



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2021-09-19
Jastrzębie-Zdrój
5 km

KOBIETY NA 5+ :: BIEG

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SUWAJ Aneta	1	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	00:18:36.60		3:43	16.1 (100%)
2	WRÓBLEWSKA Judyta	226		20-29	4	Klub Biegacza Fartlek	00:10:44	00:21:59.40	+00:03:22 (15.4%)	4:23	13.6 (84.5%)
3	LEGIERSKA Natalia	476	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	00:22:34.20	+00:03:57 (17.5%)	4:30	13.3 (82.6%)
4	NIEŚLAŃCZYK Małgorzata	84	WATAHA	40-49	19	Wataha	00:11:32	00:23:18.70	+00:04:42 (20.2%)	4:39	12.9 (80.1%)
5	PASŁAWSKA Katarzyna	92	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	00:23:25.50	+00:04:48 (20.6%)	4:41	12.8 (79.5%)
6	PIWISZKIS Barbara	38	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	00:23:47.95	+00:05:11 (21.8%)	4:45	12.6 (78.3%)
7	RAŻNIAK Beata	154	KOBIETY NA 5 +	50-59	3	Kobiety na 5+	00:11:59	00:24:07.10	+00:05:30 (22.8%)	4:49	12.4 (77.0%)
8	LORENZ Agnieszka	118		40-49	37		00:12:05	00:24:22.05	+00:05:45 (23.6%)	4:52	12.3 (76.4%)
9	LERCH Bożena	64		30-39	15	RUNTEAM Pawłowice	00:12:07	00:24:34.05	+00:05:57 (24.2%)	4:54	12.2 (75.8%)
10	CHORCHOS Magda	803		20-29	8		00:12:19	00:24:45.70	+00:06:09 (24.8%)	4:57	12.1 (75.2%)
11	PERKOWSKA Daria	533		40-49	41		00:12:19	00:25:00.85	+00:06:24 (25.6%)	5:00	12 (74.5%)
12	GORZELAK Joanna	114	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	00:25:05.05	+00:06:28 (25.8%)	5:01	12 (74.5%)
13	AUGUŚCIK Ewelina	648	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	00:25:23.20	+00:06:46 (26.7%)	5:04	11.8 (73.3%)
14	STACHAŃCZYK Dorota	325		40-49	44		00:12:54	00:25:23.40	+00:06:46 (26.7%)	5:04	11.8 (73.3%)
15	MUSIAŁ Maria	172		50-59	8		00:12:45	00:25:29.80	+00:06:53 (27.0%)	5:05	11.8 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
16	GAJDA Magdalena	77		30-39	27		00:12:57	00:25:31.70	+00:06:55 (27.1%)	5:06	11.8 (73.3%)
17	MARCZYŃSKA Izabela	113		30-39	28		00:12:40	00:25:38.50	+00:07:01 (27.4%)	5:07	11.7 (72.7%)
18	MROZEK Aleksandra	140	KLUB BIEGACZA FARTLEK	20-29	11	Klub Biegacza Fartlek	00:12:59	00:25:48.70	+00:07:12 (27.9%)	5:09	11.6 (72.0%)
19	SOBINA Roksana	47	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	00:25:49.30	+00:07:12 (27.9%)	5:09	11.6 (72.0%)
20	SZTABLA Liliana	165	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	00:25:49.45	+00:07:12 (27.9%)	5:09	11.6 (72.0%)
21	LERCH Maria	156	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	00:25:50.20	+00:07:13 (28.0%)	5:10	11.6 (72.0%)
22	NALEWAJKA Wioleta	50	KOBIETY NA 5+	50-59	11	Kobiety na 5+	00:12:47	00:25:56.40	+00:07:19 (28.3%)	5:11	11.6 (72.0%)
23	GATNER Agnieszka	97		40-49	50		00:13:10	00:25:58.65	+00:07:22 (28.4%)	5:11	11.6 (72.0%)
