<b>KAMIŃSKA Natalia</b>	<b>563</b>		20-29	37	00:00:39	00:12:20	<b>00:27:46.10</b>	<b>00:28:25.90</b>	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
32	<b>MUSIAŁ Wioletta</b>	<b>875</b>	GB GALOPUJĄCE ŚLIMAKI	30-39	78	00:00:08	00:11:23	<b>00:27:49.00</b>	<b>00:27:57.90</b>	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
33	<b>BARAN Irena</b>	<b>592</b>	SZARE MORSY	50-59	8	00:00:18	00:11:37	<b>00:27:50.05</b>	<b>00:28:08.55</b>	+00:08:50 (31.8%)	5:34	10.8 (68.4%)
34	<b>GARUS Magdalena</b>	<b>1229</b>	KOBIETY NA 5+	40-49	64	00:00:02	00:11:33	<b>00:27:54.80</b>	<b>00:27:57.25</b>	+00:08:55 (31.9%)	5:35	10.7 (67.7%)
35	<b>KUTYŁA Agnieszka</b>	<b>794</b>		30-39	84	00:00:33	00:12:04	<b>00:27:55.30</b>	<b>00:28:28.95</b>	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
35	<b>KUŁAKOWSKA-ZAGÓRSKA Justyna</b>	<b>795</b>		30-39	85	00:00:33	00:12:04	<b>00:27:55.30</b>	<b>00:28:28.95</b>	+00:08:55 (32.0%)	5:35	10.7 (67.7%)
37	<b>BURDZIK Katarzyna</b>	<b>176</b>		20-29	43	00:00:07	00:11:51	<b>00:28:07.30</b>	<b>00:28:14.30</b>	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
38	<b>KOBA Natalia</b>	<b>1264</b>		20-29	45	00:00:20	00:12:07	<b>00:28:26.80</b>	<b>00:28:47.40</b>	+00:09:27 (33.2%)	5:41	10.5 (66.5%)

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39	<b>GRABARCZYK-TIERIENTIEW Agnieszka</b>	<b>455</b>		30-39	107	00:00:09	00:11:39	<b>00:28:29.55</b>	<b>00:28:38.85</b>	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
40	<b>BIELA Małgorzata</b>	<b>275</b>	KOBIETY NA 5+	40-49	73	00:00:14	00:11:40	<b>00:28:36.85</b>	<b>00:28:51.75</b>	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
41	<b>ZELENT Karolina</b>	<b>147</b>		20-29	46	00:00:21	00:12:11	<b>00:28:37.55</b>	<b>00:28:59.50</b>	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
42	<b>GIBAS Amanda</b>	<b>317</b>	FARTLECZKI	30-39	112	00:00:25	00:12:31	<b>00:28:43.50</b>	<b>00:29:08.75</b>	+00:09:43 (33.9%)	5:44	10.4 (65.8%)
43	<b>SKOTNICKA Urszula</b>	<b>1205</b>		50-59	13	00:00:04	00:11:34	<b>00:29:02.05</b>	<b>00:29:06.90</b>	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
44	<b>GWIZDAŁA Dominika</b>	<b>140</b>		20-29	48	00:00:30	00:12:39	<b>00:29:02.15</b>	<b>00:29:32.40</b>	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
45	<b>PORĘBSKA Karolina</b>	<b>11</b>		20-29	49	00:00:06	00:11:14	<b>00:29:06.95</b>	<b>00:29:13.75</b>	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
46	<b>POŁEDNIOK Aleksandra</b>	<b>822</b>		30-39	124	00:00:02	00:11:39	<b>00:29:08.15</b>	<b>00:29:10.65</b>	+00:10:08 (34.8%)	5:49	10.3 (65.2%)
47	<b>JUSZCZYK Izabela</b>	<b>459</b>		20-29	50	00:00:29	00:12:13	<b>00:29:09.45</b>	<b>00:29:38.50</b>	+00:10:09 (34.8%)	5:49	10.3 (65.2%)
48	<b>GWIZDAŁA Joanna</b>	<b>1214</b>		30-39	128	00:00:23	00:12:11	<b>00:29:17.55</b>	<b>00:29:40.80</b>	+00:10:17 (35.1%)	5:51	10.2 (64.6%)
49	<b>HETMANIOK Agnieszka</b>	<b>1226</b>		20-29	55	00:00:11	00:11:58	<b>00:29:19.90</b>	<b>00:29:31.70</b>	+00:10:20 (35.2%)	5:52	10.2 (64.6%)
50	<b>STANISLAWISZYN Małgorzata</b>	<b>950</b>	NR	40-49	86	00:00:04	00:12:32	<b>00:29:26.00</b>	<b>00:29:30.10</b>	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
