



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Event:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2022  
**Organiser:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Date:** 2022-05-22  
**Place:** Jastrzębie-Zdrój  
**Distance:** 5.3 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Classification: Najlepsza Jastrzębianka

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
1	SUWAJ Aneta	42	NIEBIESKIE DZIEWCZYNY	30-39	3	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:35	<b>00:19:07.60</b>	<b>00:19:07.60</b>		3:36	16.6 (100%)
2	WRÓBLEWSKA Judyta	32	KLUB BIEGACZA FARTLEK	20-29	6			00:00:00	00:10:22	<b>00:23:10.90</b>	<b>00:23:10.90</b>	+00:04:03 (17.5%)	4:22	13.7 (82.5%)
3	PERKOWSKA Daria	154	KOBIETY NA 5+	40-49	17			00:00:00	00:10:26	<b>00:24:14.55</b>	<b>00:24:14.55</b>	+00:05:06 (21.1%)	4:34	13.1 (78.9%)
4	RAŻNIAK Beata	109	KOBIETY NA 5 +	50-59	6	Kobiety na 5+		00:00:00	00:10:25	<b>00:25:17.75</b>	<b>00:25:17.75</b>	+00:06:10 (24.4%)	4:46	12.6 (75.9%)
5	GNAŚ Anna	162	ALPIN SPORT HOKA ONE ONE TEAM	30-39	31		Ana do Bara	00:00:00	00:10:32	<b>00:25:21.85</b>	<b>00:25:21.85</b>	+00:06:14 (24.6%)	4:46	12.5 (75.3%)
6	LORENZ Agnieszka	130	GB GALOPUJĄCE ŚLIMAKI	40-49	30			00:00:00	00:11:01	<b>00:25:24.55</b>	<b>00:25:24.55</b>	+00:06:16 (24.7%)	4:47	12.5 (75.3%)
7	MAZUR Małgorzata	180		40-49	35			00:00:00	00:11:06	<b>00:25:36.25</b>	<b>00:25:36.25</b>	+00:06:28 (25.3%)	4:49	12.4 (74.7%)
8	CHORCHOS Magda	769		30-39	32			00:00:00	00:11:03	<b>00:25:45.45</b>	<b>00:25:45.45</b>	+00:06:37 (25.7%)	4:51	12.3 (74.1%)
9	DOMIN-ZBYL Agnieszka	148		50-59	8			00:00:00	00:11:17	<b>00:25:51.05</b>	<b>00:25:51.05</b>	+00:06:43 (26.0%)	4:52	12.3 (74.1%)
10	KWAPISZ-BONUSIAK Dorota	280		30-39	35			00:00:00	00:11:10	<b>00:25:56.40</b>	<b>00:25:56.40</b>	+00:06:48 (26.3%)	4:53	12.3 (74.1%)
11	WRUCHA Sylwia	377		40-49	40			00:00:00	00:11:12	<b>00:26:03.70</b>	<b>00:26:03.70</b>	+00:06:56 (26.6%)	4:54	12.2 (73.5%)
12	PIWISZKIS Barbara	4	KOBIETY NA 5 +	40-49	46	Kobiety na 5+	Ana do Bara	00:00:00	00:10:58	<b>00:26:30.85</b>	<b>00:26:30.85</b>	+00:07:23 (27.9%)	5:00	12 (72.3%)
13	MUSIAŁ Maria	179		50-59	9			00:00:00	00:11:45	<b>00:26:38.00</b>	<b>00:26:38.00</b>	+00:07:30 (28.2%)	5:01	11.9 (71.7%)
14	GRZONKA Magdalena	554		40-49	48			00:00:00	00:11:38	<b>00:26:46.10</b>	<b>00:26:46.10</b>	+00:07:38 (28.5%)	5:03	11.9 (71.7%)
15	BUJAK Monika	553		40-49	51			00:00:00	00:11:46	<b>00:26:55.65</b>	<b>00:26:55.65</b>	+00:07:48 (29.0%)	5:04	11.8 (71.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace	
										5.3km	5.3km		Gap	km/h
16	KONSEK Anna	746		30-39	46			00:00:00	00:11:58	00:26:59.30	00:26:59.30	+00:07:51 (29.1%)	5:05	11.8 (71.1%)
17	LERCH Bożena	114		30-39	50			00:00:00	00:11:47	00:27:05.25	00:27:05.25	+00:07:57 (29.4%)	5:06	11.7 (70.5%)
18	LERCH Maria	116		30-39	53			00:00:00	00:11:44	00:27:10.70	00:27:10.70	+00:08:03 (29.6%)	5:07	11.7 (70.5%)
19	GORZELAK Joanna	142	KOBIETY NA 5+	40-49	59	Kobiety na 5+		00:00:00	00:11:54	00:27:19.15	00:27:19.15	+00:08:11 (30.0%)	5:09	11.6 (69.9%)
20	GAJDA Magdalena	94	MAGDA I OLA	30-39	57		Magda i Ola	00:00:00	00:12:22	00:27:25.35	00:27:25.35	+00:08:17 (30.3%)	5:10	11.6 (69.9%)
21	JUREK Iza	732		40-49	60			00:00:00	00:12:00	00:27:25.95	00:27:25.95	+00:08:18 (30.3%)	5:10	11.6 (69.9%)
22	REJBICZ Weronika	850		30-39	62			00:00:00	00:12:23	00:27:34.55	00:27:34.55	+00:08:26 (30.6%)	5:12	11.5 (69.3%)