24	GARUS Magdalena	146		40-49	54		00:12:54	00:26:13.30	+00:07:36 (29.0%)	5:14	11.4 (70.8%)
25	STOPYRA Agnieszka	167		40-49	58		00:11:46	00:26:37.40	+00:08:00 (30.1%)	5:19	11.3 (70.2%)
26	KIEŁKOWSKA Agnieszka	201	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	00:26:50.55	+00:08:13 (30.7%)	5:22	11.2 (69.6%)
27	FRAJHOFER Ewa	231	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	00:26:51.05	+00:08:14 (30.7%)	5:22	11.2 (69.6%)
28	JĘDRYKA Patrycja	196	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	00:26:55.30	+00:08:18 (30.9%)	5:23	11.1 (68.9%)
29	GWIZDAŁA Joanna	105		30-39	42		00:13:18	00:26:59.40	+00:08:22 (31.0%)	5:23	11.1 (68.9%)
30	PŁAZA Monika	80		20-29	14		00:13:06	00:27:01.75	+00:08:25 (31.1%)	5:24	11.1 (68.9%)
31	BANASZEWSKA Aleksandra	420		30-39	44		00:13:24	00:27:10.85	+00:08:34 (31.5%)	5:26	11 (68.3%)
32	PYZIK Barbara	234	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	00:27:17.55	+00:08:40 (31.8%)	5:27	11 (68.3%)
33	MADALIŃSKA Karolina	909		30-39	48		00:13:48	00:27:21.20	+00:08:44 (32.0%)	5:28	11 (68.3%)
34	DOMAŃSKA Joanna	83		30-39	51		00:13:21	00:27:26.85	+00:08:50 (32.2%)	5:29	10.9 (67.7%)
35	FECZKO Lucyna	121		40-49	73		00:13:32	00:27:34.70	+00:08:58 (32.5%)	5:30	10.9 (67.7%)
36	SAGAN Izabela	228	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	00:27:44.55	+00:09:07 (32.9%)	5:32	10.8 (67.1%)
37	LECHOWICZ Irena	230	SZARE MORSY	50-59	20		00:13:53	00:27:54.65	+00:09:18 (33.3%)	5:34	10.8 (67.1%)
38	BOBER Alicja	340		30-39	59		00:13:40	00:27:55.05	+00:09:18 (33.3%)	5:35	10.7 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
39	MARSZAŁKOWSKA Daria	622		30-39	60		00:14:15	00:27:57.55	+00:09:20 (33.4%)	5:35	10.7 (66.5%)
40	GÓRA Marta	383		30-39	65		00:14:11	00:28:12.20	+00:09:35 (34.0%)	5:38	10.6 (65.8%)
41	PAŁYS Agata	651		30-39	66		00:13:52	00:28:24.25	+00:09:47 (34.5%)	5:40	10.6 (65.8%)
42	ADAMCZAK Renata	279	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	00:28:29.10	+00:09:52 (34.7%)	5:41	10.5 (65.2%)
43	KUCIEJ Justyna	878		40-49	103		00:13:53	00:28:29.80	+00:09:53 (34.7%)	5:41	10.5 (65.2%)
44	PRÓSZYŃSKA Agnieszka	207		40-49	104		00:13:50	00:28:30.20	+00:09:53 (34.7%)	5:42	10.5 (65.2%)
45	PŁASKA Barbara	310	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	00:28:33.35	+00:09:56 (34.8%)	5:42	10.5 (65.2%)
46	REJBICZ Weronika	520		30-39	68		00:14:16	00:28:36.00	+00:09:59 (34.9%)	5:43	10.5 (65.2%)
47	MAZUR Aleksandra	728		30-39	70		00:14:38	00:28:43.25	+00:10:06 (35.2%)	5:44	10.4 (64.6%)
48	PEPEK Aneta	204		40-49	112	Cioteczki	00:14:54	00:28:49.75	+00:10:13 (35.4%)	5:45	10.4 (64.6%)
49	RANSZ Beata	672		50-59	29		00:14:27	00:28:52.70	+00:10:16 (35.6%)	5:46	10.4 (64.6%)
50	KUŚMIRSKA Janina	1019	KLUB BIEGACZA FARTLEK	60+	4	Klub Biegacza Fartlek	00:15:29	00:28:58.85	+00:10:22 (35.8%)	5:47	10.4 (64.6%)