51	<b>FRAJHOFER Ewa</b>	<b>983</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	132	00:00:00	00:12:10	<b>00:29:31.05</b>	<b>00:29:31.05</b>	+00:10:31 (35.6%)	5:54	10.2 (64.6%)
52	<b>PRÓSZYŃSKA Agnieszka</b>	<b>567</b>		30-39	135	00:00:27	00:12:53	<b>00:29:34.05</b>	<b>00:30:01.25</b>	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
53	<b>BEDKA Daria</b>	<b>1237</b>		30-39	136	00:00:18	00:12:32	<b>00:29:34.20</b>	<b>00:29:52.65</b>	+00:10:34 (35.8%)	5:54	10.1 (63.9%)
54	<b>JAKUBIK Edyta</b>	<b>101</b>		30-39	142	00:00:21	00:12:13	<b>00:29:38.80</b>	<b>00:30:00.05</b>	+00:10:39 (35.9%)	5:55	10.1 (63.9%)
55	<b>TRZCIŃSKA Joanna</b>	<b>115</b>	KOBIETY NA 5+	20-29	60	00:00:20	00:12:19	<b>00:29:41.65</b>	<b>00:30:02.35</b>	+00:10:41 (36.0%)	5:56	10.1 (63.9%)
56	<b>BARTOSIAK Dagmara</b>	<b>1246</b>		30-39	145	00:00:36	00:12:36	<b>00:29:50.00</b>	<b>00:30:26.40</b>	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
57	<b>WIĘSEK Judyta</b>	<b>1232</b>	GWARKOWE DZIEWCZYNY	30-39	146	00:00:19	00:12:32	<b>00:29:50.70</b>	<b>00:30:10.30</b>	+00:10:50 (36.3%)	5:58	10.1 (63.9%)
58	<b>GIŻYŃSKA Katarzyna</b>	<b>1043</b>	KOBIETY NA 5+	30-39	153	00:00:14	00:12:24	<b>00:30:07.15</b>	<b>00:30:21.80</b>	+00:11:07 (36.9%)	6:01	10 (63.3%)
59	<b>MALISZEWSKA Beata</b>	<b>12</b>		30-39	154	00:00:31	00:12:32	<b>00:30:07.70</b>	<b>00:30:38.75</b>	+00:11:07 (36.9%)	6:01	10 (63.3%)
60	<b>REYMANN Milena</b>	<b>978</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	30-39	155	00:00:35	00:12:37	<b>00:30:07.90</b>	<b>00:30:43.05</b>	+00:11:08 (37.0%)	6:01	10 (63.3%)
61	<b>PIPIRO Grażyna</b>	<b>397</b>	DRUŻYNA KOBIETY NA 5+	60+	7	00:00:08	00:12:27	<b>00:30:10.90</b>	<b>00:30:19.60</b>	+00:11:11 (37.1%)	6:02	9.9 (62.7%)

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62	<b>KOLORZ-SAJDAK Beata</b>	<b>724</b>		30-39	158	00:00:39	00:13:15	<b>00:30:16.65</b>	<b>00:30:56.60</b>	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
63	<b>ROGALA Anna</b>	<b>904</b>		30-39	159	00:00:24	00:12:33	<b>00:30:22.55</b>	<b>00:30:47.25</b>	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
64	<b>GATNER Agnieszka</b>	<b>428</b>		30-39	160	00:00:36	00:13:29	<b>00:30:25.45</b>	<b>00:31:01.75</b>	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
65	<b>PIETROSZEK Władysława</b>	<b>1052</b>	MATKA I CÓRKA	40-49	112	00:00:24	00:13:06	<b>00:30:26.35</b>	<b>00:30:50.95</b>	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
66	<b>SZEFER Wioleta</b>	<b>545</b>		30-39	167	00:00:18	00:12:47	<b>00:30:32.65</b>	<b>00:30:51.40</b>	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
67	<b>SZEFER Sylwia</b>	<b>547</b>	KOBIETY 5+	30-39	169	00:00:18	00:12:47	<b>00:30:33.90</b>	<b>00:30:51.90</b>	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
68	<b>GÓRKIEWICZ Magdalena</b>	<b>784</b>		20-29	68	00:00:34	00:13:35	<b>00:30:37.80</b>	<b>00:31:11.95</b>	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
69	<b>SKWARK Aneta</b>	<b>899</b>		30-39	172	00:00:25	00:13:31	<b>00:30:38.30</b>	<b>00:31:03.65</b>	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
