



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

"Kobiety na 5+" Jastrzębski Bieg Kobiet  
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
2023-05-21  
Jastrzębie-Zdrój  
5.3 km

## KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

| 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   | SUWAJ Aneta                | 741   | ALPIN SPORT TEAM                                    | 30-39 lat | 2    | TL Athletics Jastrzębie | ZABIEGANE | 00:00:00    | 00:08:42       | 00:20:11.45      | 00:20:11.45       |                   | 3:48         | 15.8 (100%)  |
| 2   | WRÓBLEWSKA Judyta          | 832   | TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY | 30-39 lat | 7    | TL Athletics Jastrzębie |           | 00:00:00    | 00:09:30       | 00:22:25.00      | 00:22:25.00       | +00:02:13 (9.9%)  | 4:13         | 14.2 (89.9%) |
| 3   | OPIEKULSKA Renata          | 566   |                                                     | 40-49 lat | 13   |                         |           | 00:00:00    | 00:09:55       | 00:23:20.50      | 00:23:20.50       | +00:03:09 (13.5%) | 4:24         | 13.6 (86.1%) |
| 4   | PASŁAWSKA Katarzyna        | 591   | KOBIETY NA 5+                                       | 40-49 lat | 15   | Kobiety na 5+           |           | 00:00:00    | 00:10:10       | 00:24:02.45      | 00:24:02.45       | +00:03:51 (16.0%) | 4:32         | 13.2 (83.5%) |
| 5   | NIESŁAŃCZYK Małgorzata     | 540   | WATAHA                                              | 40-49 lat | 16   | WATAHA                  |           | 00:00:00    | 00:10:09       | 00:24:21.10      | 00:24:21.10       | +00:04:09 (17.1%) | 4:35         | 13.1 (82.9%) |
| 6   | KWAPISZ-BONUSIAK Dorota    | 413   |                                                     | 30-39 lat | 24   |                         |           | 00:00:00    | 00:10:25       | 00:25:12.05      | 00:25:12.05       | +00:05:00 (19.9%) | 4:45         | 12.6 (79.7%) |
| 7   | KUPCZAK Dominika           | 396   |                                                     | 16-19 lat | 4    |                         |           | 00:00:00    | 00:11:05       | 00:25:48.55      | 00:25:48.55       | +00:05:37 (21.8%) | 4:52         | 12.3 (77.8%) |
| 8   | MATUSZCZAK Wioleta         | 479   | TL ATHLETICS JASTRZĘBIE                             | 16-19 lat | 5    | TL Athletics Jastrzębie |           | 00:00:00    | 00:11:09       | 00:25:55.95      | 00:25:55.95       | +00:05:44 (22.1%) | 4:53         | 12.3 (77.8%) |
| 9   | BURZYŃSKA-GÓRKA Aleksandra | 75    |                                                     | 30-39 lat | 30   |                         |           | 00:00:00    | 00:11:18       | 00:26:12.35      | 00:26:12.35       | +00:06:00 (23.0%) | 4:56         | 12.1 (76.6%) |
| 10  | POPEK Barbara              | 626   | SOBIESKI6                                           | 50-59 lat | 8    | Sobieski6               | Sobieski6 | 00:00:00    | 00:10:40       | 00:26:12.65      | 00:26:12.65       | +00:06:01 (23.0%) | 4:56         | 12.1 (76.6%) |
| 11  | MAZUR Małgorzata           | 484   |                                                     | 40-49 lat | 34   |                         |           | 00:00:00    | 00:11:27       | 00:26:36.00      | 00:26:36.00       | +00:06:24 (24.1%) | 5:01         | 12 (75.9%)   |
| 12  | MIKULAK Natalia            | 498   |                                                     | 20-29 lat | 8    |                         |           | 00:00:00    | 00:11:37       | 00:26:46.35      | 00:26:46.35       | +00:06:34 (24.6%) | 5:03         | 11.9 (75.3%) |
| 13  | RAŻNIAK Beata              | 646   | KOBIETY NA 5+                                       | 50-59 lat | 12   | Kobiety na 5+           |           | 00:00:00    | 00:11:40       | 00:27:01.05      | 00:27:01.05       | +00:06:49 (25.3%) | 5:05         | 11.8 (74.7%) |
| 14  | MUSIAŁ Wioletta            | 519   | SZARE MORSY                                         | 40-49 lat | 44   | Szare Morsy             |           | 00:00:00    | 00:11:34       | 00:27:20.15      | 00:27:20.15       | +00:07:08 (26.1%) | 5:09         | 11.6 (73.4%) |
| 15  | LERCH-HENCZKO Maria        | 425   |                                                     | 30-39 lat | 41   |                         |           | 00:00:00    | 00:11:07       | 00:27:25.95      | 00:27:25.95       | +00:07:14 (26.4%) | 5:10         | 11.6 (73.4%) |
| 16  | PŁASKA Barbara             | 620   | KOBIETY NA 5+                                       | 50-59 lat | 14   | Kobiety na 5+           |           | 00:00:00    | 00:11:43       | 00:27:37.65      | 00:27:37.65       | +00:07:26 (26.9%) | 5:12         | 11.5 (72.8%) |
| 17  | GORZELAK Joanna            | 194   | KOBIETY NA 5+                                       | 40-49 lat | 54   | Kobiety na 5+           |           | 00:00:00    | 00:11:57       | 00:27:58.00      | 00:27:58.00       | +00:07:46 (27.8%) | 5:16         | 11.4 (72.2%) |
| 18  | CHORCHOS Magdalena         | 84    |                                                     | 30-39 lat | 49   |                         |           | 00:00:00    | 00:12:48       | 00:28:32.05      | 00:28:32.05       | +00:08:20 (29.2%) | 5:23         | 11.1 (70.3%) |

| Msc | Zawodnik               | Numer | Klub                    | Kategoria | Mkat | Drużyna 1                             | Drużyna 2   | Czas startu | Zawrotka 2.5km | Czas netto 5.3km | Czas brutto 5.3km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-------------------------|-----------|------|---------------------------------------|-------------|-------------|----------------|------------------|-------------------|-------------------|--------------|--------------|