23	SZYPUŁA Ola	123	-	16-19	4			00:00:00	00:12:22	00:27:35.90	00:27:35.90	+00:08:28 (30.7%)	5:12	11.5 (69.3%)
24	AUGUSCIK Ewelina	325	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	00:27:42.15	00:27:42.15	+00:08:34 (31.0%)	5:13	11.5 (69.3%)
25	PŁAZA Monika	275	KOBIETY NA 5+	30-39	65	Kobiety na 5+		00:00:00	00:12:04	00:27:43.40	00:27:43.40	+00:08:35 (31.0%)	5:13	11.5 (69.3%)
26	JĘDRYKA Patrycja	135	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	00:27:44.85	00:27:44.85	+00:08:37 (31.1%)	5:13	11.5 (69.3%)
27	STEFAŃSKA Barbara	228		40-49	85			00:00:00	00:12:27	00:28:23.25	00:28:23.25	+00:09:15 (32.6%)	5:21	11.2 (67.5%)
28	MUSIAŁ Wioletta	350	GALOPUJĄCE ŚLIMAKI	40-49	90			00:00:00	00:12:39	00:28:33.45	00:28:33.45	+00:09:25 (33.0%)	5:23	11.1 (66.9%)
29	MAZUR Aleksandra	738		30-39	75			00:00:00	00:12:23	00:28:34.10	00:28:34.10	+00:09:26 (33.0%)	5:23	11.1 (66.9%)
30	PŁASKA Barbara	240	KOBIETY NA 5+	50-59	20	Kobiety na 5+		00:00:00	00:12:21	00:28:35.70	00:28:35.70	+00:09:28 (33.1%)	5:23	11.1 (66.9%)
31	SZCZEŚNIAK Iwona	70		30-39	76			00:00:00	00:12:39	00:28:37.05	00:28:37.05	+00:09:29 (33.2%)	5:23	11.1 (66.9%)
32	WIRTH Agnieszka	289		40-49	92			00:00:00	00:12:44	00:28:37.20	00:28:37.20	+00:09:29 (33.2%)	5:23	11.1 (66.9%)
33	KIEŁKOWSKA Agnieszka	178		50-59	22	Kobiety na 5+		00:00:00	00:12:32	00:28:45.30	00:28:45.30	+00:09:37 (33.5%)	5:25	11.1 (66.9%)
34	GARUS Magdalena	360		40-49	97			00:00:00	00:11:59	00:28:50.00	00:28:50.00	+00:09:42 (33.7%)	5:26	11 (66.3%)
35	STEFANOW Agnieszka	598		30-39	82			00:00:00	00:13:09	00:28:58.65	00:28:58.65	+00:09:51 (34.0%)	5:27	11 (66.3%)
36	TRYBAŁA Monika	643	WATAHA	40-49	101	WATAHA		00:00:00	00:12:51	00:29:04.15	00:29:04.15	+00:09:56 (34.2%)	5:29	10.9 (65.7%)
37	SKOTNICKA Urszula	128	NIE ZRZESZONA	50-59	26			00:00:00	00:12:21	00:29:16.30	00:29:16.30	+00:10:08 (34.7%)	5:31	10.9 (65.7%)
38	PIETROSZEK Władysława	251		40-49	107			00:00:00	00:12:54	00:29:24.10	00:29:24.10	+00:10:16 (34.9%)	5:32	10.8 (65.1%)
39	BOBER Alicja	467		30-39	89			00:00:00	00:12:42	00:29:27.90	00:29:27.90	+00:10:20 (35.1%)	5:33	10.8 (65.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time		Czas brutto		Pace min/km	Pace km/h
										5.3km	5.3km	Gap	5.3km		
40	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	91			00:00:00	00:13:03	<b>00:29:31.30</b>	<b>00:29:31.30</b>	+00:10:23 (35.2%)	5:34	10.8 (65.1%)	
41	<b>POLNY Daria</b>	<b>391</b>		30-39	92			00:00:00	00:13:43	<b>00:29:33.85</b>	<b>00:29:33.85</b>	+00:10:26 (35.3%)	5:34	10.8 (65.1%)	
42	<b>WĄSIK Karolina</b>	<b>756</b>		20-29	19			00:00:00	00:13:13	<b>00:29:35.50</b>	<b>00:29:35.50</b>	+00:10:27 (35.4%)	5:34	10.7 (64.5%)	
43	<b>ADAMCZAK Renata</b>	<b>173</b>		50-59	28			00:00:00	00:13:15	<b>00:29:35.80</b>	<b>00:29:35.80</b>	+00:10:28 (35.4%)	5:34	10.7 (64.5%)	
44	<b>SZEFER Sylwia</b>	<b>97</b>		40-49	121			00:00:00	00:12:45	<b>00:29:55.85</b>	<b>00:29:55.85</b>	+00:10:48 (36.1%)	5:38	10.6 (63.9%)	
45	<b>SZEFER Wioleta</b>	<b>213</b>		30-39	95			00:00:00	00:12:46	<b>00:29:56.10</b>	<b>00:29:56.10</b>	+00:10:48 (36.1%)	5:38	10.6 (63.9%)	
46	<b>LISIECKA Magdalena</b>	<b>426</b>		30-39	97			00:00:00	00:13:19	<b>00:29:59.75</b>	<b>00:29:59.75</b>	+00:10:52 (36.2%)	5:39	10.6 (63.9%)	
47	<b>DROBIAK Kornelia</b>	<b>498</b>	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:10:56 (36.4%)	5:40	10.6 (63.9%)	