70	<b>FROSZTĘGA Katarzyna</b>	<b>951</b>	SISTERS	30-39	174	00:00:25	00:13:31	<b>00:30:41.70</b>	<b>00:31:07.50</b>	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
71	<b>BOŻEK Dagmara</b>	<b>425</b>		40-49	116	00:00:12	00:12:30	<b>00:30:45.60</b>	<b>00:30:57.70</b>	+00:11:45 (38.2%)	6:09	9.8 (62.0%)
72	<b>SITKO Dagmara</b>	<b>830</b>	GWARKOWE DZIEWCZYNY	30-39	179	00:00:19	00:12:54	<b>00:30:50.45</b>	<b>00:31:10.15</b>	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
73	<b>WIECZOREK Klaudia</b>	<b>338</b>	KOBIETY NA 5+	20-29	70	00:00:32	00:13:27	<b>00:30:51.25</b>	<b>00:31:23.65</b>	+00:11:51 (38.4%)	6:10	9.7 (61.4%)
74	<b>FECZKO Monika</b>	<b>1170</b>		20-29	71	00:00:16	00:12:33	<b>00:30:55.70</b>	<b>00:31:11.75</b>	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
75	<b>SZPYRA Sonia</b>	<b>66</b>		40-49	122	00:00:07	00:12:42	<b>00:30:59.05</b>	<b>00:31:06.50</b>	+00:11:59 (38.7%)	6:11	9.7 (61.4%)
76	<b>SOJKA Ania</b>	<b>670</b>		20-29	73	00:00:33	00:14:00	<b>00:31:00.45</b>	<b>00:31:33.60</b>	+00:12:00 (38.7%)	6:12	9.7 (61.4%)
77	<b>KUBAS Alina</b>	<b>41</b>	KLUB BIEGACZA FARTLEK	40-49	124	00:00:16	00:12:40	<b>00:31:05.70</b>	<b>00:31:22.65</b>	+00:12:05 (38.9%)	6:13	9.6 (60.8%)
78	<b>GŁÓWCZYK Izabella</b>	<b>758</b>	KOBIETY NA 5+	40-49	125	00:00:25	00:13:29	<b>00:31:06.00</b>	<b>00:31:31.85</b>	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
79	<b>KOSOWSKA Grażyna</b>	<b>1215</b>	KOBIETY NA 5+	50-59	18	00:00:25	00:13:29	<b>00:31:06.50</b>	<b>00:31:32.05</b>	+00:12:06 (38.9%)	6:13	9.6 (60.8%)
80	<b>JACAK Marta</b>	<b>180</b>		30-39	192	00:00:45	00:13:21	<b>00:31:14.50</b>	<b>00:32:00.35</b>	+00:12:14 (39.2%)	6:15	9.6 (60.8%)
81	<b>DARNOWSKA-HYLA Julia</b>	<b>1111</b>		30-39	200	00:00:17	00:13:01	<b>00:31:32.85</b>	<b>00:31:50.65</b>	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
82	<b>WIŚNIEWSKA Justyna</b>	<b>34</b>	KOBIETY NA 5+	30-39	203	00:00:14	00:12:47	<b>00:31:35.50</b>	<b>00:31:49.95</b>	+00:12:35 (39.9%)	6:19	9.5 (60.1%)
83	<b>NIEDZIOŁKO Bożena</b>	<b>72</b>	KOBIETY NA 5+	50-59	21	00:00:14	00:12:47	<b>00:31:36.00</b>	<b>00:31:50.00</b>	+00:12:36 (39.9%)	6:19	9.5 (60.1%)
84	<b>PYZIK Barbara</b>	<b>728</b>		30-39	206	00:00:38	00:13:43	<b>00:31:36.70</b>	<b>00:32:15.05</b>	+00:12:36 (39.9%)	6:19	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>HUBA Agnieszka</b>	<b>553</b>	KOBIETY NA 5+	30-39	207	00:00:21	00:12:18	<b>00:31:40.60</b>	<b>00:32:01.60</b>	+00:12:40 (40.0%)	6:20	9.5 (60.1%)
86	<b>FECZKO Lucyna</b>	<b>1166</b>		40-49	142	00:00:16	00:13:35	<b>00:31:41.20</b>	<b>00:31:58.10</b>	+00:12:41 (40.0%)	6:20	9.5 (60.1%)
87	<b>HERDUŚ Lucyna</b>	<b>753</b>		30-39	210	00:00:24	00:13:34	<b>00:31:43.50</b>	<b>00:32:07.70</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
88	<b>LISZOK Iwona</b>	<b>597</b>		30-39	212	00:00:16	00:13:20	<b>00:31:44.85</b>	<b>00:32:01.45</b>	+00:12:45 (40.2%)	6:21	9.4 (59.5%)
89	<b>WALA Anna</b>	<b>1220</b>		30-39	214	00:00:11	00:12:07	<b>00:31:46.85</b>	<b>00:31:58.65</b>	+00:12:47 (40.2%)	6:21	9.4 (59.5%)
90	<b>SYLWIA Kopel</b>	<b>1127</b>	KOBIETY NA 5+	40-49	158	00:00:32	00:13:21	<b>00:31:54.60</b>	<b>00:32:26.75</b>	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
