

# KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2019-05-26  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3NW km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA Anna	1039	MTS DRUŻYNA SZPIKU KGHM	Open NW	1	00:00:00	00:13:51	00:32:16.65	00:32:17.40		6:05	9.9 (100%)
2	KOŁODZIEJ Joanna	449	STADION ŚLĄSKI	Open NW	2	00:00:00	00:13:55	00:33:24.95	00:33:25.70	+00:01:08 (3.4%)	6:18	9.5 (96.0%)
3	ORZYSZEK Roksana	135		Open NW	3	00:00:00	00:14:17	00:33:27.85	00:33:28.50	+00:01:11 (3.5%)	6:18	9.5 (96.0%)
4	WĘŻOWICZ Ewa	178		Open NW	4	00:00:00	00:14:34	00:34:12.90	00:34:13.65	+00:01:56 (5.7%)	6:27	9.3 (93.9%)
5	DRÓŻDŹ Beata	87	KOBIETY NA 5+	Open NW	5	00:00:00	00:15:02	00:35:16.65	00:35:17.25	+00:03:00 (8.5%)	6:39	9 (90.9%)
6	KANIA Agnieszka	83	NESSI TEAM	Open NW	6	00:00:01	00:15:08	00:35:26.90	00:35:27.90	+00:03:10 (8.9%)	6:41	9 (90.9%)
7	GROS Agnieszka	382	PARKRUN KATOWICE	Open NW	7	00:00:01	00:15:26	00:36:12.65	00:36:14.20	+00:03:56 (10.9%)	6:50	8.8 (88.9%)
8	BASISTA Kasia	848		Open NW	8	00:00:02	00:16:15	00:37:00.00	00:37:02.15	+00:04:43 (12.8%)	6:58	8.6 (86.9%)
9	POLAK Katarzyna	74		Open NW	10	00:00:01	00:16:23	00:37:41.20	00:37:42.65	+00:05:24 (14.4%)	7:06	8.4 (84.8%)
10	LAMPART Marta	516	RYBNICKI KLUB NORDIC WALKING	Open NW	9	00:00:12	00:16:18	00:37:38.30	00:37:50.30	+00:05:21 (14.2%)	7:06	8.4 (84.8%)
11	KUBACKA Monika	1172		Open NW	11	00:00:08	00:16:28	00:38:06.40	00:38:14.45	+00:05:49 (15.3%)	7:11	8.3 (83.8%)
12	SOŁTYSIK Maria	255		Open NW	12	00:00:00	00:15:32	00:39:02.15	00:39:02.15	+00:06:45 (17.3%)	7:21	8.1 (81.8%)
13	MILEWSKA-GROCHOWSKA Agnieszka	214		Open NW	13	00:00:01	00:16:48	00:39:12.40	00:39:13.50	+00:06:55 (17.7%)	7:23	8.1 (81.8%)
14	KOKOSZEK Aleksandra	183		Open NW	14	00:00:04	00:16:54	00:39:14.25	00:39:18.40	+00:06:57 (17.7%)	7:24	8.1 (81.8%)
15	SŁOMKA Hanna	492	DECATHLON RYBNIK & PRZYJACIELE	Open NW	15	00:00:02	00:16:11	00:39:24.80	00:39:27.60	+00:07:08 (18.1%)	7:26	8.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
16	<b>MALCZYK Anna</b>	<b>1095</b>	NESSI TEAM	Open NW	16	00:00:02	00:16:53	<b>00:39:27.35</b>	<b>00:39:29.45</b>	+00:07:10 (18.2%)	7:26	8.1 (81.8%)
17	<b>WAJZER Lucja</b>	<b>791</b>	GRUPA JURA'PL	Open NW	17	00:00:02	00:17:07	<b>00:39:35.20</b>	<b>00:39:37.65</b>	+00:07:18 (18.5%)	7:28	8 (80.8%)
18	<b>MORYS Agnieszka</b>	<b>1016</b>	STADION ŚLĄSKI	Open NW	18	00:00:01	00:17:10	<b>00:39:38.55</b>	<b>00:39:40.30</b>	+00:07:21 (18.6%)	7:28	8 (80.8%)
19	<b>SZYMIK Grażyna</b>	<b>739</b>		Open NW	19	00:00:01	00:17:06	<b>00:39:38.60</b>	<b>00:39:40.55</b>	+00:07:21 (18.6%)	7:28	8 (80.8%)
20	<b>MANDRYSZ Aleksandra</b>	<b>462</b>		Open NW	20	00:00:03	00:17:28	<b>00:39:40.25</b>	<b>00:39:44.15</b>	+00:07:23 (18.6%)	7:29	8 (80.8%)
21	<b>SZYMURA Katarzyna</b>	<b>361</b>	ZABIEGANI NAUCZYCIELE	Open NW	21	00:00:03	00:17:19	<b>00:39:47.05</b>	<b>00:39:50.40</b>	+00:07:30 (18.9%)	7:30	8 (80.8%)
22	<b>WOJDANOWSKA Małgorzata</b>	<b>648</b>	LECYMY DURŚ	Open NW	22	00:00:04	00:17:35	<b>00:40:17.35</b>	<b>00:40:21.90</b>	+00:08:00 (19.9%)	7:36	7.9 (79.8%)
23	<b>MARĘDZIAK Magdalena</b>	<b>1089</b>	CIDRY LOTAJOM	Open NW	24	00:00:06	00:17:38	<b>00:40:33.65</b>	<b>00:40:40.10</b>	+00:08:17 (20.4%)	7:39	7.8 (78.8%)
24	<b>ŚLISZ Maria</b>	<b>827</b>	DECATLON RYBNIK Q PRZYJACIELE	Open NW	26	00:00:03	00:17:50	<b>00:40:39.25</b>	<b>00:40:42.55</b>	+00:08:22 (20.6%)	7:40	7.8 (78.8%)
25	<b>FOJCIK Gabriela</b>	<b>339</b>	POLSKA	Open NW	23	00:00:10	00:17:30	<b>00:40:33.15</b>	<b>00:40:43.30</b>	+00:08:16 (20.4%)	7:39	7.8 (78.8%)
26	<b>GANSINIEC Kazimiera</b>	<b>1108</b>	CIDRY LOTAJOM	Open NW	25	00:00:07	00:17:49	<b>00:40:36.45</b>	<b>00:40:43.85</b>	+00:08:19 (20.5%)	7:39	7.8 (78.8%)
27	<b>STANIA Alicja</b>	<b>1215</b>	MIECHOWICKA GRUPA BIEGOWA	Open NW	27	00:00:03	00:17:44	<b>00:40:41.35</b>	<b>00:40:45.15</b>	+00:08:24 (20.7%)	7:40	7.8 (78.8%)
28	<b>TOMAS Marzena</b>	<b>741</b>	RADLINIOKI W BIEGU	Open NW	30	00:00:01	00:17:27	<b>00:40:57.95</b>	<b>00:40:59.50</b>	+00:08:41 (21.2%)	7:43	7.8 (78.8%)
29	<b>SZOSTOK Natalia</b>	<b>534</b>		Open NW	29	00:00:08	00:17:53	<b>00:40:55.05</b>	<b>00:41:03.30</b>	+00:08:38 (21.1%)	7:43	7.8 (78.8%)
