



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2021  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2021-09-19  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>501</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	1	Fizjo Sport Sandra - trenuj z Sandra	00:08:45	<b>00:17:47.65</b>		3:33	16.9 (100%)
2	<b>GRIMAN Joanna</b>	<b>16</b>	MOJŻYSZ TEAM/ ERIGO	40-49	1	MOJŻYSZ TEAM/ ERIGO	00:09:16	<b>00:18:19.55</b>	+00:00:31 (2.9%)	3:39	16.4 (97.0%)
3	<b>SUWAJ Aneta</b>	<b>1</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	<b>00:18:36.60</b>	+00:00:48 (4.4%)	3:43	16.1 (95.3%)
4	<b>MENDECKA-ZEJDLER Michalina</b>	<b>8</b>	1 SECOND TEAM	20-29	1		00:09:31	<b>00:19:00.55</b>	+00:01:12 (6.4%)	3:48	15.8 (93.5%)
5	<b>STUHLIK Magdalena</b>	<b>29</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	3		00:09:30	<b>00:19:08.10</b>	+00:01:20 (7.0%)	3:49	15.7 (92.9%)
6	<b>KUBIAK Izabela</b>	<b>475</b>		30-39	4		00:09:44	<b>00:19:37.40</b>	+00:01:49 (9.3%)	3:55	15.3 (90.5%)
7	<b>ADAMCZYK-NOWAK Beata</b>	<b>2</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	2	Miechowicka Grupa Biegowa	00:10:11	<b>00:20:05.35</b>	+00:02:17 (11.4%)	4:01	14.9 (88.2%)
8	<b>TANISTRA - SŁOWIK Katarzyna</b>	<b>26</b>	HURAGAN LIGOTA	40-49	3		00:10:20	<b>00:20:26.70</b>	+00:02:39 (13.0%)	4:05	14.7 (87.0%)
9	<b>SKALSKA Anna</b>	<b>11</b>	CARBON OCR RACING TEAM FESTIWAL BIEGOWY KRYNICA ZDRÓJ	40-49	4		00:10:12	<b>00:20:28.75</b>	+00:02:41 (13.1%)	4:05	14.7 (87.0%)
10	<b>BIELIŃSKA Monika</b>	<b>20</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	5	Fizjo Sport Sandra - trenuj z Sandra	00:10:18	<b>00:20:34.05</b>	+00:02:46 (13.5%)	4:06	14.6 (86.4%)
11	<b>KRUPOWICZ Wiktoria</b>	<b>660</b>	ANNA HALSKA COACHING	20-29	2	ANNA HALSKA COACHING	00:10:05	<b>00:20:42.60</b>	+00:02:54 (14.1%)	4:08	14.5 (85.8%)
12	<b>MALEJKA Katarzyna</b>	<b>33</b>		50-59	1		00:10:24	<b>00:20:44.00</b>	+00:02:56 (14.2%)	4:08	14.5 (85.8%)
13	<b>STRZELCZYK Ewa</b>	<b>832</b>	HURAGAN LIGOTA	40-49	5		00:10:22	<b>00:20:49.70</b>	+00:03:02 (14.6%)	4:09	14.4 (85.2%)
14	<b>WODZIŃSKA Danuta</b>	<b>48</b>		40-49	6		00:10:33	<b>00:21:00.10</b>	+00:03:12 (15.3%)	4:12	14.3 (84.6%)
15	<b>PARZYCH Katarzyna</b>	<b>14</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	7	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:10:39	<b>00:21:12.10</b>	+00:03:24 (16.1%)	4:14	14.2 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
16	<b>FILEC Wiktoria</b>	<b>3</b>	RMKS RYBNIK	20-29	3		00:10:40	<b>00:21:12.95</b>	+00:03:25 (16.1%)	4:14	14.2 (84.0%)
17	<b>ANDROSZ Beata</b>	<b>37</b>	BBL RUDA ŚLĄSKA	40-49	8	BBL Ruda Śląska	00:10:33	<b>00:21:25.15</b>	+00:03:37 (16.9%)	4:17	14 (82.8%)
18	<b>JANKO Anna</b>	<b>830</b>	HRMAX ŻORY	30-39	6	HRmax Dziołszki	00:10:43	<b>00:21:27.50</b>	+00:03:39 (17.1%)	4:17	14 (82.8%)
19	<b>KUDIO Daria</b>	<b>30</b>		30-39	7		00:10:44	<b>00:21:32.60</b>	+00:03:44 (17.4%)	4:18	13.9 (82.2%)
20	<b>OPUCHLIK Aleksandra</b>	<b>62</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	8		00:10:55	<b>00:21:39.40</b>	+00:03:51 (17.8%)	4:19	13.9 (82.2%)
21	<b>BIAŁOŃCZYK Joanna</b>	<b>66</b>		30-39	9	Byle do mety	00:11:06	<b>00:21:52.95</b>	+00:04:05 (18.7%)	4:22	13.7 (81.1%)
22	<b>BINIENDA Agnieszka</b>	<b>85</b>	KOBIETY WATAHY	40-49	9		00:11:03	<b>00:21:55.55</b>	+00:04:07 (18.8%)	4:23	13.7 (81.1%)
23	<b>WRÓBLEWSKA Judyta</b>	<b>226</b>		20-29	4	Klub Biegacza Fartlek	00:10:44	<b>00:21:59.40</b>	+00:04:11 (19.1%)	4:23	13.6 (80.5%)
24	<b>SZAFARCZYK Eugenia</b>	<b>24</b>	RUNSZ-TEAM	50-59	2	Niedoścignione	00:11:09	<b>00:22:04.50</b>	+00:04:16 (19.4%)	4:24	13.6 (80.5%)
25	<b>GRUSZKA Ewa</b>	<b>117</b>	STS BIEGATON MIKOŁOW	40-49	10	STS Biegaton Mikołów	00:11:02	<b>00:22:05.35</b>	+00:04:17 (19.4%)	4:25	13.6 (80.5%)
26	<b>GRIMAN Martyna</b>	<b>467</b>	RMKS RYBNIK	16-19	1	RMKS RYBNIK	00:11:08	<b>00:22:06.65</b>	+00:04:19 (19.5%)	4:25	13.6 (80.5%)
27	<b>JURASZEK Elzbieta</b>	<b>46</b>	JUSTFELLFIT	30-39	10	JustFeelFit TEAM	00:11:09	<b>00:22:10.80</b>	+00:04:23 (19.8%)	4:26	13.5 (79.9%)
28	<b>KOPIEC Izabela</b>	<b>49</b>		40-49	11		00:11:10	<b>00:22:19.75</b>	+00:04:32 (20.3%)	4:27	13.4 (79.3%)
29	<b>ŻBEL Ania</b>	<b>397</b>	HRMAX ŻORY	40-49	12	HRmax Dziołszki	00:11:04	<b>00:22:30.45</b>	+00:04:42 (20.9%)	4:30	13.3 (78.7%)
30	<b>LEGIERSKA Natalia</b>	<b>476</b>	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	<b>00:22:34.20</b>	+00:04:46 (21.2%)	4:30	13.3 (78.7%)
31	<b>WOWRY Sylwia</b>	<b>58</b>	OLZA CIESZYN	40-49	13	Olza Cieszyn	00:11:19	<b>00:22:36.20</b>	+00:04:48 (21.3%)	4:31	13.3 (78.7%)
32	<b>CZYŻ Leonarda</b>	<b>34</b>	OLZA CIESZYN	40-49	14	Olza Cieszyn	00:11:19	<b>00:22:37.05</b>	+00:04:49 (21.3%)	4:31	13.3 (78.7%)
33	<b>MENDLA Agata</b>	<b>464</b>	FORMA WODZISŁAW	30-39	12	Forma Wodzisław	00:11:14	<b>00:22:39.80</b>	+00:04:52 (21.5%)	4:31	13.2 (78.1%)
34	<b>WYSOCKA Agnieszka</b>	<b>55</b>	KOLOROWA DRUŻYNA NESSI	40-49	15	Kolorowa Drużyna Nessi	00:11:09	<b>00:22:40.45</b>	+00:04:52 (21.5%)	4:32	13.2 (78.1%)
35	<b>NOWAK Beata</b>	<b>35</b>	OLZA CIESZYN	40-49	16	Olza Cieszyn	00:11:23	<b>00:22:55.70</b>	+00:05:08 (22.4%)	4:35	13.1 (77.5%)
36	<b>POZNIAK Maria</b>	<b>21</b>		20-29	5		00:11:46	<b>00:22:56.20</b>	+00:05:08 (22.4%)	4:35	13.1 (77.5%)
37	<b>DOBRENKO Edyta</b>	<b>61</b>		40-49	17		00:11:51	<b>00:22:59.70</b>	+00:05:12 (22.6%)	4:35	13.1 (77.5%)
38	<b>PŁASZCZYMAKA Justyna</b>	<b>216</b>	MIECHOWICKA GRUPA BIEGOWA	20-29	6	Miechowicka Grupa Biegowa	00:11:24	<b>00:23:06.10</b>	+00:05:18 (23.0%)	4:37	13 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
39	<b>KRZYMINSKA Patrycja</b>	<b>726</b>	RB ACTIV KNEIPP	30-39	13		00:11:48	<b>00:23:06.50</b>	+00:05:18 (23.0%)	4:37	13 (76.9%)
40	<b>POZNIAK Małgorzata</b>	<b>22</b>		16-19	2		00:11:45	<b>00:23:12.75</b>	+00:05:25 (23.3%)	4:38	12.9 (76.3%)
41	<b>PIOTROWSKA Anna</b>	<b>42</b>	HURAGAN LIGOTA	40-49	18		00:11:47	<b>00:23:15.35</b>	+00:05:27 (23.5%)	4:39	12.9 (76.3%)
42	<b>NIESŁAŃCZYK Małgorzata</b>	<b>84</b>	WATAHA	40-49	19	Wataha	00:11:32	<b>00:23:18.70</b>	+00:05:31 (23.7%)	4:39	12.9 (76.3%)
43	<b>SŁOWIK Sandra</b>	<b>13</b>	JUSTFEELFIT TEAM	16-19	3	JustFeelFit TEAM	00:11:49	<b>00:23:23.30</b>	+00:05:35 (23.9%)	4:40	12.8 (75.7%)
44	<b>PASŁAWSKA Katarzyna</b>	<b>92</b>	KOBIETY NA 5 +	40-49	20	Kobiety na 5+	00:11:21	<b>00:23:25.50</b>	+00:05:37 (24.0%)	4:41	12.8 (75.7%)
45	<b>FOJCIK-PUSTELNIK Karolina</b>	<b>17</b>		40-49	21		00:12:06	<b>00:23:25.65</b>	+00:05:38 (24.0%)	4:41	12.8 (75.7%)
46	<b>SOŁTYSEK Barbara</b>	<b>45</b>	JUSTFEELFIT	40-49	22	JustFeelFit TEAM	00:11:48	<b>00:23:31.00</b>	+00:05:43 (24.3%)	4:42	12.8 (75.7%)
47	<b>GREENE Agnieszka</b>	<b>122</b>		40-49	23		00:12:06	<b>00:23:32.15</b>	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
48	<b>HANDZLIK-STARZYK Anna</b>	<b>89</b>		40-49	24		00:12:02	<b>00:23:33.25</b>	+00:05:45 (24.5%)	4:42	12.7 (75.1%)
49	<b>RAFA Asia</b>	<b>76</b>		40-49	25		00:11:55	<b>00:23:37.35</b>	+00:05:49 (24.7%)	4:43	12.7 (75.1%)
50	<b>KUCZEK Katarzyna</b>	<b>90</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	40-49	26		00:11:49	<b>00:23:42.75</b>	+00:05:55 (25.0%)	4:44	12.7 (75.1%)
51	<b>HELIOSZ Agnieszka</b>	<b>454</b>	INTERAKTYWNI KROSTOSZOWICE	40-49	27		00:11:59	<b>00:23:45.65</b>	+00:05:58 (25.1%)	4:45	12.6 (74.6%)
52	<b>LACHOWICZ Izabela</b>	<b>168</b>	PĘDZĄCE ŻÓŁWIE	20-29	7		00:11:45	<b>00:23:46.25</b>	+00:05:58 (25.1%)	4:45	12.6 (74.6%)
53	<b>PIWISZKIS Barbara</b>	<b>38</b>	KOBIETY NA 5 +	40-49	28	Kobiety na 5+	00:11:33	<b>00:23:47.95</b>	+00:06:00 (25.2%)	4:45	12.6 (74.6%)
54	<b>SKORUPA Magdalena</b>	<b>375</b>		30-39	14		00:11:36	<b>00:23:51.30</b>	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
55	<b>KANDORA Joanna</b>	<b>44</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	29	Miechowicka Grupa Biegowa	00:12:10	<b>00:23:55.25</b>	+00:06:07 (25.6%)	4:47	12.5 (74.0%)
56	<b>SICH- SOSNA Agnieszka</b>	<b>107</b>	INTER AKTYWNI	40-49	30	InterAktywni	00:12:09	<b>00:23:59.45</b>	+00:06:11 (25.8%)	4:47	12.5 (74.0%)
57	<b>WĘGOREK Monika</b>	<b>779</b>	BTM RUNNERS	40-49	31	BTM RUNNERS	00:12:16	<b>00:24:06.55</b>	+00:06:18 (26.2%)	4:49	12.4 (73.4%)
58	<b>RAŹNIAK Beata</b>	<b>154</b>	KOBIETY NA 5 +	50-59	3	Kobiety na 5+	00:11:59	<b>00:24:07.10</b>	+00:06:19 (26.2%)	4:49	12.4 (73.4%)
59	<b>MENŻYK Joanna</b>	<b>39</b>	MORS HUBERTUS MYSŁOWICE	40-49	32	Mors Hubertus Mysłowice	00:12:10	<b>00:24:07.55</b>	+00:06:19 (26.2%)	4:49	12.4 (73.4%)
60	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>81</b>	DRUŻYNA JASNEJ	40-49	33		00:12:31	<b>00:24:16.25</b>	+00:06:28 (26.7%)	4:51	12.4 (73.4%)
61	<b>BUDREWICZ Elżbieta</b>	<b>549</b>	DYCZUŚ TEAM	40-49	34	Dyczuś Team	00:12:07	<b>00:24:17.95</b>	+00:06:30 (26.8%)	4:51	12.4 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
62	<b>PAWŁOWSKA Beata</b>	<b>312</b>	RADLINIOKI W BIEGU	40-49	35		00:12:25	<b>00:24:18.65</b>	+00:06:31 (26.8%)	4:51	12.3 (72.8%)
63	<b>FURMANEK Ela</b>	<b>722</b>	HURAGAN LIGOTA	50-59	4		00:12:10	<b>00:24:21.25</b>	+00:06:33 (26.9%)	4:52	12.3 (72.8%)
64	<b>KASPERCZYK Aleksandra</b>	<b>144</b>	WARTKIE PIERONY	40-49	36	Wartkie Pierony	00:12:28	<b>00:24:21.55</b>	+00:06:33 (27.0%)	4:52	12.3 (72.8%)
