



KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA-SKIBA Anna	1147	SALLER TEAM LEGNICA	Open NW	1		00:00:00	00:13:57	00:32:43.67	00:32:44.63		6:10	9.7 (100%)
2	KOŁODZIEJ Joanna	197	MALINOWE GWIAZDY	Open NW	2		00:00:00	00:14:05	00:33:26.24	00:33:26.90	+00:00:42 (2.1%)	6:18	9.5 (97.9%)
3	SITTEK Agnieszka	1151	CHODZĘ W KATO	Open NW	3		00:00:00	00:14:34	00:34:19.30	00:34:19.96	+00:01:35 (4.6%)	6:28	9.3 (95.9%)
4	PIECHOCZEK-NIEZGODA Lucyna	1126		Open NW	4		00:00:00	00:15:16	00:35:53.01	00:35:53.66	+00:03:09 (8.8%)	6:46	8.9 (91.8%)
5	NIEDERLIŃSKA Gabriela	1149		Open NW	5		00:00:01	00:16:02	00:37:14.19	00:37:15.99	+00:04:30 (12.1%)	7:01	8.5 (87.6%)
6	JANICZEK Katarzyna	1271	ZZOZOLKI	Open NW	6	ZZOZOLKI	00:00:02	00:16:15	00:37:47.03	00:37:49.93	+00:05:03 (13.4%)	7:07	8.4 (86.6%)
7	MILEWSKA-GROCHOWSKA Agnieszka	1296		Open NW	7		00:00:01	00:16:36	00:38:53.09	00:38:54.90	+00:06:09 (15.8%)	7:20	8.2 (84.5%)
8	MILERT Jolanta	1076	NORDIC WALKING	Open NW	8	Aktywni Lyski	00:00:11	00:16:50	00:39:03.19	00:39:14.95	+00:06:19 (16.2%)	7:22	8.1 (83.5%)
9	BOŁOTIUCH Katarzyna	1148	POWOLI DO CELU	Open NW	10	PoWoli do Celu	00:00:00	00:17:02	00:39:26.02	00:39:26.68	+00:06:42 (17.0%)	7:26	8.1 (83.5%)
10	BORKOWSKA Paulina	1010		Open NW	9		00:00:20	00:17:15	00:39:09.81	00:39:30.02	+00:06:26 (16.4%)	7:23	8.1 (83.5%)
11	SZENDZIELORZ Ilona	1278	OPEN SPORT TEAM	Open NW	11		00:00:03	00:16:56	00:39:27.02	00:39:30.09	+00:06:43 (17.0%)	7:26	8.1 (83.5%)
12	MIKA Emilia	1170		Open NW	12		00:00:02	00:16:55	00:39:40.35	00:39:42.53	+00:06:56 (17.5%)	7:29	8 (82.5%)
13	SKORUPKA Bernadeta	1281	EKIPA NA KIJACH	Open NW	14		00:00:01	00:17:26	00:40:00.41	00:40:02.22	+00:07:16 (18.2%)	7:32	8 (82.5%)
14	RESZTAK Małgorzata	1012	NORDIKOWE FRELKI	Open NW	13		00:00:02	00:17:04	00:40:00.01	00:40:02.64	+00:07:16 (18.2%)	7:32	8 (82.5%)
15	PILSCZEK Iwona	1283	EKIPA NA KIJACH	Open NW	15		00:00:01	00:17:23	00:40:15.95	00:40:17.76	+00:07:32 (18.7%)	7:35	7.9 (81.4%)

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16	TYCZEWSKA Paulina	1248		Open NW	17		00:00:02	00:17:33	00:40:21.08	00:40:23.36	+00:07:37 (18.9%)	7:36	7.9 (81.4%)
17	SZWARC Anna	876		Open NW	16	ZZOZOLKI	00:00:10	00:18:16	00:40:19.08	00:40:29.93	+00:07:35 (18.8%)	7:36	7.9 (81.4%)
