



# KOBIETY NA 5+ :: BIEG

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2024-05-26  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

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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	480	TL ATHTELICS/ALPIN SPORT TEAM	30-39 lat	2	TL Athletics Jastrzębie	N&A	00:00:00	00:08:36	00:19:38.77	00:19:39.14		3:42	16.2 (100%)
2	WRÓBLEWSKA Judyta	500	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	30-39 lat	8	TL Athletics Jastrzębie		00:00:01	00:09:21	00:22:33.54	00:22:35.36	+00:02:54 (12.9%)	4:15	14.1 (87.0%)
3	OPIEKULSKA Renata	983		40-49 lat	6			00:00:01	00:09:29	00:22:54.32	00:22:56.14	+00:03:15 (14.2%)	4:19	13.9 (85.8%)
4	MIKULAK Natalia	423		20-29 lat	4			00:00:06	00:10:19	00:24:20.75	00:24:26.94	+00:04:41 (19.3%)	4:35	13.1 (80.9%)
5	NIESŁAŃCZYK Małgorzata	485	WATAHA	40-49 lat	17	Wataha		00:00:02	00:10:20	00:24:29.70	00:24:32.34	+00:04:50 (19.8%)	4:37	13 (80.2%)
6	PERKOWSKA Daria	987		40-49 lat	18	Kobiety na 5+		00:00:03	00:10:14	00:24:32.46	00:24:36.28	+00:04:53 (19.9%)	4:37	13 (80.2%)
7	PASŁAWSKA Katarzyna	140		40-49 lat	19	Kobiety na 5+		00:00:03	00:10:14	00:24:39.26	00:24:43.07	+00:05:00 (20.3%)	4:39	12.9 (79.6%)
8	GOZDALSKA-ZACHŁÓD Sylwia	674		30-39 lat	23			00:00:04	00:10:33	00:25:34.14	00:25:38.29	+00:05:55 (23.2%)	4:49	12.4 (76.5%)
9	KWAPISZ-BONUSIAK Dorota	2		30-39 lat	25			00:00:02	00:10:43	00:25:39.88	00:25:41.88	+00:06:01 (23.5%)	4:50	12.4 (76.5%)
10	DOMAŃSKA Joanna	41		30-39 lat	27			00:00:06	00:10:30	00:25:49.43	00:25:55.76	+00:06:10 (23.9%)	4:52	12.3 (75.9%)
11	PIDANTY Milena	465		30-39 lat	28			00:00:08	00:11:20	00:25:52.44	00:26:00.77	+00:06:13 (24.1%)	4:52	12.3 (75.9%)
12	MUSIAŁ Wioletta	113	GALOPUJĄCE ŚLIMAKI	40-49 lat	27			00:00:06	00:11:24	00:26:24.28	00:26:30.94	+00:06:45 (25.6%)	4:58	12 (74.1%)
13	CHROMIK Krystyna	828		30-39 lat	33		Dwie szalone	00:00:23	00:11:05	00:26:30.83	00:26:53.96	+00:06:52 (25.9%)	5:00	12 (74.1%)
14	POPEK Barbara	59	SOBIESKI 6	50-59 lat	8	Sobieski 6	Sobieski 6	00:00:05	00:11:02	00:26:34.48	00:26:39.57	+00:06:55 (26.1%)	5:00	12 (74.1%)
15	LERCH-HENCZKO Maria	645	AKTYWNI NAKRĘCENI	30-39 lat	34			00:00:07	00:10:54	00:26:42.79	00:26:50.05	+00:07:04 (26.5%)	5:02	11.9 (73.5%)
16	LORENZ Agnieszka	261		40-49 lat	38	NICE GIRLS		00:00:20	00:11:41	00:27:15.18	00:27:35.18	+00:07:36 (27.9%)	5:08	11.7 (72.2%)
17	KUPCZAK Dominika	643		16-19 lat	3			00:00:03	00:11:40	00:27:31.61	00:27:34.79	+00:07:52 (28.6%)	5:11	11.6 (71.6%)
18	BAC Małgorzata	857		16-19 lat	4			00:00:11	00:11:30	00:27:51.15	00:28:02.57	+00:08:12 (29.5%)	5:15	11.4 (70.4%)

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
19	<b>SZPYRA Aniola</b>	<b>239</b>	SOBIESKI6	16-19 lat	5	Sobieski 6		00:00:05	00:11:45	<b>00:27:56.03</b>	<b>00:28:01.11</b>	+00:08:17 (29.7%)	5:16	11.4 (70.4%)
20	<b>KRAWCZYK Urszula</b>	<b>255</b>		20-29 lat	15			00:00:45	00:12:24	<b>00:28:14.89</b>	<b>00:29:00.66</b>	+00:08:36 (30.5%)	5:19	11.3 (69.8%)
21	<b>RABSZTYN-PILARSKA Sylwia</b>	<b>627</b>	KOBIETY NA 5+	40-49 lat	54	Kobiety na 5+		00:00:12	00:12:01	<b>00:28:22.67</b>	<b>00:28:35.37</b>	+00:08:43 (30.8%)	5:21	11.2 (69.1%)
22	<b>RAŹNIAK Beata</b>	<b>172</b>		50-59 lat	11	Kobiety na 5+		00:00:06	00:12:19	<b>00:28:24.70</b>	<b>00:28:30.86</b>	+00:08:45 (30.9%)	5:21	11.2 (69.1%)
23	<b>PŁASKA Barbara</b>	<b>15</b>	KOBIETY NA 5+	50-59 lat	12	Kobiety na 5+		00:00:11	00:11:57	<b>00:28:30.05</b>	<b>00:28:41.47</b>	+00:08:51 (31.1%)	5:22	11.2 (69.1%)
24	<b>GORZELAK Joanna</b>	<b>913</b>	KOBIETY NA 5+	40-49 lat	57	Kobiety na 5+		00:00:11	00:12:06	<b>00:28:30.12</b>	<b>00:28:41.51</b>	+00:08:51 (31.1%)	5:22	11.2 (69.1%)
25	<b>MARSZAŁKOWSKA Daria</b>	<b>939</b>		40-49 lat	59			00:00:14	00:12:19	<b>00:28:35.34</b>	<b>00:28:49.42</b>	+00:08:56 (31.3%)	5:23	11.1 (68.5%)
26	<b>SOŁTYS Wiktoria</b>	<b>535</b>		20-29 lat	16			00:00:42	00:12:14	<b>00:28:38.14</b>	<b>00:29:20.17</b>	+00:08:59 (31.4%)	5:24	11.1 (68.5%)
27	<b>MARCZYŃSKA Izabela</b>	<b>660</b>		30-39 lat	46			00:00:05	00:11:53	<b>00:28:40.78</b>	<b>00:28:46.00</b>	+00:09:02 (31.5%)	5:24	11.1 (68.5%)
28	<b>BANACH Ewa</b>	<b>629</b>		30-39 lat	48			00:00:06	00:12:06	<b>00:28:44.78</b>	<b>00:28:51.52</b>	+00:09:06 (31.7%)	5:25	11.1 (68.5%)