47	<b>DĄBROWSKA Katarzyna</b>	<b>462</b>		30-39	100			00:00:00	00:13:48	<b>00:30:04.10</b>	<b>00:30:04.10</b>	+00:10:56 (36.4%)	5:40	10.6 (63.9%)	
49	<b>PALUCH Karolina</b>	<b>646</b>		30-39	101			00:00:00	00:13:34	<b>00:30:08.95</b>	<b>00:30:08.95</b>	+00:11:01 (36.6%)	5:41	10.6 (63.9%)	
50	<b>NIESŁAŃCZYK Barbara</b>	<b>484</b>		30-39	102			00:00:00	00:13:27	<b>00:30:15.60</b>	<b>00:30:15.60</b>	+00:11:08 (36.8%)	5:42	10.5 (63.3%)	
51	<b>BIELA Małgorzata</b>	<b>119</b>	KOBIETY NA 5+	50-59	35	Kobiety na 5+		00:00:00	00:13:01	<b>00:30:16.40</b>	<b>00:30:16.40</b>	+00:11:08 (36.8%)	5:42	10.5 (63.3%)	
52	<b>DOMAŃSKA Joanna</b>	<b>171</b>		30-39	104			00:00:00	00:12:43	<b>00:30:18.80</b>	<b>00:30:18.80</b>	+00:11:11 (36.9%)	5:43	10.5 (63.3%)	
53	<b>BANASZEWSKA Aleksandra</b>	<b>176</b>		30-39	106			00:00:00	00:12:20	<b>00:30:19.25</b>	<b>00:30:19.25</b>	+00:11:11 (36.9%)	5:43	10.5 (63.3%)	
54	<b>PAWLIK Patrycja</b>	<b>840</b>		20-29	21			00:00:00		<b>00:30:21.00</b>	<b>00:30:21.00</b>	+00:11:13 (37.0%)	5:43	10.5 (63.3%)	
55	<b>KOZŁOWSKA Anna</b>	<b>838</b>		30-39	108	Byle do mety		00:00:00	00:12:51	<b>00:30:23.55</b>	<b>00:30:23.55</b>	+00:11:15 (37.1%)	5:43	10.5 (63.3%)	
56	<b>SAGAN Izabela</b>	<b>303</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	40-49	138	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:09	<b>00:30:29.90</b>	<b>00:30:29.90</b>	+00:11:22 (37.3%)	5:45	10.4 (62.7%)	
57	<b>RADWAŃSKA Agata</b>	<b>236</b>		20-29	22			00:00:00	00:13:52	<b>00:30:32.35</b>	<b>00:30:32.35</b>	+00:11:24 (37.4%)	5:45	10.4 (62.7%)	
58	<b>REJMAN-GUTKOWSKA Alina</b>	<b>568</b>		40-49	140			00:00:00		<b>00:30:37.25</b>	<b>00:30:37.25</b>	+00:11:29 (37.5%)	5:46	10.4 (62.7%)	
59	<b>KLEK Marzena</b>	<b>874</b>		40-49	143			00:00:00	00:13:48	<b>00:30:40.45</b>	<b>00:30:40.45</b>	+00:11:32 (37.6%)	5:47	10.4 (62.7%)	
60	<b>KWIATKOWSKA Tatiana</b>	<b>496</b>		40-49	145			00:00:00	00:14:20	<b>00:30:48.15</b>	<b>00:30:48.15</b>	+00:11:40 (37.9%)	5:48	10.3 (62.0%)	
61	<b>ZIĘTARA Agata</b>	<b>261</b>		50-59	40			00:00:00	00:13:45	<b>00:30:48.75</b>	<b>00:30:48.75</b>	+00:11:41 (37.9%)	5:48	10.3 (62.0%)	

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
62	<b>CZAJKOWSKA Oliwia</b>	<b>902</b>	DZIKI	16-19	7		Dziki	00:00:00	00:14:41	<b>00:30:56.30</b>	<b>00:30:56.30</b>	+00:11:48 (38.2%)	5:50	10.3 (62.0%)
63	<b>BAŁA Justyna</b>	<b>263</b>	KOBIETY NA 5+	40-49	151	Kobiety na 5+		00:00:00	00:13:44	<b>00:30:57.70</b>	<b>00:30:57.70</b>	+00:11:50 (38.2%)	5:50	10.3 (62.0%)
64	<b>MALISZEWSKA Beata</b>	<b>205</b>		30-39	116			00:00:00	00:13:18	<b>00:30:58.25</b>	<b>00:30:58.25</b>	+00:11:50 (38.2%)	5:50	10.3 (62.0%)
65	<b>PYZIK Barbara</b>	<b>40</b>		40-49	160			00:00:00	00:12:59	<b>00:31:09.05</b>	<b>00:31:09.05</b>	+00:12:01 (38.6%)	5:52	10.2 (61.4%)
66	<b>PRÓSZYŃSKA Agnieszka</b>	<b>361</b>		40-49	161			00:00:00	00:13:58	<b>00:31:10.25</b>	<b>00:31:10.25</b>	+00:12:02 (38.6%)	5:52	10.2 (61.4%)
67	<b>SŁODZIŃSKA Magdalena</b>	<b>415</b>		20-29	25			00:00:00	00:13:02	<b>00:31:10.90</b>	<b>00:31:10.90</b>	+00:12:03 (38.7%)	5:52	10.2 (61.4%)
68	<b>DZIUK Jolanta</b>	<b>572</b>		50-59	44			00:00:00	00:13:34	<b>00:31:11.20</b>	<b>00:31:11.20</b>	+00:12:03 (38.7%)	5:53	10.2 (61.4%)
69	<b>SZTUCHLIK Aleksandra</b>	<b>851</b>		20-29	27	Przedszkole Małych Bohaterów		00:00:00	00:13:19	<b>00:31:18.30</b>	<b>00:31:18.30</b>	+00:12:10 (38.9%)	5:54	10.2 (61.4%)