18	POLOK - LATUSEK Marzena	1091	OLZA CIESZYN	Open NW	18	ZZOZOLKI	00:00:04	00:17:29	00:40:33.70	00:40:38.49	+00:07:50 (19.3%)	7:39	7.8 (80.4%)
19	SŁODOWA-KONIEC Ela	1267		Open NW	19	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:00:04	00:17:36	00:40:43.31	00:40:47.36	+00:07:59 (19.6%)	7:40	7.8 (80.4%)
20	MANDRYSZ Aleksandra	1191	NORDIC WALKING LYSKI	Open NW	20		00:00:13	00:17:35	00:41:00.09	00:41:13.12	+00:08:16 (20.2%)	7:44	7.8 (80.4%)
21	SŁUPIK Bożena	394		Open NW	21		00:00:03	00:17:29	00:41:19.44	00:41:22.48	+00:08:35 (20.8%)	7:47	7.7 (79.4%)
22	NIESTRÓJ Sylwia	1125	DYSTANS LUBOMIA	Open NW	22		00:00:01	00:17:48	00:41:26.12	00:41:27.93	+00:08:42 (21.0%)	7:49	7.7 (79.4%)
23	LEWANDOWSKA Ela	1305		Open NW	24		00:00:04	00:17:59	00:41:46.80	00:41:50.98	+00:09:03 (21.7%)	7:52	7.6 (78.4%)
24	GÓRA Marta	1019		Open NW	23		00:00:20	00:18:07	00:41:33.10	00:41:53.84	+00:08:49 (21.2%)	7:50	7.7 (79.4%)
25	GEMBALA Violetta	1009		Open NW	25		00:00:01	00:18:15	00:41:52.08	00:41:53.89	+00:09:08 (21.8%)	7:53	7.6 (78.4%)
26	GRZEGOSZCZYK Katarzyna	1291		Open NW	26		00:00:03	00:18:22	00:41:55.43	00:41:58.59	+00:09:11 (21.9%)	7:54	7.6 (78.4%)
27	MOŁDRZYK Małgorzata	1146	ZZOZOLKI	Open NW	27	ZZOZOLKI	00:00:03	00:17:53	00:41:59.72	00:42:03.28	+00:09:16 (22.1%)	7:55	7.6 (78.4%)
28	PACYNA Danuta	1159		Open NW	29		00:00:06	00:18:55	00:42:07.06	00:42:13.17	+00:09:23 (22.3%)	7:56	7.6 (78.4%)
29	OGIERMAN Aneta	1240		Open NW	28	ZZOZOLKI	00:00:10	00:18:48	00:42:05.02	00:42:15.86	+00:09:21 (22.2%)	7:56	7.6 (78.4%)
30	BIESZCZANIN Agnieszka	1054		Open NW	30		00:00:15	00:18:49	00:42:18.66	00:42:34.56	+00:09:34 (22.6%)	7:58	7.5 (77.3%)
31	KOKOSZEK Aleksandra	1022	-	Open NW	31		00:00:05	00:18:27	00:42:29.15	00:42:34.71	+00:09:45 (23.0%)	8:00	7.5 (77.3%)
32	MATYSIAK Maria	1172		Open NW	32		00:00:16	00:18:46	00:42:31.98	00:42:48.12	+00:09:48 (23.1%)	8:01	7.5 (77.3%)
33	ZDZIEBŁO Adriana	1057		Open NW	34		00:00:02	00:18:11	00:42:51.51	00:42:54.19	+00:10:07 (23.6%)	8:05	7.4 (76.3%)
34	ŚLĘZAK Joanna	1108	NORDICOWE FRELKI	Open NW	33		00:00:19	00:18:55	00:42:36.54	00:42:56.45	+00:09:52 (23.2%)	8:02	7.5 (77.3%)
35	POTYSZ Monika	1254		Open NW	35		00:00:01	00:18:30	00:42:56.46	00:42:57.93	+00:10:12 (23.8%)	8:06	7.4 (76.3%)