29	<b>JAKUBOWSKA Aleksandra</b>	<b>759</b>		40-49 lat	63			00:00:41	00:12:56	<b>00:28:58.68</b>	<b>00:29:40.60</b>	+00:09:19 (32.2%)	5:27	11 (67.9%)
30	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>254</b>		50-59 lat	18	RUNTEAM PAWŁOWICE		00:00:53	00:13:00	<b>00:29:05.24</b>	<b>00:29:59.21</b>	+00:09:26 (32.5%)	5:29	10.9 (67.3%)
31	<b>SPYRKA Monika</b>	<b>555</b>	KLUB BIEGACZA FARTLEK	30-39 lat	52	Klub Biegacza Fartlek	Klub Biegacza Fartlek Girls	00:00:14	00:12:05	<b>00:29:30.11</b>	<b>00:29:44.53</b>	+00:09:51 (33.4%)	5:33	10.8 (66.7%)
32	<b>BRASZKIEWICZ Agnieszka</b>	<b>957</b>		30-39 lat	58			00:00:14	00:12:37	<b>00:29:35.17</b>	<b>00:29:50.08</b>	+00:09:56 (33.6%)	5:34	10.7 (66.0%)
33	<b>REJBICZ Weronika</b>	<b>937</b>		30-39 lat	59			00:00:14	00:12:39	<b>00:29:38.74</b>	<b>00:29:53.27</b>	+00:09:59 (33.7%)	5:35	10.7 (66.0%)
34	<b>GARUS Magdalena</b>	<b>271</b>		40-49 lat	72			00:00:06	00:12:27	<b>00:29:40.12</b>	<b>00:29:47.07</b>	+00:10:01 (33.8%)	5:35	10.7 (66.0%)
35	<b>GATNER Agnieszka</b>	<b>313</b>		40-49 lat	80			00:00:06	00:12:14	<b>00:30:10.02</b>	<b>00:30:16.84</b>	+00:10:31 (34.9%)	5:41	10.5 (64.8%)
36	<b>WALA Anna</b>	<b>162</b>		40-49 lat	81			00:00:41	00:12:57	<b>00:30:10.17</b>	<b>00:30:51.97</b>	+00:10:31 (34.9%)	5:41	10.5 (64.8%)
37	<b>MICHALAK Nikola</b>	<b>544</b>		20-29 lat	23			00:00:41	00:12:52	<b>00:30:10.43</b>	<b>00:30:51.66</b>	+00:10:31 (34.9%)	5:41	10.5 (64.8%)
38	<b>CHORCHOS Magda</b>	<b>12</b>		30-39 lat	65			00:00:17	00:13:13	<b>00:30:17.39</b>	<b>00:30:34.40</b>	+00:10:38 (35.1%)	5:42	10.5 (64.8%)
39	<b>RATAJCZAK Ewa</b>	<b>502</b>	PRZYJACIÓŁKI DO SPÓŁKI	40-49 lat	84		Przyjaciółki	00:00:13	00:12:53	<b>00:30:17.75</b>	<b>00:30:31.52</b>	+00:10:38 (35.2%)	5:42	10.5 (64.8%)
40	<b>RANSZ Beata</b>	<b>79</b>	PRZYJACIÓŁKI DO SPÓŁKI	50-59 lat	27		Przyjaciółki	00:00:13	00:12:53	<b>00:30:17.76</b>	<b>00:30:31.51</b>	+00:10:38 (35.2%)	5:42	10.5 (64.8%)
41	<b>LEGIERSKA Natalia</b>	<b>683</b>	TL ATHLETICS JASTRZĘBIE	30-39 lat	67	TL Athletics Jastrzębie	Corridori	00:00:06	00:12:47	<b>00:30:23.06</b>	<b>00:30:29.16</b>	+00:10:44 (35.3%)	5:43	10.5 (64.8%)
42	<b>JASTRZĘBSKA Ewa</b>	<b>199</b>		50-59 lat	29			00:00:21	00:12:56	<b>00:30:29.94</b>	<b>00:30:51.85</b>	+00:10:51 (35.6%)	5:45	10.4 (64.2%)

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43	MUSIAŁ Maria	445		60+	4			00:00:38	00:13:54	00:30:39.03	00:31:17.61	+00:11:00 (35.9%)	5:46	10.4 (64.2%)
44	MALISZEWSKA Beata	792		30-39 lat	72			00:00:24	00:12:45	00:30:45.43	00:31:10.24	+00:11:06 (36.1%)	5:48	10.3 (63.6%)
45	JUREK Iza	584		40-49 lat	89	NICE GIRLS		00:00:20	00:13:41	00:30:57.37	00:31:17.82	+00:11:18 (36.5%)	5:50	10.3 (63.6%)
46	TULKO Iwona	277		50-59 lat	35			00:00:03	00:12:28	00:31:02.04	00:31:05.34	+00:11:23 (36.7%)	5:51	10.2 (63.0%)
47	MICHALSKA Monika	867		30-39 lat	81			00:00:12	00:13:13	00:31:07.21	00:31:20.05	+00:11:28 (36.9%)	5:52	10.2 (63.0%)
48	GACH Anna	591		30-39 lat	83			00:00:05	00:12:06	00:31:09.52	00:31:15.12	+00:11:30 (36.9%)	5:52	10.2 (63.0%)
49	KUSA Aleksandra	1320		50-59 lat	46			00:00:36	00:13:24	00:31:27.78	00:32:03.89	+00:11:49 (37.6%)	5:56	10.1 (62.3%)
50	CHRZĄSTEK Magdalena	432		30-39 lat	85			00:00:17	00:12:57	00:31:28.04	00:31:45.98	+00:11:49 (37.6%)	5:56	10.1 (62.3%)
51	BORUTA Wioletta	293		40-49 lat	107			00:00:14	00:13:29	00:31:29.79	00:31:44.33	+00:11:51 (37.6%)	5:56	10.1 (62.3%)
52	DĄBROWSKA Emilia	1321	PARTLEK	40-49 lat	109	PARTLEK		00:00:28	00:13:27	00:31:30.88	00:31:59.04	+00:11:52 (37.7%)	5:56	10.1 (62.3%)
53	SOBINA Roksana	970	KLUB BIEGACZA FARTLEK	40-49 lat	110	Klub Biegacza Fartlek		00:00:27	00:13:27	00:31:31.13	00:31:59.01	+00:11:52 (37.7%)	5:56	10.1 (62.3%)
54	GWIZDAŁA Joanna	609		40-49 lat	112			00:00:47	00:13:21	00:31:35.33	00:32:23.22	+00:11:56 (37.8%)	5:57	10.1 (62.3%)
55	AUGUŚCIK Ewelina	495	KOBIETY NA 5+	30-39 lat	87			00:00:11	00:13:30	00:31:39.05	00:31:50.59	+00:12:00 (37.9%)	5:58	10 (61.7%)
56	GOŁĄBEK Anna	661		30-39 lat	88			00:00:14	00:13:31	00:31:50.41	00:32:05.01	+00:12:11 (38.3%)	6:00	10 (61.7%)
57	ROŚCZAK Sylwia	767		40-49 lat	121			00:00:07	00:12:54	00:31:51.93	00:31:59.73	+00:12:13 (38.3%)	6:00	10 (61.7%)