| 19  | JASIŃSKA-DUDEK Barbara | 264   |                         | 30-39 lat | 51   |                                       |             | 00:00:00    | 00:11:58       | 00:28:42.55      | 00:28:42.55       | +00:08:31 (29.7%) | 5:24         | 11.1 (70.3%) |
| 20  | BORUTA Wioletta        | 57    |                         | 40-49 lat | 65   |                                       |             | 00:00:00    | 00:12:04       | 00:28:50.70      | 00:28:50.70       | +00:08:39 (30.0%) | 5:26         | 11 (69.6%)   |
| 21  | RANSZ Beata            | 643   | PRZYJACIÓŁKI DO SPÓŁKI  | 50-59 lat | 21   |                                       |             | 00:00:00    | 00:12:17       | 00:28:54.90      | 00:28:54.90       | +00:08:43 (30.2%) | 5:27         | 11 (69.6%)   |
| 22  | GATNER Agnieszka       | 171   |                         | 40-49 lat | 69   |                                       |             | 00:00:00    | 00:12:19       | 00:29:05.10      | 00:29:05.10       | +00:08:53 (30.6%) | 5:29         | 10.9 (69.0%) |
| 23  | RATAJCZYK Dominika     | 1191  |                         | 20-29 lat | 15   |                                       |             | 00:00:00    | 00:11:35       | 00:29:06.80      | 00:29:06.80       | +00:08:55 (30.6%) | 5:29         | 10.9 (69.0%) |
| 24  | KONOPKA Magdalena      | 343   |                         | 30-39 lat | 54   |                                       | Magda i Ola | 00:00:00    | 00:13:01       | 00:29:09.50      | 00:29:09.50       | +00:08:58 (30.8%) | 5:30         | 10.9 (69.0%) |
| 25  | KRAWCZYK Urszula       | 371   |                         | 20-29 lat | 16   |                                       |             | 00:00:00    | 00:11:38       | 00:29:11.35      | 00:29:11.35       | +00:08:59 (30.8%) | 5:30         | 10.9 (69.0%) |
| 26  | SZYPUŁA Ola            | 766   | -                       | 16-19 lat | 7    |                                       | Magda i Ola | 00:00:00    | 00:13:02       | 00:29:23.50      | 00:29:23.50       | +00:09:12 (31.3%) | 5:32         | 10.8 (68.4%) |
| 27  | MUSIAŁ Maria           | 518   |                         | 60+       | 5    |                                       |             | 00:00:00    | 00:13:09       | 00:29:43.85      | 00:29:43.85       | +00:09:32 (32.1%) | 5:36         | 10.7 (67.7%) |
| 28  | KUSA Aleksandra        | 403   |                         | 50-59 lat | 30   |                                       |             | 00:00:00    | 00:12:37       | 00:29:55.15      | 00:29:55.15       | +00:09:43 (32.5%) | 5:38         | 10.6 (67.1%) |
| 29  | FRAJHOFER Ewka         | 149   |                         | 40-49 lat | 78   | Bank Spółdzielczy w Jastrzębiu Zdroju |             | 00:00:00    | 00:12:19       | 00:29:58.85      | 00:29:58.85       | +00:09:47 (32.7%) | 5:39         | 10.6 (67.1%) |
| 30  | AUGUSCIK Ewelina       | 10    | KOBIETY NA 5+           | 30-39 lat | 62   | Kobiety na 5+                         |             | 00:00:00    | 00:12:17       | 00:30:16.30      | 00:30:16.30       | +00:10:04 (33.3%) | 5:42         | 10.5 (66.5%) |
| 31  | SKOTNICKA Urszula      | 685   | NIE ZRZESZONA           | 50-59 lat | 32   |                                       |             | 00:00:00    | 00:12:33       | 00:30:21.00      | 00:30:21.00       | +00:10:09 (33.5%) | 5:43         | 10.5 (66.5%) |
| 32  | MARSZAŁKOWSKA Daria    | 471   |                         | 40-49 lat | 93   |                                       |             | 00:00:00    | 00:13:57       | 00:30:25.45      | 00:30:25.45       | +00:10:14 (33.6%) | 5:44         | 10.5 (66.5%) |
| 33  | SOBINA Roksana         | 707   | KLUB BIEGACZA FARTLEK   | 40-49 lat | 97   | Klub Biegacza Fartlek                 | Drem Team   | 00:00:00    | 00:12:43       | 00:30:39.15      | 00:30:39.15       | +00:10:27 (34.1%) | 5:46         | 10.4 (65.8%) |
| 34  | SZTABLA Liliana        | 760   | KLUB BIEGACZA FARTLEK   | 40-49 lat | 98   | Klub Biegacza Fartlek                 | Drem Team   | 00:00:00    | 00:12:43       | 00:30:39.85      | 00:30:39.85       | +00:10:28 (34.2%) | 5:46         | 10.4 (65.8%) |
| 35  | WARLEWSKA Joanna       | 792   |                         | 30-39 lat | 71   |                                       |             | 00:00:00    | 00:12:48       | 00:30:58.25      | 00:30:58.25       | +00:10:46 (34.8%) | 5:50         | 10.3 (65.2%) |
| 36  | LIPKA Edyta            | 429   |                         | 40-49 lat | 108  |                                       |             | 00:00:00    | 00:12:52       | 00:30:58.50      | 00:30:58.50       | +00:10:47 (34.8%) | 5:50         | 10.3 (65.2%) |
| 37  | KONIECZNY Marta        | 341   |                         | 20-29 lat | 23   |                                       |             | 00:00:00    | 00:13:05       | 00:31:04.10      | 00:31:04.10       | +00:10:52 (35.0%) | 5:51         | 10.2 (64.6%) |
| 38  | DROBIAK Kornelia       | 123   | KOBIETY NA 5+           | 30-39 lat | 72   | Kobiety na 5+                         |             | 00:00:00    | 00:13:05       | 00:31:04.90      | 00:31:04.90       | +00:10:53 (35.0%) | 5:51         | 10.2 (64.6%) |
| 39  | RADWAŃSKA Agata        | 640   |                         | 20-29 lat | 24   |                                       |             | 00:00:00    | 00:13:37       | 00:31:05.75      | 00:31:05.75       | +00:10:54 (35.1%) | 5:51         | 10.2 (64.6%) |
| 40  | LEGIERSKA Natalia      | 422   | TL ATHLETICS JASTRZĘBIE | 30-39 lat | 80   | TL Athletics Jastrzębie               | ZABIEGANE   | 00:00:00    | 00:12:56       | 00:31:27.40      | 00:31:27.40       | +00:11:15 (35.8%) | 5:56         | 10.1 (63.9%) |
| 41  | PIETROSZEK Władysława  | 607   |                         | 40-49 lat | 118  |                                       |             | 00:00:00    | 00:13:04       | 00:31:31.00      | 00:31:31.00       | +00:11:19 (35.9%) | 5:56         | 10.1 (63.9%) |