30	<b>STYRC Lidia</b>	<b>279</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	28	00:00:12	00:17:50	<b>00:40:51.30</b>	<b>00:41:04.20</b>	+00:08:34 (21.0%)	7:42	7.8 (78.8%)
31	<b>MERKEL Sabina</b>	<b>709</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	31	00:00:09	00:17:55	<b>00:41:07.05</b>	<b>00:41:16.05</b>	+00:08:50 (21.5%)	7:45	7.7 (77.8%)
32	<b>ZADROGA Dorota</b>	<b>274</b>	GORA TEAM	Open NW	32	00:00:05	00:18:02	<b>00:41:21.35</b>	<b>00:41:27.05</b>	+00:09:04 (22.0%)	7:48	7.7 (77.8%)
33	<b>GRIM-NAJDA Ksenia</b>	<b>981</b>	OLZA CIESZYN	Open NW	33	00:00:11	00:17:55	<b>00:41:23.55</b>	<b>00:41:34.55</b>	+00:09:06 (22.0%)	7:48	7.7 (77.8%)
34	<b>NIESTRÓJ Sylwia</b>	<b>847</b>	DYSTANS LUBOMIA	Open NW	36	00:00:01	00:18:09	<b>00:42:04.80</b>	<b>00:42:06.10</b>	+00:09:48 (23.3%)	7:56	7.6 (76.8%)
35	<b>PAWLIK Kasia</b>	<b>1162</b>	FIZJOFRELKI	Open NW	37	00:00:02	00:17:45	<b>00:42:06.65</b>	<b>00:42:09.35</b>	+00:09:50 (23.4%)	7:56	7.6 (76.8%)
36	<b>GEMBALCZYK Anna</b>	<b>1153</b>		Open NW	34	00:00:10	00:18:05	<b>00:42:00.95</b>	<b>00:42:11.30</b>	+00:09:44 (23.2%)	7:55	7.6 (76.8%)
37	<b>WIATEREK Hanna</b>	<b>878</b>	GORA TEAM	Open NW	35	00:00:06	00:18:06	<b>00:42:04.65</b>	<b>00:42:11.45</b>	+00:09:48 (23.3%)	7:56	7.6 (76.8%)
38	<b>KOŚCIELNA - WITA Paulina</b>	<b>429</b>	FORMA WODZISŁAW ŚLĄSKI	Open NW	40	00:00:00	00:18:00	<b>00:42:12.90</b>	<b>00:42:13.80</b>	+00:09:56 (23.5%)	7:57	7.5 (75.8%)

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39	STACHURA Sonia	776		Open NW	38	00:00:07	00:18:41	00:42:09.95	00:42:17.10	+00:09:53 (23.5%)	7:57	7.5 (75.8%)
40	PĘCHERCZYK Anna	706	#CZELADZBIEGA	Open NW	39	00:00:09	00:18:14	00:42:11.05	00:42:20.95	+00:09:54 (23.5%)	7:57	7.5 (75.8%)
41	KOWALEWSKA Jola	799		Open NW	43	00:00:04	00:18:40	00:42:22.90	00:42:27.50	+00:10:06 (23.8%)	7:59	7.5 (75.8%)
42	POLITOWICZ Teresa	671		Open NW	41	00:00:10	00:18:09	00:42:18.50	00:42:29.25	+00:10:01 (23.7%)	7:59	7.5 (75.8%)
43	RADOMSKA Bożenna	895		Open NW	45	00:00:03	00:18:16	00:42:26.20	00:42:29.70	+00:10:09 (23.9%)	8:00	7.5 (75.8%)
44	MILEWSKA Marta	73	MIECHOWICKA GRUPA BIEGOWA	Open NW	42	00:00:16	00:18:23	00:42:20.35	00:42:36.55	+00:10:03 (23.8%)	7:59	7.5 (75.8%)
45	JOBCZYK Marzena	678	RKNW	Open NW	44	00:00:16	00:17:49	00:42:25.25	00:42:41.60	+00:10:08 (23.9%)	8:00	7.5 (75.8%)
46	GŁUSZAK Aleksandra	1180	KOBIETY NA 5+	Open NW	46	00:00:19	00:18:42	00:42:27.10	00:42:46.20	+00:10:10 (24.0%)	8:00	7.5 (75.8%)
47	MATERNY Anna	329	#CZELADZBIEGA	Open NW	47	00:00:11	00:18:43	00:42:40.45	00:42:51.90	+00:10:23 (24.4%)	8:03	7.5 (75.8%)
48	KŁOSEK Jolanta	1282		Open NW	50	00:00:02	00:18:34	00:42:58.60	00:43:00.70	+00:10:41 (24.9%)	8:06	7.4 (74.7%)
49	KAWCZYŃSKA Wiesława	389	RYBNICKI KLUB NORDIC WALKING	Open NW	48	00:00:17	00:19:27	00:42:47.10	00:43:05.05	+00:10:30 (24.6%)	8:04	7.4 (74.7%)
50	BONK Jolanta	821	MIECHOWICKA GRUPA BIEGOWA	Open NW	51	00:00:06	00:18:41	00:43:00.90	00:43:07.55	+00:10:44 (25.0%)	8:06	7.4 (74.7%)
51	PANEK Agnieszka	38	TEAM PAPRY	Open NW	52	00:00:08	00:18:44	00:43:01.30	00:43:09.50	+00:10:44 (25.0%)	8:06	7.4 (74.7%)
52	KOJDER Maria	978		Open NW	53	00:00:05	00:18:42	00:43:04.85	00:43:10.35	+00:10:48 (25.1%)	8:07	7.4 (74.7%)
53	SZENDZIELORZ Ilona	944	STADION ŚLĄSKI	Open NW	54	00:00:02	00:19:03	00:43:10.30	00:43:13.05	+00:10:53 (25.2%)	8:08	7.4 (74.7%)
54	KLUSKA Sylwia	1175		Open NW	49	00:00:15	00:18:58	00:42:58.35	00:43:13.70	+00:10:41 (24.9%)	8:06	7.4 (74.7%)
55	MILKA-CHWAŁ Agata	1253	CZELADŹ BIEGA	Open NW	55	00:00:14	00:18:49	00:43:15.75	00:43:30.55	+00:10:59 (25.4%)	8:09	7.3 (73.7%)
56	DROZD Krystyna	908	CIDRY LOTAJOM	Open NW	57	00:00:07	00:19:16	00:43:34.95	00:43:42.45	+00:11:18 (25.9%)	8:13	7.3 (73.7%)
57	KĄŁUS Małgorzata	653		Open NW	59	00:00:03	00:19:12	00:43:39.90	00:43:43.40	+00:11:23 (26.1%)	8:14	7.3 (73.7%)
58	POLACZEK Marta	256	NESSI TEAM	Open NW	56	00:00:14	00:19:11	00:43:32.90	00:43:47.50	+00:11:16 (25.9%)	8:13	7.3 (73.7%)
59	PIETRUSZEWSKA Magdalena	509	MIECHOWICKA GRUPA BIEGOWA	Open NW	58	00:00:14	00:19:00	00:43:35.60	00:43:50.25	+00:11:18 (26.0%)	8:13	7.3 (73.7%)
60	ROMAŃSKA Katarzyna	56	#CZELADZBIEGA	Open NW	60	00:00:02	00:18:55	00:43:49.85	00:43:52.00	+00:11:33 (26.4%)	8:16	7.3 (73.7%)