58	ORSZULIK Paulina	978		20-29 lat	26			00:00:42	00:14:10	00:31:56.26	00:32:38.47	+00:12:17 (38.5%)	6:01	10 (61.7%)
59	KŁEK Marzena	945		40-49 lat	123			00:00:07	00:13:13	00:31:56.57	00:32:04.25	+00:12:17 (38.5%)	6:01	10 (61.7%)
60	POŁEDNIOK Aleksandra	551		40-49 lat	124			00:00:10	00:13:14	00:31:56.91	00:32:07.78	+00:12:18 (38.5%)	6:01	10 (61.7%)
61	KOŁDYS Karolina	979		20-29 lat	27			00:00:42	00:14:12	00:31:56.95	00:32:38.95	+00:12:18 (38.5%)	6:01	10 (61.7%)
62	SAGAN Izabela	413	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49 lat	127	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:03	00:13:02	00:31:59.16	00:32:03.08	+00:12:20 (38.6%)	6:02	9.9 (61.1%)
63	BURDZIK Weronika	499		30-39 lat	89			00:00:15	00:13:30	00:31:59.33	00:32:14.58	+00:12:20 (38.6%)	6:02	9.9 (61.1%)
64	DROBNY Joanna	766		30-39 lat	90			00:00:08	00:13:38	00:31:59.43	00:32:07.70	+00:12:20 (38.6%)	6:02	9.9 (61.1%)
65	SKOTNICKA Urszula	193	NIE ZRZESZONA	50-59 lat	47			00:00:07	00:13:07	00:31:59.82	00:32:07.43	+00:12:21 (38.6%)	6:02	9.9 (61.1%)
66	SIEKIERKA Klaudia	149		30-39 lat	91			00:00:03	00:12:41	00:32:04.76	00:32:08.58	+00:12:25 (38.8%)	6:03	9.9 (61.1%)

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67	<b>WOWRA Aleksandra</b>	<b>662</b>		30-39 lat	93			00:00:21	00:14:20	<b>00:32:07.58</b>	<b>00:32:29.06</b>	+00:12:28 (38.8%)	6:03	9.9 (61.1%)
68	<b>HETMANIOK Agnieszka</b>	<b>381</b>		30-39 lat	96			00:00:41	00:13:04	<b>00:32:10.25</b>	<b>00:32:51.96</b>	+00:12:31 (38.9%)	6:04	9.9 (61.1%)
69	<b>KŁOSEK Monika</b>	<b>976</b>		40-49 lat	132			00:00:56	00:13:33	<b>00:32:14.12</b>	<b>00:33:10.19</b>	+00:12:35 (39.1%)	6:04	9.9 (61.1%)
70	<b>PROKOPIUK Wiktoria</b>	<b>177</b>		16-19 lat	7			00:00:11	00:12:47	<b>00:32:20.42</b>	<b>00:32:31.62</b>	+00:12:41 (39.3%)	6:06	9.8 (60.5%)
71	<b>PAWLIK Natalia</b>	<b>34</b>	BIEGAM ABY ŻREĆ WIĘCEJ CIASTKÓW	30-39 lat	101			00:00:32	00:13:19	<b>00:32:29.08</b>	<b>00:33:01.34</b>	+00:12:50 (39.5%)	6:07	9.8 (60.5%)
72	<b>STĘPIEŃ Sandra</b>	<b>216</b>		30-39 lat	102			00:00:09	00:13:09	<b>00:32:30.10</b>	<b>00:32:40.06</b>	+00:12:51 (39.6%)	6:07	9.8 (60.5%)
73	<b>ANIÓŁ-BARLIK Agnieszka</b>	<b>198</b>		40-49 lat	141			00:00:03	00:13:38	<b>00:32:46.78</b>	<b>00:32:50.34</b>	+00:13:08 (40.1%)	6:10	9.7 (59.9%)
74	<b>ZIEJA Martyna</b>	<b>687</b>	MAGDA	20-29 lat	28	Magda		00:00:41	00:14:39	<b>00:32:47.63</b>	<b>00:33:28.91</b>	+00:13:08 (40.1%)	6:11	9.7 (59.9%)
75	<b>SOSNA Iwona</b>	<b>652</b>		40-49 lat	142			00:00:09	00:13:10	<b>00:32:49.51</b>	<b>00:32:58.64</b>	+00:13:10 (40.1%)	6:11	9.7 (59.9%)
76	<b>BOBER Alicja</b>	<b>275</b>		40-49 lat	143			00:00:25	00:14:17	<b>00:32:51.35</b>	<b>00:33:16.99</b>	+00:13:12 (40.2%)	6:11	9.7 (59.9%)
77	<b>ZIELIŃSKA Karolina</b>	<b>666</b>		30-39 lat	110			00:00:41	00:14:12	<b>00:32:55.21</b>	<b>00:33:36.73</b>	+00:13:16 (40.3%)	6:12	9.7 (59.9%)
78	<b>KŁOPEĆ Weronika</b>	<b>855</b>		30-39 lat	116			00:00:32	00:14:30	<b>00:33:09.18</b>	<b>00:33:41.62</b>	+00:13:30 (40.7%)	6:15	9.6 (59.3%)
79	<b>DZIUK Jolanta</b>	<b>493</b>		50-59 lat	58			00:00:32	00:14:06	<b>00:33:11.83</b>	<b>00:33:44.47</b>	+00:13:33 (40.8%)	6:15	9.6 (59.3%)
80	<b>RADECKA Bożena</b>	<b>934</b>		60+	9			00:00:37	00:13:34	<b>00:33:13.45</b>	<b>00:33:50.97</b>	+00:13:34 (40.9%)	6:16	9.6 (59.3%)
81	<b>CZARNOTA Bożena</b>	<b>448</b>		50-59 lat	59			00:00:16	00:14:04	<b>00:33:17.98</b>	<b>00:33:34.54</b>	+00:13:39 (41.0%)	6:16	9.6 (59.3%)
82	<b>JANCZAR Angelika</b>	<b>94</b>		30-39 lat	118			00:00:08	00:14:17	<b>00:33:23.86</b>	<b>00:33:32.58</b>	+00:13:45 (41.2%)	6:17	9.5 (58.6%)
83	<b>HAIN Klaudia</b>	<b>975</b>	MAŁE LAMPARTY	30-39 lat	119			00:00:06	00:13:42	<b>00:33:27.69</b>	<b>00:33:34.52</b>	+00:13:48 (41.3%)	6:18	9.5 (58.6%)
84	<b>PIETROSZEK Władysława</b>	<b>71</b>		40-49 lat	151			00:00:08	00:13:16	<b>00:33:28.44</b>	<b>00:33:36.44</b>	+00:13:49 (41.3%)	6:18	9.5 (58.6%)
85	<b>GAŚSIOR Roksana</b>	<b>1322</b>		30-39 lat	120			00:00:44	00:14:01	<b>00:33:29.21</b>	<b>00:34:13.24</b>	+00:13:50 (41.3%)	6:19	9.5 (58.6%)
86	<b>BADACH Agnieszka</b>	<b>7</b>	KOBIETY NA 5+	50-59 lat	61	Kobiety na 5+		00:00:12	00:14:03	<b>00:33:29.80</b>	<b>00:33:42.48</b>	+00:13:51 (41.3%)	6:19	9.5 (58.6%)