65	<b>LORENZ Agnieszka</b>	<b>118</b>		40-49	37		00:12:05	<b>00:24:22.05</b>	+00:06:34 (27.0%)	4:52	12.3 (72.8%)
66	<b>LERCH Bożena</b>	<b>64</b>		30-39	15	RUNTEAM Pawłowice	00:12:07	<b>00:24:34.05</b>	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
67	<b>MANISZEWSKA Dorota</b>	<b>123</b>	OLZA CIESZYN	40-49	38		00:12:12	<b>00:24:35.75</b>	+00:06:48 (27.7%)	4:55	12.2 (72.2%)
68	<b>NGUYEN Dorota</b>	<b>43</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	16		00:12:17	<b>00:24:39.20</b>	+00:06:51 (27.8%)	4:55	12.2 (72.2%)
69	<b>GREENE Julia</b>	<b>416</b>		16-19	4		00:12:05	<b>00:24:43.60</b>	+00:06:55 (28.0%)	4:56	12.1 (71.6%)
70	<b>FRANEK Agata</b>	<b>101</b>		30-39	17		00:12:10	<b>00:24:44.65</b>	+00:06:57 (28.1%)	4:56	12.1 (71.6%)
71	<b>CHORCHOS Magda</b>	<b>803</b>		20-29	8		00:12:19	<b>00:24:45.70</b>	+00:06:58 (28.1%)	4:57	12.1 (71.6%)
72	<b>SZŁAPA Urszula</b>	<b>192</b>	SPOT PSZCZYNA	30-39	18	Spot Pszczyna	00:12:13	<b>00:24:46.90</b>	+00:06:59 (28.2%)	4:57	12.1 (71.6%)
73	<b>SLISZ Maria</b>	<b>521</b>	DECATHLON PRZYJACIELE	40-49	39	Decathlon & Przyjaciele	00:12:27	<b>00:24:48.90</b>	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
74	<b>GĘBOLYŚ Beata</b>	<b>289</b>	CHWALISZ CZY NIE CHWALISZ, LOTEJ Z NAMI	40-49	40		00:12:24	<b>00:24:55.20</b>	+00:07:07 (28.6%)	4:59	12 (71.0%)
75	<b>KUFKA Judyta</b>	<b>153</b>		30-39	19		00:12:30	<b>00:24:56.10</b>	+00:07:08 (28.6%)	4:59	12 (71.0%)
76	<b>SMOLORZ Anna</b>	<b>217</b>		30-39	20		00:12:44	<b>00:24:56.80</b>	+00:07:09 (28.7%)	4:59	12 (71.0%)
77	<b>KURBIEL Sylwia</b>	<b>5021</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	30-39	21		00:12:17	<b>00:24:57.85</b>	+00:07:10 (28.7%)	4:59	12 (71.0%)
78	<b>PERKOWSKA Daria</b>	<b>533</b>		40-49	41		00:12:19	<b>00:25:00.85</b>	+00:07:13 (28.9%)	5:00	12 (71.0%)
79	<b>GORZELAK Joanna</b>	<b>114</b>	KOBIETY NA 5+	40-49	42	Kobiety na 5+	00:12:34	<b>00:25:05.05</b>	+00:07:17 (29.1%)	5:01	12 (71.0%)
80	<b>CZAPSKA Ewa</b>	<b>473</b>	HURAGAN LIGOTA	50-59	5	Huragan Ligota	00:12:47	<b>00:25:06.75</b>	+00:07:19 (29.1%)	5:01	12 (71.0%)
81	<b>TIEBLER Marlina</b>	<b>161</b>	STS BIEGATON MIKOŁÓW	30-39	22	STS Biegaton Mikołów	00:12:35	<b>00:25:09.85</b>	+00:07:22 (29.3%)	5:01	11.9 (70.4%)
82	<b>MISTEROWICZ Kinga</b>	<b>25</b>	RUNSZ-TEAM	20-29	9	Niedoścignione	00:12:46	<b>00:25:12.05</b>	+00:07:24 (29.4%)	5:02	11.9 (70.4%)
83	<b>NYKIEL Małgorzata</b>	<b>135</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	43	Miechowicka Grupa Biegowa	00:12:36	<b>00:25:16.50</b>	+00:07:28 (29.6%)	5:03	11.9 (70.4%)
84	<b>WICHER Sabina</b>	<b>243</b>	MONSUN SPORT	30-39	23		00:12:53	<b>00:25:18.15</b>	+00:07:30 (29.7%)	5:03	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
85	<b>LEPA Klaudia</b>	<b>139</b>	BBL RUDA ŚLĄSKA	20-29	10	BBL Ruda Śląska	00:12:32	<b>00:25:19.50</b>	+00:07:31 (29.7%)	5:03	11.8 (69.8%)
86	<b>RZEPECKA Bożena</b>	<b>98</b>	OLZA CIESZYN	50-59	6	Olza Cieszyn	00:12:34	<b>00:25:20.95</b>	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
87	<b>CHROBOK Józefa</b>	<b>56</b>	OLZA CIESZYN	50-59	7	Olza Cieszyn	00:12:34	<b>00:25:21.30</b>	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
88	<b>AUGUŚCIK Ewelina</b>	<b>648</b>	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	<b>00:25:23.20</b>	+00:07:35 (29.9%)	5:04	11.8 (69.8%)
89	<b>STACHAŃCZYK Dorota</b>	<b>325</b>		40-49	44		00:12:54	<b>00:25:23.40</b>	+00:07:35 (29.9%)	5:04	11.8 (69.8%)
90	<b>BĄK Marzena</b>	<b>920</b>		30-39	25		00:12:41	<b>00:25:26.00</b>	+00:07:38 (30.0%)	5:05	11.8 (69.8%)
91	<b>KRAKOWCZYK Karolina</b>	<b>927</b>	INTERAKTYWNI KROSTOSZOWIECE	30-39	26	InterAktywni	00:12:57	<b>00:25:27.60</b>	+00:07:39 (30.1%)	5:05	11.8 (69.8%)
92	<b>MUSIAŁ Maria</b>	<b>172</b>		50-59	8		00:12:45	<b>00:25:29.80</b>	+00:07:42 (30.2%)	5:05	11.8 (69.8%)
93	<b>ZARAŃSKA Izabela</b>	<b>446</b>	MIECHOWICKA GRUPA BIEBIEGOWA	50-59	9		00:12:46	<b>00:25:30.30</b>	+00:07:42 (30.2%)	5:06	11.8 (69.8%)
94	<b>GAJDA Magdalena</b>	<b>77</b>		30-39	27		00:12:57	<b>00:25:31.70</b>	+00:07:44 (30.3%)	5:06	11.8 (69.8%)
95	<b>BROCKA Anita</b>	<b>68</b>		40-49	45		00:12:48	<b>00:25:34.30</b>	+00:07:46 (30.4%)	5:06	11.7 (69.2%)
96	<b>MARCZYŃSKA Izabela</b>	<b>113</b>		30-39	28		00:12:40	<b>00:25:38.50</b>	+00:07:50 (30.6%)	5:07	11.7 (69.2%)
97	<b>BIZOŃ Monika</b>	<b>181</b>	DYSTANS LUBOMIA	30-39	29	Dystans Lubomia	00:12:45	<b>00:25:41.75</b>	+00:07:54 (30.8%)	5:08	11.7 (69.2%)
98	<b>KOPIEC Estera</b>	<b>861</b>		30-39	30		00:12:49	<b>00:25:42.95</b>	+00:07:55 (30.8%)	5:08	11.7 (69.2%)
99	<b>PASTUCHA Anna</b>	<b>150</b>	CROSS KRAPKOWICE	60+	1		00:13:02	<b>00:25:45.00</b>	+00:07:57 (30.9%)	5:09	11.7 (69.2%)
100	<b>KOTOWICZ Anna</b>	<b>143</b>		30-39	31		00:12:59	<b>00:25:46.10</b>	+00:07:58 (30.9%)	5:09	11.6 (68.6%)
101	<b>CHYTROSZEK Eleonora</b>	<b>78</b>		50-59	10		00:12:41	<b>00:25:47.45</b>	+00:07:59 (31.0%)	5:09	11.6 (68.6%)
102	<b>MROZEK Aleksandra</b>	<b>140</b>	KLUB BIEGACZA FARTLEK	20-29	11	Klub Biegacza Fartlek	00:12:59	<b>00:25:48.70</b>	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
103	<b>SOBINA Roksana</b>	<b>47</b>	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	<b>00:25:49.30</b>	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
104	<b>SZTABLA Liliana</b>	<b>165</b>	KLUB BIEGACZA FARTLEK	40-49	46	Klub biegacza Fartlek	00:12:57	<b>00:25:49.45</b>	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
105	<b>DĄBROWSKA Emilia</b>	<b>366</b>	KLUB BIEGACZA FARTLEK	40-49	47	Klub biegacza Fartlek	00:12:59	<b>00:25:49.55</b>	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
106	<b>LERCH Maria</b>	<b>156</b>	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	<b>00:25:50.20</b>	+00:08:02 (31.1%)	5:10	11.6 (68.6%)
107	<b>SZULC Barbara</b>	<b>364</b>	MIECHOWICKA GRUPA BIEGOWA	60+	2	Miechowicka Grupa Biegowa	00:12:50	<b>00:25:54.45</b>	+00:08:06 (31.3%)	5:10	11.6 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
108	<b>NALEWAJKA Wioleta</b>	<b>50</b>	KOBIETY NA 5+	50-59	11	Kobiety na 5+	00:12:47	<b>00:25:56.40</b>	+00:08:08 (31.4%)	5:11	11.6 (68.6%)
109	<b>GORZKOWSKA Zuzanna</b>	<b>286</b>	BTM RUNNERS	40-49	48	BTM RUNNERS	00:12:56	<b>00:25:58.20</b>	+00:08:10 (31.5%)	5:11	11.6 (68.6%)
110	<b>ŁUSZCZ Magdalena</b>	<b>182</b>	BTM RUNNERS	40-49	49	BTM RUNNERS	00:12:56	<b>00:25:58.30</b>	+00:08:10 (31.5%)	5:11	11.6 (68.6%)
111	<b>GATNER Agnieszka</b>	<b>97</b>		40-49	50		00:13:10	<b>00:25:58.65</b>	+00:08:11 (31.5%)	5:11	11.6 (68.6%)
112	<b>WIECHOWSKA Sabina</b>	<b>159</b>	MONSUN SPORT	30-39	34		00:12:56	<b>00:26:00.80</b>	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
113	<b>SZEWERDA Hanna</b>	<b>765</b>	BTM RUNNERS	40-49	51	BTM RUNNERS	00:13:12	<b>00:26:06.60</b>	+00:08:18 (31.8%)	5:13	11.5 (68.0%)
114	<b>PUKAS-STĘCLIK Karolina</b>	<b>222</b>		30-39	35		00:13:06	<b>00:26:06.65</b>	+00:08:19 (31.9%)	5:13	11.5 (68.0%)
115	<b>KONKOL-PEPŁOWSKA Martyna</b>	<b>18</b>		40-49	52		00:12:39	<b>00:26:08.70</b>	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
116	<b>KANIA Monika</b>	<b>19</b>		40-49	53		00:12:56	<b>00:26:08.75</b>	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
117	<b>ZAKRZEWSKA Sabina</b>	<b>505</b>		30-39	36		00:12:49	<b>00:26:13.05</b>	+00:08:25 (32.1%)	5:14	11.4 (67.5%)
118	<b>GARUS Magdalena</b>	<b>146</b>		40-49	54		00:12:54	<b>00:26:13.30</b>	+00:08:25 (32.1%)	5:14	11.4 (67.5%)
119	<b>PIWOŃSKA Adriana</b>	<b>287</b>		40-49	55		00:13:07	<b>00:26:19.10</b>	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
120	<b>GŁĄBEK Edyta</b>	<b>914</b>	SPOT PSZCZYNA	20-29	12		00:13:12	<b>00:26:22.65</b>	+00:08:35 (32.5%)	5:16	11.4 (67.5%)
121	<b>KAPŁON Magdalena</b>	<b>255</b>	WINNICZEK TEAM	30-39	37		00:13:06	<b>00:26:24.25</b>	+00:08:36 (32.6%)	5:16	11.4 (67.5%)
122	<b>DYCZEK Klaudia</b>	<b>218</b>	DYCZUŚ TEAM	40-49	56	Dyczuś Team	00:13:22	<b>00:26:28.80</b>	+00:08:41 (32.8%)	5:17	11.3 (66.9%)
123	<b>WILCZEK Monika</b>	<b>100</b>		60+	3		00:13:08	<b>00:26:30.65</b>	+00:08:43 (32.9%)	5:18	11.3 (66.9%)
124	<b>WERNIK Katarzyna</b>	<b>149</b>	BESTFIT CLUB	50-59	12		00:13:26	<b>00:26:32.15</b>	+00:08:44 (32.9%)	5:18	11.3 (66.9%)
125	<b>SOLICH Ola</b>	<b>764</b>	SULIS HOKO TEAM	40-49	57		00:13:03	<b>00:26:34.15</b>	+00:08:46 (33.0%)	5:18	11.3 (66.9%)
126	<b>STOPYRA Agnieszka</b>	<b>167</b>		40-49	58		00:11:46	<b>00:26:37.40</b>	+00:08:49 (33.2%)	5:19	11.3 (66.9%)
127	<b>POCIENNIK Justyna</b>	<b>313</b>	BRYKAJĄCA GRUPA BIEGOWA	40-49	59		00:13:00	<b>00:26:39.70</b>	+00:08:52 (33.3%)	5:19	11.3 (66.9%)
128	<b>SZYMURA Izabela</b>	<b>425</b>		40-49	60	Decathlon & Przyjaciele	00:13:17	<b>00:26:40.30</b>	+00:08:52 (33.3%)	5:20	11.3 (66.9%)
129	<b>STEFANIAK Mirosława</b>	<b>387</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	50-59	13		00:13:23	<b>00:26:40.40</b>	+00:08:52 (33.3%)	5:20	11.3 (66.9%)
130	<b>BARTOSZEK Izabela</b>	<b>625</b>	RUNTEAM PAWŁOWICE	30-39	38	RUNTEAM Pawłowice	00:13:39	<b>00:26:44.25</b>	+00:08:56 (33.4%)	5:20	11.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
131	<b>KIEŁKOWSKA Agnieszka</b>	<b>201</b>	KOBIETY NA 5+	40-49	61	Kobiety na 5+	00:13:40	<b>00:26:50.55</b>	+00:09:02 (33.7%)	5:22	11.2 (66.3%)