| 42  | JASTRZĘBSKA Ewa        | 266   |                         | 50-59 lat | 39   |                                       |             | 00:00:00    | 00:13:31       | 00:31:33.95      | 00:31:33.95       | +00:11:22 (36.0%) | 5:57         | 10.1 (63.9%) |

| 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   |
|-----|------------------------|-------|-----------------------|-----------|------|-----------------------|-------------------|-------------|----------------|------------------|-------------------|-------------------|--------------|--------------|
| 43  | GIŻYŃSKA Katarzyna     | 181   |                       | 30-39 lat | 83   | Kobiety na 5+         |                   | 00:00:00    | 00:13:10       | 00:31:38.90      | 00:31:38.90       | +00:11:27 (36.2%) | 5:58         | 10.1 (63.9%) |
| 44  | SZPYRA Anieli          | 759   |                       | 16-19 lat | 11   |                       |                   | 00:00:00    | 00:12:29       | 00:31:39.75      | 00:31:39.75       | +00:11:28 (36.2%) | 5:58         | 10 (63.3%)   |
| 45  | PIWISZKIS Barbara      | 615   | KOBIETY NA 5+         | 40-49 lat | 124  | Kobiety na 5+         | AnadoBara         | 00:00:00    | 00:13:06       | 00:31:44.80      | 00:31:44.80       | +00:11:33 (36.4%) | 5:59         | 10 (63.3%)   |
| 46  | FECZKO Monika          | 140   |                       | 20-29 lat | 26   |                       |                   | 00:00:00    | 00:12:51       | 00:31:45.85      | 00:31:45.85       | +00:11:34 (36.4%) | 5:59         | 10 (63.3%)   |
| 47  | UKLEJA Ela             | 786   |                       | 40-49 lat | 126  |                       |                   | 00:00:00    | 00:14:18       | 00:31:46.60      | 00:31:46.60       | +00:11:35 (36.5%) | 5:59         | 10 (63.3%)   |
| 48  | GAWEŁCZYK Daria        | 172   | SĄDÓWKI               | 30-39 lat | 86   | Sądówki               | Biegające Sądówki | 00:00:00    | 00:12:33       | 00:31:50.95      | 00:31:50.95       | +00:11:39 (36.6%) | 6:00         | 10 (63.3%)   |
| 49  | BAŁA Justyna           | 14    | KOBIETY NA 5+         | 40-49 lat | 129  | Kobiety na 5+         |                   | 00:00:00    | 00:13:36       | 00:31:51.85      | 00:31:51.85       | +00:11:40 (36.6%) | 6:00         | 10 (63.3%)   |
| 50  | ANIOŁ-BARLIK Agnieszka | 8     |                       | 40-49 lat | 132  |                       |                   | 00:00:00    | 00:13:20       | 00:31:54.90      | 00:31:54.90       | +00:11:43 (36.7%) | 6:01         | 10 (63.3%)   |
| 51  | DĄBROWSKA Katarzyna    | 105   |                       | 30-39 lat | 87   |                       |                   | 00:00:00    | 00:13:52       | 00:31:56.35      | 00:31:56.35       | +00:11:44 (36.8%) | 6:01         | 10 (63.3%)   |
| 52  | KŁEK Marzena           | 322   |                       | 40-49 lat | 134  |                       |                   | 00:00:00    | 00:13:53       | 00:32:00.70      | 00:32:00.70       | +00:11:49 (36.9%) | 6:02         | 9.9 (62.7%)  |
| 53  | MATUSZEK Anna          | 481   |                       | 30-39 lat | 88   |                       |                   | 00:00:00    | 00:13:05       | 00:32:08.95      | 00:32:08.95       | +00:11:57 (37.2%) | 6:03         | 9.9 (62.7%)  |
| 54  | DZIUK Jolanta          | 136   |                       | 50-59 lat | 47   |                       |                   | 00:00:00    | 00:12:55       | 00:32:10.25      | 00:32:10.25       | +00:11:58 (37.2%) | 6:04         | 9.9 (62.7%)  |
| 55  | SZPYRA Sonia           | 758   |                       | 40-49 lat | 136  |                       |                   | 00:00:00    | 00:13:22       | 00:32:11.60      | 00:32:11.60       | +00:12:00 (37.3%) | 6:04         | 9.9 (62.7%)  |
| 56  | ROŚCZAK Sylwia         | 659   |                       | 40-49 lat | 139  |                       |                   | 00:00:00    | 00:13:48       | 00:32:17.85      | 00:32:17.85       | +00:12:06 (37.5%) | 6:05         | 9.9 (62.7%)  |
| 57  | SOSNA Iwona            | 715   |                       | 40-49 lat | 148  |                       |                   | 00:00:00    | 00:13:53       | 00:32:34.05      | 00:32:34.05       | +00:12:22 (38.0%) | 6:08         | 9.8 (62.0%)  |
| 58  | FECZKO Lucyna          | 139   |                       | 40-49 lat | 154  |                       |                   | 00:00:00    | 00:12:56       | 00:32:48.90      | 00:32:48.90       | +00:12:37 (38.5%) | 6:11         | 9.7 (61.4%)  |
| 59  | BOBER Alicja           | 50    |                       | 40-49 lat | 157  |                       |                   | 00:00:00    | 00:14:19       | 00:32:58.00      | 00:32:58.00       | +00:12:46 (38.8%) | 6:13         | 9.6 (60.8%)  |
| 60  | KARAŚ Daria            | 296   |                       | 30-39 lat | 94   |                       | MyDwie            | 00:00:00    | 00:13:19       | 00:33:02.45      | 00:33:02.45       | +00:12:51 (38.9%) | 6:13         | 9.6 (60.8%)  |
| 61  | NALEWAJKA Wioleta      | 526   | KOBIETY NA 5+         | 50-59 lat | 53   | Kobiety na 5+         |                   | 00:00:00    | 00:13:05       | 00:33:22.30      | 00:33:22.30       | +00:13:10 (39.5%) | 6:17         | 9.5 (60.1%)  |
| 62  | NOWICKA Aleksandra     | 552   | KLUB BIEGACZA FARTLEK | 30-39 lat | 97   | Klub Biegacza Fartlek |                   | 00:00:00    | 00:13:39       | 00:33:27.95      | 00:33:27.95       | +00:13:16 (39.7%) | 6:18         | 9.5 (60.1%)  |
| 63  | MAZUR Aleksandra       | 483   |                       | 40-49 lat | 171  |                       |                   | 00:00:00    | 00:14:20       | 00:33:30.65      | 00:33:30.65       | +00:13:19 (39.7%) | 6:19         | 9.5 (60.1%)  |