87	<b>SZPYRA Sonia</b>	<b>244</b>		50-59 lat	63			00:00:05	00:13:41	<b>00:33:39.12</b>	<b>00:33:44.91</b>	+00:14:00 (41.6%)	6:20	9.5 (58.6%)
88	<b>KAFARA Joanna</b>	<b>889</b>	WATAHA	30-39 lat	123	Wataha		00:00:39	00:15:36	<b>00:33:42.33</b>	<b>00:34:21.91</b>	+00:14:03 (41.7%)	6:21	9.4 (58.0%)
89	<b>TRYBAŁA Monika</b>	<b>888</b>	WATAHA	40-49 lat	155	Wataha		00:00:38	00:15:37	<b>00:33:43.88</b>	<b>00:34:22.01</b>	+00:14:05 (41.8%)	6:21	9.4 (58.0%)
90	<b>ARENDARSKA Patrycja</b>	<b>270</b>		30-39 lat	124			00:00:38	00:14:39	<b>00:33:44.61</b>	<b>00:34:22.91</b>	+00:14:05 (41.8%)	6:21	9.4 (58.0%)
91	<b>BOGACZ-BUCHTA Anna</b>	<b>570</b>		40-49 lat	158			00:00:30	00:14:49	<b>00:33:47.35</b>	<b>00:34:17.38</b>	+00:14:08 (41.9%)	6:22	9.4 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
92	<b>KOŁODYŃSKA Justyna</b>	<b>165</b>		30-39 lat	129			00:00:09	00:14:26	<b>00:33:53.75</b>	<b>00:34:03.60</b>	+00:14:14 (42.0%)	6:23	9.4 (58.0%)
93	<b>STOPYRA Agnieszka</b>	<b>526</b>		50-59 lat	65			00:00:50	00:14:38	<b>00:33:56.21</b>	<b>00:34:46.40</b>	+00:14:17 (42.1%)	6:24	9.4 (58.0%)
94	<b>GAPIŃSKA Joanna</b>	<b>372</b>		30-39 lat	131			00:00:13	00:14:36	<b>00:33:57.26</b>	<b>00:34:11.15</b>	+00:14:18 (42.1%)	6:24	9.4 (58.0%)
95	<b>IDZIKOWSKA Elżbieta</b>	<b>302</b>		40-49 lat	164			00:00:20	00:14:14	<b>00:33:57.27</b>	<b>00:34:18.00</b>	+00:14:18 (42.1%)	6:24	9.4 (58.0%)
96	<b>NOWICKA Ola</b>	<b>282</b>		30-39 lat	133			00:00:27	00:14:04	<b>00:34:05.02</b>	<b>00:34:32.99</b>	+00:14:26 (42.4%)	6:25	9.3 (57.4%)
97	<b>TOPOLIŃSKA Dorota</b>	<b>881</b>		30-39 lat	135			00:00:06	00:13:49	<b>00:34:08.42</b>	<b>00:34:14.55</b>	+00:14:29 (42.5%)	6:26	9.3 (57.4%)
98	<b>NOWROT Ewa</b>	<b>373</b>		40-49 lat	173			00:00:22	00:14:31	<b>00:34:13.48</b>	<b>00:34:35.84</b>	+00:14:34 (42.6%)	6:27	9.3 (57.4%)
99	<b>IDZIKOWSKA Urszula</b>	<b>303</b>		20-29 lat	38			00:00:21	00:14:14	<b>00:34:19.03</b>	<b>00:34:40.31</b>	+00:14:40 (42.8%)	6:28	9.3 (57.4%)
100	<b>SZCZEPANOWSKA Grażyna</b>	<b>730</b>		60+	11			00:01:01	00:15:02	<b>00:34:31.39</b>	<b>00:35:32.55</b>	+00:14:52 (43.1%)	6:30	9.2 (56.8%)
101	<b>FECZKO Lucyna</b>	<b>811</b>		40-49 lat	179			00:00:15	00:14:23	<b>00:34:33.28</b>	<b>00:34:49.08</b>	+00:14:54 (43.1%)	6:31	9.2 (56.8%)
102	<b>SZYŃAL Magdalena</b>	<b>634</b>		30-39 lat	147			00:00:23	00:14:29	<b>00:34:45.68</b>	<b>00:35:09.15</b>	+00:15:06 (43.5%)	6:33	9.2 (56.8%)
103	<b>BOŻEK Dagmara</b>	<b>42</b>		40-49 lat	183	Team Oli Lidl		00:00:19	00:14:59	<b>00:34:46.93</b>	<b>00:35:05.98</b>	+00:15:08 (43.5%)	6:33	9.1 (56.2%)
104	<b>SZELONG Kinga</b>	<b>915</b>		20-29 lat	41			00:00:03	00:13:17	<b>00:34:47.83</b>	<b>00:34:51.36</b>	+00:15:09 (43.5%)	6:33	9.1 (56.2%)
105	<b>LEWANDOWSKA Aneta</b>	<b>962</b>		40-49 lat	189			00:00:46	00:15:34	<b>00:35:01.06</b>	<b>00:35:47.30</b>	+00:15:22 (43.9%)	6:36	9.1 (56.2%)
106	<b>SŁODZIŃSKA Magdalena</b>	<b>468</b>	MADYRUN	20-29 lat	42			00:00:17	00:14:42	<b>00:35:05.00</b>	<b>00:35:22.65</b>	+00:15:26 (44.0%)	6:37	9.1 (56.2%)
107	<b>ZIĘTARA Agata</b>	<b>516</b>		50-59 lat	71			00:00:50	00:15:21	<b>00:35:10.90</b>	<b>00:36:01.76</b>	+00:15:32 (44.2%)	6:38	9 (55.6%)
108	<b>GŁÓWCZYK Izabella</b>	<b>340</b>	KOBIETY NA 5+	40-49 lat	195	Kobiety na 5+		00:00:11	00:14:25	<b>00:35:12.88</b>	<b>00:35:24.80</b>	+00:15:34 (44.2%)	6:38	9 (55.6%)
109	<b>ADAMCZAK Renata</b>	<b>25</b>		50-59 lat	72			00:00:34	00:15:11	<b>00:35:21.19</b>	<b>00:35:55.45</b>	+00:15:42 (44.4%)	6:40	9 (55.6%)
110	<b>DĘBOWSKA Beata</b>	<b>101</b>		50-59 lat	73			00:00:47	00:15:03	<b>00:35:22.42</b>	<b>00:36:09.61</b>	+00:15:43 (44.5%)	6:40	9 (55.6%)
111	<b>TRZCIŃSKA Joanna</b>	<b>92</b>	KOBIETY NA 5+	30-39 lat	158	Kobiety na 5+		00:00:11	00:14:42	<b>00:35:25.52</b>	<b>00:35:36.53</b>	+00:15:46 (44.5%)	6:40	9 (55.6%)
112	<b>BAŁA Justyna</b>	<b>115</b>		40-49 lat	200	Kobiety na 5+		00:00:13	00:14:05	<b>00:35:29.64</b>	<b>00:35:43.43</b>	+00:15:50 (44.6%)	6:41	9 (55.6%)
113	<b>DZIĘCIELEWSKA Sylwia</b>	<b>899</b>		40-49 lat	209	Byle do mety		00:00:43	00:15:17	<b>00:35:52.88</b>	<b>00:36:36.19</b>	+00:16:14 (45.2%)	6:46	8.9 (54.9%)
114	<b>DYŃIA Magdalena</b>	<b>93</b>	DYŃKI TEAM	40-49 lat	211			00:01:04	00:15:29	<b>00:36:03.34</b>	<b>00:37:07.63</b>	+00:16:24 (45.5%)	6:48	8.8 (54.3%)