132	<b>FRAJHOFER Ewa</b>	<b>231</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	62	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:27	<b>00:26:51.05</b>	+00:09:03 (33.7%)	5:22	11.2 (66.3%)
133	<b>BANAŚ Wioleta</b>	<b>304</b>	OPEL FIJAŁKOWSKI	30-39	39	Opel Fijałkowski	00:12:55	<b>00:26:52.05</b>	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
134	<b>STABLA Agata</b>	<b>75</b>		40-49	63		00:13:22	<b>00:26:52.30</b>	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
135	<b>JĘDRYKA Patrycja</b>	<b>196</b>	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	<b>00:26:55.30</b>	+00:09:07 (33.9%)	5:23	11.1 (65.7%)
136	<b>WSZOŁEK Karolina</b>	<b>522</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	41	Fizjo Sport Sandra - trenuj z Sandra	00:13:23	<b>00:26:57.20</b>	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
137	<b>PYTEL Renata</b>	<b>890</b>		50-59	14	Sobieski	00:13:19	<b>00:26:57.50</b>	+00:09:09 (34.0%)	5:23	11.1 (65.7%)
138	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	42		00:13:18	<b>00:26:59.40</b>	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
139	<b>BARCIEWICZ Kinga</b>	<b>744</b>		30-39	43		00:13:30	<b>00:26:59.45</b>	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
140	<b>ZYGMA Żaneta</b>	<b>460</b>		20-29	13		00:13:38	<b>00:27:00.90</b>	+00:09:13 (34.1%)	5:24	11.1 (65.7%)
141	<b>PŁAZA Monika</b>	<b>80</b>		20-29	14		00:13:06	<b>00:27:01.75</b>	+00:09:14 (34.2%)	5:24	11.1 (65.7%)
142	<b>PISKORZ Aleksandra</b>	<b>211</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	64	Miechowicka Grupa Biegowa	00:13:38	<b>00:27:03.70</b>	+00:09:16 (34.2%)	5:24	11.1 (65.7%)
143	<b>MORAWIEC Barbara</b>	<b>162</b>		40-49	65		00:13:35	<b>00:27:05.55</b>	+00:09:17 (34.3%)	5:25	11.1 (65.7%)
144	<b>BRZUSKA Katarzyna</b>	<b>176</b>	OLZA CIESZYN	40-49	66	Olza Cieszyn	00:13:29	<b>00:27:06.35</b>	+00:09:18 (34.4%)	5:25	11.1 (65.7%)
145	<b>RAWICZ-GROTOWSKA Jowita</b>	<b>334</b>		40-49	67		00:13:38	<b>00:27:06.60</b>	+00:09:18 (34.4%)	5:25	11.1 (65.7%)
146	<b>GORYCKA Katarzyna</b>	<b>215</b>	BĚŽECKÁ SKUPINA V ČESKÉM TĚŠÍNĚ	50-59	15		00:12:53	<b>00:27:08.10</b>	+00:09:20 (34.4%)	5:25	11.1 (65.7%)
147	<b>BANASZEWSKA Aleksandra</b>	<b>420</b>		30-39	44		00:13:24	<b>00:27:10.85</b>	+00:09:23 (34.5%)	5:26	11 (65.1%)
148	<b>NIEZGODA Lucyna</b>	<b>481</b>		40-49	68		00:13:35	<b>00:27:14.65</b>	+00:09:27 (34.7%)	5:26	11 (65.1%)
149	<b>FIZIA Joanna</b>	<b>251</b>		30-39	45	Kolorowa Drużyna Nessi	00:13:51	<b>00:27:16.50</b>	+00:09:28 (34.8%)	5:27	11 (65.1%)
150	<b>KĄŁUS Ewa</b>	<b>424</b>	HRMAX ŻORY	40-49	69	HRmax Dziołszki	00:13:47	<b>00:27:17.50</b>	+00:09:29 (34.8%)	5:27	11 (65.1%)
151	<b>PYZIK Barbara</b>	<b>234</b>	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	<b>00:27:17.55</b>	+00:09:29 (34.8%)	5:27	11 (65.1%)
152	<b>MRACHACZ Dorota</b>	<b>142</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	16	Miechowicka Grupa Biegowa	00:13:38	<b>00:27:17.60</b>	+00:09:29 (34.8%)	5:27	11 (65.1%)
153	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>316</b>		30-39	47		00:13:47	<b>00:27:19.35</b>	+00:09:31 (34.9%)	5:27	11 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
154	<b>MADALIŃSKA Karolina</b>	<b>909</b>		30-39	48		00:13:48	<b>00:27:21.20</b>	+00:09:33 (34.9%)	5:28	11 (65.1%)
155	<b>BAJCAR Beata</b>	<b>191</b>	KOBIETY NA5+	40-49	70	Kobiety na 5+	00:13:54	<b>00:27:21.30</b>	+00:09:33 (35.0%)	5:28	11 (65.1%)
156	<b>NOWAK Magdalena</b>	<b>766</b>	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	<b>00:27:23.50</b>	+00:09:35 (35.0%)	5:28	11 (65.1%)
157	<b>PASTUSIAK Janina</b>	<b>855</b>		30-39	50		00:14:01	<b>00:27:24.55</b>	+00:09:36 (35.1%)	5:28	10.9 (64.5%)
158	<b>ZIELOSKO Beata</b>	<b>596</b>		40-49	71		00:13:41	<b>00:27:25.70</b>	+00:09:38 (35.1%)	5:29	10.9 (64.5%)
159	<b>DOMAŃSKA Joanna</b>	<b>83</b>		30-39	51		00:13:21	<b>00:27:26.85</b>	+00:09:39 (35.2%)	5:29	10.9 (64.5%)
160	<b>GAWINEK Laura</b>	<b>248</b>		20-29	15		00:13:55	<b>00:27:31.95</b>	+00:09:44 (35.4%)	5:30	10.9 (64.5%)
161	<b>ROZMUS Ewa</b>	<b>612</b>	POWOLI DO CELU	40-49	72	PoWoli do Celu	00:13:32	<b>00:27:33.75</b>	+00:09:46 (35.4%)	5:30	10.9 (64.5%)
162	<b>KASPRZYCKA SZUBARSKA Katarzyna</b>	<b>472</b>	OLZA CIESZYN	50-59	17	Olza Cieszyn	00:13:47	<b>00:27:34.50</b>	+00:09:46 (35.5%)	5:30	10.9 (64.5%)
163	<b>FECZKO Lucyna</b>	<b>121</b>		40-49	73		00:13:32	<b>00:27:34.70</b>	+00:09:47 (35.5%)	5:30	10.9 (64.5%)
164	<b>KRUPOWICZ Aneta</b>	<b>925</b>	CIDRY LOTAJOM	40-49	74	Cidry Lotajom	00:14:05	<b>00:27:35.90</b>	+00:09:48 (35.5%)	5:31	10.9 (64.5%)
165	<b>STOCHLA Małgorzata</b>	<b>71</b>	ZATYRANI	40-49	75		00:13:53	<b>00:27:37.65</b>	+00:09:50 (35.6%)	5:31	10.9 (64.5%)
166	<b>KANTOROWSKA Anna</b>	<b>41</b>	POWOLI DO CELU	30-39	52	PoWoli do Celu	00:13:28	<b>00:27:38.40</b>	+00:09:50 (35.6%)	5:31	10.9 (64.5%)
167	<b>WODNIAK Angela</b>	<b>147</b>	POWOLI DO CELU	30-39	53	PoWoli do Celu	00:13:35	<b>00:27:38.90</b>	+00:09:51 (35.6%)	5:31	10.9 (64.5%)
168	<b>MARCINKOWSKA Magdalena</b>	<b>568</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	76	Miechowicka Grupa Biegowa	00:13:48	<b>00:27:40.55</b>	+00:09:52 (35.7%)	5:32	10.8 (63.9%)
169	<b>PIEKAR Adriana</b>	<b>339</b>		30-39	54		00:13:34	<b>00:27:43.10</b>	+00:09:55 (35.8%)	5:32	10.8 (63.9%)
170	<b>SAGAN Izabela</b>	<b>228</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	40-49	77	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:13:50	<b>00:27:44.55</b>	+00:09:56 (35.9%)	5:32	10.8 (63.9%)
171	<b>DYJACH Dominika</b>	<b>194</b>		30-39	55		00:14:06	<b>00:27:44.70</b>	+00:09:57 (35.9%)	5:32	10.8 (63.9%)
172	<b>PLUTA Angelika</b>	<b>70</b>	AKTYWNI RYDUŁTOWY	40-49	78	Aktywni Rydułtowy	00:13:50	<b>00:27:45.35</b>	+00:09:57 (35.9%)	5:33	10.8 (63.9%)
173	<b>TARGOSZ Aneta</b>	<b>252</b>	OLZA CIESZYN	30-39	56	Olza Cieszyn	00:13:51	<b>00:27:46.95</b>	+00:09:59 (36.0%)	5:33	10.8 (63.9%)
174	<b>MAKOSZ Barbara</b>	<b>158</b>	RUNTEAM PAWŁOWICE	40-49	79	RUNTEAM Pawłowice	00:13:59	<b>00:27:47.10</b>	+00:09:59 (36.0%)	5:33	10.8 (63.9%)
175	<b>BASEK Marta</b>	<b>415</b>	HRMAX ŻORY	40-49	80	HRmax Dziołszki	00:13:46	<b>00:27:47.95</b>	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
176	<b>BAKOWSKA Justyna</b>	<b>372</b>		30-39	57		00:14:03	<b>00:27:48.00</b>	+00:10:00 (36.0%)	5:33	10.8 (63.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
177	<b>JAKUBOWSKA Agnieszka</b>	<b>261</b>	HRMAX ŻORY	40-49	81	HRmax Dziołszki	00:13:48	<b>00:27:48.35</b>	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
178	<b>MAĆKÓW Klaudia</b>	<b>225</b>		20-29	16		00:13:47	<b>00:27:48.60</b>	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
179	<b>BURNAGIEL Agata</b>	<b>235</b>	HRMAX ŻORY	50-59	18	HRmax Dziołszki	00:13:48	<b>00:27:48.80</b>	+00:10:01 (36.0%)	5:33	10.8 (63.9%)
180	<b>WIDERA Elżbieta</b>	<b>104</b>	HRMAX ŻORY	40-49	82	HRmax Dziołszki	00:13:47	<b>00:27:48.90</b>	+00:10:01 (36.0%)	5:33	10.8 (63.9%)
181	<b>SZCZUKA Joanna</b>	<b>525</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	83	Miechowicka Grupa Biegowa	00:13:51	<b>00:27:50.80</b>	+00:10:03 (36.1%)	5:34	10.8 (63.9%)
182	<b>TRYBAŁA Weronika</b>	<b>900</b>	WATAHA	20-29	17		00:14:11	<b>00:27:53.30</b>	+00:10:05 (36.2%)	5:34	10.8 (63.9%)
183	<b>ZAWISZA Beata</b>	<b>880</b>	KOBIETY WATAHA	50-59	19		00:14:06	<b>00:27:54.10</b>	+00:10:06 (36.2%)	5:34	10.8 (63.9%)
184	<b>TRYBAŁA Danuta</b>	<b>903</b>	WATAHA	30-39	58		00:14:12	<b>00:27:54.45</b>	+00:10:06 (36.2%)	5:34	10.8 (63.9%)
185	<b>LECHOWICZ Irena</b>	<b>230</b>	SZARE MORSY	50-59	20		00:13:53	<b>00:27:54.65</b>	+00:10:07 (36.2%)	5:34	10.8 (63.9%)
186	<b>BOBER Alicja</b>	<b>340</b>		30-39	59		00:13:40	<b>00:27:55.05</b>	+00:10:07 (36.3%)	5:35	10.7 (63.3%)
187	<b>SKRZYPEK Marta</b>	<b>870</b>	JUSTFEELFIT TEAM	40-49	84	JustFeelFit TEAM	00:13:47	<b>00:27:55.10</b>	+00:10:07 (36.3%)	5:35	10.7 (63.3%)
188	<b>KLIMEK-KARAS Sylwia</b>	<b>288</b>		40-49	85		00:13:52	<b>00:27:57.45</b>	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
189	<b>MARZAŁKOWSKA Daria</b>	<b>622</b>		30-39	60		00:14:15	<b>00:27:57.55</b>	+00:10:09 (36.4%)	5:35	10.7 (63.3%)
190	<b>GRZONDZIEL Katarzyna</b>	<b>210</b>	HURAGAN LIGOTA	40-49	86		00:14:10	<b>00:27:57.80</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
191	<b>KOŃCZAK-ŁABAS Magdalena</b>	<b>601</b>	HURAGAN LIGOTA	40-49	87		00:14:09	<b>00:27:57.95</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
192	<b>PANEK Ela</b>	<b>151</b>	MARGO TEAM	40-49	88		00:13:52	<b>00:27:58.35</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
193	<b>MORGAŁA Daria</b>	<b>486</b>		40-49	89		00:13:55	<b>00:27:59.55</b>	+00:10:11 (36.4%)	5:35	10.7 (63.3%)
194	<b>KUBECKA Jolanta</b>	<b>502</b>		50-59	21		00:13:52	<b>00:28:00.00</b>	+00:10:12 (36.4%)	5:36	10.7 (63.3%)
195	<b>ROZMUS-PROCNER Patrycja</b>	<b>250</b>	BIELSZCZANKI BIEGAJĄ	40-49	90	BIELSZCZANKI BIEGAJĄ	00:13:38	<b>00:28:02.30</b>	+00:10:14 (36.5%)	5:36	10.7 (63.3%)
196	<b>PROCNER Dorota</b>	<b>224</b>	BIELSZCZANKI BIEGAJĄ	40-49	91		00:13:38	<b>00:28:02.65</b>	+00:10:15 (36.5%)	5:36	10.7 (63.3%)