36	KORCZEWSKA Beata	1077	MIECHOWICKA GRUPA BIEGOWA	Open NW	36	MIECHOWICKA GRUPA BIEGOWA	00:00:00	00:18:38	00:42:58.98	00:42:59.64	+00:10:15 (23.9%)	8:06	7.4 (76.3%)
37	PATYK Adelajda	1025		Open NW	37		00:00:02	00:18:35	00:43:14.44	00:43:16.79	+00:10:30 (24.3%)	8:09	7.4 (76.3%)
38	BIEGONEK-OTRĘBA Anna	1243		Open NW	38		00:00:02	00:18:35	00:43:14.49	00:43:16.85	+00:10:30 (24.3%)	8:09	7.4 (76.3%)

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39	MATLOCH Izabela	1157		Open NW	41		00:00:01	00:19:13	00:43:33.64	00:43:35.45	+00:10:49 (24.9%)	8:13	7.3 (75.3%)
40	STASZEK Monika	1049	NORDICOWE FRELKI	Open NW	39		00:00:21	00:19:21	00:43:16.08	00:43:37.89	+00:10:32 (24.4%)	8:09	7.3 (75.3%)
41	ŻURAWSKA Tatiana	1018	NORDICOWE FRELKI	Open NW	40		00:00:21	00:18:58	00:43:18.48	00:43:39.87	+00:10:34 (24.4%)	8:10	7.3 (75.3%)
42	KOWALEWSKA Jolanta	1173		Open NW	44		00:00:08	00:19:08	00:43:39.77	00:43:48.67	+00:10:56 (25.0%)	8:14	7.3 (75.3%)
43	RZEPA Edyta	1249		Open NW	43		00:00:13	00:19:23	00:43:36.60	00:43:49.68	+00:10:52 (25.0%)	8:13	7.3 (75.3%)
44	SZEWCZUK Agnieszka	1153		Open NW	42		00:00:14	00:19:22	00:43:35.52	00:43:50.10	+00:10:51 (24.9%)	8:13	7.3 (75.3%)
45	PABIAN Zuzanna	1150		Open NW	46		00:00:08	00:19:19	00:43:47.34	00:43:55.98	+00:11:03 (25.3%)	8:15	7.3 (75.3%)
46	WYRWICH Angelika	1038	NORDICOWE FRELKI	Open NW	45	Nordicowe Frelki	00:00:19	00:19:23	00:43:43.57	00:44:03.31	+00:10:59 (25.2%)	8:14	7.3 (75.3%)
47	STUCHLIK Monika	1204		Open NW	47		00:00:12	00:19:43	00:43:53.35	00:44:05.80	+00:11:09 (25.4%)	8:16	7.2 (74.2%)
48	GOŁDYN Bożena	1086		Open NW	52		00:00:01		00:44:21.97	00:44:23.77	+00:11:38 (26.2%)	8:22	7.2 (74.2%)
49	PIETRZYKOWSKA Iwona	1174	SMUKŁE KIJKI	Open NW	50		00:00:15	00:19:16	00:44:08.86	00:44:24.07	+00:11:25 (25.9%)	8:19	7.2 (74.2%)
50	SZYCHOWSKA Iwona	1120		Open NW	49	Nordicowe Frelki	00:00:21	00:19:31	00:44:02.76	00:44:24.25	+00:11:19 (25.7%)	8:18	7.2 (74.2%)
51	KAMIŃSKA Elżbieta	1239	NORDICOWE FRELKI	Open NW	48		00:00:22	00:19:28	00:44:02.37	00:44:24.85	+00:11:18 (25.7%)	8:18	7.2 (74.2%)
52	MACHNIK Anna	1215	NORDIC WALKING LYSKI	Open NW	51		00:00:10	00:20:15	00:44:17.26	00:44:27.77	+00:11:33 (26.1%)	8:21	7.2 (74.2%)