115	<b>REYMANN Milena</b>	<b>776</b>		40-49 lat	212	Bank Spółdzielczy w Jastrzębiu-Zdroju		00:00:45	00:15:35	<b>00:36:10.87</b>	<b>00:36:56.36</b>	+00:16:32 (45.7%)	6:49	8.8 (54.3%)

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
116	<b>KONOPKA Magdalena</b>	<b>86</b>		30-39 lat	172	55-lat SP5		00:00:51	00:16:26	<b>00:36:13.12</b>	<b>00:37:04.84</b>	+00:16:34 (45.8%)	6:50	8.8 (54.3%)
117	<b>MATUSZEK Anna</b>	<b>83</b>		30-39 lat	174			00:00:05	00:15:01	<b>00:36:14.12</b>	<b>00:36:19.87</b>	+00:16:35 (45.8%)	6:50	8.8 (54.3%)
118	<b>BUCHOLC Mariola</b>	<b>777</b>		30-39 lat	179			00:00:06	00:15:01	<b>00:36:33.74</b>	<b>00:36:40.07</b>	+00:16:54 (46.3%)	6:53	8.7 (53.7%)
119	<b>LABZA Anna</b>	<b>593</b>		30-39 lat	180			00:00:50	00:15:43	<b>00:36:35.22</b>	<b>00:37:25.45</b>	+00:16:56 (46.3%)	6:54	8.7 (53.7%)
120	<b>ROKITA Magdalena</b>	<b>576</b>		30-39 lat	181			00:00:41	00:16:36	<b>00:36:35.91</b>	<b>00:37:16.97</b>	+00:16:57 (46.3%)	6:54	8.7 (53.7%)
121	<b>MATUSIAK Paulina</b>	<b>723</b>		30-39 lat	183			00:00:25	00:15:18	<b>00:36:42.82</b>	<b>00:37:07.84</b>	+00:17:04 (46.5%)	6:55	8.7 (53.7%)
122	<b>LECHOWICZ Irena</b>	<b>301</b>	SZARE MORSY	60+	16			00:00:34	00:15:49	<b>00:36:45.43</b>	<b>00:37:19.94</b>	+00:17:06 (46.6%)	6:56	8.7 (53.7%)
123	<b>LAZAR Joanna</b>	<b>274</b>		30-39 lat	185			00:00:48	00:15:27	<b>00:36:56.04</b>	<b>00:37:44.87</b>	+00:17:17 (46.8%)	6:58	8.6 (53.1%)
124	<b>DAMIS Daria</b>	<b>52</b>		30-39 lat	188			00:01:04	00:15:20	<b>00:37:07.42</b>	<b>00:38:12.30</b>	+00:17:28 (47.1%)	7:00	8.6 (53.1%)
125	<b>JAKUBIK Edyta</b>	<b>763</b>		30-39 lat	190			00:00:54	00:14:55	<b>00:37:13.82</b>	<b>00:38:08.42</b>	+00:17:35 (47.2%)	7:01	8.5 (52.5%)
126	<b>KŁOPEĆ Sylwia</b>	<b>854</b>		30-39 lat	191			00:00:34	00:15:29	<b>00:37:13.96</b>	<b>00:37:48.37</b>	+00:17:35 (47.2%)	7:01	8.5 (52.5%)
127	<b>GAŃKO Grażyna</b>	<b>608</b>		60+	17			00:00:12	00:15:58	<b>00:37:22.16</b>	<b>00:37:34.67</b>	+00:17:43 (47.4%)	7:03	8.5 (52.5%)
128	<b>SZYMCZAK Mariola</b>	<b>187</b>		60+	19			00:00:10	00:15:16	<b>00:37:37.78</b>	<b>00:37:47.81</b>	+00:17:59 (47.8%)	7:05	8.5 (52.5%)
129	<b>ABRACHAMCZYK Agnieszka</b>	<b>18</b>		20-29 lat	52			00:00:16	00:16:13	<b>00:37:48.18</b>	<b>00:38:04.85</b>	+00:18:09 (48.0%)	7:07	8.4 (51.9%)
130	<b>BOREK Karolina</b>	<b>900</b>	BYLE DO METY	30-39 lat	200			00:00:42	00:15:40	<b>00:37:52.79</b>	<b>00:38:34.97</b>	+00:18:14 (48.1%)	7:08	8.4 (51.9%)
131	<b>SŁYSZ Natalia</b>	<b>642</b>	BYLE DO METY	30-39 lat	201	Byle do mety		00:00:44	00:16:25	<b>00:37:53.09</b>	<b>00:38:37.74</b>	+00:18:14 (48.1%)	7:08	8.4 (51.9%)
132	<b>DULIBAN Agnieszka</b>	<b>940</b>		30-39 lat	204			00:00:20	00:15:56	<b>00:37:56.82</b>	<b>00:38:17.46</b>	+00:18:18 (48.2%)	7:09	8.4 (51.9%)
133	<b>GUŚCIORA Justyna</b>	<b>108</b>		50-59 lat	95			00:00:12	00:14:45	<b>00:37:57.98</b>	<b>00:38:10.79</b>	+00:18:19 (48.3%)	7:09	8.4 (51.9%)
134	<b>SADOWSKA Kamila</b>	<b>926</b>		30-39 lat	209			00:00:20	00:15:55	<b>00:38:06.10</b>	<b>00:38:26.85</b>	+00:18:27 (48.4%)	7:11	8.3 (51.2%)
135	<b>SERAFIN CHWAŁEK Joanna</b>	<b>118</b>		40-49 lat	240			00:00:27	00:15:41	<b>00:38:07.00</b>	<b>00:38:34.31</b>	+00:18:28 (48.5%)	7:11	8.3 (51.2%)
136	<b>WALA Roksana</b>	<b>948</b>		30-39 lat	210	TEAM MAŁYCH BOHATERÓW :-)		00:00:32	00:16:44	<b>00:38:10.15</b>	<b>00:38:43.02</b>	+00:18:31 (48.5%)	7:12	8.3 (51.2%)
137	<b>CEREMON Joanna</b>	<b>890</b>		40-49 lat	245			00:00:04	00:15:17	<b>00:38:10.76</b>	<b>00:38:15.38</b>	+00:18:31 (48.5%)	7:12	8.3 (51.2%)
138	<b>OLCZYK Wioletta</b>	<b>560</b>		50-59 lat	101	Kobiety na 5+		00:00:09	00:15:00	<b>00:38:12.68</b>	<b>00:38:22.62</b>	+00:18:33 (48.6%)	7:12	8.3 (51.2%)
139	<b>JANISZEWKA Patrycja</b>	<b>917</b>	BYLE DO METY	30-39 lat	211	Byle do mety		00:00:43	00:15:30	<b>00:38:13.54</b>	<b>00:38:57.39</b>	+00:18:34 (48.6%)	7:12	8.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
140	<b>ROSTALSKA Barbara</b>	<b>966</b>		50-59 lat	103	55-lat SP5		00:00:52	00:16:24	<b>00:38:14.36</b>	<b>00:39:06.98</b>	+00:18:35 (48.6%)	7:12	8.3 (51.2%)
141	<b>FITAS Natalia</b>	<b>758</b>		20-29 lat	53			00:00:38	00:17:03	<b>00:38:19.52</b>	<b>00:38:58.32</b>	+00:18:40 (48.7%)	7:13	8.3 (51.2%)