197	<b>JABŁOŃSKA-ŚLAZIŃSKA Anna</b>	<b>913</b>		30-39	61		00:14:10	<b>00:28:04.50</b>	+00:10:16 (36.6%)	5:36	10.7 (63.3%)
198	<b>FRYDRYSIAK Sylwia</b>	<b>378</b>	HURAGAN LIGOTA	50-59	22		00:13:47	<b>00:28:05.25</b>	+00:10:17 (36.6%)	5:37	10.7 (63.3%)
199	<b>KAŁUS Joanna</b>	<b>320</b>		40-49	92		00:13:50	<b>00:28:05.85</b>	+00:10:18 (36.7%)	5:37	10.7 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
200	<b>KRZYK Małgorzata</b>	<b>864</b>		40-49	93		00:14:15	<b>00:28:06.65</b>	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
201	<b>TYTKO-HAŁADA Małgorzata</b>	<b>268</b>		30-39	62		00:13:53	<b>00:28:06.95</b>	+00:10:19 (36.7%)	5:37	10.7 (63.3%)
202	<b>KCZ Karina</b>	<b>73</b>		30-39	63		00:13:56	<b>00:28:08.90</b>	+00:10:21 (36.8%)	5:37	10.7 (63.3%)
203	<b>GROMADZKA Justyna</b>	<b>686</b>	KOBIETY WATAHY	30-39	64		00:13:58	<b>00:28:11.55</b>	+00:10:23 (36.9%)	5:38	10.6 (62.7%)
204	<b>GÓRA Marta</b>	<b>383</b>		30-39	65		00:14:11	<b>00:28:12.20</b>	+00:10:24 (36.9%)	5:38	10.6 (62.7%)
205	<b>SIKORA Agnieszka</b>	<b>359</b>		40-49	94		00:14:12	<b>00:28:12.75</b>	+00:10:25 (36.9%)	5:38	10.6 (62.7%)
206	<b>LUCIK Grażyna</b>	<b>403</b>	MIECHOWICKA GRUPA BIEGOWA	50-59	23	Miechowicka Grupa Biegowa	00:13:25	<b>00:28:12.85</b>	+00:10:25 (36.9%)	5:38	10.6 (62.7%)
207	<b>WAWRZYCZEK Kasia</b>	<b>437</b>		40-49	95		00:13:52	<b>00:28:15.80</b>	+00:10:28 (37.0%)	5:39	10.6 (62.7%)
208	<b>WĘGLER Kornelia</b>	<b>907</b>		50-59	24		00:13:57	<b>00:28:16.15</b>	+00:10:28 (37.1%)	5:39	10.6 (62.7%)
209	<b>BALCAREK Magdalena</b>	<b>721</b>		40-49	96		00:14:01	<b>00:28:16.95</b>	+00:10:29 (37.1%)	5:39	10.6 (62.7%)
210	<b>MARCINIAK Beata</b>	<b>906</b>	WATAHA	40-49	97		00:14:54	<b>00:28:18.35</b>	+00:10:30 (37.1%)	5:39	10.6 (62.7%)
211	<b>MACURA Ewa</b>	<b>280</b>	HRMAX ZORY	50-59	25	HRmax Dziołszki	00:15:10	<b>00:28:18.45</b>	+00:10:30 (37.1%)	5:39	10.6 (62.7%)
212	<b>BURZYŃSKA Beata</b>	<b>500</b>		40-49	98		00:14:19	<b>00:28:21.80</b>	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
213	<b>KUREK-STEFUNYN Beata</b>	<b>495</b>		40-49	99		00:14:19	<b>00:28:22.60</b>	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
214	<b>STRUZIK Mariola</b>	<b>494</b>		40-49	100		00:14:20	<b>00:28:23.10</b>	+00:10:35 (37.3%)	5:40	10.6 (62.7%)
215	<b>PAŁYS Agata</b>	<b>651</b>		30-39	66		00:13:52	<b>00:28:24.25</b>	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
216	<b>SZCZEPANIAK Anna</b>	<b>536</b>		50-59	26		00:14:12	<b>00:28:24.60</b>	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
217	<b>KUFIETA Ewelina</b>	<b>86</b>		40-49	101		00:14:01	<b>00:28:27.55</b>	+00:10:39 (37.5%)	5:41	10.5 (62.1%)
218	<b>ADAMCZAK Renata</b>	<b>279</b>	YNO ULTRA	40-49	102	Yno Ultra	00:14:10	<b>00:28:29.10</b>	+00:10:41 (37.5%)	5:41	10.5 (62.1%)
219	<b>KUCIEJ Justyna</b>	<b>878</b>		40-49	103		00:13:53	<b>00:28:29.80</b>	+00:10:42 (37.6%)	5:41	10.5 (62.1%)
220	<b>PRÓSZYŃSKA Agnieszka</b>	<b>207</b>		40-49	104		00:13:50	<b>00:28:30.20</b>	+00:10:42 (37.6%)	5:42	10.5 (62.1%)
221	<b>MIELKE Dagmara</b>	<b>189</b>		40-49	105		00:13:49	<b>00:28:31.20</b>	+00:10:43 (37.6%)	5:42	10.5 (62.1%)
222	<b>BOMBOR Antonina</b>	<b>553</b>		40-49	106		00:14:19	<b>00:28:31.45</b>	+00:10:43 (37.6%)	5:42	10.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
223	<b>ORŁOWSKA Joanna</b>	<b>773</b>		30-39	67	BB Bielszczanki Biegają	00:14:30	<b>00:28:32.00</b>	+00:10:44 (37.6%)	5:42	10.5 (62.1%)
224	<b>KUNICKA Alicja</b>	<b>856</b>	BIELSZCZANKI BIEGAJĄ	40-49	107	Bielszczanki Biegają	00:14:30	<b>00:28:32.20</b>	+00:10:44 (37.6%)	5:42	10.5 (62.1%)
225	<b>PUDA Dorota</b>	<b>174</b>	KOBIETY NA 5+	40-49	108	Kobiety na 5+	00:14:24	<b>00:28:32.55</b>	+00:10:44 (37.7%)	5:42	10.5 (62.1%)
226	<b>JANICKA Sylwia</b>	<b>591</b>	DRUŻYNA KOPERNIKA	50-59	27		00:14:02	<b>00:28:32.80</b>	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
227	<b>ŚMIEJA Joanna</b>	<b>296</b>		50-59	28	RUNTEAM Pawłowice	00:14:36	<b>00:28:32.90</b>	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
228	<b>PŁASKA Barbara</b>	<b>310</b>	KOBIETY NA 5+	40-49	109	Kobiety na 5+	00:14:24	<b>00:28:33.35</b>	+00:10:45 (37.7%)	5:42	10.5 (62.1%)
229	<b>DOBRENIUK Aurelia</b>	<b>411</b>		40-49	110		00:13:54	<b>00:28:34.70</b>	+00:10:47 (37.7%)	5:42	10.5 (62.1%)
230	<b>REJBICZ Weronika</b>	<b>520</b>		30-39	68		00:14:16	<b>00:28:36.00</b>	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
231	<b>MAĆKÓW Agnieszka</b>	<b>188</b>		40-49	111		00:13:49	<b>00:28:36.55</b>	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
232	<b>KOSIACKA Agnieszka</b>	<b>826</b>		30-39	69		00:14:13	<b>00:28:42.25</b>	+00:10:54 (38.0%)	5:44	10.5 (62.1%)
233	<b>WASZKA Marta</b>	<b>242</b>		20-29	18		00:14:27	<b>00:28:42.45</b>	+00:10:54 (38.0%)	5:44	10.5 (62.1%)
234	<b>MAZUR Aleksandra</b>	<b>728</b>		30-39	70		00:14:38	<b>00:28:43.25</b>	+00:10:55 (38.0%)	5:44	10.4 (61.5%)
235	<b>KAMIŃSKA Agnieszka</b>	<b>471</b>		30-39	71		00:14:28	<b>00:28:47.30</b>	+00:10:59 (38.2%)	5:45	10.4 (61.5%)
236	<b>KURIATA Katarzyna</b>	<b>273</b>		30-39	72		00:15:27	<b>00:28:49.30</b>	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
237	<b>BORKOWSKA- HERDA Anna</b>	<b>112</b>		30-39	73		00:13:38	<b>00:28:49.45</b>	+00:11:01 (38.3%)	5:45	10.4 (61.5%)
238	<b>DROBIAK Kornelia</b>	<b>292</b>		30-39	74		00:14:06	<b>00:28:49.75</b>	+00:11:02 (38.3%)	5:45	10.4 (61.5%)
238	<b>PEPEK Aneta</b>	<b>204</b>		40-49	112	Cioteczki	00:14:54	<b>00:28:49.75</b>	+00:11:02 (38.3%)	5:45	10.4 (61.5%)
240	<b>RANSZ Beata</b>	<b>672</b>		50-59	29		00:14:27	<b>00:28:52.70</b>	+00:11:05 (38.4%)	5:46	10.4 (61.5%)
241	<b>OLSCHIMKE Kasia</b>	<b>699</b>	META	30-39	75		00:14:44	<b>00:28:55.50</b>	+00:11:07 (38.5%)	5:47	10.4 (61.5%)
242	<b>PASZEK Hania</b>	<b>392</b>	HRMAX ŻORY	40-49	113	HRmax Dziołszki	00:14:21	<b>00:28:56.75</b>	+00:11:09 (38.5%)	5:47	10.4 (61.5%)
243	<b>ŁEPEK Bożena</b>	<b>828</b>		40-49	114		00:14:20	<b>00:28:57.80</b>	+00:11:10 (38.6%)	5:47	10.4 (61.5%)
244	<b>KUŚMIRSKA Janina</b>	<b>1019</b>	KLUB BIEGACZA FARTLEK	60+	4	Klub Biegacza Fartlek	00:15:29	<b>00:28:58.85</b>	+00:11:11 (38.6%)	5:47	10.4 (61.5%)
245	<b>ZIĘTARA Agata</b>	<b>319</b>		40-49	115		00:14:32	<b>00:29:01.25</b>	+00:11:13 (38.7%)	5:48	10.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
246	<b>DZIEWIRZ Aurelia</b>	<b>400</b>	RUNTEAM PAWŁOWICE	40-49	116		00:14:37	<b>00:29:01.50</b>	+00:11:13 (38.7%)	5:48	10.3 (60.9%)
247	<b>GRABOWSKA Katarzyna</b>	<b>617</b>		40-49	117		00:14:41	<b>00:29:02.15</b>	+00:11:14 (38.7%)	5:48	10.3 (60.9%)
247	<b>KOZIOŁEK Iwona</b>	<b>399</b>	HURAGAN LIGOTA	50-59	30		00:14:21	<b>00:29:02.15</b>	+00:11:14 (38.7%)	5:48	10.3 (60.9%)
249	<b>MAROSZEK Aleksandra</b>	<b>208</b>		40-49	118		00:14:05	<b>00:29:09.25</b>	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
250	<b>SKOTNICKA Urszula</b>	<b>5018</b>		50-59	31		00:13:53	<b>00:29:09.35</b>	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
251	<b>SOBCZAK Magdalena</b>	<b>928</b>		30-39	76		00:14:36	<b>00:29:11.00</b>	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
252	<b>SOCHA Marlena</b>	<b>256</b>	WARTKIE PIERONY	40-49	119	Wartkie Pierony	00:14:36	<b>00:29:11.55</b>	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
253	<b>SZEFER Wioleta</b>	<b>229</b>		30-39	77		00:14:17	<b>00:29:11.70</b>	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
254	<b>GLINIANY Małgorzata</b>	<b>5019</b>		50-59	32		00:14:33	<b>00:29:11.80</b>	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
254	<b>SŁOWIŃSKA Joanna</b>	<b>512</b>	RUNTEAM PAWŁOWICE	30-39	78	RUNTEAM Pawłowice	00:14:31	<b>00:29:11.80</b>	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
256	<b>BUREK Gabriela</b>	<b>559</b>	RUNTEAM PAWŁOWICE	30-39	79	RUNTEAM Pawłowice	00:12:58	<b>00:29:12.15</b>	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
257	<b>SZEFER Sylwia</b>	<b>227</b>		40-49	120		00:14:17	<b>00:29:12.20</b>	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
258	<b>CHROMIK Krystyna</b>	<b>461</b>	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	<b>00:29:13.35</b>	+00:11:25 (39.1%)	5:50	10.3 (60.9%)
259	<b>JASEK Wiola</b>	<b>782</b>	KOBIETY WATAHY	40-49	121		00:14:20	<b>00:29:14.75</b>	+00:11:27 (39.2%)	5:50	10.3 (60.9%)
260	<b>METLAK Joanna</b>	<b>219</b>		40-49	122		00:14:35	<b>00:29:15.05</b>	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
261	<b>GIEROŃ Katarzyna</b>	<b>442</b>	DYSTANS LUBOMIA	40-49	123		00:14:42	<b>00:29:16.00</b>	+00:11:28 (39.2%)	5:51	10.3 (60.9%)
262	<b>GENSTY Klaudia</b>	<b>212</b>	DYSTANS LUBOMIA	40-49	124		00:14:42	<b>00:29:16.10</b>	+00:11:28 (39.2%)	5:51	10.3 (60.9%)
263	<b>DAJKA Barbara</b>	<b>569</b>	FRELKI LOTAJOM	40-49	125	Frelki lotajom	00:13:00	<b>00:29:17.45</b>	+00:11:29 (39.3%)	5:51	10.2 (60.4%)
264	<b>IZDEBSKA Jolanta</b>	<b>457</b>		50-59	33		00:14:46	<b>00:29:19.45</b>	+00:11:31 (39.3%)	5:51	10.2 (60.4%)
265	<b>SPYRKA Monika</b>	<b>53</b>	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	<b>00:29:20.95</b>	+00:11:33 (39.4%)	5:52	10.2 (60.4%)
266	<b>SZALA Beata</b>	<b>88</b>	SEBET TRUCHTING TEAM	30-39	82		00:14:50	<b>00:29:24.90</b>	+00:11:37 (39.5%)	5:52	10.2 (60.4%)