53	WERES Katarzyna	1039		Open NW	54	ZZOZOLKI	00:00:03	00:20:17	00:44:31.56	00:44:35.49	+00:11:47 (26.5%)	8:23	7.1 (73.2%)
54	CIŃCIO Iwona	1185		Open NW	55		00:00:15	00:19:47	00:44:32.47	00:44:47.66	+00:11:48 (26.5%)	8:24	7.1 (73.2%)
55	BEHR Danuta	1062	NORDICOWE FRELKI	Open NW	53		00:00:21	00:19:23	00:44:29.60	00:44:51.40	+00:11:45 (26.4%)	8:23	7.1 (73.2%)
56	BOJARSKA Dorota	1084		Open NW	57		00:00:11	00:19:48	00:44:46.21	00:44:57.48	+00:12:02 (26.9%)	8:26	7.1 (73.2%)
57	GURCZYŃSKA Monika	1093	NORDICOWE FRELKI	Open NW	56		00:00:22	00:19:39	00:44:35.73	00:44:58.63	+00:11:52 (26.6%)	8:24	7.1 (73.2%)
58	BEDNAREK Anita	1186		Open NW	61		00:00:04	00:18:56	00:44:56.17	00:45:00.85	+00:12:12 (27.2%)	8:28	7.1 (73.2%)
59	ZAWISŁA Danuta	1072		Open NW	66		00:00:01	00:19:05	00:45:05.41	00:45:07.08	+00:12:21 (27.4%)	8:30	7.1 (73.2%)
60	ZIĘTKIEWICZ Agnieszka	1221		Open NW	67		00:00:01	00:19:04	00:45:05.59	00:45:07.11	+00:12:21 (27.4%)	8:30	7.1 (73.2%)
61	TYCZEWSKA Teresa	1251		Open NW	65		00:00:07	00:19:05	00:45:02.67	00:45:09.80	+00:12:19 (27.3%)	8:29	7.1 (73.2%)

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62	BUKOWIŃSKA Bożena	1316	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	Open NW	60		00:00:14	00:19:19	00:44:56.09	00:45:10.77	+00:12:12 (27.2%)	8:28	7.1 (73.2%)
63	WRÓBEL Katarzyna	1210		Open NW	58	LOUREDY	00:00:21	00:19:45	00:44:51.11	00:45:12.76	+00:12:07 (27.0%)	8:27	7.1 (73.2%)
64	BOMBA Iwona	1030	NORDICOWE FRELKI	Open NW	59		00:00:17	00:19:30	00:44:55.45	00:45:13.30	+00:12:11 (27.1%)	8:28	7.1 (73.2%)
65	ZADROGA Dorota	1002		Open NW	64		00:00:12	00:20:09	00:45:01.32	00:45:13.50	+00:12:17 (27.3%)	8:29	7.1 (73.2%)
66	GAWARECKA Bernadeta	1318		Open NW	68		00:00:07	00:19:56	00:45:09.00	00:45:16.49	+00:12:25 (27.5%)	8:31	7 (72.2%)
67	KUŻMICZ Aga	1192		Open NW	62		00:00:19	00:19:47	00:44:57.85	00:45:17.12	+00:12:14 (27.2%)	8:28	7.1 (73.2%)
68	MARCINIAK Maria	1142		Open NW	63	Miechowska Grupa Biegowa	00:00:20	00:20:09	00:44:59.31	00:45:19.55	+00:12:15 (27.3%)	8:29	7.1 (73.2%)
69	POLITOWICZ Teresa	1075		Open NW	70		00:00:06	00:19:23	00:45:29.48	00:45:35.78	+00:12:45 (28.1%)	8:34	7 (72.2%)
70	JAKUBCZAK Katarzyna	1114	ZZOZOLKI	Open NW	72	ZZOZOLKI	00:00:03	00:20:15	00:45:36.72	00:45:40.66	+00:12:53 (28.2%)	8:36	7 (72.2%)