91	<b>STOPYRA Agnieszka</b>	<b>684</b>	BRAK	40-49	163	00:00:16	00:13:03	<b>00:32:00.10</b>	<b>00:32:16.65</b>	+00:13:00 (40.6%)	6:24	9.4 (59.5%)
92	<b>SAWICKA Marta</b>	<b>47</b>		30-39	224	00:00:47	00:13:58	<b>00:32:04.80</b>	<b>00:32:52.70</b>	+00:13:05 (40.8%)	6:25	9.4 (59.5%)
93	<b>PŁASKA Barbara</b>	<b>62</b>	KOBIETY NA 5+	40-49	166	00:00:14	00:12:58	<b>00:32:07.35</b>	<b>00:32:21.55</b>	+00:13:07 (40.9%)	6:25	9.3 (58.9%)
94	<b>GRZELAK Patrycja</b>	<b>583</b>	KOBIETY NA 5+	30-39	227	00:00:16	00:13:24	<b>00:32:15.35</b>	<b>00:32:32.15</b>	+00:13:15 (41.1%)	6:27	9.3 (58.9%)
95	<b>KSEPKO Kasia</b>	<b>91</b>		30-39	229	00:00:34	00:13:54	<b>00:32:17.15</b>	<b>00:32:52.00</b>	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
96	<b>POLIWKI-FILIPOWSKA Karolina</b>	<b>858</b>		20-29	77	00:00:53	00:14:23	<b>00:32:17.95</b>	<b>00:33:11.00</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
97	<b>BAŁA Justyna</b>	<b>151</b>	KOBIETY NA 5+	30-39	230	00:00:24	00:13:37	<b>00:32:18.65</b>	<b>00:32:43.60</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
98	<b>MYŚLIWIEC Monika</b>	<b>1156</b>	KOBIETY NA 5+	40-49	169	00:00:02	00:13:00	<b>00:32:19.10</b>	<b>00:32:21.90</b>	+00:13:19 (41.2%)	6:27	9.3 (58.9%)
99	<b>VAIDYAN Vimala</b>	<b>828</b>		20-29	78	00:00:03	00:13:14	<b>00:32:20.05</b>	<b>00:32:23.05</b>	+00:13:20 (41.2%)	6:28	9.3 (58.9%)
100	<b>MIŚKOWIEC Agnieszka</b>	<b>1136</b>		40-49	172	00:00:38	00:13:42	<b>00:32:21.95</b>	<b>00:32:59.95</b>	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
101	<b>ZIEJA Iza</b>	<b>364</b>		40-49	175	00:00:05	00:13:33	<b>00:32:29.25</b>	<b>00:32:34.50</b>	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
102	<b>AUGUŚCIK Ewelina</b>	<b>30</b>		30-39	238	00:00:19	00:13:21	<b>00:32:36.35</b>	<b>00:32:56.05</b>	+00:13:36 (41.7%)	6:31	9.2 (58.2%)
103	<b>JAKACKA Agata</b>	<b>1048</b>		20-29	82	00:00:49	00:15:18	<b>00:32:37.35</b>	<b>00:33:27.05</b>	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
104	<b>TOKAREWICZ Justyna</b>	<b>936</b>		30-39	243	00:00:22	00:13:55	<b>00:32:41.70</b>	<b>00:33:03.95</b>	+00:13:41 (41.9%)	6:32	9.2 (58.2%)
105	<b>MIKA Emilia</b>	<b>646</b>		20-29	85	00:00:39	00:13:41	<b>00:32:47.70</b>	<b>00:33:27.65</b>	+00:13:47 (42.1%)	6:33	9.1 (57.6%)
106	<b>MAZUR Aleksandra</b>	<b>365</b>		30-39	249	00:00:45	00:15:13	<b>00:32:53.35</b>	<b>00:33:38.50</b>	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
107	<b>TATARCZYK Justyna</b>	<b>481</b>		30-39	251	00:00:33	00:14:01	<b>00:32:56.05</b>	<b>00:33:29.50</b>	+00:13:56 (42.3%)	6:35	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>SKRZYPCZAK Edyta</b>	<b>877</b>		20-29	86	00:00:05	00:15:01	<b>00:33:01.85</b>	<b>00:33:07.15</b>	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
109	<b>KISZKA Wioletta</b>	<b>897</b>		30-39	259	00:01:12	00:13:52	<b>00:33:16.35</b>	<b>00:34:28.45</b>	+00:14:16 (42.9%)	6:39	9 (57.0%)
110	<b>JANOTA Monika</b>	<b>434</b>	GB GALOPUJĄCE ŚLIMAKI	30-39	264	00:00:26	00:13:50	<b>00:33:21.30</b>	<b>00:33:47.35</b>	+00:14:21 (43.0%)	6:40	9 (57.0%)