| 64  | OZIMEK Aldona          | 572   |                       | 40-49 lat | 172  |                       |                   | 00:00:00    | 00:14:37       | 00:33:30.75      | 00:33:30.75       | +00:13:19 (39.8%) | 6:19         | 9.5 (60.1%)  |
| 65  | STOPYRA Agnieszka      | 728   |                       | 40-49 lat | 174  |                       |                   | 00:00:00    | 00:13:54       | 00:33:35.55      | 00:33:35.55       | +00:13:24 (39.9%) | 6:20         | 9.5 (60.1%)  |
| 66  | SPYRKA Monika          | 717   |                       | 30-39 lat | 102  | Klub Biegacza Fartlek |                   | 00:00:00    | 00:13:45       | 00:33:41.55      | 00:33:41.55       | +00:13:30 (40.1%) | 6:21         | 9.4 (59.5%)  |
| 67  | NIESŁAŃCZYK Barbara    | 541   | MYDWIE                | 30-39 lat | 104  |                       | MyDwie            | 00:00:00    | 00:14:29       | 00:33:45.25      | 00:33:45.25       | +00:13:33 (40.2%) | 6:22         | 9.4 (59.5%)  |

| 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  |
|-----|------------------------|-------|---------------|-----------|------|---------------------------------------|-----------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 68  | KOLAT Jadzia           | 334   | KOBIETY NA 5+ | 40-49 lat | 177  | Kobiety na 5+                         |           | 00:00:00    | 00:14:02       | 00:33:48.35      | 00:33:48.35       | +00:13:36 (40.3%) | 6:22         | 9.4 (59.5%) |
| 69  | MALISZEWSKA Beata      | 462   |               | 30-39 lat | 108  |                                       |           | 00:00:00    | 00:14:48       | 00:34:08.70      | 00:34:08.70       | +00:13:57 (40.9%) | 6:26         | 9.3 (58.9%) |
| 70  | PIĄTKOWSKA Aleksandra  | 601   |               | 20-29 lat | 35   |                                       |           | 00:00:00    | 00:14:32       | 00:34:11.60      | 00:34:11.60       | +00:14:00 (41.0%) | 6:26         | 9.3 (58.9%) |
| 71  | BEDNAREK Anita         | 26    |               | 40-49 lat | 191  |                                       |           | 00:00:00    | 00:13:50       | 00:34:18.00      | 00:34:18.00       | +00:14:06 (41.1%) | 6:28         | 9.3 (58.9%) |
| 72  | ADAMCZAK Renata        | 3     |               | 50-59 lat | 61   |                                       |           | 00:00:00    | 00:14:42       | 00:34:21.00      | 00:34:21.00       | +00:14:09 (41.2%) | 6:28         | 9.3 (58.9%) |
| 73  | DĘBOWSKA Beata         | 111   |               | 50-59 lat | 62   |                                       |           | 00:00:00    | 00:14:11       | 00:34:27.40      | 00:34:27.40       | +00:14:15 (41.4%) | 6:30         | 9.2 (58.2%) |
| 74  | PYZIK Barbara          | 639   | SZARE MORSY   | 40-49 lat | 198  | Szare Morsy                           |           | 00:00:00    | 00:14:05       | 00:34:36.50      | 00:34:36.50       | +00:14:25 (41.7%) | 6:31         | 9.2 (58.2%) |
| 75  | JANCZAR Angelika       | 244   |               | 30-39 lat | 115  |                                       |           | 00:00:00    | 00:14:38       | 00:34:40.15      | 00:34:40.15       | +00:14:28 (41.8%) | 6:32         | 9.2 (58.2%) |
| 76  | BEDNAREK Jolanta       | 25    |               | 50-59 lat | 63   |                                       |           | 00:00:00    | 00:14:32       | 00:34:40.20      | 00:34:40.20       | +00:14:28 (41.8%) | 6:32         | 9.2 (58.2%) |
| 77  | BOGACZ-BUCHTA Anna     | 53    |               | 40-49 lat | 201  |                                       |           | 00:00:00    | 00:14:47       | 00:34:43.05      | 00:34:43.05       | +00:14:31 (41.8%) | 6:33         | 9.2 (58.2%) |
| 78  | TATARCZYK Justyna      | 775   |               | 40-49 lat | 204  |                                       |           | 00:00:00    | 00:14:45       | 00:34:47.20      | 00:34:47.20       | +00:14:35 (42.0%) | 6:33         | 9.1 (57.6%) |
| 79  | CHRZĄSTEK Magdalena    | 86    |               | 30-39 lat | 118  |                                       |           | 00:00:00    | 00:14:20       | 00:35:02.35      | 00:35:02.35       | +00:14:50 (42.4%) | 6:36         | 9.1 (57.6%) |
| 80  | REYMANN Milena         | 650   |               | 40-49 lat | 211  | Bank Spółdzielczy w Jastrzębiu Zdroju |           | 00:00:00    | 00:15:29       | 00:35:08.55      | 00:35:08.55       | +00:14:57 (42.5%) | 6:37         | 9.1 (57.6%) |
| 81  | SITKO Dagmara          | 681   | KOBIETY NA 5+ | 30-39 lat | 121  | Kobiety na 5+                         |           | 00:00:00    | 00:15:04       | 00:35:16.55      | 00:35:16.55       | +00:15:05 (42.8%) | 6:39         | 9 (57.0%)   |
| 82  | MARON Honorata         | 466   |               | 20-29 lat | 38   |                                       |           | 00:00:00    | 00:15:42       | 00:35:24.85      | 00:35:24.85       | +00:15:13 (43.0%) | 6:40         | 9 (57.0%)   |
| 83  | SMOZIK Mariola         | 701   |               | 40-49 lat | 217  |                                       |           | 00:00:00    | 00:14:53       | 00:35:28.40      | 00:35:28.40       | +00:15:16 (43.1%) | 6:41         | 9 (57.0%)   |
| 84  | NOWROT Ewa             | 555   |               | 40-49 lat | 218  |                                       |           | 00:00:00    | 00:14:39       | 00:35:30.45      | 00:35:30.45       | +00:15:19 (43.1%) | 6:41         | 9 (57.0%)   |
| 85  | BANASZEWSKA Aleksandra | 16    |               | 30-39 lat | 127  |                                       |           | 00:00:00    | 00:14:19       | 00:35:30.75      | 00:35:30.75       | +00:15:19 (43.1%) | 6:41         | 9 (57.0%)   |
| 86  | SZYM CZAK Mariola      | 765   |               | 60+       | 11   |                                       |           | 00:00:00    | 00:15:18       | 00:35:40.25      | 00:35:40.25       | +00:15:28 (43.4%) | 6:43         | 8.9 (56.3%) |