71	ŻARSKA Oliwia	1055		Open NW	71		00:00:06	00:20:26	00:45:36.68	00:45:43.50	+00:12:53 (28.2%)	8:36	7 (72.2%)
72	KUPCZAK Barbara	1223		Open NW	69		00:00:18	00:20:24	00:45:26.91	00:45:45.79	+00:12:43 (28.0%)	8:34	7 (72.2%)
73	SIREK Izabela	1036	ZZOZOLKI	Open NW	75	ZZOZOLKI	00:00:10	00:19:36	00:45:48.36	00:45:58.39	+00:13:04 (28.6%)	8:38	6.9 (71.1%)
74	SARNECKA-BĘBENEK Aleksandra	1133	SZARE MORSY	Open NW	77	Szare Morsy	00:00:11	00:20:11	00:45:50.54	00:46:01.85	+00:13:06 (28.6%)	8:38	6.9 (71.1%)
75	STECKA Monika	1023		Open NW	73	Mors Hubertus	00:00:22	00:20:09	00:45:41.81	00:46:03.98	+00:12:58 (28.4%)	8:37	7 (72.2%)
76	ULBRYCH Patrycja	1058		Open NW	74		00:00:16	00:20:18	00:45:47.62	00:46:04.38	+00:13:03 (28.5%)	8:38	6.9 (71.1%)
77	KOCHEL Jolanta	1042		Open NW	76		00:00:17	00:20:42	00:45:49.76	00:46:07.51	+00:13:06 (28.6%)	8:38	6.9 (71.1%)
78	GAWROŃSKA Katarzyna	1083		Open NW	82		00:00:11	00:19:44	00:45:57.20	00:46:08.22	+00:13:13 (28.8%)	8:40	6.9 (71.1%)
79	PRĘDKA Karolina	1311		Open NW	83		00:00:07	00:20:20	00:46:00.90	00:46:08.56	+00:13:17 (28.9%)	8:40	6.9 (71.1%)
80	ZALEWSKA Joanna	1183		Open NW	78		00:00:17	00:20:10	00:45:51.63	00:46:09.08	+00:13:07 (28.6%)	8:39	6.9 (71.1%)
81	BILEWICZ Ewa	1213	LOUREDY	Open NW	79	LOUREDY	00:00:22	00:20:43	00:45:52.55	00:46:15.44	+00:13:08 (28.7%)	8:39	6.9 (71.1%)
82	GAPINSKA Agata	1110		Open NW	87		00:00:09	00:20:07	00:46:11.48	00:46:21.00	+00:13:27 (29.1%)	8:42	6.9 (71.1%)
83	TROSZOK Gabriela	1222		Open NW	86	Olza Cieszyn	00:00:11	00:20:22	00:46:09.80	00:46:21.11	+00:13:26 (29.1%)	8:42	6.9 (71.1%)
84	SZLAUR Ewelina	1097		Open NW	85		00:00:13	00:20:20	00:46:07.80	00:46:21.13	+00:13:24 (29.1%)	8:42	6.9 (71.1%)

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85	BAJOR Aneta	1310	REBELLION OF FREE RUNNERS	Open NW	84		00:00:16	00:20:19	00:46:07.11	00:46:23.59	+00:13:23 (29.0%)	8:42	6.9 (71.1%)
86	RYŚ Agnieszka	1071		Open NW	88		00:00:10	00:19:44	00:46:13.87	00:46:24.25	+00:13:30 (29.2%)	8:43	6.9 (71.1%)
87	PRĘDKA Anna	1309		Open NW	90		00:00:07	00:20:21	00:46:17.41	00:46:24.64	+00:13:33 (29.3%)	8:43	6.9 (71.1%)
88	TOMALA Sylwia	1261		Open NW	91		00:00:08	00:20:29	00:46:17.52	00:46:25.71	+00:13:33 (29.3%)	8:43	6.9 (71.1%)