51	ZIĘTARA Agata	319		40-49	115		00:14:32	00:29:01.25	+00:10:24 (35.9%)	5:48	10.3 (64.0%)
52	SKOTNICKA Urszula	5018		50-59	31		00:13:53	00:29:09.35	+00:10:32 (36.2%)	5:49	10.3 (64.0%)
53	SZEFER Wioleta	229		30-39	77		00:14:17	00:29:11.70	+00:10:35 (36.3%)	5:50	10.3 (64.0%)
54	SZEFER Sylwia	227		40-49	120		00:14:17	00:29:12.20	+00:10:35 (36.3%)	5:50	10.3 (64.0%)
55	CHROMIK Krystyna	461	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	00:29:13.35	+00:10:36 (36.3%)	5:50	10.3 (64.0%)
56	METLAK Joanna	219		40-49	122		00:14:35	00:29:15.05	+00:10:38 (36.4%)	5:51	10.3 (64.0%)
57	SPYRKA Monika	53	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	00:29:20.95	+00:10:44 (36.6%)	5:52	10.2 (63.4%)
58	MIŚKOWIEC Agnieszka	367		40-49	126		00:14:13	00:29:28.00	+00:10:51 (36.8%)	5:53	10.2 (63.4%)
59	MĘDRALA Ola	709		30-39	83		00:14:37	00:29:31.20	+00:10:54 (37.0%)	5:54	10.2 (63.4%)
60	KAŁUŻA Ilona	563		40-49	130		00:15:11	00:29:36.25	+00:10:59 (37.1%)	5:55	10.1 (62.7%)
61	TRYBAŁA Monika	899	WATAHA	40-49	131		00:15:42	00:29:39.00	+00:11:02 (37.2%)	5:55	10.1 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
62	MACIOŃCZYK Katarzyna	621		30-39	85		00:14:34	00:29:39.45	+00:11:02 (37.3%)	5:55	10.1 (62.7%)
63	KOSOWSKA Grażyna	386	KOBIETY NA 5+	50-59	36	Kobiety na 5+	00:14:48	00:29:43.70	+00:11:07 (37.4%)	5:56	10.1 (62.7%)
64	SITKO Dagmara	398		30-39	89		00:14:46	00:29:54.80	+00:11:18 (37.8%)	5:58	10 (62.1%)
65	PIETROSZEK Władysława	688		40-49	135		00:15:07	00:29:58.50	+00:11:21 (37.9%)	5:59	10 (62.1%)
66	DĘBOWSKA Beata	157		50-59	37		00:14:45	00:29:58.90	+00:11:22 (37.9%)	5:59	10 (62.1%)
67	REYMANN Milena	564		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	00:29:59.35	+00:11:22 (37.9%)	5:59	10 (62.1%)
68	MATUSZCZYK Renata	300	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	00:29:59.90	+00:11:23 (38.0%)	5:59	10 (62.1%)
69	SMOZIK Mariola	667	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	00:30:05.10	+00:11:28 (38.1%)	6:01	10 (62.1%)
70	JASZCZAK Małgorzata	540		20-29	22		00:14:41	00:30:10.60	+00:11:34 (38.3%)	6:02	9.9 (61.5%)
71	SOJKA Anna	106		30-39	94		00:14:52	00:30:10.65	+00:11:34 (38.3%)	6:02	9.9 (61.5%)
72	KAFARA Joanna	905	WATAHA	30-39	96		00:15:41	00:30:15.20	+00:11:38 (38.5%)	6:03	9.9 (61.5%)
73	MATUSIAK Paulina	376		30-39	98		00:14:44	00:30:19.65	+00:11:43 (38.6%)	6:03	9.9 (61.5%)
74	BAŁA Justyna	923	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	00:30:27.50	+00:11:50 (38.9%)	6:05	9.9 (61.5%)
75	KOLAT Jadwiga	514		40-49	147		00:15:07	00:30:35.00	+00:11:58 (39.1%)	6:07	9.8 (60.9%)
76	TRZCIŃSKA Joanna	271	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	00:30:35.20	+00:11:58 (39.2%)	6:07	9.8 (60.9%)
77	HUBA Agnieszka	264	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	00:30:35.30	+00:11:58 (39.2%)	6:07	9.8 (60.9%)