61	PILANC Bożena	484		Open NW	61	00:00:08	00:19:55	00:43:54.00	00:44:02.25	+00:11:37 (26.5%)	8:16	7.2 (72.7%)

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62	<b>AKSAMIT Kazimiera</b>	<b>257</b>	MORS HUBERTUS MYSŁOWICE	Open NW	65	00:00:05	00:19:03	<b>00:44:05.60</b>	<b>00:44:11.05</b>	+00:11:48 (26.8%)	8:19	7.2 (72.7%)
63	<b>LAUZER Karolina</b>	<b>82</b>		Open NW	66	00:00:05	00:19:23	<b>00:44:06.50</b>	<b>00:44:12.35</b>	+00:11:49 (26.8%)	8:19	7.2 (72.7%)
64	<b>KOLORZ-SAJDAK Beata</b>	<b>1151</b>		Open NW	64	00:00:09	00:19:15	<b>00:44:05.30</b>	<b>00:44:14.35</b>	+00:11:48 (26.8%)	8:19	7.2 (72.7%)
65	<b>DUDZIK Danuta</b>	<b>788</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	62	00:00:16	00:19:28	<b>00:43:59.50</b>	<b>00:44:16.45</b>	+00:11:42 (26.6%)	8:18	7.2 (72.7%)
66	<b>WOLNIK Jolka</b>	<b>124</b>		Open NW	63	00:00:17	00:18:54	<b>00:44:02.05</b>	<b>00:44:19.90</b>	+00:11:45 (26.7%)	8:18	7.2 (72.7%)
67	<b>BANACH Roksana</b>	<b>913</b>		Open NW	67	00:00:06	00:18:53	<b>00:44:17.55</b>	<b>00:44:24.05</b>	+00:12:00 (27.1%)	8:21	7.2 (72.7%)
68	<b>NOWAK Joanna</b>	<b>1077</b>	CIDRY LOTAJOM	Open NW	68	00:00:07	00:19:16	<b>00:44:21.35</b>	<b>00:44:28.45</b>	+00:12:04 (27.2%)	8:22	7.2 (72.7%)
69	<b>ZIENTEK Kasia</b>	<b>744</b>	DECATHLON RYBNIK&PRZYJACIELE	Open NW	72	00:00:03	00:18:46	<b>00:44:26.85</b>	<b>00:44:30.15</b>	+00:12:10 (27.4%)	8:23	7.2 (72.7%)
70	<b>MIKLIS-ŚLAGA Sylwia</b>	<b>640</b>		Open NW	71	00:00:03	00:19:12	<b>00:44:26.45</b>	<b>00:44:30.35</b>	+00:12:09 (27.4%)	8:23	7.2 (72.7%)
71	<b>PTAK Stanisława</b>	<b>754</b>		Open NW	70	00:00:07	00:19:33	<b>00:44:24.25</b>	<b>00:44:31.35</b>	+00:12:07 (27.3%)	8:22	7.2 (72.7%)
72	<b>TEINERT Krystyna</b>	<b>787</b>		Open NW	75	00:00:03	00:19:37	<b>00:44:28.00</b>	<b>00:44:31.40</b>	+00:12:11 (27.4%)	8:23	7.2 (72.7%)
73	<b>STACHURA Krystyna</b>	<b>765</b>		Open NW	69	00:00:08	00:19:09	<b>00:44:23.40</b>	<b>00:44:32.30</b>	+00:12:06 (27.3%)	8:22	7.2 (72.7%)
74	<b>ZIELIŃSKA Urszula</b>	<b>356</b>		Open NW	74	00:00:07	00:19:29	<b>00:44:27.90</b>	<b>00:44:35.30</b>	+00:12:11 (27.4%)	8:23	7.2 (72.7%)
75	<b>PIEKARCZYK Barbara</b>	<b>1105</b>		Open NW	78	00:00:05	00:19:28	<b>00:44:30.95</b>	<b>00:44:36.15</b>	+00:12:14 (27.5%)	8:23	7.1 (71.7%)
76	<b>WŁOCHYŃSKA Dominika</b>	<b>1234</b>		Open NW	73	00:00:09	00:19:33	<b>00:44:27.55</b>	<b>00:44:37.15</b>	+00:12:10 (27.4%)	8:23	7.2 (72.7%)
77	<b>SROCZYŃSKA Maria</b>	<b>1091</b>	KOBIETY NA 5	Open NW	77	00:00:13	00:19:32	<b>00:44:29.45</b>	<b>00:44:43.15</b>	+00:12:12 (27.5%)	8:23	7.1 (71.7%)
78	<b>SKUPLIK Aleksandra</b>	<b>1277</b>	MIECHOWICKA GRUPA BIEGOWA	Open NW	76	00:00:17	00:19:40	<b>00:44:28.20</b>	<b>00:44:45.75</b>	+00:12:11 (27.4%)	8:23	7.2 (72.7%)
79	<b>PALETTA Małgorzata</b>	<b>384</b>		Open NW	79	00:00:13	00:19:14	<b>00:44:40.45</b>	<b>00:44:54.00</b>	+00:12:23 (27.7%)	8:25	7.1 (71.7%)
80	<b>WORWA Dorota</b>	<b>291</b>		Open NW	82	00:00:02	00:19:45	<b>00:44:58.65</b>	<b>00:45:01.15</b>	+00:12:42 (28.2%)	8:29	7.1 (71.7%)
81	<b>ZOZWOREK Małgorzata</b>	<b>120</b>		Open NW	81	00:00:05	00:19:32	<b>00:44:55.95</b>	<b>00:45:01.60</b>	+00:12:39 (28.2%)	8:28	7.1 (71.7%)
82	<b>JAKUBIEC Barbara</b>	<b>983</b>	OLZA CIESZYN	Open NW	80	00:00:12	00:19:48	<b>00:44:52.75</b>	<b>00:45:05.50</b>	+00:12:36 (28.1%)	8:28	7.1 (71.7%)
83	<b>PRZECHRZTA Sylwia</b>	<b>457</b>	NESSI TEAM	Open NW	83	00:00:10	00:19:32	<b>00:45:00.10</b>	<b>00:45:10.50</b>	+00:12:43 (28.3%)	8:29	7.1 (71.7%)
84	<b>MICEK Sabina</b>	<b>70</b>	NESSI TEAM	Open NW	84	00:00:10	00:19:32	<b>00:45:00.25</b>	<b>00:45:10.55</b>	+00:12:43 (28.3%)	8:29	7.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
85	<b>KOWALCZYK Magdalena</b>	<b>341</b>	#CZELADZBIEGA	Open NW	86	00:00:11	00:19:07	<b>00:45:09.50</b>	<b>00:45:20.65</b>	+00:12:52 (28.5%)	8:31	7 (70.7%)
86	<b>BURZYŃSKA Barbara</b>	<b>443</b>		Open NW	85	00:00:17	00:19:47	<b>00:45:08.35</b>	<b>00:45:26.30</b>	+00:12:51 (28.5%)	8:31	7 (70.7%)
87	<b>GAST Janina</b>	<b>916</b>	FIZJOFRELKI	Open NW	88	00:00:05	00:19:16	<b>00:45:28.20</b>	<b>00:45:33.90</b>	+00:13:11 (29.0%)	8:34	7 (70.7%)
88	<b>PĘCHERZ Joanna</b>	<b>487</b>		Open NW	91	00:00:05	00:19:35	<b>00:45:31.05</b>	<b>00:45:36.40</b>	+00:13:14 (29.1%)	8:35	7 (70.7%)