89	BIEGUN Beata	1139		Open NW	80	#JustFeelFitTEAM	00:00:30	00:19:59	00:45:55.01	00:46:25.71	+00:13:11 (28.7%)	8:39	6.9 (71.1%)
90	JAROSIŃSKA Barbara	1264		Open NW	92		00:00:07	00:20:34	00:46:22.76	00:46:30.17	+00:13:39 (29.4%)	8:44	6.9 (71.1%)
91	CIEŚLAR Nikolina	1136		Open NW	93		00:00:07	00:20:35	00:46:22.97	00:46:30.36	+00:13:39 (29.4%)	8:44	6.9 (71.1%)
92	MATUSZEWSKA Małgorzata	1095		Open NW	81		00:00:37	00:19:32	00:45:56.10	00:46:33.50	+00:13:12 (28.8%)	8:40	6.9 (71.1%)
93	ŻARSKA Katarzyna	1044	KOBIETY NA 5+	Open NW	94	Kobiety na 5+	00:00:07	00:20:24	00:46:26.24	00:46:33.76	+00:13:42 (29.5%)	8:45	6.8 (70.1%)
94	SZWARLIK Bożena	1082	KOBIETY NA 5+	Open NW	95	Kobiety na 5+	00:00:05	00:20:27	00:46:28.93	00:46:33.95	+00:13:45 (29.6%)	8:46	6.8 (70.1%)
95	POŁAP Sylwia	1308		Open NW	97		00:00:06	00:20:10	00:46:32.48	00:46:38.65	+00:13:48 (29.7%)	8:46	6.8 (70.1%)
96	PĘCHERZ Joanna	1032		Open NW	102		00:00:06	00:20:24	00:46:36.09	00:46:42.74	+00:13:52 (29.8%)	8:47	6.8 (70.1%)
97	ORLIK Patrycja	1088		Open NW	105		00:00:04	00:20:21	00:46:41.44	00:46:45.50	+00:13:57 (29.9%)	8:48	6.8 (70.1%)
98	ŁASTÓWKA Marzena	1246	KOBIETY NA 5+	Open NW	101		00:00:12	00:20:50	00:46:34.34	00:46:47.30	+00:13:50 (29.7%)	8:47	6.8 (70.1%)
99	ŁASTÓWKA Zuzanna	1247		Open NW	100		00:00:13	00:20:49	00:46:33.92	00:46:47.40	+00:13:50 (29.7%)	8:46	6.8 (70.1%)
100	TRZASKALIK Barbara	1292	META	Open NW	98		00:00:14	00:20:25	00:46:33.25	00:46:47.73	+00:13:49 (29.7%)	8:46	6.8 (70.1%)
101	KOLEK Aleksandra	1089		Open NW	89		00:00:35	00:20:27	00:46:14.23	00:46:50.23	+00:13:30 (29.2%)	8:43	6.9 (71.1%)
102	KACPROWICZ Anna	1209	LOUREDY	Open NW	99	LOUREDY	00:00:20	00:20:27	00:46:33.39	00:46:53.62	+00:13:49 (29.7%)	8:46	6.8 (70.1%)
103	DOBIECKA Izabela	1104		Open NW	104		00:00:15	00:20:36	00:46:37.98	00:46:53.68	+00:13:54 (29.8%)	8:47	6.8 (70.1%)
104	JABŁEKA Monika	1132		Open NW	96		00:00:25	00:20:36	00:46:32.09	00:46:57.24	+00:13:48 (29.7%)	8:46	6.8 (70.1%)
105	KAMIŃSKA Anita	1263		Open NW	103	Miechowicka Grupa Biegowa	00:00:24	00:21:11	00:46:36.09	00:47:00.87	+00:13:52 (29.8%)	8:47	6.8 (70.1%)
106	MAŃKA Agnieszka	1214		Open NW	109		00:00:07	00:20:20	00:46:56.48	00:47:03.70	+00:14:12 (30.3%)	8:51	6.8 (70.1%)