78	JASKÓŁA Izabela	794		30-39	104		00:14:44	00:30:36.75	+00:12:00 (39.2%)	6:07	9.8 (60.9%)
79	LISZOK Iwona	309		30-39	110		00:15:26	00:31:09.55	+00:12:32 (40.3%)	6:13	9.6 (59.6%)
80	OLEJEK Anna	741		30-39	111		00:15:12	00:31:11.75	+00:12:35 (40.3%)	6:14	9.6 (59.6%)
81	BOŻEK Dagmara	396		40-49	157		00:15:26	00:31:15.55	+00:12:38 (40.5%)	6:15	9.6 (59.6%)
82	DYNIA Magdalena	470		40-49	159		00:15:38	00:31:25.40	+00:12:48 (40.8%)	6:17	9.5 (59.0%)
83	GAŃKO Grażyna	369		60+	5		00:15:52	00:31:25.90	+00:12:49 (40.8%)	6:17	9.5 (59.0%)
84	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	00:31:46.50	+00:13:09 (41.4%)	6:21	9.4 (58.4%)

Czas netto 5km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
85	MYŚLIWIEC Monika	262	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	00:31:58.00	+00:13:21 (41.8%)	6:23	9.4 (58.4%)
86	BETAŃSKA Aneta	326	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	00:31:58.40	+00:13:21 (41.8%)	6:23	9.4 (58.4%)
87	LERCH Ewa	109	RUNTEAM PAWŁOWICE	20-29	29	RUNTEAM Pawłowice	00:15:34	00:32:01.40	+00:13:24 (41.9%)	6:24	9.4 (58.4%)
88	MILEWSKA Izabela	808		40-49	164		00:15:52	00:32:05.00	+00:13:28 (42.0%)	6:25	9.4 (58.4%)
89	DRANICZAREK Anna	792		30-39	121		00:16:02	00:32:09.15	+00:13:32 (42.1%)	6:25	9.3 (57.8%)
90	JAKUBIK Edyta	266		30-39	122		00:16:12	00:32:12.30	+00:13:35 (42.2%)	6:26	9.3 (57.8%)
91	ABRACHAMCZYK Agnieszka	518		20-29	30		00:16:03	00:32:14.55	+00:13:37 (42.3%)	6:26	9.3 (57.8%)
92	GUŚCIORA Justyna	852		50-59	41		00:15:47	00:32:28.00	+00:13:51 (42.7%)	6:29	9.2 (57.1%)
93	KOŻŁOWSKA Patrycja	780		30-39	125	Byle do mety	00:15:53	00:32:31.00	+00:13:54 (42.8%)	6:30	9.2 (57.1%)
94	SZEWCZUK Agnieszka	626		40-49	171	Byle do mety	00:15:54	00:32:31.35	+00:13:54 (42.8%)	6:30	9.2 (57.1%)
95	PIPIRO Grażyna	458	KOBIETY NA 5+	60+	7	Kobiety na 5+	00:16:26	00:32:32.55	+00:13:55 (42.8%)	6:30	9.2 (57.1%)
96	STANULA Kinga	438		50-59	42		00:16:33	00:32:37.50	+00:14:00 (43.0%)	6:31	9.2 (57.1%)
97	ZAWADA Teresa	363		50-59	43		00:16:18	00:32:48.70	+00:14:12 (43.3%)	6:33	9.1 (56.5%)
98	LIPIŃSKA Monika	404	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	00:32:49.85	+00:14:13 (43.3%)	6:33	9.1 (56.5%)
99	KROSNY Lucyna	299	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	20-29	35	Bank Spółdzielczy w Jastrzębiu Zdroju	00:16:00	00:32:55.80	+00:14:19 (43.5%)	6:35	9.1 (56.5%)
100	SZYNAL Magdalena	511		30-39	130		00:15:48	00:32:59.05	+00:14:22 (43.6%)	6:35	9.1 (56.5%)
101	KSEPKO Katarzyna	405		30-39	131		00:16:15	00:33:12.50	+00:14:35 (44.0%)	6:38	9 (55.9%)
102	BIERNAT Agnieszka	571		40-49	180		00:16:26	00:33:15.65	+00:14:39 (44.0%)	6:39	9 (55.9%)
103	POŁEDNIOK Aleksandra	152		30-39	132		00:16:10	00:33:19.55	+00:14:42 (44.2%)	6:39	9 (55.9%)