89	<b>WALKIEWICZ Małgorzata</b>	<b>840</b>		Open NW	89	00:00:08		<b>00:45:30.30</b>	<b>00:45:38.30</b>	+00:13:13 (29.1%)	8:35	7 (70.7%)
90	<b>SMOLORZ Anna</b>	<b>438</b>		Open NW	87	00:00:20	00:19:40	<b>00:45:18.55</b>	<b>00:45:38.80</b>	+00:13:01 (28.8%)	8:32	7 (70.7%)
90	<b>WIECZOREK Bożena</b>	<b>808</b>		Open NW	90	00:00:08	00:19:49	<b>00:45:30.60</b>	<b>00:45:38.80</b>	+00:13:13 (29.1%)	8:35	7 (70.7%)
92	<b>JURANEK Maria</b>	<b>392</b>	KOLONIE	Open NW	94	00:00:06	00:19:41	<b>00:45:40.85</b>	<b>00:45:47.25</b>	+00:13:24 (29.3%)	8:37	7 (70.7%)
93	<b>ZAŁĘCKA Alicja</b>	<b>1129</b>		Open NW	95	00:00:04	00:19:29	<b>00:45:47.00</b>	<b>00:45:51.90</b>	+00:13:30 (29.5%)	8:38	6.9 (69.7%)
94	<b>GÓRNY Katarzyna</b>	<b>1064</b>		Open NW	93	00:00:20	00:20:21	<b>00:45:37.10</b>	<b>00:45:57.15</b>	+00:13:20 (29.2%)	8:36	7 (70.7%)
95	<b>BRZOZOWSKA Ewa</b>	<b>54</b>		Open NW	97	00:00:07	00:20:17	<b>00:45:50.25</b>	<b>00:45:57.65</b>	+00:13:33 (29.6%)	8:38	6.9 (69.7%)
96	<b>BARĆ Barbara</b>	<b>460</b>	BB TEAM	Open NW	92	00:00:24	00:19:43	<b>00:45:35.05</b>	<b>00:45:59.15</b>	+00:13:18 (29.2%)	8:36	7 (70.7%)
97	<b>DYGAN Henryka</b>	<b>992</b>		Open NW	96	00:00:11	00:19:56	<b>00:45:50.15</b>	<b>00:46:01.35</b>	+00:13:33 (29.6%)	8:38	6.9 (69.7%)
98	<b>WITKOWSKA Agnieszka</b>	<b>1236</b>	RADLINIOKI W BIEGU	Open NW	98	00:00:12	00:20:24	<b>00:45:52.65</b>	<b>00:46:05.40</b>	+00:13:36 (29.6%)	8:39	6.9 (69.7%)
99	<b>TRUCHAN Izabela</b>	<b>530</b>		Open NW	100	00:00:09	00:20:16	<b>00:46:04.15</b>	<b>00:46:13.20</b>	+00:13:47 (29.9%)	8:41	6.9 (69.7%)
100	<b>NOWAK Helena</b>	<b>810</b>		Open NW	102	00:00:12	00:20:00	<b>00:46:06.95</b>	<b>00:46:19.25</b>	+00:13:50 (30.0%)	8:42	6.9 (69.7%)
101	<b>LABUS Weronika</b>	<b>777</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	101	00:00:16	00:19:37	<b>00:46:04.60</b>	<b>00:46:20.80</b>	+00:13:47 (29.9%)	8:41	6.9 (69.7%)
102	<b>SOKOŁOWSKA Teresa</b>	<b>1218</b>		Open NW	107	00:00:02	00:19:53	<b>00:46:18.35</b>	<b>00:46:21.05</b>	+00:14:01 (30.3%)	8:44	6.9 (69.7%)
103	<b>MROCZEK Urszula</b>	<b>971</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	99	00:00:17	00:19:36	<b>00:46:04.10</b>	<b>00:46:21.90</b>	+00:13:47 (29.9%)	8:41	6.9 (69.7%)
104	<b>KUŚMIRSKA Janina</b>	<b>673</b>		Open NW	111	00:00:06	00:19:49	<b>00:46:23.15</b>	<b>00:46:29.55</b>	+00:14:06 (30.4%)	8:45	6.9 (69.7%)
105	<b>WOLAK Krystyna</b>	<b>226</b>	KOBIETY NA 5+	Open NW	103	00:00:19	00:19:52	<b>00:46:11.45</b>	<b>00:46:31.00</b>	+00:13:54 (30.1%)	8:43	6.9 (69.7%)
106	<b>GNIĄZDEK Sylwia</b>	<b>613</b>		Open NW	110	00:00:09	00:19:52	<b>00:46:21.75</b>	<b>00:46:31.30</b>	+00:14:05 (30.4%)	8:44	6.9 (69.7%)
107	<b>SKABA Katarzyna</b>	<b>48</b>		Open NW	105	00:00:15	00:20:51	<b>00:46:17.20</b>	<b>00:46:32.60</b>	+00:14:00 (30.3%)	8:43	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
108	<b>POPKO Agata</b>	<b>1202</b>		Open NW	104	00:00:18	00:20:10	<b>00:46:14.70</b>	<b>00:46:32.75</b>	+00:13:58 (30.2%)	8:43	6.9 (69.7%)
109	<b>GOCZOŁ Ewa</b>	<b>84</b>		Open NW	106	00:00:15	00:20:51	<b>00:46:17.65</b>	<b>00:46:33.05</b>	+00:14:01 (30.3%)	8:44	6.9 (69.7%)
110	<b>JANIA Monika</b>	<b>961</b>		Open NW	109	00:00:14	00:20:38	<b>00:46:20.35</b>	<b>00:46:35.05</b>	+00:14:03 (30.3%)	8:44	6.9 (69.7%)
111	<b>OBERSKA Sylwia</b>	<b>1114</b>		Open NW	108	00:00:16	00:20:13	<b>00:46:19.50</b>	<b>00:46:35.60</b>	+00:14:02 (30.3%)	8:44	6.9 (69.7%)
112	<b>NOWAKOWSKA Alina</b>	<b>1096</b>	RUNWDAL	Open NW	112	00:00:11	00:19:40	<b>00:46:25.10</b>	<b>00:46:36.50</b>	+00:14:08 (30.5%)	8:45	6.9 (69.7%)
113	<b>DOBRYŃSKA Aldona</b>	<b>1088</b>	RUNWDAL	Open NW	114	00:00:09	00:19:42	<b>00:46:26.60</b>	<b>00:46:36.55</b>	+00:14:09 (30.5%)	8:45	6.8 (68.7%)
114	<b>DUDA Barbara</b>	<b>629</b>	MIECHOWICKA GRUPA BIEGOWA	Open NW	113	00:00:15	00:20:14	<b>00:46:26.05</b>	<b>00:46:41.30</b>	+00:14:09 (30.5%)	8:45	6.8 (68.7%)
115	<b>BRYK Katarzyna</b>	<b>408</b>		Open NW	116	00:00:06	00:20:10	<b>00:46:37.20</b>	<b>00:46:43.35</b>	+00:14:20 (30.8%)	8:47	6.8 (68.7%)
116	<b>LEŚNIAK Ania</b>	<b>1009</b>	RADLINIOKI W BIEGU	Open NW	117	00:00:07	00:20:31	<b>00:46:37.20</b>	<b>00:46:44.90</b>	+00:14:20 (30.8%)	8:47	6.8 (68.7%)