111	<b>URBAŚ Monika</b>	<b>436</b>	KOBIETY 5+	30-39	270	00:00:28	00:13:57	<b>00:33:40.00</b>	<b>00:34:08.70</b>	+00:14:40 (43.6%)	6:44	8.9 (56.3%)
112	<b>KLIMCZAK Ewa</b>	<b>935</b>		20-29	93	00:00:21	00:13:57	<b>00:33:40.90</b>	<b>00:34:02.45</b>	+00:14:41 (43.6%)	6:44	8.9 (56.3%)
113	<b>RUTKA Magdalena</b>	<b>1274</b>		20-29	94	00:00:39	00:13:41	<b>00:33:42.15</b>	<b>00:34:21.90</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
113	<b>ZAWADA Teresa</b>	<b>890</b>		50-59	31	00:00:35	00:14:24	<b>00:33:42.15</b>	<b>00:34:17.85</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
115	<b>OSTROWSKA Izabela</b>	<b>1035</b>	KOBIETY NA 5+	40-49	200	00:00:50	00:14:08	<b>00:33:42.25</b>	<b>00:34:32.35</b>	+00:14:42 (43.6%)	6:44	8.9 (56.3%)
116	<b>MAZUR Małgorzata</b>	<b>1109</b>	KOBIETY NA 5+	40-49	204	00:00:23	00:14:18	<b>00:33:50.25</b>	<b>00:34:13.80</b>	+00:14:50 (43.9%)	6:46	8.9 (56.3%)
117	<b>PAWLIK Natalia</b>	<b>422</b>		20-29	95	00:00:24	00:13:35	<b>00:33:51.95</b>	<b>00:34:16.75</b>	+00:14:52 (43.9%)	6:46	8.9 (56.3%)
118	<b>SERAFIN-CHWAŁEK Joanna</b>	<b>1130</b>	KOBIETY 5+	40-49	206	00:00:46	00:14:29	<b>00:33:53.65</b>	<b>00:34:40.20</b>	+00:14:53 (44.0%)	6:46	8.8 (55.7%)
119	<b>DZIĘCIELEWSKA Sylwia</b>	<b>564</b>		40-49	207	00:00:43	00:13:51	<b>00:33:54.05</b>	<b>00:34:37.40</b>	+00:14:54 (44.0%)	6:46	8.8 (55.7%)
120	<b>WĘGLEWSKA Marzena</b>	<b>600</b>		40-49	209	00:00:08	00:13:47	<b>00:34:01.20</b>	<b>00:34:09.40</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
121	<b>GÓRECKA Aleksandra</b>	<b>673</b>	INTER ROPE TEAM	30-39	275	00:00:40	00:14:34	<b>00:34:01.40</b>	<b>00:34:41.70</b>	+00:15:01 (44.2%)	6:48	8.8 (55.7%)
122	<b>ADAMCZAK Renata</b>	<b>1248</b>	INTER ROPE TEAM	40-49	213	00:00:39	00:14:35	<b>00:34:09.35</b>	<b>00:34:48.55</b>	+00:15:09 (44.4%)	6:49	8.8 (55.7%)
123	<b>SŁUPECKA Beata</b>	<b>44</b>	KOBIETY NA 5+	40-49	218	00:00:50	00:14:02	<b>00:34:15.10</b>	<b>00:35:05.70</b>	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
124	<b>PEPEK Aneta</b>	<b>1277</b>		30-39	281	00:00:42	00:14:29	<b>00:34:16.10</b>	<b>00:34:58.55</b>	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
125	<b>SAWICKA Agnieszka</b>	<b>181</b>		30-39	288	00:00:46	00:14:40	<b>00:34:30.00</b>	<b>00:35:16.60</b>	+00:15:30 (44.9%)	6:54	8.7 (55.1%)
126	<b>NOWAK Ewelina</b>	<b>118</b>	KOBIETY NA 5+	40-49	224	00:00:48	00:14:33	<b>00:34:32.00</b>	<b>00:35:20.50</b>	+00:15:32 (45.0%)	6:54	8.7 (55.1%)
127	<b>ĆWIKLIŃSKA-SŁOWIK Magdalena</b>	<b>679</b>		30-39	290	00:00:28	00:14:27	<b>00:34:33.80</b>	<b>00:35:02.60</b>	+00:15:34 (45.0%)	6:54	8.7 (55.1%)
128	<b>SURY-WOLNIEWICZ Kamila</b>	<b>1110</b>	KOBIETY NA 5+	40-49	225	00:00:53	00:14:50	<b>00:34:35.85</b>	<b>00:35:29.50</b>	+00:15:36 (45.1%)	6:55	8.7 (55.1%)
129	<b>CHARĘŻA Agnieszka</b>	<b>1025</b>	DRUŻYNA KOBIETY NA 5+	30-39	296	00:00:44	00:14:39	<b>00:34:43.05</b>	<b>00:35:27.90</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
130	<b>ROTTER Hanna</b>	<b>911</b>	J TEAM	50-59	32	00:00:14	00:13:31	<b>00:34:43.60</b>	<b>00:34:58.50</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	ROZALSKA Magdalena	1157		30-39	300	00:00:34	00:13:27	00:34:52.85	00:35:27.35	+00:15:53 (45.5%)	6:58	8.6 (54.4%)