70	<b>PEPEK Aneta</b>	<b>198</b>		40-49	167			00:00:00	00:13:56	<b>00:31:23.55</b>	<b>00:31:23.55</b>	+00:12:15 (39.1%)	5:55	10.1 (60.8%)
71	<b>BORUTA Wioletta</b>	<b>734</b>		40-49	171			00:00:00	00:13:26	<b>00:31:31.30</b>	<b>00:31:31.30</b>	+00:12:23 (39.3%)	5:56	10.1 (60.8%)
72	<b>FECZKO Lucyna</b>	<b>288</b>		40-49	172			00:00:00	00:12:52	<b>00:31:34.45</b>	<b>00:31:34.45</b>	+00:12:26 (39.4%)	5:57	10.1 (60.8%)
73	<b>MADALINSKA Karolina</b>	<b>302</b>		30-39	125			00:00:00	00:13:19	<b>00:31:37.40</b>	<b>00:31:37.40</b>	+00:12:29 (39.5%)	5:57	10.1 (60.8%)
74	<b>SITKO Dagmara</b>	<b>304</b>		30-39	126			00:00:00	00:14:17	<b>00:31:37.95</b>	<b>00:31:37.95</b>	+00:12:30 (39.5%)	5:57	10.1 (60.8%)
75	<b>KOLAT Jadwiga</b>	<b>264</b>	KOBIETY NA 5+	40-49	173	Kobiety na 5+		00:00:00	00:13:41	<b>00:31:38.50</b>	<b>00:31:38.50</b>	+00:12:30 (39.6%)	5:58	10.1 (60.8%)
76	<b>UKLEJA Ela</b>	<b>857</b>		40-49	174			00:00:00	00:14:22	<b>00:31:38.65</b>	<b>00:31:38.65</b>	+00:12:31 (39.6%)	5:58	10.1 (60.8%)
77	<b>PANFIL Beata</b>	<b>645</b>		30-39	128			00:00:00	00:13:11	<b>00:31:41.50</b>	<b>00:31:41.50</b>	+00:12:33 (39.6%)	5:58	10 (60.2%)
78	<b>STOPYRA Agnieszka</b>	<b>86</b>		40-49	177			00:00:00	00:13:46	<b>00:31:44.20</b>	<b>00:31:44.20</b>	+00:12:36 (39.7%)	5:59	10 (60.2%)
79	<b>HUBA Agnieszka</b>	<b>244</b>	KOBIETY NA 5+	30-39	129	Kobiety na 5+		00:00:00	00:13:25	<b>00:31:48.15</b>	<b>00:31:48.15</b>	+00:12:40 (39.9%)	6:00	10 (60.2%)
80	<b>JASZCZAK Małgorzata</b>	<b>473</b>		20-29	31			00:00:00	00:13:51	<b>00:31:49.25</b>	<b>00:31:49.25</b>	+00:12:41 (39.9%)	6:00	10 (60.2%)
81	<b>ŁUPIŃSKA Marlena</b>	<b>267</b>		20-29	32			00:00:00	00:13:19	<b>00:31:50.85</b>	<b>00:31:50.85</b>	+00:12:43 (39.9%)	6:00	10 (60.2%)
82	<b>DĘBOWSKA Beata</b>	<b>161</b>		50-59	49			00:00:00	00:13:24	<b>00:31:52.45</b>	<b>00:31:52.45</b>	+00:12:44 (40.0%)	6:00	10 (60.2%)
83	<b>LECHOWICZ Irena</b>	<b>362</b>	SZARE MORSY	50-59	50			00:00:00	00:14:10	<b>00:31:55.90</b>	<b>00:31:55.90</b>	+00:12:48 (40.1%)	6:01	10 (60.2%)
84	<b>KOSOWSKA Grażyna</b>	<b>492</b>	KOBIETY NA 5+	50-59	51	Kobiety na 5+		00:00:00	00:13:23	<b>00:31:59.20</b>	<b>00:31:59.20</b>	+00:12:51 (40.2%)	6:02	9.9 (59.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
85	ZAWADA Teresa	491		50-59	52			00:00:00	00:13:31	00:32:05.60	00:32:05.60	+00:12:58 (40.4%)	6:03	9.9 (59.6%)
86	REYMANN Milena	343		40-49	184	Bank Spółdzielczy w Jastrzębiu Zdroju		00:00:00	00:13:49	00:32:06.05	00:32:06.05	+00:12:58 (40.4%)	6:03	9.9 (59.6%)
87	KUCIEJ Justyna	271		40-49	186			00:00:00	00:13:51	00:32:08.65	00:32:08.65	+00:13:01 (40.5%)	6:03	9.9 (59.6%)
88	RUSEK Aleksandra	727		20-29	33			00:00:00		00:32:10.75	00:32:10.75	+00:13:03 (40.6%)	6:04	9.9 (59.6%)
89	JAKUBIK Edyta	442		30-39	133			00:00:00	00:13:43	00:32:22.40	00:32:22.40	+00:13:14 (40.9%)	6:06	9.8 (59.0%)
90	BORDA Grażyna	804		40-49	192			00:00:00	00:13:53	00:32:23.25	00:32:23.25	+00:13:15 (40.9%)	6:06	9.8 (59.0%)
91	KARAŚ Daria	600		30-39	136			00:00:00	00:13:25	00:32:26.55	00:32:26.55	+00:13:18 (41.0%)	6:07	9.8 (59.0%)
92	BURDZIK Weronika	830		20-29	35			00:00:00	00:13:47	00:32:28.25	00:32:28.25	+00:13:20 (41.1%)	6:07	9.8 (59.0%)
93	KAFARA Joanna	293	WATAHA	30-39	141			00:00:00	00:14:24	00:32:37.40	00:32:37.40	+00:13:29 (41.4%)	6:09	9.7 (58.4%)
94	NALEWAJKA Wioleta	276		50-59	56	Kobiety na 5+		00:00:00	00:13:25	00:32:41.60	00:32:41.60	+00:13:34 (41.5%)	6:10	9.7 (58.4%)