117	<b>PAŁACH Lucyna</b>	<b>602</b>		Open NW	121	00:00:02	00:20:26	<b>00:46:43.90</b>	<b>00:46:46.10</b>	+00:14:27 (30.9%)	8:49	6.8 (68.7%)
118	<b>JANIA Małgorzata</b>	<b>953</b>		Open NW	115	00:00:14	00:20:38	<b>00:46:33.80</b>	<b>00:46:47.95</b>	+00:14:17 (30.7%)	8:46	6.8 (68.7%)
119	<b>PRAŃNICKA Katarzyna</b>	<b>37</b>		Open NW	122	00:00:08	00:20:29	<b>00:46:44.90</b>	<b>00:46:53.45</b>	+00:14:28 (31.0%)	8:49	6.8 (68.7%)
120	<b>CEMPULIK-ŁAKOMSKA Agnieszka</b>	<b>763</b>		Open NW	120	00:00:14	00:20:28	<b>00:46:38.75</b>	<b>00:46:53.55</b>	+00:14:22 (30.8%)	8:48	6.8 (68.7%)
121	<b>KANIA Grażyna</b>	<b>300</b>	DECATLON PRZYJACIELE	Open NW	124	00:00:04	00:20:15	<b>00:46:49.30</b>	<b>00:46:53.85</b>	+00:14:32 (31.1%)	8:50	6.8 (68.7%)
122	<b>POJDA Ewa</b>	<b>690</b>	DECATHLON RYBNIK & PRZYJACIELE	Open NW	123	00:00:09	00:20:26	<b>00:46:48.05</b>	<b>00:46:57.10</b>	+00:14:31 (31.0%)	8:49	6.8 (68.7%)
123	<b>KULA Justyna</b>	<b>1043</b>		Open NW	125	00:00:08	00:20:27	<b>00:46:49.60</b>	<b>00:46:57.60</b>	+00:14:32 (31.1%)	8:50	6.8 (68.7%)
124	<b>KOLEK Aleksandra</b>	<b>1166</b>		Open NW	118	00:00:21	00:20:46	<b>00:46:37.35</b>	<b>00:46:59.20</b>	+00:14:20 (30.8%)	8:47	6.8 (68.7%)
125	<b>MATUSZEWSKA Małgorzata</b>	<b>1168</b>		Open NW	119	00:00:21	00:20:46	<b>00:46:37.50</b>	<b>00:46:59.25</b>	+00:14:20 (30.8%)	8:47	6.8 (68.7%)
126	<b>ŁOSZAJĆ Justyna</b>	<b>294</b>	WIRUSY	Open NW	126	00:00:04	00:20:04	<b>00:46:57.90</b>	<b>00:47:02.00</b>	+00:14:41 (31.3%)	8:51	6.8 (68.7%)
127	<b>WITEK Judyta</b>	<b>163</b>	DECATHLON RYBNIK & PRZYJACIELE	Open NW	130	00:00:06	00:20:28	<b>00:47:18.15</b>	<b>00:47:24.65</b>	+00:15:01 (31.8%)	8:55	6.7 (67.7%)
128	<b>SKIBSKA PUCHALA Malgorzata</b>	<b>1131</b>	BRAK	Open NW	128	00:00:15	00:20:24	<b>00:47:09.10</b>	<b>00:47:24.70</b>	+00:14:52 (31.5%)	8:53	6.7 (67.7%)
129	<b>SZAJER Jadwiga</b>	<b>866</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	132	00:00:06	00:20:29	<b>00:47:18.60</b>	<b>00:47:25.25</b>	+00:15:01 (31.8%)	8:55	6.7 (67.7%)
130	<b>SZCZEPANIK Weronika</b>	<b>750</b>	NESSI TEAM	Open NW	127	00:00:25	00:20:33	<b>00:47:08.65</b>	<b>00:47:33.65</b>	+00:14:52 (31.5%)	8:53	6.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
131	<b>SZCZEPANIK Maria</b>	<b>312</b>		Open NW	129	00:00:24	00:20:36	<b>00:47:10.20</b>	<b>00:47:34.95</b>	+00:14:53 (31.6%)	8:53	6.7 (67.7%)
132	<b>MONIN Aneta</b>	<b>710</b>		Open NW	131	00:00:18	00:21:28	<b>00:47:18.55</b>	<b>00:47:37.50</b>	+00:15:01 (31.8%)	8:55	6.7 (67.7%)
133	<b>ZDEJSZY Magdalena</b>	<b>217</b>	OLZA CIESZYN	Open NW	135	00:00:13	00:20:34	<b>00:47:24.50</b>	<b>00:47:37.55</b>	+00:15:07 (31.9%)	8:56	6.7 (67.7%)
134	<b>LABZA Edyta</b>	<b>626</b>		Open NW	133	00:00:18	00:21:27	<b>00:47:19.45</b>	<b>00:47:38.25</b>	+00:15:02 (31.8%)	8:55	6.7 (67.7%)
135	<b>NADOLNIK Jadwiga</b>	<b>1112</b>		Open NW	138	00:00:04	00:20:46	<b>00:47:35.10</b>	<b>00:47:39.50</b>	+00:15:18 (32.2%)	8:58	6.7 (67.7%)
136	<b>MICHALAK Teresa</b>	<b>996</b>	BIELSZCZANKI BIEGAJA	Open NW	139	00:00:03	00:20:01	<b>00:47:37.15</b>	<b>00:47:40.20</b>	+00:15:20 (32.2%)	8:59	6.7 (67.7%)
137	<b>SZWARLIK Bożena</b>	<b>547</b>	KOBIETY NA 5+	Open NW	134	00:00:20	00:20:50	<b>00:47:23.85</b>	<b>00:47:44.35</b>	+00:15:07 (31.9%)	8:56	6.7 (67.7%)
138	<b>CIEŚLA Edyta</b>	<b>685</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	137	00:00:18	00:21:21	<b>00:47:27.65</b>	<b>00:47:45.70</b>	+00:15:11 (32.0%)	8:57	6.7 (67.7%)
139	<b>TRAMŚ Anna</b>	<b>884</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	136	00:00:19	00:21:20	<b>00:47:27.00</b>	<b>00:47:46.05</b>	+00:15:10 (32.0%)	8:57	6.7 (67.7%)
140	<b>BENO-GĘSIKOWSKA Dorota</b>	<b>695</b>		Open NW	140	00:00:09	00:20:38	<b>00:47:45.40</b>	<b>00:47:54.75</b>	+00:15:28 (32.4%)	9:00	6.7 (67.7%)
141	<b>KASZUBA Katarzyna</b>	<b>507</b>	#CZELADZBIEGA	Open NW	143	00:00:01	00:20:45	<b>00:47:52.90</b>	<b>00:47:54.85</b>	+00:15:36 (32.6%)	9:02	6.6 (66.7%)
142	<b>KUCZERA-DUDEK Anna</b>	<b>1239</b>		Open NW	142	00:00:04	00:20:57	<b>00:47:51.65</b>	<b>00:47:55.90</b>	+00:15:35 (32.6%)	9:01	6.6 (66.7%)
142	<b>WIECZOREK Agata</b>	<b>420</b>		Open NW	141	00:00:05	00:20:57	<b>00:47:50.80</b>	<b>00:47:55.90</b>	+00:15:34 (32.5%)	9:01	6.6 (66.7%)