142	<b>PIERÓN-KŁAKUS Aneta</b>	<b>701</b>		30-39 lat	214	Po jednej Babci		00:00:08	00:15:20	<b>00:38:20.39</b>	<b>00:38:28.76</b>	+00:18:41 (48.8%)	7:13	8.3 (51.2%)
143	<b>BANACH-HAN Kinga</b>	<b>673</b>		30-39 lat	215			00:00:03	00:15:51	<b>00:38:21.90</b>	<b>00:38:25.56</b>	+00:18:43 (48.8%)	7:14	8.3 (51.2%)
144	<b>KACZOREK Malwina</b>	<b>1276</b>		30-39 lat	216			00:00:25	00:15:26	<b>00:38:27.12</b>	<b>00:38:53.04</b>	+00:18:48 (48.9%)	7:15	8.3 (51.2%)
145	<b>DACENKO Joanna</b>	<b>669</b>		40-49 lat	248			00:00:15	00:15:52	<b>00:38:27.73</b>	<b>00:38:43.61</b>	+00:18:48 (48.9%)	7:15	8.3 (51.2%)
146	<b>OLEJNIK Karolina</b>	<b>757</b>		20-29 lat	54			00:00:38	00:17:03	<b>00:38:31.00</b>	<b>00:39:09.59</b>	+00:18:52 (49.0%)	7:16	8.3 (51.2%)
147	<b>HUBA Agnieszka</b>	<b>134</b>	KOBIETY NA 5+	30-39 lat	217	Kobiety na 5+		00:00:12	00:14:41	<b>00:38:36.11</b>	<b>00:38:49.02</b>	+00:18:57 (49.1%)	7:16	8.2 (50.6%)
148	<b>MYŚLIWIEC Monika</b>	<b>581</b>		40-49 lat	253	Kobiety na 5+		00:00:09	00:15:55	<b>00:38:39.13</b>	<b>00:38:49.08</b>	+00:19:00 (49.2%)	7:17	8.2 (50.6%)
149	<b>WAGNER Natalia</b>	<b>647</b>		30-39 lat	218			00:00:06	00:16:21	<b>00:38:41.73</b>	<b>00:38:48.56</b>	+00:19:02 (49.2%)	7:17	8.2 (50.6%)
150	<b>GARUS Andzia</b>	<b>467</b>		40-49 lat	254			00:00:16	00:16:10	<b>00:38:43.53</b>	<b>00:38:59.70</b>	+00:19:04 (49.3%)	7:18	8.2 (50.6%)
151	<b>NIEDŹWIEDŹ Julia</b>	<b>342</b>		20-29 lat	56			00:00:09	00:16:18	<b>00:38:45.00</b>	<b>00:38:54.88</b>	+00:19:06 (49.3%)	7:18	8.2 (50.6%)
152	<b>SCHMIDT Magdalena</b>	<b>893</b>		30-39 lat	219	55-lat SP5		00:00:52	00:16:31	<b>00:38:46.61</b>	<b>00:39:39.27</b>	+00:19:07 (49.3%)	7:18	8.2 (50.6%)
153	<b>PELCZAR Natalia</b>	<b>818</b>		20-29 lat	57			00:00:08	00:16:16	<b>00:38:50.90</b>	<b>00:38:59.31</b>	+00:19:12 (49.4%)	7:19	8.2 (50.6%)
154	<b>MAREK Sylwia</b>	<b>879</b>		30-39 lat	222			00:00:34	00:16:51	<b>00:38:52.27</b>	<b>00:39:26.32</b>	+00:19:13 (49.5%)	7:20	8.2 (50.6%)
155	<b>MARON Honorata</b>	<b>549</b>		30-39 lat	223			00:00:08	00:16:16	<b>00:38:58.85</b>	<b>00:39:07.74</b>	+00:19:20 (49.6%)	7:21	8.2 (50.6%)
156	<b>BARAN Karolina</b>	<b>525</b>		30-39 lat	224			00:00:41	00:16:46	<b>00:39:00.68</b>	<b>00:39:42.05</b>	+00:19:21 (49.6%)	7:21	8.2 (50.6%)
157	<b>KAMIŃSKA Aleksandra</b>	<b>530</b>		30-39 lat	227			00:00:41	00:16:46	<b>00:39:11.81</b>	<b>00:39:53.00</b>	+00:19:33 (49.9%)	7:23	8.1 (50.0%)
158	<b>KOWALSKA Małgorzata</b>	<b>441</b>		50-59 lat	110			00:00:40	00:15:53	<b>00:39:16.80</b>	<b>00:39:57.00</b>	+00:19:38 (50.0%)	7:24	8.1 (50.0%)
159	<b>STELMACH Marta</b>	<b>749</b>		30-39 lat	228			00:00:08	00:16:20	<b>00:39:19.51</b>	<b>00:39:27.58</b>	+00:19:40 (50.0%)	7:25	8.1 (50.0%)
160	<b>PYZIK Barbara</b>	<b>14</b>		40-49 lat	261			00:00:13	00:15:18	<b>00:39:25.61</b>	<b>00:39:39.48</b>	+00:19:46 (50.2%)	7:26	8.1 (50.0%)
161	<b>ZAJĄC Patrycja</b>	<b>382</b>	ZAJĄCE >.<	20-29 lat	60			00:00:39	00:16:39	<b>00:39:31.21</b>	<b>00:40:10.95</b>	+00:19:52 (50.3%)	7:27	8 (49.4%)
162	<b>DRANICZAREK Anna</b>	<b>481</b>		30-39 lat	232			00:00:07	00:16:24	<b>00:39:41.40</b>	<b>00:39:48.44</b>	+00:20:02 (50.5%)	7:29	8 (49.4%)
163	<b>GRZELAK Patrycja</b>	<b>352</b>		40-49 lat	265			00:00:15	00:16:29	<b>00:39:45.37</b>	<b>00:40:00.53</b>	+00:20:06 (50.6%)	7:30	8 (49.4%)
164	<b>WĘGRZYN Zuzanna</b>	<b>592</b>		20-29 lat	62			00:00:10	00:16:08	<b>00:39:54.14</b>	<b>00:40:04.25</b>	+00:20:15 (50.8%)	7:31	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
165	<b>OSTAPIUK Anna</b>	<b>40</b>		30-39 lat	235			00:00:33	00:16:57	<b>00:39:56.91</b>	<b>00:40:30.89</b>	+00:20:18 (50.8%)	7:32	8 (49.4%)
166	<b>RADUCKA Kinga</b>	<b>837</b>		40-49 lat	266	NICE GIRLS		00:00:18	00:16:43	<b>00:39:56.93</b>	<b>00:40:15.89</b>	+00:20:18 (50.8%)	7:32	8 (49.4%)
167	<b>PIWOWAR Beata</b>	<b>836</b>		40-49 lat	267	NICE GIRLS		00:00:18	00:16:44	<b>00:39:57.82</b>	<b>00:40:16.24</b>	+00:20:19 (50.8%)	7:32	8 (49.4%)
168	<b>KOWALCZYK Basia</b>	<b>170</b>		40-49 lat	268			00:00:07	00:16:29	<b>00:39:59.61</b>	<b>00:40:06.71</b>	+00:20:20 (50.9%)	7:32	8 (49.4%)
169	<b>BRODA Kamila</b>	<b>229</b>		30-39 lat	236			00:00:36	00:16:39	<b>00:40:00.90</b>	<b>00:40:37.17</b>	+00:20:22 (50.9%)	7:32	8 (49.4%)