| 87  | BIELA Małgorzata       | 38    | KOBIETY NA 5+ | 50-59 lat | 65   | Kobiety na 5+                         |           | 00:00:00    | 00:14:48       | 00:35:48.30      | 00:35:48.30       | +00:15:36 (43.6%) | 6:45         | 8.9 (56.3%) |
| 88  | BORDA Grażyna          | 56    | KOBIETY NA 5+ | 40-49 lat | 225  | Kobiety na 5+                         |           | 00:00:00    | 00:14:35       | 00:36:05.65      | 00:36:05.65       | +00:15:54 (44.1%) | 6:48         | 8.8 (55.7%) |
| 89  | GAŃKO Grażyna          | 165   |               | 60+       | 12   |                                       |           | 00:00:00    | 00:15:29       | 00:36:06.35      | 00:36:06.35       | +00:15:54 (44.1%) | 6:48         | 8.8 (55.7%) |
| 90  | URBAŚ Monika           | 788   | KOBIETY NA 5+ | 30-39 lat | 134  | kobiety na 5+                         |           | 00:00:00    | 00:14:37       | 00:36:06.55      | 00:36:06.55       | +00:15:55 (44.1%) | 6:48         | 8.8 (55.7%) |
| 91  | PAJĄK Małgorzata       | 578   | KOBIETY NA 5+ | 50-59 lat | 70   | Kobiety na 5+                         |           | 00:00:00    | 00:14:37       | 00:36:07.10      | 00:36:07.10       | +00:15:55 (44.1%) | 6:48         | 8.8 (55.7%) |
| 92  | DYNIA Magdalena        | 130   | DYŃKI TEAM    | 40-49 lat | 226  | Dyńki Team                            |           | 00:00:00    | 00:15:25       | 00:36:07.35      | 00:36:07.35       | +00:15:55 (44.1%) | 6:48         | 8.8 (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  |
|-----|------------------------|-------|-----------------------|-----------|------|---------------|-----------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 93  | LORENZ Hanna           | 435   |                       | 16-19 lat | 17   |               |           | 00:00:00    | 00:14:53       | 00:36:09.65      | 00:36:09.65       | +00:15:58 (44.2%) | 6:49         | 8.8 (55.7%) |
| 94  | NAPIERAŁA Marta        | 528   |                       | 30-39 lat | 138  |               |           | 00:00:00    | 00:15:28       | 00:36:14.80      | 00:36:14.80       | +00:16:03 (44.3%) | 6:50         | 8.8 (55.7%) |
| 95  | BIAŁEK Sonia           | 32    | UZDROWISKO            | 30-39 lat | 141  | UZDROWISKO    |           | 00:00:00    | 00:15:44       | 00:36:20.65      | 00:36:20.65       | +00:16:09 (44.4%) | 6:51         | 8.8 (55.7%) |
| 96  | BOŻEK Dagmara          | 58    |                       | 40-49 lat | 227  |               |           | 00:00:00    | 00:15:11       | 00:36:22.50      | 00:36:22.50       | +00:16:11 (44.5%) | 6:51         | 8.7 (55.1%) |
| 97  | LORENZ Agnieszka       | 434   | GB GALOPUJĄCE ŚLIMAKI | 40-49 lat | 230  |               |           | 00:00:00    | 00:15:10       | 00:36:27.05      | 00:36:27.05       | +00:16:15 (44.6%) | 6:52         | 8.7 (55.1%) |
| 98  | TOMALA Beata           | 779   |                       | 40-49 lat | 231  |               |           | 00:00:00    | 00:15:32       | 00:36:28.35      | 00:36:28.35       | +00:16:16 (44.6%) | 6:52         | 8.7 (55.1%) |
| 99  | DRANICZAREK Anna       | 121   |                       | 30-39 lat | 143  |               |           | 00:00:00    | 00:15:02       | 00:36:29.05      | 00:36:29.05       | +00:16:17 (44.7%) | 6:53         | 8.7 (55.1%) |
| 100 | ABRACHAMCZYK Agnieszka | 1     |                       | 20-29 lat | 42   |               |           | 00:00:00    | 00:16:14       | 00:36:31.80      | 00:36:31.80       | +00:16:20 (44.7%) | 6:53         | 8.7 (55.1%) |
| 101 | LESZCZYŃSKA Violetta   | 426   |                       | 50-59 lat | 76   |               |           | 00:00:00    | 00:16:36       | 00:36:42.25      | 00:36:42.25       | +00:16:30 (45.0%) | 6:55         | 8.7 (55.1%) |
| 102 | KRYSIAK Marcelina      | 375   |                       | 20-29 lat | 43   |               |           | 00:00:00    | 00:15:05       | 00:36:49.20      | 00:36:49.20       | +00:16:37 (45.2%) | 6:56         | 8.6 (54.4%) |
| 103 | DRÓŹDŹ Monika          | 124   |                       | 40-49 lat | 242  |               |           | 00:00:00    | 00:15:48       | 00:37:03.80      | 00:37:03.80       | +00:16:52 (45.5%) | 6:59         | 8.6 (54.4%) |
| 104 | DAMIS Daria            | 103   |                       | 30-39 lat | 151  |               |           | 00:00:00    | 00:15:27       | 00:37:16.70      | 00:37:16.70       | +00:17:05 (45.8%) | 7:01         | 8.5 (53.8%) |
| 105 | STEFANIK Katarzyna     | 725   |                       | 30-39 lat | 152  |               |           | 00:00:00    | 00:15:27       | 00:37:17.05      | 00:37:17.05       | +00:17:05 (45.8%) | 7:02         | 8.5 (53.8%) |
| 106 | POŁEDNIOK Aleksandra   | 625   |                       | 40-49 lat | 248  |               |           | 00:00:00    | 00:16:24       | 00:37:40.40      | 00:37:40.40       | +00:17:28 (46.4%) | 7:06         | 8.4 (53.2%) |
| 107 | OLCZYK Wioletta        | 558   | KOBIETY NA 5+         | 50-59 lat | 79   | Kobiety na 5+ |           | 00:00:00    | 00:14:30       | 00:37:40.60      | 00:37:40.60       | +00:17:29 (46.4%) | 7:06         | 8.4 (53.2%) |
| 108 | WACHTARCZYK Dominika   | 790   |                       | 30-39 lat | 155  |               |           | 00:00:00    | 00:15:51       | 00:37:41.40      | 00:37:41.40       | +00:17:29 (46.4%) | 7:06         | 8.4 (53.2%) |
| 109 | ZIEJA Martyna          | 852   |                       | 20-29 lat | 46   | Sądówki       |           | 00:00:00    | 00:16:04       | 00:37:42.25      | 00:37:42.25       | +00:17:30 (46.4%) | 7:06         | 8.4 (53.2%) |
| 110 | IDZIKOWSKA Elżbieta    | 237   |                       | 40-49 lat | 249  | Oribanda      |           | 00:00:00    | 00:16:04       | 00:37:44.55      | 00:37:44.55       | +00:17:33 (46.5%) | 7:07         | 8.4 (53.2%) |