144	<b>GAWĘŁCZYK Maria</b>	<b>806</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	144	00:00:14	00:20:48	<b>00:47:56.65</b>	<b>00:48:11.15</b>	+00:15:40 (32.7%)	9:02	6.6 (66.7%)
145	<b>MENDECKA Grażyna</b>	<b>400</b>		Open NW	147	00:00:08	00:21:16	<b>00:48:08.00</b>	<b>00:48:16.10</b>	+00:15:51 (32.9%)	9:04	6.6 (66.7%)
146	<b>KRAWCZYK Małgorzata</b>	<b>589</b>		Open NW	151	00:00:01	00:20:57	<b>00:48:14.55</b>	<b>00:48:16.45</b>	+00:15:57 (33.1%)	9:06	6.6 (66.7%)
147	<b>LANGE Katarzyna</b>	<b>1023</b>		Open NW	150	00:00:03	00:21:08	<b>00:48:13.65</b>	<b>00:48:17.50</b>	+00:15:57 (33.1%)	9:06	6.6 (66.7%)
148	<b>WILCZEK Weronika</b>	<b>590</b>		Open NW	148	00:00:05	00:20:59	<b>00:48:12.55</b>	<b>00:48:17.65</b>	+00:15:55 (33.0%)	9:05	6.6 (66.7%)
149	<b>LANGE Bożena</b>	<b>1192</b>		Open NW	149	00:00:04	00:21:08	<b>00:48:13.55</b>	<b>00:48:17.95</b>	+00:15:56 (33.1%)	9:05	6.6 (66.7%)
150	<b>KASELA Wiktoria</b>	<b>725</b>		Open NW	145	00:00:21	00:21:16	<b>00:48:02.35</b>	<b>00:48:23.65</b>	+00:15:45 (32.8%)	9:03	6.6 (66.7%)
151	<b>WIECZOREK Urszula</b>	<b>682</b>		Open NW	146	00:00:21	00:21:17	<b>00:48:04.15</b>	<b>00:48:25.15</b>	+00:15:47 (32.9%)	9:04	6.6 (66.7%)
152	<b>KORDON Anna</b>	<b>1000</b>		Open NW	152	00:00:10	00:20:54	<b>00:48:17.05</b>	<b>00:48:27.45</b>	+00:16:00 (33.2%)	9:06	6.6 (66.7%)
153	<b>OKŁA Agnieszka</b>	<b>603</b>		Open NW	153	00:00:19	00:21:25	<b>00:48:18.10</b>	<b>00:48:37.65</b>	+00:16:01 (33.2%)	9:06	6.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
154	<b>NOCULAK Paulina</b>	<b>798</b>		Open NW	154	00:00:19	00:21:25	<b>00:48:18.50</b>	<b>00:48:38.00</b>	+00:16:01 (33.2%)	9:06	6.6 (66.7%)
155	<b>WARCHOLIŃSKA Anna</b>	<b>688</b>	EKO-OKNA RUNNERS	Open NW	155	00:00:16	00:20:56	<b>00:48:28.70</b>	<b>00:48:45.35</b>	+00:16:12 (33.4%)	9:08	6.6 (66.7%)
156	<b>JOCHYMEK Monika</b>	<b>575</b>		Open NW	156	00:00:20	00:21:23	<b>00:48:34.55</b>	<b>00:48:54.60</b>	+00:16:17 (33.6%)	9:09	6.5 (65.7%)
157	<b>ZYCH Małgorzata</b>	<b>1053</b>	50 LAT SP5	Open NW	157	00:00:20	00:21:23	<b>00:48:34.85</b>	<b>00:48:54.90</b>	+00:16:18 (33.6%)	9:09	6.5 (65.7%)
158	<b>STACHA Czesława</b>	<b>89</b>	RADLINIOKI W BIEGU	Open NW	160	00:00:07	00:20:55	<b>00:48:54.85</b>	<b>00:49:02.15</b>	+00:16:38 (34.0%)	9:13	6.5 (65.7%)
159	<b>KIEŁKOWSKA Gabriela</b>	<b>1124</b>	RADLINIOKI W BIEGU	Open NW	161	00:00:09	00:21:08	<b>00:48:56.35</b>	<b>00:49:05.50</b>	+00:16:39 (34.0%)	9:13	6.5 (65.7%)
160	<b>SZŁAPA Urszula</b>	<b>985</b>	SPOT PSZCZYNA	Open NW	159	00:00:21	00:21:25	<b>00:48:54.75</b>	<b>00:49:15.75</b>	+00:16:38 (34.0%)	9:13	6.5 (65.7%)
161	<b>DZIĘCIOŁ Małgorzata</b>	<b>995</b>	SPOT PSZCZYNA	Open NW	158	00:00:22	00:21:25	<b>00:48:53.45</b>	<b>00:49:15.85</b>	+00:16:36 (34.0%)	9:13	6.5 (65.7%)
162	<b>KULOSA Barbara</b>	<b>900</b>	DECATHLON RYBNIK I PRZYJACIELE	Open NW	162	00:00:04	00:20:55	<b>00:49:22.95</b>	<b>00:49:27.90</b>	+00:17:06 (34.6%)	9:19	6.4 (64.6%)
163	<b>MONIN Dorota</b>	<b>641</b>		Open NW	163	00:00:19	00:22:05	<b>00:49:31.80</b>	<b>00:49:51.75</b>	+00:17:15 (34.8%)	9:20	6.4 (64.6%)
164	<b>SZYMAŃSKA Teresa</b>	<b>608</b>		Open NW	164	00:00:12	00:21:36	<b>00:49:43.65</b>	<b>00:49:55.65</b>	+00:17:27 (35.1%)	9:22	6.4 (64.6%)
165	<b>TOWAREK Jolanta</b>	<b>1144</b>		Open NW	168	00:00:09	00:21:33	<b>00:50:14.85</b>	<b>00:50:24.35</b>	+00:17:58 (35.8%)	9:28	6.3 (63.6%)
166	<b>NOWAK-TUSZYŃSKA Aneta</b>	<b>1217</b>		Open NW	166	00:00:21	00:21:35	<b>00:50:06.30</b>	<b>00:50:27.75</b>	+00:17:49 (35.6%)	9:27	6.3 (63.6%)
167	<b>KULCZYCKA-PRUSZYŃSKA Krystyna</b>	<b>350</b>		Open NW	165	00:00:23	00:21:33	<b>00:50:04.95</b>	<b>00:50:28.10</b>	+00:17:48 (35.6%)	9:26	6.3 (63.6%)
168	<b>KASELA Ewa</b>	<b>719</b>		Open NW	167	00:00:22	00:21:16	<b>00:50:08.70</b>	<b>00:50:31.15</b>	+00:17:52 (35.6%)	9:27	6.3 (63.6%)
169	<b>ROZBORSKA Kamila</b>	<b>539</b>		Open NW	169	00:00:09	00:20:48	<b>00:50:22.20</b>	<b>00:50:32.15</b>	+00:18:05 (35.9%)	9:30	6.3 (63.6%)
170	<b>DZIADEK Agata</b>	<b>729</b>	DZIOŁSZKI Z TURZI	Open NW	171	00:00:09	00:21:28	<b>00:50:24.30</b>	<b>00:50:34.10</b>	+00:18:07 (36.0%)	9:30	6.3 (63.6%)