170	<b>UHEREK Agnieszka</b>	<b>599</b>		30-39 lat	238	GRAŻYNY 87		00:00:55	00:16:45	<b>00:40:02.24</b>	<b>00:40:57.66</b>	+00:20:23 (50.9%)	7:33	7.9 (48.8%)
171	<b>PIPIRO Grażyna</b>	<b>156</b>	KOBIETY NA 5+	60+	22	Kobiety na 5+		00:00:37	00:17:10	<b>00:40:02.43</b>	<b>00:40:39.96</b>	+00:20:23 (50.9%)	7:33	7.9 (48.8%)
172	<b>VAIDYAN-IWANOWSKA Grażyna</b>	<b>314</b>		60+	23			00:00:05	00:16:22	<b>00:40:17.48</b>	<b>00:40:22.64</b>	+00:20:38 (51.2%)	7:36	7.9 (48.8%)
173	<b>NIEDŹWIEDŹ Maja</b>	<b>339</b>		40-49 lat	273			00:00:09	00:15:43	<b>00:40:20.86</b>	<b>00:40:30.07</b>	+00:20:42 (51.3%)	7:36	7.9 (48.8%)
174	<b>OLEŚ Ula</b>	<b>947</b>		30-39 lat	241	TEAM MAŁYCH BOHATERÓW :-)		00:00:26	00:17:37	<b>00:40:29.58</b>	<b>00:40:56.11</b>	+00:20:50 (51.5%)	7:38	7.9 (48.8%)
175	<b>FOLTYN Dominika</b>	<b>877</b>		30-39 lat	242			00:00:33	00:17:39	<b>00:40:30.66</b>	<b>00:41:04.29</b>	+00:20:51 (51.5%)	7:38	7.9 (48.8%)
176	<b>SZCZUCHNIAK Adriana</b>	<b>284</b>		40-49 lat	280			00:00:45	00:17:06	<b>00:40:45.83</b>	<b>00:41:31.11</b>	+00:21:07 (51.8%)	7:41	7.8 (48.1%)
177	<b>PAŁYS Agata</b>	<b>736</b>	SZARE MORSY	40-49 lat	283			00:00:00	00:16:25	<b>00:41:14.23</b>	<b>00:41:14.60</b>	+00:21:35 (52.4%)	7:46	7.7 (47.5%)
178	<b>SIEROTA Renata</b>	<b>887</b>		40-49 lat	284			00:00:17	00:17:06	<b>00:41:14.76</b>	<b>00:41:32.19</b>	+00:21:35 (52.4%)	7:46	7.7 (47.5%)
179	<b>WODZYŃSKA-KOCZY Marta</b>	<b>294</b>		40-49 lat	285			00:00:16	00:16:39	<b>00:41:15.38</b>	<b>00:41:32.12</b>	+00:21:36 (52.4%)	7:46	7.7 (47.5%)
180	<b>BARTNIK Joanna</b>	<b>251</b>	STREET SPIRIT	40-49 lat	286		Dwie szalone	00:00:23	00:16:58	<b>00:41:16.78</b>	<b>00:41:40.67</b>	+00:21:38 (52.4%)	7:47	7.7 (47.5%)
181	<b>MILCUSZEK Magdalena</b>	<b>90</b>		30-39 lat	249			00:00:15	00:17:08	<b>00:41:17.02</b>	<b>00:41:32.39</b>	+00:21:38 (52.4%)	7:47	7.7 (47.5%)
182	<b>BYCINA Edyta</b>	<b>935</b>		40-49 lat	287			00:00:35	00:17:24	<b>00:41:27.55</b>	<b>00:42:02.92</b>	+00:21:48 (52.6%)	7:49	7.7 (47.5%)
183	<b>BROCKA Joanna</b>	<b>672</b>		40-49 lat	289			00:00:34	00:17:24	<b>00:41:30.97</b>	<b>00:42:05.92</b>	+00:21:52 (52.7%)	7:49	7.7 (47.5%)
184	<b>NOWAK Malwina</b>	<b>936</b>		30-39 lat	252			00:00:11	00:18:12	<b>00:41:31.14</b>	<b>00:41:42.68</b>	+00:21:52 (52.7%)	7:50	7.7 (47.5%)
185	<b>ROTTER Hanna</b>	<b>164</b>		60+	26			00:00:24	00:17:31	<b>00:41:38.60</b>	<b>00:42:03.51</b>	+00:21:59 (52.8%)	7:51	7.6 (46.9%)
186	<b>BRYŁA Małgorzata</b>	<b>720</b>		40-49 lat	293		Socjo Corpo Group	00:00:43	00:18:00	<b>00:42:06.92</b>	<b>00:42:50.40</b>	+00:22:28 (53.4%)	7:56	7.6 (46.9%)
187	<b>KOSTKA Justyna</b>	<b>655</b>		30-39 lat	256			00:00:08	00:18:28	<b>00:42:14.53</b>	<b>00:42:23.07</b>	+00:22:35 (53.5%)	7:58	7.5 (46.3%)
188	<b>ŁANUCHA Mariola</b>	<b>67</b>		60+	29	Kobiety na 5+		00:00:15	00:17:51	<b>00:42:37.98</b>	<b>00:42:53.39</b>	+00:22:59 (53.9%)	8:02	7.5 (46.3%)



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
189	WAWOCZNY Anita	392	KOBIETY NA 5+	40-49 lat	298	Kobiety na 5+		00:00:12	00:17:18	00:42:39.84	00:42:52.20	+00:23:01 (54.0%)	8:02	7.5 (46.3%)
190	SAWICKA Marta	211	KOBIETY NA 5+	40-49 lat	299	Kobiety na 5+		00:00:12	00:17:18	00:42:39.99	00:42:52.34	+00:23:01 (54.0%)	8:02	7.5 (46.3%)
191	KOLAT Jadwiga	57	KOBIETY NA 5+	40-49 lat	300	Kobiety na 5+		00:00:13	00:16:54	00:42:40.58	00:42:54.05	+00:23:01 (54.0%)	8:03	7.5 (46.3%)
192	GŁUSZAK Aleksandra	332	KOBIETY NA 5+	40-49 lat	301	Kobiety na 5+		00:00:09	00:16:58	00:42:42.24	00:42:51.25	+00:23:03 (54.0%)	8:03	7.4 (45.7%)
193	BETAŃSKA Aneta	155	KOBIETY NA 5+	40-49 lat	302	Kobiety na 5+		00:00:08	00:17:03	00:42:42.29	00:42:51.29	+00:23:03 (54.0%)	8:03	7.4 (45.7%)
194	MYŚLIWIEC Seniorita	137	KOBIETY NA 5+	30-39 lat	257	Kobiety na 5+		00:00:08	00:17:04	00:42:42.37	00:42:51.04	+00:23:03 (54.0%)	8:03	7.4 (45.7%)
195	PAJĄK Małgorzata	291	KOBIETY NA 5+	50-59 lat	124	Kobiety na 5+		00:00:09	00:17:03	00:42:44.82	00:42:54.13	+00:23:06 (54.0%)	8:03	7.4 (45.7%)
196	ZALEWSKA Barbara	190	KOBIETY NA 5+	40-49 lat	303	Kobiety na 5+		00:00:07	00:17:30	00:42:46.47	00:42:53.73	+00:23:07 (54.1%)	8:04	7.4 (45.7%)
197	STAŚKIEWICZ Monika	509		50-59 lat	125			00:00:43	00:18:16	00:42:58.09	00:43:41.39	+00:23:19 (54.3%)	8:06	7.4 (45.7%)