| 111 | IDZIKOWSKA Urszula     | 236   |                       | 20-29 lat | 47   | Oribanda      |           | 00:00:00    | 00:16:05       | 00:37:44.80      | 00:37:44.80       | +00:17:33 (46.5%) | 7:07         | 8.4 (53.2%) |
| 112 | NIEDŹWIEDŹ Maja        | 538   |                       | 40-49 lat | 250  |               |           | 00:00:00    | 00:14:47       | 00:37:45.95      | 00:37:45.95       | +00:17:34 (46.5%) | 7:07         | 8.4 (53.2%) |
| 113 | KOWALSKA Małgorzata    | 361   |                       | 50-59 lat | 81   |               |           | 00:00:00    | 00:15:59       | 00:37:47.45      | 00:37:47.45       | +00:17:36 (46.6%) | 7:07         | 8.4 (53.2%) |
| 114 | KNAP Beata             | 326   |                       | 50-59 lat | 83   |               |           | 00:00:00    | 00:15:49       | 00:37:53.00      | 00:37:53.00       | +00:17:41 (46.7%) | 7:08         | 8.4 (53.2%) |
| 115 | SERAFIN-CHWAŁEK Joanna | 673   |                       | 40-49 lat | 253  |               |           | 00:00:00    | 00:15:20       | 00:37:57.70      | 00:37:57.70       | +00:17:46 (46.8%) | 7:09         | 8.4 (53.2%) |
| 116 | JAKUBIK Edyta          | 242   |                       | 30-39 lat | 157  |               |           | 00:00:00    | 00:15:28       | 00:38:01.15      | 00:38:01.15       | +00:17:49 (46.9%) | 7:10         | 8.4 (53.2%) |
| 117 | JANCZARA Ewa           | 245   |                       | 40-49 lat | 258  |               |           | 00:00:00    | 00:15:47       | 00:38:09.50      | 00:38:09.50       | +00:17:58 (47.1%) | 7:11         | 8.3 (52.5%) |
| 118 | SŁYSZ Natalia          | 698   |                       | 30-39 lat | 160  | Byle Do Mety  |           | 00:00:00    | 00:15:56       | 00:38:11.00      | 00:38:11.00       | +00:17:59 (47.1%) | 7:12         | 8.3 (52.5%) |

| 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  |
|-----|-----------------------|-------|-------------------|-----------|------|-------------------|-----------------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 119 | KOWALCZYK Barbara     | 358   |                   | 40-49 lat | 260  |                   |                 | 00:00:00    | 00:15:59       | 00:38:13.85      | 00:38:13.85       | +00:18:02 (47.2%) | 7:12         | 8.3 (52.5%) |
| 120 | BARTNIK Joanna        | 19    | STREET SPIRIT     | 40-49 lat | 261  |                   |                 | 00:00:00    | 00:15:56       | 00:38:14.00      | 00:38:14.00       | +00:18:02 (47.2%) | 7:12         | 8.3 (52.5%) |
| 121 | KLUZ Justyna          | 319   |                   | 30-39 lat | 163  |                   | Frelki          | 00:00:00    | 00:16:10       | 00:38:15.50      | 00:38:15.50       | +00:18:04 (47.2%) | 7:13         | 8.3 (52.5%) |
| 122 | PIECHOCIŃSKA Kasia    | 603   | SZARE MORSY       | 30-39 lat | 166  | Szare Morsy       |                 | 00:00:00    | 00:17:07       | 00:38:25.40      | 00:38:25.40       | +00:18:13 (47.5%) | 7:14         | 8.3 (52.5%) |
| 123 | DACENKO Joanna        | 101   |                   | 40-49 lat | 267  |                   |                 | 00:00:00    | 00:16:53       | 00:38:41.50      | 00:38:41.50       | +00:18:30 (47.8%) | 7:17         | 8.2 (51.9%) |
| 124 | ROJEK Natalia         | 652   |                   | 20-29 lat | 49   |                   |                 | 00:00:00    | 00:16:25       | 00:38:47.75      | 00:38:47.75       | +00:18:36 (48.0%) | 7:19         | 8.2 (51.9%) |
| 125 | WAGNER Natalia        | 791   |                   | 30-39 lat | 167  |                   | Frelki          | 00:00:00    | 00:16:36       | 00:38:48.00      | 00:38:48.00       | +00:18:36 (48.0%) | 7:19         | 8.2 (51.9%) |
| 126 | KACZOREK Malwina      | 282   |                   | 30-39 lat | 168  |                   |                 | 00:00:00    | 00:16:02       | 00:38:51.55      | 00:38:51.55       | +00:18:40 (48.0%) | 7:19         | 8.2 (51.9%) |
| 127 | ROTTER Hanna          | 660   |                   | 60+       | 13   |                   |                 | 00:00:00    | 00:16:11       | 00:38:51.60      | 00:38:51.60       | +00:18:40 (48.0%) | 7:19         | 8.2 (51.9%) |
| 128 | SOKÓŁ-OLEŚ Ewelina    | 711   | RUNTEAM PAWŁOWICE | 50-59 lat | 91   | RUNTEAM Pawłowice | RUNTEAM....ówki | 00:00:00    | 00:17:09       | 00:38:55.25      | 00:38:55.25       | +00:18:43 (48.1%) | 7:20         | 8.2 (51.9%) |
| 129 | SZCZEPANIK Aleksandra | 746   |                   | 30-39 lat | 171  |                   |                 | 00:00:00    | 00:16:12       | 00:38:59.80      | 00:38:59.80       | +00:18:48 (48.2%) | 7:21         | 8.2 (51.9%) |
| 130 | NIEDZIOŁKO Bożena     | 537   | KOBIETY NA 5+     | 50-59 lat | 92   | Kobiety na 5+     |                 | 00:00:00    | 00:16:11       | 00:39:00.50      | 00:39:00.50       | +00:18:49 (48.2%) | 7:21         | 8.2 (51.9%) |
| 131 | CIESLA Liliana        | 91    |                   | 60+       | 16   |                   |                 | 00:00:00    | 00:15:31       | 00:39:03.20      | 00:39:03.20       | +00:18:51 (48.3%) | 7:22         | 8.1 (51.3%) |
| 132 | GARUS Angelika        | 169   |                   | 40-49 lat | 272  |                   |                 | 00:00:00    | 00:16:23       | 00:39:06.55      | 00:39:06.55       | +00:18:55 (48.4%) | 7:22         | 8.1 (51.3%) |
| 133 | SZEWCZUK Agnieszka    | 754   |                   | 40-49 lat | 273  | Byle Do Mety      |                 | 00:00:00    | 00:15:57       | 00:39:08.85      | 00:39:08.85       | +00:18:57 (48.4%) | 7:23         | 8.1 (51.3%) |
| 134 | GŁUSZAK Aleksandra    | 186   | KOBIETY NA 5+     | 40-49 lat | 275  | Kobiety na 5+     |                 | 00:00:00    | 00:16:07       | 00:39:14.35      | 00:39:14.35       | +00:19:02 (48.5%) | 7:24         | 8.1 (51.3%) |