171	<b>BRZEZIOK Dorota</b>	<b>1047</b>	DZIOŁSZKI Z TURZI	Open NW	170	00:00:11	00:21:26	<b>00:50:23.10</b>	<b>00:50:34.30</b>	+00:18:06 (35.9%)	9:30	6.3 (63.6%)
172	<b>GOŁDYN Bożena</b>	<b>1287</b>		Open NW	173	00:00:02	00:22:07	<b>00:50:40.65</b>	<b>00:50:42.85</b>	+00:18:24 (36.3%)	9:33	6.3 (63.6%)
173	<b>JUROSZEK Halina</b>	<b>696</b>		Open NW	172	00:00:16	00:21:32	<b>00:50:31.95</b>	<b>00:50:48.65</b>	+00:18:15 (36.1%)	9:32	6.3 (63.6%)
174	<b>RAMZA Ewa</b>	<b>106</b>		Open NW	174	00:00:09	00:21:50	<b>00:50:42.45</b>	<b>00:50:51.75</b>	+00:18:25 (36.3%)	9:33	6.3 (63.6%)
175	<b>TARKA Hildegarda</b>	<b>401</b>	KOBIETY NA 5+	Open NW	175	00:00:02	00:22:00	<b>00:50:49.60</b>	<b>00:50:52.50</b>	+00:18:32 (36.5%)	9:35	6.3 (63.6%)
176	<b>TRUCHAN Nikola</b>	<b>522</b>		Open NW	178	00:00:10	00:21:23	<b>00:50:55.45</b>	<b>00:51:05.90</b>	+00:18:38 (36.6%)	9:36	6.2 (62.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
177	<b>CIMAŁA Barbara</b>	<b>1242</b>		Open NW	177	00:00:15	00:22:31	<b>00:50:54.80</b>	<b>00:51:10.35</b>	+00:18:38 (36.6%)	9:36	6.2 (62.6%)
178	<b>PIECHA Zenona</b>	<b>649</b>		Open NW	176	00:00:17	00:22:32	<b>00:50:53.25</b>	<b>00:51:10.45</b>	+00:18:36 (36.6%)	9:36	6.2 (62.6%)
179	<b>ADAMIK Ilona</b>	<b>605</b>	NESSI TEAM	Open NW	181	00:00:09	00:21:38	<b>00:51:13.10</b>	<b>00:51:22.20</b>	+00:18:56 (37.0%)	9:39	6.2 (62.6%)
180	<b>GLIMOS Agnieszka</b>	<b>305</b>		Open NW	179	00:00:22	00:22:43	<b>00:51:11.95</b>	<b>00:51:34.35</b>	+00:18:55 (37.0%)	9:39	6.2 (62.6%)
181	<b>NOLBERT Aneta</b>	<b>296</b>		Open NW	180	00:00:21	00:22:44	<b>00:51:12.85</b>	<b>00:51:34.60</b>	+00:18:56 (37.0%)	9:39	6.2 (62.6%)
182	<b>MACHULIK Bożena</b>	<b>551</b>	ZABIEGANI NAUCZYCIELE	Open NW	182	00:00:11	00:22:08	<b>00:51:29.85</b>	<b>00:51:41.35</b>	+00:19:13 (37.3%)	9:43	6.2 (62.6%)
183	<b>WLAZEŁ Magdalena I Natalia</b>	<b>1270</b>		Open NW	183	00:00:13	00:23:08	<b>00:51:33.60</b>	<b>00:51:47.45</b>	+00:19:16 (37.4%)	9:43	6.2 (62.6%)
184	<b>RAJWA Iwona</b>	<b>639</b>	BZIEGACZE	Open NW	186	00:00:03	00:23:00	<b>00:51:46.95</b>	<b>00:51:50.50</b>	+00:19:30 (37.7%)	9:46	6.1 (61.6%)
185	<b>HORZELA Małgorzata</b>	<b>628</b>	CUDA NA KIJACH	Open NW	184	00:00:11	00:22:29	<b>00:51:41.65</b>	<b>00:51:53.00</b>	+00:19:25 (37.6%)	9:45	6.2 (62.6%)
186	<b>MENDEL Sabina</b>	<b>1167</b>	ZABIEGANI NAUCZYCIELE	Open NW	185	00:00:10	00:22:09	<b>00:51:42.60</b>	<b>00:51:53.20</b>	+00:19:25 (37.6%)	9:45	6.1 (61.6%)
187	<b>BARAŃSKA Agata</b>	<b>974</b>	RADLINIOKI W BIEGU	Open NW	188	00:00:09	00:22:15	<b>00:51:50.40</b>	<b>00:51:59.90</b>	+00:19:33 (37.7%)	9:46	6.1 (61.6%)
188	<b>UCHER Aniela</b>	<b>966</b>	RYBNICKI KLUB NORDIC WALKING	Open NW	187	00:00:16	00:22:11	<b>00:51:49.20</b>	<b>00:52:05.55</b>	+00:19:32 (37.7%)	9:46	6.1 (61.6%)
189	<b>KIEŁB Monika</b>	<b>111</b>		Open NW	190	00:00:04	00:22:38	<b>00:52:05.60</b>	<b>00:52:10.30</b>	+00:19:48 (38.0%)	9:49	6.1 (61.6%)
190	<b>PELJAK-WÓJCIK Katarzyna</b>	<b>215</b>	#CZELADZBIEGA	Open NW	189	00:00:13	00:22:47	<b>00:52:04.50</b>	<b>00:52:18.05</b>	+00:19:47 (38.0%)	9:49	6.1 (61.6%)
191	<b>SZABOŃ Dorota</b>	<b>132</b>		Open NW	191	00:00:14	00:22:33	<b>00:52:07.15</b>	<b>00:52:21.30</b>	+00:19:50 (38.1%)	9:50	6.1 (61.6%)
192	<b>NACZYŃSKA-LYP Angelika</b>	<b>104</b>		Open NW	192	00:00:14	00:22:34	<b>00:52:08.00</b>	<b>00:52:22.60</b>	+00:19:51 (38.1%)	9:50	6.1 (61.6%)
193	<b>NOWAK Agnieszka</b>	<b>184</b>	#CZELADZBIEGA	Open NW	193	00:00:13	00:22:47	<b>00:52:14.25</b>	<b>00:52:27.30</b>	+00:19:57 (38.2%)	9:51	6.1 (61.6%)
194	<b>WIATR Dorota</b>	<b>1046</b>		Open NW	194	00:00:16	00:23:24	<b>00:52:40.85</b>	<b>00:52:57.60</b>	+00:20:24 (38.7%)	9:56	6 (60.6%)
195	<b>MAJEWSKA Renata</b>	<b>1176</b>		Open NW	196	00:00:20	00:23:26	<b>00:53:13.80</b>	<b>00:53:34.15</b>	+00:20:57 (39.4%)	10:02	6 (60.6%)
196	<b>KADŁUBEK Magdalena</b>	<b>364</b>	BRAK	Open NW	195	00:00:20	00:23:26	<b>00:53:13.60</b>	<b>00:53:34.25</b>	+00:20:56 (39.4%)	10:02	6 (60.6%)
197	<b>GRYGIEREK Anna</b>	<b>315</b>		Open NW	200	00:00:04	00:22:44	<b>00:53:30.95</b>	<b>00:53:35.00</b>	+00:21:14 (39.7%)	10:05	5.9 (59.6%)
198	<b>HERUD Urszula</b>	<b>1178</b>		Open NW	199	00:00:13	00:22:56	<b>00:53:26.35</b>	<b>00:53:40.20</b>	+00:21:09 (39.6%)	10:05	5.9 (59.6%)