198	SZCZEPANIK Marta	671		30-39 lat	260			00:00:51	00:18:30	00:43:01.83	00:43:53.69	+00:23:23 (54.3%)	8:06	7.4 (45.7%)
199	GÓRNICZ Patrycja	651		30-39 lat	261			00:00:36	00:17:28	00:43:08.43	00:43:45.26	+00:23:29 (54.5%)	8:08	7.4 (45.7%)
200	BAZGIER Magdalena	654		30-39 lat	263			00:00:36	00:17:28	00:43:29.36	00:44:06.22	+00:23:50 (54.8%)	8:12	7.3 (45.1%)
201	OLBER Justyna	918		30-39 lat	264			00:00:34	00:18:48	00:43:38.13	00:44:12.23	+00:23:59 (55.0%)	8:13	7.3 (45.1%)
202	STAŚKIEWICZ Beata	721		40-49 lat	311		Socjo Corpo Group	00:00:43	00:18:43	00:44:01.27	00:44:44.95	+00:24:22 (55.4%)	8:18	7.2 (44.4%)
203	RODZIEWICZ Agnieszka	684		30-39 lat	271			00:00:56	00:19:25	00:45:16.51	00:46:13.34	+00:25:37 (56.6%)	8:32	7 (43.2%)
204	NIEDZIOŁKO Bożena	208	KOBIETY NA 5+	50-59 lat	129	Kobiety na 5+		00:00:15	00:18:42	00:45:30.88	00:45:46.22	+00:25:52 (56.8%)	8:35	7 (43.2%)
205	SZCZEPANIK Aleksandra	116		30-39 lat	273			00:00:14	00:18:42	00:45:31.16	00:45:45.60	+00:25:52 (56.8%)	8:35	7 (43.2%)
206	NALEWAJKA Wioleta	443	KOBIETY NA 5+	50-59 lat	130	Kobiety na 5+		00:00:14	00:18:44	00:45:31.41	00:45:45.52	+00:25:52 (56.8%)	8:35	7 (43.2%)
207	GROCHOWSKA Oliwia	550		16-19 lat	15			00:00:12	00:18:32	00:45:49.74	00:46:02.21	+00:26:10 (57.1%)	8:38	6.9 (42.6%)
208	KONOWALCZUK Iza	633		30-39 lat	275			00:00:27	00:19:31	00:46:26.82	00:46:54.60	+00:26:48 (57.7%)	8:45	6.8 (42.0%)
209	WIĘDŁOCHA-GRABKA Marta	752		30-39 lat	276			00:00:27	00:19:30	00:46:27.10	00:46:54.56	+00:26:48 (57.7%)	8:45	6.8 (42.0%)
210	WITKOWSKA-DOLNY Sandra	390		30-39 lat	278	GRAŻYNY 87		00:00:57	00:20:07	00:46:31.70	00:47:29.29	+00:26:52 (57.8%)	8:46	6.8 (42.0%)
211	PRUC Jolanta	808	GRAŻYNY 87	30-39 lat	279	GRAŻYNY 87		00:00:55	00:20:09	00:46:33.49	00:47:29.40	+00:26:54 (57.8%)	8:46	6.8 (42.0%)
212	ABRACHAMCZYK Barbara	102		60+	31			00:00:15	00:18:27	00:46:41.71	00:46:57.56	+00:27:02 (57.9%)	8:48	6.8 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
213	<b>SŁUPECKA Beata</b>	<b>336</b>		40-49 lat	324			00:00:23	00:18:45	<b>00:47:44.92</b>	<b>00:48:08.89</b>	+00:28:06 (58.9%)	9:00	6.7 (41.4%)
214	<b>SAGAN Małgorzata</b>	<b>967</b>		50-59 lat	132	TEAM MAŁYCH BOHATERÓW :-)		00:00:25	00:19:44	<b>00:48:08.86</b>	<b>00:48:34.64</b>	+00:28:30 (59.2%)	9:04	6.6 (40.7%)
215	<b>KUŚMIERSKA-KUBAS Alina</b>	<b>933</b>		50-59 lat	133			00:00:22	00:19:38	<b>00:48:29.01</b>	<b>00:48:51.65</b>	+00:28:50 (59.5%)	9:08	6.6 (40.7%)
216	<b>MARCZOK Marta</b>	<b>601</b>		30-39 lat	283			00:00:24	00:20:34	<b>00:48:34.12</b>	<b>00:48:59.01</b>	+00:28:55 (59.5%)	9:09	6.5 (40.1%)
217	<b>PIŁATOWSKA Magdalena</b>	<b>424</b>		30-39 lat	284			00:00:24	00:20:34	<b>00:48:34.20</b>	<b>00:48:59.10</b>	+00:28:55 (59.6%)	9:09	6.5 (40.1%)
218	<b>WOJTAL Danuta</b>	<b>801</b>		50-59 lat	135			00:00:37	00:20:18	<b>00:49:15.56</b>	<b>00:49:52.84</b>	+00:29:36 (60.1%)	9:17	6.5 (40.1%)
219	<b>PIĄTKOWSKA Romana</b>	<b>154</b>		50-59 lat	137			00:00:40	00:21:09	<b>00:51:04.76</b>	<b>00:51:45.56</b>	+00:31:25 (61.5%)	9:38	6.2 (38.3%)
220	<b>HASIOR Dorota</b>	<b>185</b>		50-59 lat	138			00:00:40	00:21:09	<b>00:51:04.89</b>	<b>00:51:45.36</b>	+00:31:26 (61.5%)	9:38	6.2 (38.3%)
221	<b>WOLAŃSKA Barbara</b>	<b>383</b>		30-39 lat	286	GRAŻYNY 87		00:01:10	00:20:45	<b>00:53:54.41</b>	<b>00:55:05.10</b>	+00:34:15 (63.6%)	10:10	5.9 (36.4%)
222	<b>KORBEL Klaudia</b>	<b>956</b>		30-39 lat	288	TEAM MAŁYCH BOHATERÓW :-)		00:02:52	00:23:39	<b>00:54:29.86</b>	<b>00:57:22.14</b>	+00:34:51 (64.0%)	10:16	5.8 (35.8%)
223	<b>RUTKOWSKA Ania</b>	<b>953</b>		50-59 lat	140	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:41	<b>00:54:33.44</b>	<b>00:57:25.40</b>	+00:34:54 (64.0%)	10:17	5.8 (35.8%)
224	<b>BUREK Sonia</b>	<b>980</b>	TEAM MAŁYCH BOHATERÓW	30-39 lat	289	TEAM MAŁYCH BOHATERÓW :-)		00:02:51	00:23:43	<b>00:54:34.52</b>	<b>00:57:26.43</b>	+00:34:55 (64.0%)	10:17	5.8 (35.8%)
225	<b>SZCZEPANIK Bogumiła</b>	<b>27</b>		30-39 lat	291			00:00:40		<b>01:00:37.96</b>	<b>01:01:18.15</b>	+00:40:59 (67.6%)	11:26	5.2 (32.1%)
226	<b>CIEŚLA Liliana</b>	<b>603</b>		60+	33			00:00:00	00:17:47	<b>01:07:25.63</b>	<b>01:07:26.00</b>	+00:47:46 (70.9%)	12:43	4.7 (29.0%)

Znaleziono 226 wynik(ów)