| 135 | MYŚLIWIEC Monika      | 523   | KOBIETY NA 5+     | 40-49 lat | 276  | Kobiety na 5+     |                 | 00:00:00    | 00:16:07       | 00:39:14.70      | 00:39:14.70       | +00:19:03 (48.6%) | 7:24         | 8.1 (51.3%) |
| 136 | MYŚLIWIEC Barbara     | 524   | KOBIETY NA 5+     | 20-29 lat | 51   | Kobiety na 5+     |                 | 00:00:00    | 00:16:10       | 00:39:16.45      | 00:39:16.45       | +00:19:05 (48.6%) | 7:24         | 8.1 (51.3%) |
| 137 | SZCZUCHNIAK Adriana   | 751   |                   | 40-49 lat | 281  |                   |                 | 00:00:00    | 00:16:33       | 00:39:37.90      | 00:39:37.90       | +00:19:26 (49.1%) | 7:28         | 8 (50.6%)   |
| 138 | NOWAK Malwina         | 549   |                   | 30-39 lat | 177  |                   |                 | 00:00:00    | 00:17:48       | 00:39:43.15      | 00:39:43.15       | +00:19:31 (49.2%) | 7:29         | 8 (50.6%)   |
| 139 | KUCIEJ Justyna        | 385   | SZARE MORSY       | 40-49 lat | 283  | Szare Morsy       |                 | 00:00:00    | 00:16:54       | 00:39:44.05      | 00:39:44.05       | +00:19:32 (49.2%) | 7:29         | 8 (50.6%)   |
| 140 | JAROSZEWSKA Justyna   | 260   | BZIEGACZE         | 40-49 lat | 284  |                   |                 | 00:00:00    | 00:15:50       | 00:40:02.85      | 00:40:02.85       | +00:19:51 (49.6%) | 7:33         | 7.9 (50.0%) |
| 141 | ZIEJA Iza             | 853   |                   | 50-59 lat | 94   | Sądówki           |                 | 00:00:00    | 00:16:55       | 00:40:24.15      | 00:40:24.15       | +00:20:12 (50.0%) | 7:37         | 7.9 (50.0%) |
| 142 | ZALEWSKA Barbara      | 844   | KOBIETY NA 5+     | 40-49 lat | 288  | Kobiety na 5+     |                 | 00:00:00    | 00:17:02       | 00:40:37.35      | 00:40:37.35       | +00:20:25 (50.3%) | 7:39         | 7.8 (49.4%) |
| 143 | OLEŚ Ula              | 561   |                   | 30-39 lat | 182  |                   |                 | 00:00:00    | 00:16:43       | 00:40:50.90      | 00:40:50.90       | +00:20:39 (50.6%) | 7:42         | 7.8 (49.4%) |
| 144 | GAPIŃSKA Agata        | 167   |                   | 50-59 lat | 97   |                   |                 | 00:00:00    | 00:16:49       | 00:40:55.60      | 00:40:55.60       | +00:20:44 (50.7%) | 7:43         | 7.8 (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  |
|-----|------------------------|-------|------------------------|-----------|------|---------------|--------------------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 145 | SCHMIDT Magdalena      | 672   |                        | 30-39 lat | 184  |               |                    | 00:00:00    | 00:17:04       | 00:41:05.20      | 00:41:05.20       | +00:20:53 (50.9%) | 7:45         | 7.7 (48.7%) |
| 146 | STELMACH Marta         | 726   |                        | 30-39 lat | 185  |               |                    | 00:00:00    | 00:16:29       | 00:41:08.15      | 00:41:08.15       | +00:20:56 (50.9%) | 7:45         | 7.7 (48.7%) |
| 147 | ZAJĄCZKOWSKA Emilia    | 842   | KOBIETY NA 5+          | 30-39 lat | 186  | Kobiety na 5+ |                    | 00:00:00    | 00:17:09       | 00:41:08.95      | 00:41:08.95       | +00:20:57 (50.9%) | 7:45         | 7.7 (48.7%) |
| 148 | GROCHOWSKA Oliwia      | 207   |                        | 16-19 lat | 18   |               |                    | 00:00:00    | 00:16:37       | 00:41:22.60      | 00:41:22.60       | +00:21:11 (51.2%) | 7:48         | 7.7 (48.7%) |
| 149 | ŁANUCHA Mariola        | 440   | KOBIETY NA 5+          | 60+       | 17   | Kobiety na 5+ |                    | 00:00:00    | 00:16:55       | 00:41:36.90      | 00:41:36.90       | +00:21:25 (51.5%) | 7:50         | 7.6 (48.1%) |
| 150 | MIŚKOWIEC Agnieszka    | 505   |                        | 40-49 lat | 293  |               |                    | 00:00:00    | 00:16:32       | 00:41:49.10      | 00:41:49.10       | +00:21:37 (51.7%) | 7:53         | 7.6 (48.1%) |
| 151 | SUJEWICZ Klaudia       | 736   |                        | 20-29 lat | 55   |               |                    | 00:00:00    | 00:18:20       | 00:41:53.90      | 00:41:53.90       | +00:21:42 (51.8%) | 7:54         | 7.6 (48.1%) |
| 152 | SURY-WOLNIEWICZ Kamila | 738   | KOBIETY NA 5+          | 40-49 lat | 294  | Kobiety na 5+ |                    | 00:00:00    | 00:17:36       | 00:42:02.45      | 00:42:02.45       | +00:21:51 (52.0%) | 7:55         | 7.6 (48.1%) |
| 153 | KOSOWSKA Grażyna       | 354   | KOBIETY NA 5+          | 50-59 lat | 100  | Kobiety na 5+ |                    | 00:00:00    | 00:18:39       | 00:42:06.85      | 00:42:06.85       | +00:21:55 (52.1%) | 7:56         | 7.6 (48.1%) |
| 154 | MILCUSZEK Magdalena    | 499   |                        | 30-39 lat | 189  |               |                    | 00:00:00    | 00:18:02       | 00:42:07.20      | 00:42:07.20       | +00:21:55 (52.1%) | 7:56         | 7.6 (48.1%) |
| 155 | BROCKA Joanna          | 60    |                        | 40-49 lat | 297  |               |                    | 00:00:00    | 00:17:52       | 00:42:27.35      | 00:42:27.35       | +00:22:15 (52.4%) | 8:00         | 7.5 (47.5%) |
| 156 | KOCIK Krystyna         | 329   |                        | 60+       | 20   |               |                    | 00:00:00    | 00:18:03       | 00:42:30.40      | 00:42:30.40       | +00:22:18 (52.5%) | 8:01         | 7.5 (47.5%) |
| 157 | JARZABEK Monika        | 261   |                        | 40-49 lat | 299  |               |                    | 00:00:00    | 00:17:06       | 00:42:37.20      | 00:42:37.20       | +00:22:25 (52.6%) | 8:02         | 7.5 (47.5%) |
| 158 | GARAJ Magdalena        | 168   |                        | 40-49 lat | 300  |               |                    | 00:00:00    | 00:17:37       | 00:42:37.60      | 00:42:37.60       | +00:22:26 (52.6%) | 8:02         | 7.5 (47.5%) |