95	NIEDZIOŁKO Bożena	256	KOBIETY NA 5+	50-59	57	Kobiety na 5+		00:00:00	00:13:25	00:32:42.00	00:32:42.00	+00:13:34 (41.5%)	6:10	9.7 (58.4%)
96	SADOWSKA-LASYK Kamila	775		30-39	145			00:00:00	00:14:23	00:32:45.65	00:32:45.65	+00:13:38 (41.6%)	6:10	9.7 (58.4%)
97	OLSZEWSKA Dorota	364		40-49	199			00:00:00	00:14:17	00:32:51.15	00:32:51.15	+00:13:43 (41.8%)	6:11	9.7 (58.4%)
98	URBAŚ Monika	319		30-39	147	Kobiety na 5+		00:00:00	00:13:52	00:32:53.80	00:32:53.80	+00:13:46 (41.9%)	6:12	9.7 (58.4%)
99	PTASIŃSKA Iwona	483		20-29	37			00:00:00		00:32:54.90	00:32:54.90	+00:13:47 (41.9%)	6:12	9.7 (58.4%)
100	PAJAK Małgorzata	575	DRUŻYNAKOBIETY NA 5 +	50-59	58	Kobiety na 5+		00:00:00	00:13:54	00:32:55.25	00:32:55.25	+00:13:47 (41.9%)	6:12	9.7 (58.4%)
101	CIESLA Liliana	404		60+	8			00:00:00	00:13:49	00:32:57.10	00:32:57.10	+00:13:49 (42.0%)	6:13	9.7 (58.4%)
102	TRAWNICKA Małgosia	450		30-39	149			00:00:00	00:14:29	00:33:07.75	00:33:07.75	+00:14:00 (42.3%)	6:14	9.6 (57.8%)
103	MENDRELA Agata	327		50-59	61			00:00:00	00:13:33	00:33:30.90	00:33:30.90	+00:14:23 (42.9%)	6:19	9.5 (57.2%)
104	GŁÓWCZYK Izabella	474		40-49	213			00:00:00	00:14:25	00:33:38.50	00:33:38.50	+00:14:30 (43.1%)	6:20	9.5 (57.2%)
105	LERCH Ewa	113		20-29	39			00:00:00	00:13:58	00:33:41.50	00:33:41.50	+00:14:33 (43.2%)	6:21	9.4 (56.6%)
106	JANCZARA Ewa	677		40-49	214			00:00:00		00:33:42.45	00:33:42.45	+00:14:34 (43.3%)	6:21	9.4 (56.6%)
107	SZYMCZAK Mariola	743		60+	11			00:00:00	00:14:34	00:33:57.80	00:33:57.80	+00:14:50 (43.7%)	6:24	9.4 (56.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
108	NOWICKA Ola	651		30-39	165			00:00:00	00:14:45	00:34:21.40	00:34:21.40	+00:15:13 (44.3%)	6:28	9.3 (56.0%)
109	SPYRKA Monika	587		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	00:34:25.80	00:34:25.80	+00:15:18 (44.4%)	6:29	9.2 (55.4%)
110	ROSTALSKA Sylwia	880		20-29	43			00:00:00	00:13:17	00:34:30.55	00:34:30.55	+00:15:22 (44.6%)	6:30	9.2 (55.4%)
111	SMOZIK Mariola	809		40-49	228			00:00:00		00:34:30.70	00:34:30.70	+00:15:23 (44.6%)	6:30	9.2 (55.4%)
112	SOBINA Roksana	5	KLUB BIEGACZA FARTLEK	40-49	229	Klub Biegacza Fartlek		00:00:00	00:14:54	00:34:31.35	00:34:31.35	+00:15:23 (44.6%)	6:30	9.2 (55.4%)
113	SAWICKA Agnieszka	592		40-49	230			00:00:00	00:14:55	00:34:32.00	00:34:32.00	+00:15:24 (44.6%)	6:30	9.2 (55.4%)
114	SZCZEPANEK Urszula	819		40-49	232			00:00:00	00:15:16	00:34:32.75	00:34:32.75	+00:15:25 (44.6%)	6:30	9.2 (55.4%)
115	ZMUDA Ewelina	243		30-39	170			00:00:00	00:14:26	00:34:34.90	00:34:34.90	+00:15:27 (44.7%)	6:31	9.2 (55.4%)
116	ZIEJA Martyna	860		20-29	46			00:00:00	00:15:12	00:34:41.40	00:34:41.40	+00:15:33 (44.9%)	6:32	9.2 (55.4%)
117	BOGACZ-BUCHTA Anna	715		40-49	235			00:00:00	00:15:10	00:34:45.55	00:34:45.55	+00:15:37 (45.0%)	6:33	9.2 (55.4%)
118	PAŁYS Agata	378		30-39	172			00:00:00	00:14:07	00:34:49.10	00:34:49.10	+00:15:41 (45.1%)	6:34	9.1 (54.8%)
119	MYŚLIWIEC Monika	369	KOBIETY NA 5+	40-49	236	Kobiety na 5+		00:00:00	00:14:38	00:34:49.50	00:34:49.50	+00:15:41 (45.1%)	6:34	9.1 (54.8%)
120	DYNIA Magdalena	270		40-49	244			00:00:00	00:15:08	00:35:07.90	00:35:07.90	+00:16:00 (45.6%)	6:37	9.1 (54.8%)
121	CIEMIĘGA Izabela	512		20-29	48			00:00:00	00:15:23	00:35:11.95	00:35:11.95	+00:16:04 (45.7%)	6:38	9 (54.2%)
122	KOWALSKA Małgorzata	370		50-59	72			00:00:00	00:14:48	00:35:18.05	00:35:18.05	+00:16:10 (45.8%)	6:39	9 (54.2%)