267	<b>MIŚKOWIEC Agnieszka</b>	<b>367</b>		40-49	126		00:14:13	<b>00:29:28.00</b>	+00:11:40 (39.6%)	5:53	10.2 (60.4%)
268	<b>BURY Natalia</b>	<b>269</b>	JUSTFEELFIT	20-29	19	Justfeelfit	00:14:57	<b>00:29:28.45</b>	+00:11:40 (39.6%)	5:53	10.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
269	<b>MAJCHRZAK Agnieszka</b>	<b>214</b>	NESSITEAM	40-49	127		00:15:03	<b>00:29:28.55</b>	+00:11:40 (39.6%)	5:53	10.2 (60.4%)
270	<b>BUKOWSKA Joanna</b>	<b>466</b>	KOLOROWA DRUŻYNA NESSI	40-49	128	Kolorowa Drużyna Nessi	00:15:03	<b>00:29:28.95</b>	+00:11:41 (39.6%)	5:53	10.2 (60.4%)
271	<b>MĘDRALA Ola</b>	<b>709</b>		30-39	83		00:14:37	<b>00:29:31.20</b>	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
271	<b>ZOCHOREK Monika</b>	<b>283</b>	BYLE DO METY	20-29	20	Byle do mety	00:14:50	<b>00:29:31.20</b>	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
273	<b>WOJTOŃ-STAWICKA Małgorzata</b>	<b>254</b>	RUNTEAM PAWŁOWICE	50-59	34	RUNTEAM Pawłowice	00:15:02	<b>00:29:32.75</b>	+00:11:45 (39.8%)	5:54	10.2 (60.4%)
274	<b>KMIECIAK Grażyna</b>	<b>671</b>		50-59	35		00:14:27	<b>00:29:34.65</b>	+00:11:47 (39.8%)	5:54	10.1 (59.8%)
275	<b>PARCHAŃSKA Iwona</b>	<b>206</b>		30-39	84		00:14:53	<b>00:29:35.50</b>	+00:11:47 (39.9%)	5:55	10.1 (59.8%)
276	<b>KACZORRK Anna</b>	<b>102</b>	HRMAX	40-49	129	HRmax Dziotłzki	00:14:21	<b>00:29:36.00</b>	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
277	<b>KAŁUŻA Ilona</b>	<b>563</b>		40-49	130		00:15:11	<b>00:29:36.25</b>	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
278	<b>BAK-ŚCIERSKA Beata</b>	<b>394</b>		40-49	131		00:14:19	<b>00:29:39.00</b>	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
278	<b>TRYBAŁA Monika</b>	<b>899</b>	WATAHA	40-49	131		00:15:42	<b>00:29:39.00</b>	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
280	<b>MACIOŃCZYK Katarzyna</b>	<b>621</b>		30-39	85		00:14:34	<b>00:29:39.45</b>	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
281	<b>GŁĄB Magdalena</b>	<b>485</b>		30-39	86		00:14:17	<b>00:29:40.95</b>	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
282	<b>SKOCZYŃSKA Małgorzata</b>	<b>1091</b>		30-39	87		00:14:45	<b>00:29:41.15</b>	+00:11:53 (40.1%)	5:56	10.1 (59.8%)
283	<b>KOSOWSKA Grażyna</b>	<b>386</b>	KOBIETY NA 5+	50-59	36	Kobiety na 5+	00:14:48	<b>00:29:43.70</b>	+00:11:56 (40.1%)	5:56	10.1 (59.8%)
284	<b>KRZEMPEK Bogusława</b>	<b>220</b>	BIELSZCZANKI BIEGAJĄ	40-49	133	BIELSZCZANKI BIEGAJĄ	00:14:51	<b>00:29:46.45</b>	+00:11:58 (40.2%)	5:57	10.1 (59.8%)
285	<b>MATUĆ Aleksandra</b>	<b>258</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	134	Miechowicka Grupa Biegowa	00:14:54	<b>00:29:47.05</b>	+00:11:59 (40.3%)	5:57	10.1 (59.8%)
286	<b>BRANDYS Krystyna</b>	<b>547</b>		30-39	88		00:14:36	<b>00:29:50.15</b>	+00:12:02 (40.4%)	5:58	10.1 (59.8%)
287	<b>SITKO Dagmara</b>	<b>398</b>		30-39	89		00:14:46	<b>00:29:54.80</b>	+00:12:07 (40.5%)	5:58	10 (59.2%)
288	<b>KURPANEK Milena</b>	<b>5025</b>		30-39	90		00:15:07	<b>00:29:58.05</b>	+00:12:10 (40.6%)	5:59	10 (59.2%)
289	<b>PIETROSZEK Władysława</b>	<b>688</b>		40-49	135		00:15:07	<b>00:29:58.50</b>	+00:12:10 (40.6%)	5:59	10 (59.2%)
290	<b>DĘBOWSKA Beata</b>	<b>157</b>		50-59	37		00:14:45	<b>00:29:58.90</b>	+00:12:11 (40.6%)	5:59	10 (59.2%)
291	<b>REYMANN Milena</b>	<b>564</b>		40-49	136	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:14:35	<b>00:29:59.35</b>	+00:12:11 (40.7%)	5:59	10 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
292	<b>MATUSZCZYK Renata</b>	<b>300</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	<b>00:29:59.90</b>	+00:12:12 (40.7%)	5:59	10 (59.2%)
293	<b>SZYPUŁA Ewa</b>	<b>246</b>		40-49	137		00:14:35	<b>00:30:00.50</b>	+00:12:12 (40.7%)	6:00	10 (59.2%)
294	<b>MICHALSKA Beata</b>	<b>624</b>	WARTKIE PIERONY	50-59	38	Wartkie Pierony	00:14:17	<b>00:30:04.85</b>	+00:12:17 (40.8%)	6:00	10 (59.2%)
295	<b>SMOZIK Mariola</b>	<b>667</b>	OPEL FIJAŁKOWSKI	40-49	138	Opel Fijałkowski	00:15:17	<b>00:30:05.10</b>	+00:12:17 (40.9%)	6:01	10 (59.2%)
296	<b>PAŁASZ Marta</b>	<b>729</b>		30-39	92		00:14:46	<b>00:30:07.60</b>	+00:12:19 (40.9%)	6:01	10 (59.2%)
297	<b>KRZEMPEK Paulina</b>	<b>413</b>		20-29	21		00:15:03	<b>00:30:09.10</b>	+00:12:21 (41.0%)	6:01	10 (59.2%)
298	<b>DOBOSZ Ilona</b>	<b>173</b>		40-49	139		00:14:51	<b>00:30:09.20</b>	+00:12:21 (41.0%)	6:01	10 (59.2%)
299	<b>GÓRECKA Ewelina</b>	<b>391</b>	JUSTFEELFIT	30-39	93	JustFeelFit TEAM	00:14:58	<b>00:30:09.75</b>	+00:12:22 (41.0%)	6:01	10 (59.2%)
300	<b>JASZCZAK Małgorzata</b>	<b>540</b>		20-29	22		00:14:41	<b>00:30:10.60</b>	+00:12:22 (41.0%)	6:02	9.9 (58.6%)
301	<b>SOJKA Anna</b>	<b>106</b>		30-39	94		00:14:52	<b>00:30:10.65</b>	+00:12:23 (41.0%)	6:02	9.9 (58.6%)
302	<b>MOSKAŁA Magdalena</b>	<b>351</b>		30-39	95		00:15:24	<b>00:30:14.75</b>	+00:12:27 (41.2%)	6:02	9.9 (58.6%)
303	<b>KAFARA Joanna</b>	<b>905</b>	WATAHA	30-39	96		00:15:41	<b>00:30:15.20</b>	+00:12:27 (41.2%)	6:03	9.9 (58.6%)
304	<b>BALCAR Elżbieta</b>	<b>556</b>		30-39	97		00:14:25	<b>00:30:17.40</b>	+00:12:29 (41.3%)	6:03	9.9 (58.6%)
305	<b>KOŁODZIEJ Ilona</b>	<b>862</b>		40-49	140		00:14:25	<b>00:30:19.10</b>	+00:12:31 (41.3%)	6:03	9.9 (58.6%)
306	<b>MATUSIAK Paulina</b>	<b>376</b>		30-39	98		00:14:44	<b>00:30:19.65</b>	+00:12:32 (41.3%)	6:03	9.9 (58.6%)
307	<b>KRÓL Magdalena</b>	<b>233</b>	KINGTEAM	40-49	141		00:15:04	<b>00:30:20.80</b>	+00:12:33 (41.4%)	6:04	9.9 (58.6%)
308	<b>KLYSZCZ Honorata</b>	<b>422</b>	INTERAKTYWNI	40-49	142	InterAktywni	00:13:55	<b>00:30:25.50</b>	+00:12:37 (41.5%)	6:05	9.9 (58.6%)
309	<b>CICHOŃ Iwona</b>	<b>241</b>	HURAGAN LIGOTA	40-49	143		00:15:01	<b>00:30:26.30</b>	+00:12:38 (41.5%)	6:05	9.9 (58.6%)
310	<b>BAŁA Justyna</b>	<b>923</b>	KOBIETY NA 5+	40-49	144	Kobiety na 5+	00:15:05	<b>00:30:27.50</b>	+00:12:39 (41.6%)	6:05	9.9 (58.6%)
311	<b>DUSZA Jolanta</b>	<b>769</b>	DEKATHLON &PRZYJACIELE RYBNIK	40-49	145	Decathlon & Przyjaciele	00:15:21	<b>00:30:28.60</b>	+00:12:40 (41.6%)	6:05	9.8 (58.0%)
312	<b>GĄSIOR Katarzyna</b>	<b>629</b>		30-39	99		00:15:16	<b>00:30:28.80</b>	+00:12:41 (41.6%)	6:05	9.8 (58.0%)
313	<b>WĘGRZYN Ewa</b>	<b>696</b>	KNEIPP TEAM	40-49	146		00:14:55	<b>00:30:30.25</b>	+00:12:42 (41.7%)	6:06	9.8 (58.0%)
314	<b>KUBALA Agnieszka</b>	<b>324</b>		30-39	100		00:15:30	<b>00:30:31.60</b>	+00:12:43 (41.7%)	6:06	9.8 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
315	PTASIŃSKA Iwona	701		30-39	101		00:15:49	00:30:33.45	+00:12:45 (41.8%)	6:06	9.8 (58.0%)
316	KOLAT Jadwiga	514		40-49	147		00:15:07	00:30:35.00	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
317	TRZCIŃSKA Joanna	271	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	00:30:35.20	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
318	HUBA Agnieszka	264	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	00:30:35.30	+00:12:47 (41.8%)	6:07	9.8 (58.0%)
319	JASKÓŁA Izabela	794		30-39	104		00:14:44	00:30:36.75	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
320	LASKOWSKA Anna	434		30-39	105		00:15:38	00:30:39.40	+00:12:51 (42.0%)	6:07	9.8 (58.0%)
321	KURCBART Magdalena	531		30-39	106		00:14:55	00:30:43.10	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
322	ADAMUS Anna	282	WARTKIE PIERONY	40-49	148	Wartkie Pierony	00:15:24	00:30:43.15	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
323	WALEK Natalia	753		20-29	23		00:16:01	00:30:43.40	+00:12:55 (42.1%)	6:08	9.8 (58.0%)
324	BUGLA Weronika	716	DYSTANS LUBOMIA	40-49	149	Dystans Lubomia	00:15:20	00:30:44.20	+00:12:56 (42.1%)	6:08	9.8 (58.0%)
325	WELET Marzena	595		40-49	150	BIELSZCZANKI BIEGAJĄ	00:15:18	00:30:45.65	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
326	COFALIK Gabriela	290	DECATHLON & PRZYJACIELE	40-49	151	Decathlon & Przyjaciele	00:15:27	00:30:46.05	+00:12:58 (42.2%)	6:09	9.8 (58.0%)
327	FOJCIK Gabriela	344	RKNW	50-59	39		00:15:22	00:30:50.40	+00:13:02 (42.3%)	6:10	9.7 (57.4%)
328	JANECKA Ela	748		40-49	152		00:15:37	00:30:52.40	+00:13:04 (42.4%)	6:10	9.7 (57.4%)
329	ŁAPA Aleksandra	197	4A	40-49	153		00:15:10	00:30:53.85	+00:13:06 (42.4%)	6:10	9.7 (57.4%)
330	PETRYKOWSKA Magdalena	315		16-19	5		00:15:05	00:30:56.70	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
331	PETRYKOWSKA Elżbieta	335		40-49	154		00:15:05	00:30:56.85	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
332	MOZLER Magdalena	751		40-49	155		00:15:15	00:30:56.90	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
333	RADZIEWICZ Renata	410		40-49	156		00:15:21	00:30:57.05	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
334	KUŹNIK Edyta	370		30-39	107		00:15:42	00:30:57.45	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
335	NIERADZIK Daria	496		20-29	24		00:15:02	00:30:59.55	+00:13:11 (42.6%)	6:11	9.7 (57.4%)
336	SKROBOL Paulina	586	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	00:31:05.95	+00:13:18 (42.8%)	6:13	9.7 (57.4%)
337	STRZAŁKA - LECH Magdalena	305	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	00:31:07.20	+00:13:19 (42.8%)	6:13	9.6 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
338	LISZOK Iwona	309		30-39	110		00:15:26	00:31:09.55	+00:13:21 (42.9%)	6:13	9.6 (56.8%)