| 159 | STAŚKIEWICZ Beata      | 721   | SOCJAL CORPO GROUP     | 40-49 lat | 303  |               | Socjal Corpo Group | 00:00:00    | 00:18:20       | 00:43:20.25      | 00:43:20.25       | +00:23:08 (53.4%) | 8:10         | 7.3 (46.2%) |
| 160 | RATAJCZAK Ewa          | 644   | PRZYJACIÓŁKI DO SPÓŁKI | 40-49 lat | 304  |               |                    | 00:00:00    | 00:17:34       | 00:43:27.40      | 00:43:27.40       | +00:23:15 (53.5%) | 8:11         | 7.3 (46.2%) |
| 161 | STAŚKIEWICZ Monika     | 722   |                        | 40-49 lat | 305  |               |                    | 00:00:00    | 00:17:28       | 00:43:31.60      | 00:43:31.60       | +00:23:20 (53.6%) | 8:12         | 7.3 (46.2%) |
| 162 | SŁUPECKA Beata         | 697   |                        | 40-49 lat | 308  |               |                    | 00:00:00    | 00:17:30       | 00:44:32.95      | 00:44:32.95       | +00:24:21 (54.7%) | 8:24         | 7.1 (44.9%) |
| 163 | BUCZAK Jolanta         | 67    |                        | 40-49 lat | 309  |               |                    | 00:00:00    | 00:18:28       | 00:44:42.45      | 00:44:42.45       | +00:24:31 (54.8%) | 8:26         | 7.1 (44.9%) |
| 164 | SZCZEGODZIŃSKA Kasia   | 745   |                        | 30-39 lat | 195  |               |                    | 00:00:00    | 00:18:29       | 00:44:43.20      | 00:44:43.20       | +00:24:31 (54.9%) | 8:26         | 7.1 (44.9%) |
| 165 | WOJTAL Danuta          | 816   |                        | 50-59 lat | 102  |               |                    | 00:00:00    | 00:18:53       | 00:44:44.95      | 00:44:44.95       | +00:24:33 (54.9%) | 8:26         | 7.1 (44.9%) |
| 166 | DAMIS Jessica          | 104   |                        | 30-39 lat | 196  |               |                    | 00:00:00    | 00:18:03       | 00:45:05.15      | 00:45:05.15       | +00:24:53 (55.2%) | 8:30         | 7.1 (44.9%) |
| 167 | MAGIELEK Magdalena     | 485   |                        | 30-39 lat | 197  |               |                    | 00:00:00    | 00:18:04       | 00:45:05.45      | 00:45:05.45       | +00:24:54 (55.2%) | 8:30         | 7.1 (44.9%) |
| 168 | SZCZEPANOWSKA Grażyna  | 748   |                        | 60+       | 21   |               |                    | 00:00:00    | 00:20:26       | 00:45:23.10      | 00:45:23.10       | +00:25:11 (55.5%) | 8:33         | 7 (44.3%)   |
| 169 | DĘBSKA Olga            | 112   |                        | 30-39 lat | 199  | EKIPA PP19    |                    | 00:00:00    | 00:19:07       | 00:45:35.25      | 00:45:35.25       | +00:25:23 (55.7%) | 8:36         | 7 (44.3%)   |
| 170 | BIAŁEK Maria           | 34    |                        | 20-29 lat | 61   |               |                    | 00:00:00    | 00:19:06       | 00:45:45.95      | 00:45:45.95       | +00:25:34 (55.9%) | 8:37         | 7 (44.3%)   |

| 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  |
|-----|-----------------------|-------|-----------------------|-----------|------|-----------------------|--------------|-------------|----------------|------------------|-------------------|-------------------|--------------|-------------|
| 171 | GIBAS Amanda          | 178   |                       | 40-49 lat | 311  |                       |              | 00:00:00    | 00:18:49       | 00:46:45.45      | 00:46:45.45       | +00:26:34 (56.8%) | 8:49         | 6.8 (43.0%) |
| 172 | KUŚMIRSKA-KUBAS Alina | 410   | KLUB BIEGACZA FARTLEK | 50-59 lat | 106  | Klub Biegacza Fartlek |              | 00:00:00    | 00:18:52       | 00:46:48.05      | 00:46:48.05       | +00:26:36 (56.9%) | 8:49         | 6.8 (43.0%) |
| 173 | WIŚNIEWSKA Janina     | 809   |                       | 50-59 lat | 107  |                       |              | 00:00:00    | 00:19:59       | 00:47:08.60      | 00:47:08.60       | +00:26:57 (57.2%) | 8:53         | 6.7 (42.4%) |
| 174 | NIEDŹWIEDŹ Julia      | 539   |                       | 20-29 lat | 62   |                       |              | 00:00:00    | 00:18:38       | 00:47:26.55      | 00:47:26.55       | +00:27:15 (57.4%) | 8:56         | 6.7 (42.4%) |
| 175 | JAWORSKA Monika       | 270   |                       | 30-39 lat | 202  |                       | Byle do mety | 00:00:00    | 00:21:04       | 00:50:41.40      | 00:50:41.40       | +00:30:29 (60.2%) | 9:33         | 6.3 (39.9%) |
| 176 | JURKOWSKA Monika      | 279   | KOBIETY NA 5+         | 30-39 lat | 204  | Kobiety na 5+         |              | 00:00:00    | 00:21:47       | 00:51:21.80      | 00:51:21.80       | +00:31:10 (60.7%) | 9:41         | 6.2 (39.2%) |
| 177 | ABRACHAMCZYK Barbara  | 2     |                       | 60+       | 23   |                       |              | 00:00:00    | 00:21:47       | 00:51:21.90      | 00:51:21.90       | +00:31:10 (60.7%) | 9:41         | 6.2 (39.2%) |
| 178 | WAWOCZNY Anita        | 795   | KOBIETY NA 5+         | 40-49 lat | 320  | Kobiety na 5+         |              | 00:00:00    | 00:24:43       | 00:54:12.05      | 00:54:12.05       | +00:34:00 (62.7%) | 10:13        | 5.9 (37.3%) |
| 179 | SAWICKA Marta         | 671   | KOBIETY NA 5+         | 40-49 lat | 321  | Kobiety na 5+         |              | 00:00:00    | 00:24:44       | 00:54:13.40      | 00:54:13.40       | +00:34:01 (62.8%) | 10:13        | 5.9 (37.3%) |
| 180 | ZALEWSKA Marianna     | 843   |                       | 60+       | 24   |                       |              | 00:00:00    | 00:24:01       | 00:54:26.40      | 00:54:26.40       | +00:34:14 (62.9%) | 10:16        | 5.8 (36.7%) |
| 181 | PERKOWSKA Daria       | 599   | KOBIETY NA 5+         | 40-49 lat | 322  | Kobiety na 5+         |              | 00:00:00    | 00:09:26       |                  |                   | +                 | 3:46         | 15.9 (101%) |

Znaleziono 181 wynik(ów)