132	KOWALSKA Małgorzata	907		50-59	33	00:00:41	00:14:30	00:34:56.55	00:35:38.20	+00:15:56 (45.6%)	6:59	8.6 (54.4%)
133	MACIOŃCZYK Katarzyna	1278		30-39	305	00:00:17	00:14:08	00:35:11.10	00:35:28.20	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
134	WROZA Renata	1121		40-49	237	00:00:30	00:14:27	00:35:11.15	00:35:42.00	+00:16:11 (46.0%)	7:02	8.5 (53.8%)
135	KAŁA Anna	1223		20-29	105	00:01:08	00:14:10	00:35:16.85	00:36:24.85	+00:16:17 (46.2%)	7:03	8.5 (53.8%)
136	ZWIOREK Anna	80	MIECHOWICKA GRUPA BIEGOWA	40-49	239	00:00:48	00:15:26	00:35:19.25	00:36:07.45	+00:16:19 (46.2%)	7:03	8.5 (53.8%)
137	KOZŁOWSKA Patrycja	533		30-39	309	00:00:40	00:14:13	00:35:20.75	00:36:01.30	+00:16:20 (46.3%)	7:04	8.5 (53.8%)
138	ROWICKA Joanna	383	KOBIETY NA 5+	50-59	34	00:00:51	00:15:15	00:35:25.35	00:36:16.35	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
139	CHRUSZCZ Katarzyna	919	KOBIETY NA 5+	30-39	311	00:00:45	00:14:30	00:35:25.70	00:36:10.90	+00:16:25 (46.4%)	7:05	8.5 (53.8%)
140	SZULIK Wioletta	676		30-39	316	00:00:29	00:14:27	00:35:39.20	00:36:08.70	+00:16:39 (46.7%)	7:07	8.4 (53.2%)
141	PIETROSZEK Sandra	1056	W&S PIETROSZEK	16-19	19	00:00:25	00:14:29	00:35:55.95	00:36:21.25	+00:16:56 (47.1%)	7:11	8.3 (52.5%)
142	PERKOWSKA Izabela	831		50-59	36	00:00:47	00:15:19	00:36:02.45	00:36:50.05	+00:17:02 (47.3%)	7:12	8.3 (52.5%)
143	PROKOPIUK Adriana	288	KLUB BIEGACZA FARTLEK	30-39	321	00:00:47	00:14:39	00:36:06.40	00:36:53.55	+00:17:06 (47.4%)	7:13	8.3 (52.5%)
144	SZEWCUK Agnieszka	562		40-49	247	00:00:00	00:14:53	00:36:06.80	00:36:06.80	+00:17:07 (47.4%)	7:13	8.3 (52.5%)
145	KORALEWSKA Kinga	363		30-39	324	00:00:43	00:15:31	00:36:15.30	00:36:59.20	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
146	MODLIŃSKA Paulina	1235		30-39	325	00:00:43	00:15:31	00:36:15.75	00:36:59.00	+00:17:15 (47.6%)	7:15	8.3 (52.5%)
147	KAŁUŻA Aleksandra	593	KOBIETY NA 5+	30-39	327	00:00:21	00:14:28	00:36:21.10	00:36:42.50	+00:17:21 (47.7%)	7:16	8.3 (52.5%)
148	STĘPIŃSKA Patrycja	963		20-29	114	00:00:21	00:14:32	00:36:21.60	00:36:43.50	+00:17:21 (47.8%)	7:16	8.2 (51.9%)
149	BIL Malwina	1063	KOBIETY NA 5+	30-39	328	00:00:21	00:14:28	00:36:27.45	00:36:49.15	+00:17:27 (47.9%)	7:17	8.2 (51.9%)
150	DYNIA Magdalena	82		40-49	250	00:00:36	00:14:34	00:36:39.90	00:37:16.80	+00:17:40 (48.2%)	7:20	8.2 (51.9%)
151	SARNECKA-BĘBENEK Aleksandra	76	GB GALOPUJĄCE ŚLIMAKI	30-39	335	00:00:41	00:15:06	00:36:41.95	00:37:23.15	+00:17:42 (48.2%)	7:20	8.2 (51.9%)
152	PARZYCH Renata	1201	KOBIETY NA 5+	60+	13	00:00:16	00:15:00	00:36:52.45	00:37:08.60	+00:17:52 (48.5%)	7:22	8.1 (51.3%)
153	HALAMA Karolina	628		16-19	20	00:00:22	00:14:25	00:37:03.75	00:37:25.95	+00:18:03 (48.7%)	7:24	8.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>OL Klaudia</b>	<b>1145</b>		40-49	256	00:00:30	00:14:57	<b>00:37:06.00</b>	<b>00:37:36.55</b>	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
155	<b>CZAPOROWSKI Daria</b>	<b>893</b>		30-39	343	00:00:35	00:15:04	<b>00:37:10.80</b>	<b>00:37:45.95</b>	+00:18:11 (48.9%)	7:26	8.1 (51.3%)
156	<b>STANO Monika</b>	<b>765</b>	KOBIETY NA 5+	30-39	345	00:00:49	00:15:40	<b>00:37:13.15</b>	<b>00:38:03.05</b>	+00:18:13 (49.0%)	7:26	8.1 (51.3%)