339	RĘKAL Dorota	96		50-59	40	Byle do mety	00:14:54	00:31:11.00	+00:13:23 (42.9%)	6:14	9.6 (56.8%)
340	OLEJEK Anna	741		30-39	111		00:15:12	00:31:11.75	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
341	BOŻEK Dagmara	396		40-49	157		00:15:26	00:31:15.55	+00:13:27 (43.1%)	6:15	9.6 (56.8%)
342	KUJAWA Marzena	259		30-39	112		00:15:27	00:31:15.95	+00:13:28 (43.1%)	6:15	9.6 (56.8%)
343	WINIARSKA Monika	9		40-49	158		00:14:27	00:31:18.50	+00:13:30 (43.2%)	6:15	9.6 (56.8%)
344	KALISZ Magdalena	223		20-29	25		00:15:33	00:31:20.70	+00:13:33 (43.2%)	6:16	9.6 (56.8%)
345	GAWINEK Aga	904		20-29	26		00:15:04	00:31:22.75	+00:13:35 (43.3%)	6:16	9.6 (56.8%)
346	DYNIA Magdalena	470		40-49	159		00:15:38	00:31:25.40	+00:13:37 (43.4%)	6:17	9.5 (56.2%)
347	GAŃKO Grażyna	369		60+	5		00:15:52	00:31:25.90	+00:13:38 (43.4%)	6:17	9.5 (56.2%)
348	SIENKIEWICZ Gabriela	545	PO WOLI DO CELU	30-39	113	PoWoliDoCelu	00:15:46	00:31:32.80	+00:13:45 (43.6%)	6:18	9.5 (56.2%)
349	BALICKA Magdalena	441		30-39	114		00:15:33	00:31:38.75	+00:13:51 (43.8%)	6:19	9.5 (56.2%)
350	SZLAUR Ewelina	664		30-39	115		00:15:56	00:31:42.30	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
351	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	00:31:46.50	+00:13:58 (44.0%)	6:21	9.4 (55.6%)
352	MIELAŃCZYK Maria	674	SMERFY	60+	6		00:15:44	00:31:47.25	+00:13:59 (44.0%)	6:21	9.4 (55.6%)
353	DREWNIAK Magdalena	346	JUSTFELLFIT	30-39	117	JustFeelFit	00:16:29	00:31:49.45	+00:14:01 (44.1%)	6:21	9.4 (55.6%)
354	WOWRA Agnieszka	665		30-39	118		00:15:56	00:31:53.20	+00:14:05 (44.2%)	6:22	9.4 (55.6%)
355	MYŚLIWIEC Monika	262	KOBIETY NA 5+	40-49	160	Kobiety na 5+	00:15:48	00:31:58.00	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
356	KLAUDIA Brzana	888		20-29	27	Wymyślanka	00:15:38	00:31:58.35	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
357	BETAŃSKA Aneta	326	KOBIETY NA 5+	40-49	161	Kobiety na 5+	00:15:48	00:31:58.40	+00:14:10 (44.3%)	6:23	9.4 (55.6%)
358	JANECKA Natalia	749		20-29	28		00:15:55	00:32:00.05	+00:14:12 (44.4%)	6:24	9.4 (55.6%)
359	LERCH Ewa	109	RUNTEAM PAWŁOWICE	20-29	29	RUNTEAM Pawłowice	00:15:34	00:32:01.40	+00:14:13 (44.4%)	6:24	9.4 (55.6%)
360	KĄKOL WOJTAS Katarzyna	524	POWOLI DO CELU .	40-49	162	PoWoli do Celu	00:17:23	00:32:01.50	+00:14:13 (44.4%)	6:24	9.4 (55.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
361	<b>ŻYWICA Dorota</b>	<b>504</b>	HURAGAN LIGOTA	40-49	163	Huragan Ligota	00:15:41	<b>00:32:03.20</b>	+00:14:15 (44.5%)	6:24	9.4 (55.6%)
362	<b>MILEWSKA Izabela</b>	<b>808</b>		40-49	164		00:15:52	<b>00:32:05.00</b>	+00:14:17 (44.5%)	6:25	9.4 (55.6%)
363	<b>KĘPKA Joanna</b>	<b>589</b>		40-49	165		00:15:24	<b>00:32:05.90</b>	+00:14:18 (44.6%)	6:25	9.4 (55.6%)
364	<b>KUKLA Agata</b>	<b>929</b>	POWOLI DO CELU	30-39	119		00:16:26	<b>00:32:08.20</b>	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
365	<b>KORCZEWSKA Beata</b>	<b>834</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	166	Miechowicka Grupa Biegowa	00:16:06	<b>00:32:08.40</b>	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
366	<b>NAWROCKA Agnieszka</b>	<b>577</b>		40-49	167		00:15:40	<b>00:32:08.85</b>	+00:14:21 (44.6%)	6:25	9.3 (55.0%)
367	<b>MIŚ Ela</b>	<b>863</b>	JUSTFEELFIT	30-39	120	JustFeelFit TEAM	00:16:30	<b>00:32:09.00</b>	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
368	<b>DRANICZAREK Anna</b>	<b>792</b>		30-39	121		00:16:02	<b>00:32:09.15</b>	+00:14:21 (44.7%)	6:25	9.3 (55.0%)
369	<b>SZATANIK Alina</b>	<b>656</b>		40-49	168		00:16:28	<b>00:32:11.40</b>	+00:14:23 (44.7%)	6:26	9.3 (55.0%)
370	<b>JAKUBIK Edyta</b>	<b>266</b>		30-39	122		00:16:12	<b>00:32:12.30</b>	+00:14:24 (44.7%)	6:26	9.3 (55.0%)
371	<b>ZACZYŃSKA-POZNIAK Jarosława</b>	<b>180</b>		40-49	169		00:16:24	<b>00:32:12.40</b>	+00:14:24 (44.8%)	6:26	9.3 (55.0%)
372	<b>ABRACHAMCZYK Agnieszka</b>	<b>518</b>		20-29	30		00:16:03	<b>00:32:14.55</b>	+00:14:26 (44.8%)	6:26	9.3 (55.0%)
373	<b>PEPEK Bożena</b>	<b>681</b>		30-39	123		00:15:50	<b>00:32:18.45</b>	+00:14:30 (44.9%)	6:27	9.3 (55.0%)
374	<b>SPROWNIK Joanna</b>	<b>281</b>	BANK SPÓŁDZIECZY W JASTRZĘBIU ZDROJU	20-29	31	Bank Spółdzielczy w Jastrzębiu Zdroju	00:15:48	<b>00:32:18.50</b>	+00:14:30 (44.9%)	6:27	9.3 (55.0%)
375	<b>GUŚCIORA Justyna</b>	<b>852</b>		50-59	41		00:15:47	<b>00:32:28.00</b>	+00:14:40 (45.2%)	6:29	9.2 (54.4%)
376	<b>ZDUNEK Dorota</b>	<b>576</b>		30-39	124		00:16:07	<b>00:32:28.35</b>	+00:14:40 (45.2%)	6:29	9.2 (54.4%)
377	<b>PAWLIK Małgorzata</b>	<b>4</b>		40-49	170		00:16:08	<b>00:32:28.75</b>	+00:14:41 (45.2%)	6:29	9.2 (54.4%)
378	<b>KOZŁOWSKA Patrycja</b>	<b>780</b>		30-39	125	Byle do mety	00:15:53	<b>00:32:31.00</b>	+00:14:43 (45.3%)	6:30	9.2 (54.4%)
379	<b>SZEWCUK Agnieszka</b>	<b>626</b>		40-49	171	Byle do mety	00:15:54	<b>00:32:31.35</b>	+00:14:43 (45.3%)	6:30	9.2 (54.4%)
380	<b>RUMIŃSKA Barbara</b>	<b>815</b>	BIE RUN	40-49	172		00:16:02	<b>00:32:31.70</b>	+00:14:44 (45.3%)	6:30	9.2 (54.4%)
381	<b>PIPIRO Grażyna</b>	<b>458</b>	KOBIETY NA 5+	60+	7	Kobiety na 5+	00:16:26	<b>00:32:32.55</b>	+00:14:44 (45.3%)	6:30	9.2 (54.4%)
382	<b>JANIK Izabela</b>	<b>801</b>		40-49	173		00:15:49	<b>00:32:33.00</b>	+00:14:45 (45.3%)	6:30	9.2 (54.4%)
383	<b>KONOPACKA Waleria</b>	<b>691</b>	ZABIERZÓW BIEGA	60+	8		00:16:43	<b>00:32:33.75</b>	+00:14:46 (45.4%)	6:30	9.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
384	<b>GOŁOFIT Edyta</b>	<b>302</b>	OPEL FIJAŁKOWSKI	20-29	32	Opel Fijałkowski	00:16:47	<b>00:32:34.80</b>	+00:14:47 (45.4%)	6:30	9.2 (54.4%)
385	<b>CZERWIŃSKA Klaudyna</b>	<b>301</b>	OPEL FIJAŁKOWSKI	30-39	126	Opel Fijałkowski	00:16:47	<b>00:32:35.25</b>	+00:14:47 (45.4%)	6:31	9.2 (54.4%)
386	<b>STANULA Kinga</b>	<b>438</b>		50-59	42		00:16:33	<b>00:32:37.50</b>	+00:14:49 (45.5%)	6:31	9.2 (54.4%)
387	<b>ZAGÓRSKA Beata</b>	<b>355</b>		30-39	127		00:16:11	<b>00:32:43.60</b>	+00:14:55 (45.6%)	6:32	9.2 (54.4%)
388	<b>PODESZWA Barbara</b>	<b>866</b>		40-49	174	Wymyślanka	00:15:59	<b>00:32:46.90</b>	+00:14:59 (45.7%)	6:33	9.2 (54.4%)
389	<b>MAĆKÓW Małgorzata</b>	<b>244</b>		20-29	33		00:15:52	<b>00:32:47.25</b>	+00:14:59 (45.7%)	6:33	9.2 (54.4%)
390	<b>ŚLEDŹ Dorota</b>	<b>306</b>	HRMAX ŻORY	20-29	34	HRmax Dziołszki	00:16:14	<b>00:32:48.30</b>	+00:15:00 (45.8%)	6:33	9.1 (53.8%)
391	<b>ZAWADA Teresa</b>	<b>363</b>		50-59	43		00:16:18	<b>00:32:48.70</b>	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
392	<b>JORDAN Monika</b>	<b>412</b>		40-49	175		00:15:46	<b>00:32:49.50</b>	+00:15:01 (45.8%)	6:33	9.1 (53.8%)
393	<b>LIPIŃSKA Monika</b>	<b>404</b>	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	<b>00:32:49.85</b>	+00:15:02 (45.8%)	6:33	9.1 (53.8%)
394	<b>FRANKOWSKA Ania</b>	<b>807</b>	MGB	50-59	44	Miechowicka Grupa Biegowa	00:16:23	<b>00:32:51.15</b>	+00:15:03 (45.8%)	6:34	9.1 (53.8%)
395	<b>JABŁOŃSKA Sabina</b>	<b>5023</b>		40-49	176		00:16:47	<b>00:32:52.15</b>	+00:15:04 (45.9%)	6:34	9.1 (53.8%)
396	<b>SŁOWIK Kornelia</b>	<b>453</b>	KOLOROWA DRUŻYNA NESSI	30-39	129	Kolorowa Drużyna Nessi	00:16:15	<b>00:32:54.80</b>	+00:15:07 (45.9%)	6:34	9.1 (53.8%)
397	<b>KROSNY Lucyna</b>	<b>299</b>	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	20-29	35	Bank Spółdzielczy w Jastrzębiu Zdroju	00:16:00	<b>00:32:55.80</b>	+00:15:08 (46.0%)	6:35	9.1 (53.8%)
398	<b>SZYNAL Magdalena</b>	<b>511</b>		30-39	130		00:15:48	<b>00:32:59.05</b>	+00:15:11 (46.1%)	6:35	9.1 (53.8%)
399	<b>LISOWSKA Dominika</b>	<b>631</b>		40-49	177		00:16:28	<b>00:32:59.50</b>	+00:15:11 (46.1%)	6:35	9.1 (53.8%)
400	<b>MARYJOSZ Katarzyna</b>	<b>293</b>		40-49	178		00:16:53	<b>00:33:00.50</b>	+00:15:12 (46.1%)	6:36	9.1 (53.8%)
401	<b>MARSZALIK Anna</b>	<b>354</b>		40-49	179		00:16:24	<b>00:33:03.90</b>	+00:15:16 (46.2%)	6:36	9.1 (53.8%)
402	<b>KSEPKO Katarzyna</b>	<b>405</b>		30-39	131		00:16:15	<b>00:33:12.50</b>	+00:15:24 (46.4%)	6:38	9 (53.3%)
403	<b>BIERNAT Agnieszka</b>	<b>571</b>		40-49	180		00:16:26	<b>00:33:15.65</b>	+00:15:28 (46.5%)	6:39	9 (53.3%)
404	<b>POŁEDNIOK Aleksandra</b>	<b>152</b>		30-39	132		00:16:10	<b>00:33:19.55</b>	+00:15:31 (46.6%)	6:39	9 (53.3%)
405	<b>DROZDZIOK Elżbieta</b>	<b>908</b>	WATAHA	30-39	133		00:16:59	<b>00:33:20.05</b>	+00:15:32 (46.6%)	6:40	9 (53.3%)
406	<b>TYRYTKO Sylwia</b>	<b>602</b>	WATAHA	30-39	134		00:16:59	<b>00:33:20.15</b>	+00:15:32 (46.6%)	6:40	9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
407	<b>BRODA Kamila</b>	<b>311</b>		20-29	36		00:16:25	<b>00:33:21.25</b>	+00:15:33 (46.7%)	6:40	9 (53.3%)
408	<b>GARUS Angelika</b>	<b>278</b>		30-39	135		00:16:10	<b>00:33:21.70</b>	+00:15:34 (46.7%)	6:40	9 (53.3%)
409	<b>BRODA Beata</b>	<b>341</b>		50-59	45		00:16:26	<b>00:33:22.80</b>	+00:15:35 (46.7%)	6:40	9 (53.3%)
410	<b>BARTNIK Joanna</b>	<b>479</b>	STREET SPIRIT	40-49	181		00:16:35	<b>00:33:28.10</b>	+00:15:40 (46.8%)	6:41	9 (53.3%)
411	<b>SUSLIK Magdalena</b>	<b>746</b>		40-49	182		00:16:36	<b>00:33:28.45</b>	+00:15:40 (46.8%)	6:41	9 (53.3%)
412	<b>CICHY Agnieszka</b>	<b>435</b>		30-39	136		00:16:25	<b>00:33:33.85</b>	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
413	<b>KOWALSKA Małgorzata</b>	<b>484</b>		50-59	46		00:16:14	<b>00:33:34.30</b>	+00:15:46 (47.0%)	6:42	8.9 (52.7%)