123	KOZŁOWSKA Patrycja	578		30-39	180	Byle do mety		00:00:00	00:14:29	00:35:24.60	00:35:24.60	+00:16:17 (46.0%)	6:40	9 (54.2%)
124	SERAFIN-CHWAŁEK Joanna	452		40-49	252			00:00:00	00:14:46	00:35:24.70	00:35:24.70	+00:16:17 (46.0%)	6:40	9 (54.2%)
125	PLATA Marlena	576		30-39	181			00:00:00	00:15:50	00:35:26.45	00:35:26.45	+00:16:18 (46.0%)	6:41	9 (54.2%)
126	BETAŃSKA Aneta	451	KOBIETY NA 5+	40-49	254	Kobiety na 5+		00:00:00	00:14:38	00:35:28.00	00:35:28.00	+00:16:20 (46.1%)	6:41	9 (54.2%)
127	OLCZYK ZIELIŃSKA Wioletta	292	KOBIETY NA 5+	50-59	74	Kobiety na 5+		00:00:00	00:14:28	00:35:29.35	00:35:29.35	+00:16:21 (46.1%)	6:41	9 (54.2%)
128	GAPIŃSKA Agata	670		50-59	75			00:00:00	00:15:29	00:35:38.45	00:35:38.45	+00:16:30 (46.3%)	6:43	8.9 (53.6%)
129	NIEDŹWIEDŹ Maja	596		40-49	257			00:00:00	00:15:01	00:35:38.80	00:35:38.80	+00:16:31 (46.3%)	6:43	8.9 (53.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time	Czas brutto	Pace min/km	Pace km/h	
										5.3km	5.3km			Gap
130	WYSOCKA Agnieszka	844		20-29	50			00:00:00	00:15:14	00:35:38.95	00:35:38.95	+00:16:31 (46.3%)	6:43	8.9 (53.6%)
131	JASKÓŁA Izabela	699		30-39	183			00:00:00	00:14:23	00:35:40.45	00:35:40.45	+00:16:32 (46.4%)	6:43	8.9 (53.6%)
132	PIPIRO Grażyna	609		60+	12			00:00:00	00:15:41	00:35:50.65	00:35:50.65	+00:16:43 (46.6%)	6:45	8.9 (53.6%)
133	KOTOSKA Aneta	780		30-39	185			00:00:00	00:14:22	00:35:53.35	00:35:53.35	+00:16:45 (46.7%)	6:46	8.9 (53.6%)
134	BARTNIK Joanna	493		40-49	260			00:00:00	00:14:59	00:35:57.20	00:35:57.20	+00:16:49 (46.8%)	6:46	8.8 (53.0%)
135	SZYPUŁA Joanna	703		30-39	186			00:00:00	00:15:55	00:35:57.70	00:35:57.70	+00:16:50 (46.8%)	6:46	8.8 (53.0%)
136	SZEWCZUK Agnieszka	481		40-49	262	Byle do mety		00:00:00	00:15:00	00:36:14.85	00:36:14.85	+00:17:07 (47.2%)	6:50	8.8 (53.0%)
137	STEFANIK Katarzyna	471		30-39	193			00:00:00	00:16:27	00:36:34.75	00:36:34.75	+00:17:27 (47.7%)	6:53	8.7 (52.4%)
138	OSTAPIUK Anna	864		30-39	197			00:00:00	00:15:18	00:36:44.20	00:36:44.20	+00:17:36 (47.9%)	6:55	8.7 (52.4%)
139	ANIOŁ-BARLIK Agnieszka	23		40-49	265			00:00:00	00:15:29	00:36:44.65	00:36:44.65	+00:17:37 (47.9%)	6:55	8.7 (52.4%)
140	DAMIS Daria	444		30-39	198			00:00:00	00:16:26	00:36:46.85	00:36:46.85	+00:17:39 (48.0%)	6:56	8.6 (51.8%)
141	RATAJCZAK Ewa	559		40-49	266			00:00:00	00:15:40	00:36:49.95	00:36:49.95	+00:17:42 (48.1%)	6:56	8.6 (51.8%)
142	WACHTARCZYK Dominika	525		20-29	55			00:00:00	00:16:39	00:36:53.00	00:36:53.00	+00:17:45 (48.1%)	6:57	8.6 (51.8%)
143	POŁEDNIOK Aleksandra	668		40-49	267			00:00:00	00:15:51	00:36:54.90	00:36:54.90	+00:17:47 (48.2%)	6:57	8.6 (51.8%)
144	PŁOTKA Joanna	888		20-29	57			00:00:00	00:15:37	00:36:55.90	00:36:55.90	+00:17:48 (48.2%)	6:57	8.6 (51.8%)
145	GARUS Angela	376		40-49	272			00:00:00	00:15:52	00:36:56.05	00:36:56.05	+00:17:48 (48.2%)	6:58	8.6 (51.8%)
146	SZYNAL Magdalena	503		30-39	201			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:04 (48.6%)	7:01	8.5 (51.2%)
147	MIŚKOWIEC Agnieszka	255		40-49	280			00:00:00	00:14:29	00:37:24.45	00:37:24.45	+00:18:16 (48.9%)	7:03	8.5 (51.2%)
148	MATYJA Kararzyna	872		40-49	282			00:00:00	00:15:41	00:37:29.60	00:37:29.60	+00:18:22 (49.0%)	7:04	8.5 (51.2%)
149	SZCZUCHNIAK Adriana	501		40-49	283			00:00:00	00:15:26	00:37:32.10	00:37:32.10	+00:18:24 (49.0%)	7:04	8.5 (51.2%)
150	SAWICKA Marta	557		40-49	284	Kobiety na 5+		00:00:00	00:16:24	00:37:32.50	00:37:32.50	+00:18:24 (49.1%)	7:04	8.5 (51.2%)