157	<b>STEFAŃSKA Dorota</b>	<b>1087</b>		30-39	349	00:00:46	00:16:01	<b>00:37:23.05</b>	<b>00:38:09.25</b>	+00:18:23 (49.2%)	7:28	8 (50.6%)
158	<b>PŁAZA Monika</b>	<b>1186</b>		20-29	120	00:00:51	00:16:12	<b>00:37:24.95</b>	<b>00:38:16.10</b>	+00:18:25 (49.2%)	7:29	8 (50.6%)
159	<b>PERKA Monika</b>	<b>1249</b>		30-39	351	00:00:00	00:16:15	<b>00:37:26.50</b>	<b>00:37:26.50</b>	+00:18:26 (49.3%)	7:29	8 (50.6%)
160	<b>PŁAZA Agnieszka</b>	<b>1184</b>		20-29	122	00:00:51	00:16:12	<b>00:37:29.25</b>	<b>00:38:20.45</b>	+00:18:29 (49.3%)	7:29	8 (50.6%)
161	<b>PELACZYK Wioletta</b>	<b>127</b>	KOBIETY NA 5+	40-49	261	00:00:47	00:14:57	<b>00:37:32.20</b>	<b>00:38:19.80</b>	+00:18:32 (49.4%)	7:30	8 (50.6%)
162	<b>SIENKIEWICZ-MARCINOWSKA Aleksandra</b>	<b>905</b>		30-39	352	00:03:02	00:16:01	<b>00:37:33.50</b>	<b>00:40:35.80</b>	+00:18:33 (49.4%)	7:30	8 (50.6%)
163	<b>PTASIŃSKA Iwona</b>	<b>1286</b>		30-39	356	00:00:47	00:16:45	<b>00:37:37.35</b>	<b>00:38:24.85</b>	+00:18:37 (49.5%)	7:31	8 (50.6%)
164	<b>STAŚKIEWICZ Monika</b>	<b>1213</b>		40-49	264	00:00:30	00:14:27	<b>00:37:56.80</b>	<b>00:38:27.65</b>	+00:18:57 (49.9%)	7:35	7.9 (50.0%)
165	<b>NIKSA Anita</b>	<b>1154</b>		20-29	123	00:00:13	00:14:52	<b>00:38:03.90</b>	<b>00:38:17.50</b>	+00:19:04 (50.1%)	7:36	7.9 (50.0%)
166	<b>KARWOT Malwina</b>	<b>845</b>		30-39	360	00:00:19	00:15:33	<b>00:38:05.35</b>	<b>00:38:24.60</b>	+00:19:05 (50.1%)	7:37	7.9 (50.0%)
167	<b>MYŚLIWIEC Barbara</b>	<b>27</b>	KOBIETY NA 5+	20-29	126	00:00:15	00:16:03	<b>00:38:10.95</b>	<b>00:38:26.85</b>	+00:19:11 (50.2%)	7:38	7.9 (50.0%)
168	<b>CEBULA Marta</b>	<b>432</b>		20-29	127	00:00:15	00:16:03	<b>00:38:11.20</b>	<b>00:38:26.65</b>	+00:19:11 (50.3%)	7:38	7.9 (50.0%)
169	<b>SPYRKA Małgorzata</b>	<b>787</b>	AMATORKA	40-49	270	00:00:33	00:15:14	<b>00:38:54.35</b>	<b>00:39:27.65</b>	+00:19:54 (51.2%)	7:46	7.7 (48.7%)
170	<b>DAMIS Daria</b>	<b>1193</b>	-	20-29	130	00:01:01	00:16:11	<b>00:38:59.00</b>	<b>00:40:00.85</b>	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
171	<b>MAGIEREK Magdalena</b>	<b>1194</b>		30-39	365	00:01:02	00:16:11	<b>00:38:59.05</b>	<b>00:40:01.10</b>	+00:19:59 (51.3%)	7:47	7.7 (48.7%)
172	<b>KŁAK Natalia</b>	<b>1129</b>		20-29	131	00:00:50	00:15:37	<b>00:39:03.90</b>	<b>00:39:54.10</b>	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
173	<b>PISAREK Dorota</b>	<b>211</b>		40-49	272	00:00:32	00:15:52	<b>00:39:14.10</b>	<b>00:39:46.65</b>	+00:20:14 (51.6%)	7:50	7.6 (48.1%)
174	<b>KOSZEWSKA Natalia</b>	<b>163</b>		20-29	134	00:00:07	00:14:50	<b>00:39:27.95</b>	<b>00:39:35.35</b>	+00:20:28 (51.9%)	7:53	7.6 (48.1%)
175	<b>ZALEWSKA Barbara</b>	<b>259</b>	KOBIETY NA 5+	40-49	276	00:00:17	00:15:28	<b>00:39:32.55</b>	<b>00:39:50.25</b>	+00:20:32 (52.0%)	7:54	7.6 (48.1%)
176	<b>ZALEWSKA Wiola</b>	<b>826</b>	KOBIETY NA 5+	20-29	135	00:00:16	00:15:57	<b>00:39:33.05</b>	<b>00:39:49.95</b>	+00:20:33 (52.0%)	7:54	7.6 (48.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	WOWRA Agata	53		30-39	371	00:00:48	00:16:41	00:39:53.90	00:40:42.70	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