414	<b>KOWALCZYK Basia</b>	<b>598</b>		30-39	137		00:16:27	<b>00:33:35.25</b>	+00:15:47 (47.0%)	6:43	8.9 (52.7%)
415	<b>WYLOTEK Barbara</b>	<b>489</b>		40-49	183		00:16:31	<b>00:33:40.95</b>	+00:15:53 (47.2%)	6:44	8.9 (52.7%)
416	<b>SERAFIN-CHWAŁEK Joanna</b>	<b>515</b>		40-49	184		00:16:28	<b>00:33:42.00</b>	+00:15:54 (47.2%)	6:44	8.9 (52.7%)
417	<b>PIETRASZEK Ewa</b>	<b>875</b>	KOBIETH WATAHY	50-59	47		00:16:47	<b>00:33:43.55</b>	+00:15:55 (47.2%)	6:44	8.9 (52.7%)
418	<b>GROSIAK Marta</b>	<b>673</b>		30-39	138		00:16:33	<b>00:33:43.95</b>	+00:15:56 (47.2%)	6:44	8.9 (52.7%)
419	<b>KAPŁON Agnieszka</b>	<b>528</b>		40-49	185		00:17:13	<b>00:33:46.30</b>	+00:15:58 (47.3%)	6:45	8.9 (52.7%)
420	<b>SZCZUCHNIAK Adriana</b>	<b>360</b>		40-49	186		00:16:39	<b>00:33:46.70</b>	+00:15:59 (47.3%)	6:45	8.9 (52.7%)
421	<b>ROSKOSZ Magdalena</b>	<b>740</b>		40-49	187		00:17:02	<b>00:33:47.80</b>	+00:16:00 (47.3%)	6:45	8.9 (52.7%)
422	<b>ROMBERG Agnieszka</b>	<b>480</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	188	Miechowicka Grupa Biegowa	00:16:45	<b>00:33:51.40</b>	+00:16:03 (47.4%)	6:46	8.9 (52.7%)
423	<b>HRYNKIEWICZ Katarzyna</b>	<b>644</b>		30-39	139		00:16:39	<b>00:33:52.55</b>	+00:16:04 (47.5%)	6:46	8.9 (52.7%)
424	<b>ŚLEBODA Bożena</b>	<b>5022</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	189	Miechowicka Grupa Biegowa	00:16:54	<b>00:33:54.00</b>	+00:16:06 (47.5%)	6:46	8.8 (52.1%)
425	<b>ZMUDA Ewelina</b>	<b>538</b>		30-39	140		00:16:38	<b>00:33:56.70</b>	+00:16:09 (47.6%)	6:47	8.8 (52.1%)
426	<b>STANO Monika</b>	<b>678</b>		30-39	141		00:17:15	<b>00:33:58.15</b>	+00:16:10 (47.6%)	6:47	8.8 (52.1%)
427	<b>WAWOCZNY Anita</b>	<b>487</b>	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	<b>00:33:58.90</b>	+00:16:11 (47.6%)	6:47	8.8 (52.1%)
428	<b>SAWICKA Marta</b>	<b>260</b>	KOBIETY NA 5+	40-49	190	Kobiety na 5+	00:17:02	<b>00:33:59.25</b>	+00:16:11 (47.6%)	6:47	8.8 (52.1%)
429	<b>BATKO Agnieszka</b>	<b>544</b>		30-39	143		00:17:19	<b>00:34:09.30</b>	+00:16:21 (47.9%)	6:49	8.8 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
430	<b>BRZANA Anna</b>	<b>857</b>		40-49	191	Wymyślanka	00:16:48	<b>00:34:12.25</b>	+00:16:24 (48.0%)	6:50	8.8 (52.1%)
431	<b>ŚLEDZIEWSKA Agata</b>	<b>693</b>		30-39	144		00:17:00	<b>00:34:15.80</b>	+00:16:28 (48.1%)	6:51	8.8 (52.1%)
432	<b>JEZIOROWSKA-CAPANDA Patrycja</b>	<b>581</b>		20-29	37		00:16:57	<b>00:34:16.65</b>	+00:16:29 (48.1%)	6:51	8.8 (52.1%)
433	<b>GÓRKA Kamila</b>	<b>851</b>		20-29	38		00:16:54	<b>00:34:16.80</b>	+00:16:29 (48.1%)	6:51	8.8 (52.1%)
434	<b>GRZELAK Patrycja</b>	<b>670</b>	KOLOROWA DRUŻYNA NESSI	40-49	192	Kolorowa Drużyna Nessi	00:17:08	<b>00:34:18.00</b>	+00:16:30 (48.1%)	6:51	8.7 (51.5%)
435	<b>KUBAS Alina</b>	<b>600</b>	KLUB BIEGACZA FARTLEK	50-59	48	KLUB BIEGACZA FARTLEK	00:17:36	<b>00:34:21.00</b>	+00:16:33 (48.2%)	6:52	8.7 (51.5%)
436	<b>PRZYBYCIN Bożena</b>	<b>519</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	193	Miechowska Grupa Biegowa	00:17:05	<b>00:34:21.20</b>	+00:16:33 (48.2%)	6:52	8.7 (51.5%)
437	<b>ZIELONKA Agnieszka</b>	<b>253</b>		30-39	145	Cioteczki	00:17:15	<b>00:34:38.60</b>	+00:16:50 (48.6%)	6:55	8.7 (51.5%)
438	<b>DAMIĘCKA Magda</b>	<b>462</b>	RUNTEAM	30-39	146	RUNTEAM Pawłowice	00:17:30	<b>00:34:48.50</b>	+00:17:00 (48.9%)	6:57	8.6 (50.9%)
439	<b>KANIA Grażyna</b>	<b>910</b>	DEKATHLON&PRZYJACIELE	40-49	194	Decathlon & Przyjaciele	00:17:14	<b>00:34:54.90</b>	+00:17:07 (49.0%)	6:58	8.6 (50.9%)
440	<b>SUDLITZ Anna</b>	<b>449</b>	FORTUNA TEAM	30-39	147		00:18:12	<b>00:34:56.45</b>	+00:17:08 (49.1%)	6:59	8.6 (50.9%)
441	<b>BAJOR Aneta</b>	<b>493</b>		40-49	195		00:17:11	<b>00:34:57.00</b>	+00:17:09 (49.1%)	6:59	8.6 (50.9%)
442	<b>KWAŚNIEWSKA Kasia</b>	<b>593</b>		30-39	148		00:16:43	<b>00:34:57.85</b>	+00:17:10 (49.1%)	6:59	8.6 (50.9%)
443	<b>ŚLIWA Kornelia</b>	<b>638</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	196	Miechowska Grupa Biegowa	00:17:24	<b>00:34:58.45</b>	+00:17:10 (49.1%)	6:59	8.6 (50.9%)
444	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>362</b>		50-59	49	RUNTEAM Pawłowice	00:17:11	<b>00:35:00.15</b>	+00:17:12 (49.2%)	7:00	8.6 (50.9%)
445	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>468</b>	RUNTEAM PAWŁOWICE	30-39	149	RUNTEAM Pawłowice	00:17:10	<b>00:35:00.40</b>	+00:17:12 (49.2%)	7:00	8.6 (50.9%)
446	<b>MARUSZCZAK Justyna</b>	<b>822</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	197	Miechowska Grupa Biegowa	00:17:15	<b>00:35:02.40</b>	+00:17:14 (49.2%)	7:00	8.6 (50.9%)
447	<b>MYŚLIWIEC Seniorita</b>	<b>350</b>	KOBIETY NA 5+	20-29	39	Kobiety na 5+	00:16:58	<b>00:35:03.70</b>	+00:17:16 (49.2%)	7:00	8.6 (50.9%)
448	<b>KIERMASZEK Paulina</b>	<b>796</b>		20-29	40		00:16:48	<b>00:35:03.80</b>	+00:17:16 (49.3%)	7:00	8.6 (50.9%)
449	<b>TATARCZYK Justyna</b>	<b>307</b>		40-49	198		00:17:14	<b>00:35:04.50</b>	+00:17:16 (49.3%)	7:00	8.6 (50.9%)
450	<b>ROJEK Wioleta</b>	<b>845</b>		30-39	150		00:17:16	<b>00:35:11.25</b>	+00:17:23 (49.4%)	7:02	8.5 (50.3%)
451	<b>BALCERAK Beata</b>	<b>348</b>		30-39	151		00:17:04	<b>00:35:15.75</b>	+00:17:28 (49.5%)	7:03	8.5 (50.3%)
452	<b>DUDA Magdalena</b>	<b>652</b>		30-39	152		00:17:04	<b>00:35:15.90</b>	+00:17:28 (49.5%)	7:03	8.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
453	<b>MADZIA Bożena</b>	<b>692</b>		20-29	41	Winniczek Team	00:17:47	<b>00:35:19.50</b>	+00:17:31 (49.6%)	7:03	8.5 (50.3%)
454	<b>LEPICH Katarzyna</b>	<b>380</b>	MIECHOWICKA GRUPA BIEGOWA	30-39	153	Miechowska Grupa Biegowa	00:16:55	<b>00:35:21.10</b>	+00:17:33 (49.7%)	7:04	8.5 (50.3%)
455	<b>NIEDŹWIEDŹ Maja</b>	<b>853</b>		40-49	199		00:16:35	<b>00:35:24.45</b>	+00:17:36 (49.7%)	7:04	8.5 (50.3%)
456	<b>GŁĄB Mariola</b>	<b>669</b>		30-39	154		00:17:11	<b>00:35:24.50</b>	+00:17:36 (49.7%)	7:04	8.5 (50.3%)
457	<b>BAJER Marzena</b>	<b>775</b>	DYSTANS LUBOMIA	30-39	155	Dystans Lubomia	00:18:00	<b>00:35:29.50</b>	+00:17:41 (49.9%)	7:05	8.5 (50.3%)
458	<b>KOWALSKA Dorota</b>	<b>349</b>	SBD ENERGETYK RYBNIK	50-59	50		00:17:29	<b>00:35:34.05</b>	+00:17:46 (50.0%)	7:06	8.4 (49.7%)
459	<b>KUBIS Barbara</b>	<b>603</b>		40-49	200		00:17:45	<b>00:35:40.45</b>	+00:17:52 (50.1%)	7:08	8.4 (49.7%)
460	<b>ZALEWSKA Barbara</b>	<b>557</b>	KOBIETY NA 5+	40-49	201	Kobiety na 5+	00:17:32	<b>00:35:44.55</b>	+00:17:56 (50.2%)	7:08	8.4 (49.7%)
461	<b>JAŚKIEWICZ Natalia</b>	<b>303</b>	OPEL FIJALKOWSKI	20-29	42	Opel Fijałkowski	00:17:21	<b>00:35:45.60</b>	+00:17:57 (50.2%)	7:09	8.4 (49.7%)
462	<b>BIAŁAS Joanna</b>	<b>463</b>	SPOT PSZCZYNA	40-49	202		00:17:46	<b>00:35:50.95</b>	+00:18:03 (50.4%)	7:10	8.4 (49.7%)
463	<b>GIBAS Amanda</b>	<b>478</b>	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	<b>00:35:55.60</b>	+00:18:07 (50.5%)	7:11	8.4 (49.7%)
464	<b>GÓRAL Alina</b>	<b>542</b>		40-49	203		00:17:34	<b>00:36:01.45</b>	+00:18:13 (50.6%)	7:12	8.3 (49.1%)
465	<b>ŚLEZIONA Katarzyna</b>	<b>270</b>		30-39	157		00:17:23	<b>00:36:06.15</b>	+00:18:18 (50.7%)	7:13	8.3 (49.1%)
466	<b>STYRNOL Beata</b>	<b>747</b>		50-59	51		00:18:16	<b>00:36:09.35</b>	+00:18:21 (50.8%)	7:13	8.3 (49.1%)
467	<b>ŁAKOMSKA Michalina</b>	<b>871</b>		16-19	6		00:18:05	<b>00:36:13.65</b>	+00:18:26 (50.9%)	7:14	8.3 (49.1%)
468	<b>VAIDYAN-IWANOWSKA Grażyna</b>	<b>933</b>		60+	9		00:17:27	<b>00:36:15.95</b>	+00:18:28 (50.9%)	7:15	8.3 (49.1%)
469	<b>ROTTER Hanna</b>	<b>789</b>		50-59	52		00:17:40	<b>00:36:22.40</b>	+00:18:34 (51.1%)	7:16	8.2 (48.5%)
470	<b>KIERMASZEK Barbara</b>	<b>791</b>		60+	10		00:17:41	<b>00:36:22.75</b>	+00:18:35 (51.1%)	7:16	8.2 (48.5%)
471	<b>PYTLIK Agata</b>	<b>257</b>		20-29	43	Cioteczki	00:17:54	<b>00:36:23.20</b>	+00:18:35 (51.1%)	7:16	8.2 (48.5%)
472	<b>JANCZURA Marzena</b>	<b>850</b>		40-49	204	Wawrzinek Team	00:18:17	<b>00:36:25.90</b>	+00:18:38 (51.2%)	7:17	8.2 (48.5%)
473	<b>STAŚKIEWICZ Monika</b>	<b>663</b>		40-49	205		00:18:06	<b>00:36:36.45</b>	+00:18:48 (51.4%)	7:19	8.2 (48.5%)
474	<b>POŁOK-MIGAS Justyna</b>	<b>840</b>		40-49	206		00:17:40	<b>00:36:37.80</b>	+00:18:50 (51.4%)	7:19	8.2 (48.5%)
475	<b>RACZYŃSKA Aleksandra</b>	<b>643</b>	STADION ŚLĄSKI NW	60+	11		00:18:00	<b>00:36:40.90</b>	+00:18:53 (51.5%)	7:20	8.2 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
476	ZIELONKA Dorota	275		30-39	158	Cioteczki	00:17:53	00:36:42.75	+00:18:55 (51.5%)	7:20	8.2 (48.5%)
477	KOŹDOŃ Jagoda	543		30-39	159		00:18:31	00:36:44.55	+00:18:56 (51.6%)	7:20	8.2 (48.5%)
478	SIREK Izabela	635	OLZA CIESZYN	30-39	160	Olza Cieszyn	00:17:47	00:36:44.80	+00:18:57 (51.6%)	7:20	8.2 (48.5%)
479	WRONA Aleksandra	583		20-29	44		00:18:04	00:36:53.85	+00:19:06 (51.8%)	7:22	8.1 (47.9%)
480	JAROSZ Jolanta	534	MORS HUBERTUS MYSŁOWICE	50-59	53	MORS Hubertus Mysłowice	00:18:03	00:36:54.05	+00:19:06 (51.8%)	7:22	8.1 (47.9%)
481	DAMIS Daria	668		30-39	161		00:18:13	00:36:56.80	+00:19:09 (51.8%)	7:23	8.1 (47.9%)
482	KROCZEK Magdalena	451	FORTUNA TEAM	30-39	162		00:18:19	00:37:02.95	+00:19:15 (52.0%)	7:24	8.1 (47.9%)
483	GAŁUSZKA Magdalena	450	FORTUNA TEAM	40-49	207		00:18:19	00:37:03.65	+00:19:16 (52.0%)	7:24	8.1 (47.9%)