150	WAWOCZNY Anita	509	KOBIETY NA 5+	40-49	285	Kobiety na 5+		00:00:00	00:16:25	00:37:32.50	00:37:32.50	+00:18:24 (49.1%)	7:04	8.5 (51.2%)
152	KOWALCZYK Basia	624		30-39	206			00:00:00	00:15:40	00:37:38.85	00:37:38.85	+00:18:31 (49.2%)	7:06	8.4 (50.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
153	<b>OLEŚ Ula</b>	<b>750</b>		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	<b>00:37:46.70</b>	<b>00:37:46.70</b>	+00:18:39 (49.4%)	7:07	8.4 (50.6%)
154	<b>GÓRNICZ Patrycja</b>	<b>652</b>		30-39	208				00:00:00	00:16:45	<b>00:38:04.15</b>	<b>00:38:04.15</b>	+00:18:56 (49.8%)	7:10
155	<b>TRZCIŃSKA Joanna</b>	<b>461</b>	KOBIETY NA 5+	30-39	210	Kobiety na 5+		00:00:00	00:16:25	<b>00:38:23.15</b>	<b>00:38:23.15</b>	+00:19:15 (50.2%)	7:14	8.3 (50.0%)
156	<b>MYŚLIWIEC Barbara</b>	<b>298</b>	KOBIETY NA 5+	20-29	63	Kobiety na 5+		00:00:00	00:16:26	<b>00:38:23.85</b>	<b>00:38:23.85</b>	+00:19:16 (50.2%)	7:14	8.3 (50.0%)
157	<b>WAGNER Natalia</b>	<b>912</b>		30-39	211			00:00:00	00:17:06	<b>00:38:35.30</b>	<b>00:38:35.30</b>	+00:19:27 (50.4%)	7:16	8.2 (49.4%)
158	<b>PUCHALIK Barbara</b>	<b>883</b>		50-59	86			00:00:00		<b>00:38:56.40</b>	<b>00:38:56.40</b>	+00:19:48 (50.9%)	7:20	8.2 (49.4%)
159	<b>ŁUCZAK Anna</b>	<b>881</b>		40-49	295			00:00:00	00:17:18	<b>00:38:57.10</b>	<b>00:38:57.10</b>	+00:19:49 (50.9%)	7:20	8.2 (49.4%)
160	<b>KACZOREK Małgorzata</b>	<b>839</b>		30-39	213			00:00:00	00:15:35	<b>00:39:11.30</b>	<b>00:39:11.30</b>	+00:20:03 (51.2%)	7:23	8.1 (48.8%)
161	<b>GARDECKA Katarzyna</b>	<b>882</b>		40-49	298			00:00:00	00:17:18	<b>00:39:15.50</b>	<b>00:39:15.50</b>	+00:20:07 (51.3%)	7:24	8.1 (48.8%)
162	<b>LERCH-WÓJCIK Anna</b>	<b>884</b>		30-39	215			00:00:00	00:17:18	<b>00:39:16.00</b>	<b>00:39:16.00</b>	+00:20:08 (51.3%)	7:24	8.1 (48.8%)
163	<b>GRZELAK Patrycja</b>	<b>631</b>	KOLOROWA DRUŻYNA NESSI	40-49	303	Kolorowa Drużyna Nessi		00:00:00	00:17:19	<b>00:39:40.15</b>	<b>00:39:40.15</b>	+00:20:32 (51.8%)	7:29	8 (48.2%)
164	<b>ROTTER Hanna</b>	<b>566</b>		60+	16			00:00:00	00:17:08	<b>00:39:40.65</b>	<b>00:39:40.65</b>	+00:20:33 (51.8%)	7:29	8 (48.2%)
165	<b>KUBAS Alina</b>	<b>487</b>	KLUB BIEGACZA FARTLEK	50-59	90	Klub Biegacza Fartlek		00:00:00	00:16:53	<b>00:39:46.70</b>	<b>00:39:46.70</b>	+00:20:39 (51.9%)	7:30	8 (48.2%)
166	<b>IDZIKOWSKA Elżbieta</b>	<b>581</b>		40-49	307			00:00:00	00:17:29	<b>00:39:47.20</b>	<b>00:39:47.20</b>	+00:20:39 (51.9%)	7:30	8 (48.2%)
167	<b>IDZIKOWSKA Urszula</b>	<b>569</b>		20-29	65			00:00:00	00:17:30	<b>00:39:48.30</b>	<b>00:39:48.30</b>	+00:20:40 (51.9%)	7:30	8 (48.2%)
168	<b>PROKOPIUK Adriana</b>	<b>591</b>	KLUB BIEGACZA FARTLEK	40-49	308	Klub Biegacza Fartlek		00:00:00	00:16:59	<b>00:39:48.50</b>	<b>00:39:48.50</b>	+00:20:40 (52.0%)	7:30	8 (48.2%)
169	<b>GIBAS Amanda</b>	<b>485</b>	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	<b>00:39:52.15</b>	<b>00:39:52.15</b>	+00:20:44 (52.0%)	7:31	8 (48.2%)
170	<b>PERKOWSKA Izabela</b>	<b>698</b>		50-59	92			00:00:00	00:17:49	<b>00:40:21.60</b>	<b>00:40:21.60</b>	+00:21:14 (52.6%)	7:36	7.9 (47.6%)
171	<b>SŁUPECKA Beata</b>	<b>721</b>		40-49	317			00:00:00	00:16:59	<b>00:40:30.85</b>	<b>00:40:30.85</b>	+00:21:23 (52.8%)	7:38	7.9 (47.6%)
172	<b>ZAJĄCZKOWSKA Emilia</b>	<b>815</b>	SOCJAL CORPO GROUP	30-39	222		Socjal Corpo Group	00:00:00	00:18:19	<b>00:40:35.95</b>	<b>00:40:35.95</b>	+00:21:28 (52.9%)	7:39	7.8 (47.0%)