178	GŁADOSZ Renata	504		30-39	372	00:00:48	00:16:40	00:39:53.95	00:40:42.75	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
179	SZYMAŃSKA Katarzyna	412		20-29	136	00:00:54	00:17:10	00:39:54.20	00:40:48.85	+00:20:54 (52.4%)	7:58	7.5 (47.5%)
180	SZCZEPANIK Marta	731		30-39	376	00:00:57	00:16:58	00:40:06.60	00:41:04.05	+00:21:06 (52.6%)	8:01	7.5 (47.5%)
181	ŻARSKA Katarzyna	485	KOBIETY NA 5+	30-39	378	00:00:53	00:16:44	00:40:08.05	00:41:01.10	+00:21:08 (52.7%)	8:01	7.5 (47.5%)
182	ZIEJA Martyna	569		20-29	140	00:00:05	00:16:26	00:40:31.85	00:40:37.10	+00:21:32 (53.1%)	8:06	7.4 (46.8%)
183	BŁASZCZYK Agnieszka	1054		30-39	380	00:00:49	00:16:55	00:40:34.10	00:41:24.00	+00:21:34 (53.2%)	8:07	7.4 (46.8%)
184	PODŁUSKA Monika	90		40-49	286	00:00:48	00:16:52	00:40:55.55	00:41:43.80	+00:21:55 (53.6%)	8:11	7.3 (46.2%)
185	VAIDYAN Grażyna	827		50-59	42	00:00:02	00:15:52	00:41:05.20	00:41:07.75	+00:22:05 (53.8%)	8:13	7.3 (46.2%)
186	ORKOWSKA- TLĄŁKA Edyta	1004		30-39	382	00:01:25	00:16:51	00:41:11.80	00:42:37.50	+00:22:12 (53.9%)	8:14	7.3 (46.2%)
187	PAWLIK Kasia	470	FIZJOFRELKI	40-49	287	00:00:54	00:17:47	00:41:17.65	00:42:11.80	+00:22:17 (54.0%)	8:15	7.3 (46.2%)
188	GOŁĘBIOWSKA Katarzyna	1150		40-49	291	00:00:53	00:16:58	00:41:29.65	00:42:22.70	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
189	KIEŁKOWSKA Ewelina	1078		30-39	384	00:00:51	00:16:13	00:41:33.90	00:42:25.60	+00:22:34 (54.3%)	8:18	7.2 (45.6%)
190	WOJTAL Danuta	855		40-49	296	00:00:45	00:17:42	00:42:04.25	00:42:49.75	+00:23:04 (54.8%)	8:24	7.1 (44.9%)
191	RODZIEWICZ Agnieszka	1173		30-39	388	00:00:50	00:17:16	00:42:13.60	00:43:04.50	+00:23:13 (55.0%)	8:26	7.1 (44.9%)
192	RYBICA Eliza	1061		30-39	397	00:00:55	00:19:04	00:42:53.45	00:43:49.25	+00:23:53 (55.7%)	8:34	7 (44.3%)
193	BAZGIER Magdalena	1065		30-39	399	00:01:02	00:17:02	00:43:20.95	00:44:23.40	+00:24:21 (56.2%)	8:40	6.9 (43.7%)
194	SEKUŁA Marlena	276		30-39	402	00:00:55	00:17:08	00:43:26.40	00:44:21.60	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
195	MUSIAŁ Paulina	913		20-29	146	00:00:41	00:18:17	00:43:26.60	00:44:07.95	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
196	SZCZEPANIK Aleksandra	1141	KOBIETY NA 5+	30-39	410	00:00:52	00:18:54	00:45:12.05	00:46:04.40	+00:26:12 (58.0%)	9:02	6.6 (41.8%)
197	PARZYCH Agnieszka	1176		30-39	412	00:00:51	00:20:34	00:47:12.75	00:48:04.25	+00:28:12 (59.8%)	9:26	6.4 (40.5%)
198	WAGNER Natalia	813		30-39	413	00:00:51	00:20:34	00:47:13.15	00:48:04.45	+00:28:13 (59.8%)	9:26	6.4 (40.5%)
199	KWAPISZ-BONUSIAK Dorota	490		20-29	149	00:00:51	00:20:33	00:47:13.30	00:48:04.60	+00:28:13 (59.8%)	9:26	6.4 (40.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	<b>BAGIŃSKA Beata</b>	<b>1244</b>		40-49	312	00:00:52	00:19:50	<b>00:48:36.80</b>	<b>00:49:29.05</b>	+00:29:37 (60.9%)	9:43	6.2 (39.2%)
201	<b>FERENC Sonia</b>	<b>1252</b>	ASWC	30-39	418	00:03:09	00:22:53	<b>00:52:45.15</b>	<b>00:55:54.35</b>	+00:33:45 (64.0%)	10:33	5.7 (36.1%)
202	<b>BAGIŃSKA Paulina</b>	<b>1238</b>		20-29	152	00:00:52	00:19:50			+00:11:39	7:56	7.6 (48.1%)
203	<b>REDLIN-KASELA Roksana</b>	<b>595</b>	DRUŻYNA KOBIETY NA 5+	20-29	153	00:00:32						(0.0%)

Znaleziono 203 wynik(ów)