104	GARUS Angelika	278		30-39	135		00:16:10	00:33:21.70	+00:14:45 (44.2%)	6:40	9 (55.9%)
105	BARTNIK Joanna	479	STREET SPIRIT	40-49	181		00:16:35	00:33:28.10	+00:14:51 (44.4%)	6:41	9 (55.9%)
106	KOWALSKA Małgorzata	484		50-59	46		00:16:14	00:33:34.30	+00:14:57 (44.6%)	6:42	8.9 (55.3%)
107	KOWALCZYK Basia	598		30-39	137		00:16:27	00:33:35.25	+00:14:58 (44.6%)	6:43	8.9 (55.3%)

							Czas				
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108	SERAFIN-CHWAŁEK Joanna	515		40-49	184		00:16:28	00:33:42.00	+00:15:05 (44.8%)	6:44	8.9 (55.3%)
109	SZCZUCHNIAK Adriana	360		40-49	186		00:16:39	00:33:46.70	+00:15:10 (44.9%)	6:45	8.9 (55.3%)
110	HRYNKIEWICZ Katarzyna	644		30-39	139		00:16:39	00:33:52.55	+00:15:15 (45.1%)	6:46	8.9 (55.3%)
111	ZMUDA Ewelina	538		30-39	140		00:16:38	00:33:56.70	+00:15:20 (45.2%)	6:47	8.8 (54.7%)
112	STANO Monika	678		30-39	141		00:17:15	00:33:58.15	+00:15:21 (45.2%)	6:47	8.8 (54.7%)
113	WAWOCZNY Anita	487	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	00:33:58.90	+00:15:22 (45.2%)	6:47	8.8 (54.7%)
114	SAWICKA Marta	260	KOBIETY NA 5+	40-49	190	Kobiety na 5+	00:17:02	00:33:59.25	+00:15:22 (45.2%)	6:47	8.8 (54.7%)
115	ŚLEDZIEWSKA Agata	693		30-39	144		00:17:00	00:34:15.80	+00:15:39 (45.7%)	6:51	8.8 (54.7%)
116	GÓRKA Kamila	851		20-29	38		00:16:54	00:34:16.80	+00:15:40 (45.7%)	6:51	8.8 (54.7%)
117	GRZELAK Patrycja	670	KOLOROWA DRUŻYNA NESSI	40-49	192	Kolorowa Drużyna Nessi	00:17:08	00:34:18.00	+00:15:41 (45.7%)	6:51	8.7 (54.0%)
118	KUBAS Alina	600	KLUB BIEGACZA FARTLEK	50-59	48	KLUB BIEGACZA FARTLEK	00:17:36	00:34:21.00	+00:15:44 (45.8%)	6:52	8.7 (54.0%)
119	SOKÓŁ-OLEŚ Ewelina	362		50-59	49	RUNTEAM Pawłowice	00:17:11	00:35:00.15	+00:16:23 (46.8%)	7:00	8.6 (53.4%)
120	MYŚLIWIEC Seniorita	350	KOBIETY NA 5+	20-29	39	Kobiety na 5+	00:16:58	00:35:03.70	+00:16:27 (46.9%)	7:00	8.6 (53.4%)
121	ROJEK Wioleta	845		30-39	150		00:17:16	00:35:11.25	+00:16:34 (47.1%)	7:02	8.5 (52.8%)
122	NIEDŹWIEDŹ Maja	853		40-49	199		00:16:35	00:35:24.45	+00:16:47 (47.4%)	7:04	8.5 (52.8%)
123	ZALEWSKA Barbara	557	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	00:35:44.55	+00:17:07 (47.9%)	7:08	8.4 (52.2%)
124	GIBAS Amanda	478	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	00:35:55.60	+00:17:19 (48.2%)	7:11	8.4 (52.2%)
125	ROTTER Hanna	789		50-59	52		00:17:40	00:36:22.40	+00:17:45 (48.8%)	7:16	8.2 (50.9%)
126	STAŚKIEWICZ Monika	663		40-49	205		00:18:06	00:36:36.45	+00:17:59 (49.2%)	7:19	8.2 (50.9%)
127	DAMIS Daria	668		30-39	161		00:18:13	00:36:56.80	+00:18:20 (49.6%)	7:23	8.1 (50.3%)
128	MARON Honorata	684		20-29	45		00:18:02	00:37:09.25	+00:18:32 (49.9%)	7:25	8.1 (50.3%)
129	WACHTARCZYK Dominika	390		20-29	46		00:18:07	00:37:10.25	+00:18:33 (49.9%)	7:26	8.1 (50.3%)