173	<b>WOJTAL Danuta</b>	<b>733</b>		40-49	318			00:00:00	00:17:10	<b>00:40:39.35</b>	<b>00:40:39.35</b>	+00:21:31 (53.0%)	7:40	7.8 (47.0%)



Place	Participant	Number	Club	Category	MCat	Drużyna 1	Drużyna 2	Start time	Zawrotka 2.5km	Net time 5.3km	Czas brutto 5.3km	Gap	Pace min/km	Pace km/h
174	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>337</b>	RUNTEAM PAWŁOWICE	50-59	93			00:00:00	00:17:29	<b>00:40:52.20</b>	<b>00:40:52.20</b>	+00:21:44 (53.2%)	7:42	7.8 (47.0%)
175	<b>SEKUŁA Marlena</b>	<b>604</b>		40-49	322			00:00:00	00:17:15	<b>00:41:13.65</b>	<b>00:41:13.65</b>	+00:22:06 (53.6%)	7:46	7.7 (46.4%)
176	<b>LAZAR Joanna</b>	<b>768</b>		30-39	225			00:00:00	00:17:18	<b>00:41:21.65</b>	<b>00:41:21.65</b>	+00:22:14 (53.8%)	7:48	7.7 (46.4%)
177	<b>KRYSMAN Agnieszka</b>	<b>784</b>		40-49	323			00:00:00	00:17:11	<b>00:41:30.70</b>	<b>00:41:30.70</b>	+00:22:23 (53.9%)	7:49	7.7 (46.4%)
178	<b>STAŚKIEWICZ Beata</b>	<b>814</b>	SOCJAL CORPO GROUP	40-49	324		Socjal Corpo Group	00:00:00	00:18:18	<b>00:41:34.30</b>	<b>00:41:34.30</b>	+00:22:26 (54.0%)	7:50	7.7 (46.4%)
179	<b>RAJNYSZ Magdalena</b>	<b>797</b>		40-49	325			00:00:00	00:17:59	<b>00:42:40.05</b>	<b>00:42:40.05</b>	+00:23:32 (55.2%)	8:03	7.5 (45.2%)
180	<b>KOSZEWSKA Damuta</b>	<b>718</b>	KLUB BIEGACZA FARTLEK	50-59	95	Klub Biegacza Fartlek		00:00:00	00:18:01	<b>00:42:40.55</b>	<b>00:42:40.55</b>	+00:23:32 (55.2%)	8:03	7.5 (45.2%)
181	<b>SPYRKA Natalia</b>	<b>795</b>		30-39	228			00:00:00	00:18:05	<b>00:42:52.30</b>	<b>00:42:52.30</b>	+00:23:44 (55.4%)	8:05	7.4 (44.6%)
182	<b>BOBER Aneta</b>	<b>556</b>		30-39	229			00:00:00	00:18:08	<b>00:43:00.75</b>	<b>00:43:00.75</b>	+00:23:53 (55.5%)	8:06	7.4 (44.6%)
183	<b>NIEDŹWIEDŹ Julia</b>	<b>599</b>		20-29	67			00:00:00	00:17:57	<b>00:43:08.75</b>	<b>00:43:08.75</b>	+00:24:01 (55.7%)	8:08	7.4 (44.6%)
184	<b>BAZGIER Magdalena</b>	<b>661</b>		30-39	231			00:00:00	00:18:37	<b>00:43:39.10</b>	<b>00:43:39.10</b>	+00:24:31 (56.2%)	8:14	7.3 (44.0%)
185	<b>SZCZEPANIK Marta</b>	<b>886</b>		30-39	232			00:00:00	00:19:01	<b>00:44:12.70</b>	<b>00:44:12.70</b>	+00:25:05 (56.7%)	8:20	7.2 (43.4%)
186	<b>ŁANUCHA Mariola</b>	<b>580</b>	KOBIETY NA 5+	60+	18	Kobiety na 5+		00:00:00	00:18:08	<b>00:44:16.10</b>	<b>00:44:16.10</b>	+00:25:08 (56.8%)	8:21	7.2 (43.4%)
187	<b>RUTKOWSKA Anna</b>	<b>751</b>		40-49	329	Przedszkole Małych Bohaterów		00:00:00	00:20:08	<b>00:45:48.30</b>	<b>00:45:48.30</b>	+00:26:40 (58.2%)	8:38	6.9 (41.6%)
188	<b>MAGIEREK Magdalena</b>	<b>588</b>		30-39	233			00:00:00	00:20:24	<b>00:46:38.70</b>	<b>00:46:38.70</b>	+00:27:31 (59.0%)	8:47	6.8 (41.0%)
189	<b>WOŹNY Izabela</b>	<b>573</b>		30-39	235			00:00:00	00:20:25	<b>00:46:39.85</b>	<b>00:46:39.85</b>	+00:27:32 (59.0%)	8:48	6.8 (41.0%)
190	<b>GWIZDOŃ Elżbieta</b>	<b>895</b>		50-59	101			00:00:00	00:21:09	<b>00:49:28.85</b>	<b>00:49:28.85</b>	+00:30:21 (61.3%)	9:20	6.4 (38.6%)
191	<b>MALICH Aleksandra</b>	<b>747</b>	PRZEDSZKOLE MAŁYCH BOHATERÓW	20-29	69	Przedszkole Małych Bohaterów		00:00:00	00:22:53	<b>00:50:40.95</b>	<b>00:50:40.95</b>	+00:31:33 (62.3%)	9:33	6.3 (38.0%)
192	<b>WARLEWSKA Angelina</b>	<b>894</b>	PUSZYSTE JEST PIĘKNE	30-39	238	UZDROWISKO Puszyste jest piękne		00:00:00	00:23:20	<b>00:53:33.15</b>	<b>00:53:33.15</b>	+00:34:25 (64.3%)	10:06	5.9 (35.5%)
193	<b>WIŚNIEWSKA Janina</b>	<b>835</b>		50-59	103			00:00:00	00:35:24	<b>01:02:53.10</b>	<b>01:02:53.10</b>	+00:43:45 (69.6%)	11:51	5.1 (30.7%)

Total 193 results.