484	TORKA-KUNERT Grażyna	291	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	60+	12		00:18:45	00:37:09.00	+00:19:21 (52.1%)	7:25	8.1 (47.9%)
485	MARON Honorata	684		20-29	45		00:18:02	00:37:09.25	+00:19:21 (52.1%)	7:25	8.1 (47.9%)
486	WACHTARCZYK Dominika	390		20-29	46		00:18:07	00:37:10.25	+00:19:22 (52.1%)	7:26	8.1 (47.9%)
487	ŚCIĘGAJ Joanna	430		30-39	163		00:18:03	00:37:10.70	+00:19:23 (52.1%)	7:26	8.1 (47.9%)
488	SZOJDA Paulina	799	VIKING TRAINING CENTER/BIEGNĘ BYLE DOBIEC	30-39	164		00:18:13	00:37:15.30	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
489	JUTKA Kasia	891		30-39	165		00:18:13	00:37:15.55	+00:19:27 (52.2%)	7:27	8.1 (47.9%)
490	STEFANIAK Justyna	510	POGORIA BIEGA	40-49	208		00:18:10	00:37:16.25	+00:19:28 (52.3%)	7:27	8.1 (47.9%)
491	SZATANIK Iwona	582		40-49	209		00:18:08	00:37:17.80	+00:19:30 (52.3%)	7:27	8 (47.3%)
492	PUDA Patrycja	639		20-29	47	PsychoKsiężniczki	00:18:04	00:37:19.00	+00:19:31 (52.3%)	7:27	8 (47.3%)
493	STEFANIK Katarzyna	343		30-39	166		00:18:16	00:37:23.00	+00:19:35 (52.4%)	7:28	8 (47.3%)
494	LEKI Grażyna	774		30-39	167		00:18:16	00:37:24.20	+00:19:36 (52.4%)	7:28	8 (47.3%)
495	MAGIEREK Magdalena	618		30-39	168		00:18:16	00:37:24.45	+00:19:36 (52.4%)	7:28	8 (47.3%)
496	PIERZCHAŁA Magdalena	263	MORS HUBERTUS MYSŁOWICE	30-39	169	MORS Hubertus Mysłowice	00:18:12	00:37:42.00	+00:19:54 (52.8%)	7:32	8 (47.3%)
496	ŻEBROWSKA Matylda	683	MORS HUBERTUS MYSŁOWICE	40-49	210	Mors Hubertus Mysłowice	00:18:12	00:37:42.00	+00:19:54 (52.8%)	7:32	8 (47.3%)
498	ZIELIŃSKA Anna	379	MIECHOWICKA GRUPA BIEGOWA	40-49	211	Miechowicka Grupa Biegowa	00:19:21	00:37:58.65	+00:20:11 (53.1%)	7:35	7.9 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
499	<b>MAGIERA Barbara</b>	<b>517</b>		30-39	170	PoWoliDoCelu	00:19:17	<b>00:38:09.70</b>	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
500	<b>KALETA Agnieszka</b>	<b>186</b>	POWOLI DO CELU	30-39	171	PoWoliDoCelu	00:19:16	<b>00:38:09.75</b>	+00:20:22 (53.4%)	7:37	7.9 (46.7%)
501	<b>IDZIKOWSKA Urszula</b>	<b>738</b>		20-29	48		00:18:42	<b>00:38:25.75</b>	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
502	<b>PROKOPIUK Adriana</b>	<b>677</b>	KLUB BIEGACZA FARTLEK	40-49	212	Klub Biegacza Fartlek	00:20:09	<b>00:38:25.85</b>	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
503	<b>BAK Barbara</b>	<b>895</b>		40-49	213		00:18:42	<b>00:38:26.15</b>	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
504	<b>ŚWIDERSKA Anna</b>	<b>513</b>	POWOLI DO CELU	30-39	172	PoWoli do Celu	00:19:17	<b>00:38:26.20</b>	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
505	<b>IDZIKOWSKA Elżbieta</b>	<b>588</b>	FAMILY DREAMS	40-49	214		00:18:39	<b>00:38:26.30</b>	+00:20:38 (53.7%)	7:41	7.8 (46.2%)
506	<b>WORONKO-ZACZYNSKA Janina</b>	<b>164</b>	KS METRACO POLKOWICE	60+	13		00:19:28	<b>00:38:31.85</b>	+00:20:44 (53.8%)	7:42	7.8 (46.2%)
507	<b>ŁANUCHA Mariola</b>	<b>560</b>	KOBIETY NA 5+	60+	14	Kobiety na 5+	00:18:37	<b>00:38:34.05</b>	+00:20:46 (53.9%)	7:42	7.8 (46.2%)
508	<b>SURY-WOLNIEWICZ Kamila</b>	<b>448</b>		40-49	215		00:18:36	<b>00:38:35.50</b>	+00:20:47 (53.9%)	7:43	7.8 (46.2%)
509	<b>PARZYCH Renata</b>	<b>655</b>	KOBIETY NA 5+	60+	15	Kobiety na 5+	00:18:39	<b>00:38:37.00</b>	+00:20:49 (53.9%)	7:43	7.8 (46.2%)
510	<b>MADEJA Aleksandra</b>	<b>67</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	216	Miechowicka Grupa Biegowa	00:18:50	<b>00:39:11.95</b>	+00:21:24 (54.6%)	7:50	7.7 (45.6%)
511	<b>HEKIERT Wioleta</b>	<b>352</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	217	Miechowicka Grupa Biegowa	00:18:51	<b>00:39:13.00</b>	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
512	<b>CZARNECKA Małgorzata</b>	<b>620</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	218	Miechowicka Grupa Biegowa	00:19:37	<b>00:39:13.20</b>	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
513	<b>DOBOSZ Katarzyna</b>	<b>5024</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	219	Miechowicka Grupa Biegowa	00:18:52	<b>00:39:13.35</b>	+00:21:25 (54.6%)	7:50	7.6 (45.0%)
514	<b>KROCHMAŁSKA Jadwiga</b>	<b>641</b>	MIECHOWICKA GRUPA BIEGOWA	40-49	220		00:19:38	<b>00:39:14.00</b>	+00:21:26 (54.6%)	7:50	7.6 (45.0%)
515	<b>ARENDARCZYK Anna</b>	<b>527</b>		40-49	221	BIELSZCZANKI BIEGAJĄ	00:19:34	<b>00:39:30.45</b>	+00:21:42 (55.0%)	7:54	7.6 (45.0%)
516	<b>WOZNIAK Joanna</b>	<b>429</b>		40-49	222		00:19:37	<b>00:39:35.45</b>	+00:21:47 (55.1%)	7:55	7.6 (45.0%)
517	<b>WOZNIAK Jolanta</b>	<b>743</b>		60+	16		00:19:38	<b>00:39:36.20</b>	+00:21:48 (55.1%)	7:55	7.6 (45.0%)
518	<b>SEKUŁA Marlena</b>	<b>537</b>		40-49	223		00:20:01	<b>00:39:37.10</b>	+00:21:49 (55.1%)	7:55	7.6 (45.0%)
519	<b>BAZGIER Magdalena</b>	<b>768</b>		30-39	173		00:19:25	<b>00:39:38.00</b>	+00:21:50 (55.1%)	7:55	7.6 (45.0%)
520	<b>ISKRA Joanna</b>	<b>548</b>		30-39	174		00:19:28	<b>00:39:38.65</b>	+00:21:51 (55.1%)	7:55	7.6 (45.0%)
521	<b>STAŚKIEWICZ Beata</b>	<b>666</b>	OŚRODEK POMOCY SPOŁECZNEJ W JASTRZĘBIU-ZDROJU	40-49	224		00:20:07	<b>00:40:00.40</b>	+00:22:12 (55.5%)	8:00	7.5 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
522	<b>PRASAK Sabina</b>	<b>650</b>	POGORIA BIEGA	40-49	225		00:20:27	<b>00:40:37.50</b>	+00:22:49 (56.2%)	8:07	7.4 (43.8%)
523	<b>JANKOWSKA Anita</b>	<b>758</b>		50-59	54	5===	00:19:55	<b>00:40:50.20</b>	+00:23:02 (56.4%)	8:10	7.3 (43.2%)
524	<b>NIEDŹWIEDŹ Julia</b>	<b>859</b>		16-19	7		00:19:38	<b>00:40:52.55</b>	+00:23:04 (56.5%)	8:10	7.3 (43.2%)
525	<b>TOMCZYK Anna</b>	<b>750</b>		30-39	175		00:20:25	<b>00:40:58.80</b>	+00:23:11 (56.6%)	8:11	7.3 (43.2%)
526	<b>BURYAN Kamila</b>	<b>645</b>		30-39	176		00:20:21	<b>00:41:07.45</b>	+00:23:19 (56.7%)	8:13	7.3 (43.2%)
527	<b>BOGUSZ-WIŚNIEWSKA Janina</b>	<b>760</b>		50-59	55		00:20:14	<b>00:41:18.45</b>	+00:23:30 (56.9%)	8:15	7.3 (43.2%)
528	<b>NIEDZIOŁKO Bożena</b>	<b>285</b>	KOBIETY NA 5+	50-59	56	Kobiety na 5+	00:20:07	<b>00:41:21.70</b>	+00:23:34 (57.0%)	8:16	7.3 (43.2%)
529	<b>SZCZEPANIK Aleksandra</b>	<b>526</b>	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	<b>00:41:21.95</b>	+00:23:34 (57.0%)	8:16	7.3 (43.2%)
530	<b>CIBIS Agnieszka</b>	<b>51</b>	KOBIETY NA 5+	40-49	226	Kobiety na 5+	00:20:45	<b>00:41:23.55</b>	+00:23:35 (57.0%)	8:16	7.2 (42.6%)
531	<b>SAWICKA Agnieszka</b>	<b>585</b>	KLUB BIEGACZA FARTLEK	40-49	227	NORW PRZY ZŁO BETLEJEM	00:20:10	<b>00:41:24.45</b>	+00:23:36 (57.0%)	8:16	7.2 (42.6%)
532	<b>BOBER Aneta</b>	<b>676</b>		30-39	178		00:20:24	<b>00:41:41.05</b>	+00:23:53 (57.3%)	8:20	7.2 (42.6%)
533	<b>WOJTAL Danuta</b>	<b>734</b>	ASWC	40-49	228		00:20:33	<b>00:41:49.65</b>	+00:24:02 (57.5%)	8:21	7.2 (42.6%)
534	<b>FODER Alicja</b>	<b>902</b>	PĘDZĄCE ŻÓŁWIE	50-59	57	PĘDZĄCE ŻÓŁWIE	00:21:11	<b>00:42:11.85</b>	+00:24:24 (57.8%)	8:26	7.1 (42.0%)
535	<b>KUBICIUS Zofia</b>	<b>689</b>	OLZA CIESZYN	30-39	179	Olza Cieszyn	00:21:04	<b>00:42:41.15</b>	+00:24:53 (58.3%)	8:32	7 (41.4%)
536	<b>BŁASZCZYK Marta</b>	<b>776</b>		30-39	180		00:19:49	<b>00:42:55.80</b>	+00:25:08 (58.6%)	8:35	7 (41.4%)
537	<b>SZCZEGODZIŃSKA Katarzyna</b>	<b>381</b>		30-39	181		00:21:50	<b>00:44:18.15</b>	+00:26:30 (59.8%)	8:51	6.8 (40.2%)
538	<b>ZĘBIK Grażyna</b>	<b>836</b>		40-49	229		00:22:11	<b>00:45:01.65</b>	+00:27:14 (60.5%)	9:00	6.7 (39.6%)
539	<b>HABER Karolina</b>	<b>584</b>		20-29	49	Miechowicka Grupa Biegowa	00:22:41	<b>00:45:58.80</b>	+00:28:11 (61.3%)	9:11	6.5 (38.5%)
540	<b>SKOCZYKŁODA Iwona</b>	<b>877</b>		40-49	230	Wymyślanka	00:22:46	<b>00:46:15.95</b>	+00:28:28 (61.5%)	9:15	6.5 (38.5%)
541	<b>KUNERT Katarzyna</b>	<b>865</b>		40-49	231	Wymyślanka	00:22:47	<b>00:46:16.45</b>	+00:28:28 (61.5%)	9:15	6.5 (38.5%)
542	<b>BARTNICKA Barbara</b>	<b>649</b>	RUNTEAM PAWŁOWICE	30-39	182	RUNTEAM Pawłowice	00:22:56	<b>00:46:21.20</b>	+00:28:33 (61.6%)	9:16	6.5 (38.5%)
543	<b>SZYMAŃSKA Magdalena</b>	<b>647</b>		30-39	183		00:22:58	<b>00:46:22.00</b>	+00:28:34 (61.6%)	9:16	6.5 (38.5%)
544	<b>KWIATOŃ Patrycja</b>	<b>630</b>	RUNTEAM PAWŁOWICE	30-39	184	RUNTEAM Pawłowice	00:22:58	<b>00:46:22.65</b>	+00:28:35 (61.6%)	9:16	6.5 (38.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
545	<b>RUP Sabina</b>	<b>752</b>		40-49	232		00:23:12	<b>00:47:43.75</b>	+00:29:56 (62.7%)	9:32	6.3 (37.3%)
546	<b>KULCZYCKA- PRUSZYŃSKA Krystyna</b>	<b>662</b>		50-59	58		00:24:12	<b>00:48:47.90</b>	+00:31:00 (63.5%)	9:45	6.1 (36.1%)
547	<b>ŻEBROWSKA Weronika</b>	<b>730</b>	MORS HUBERTUS	20-29	50		00:25:03	<b>00:50:31.80</b>	+00:32:44 (64.8%)	10:06	5.9 (34.9%)
548	<b>KOLORZ Teresa</b>	<b>705</b>		60+	17		00:24:55	<b>00:51:24.85</b>	+00:33:37 (65.4%)	10:16	5.8 (34.3%)
549	<b>KALUS Wioletta</b>	<b>860</b>		40-49	233		00:24:27	<b>00:51:27.40</b>	+00:33:39 (65.4%)	10:17	5.8 (34.3%)
550	<b>HABER Kasia</b>	<b>592</b>		50-59	59	Miechowska Grupa Biegowa		<b>00:51:30.70</b>	+00:33:43 (65.5%)	10:18	5.8 (34.3%)
551	<b>DOMINIAK Monika</b>	<b>846</b>		40-49	234		00:26:40	<b>00:53:39.70</b>	+00:35:52 (66.8%)	10:43	5.6 (33.1%)
552		<b>5017</b>		50-59	60		00:26:26	<b>00:54:40.95</b>	+00:36:53 (67.5%)	10:56	5.5 (32.5%)
553	<b>WUJKOWSKA Ewa</b>	<b>771</b>		60+	18		00:24:27		+00:15:42	9:46	6.1 (36.1%)
554	<b>POŁOMSKA Edyta</b>	<b>128</b>	POŁOMSCY TEAM	40-49	235						(0.0%)

Znaleziono 554 wynik(ów)