199	<b>WYRWICH Angelika</b>	<b>220</b>		Open NW	197	00:00:21	00:23:16	<b>00:53:20.00</b>	<b>00:53:41.95</b>	+00:21:03 (39.5%)	10:03	6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
200	<b>DUDA-MICHALAK Joanna</b>	<b>439</b>	STOWARZYSZENIE PERSETTE	Open NW	204	00:00:11	00:20:43	<b>00:53:32.55</b>	<b>00:53:43.75</b>	+00:21:15 (39.7%)	10:06	5.9 (59.6%)
201	<b>MACHERZYŃSKA Aneta</b>	<b>412</b>		Open NW	206	00:00:10	00:20:44	<b>00:53:33.10</b>	<b>00:53:44.05</b>	+00:21:16 (39.7%)	10:06	5.9 (59.6%)
201	<b>MICHALSKA Beata</b>	<b>328</b>		Open NW	207	00:00:10	00:20:45	<b>00:53:33.70</b>	<b>00:53:44.05</b>	+00:21:17 (39.7%)	10:06	5.9 (59.6%)
201	<b>MORCINEK-DYBZA Małgorzata</b>	<b>233</b>	SKOCZOWIANKI	Open NW	202	00:00:11	00:20:55	<b>00:53:32.20</b>	<b>00:53:44.05</b>	+00:21:15 (39.7%)	10:06	5.9 (59.6%)
201	<b>CZUDEK Inga</b>	<b>237</b>	SKOCZOWIANKI	Open NW	205	00:00:11	00:20:56	<b>00:53:32.55</b>	<b>00:53:44.05</b>	+00:21:15 (39.7%)	10:06	5.9 (59.6%)
205	<b>SOJKA Urszula</b>	<b>1002</b>	SKOCZOWIANKI	Open NW	201	00:00:12	00:21:02	<b>00:53:31.85</b>	<b>00:53:44.45</b>	+00:21:15 (39.7%)	10:06	5.9 (59.6%)
206	<b>JANICKA Małgorzata</b>	<b>896</b>	SKOCZOWIANKI	Open NW	203	00:00:12	00:20:54	<b>00:53:32.45</b>	<b>00:53:44.60</b>	+00:21:15 (39.7%)	10:06	5.9 (59.6%)
207	<b>KALINOWSKA Monika</b>	<b>1160</b>		Open NW	198	00:00:23	00:23:14	<b>00:53:23.25</b>	<b>00:53:46.40</b>	+00:21:06 (39.5%)	10:04	6 (60.6%)
208	<b>ROBAKOWSKA Barbara</b>	<b>209</b>	KOLONIE	Open NW	208	00:00:07	00:22:26	<b>00:54:06.75</b>	<b>00:54:13.80</b>	+00:21:50 (40.4%)	10:12	5.9 (59.6%)
209	<b>GORZAWSKA Aleksandra</b>	<b>888</b>	GORATEAM	Open NW	211	00:00:05	00:23:27	<b>00:54:25.20</b>	<b>00:54:30.65</b>	+00:22:08 (40.7%)	10:16	5.8 (58.6%)
210	<b>KUCHNIA Ania</b>	<b>1092</b>	TS REGLE SZKLARSKA PORĘBA/ NESSI TEAM	Open NW	209	00:00:22	00:23:40	<b>00:54:20.30</b>	<b>00:54:43.05</b>	+00:22:03 (40.6%)	10:15	5.9 (59.6%)
211	<b>OPALSKA Grażyna</b>	<b>1262</b>		Open NW	210	00:00:22	00:23:40	<b>00:54:21.10</b>	<b>00:54:43.50</b>	+00:22:04 (40.6%)	10:15	5.9 (59.6%)
212	<b>GIBOWICZ Agnieszka</b>	<b>1165</b>		Open NW	213	00:00:22	00:23:32	<b>00:54:47.20</b>	<b>00:55:10.00</b>	+00:22:30 (41.1%)	10:20	5.8 (58.6%)
213	<b>SPYRA Beata</b>	<b>1158</b>		Open NW	212	00:00:24	00:23:30	<b>00:54:46.10</b>	<b>00:55:10.15</b>	+00:22:29 (41.1%)	10:20	5.8 (58.6%)
214	<b>DŁUGOSZ Izabela</b>	<b>464</b>		Open NW	214	00:00:20	00:24:33	<b>00:55:11.10</b>	<b>00:55:31.60</b>	+00:22:54 (41.5%)	10:24	5.8 (58.6%)
215	<b>SZAL Anna</b>	<b>316</b>		Open NW	215	00:00:18	00:24:36	<b>00:55:13.65</b>	<b>00:55:31.80</b>	+00:22:57 (41.6%)	10:25	5.8 (58.6%)
216	<b>ŻUK Jolanta</b>	<b>413</b>		Open NW	220	00:00:13	00:23:51	<b>00:55:29.75</b>	<b>00:55:42.80</b>	+00:23:13 (41.8%)	10:28	5.7 (57.6%)
217	<b>GUŚCIORA Justyna</b>	<b>393</b>		Open NW	221	00:00:12	00:23:49	<b>00:55:30.95</b>	<b>00:55:43.05</b>	+00:23:14 (41.9%)	10:28	5.7 (57.6%)
218	<b>SZYPUŁA Barbara</b>	<b>472</b>		Open NW	216	00:00:20	00:23:54	<b>00:55:23.15</b>	<b>00:55:43.90</b>	+00:23:06 (41.7%)	10:26	5.7 (57.6%)
218	<b>CZARNYNOGA Beata</b>	<b>347</b>		Open NW	219	00:00:18	00:23:55	<b>00:55:25.10</b>	<b>00:55:43.90</b>	+00:23:08 (41.8%)	10:27	5.7 (57.6%)
218	<b>MADEJ Anna</b>	<b>15</b>		Open NW	217	00:00:19	00:23:55	<b>00:55:24.45</b>	<b>00:55:43.90</b>	+00:23:07 (41.7%)	10:27	5.7 (57.6%)
221	<b>BUCHAŁA Ilona</b>	<b>525</b>		Open NW	218	00:00:20	00:23:54	<b>00:55:24.60</b>	<b>00:55:44.95</b>	+00:23:07 (41.7%)	10:27	5.7 (57.6%)
222	<b>BIĄŁOŃCZYK Joanna</b>	<b>1071</b>		Open NW	223	00:00:16	00:24:58	<b>00:57:46.35</b>	<b>00:58:02.75</b>	+00:25:29 (44.1%)	10:53	5.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
223	<b>POKUSA Sylwia</b>	<b>1017</b>		Open NW	222	00:00:19	00:24:55	<b>00:57:44.15</b>	<b>00:58:03.40</b>	+00:25:27 (44.1%)	10:53	5.5 (55.6%)
224	<b>BLUCHA Janina</b>	<b>1206</b>		Open NW	224	00:00:18	00:25:22	<b>00:59:06.10</b>	<b>00:59:24.25</b>	+00:26:49 (45.4%)	11:09	5.4 (54.5%)
225	<b>DOBIJA Lidia</b>	<b>1025</b>		Open NW	225	00:00:18	00:25:22	<b>00:59:06.60</b>	<b>00:59:25.25</b>	+00:26:49 (45.4%)	11:09	5.4 (54.5%)
226	<b>STRYCHARCZYK Mirosława</b>	<b>1155</b>		Open NW	226	00:00:36						(0.0%)

Znaleziono 226 wynik(ów)