130	ŚCIĘGAJ Joanna	430		30-39	163		00:18:03	00:37:10.70	+00:18:34 (49.9%)	7:26	8.1 (50.3%)

							Czas				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	netto 5km	Różn	Tempo min/km	Tempo km/h
131	STEFANIK Katarzyna	343		30-39	166		00:18:16	00:37:23.00	+00:18:46 (50.2%)	7:28	8 (49.7%)
132	LEKI Grażyna	774		30-39	167		00:18:16	00:37:24.20	+00:18:47 (50.2%)	7:28	8 (49.7%)
133	MAGIEREK Magdalena	618		30-39	168		00:18:16	00:37:24.45	+00:18:47 (50.3%)	7:28	8 (49.7%)
134	IDZIKOWSKA Urszula	738		20-29	48		00:18:42	00:38:25.75	+00:19:49 (51.6%)	7:41	7.8 (48.4%)
135	PROKOPIUK Adriana	677	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	00:38:25.85	+00:19:49 (51.6%)	7:41	7.8 (48.4%)
136	BAK Barbara	895		40-49	213		00:18:42	00:38:26.15	+00:19:49 (51.6%)	7:41	7.8 (48.4%)
137	IDZIKOWSKA Elżbieta	588	FAMILY DREAMS	40-49	214		00:18:39	00:38:26.30	+00:19:49 (51.6%)	7:41	7.8 (48.4%)
138	ŁANUCHA Mariola	560	KOBIETY NA 5+	60+	14	Kobiety na 5+	00:18:37	00:38:34.05	+00:19:57 (51.7%)	7:42	7.8 (48.4%)
139	SURY-WOLNIEWICZ Kamila	448		40-49	215		00:18:36	00:38:35.50	+00:19:58 (51.8%)	7:43	7.8 (48.4%)
140	PARZYCH Renata	655	KOBIETY NA 5+	60+	15	Kobiety na 5+	00:18:39	00:38:37.00	+00:20:00 (51.8%)	7:43	7.8 (48.4%)
141	SEKUŁA Marlena	537		40-49	223		00:20:01	00:39:37.10	+00:21:00 (53.0%)	7:55	7.6 (47.2%)
142	BAZGIER Magdalena	768		30-39	173		00:19:25	00:39:38.00	+00:21:01 (53.0%)	7:55	7.6 (47.2%)
143	STAŚKIEWICZ Beata	666	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	00:40:00.40	+00:21:23 (53.5%)	8:00	7.5 (46.6%)
144	NIEDŹWIEDŹ Julia	859		16-19	7		00:19:38	00:40:52.55	+00:22:15 (54.5%)	8:10	7.3 (45.3%)
145	BOGUSZ-WIŚNIEWSKA Janina	760		50-59	55		00:20:14	00:41:18.45	+00:22:41 (54.9%)	8:15	7.3 (45.3%)
146	NIEDZIOŁKO Bożena	285	KOBIETY NA 5+	50-59	56	Kobiety na 5+	00:20:07	00:41:21.70	+00:22:45 (55.0%)	8:16	7.3 (45.3%)
147	SZCZEPANIK Aleksandra	526	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	00:41:21.95	+00:22:45 (55.0%)	8:16	7.3 (45.3%)
148	CIBIS Agnieszka	51	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	00:41:23.55	+00:22:46 (55.0%)	8:16	7.2 (44.7%)
149	SAWICKA Agnieszka	585	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZŁO BETLEJEM	00:20:10	00:41:24.45	+00:22:47 (55.1%)	8:16	7.2 (44.7%)
150	BOBER Aneta	676		30-39	178		00:20:24	00:41:41.05	+00:23:04 (55.4%)	8:20	7.2 (44.7%)
151	WOJTAL Danuta	734	ASWC	40-49	228		00:20:33	00:41:49.65	+00:23:13 (55.5%)	8:21	7.2 (44.7%)
152	SZCZEGODZIŃSKA Katarzyna	381		30-39	181		00:21:50	00:44:18.15	+00:25:41 (58.0%)	8:51	6.8 (42.2%)
153	KULCZYCKA-PRUSZYŃSKA Krystyna	662		50-59	58		00:24:12	00:48:47.90	+00:30:11 (61.9%)	9:45	6.1 (37.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
154	WUJKOWSKA Ewa	771		60+	18		00:24:27		+00:15:08	9:46	6.1 (37.9%)

Znaleziono 154 wynik(ów)