107	WAWRZASZEK Iwona	1289	SZARE MORSY	Open NW	108	Szare Morsy	00:00:09	00:20:43	00:46:54.24	00:47:04.11	+00:14:10 (30.2%)	8:50	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
108	GÓRKA Kamila	1053		Open NW	113		00:00:04	00:20:25	00:47:06.36	00:47:10.51	+00:14:22 (30.5%)	8:53	6.8 (70.1%)
109	JEZIOROWSKA-CAPANDA Patrycja	1052		Open NW	114		00:00:03	00:20:25	00:47:06.57	00:47:10.54	+00:14:22 (30.5%)	8:53	6.8 (70.1%)
110	CHROBOK Józefa	1241	ZZOZOLKI	Open NW	107	Olza Cieszyn	00:00:21	00:21:06	00:46:50.06	00:47:11.56	+00:14:06 (30.1%)	8:50	6.8 (70.1%)
111	SKOWRON Ewa	1242	OLZA CIESZYN	Open NW	106	ZZOZOLKI	00:00:21	00:21:07	00:46:50.03	00:47:11.63	+00:14:06 (30.1%)	8:50	6.8 (70.1%)
112	MAREK Małgorzata	1269	BYLE DO METY	Open NW	110		00:00:14	00:19:42	00:46:57.45	00:47:12.05	+00:14:13 (30.3%)	8:51	6.8 (70.1%)
113	BAJGROWICZ Zuzanna	1004		Open NW	112		00:00:10	00:20:46	00:47:03.55	00:47:14.35	+00:14:19 (30.5%)	8:52	6.8 (70.1%)
114	NYCZ Katarzyna	1177	SMUKŁE KIJKI	Open NW	111		00:00:15	00:20:07	00:46:59.26	00:47:15.13	+00:14:15 (30.3%)	8:51	6.8 (70.1%)
115	TOKAREWICZ Bernadeta	1063		Open NW	119		00:00:04	00:20:33	00:47:15.34	00:47:20.10	+00:14:31 (30.7%)	8:54	6.7 (69.1%)
116	PROKOPIUK Adriana	1007		Open NW	117		00:00:08	00:20:23	00:47:12.43	00:47:21.18	+00:14:28 (30.7%)	8:54	6.7 (69.1%)
117	MARGICIOK Helena	1258		Open NW	118		00:00:07	00:20:23	00:47:14.17	00:47:21.57	+00:14:30 (30.7%)	8:54	6.7 (69.1%)
118	ISKRA Joanna	1080		Open NW	116		00:00:14	00:20:42	00:47:11.22	00:47:25.89	+00:14:27 (30.6%)	8:54	6.7 (69.1%)
119	CZARNECKA Małgorzata	1122	MIECHOWICKA GRUPA BIEGOWA	Open NW	115	MIECHOWICKA GRUPA BIEGOWA	00:00:19	00:20:41	00:47:07.24	00:47:26.46	+00:14:23 (30.5%)	8:53	6.7 (69.1%)
120	KOCEL Jolanta	1216	NORDIC WALKING LYSKI	Open NW	120		00:00:10	00:20:26	00:47:22.37	00:47:33.18	+00:14:38 (30.9%)	8:56	6.7 (69.1%)
121	RAK Izabela	1102		Open NW	123	ZZOZOLKI	00:00:03	00:20:21	00:47:33.15	00:47:36.65	+00:14:49 (31.2%)	8:58	6.7 (69.1%)
122	DZIEDZICKA Beata	1284		Open NW	121		00:00:13	00:20:52	00:47:27.89	00:47:41.16	+00:14:44 (31.0%)	8:57	6.7 (69.1%)
123	NOWAK Marzena	1207		Open NW	122	LOUREDY	00:00:21	00:21:03	00:47:32.28	00:47:53.72	+00:14:48 (31.2%)	8:58	6.7 (69.1%)
124	MARYJOSZ Katarzyna	1103	MARYJOSZ TEAM	Open NW	124		00:00:16	00:20:59	00:47:39.92	00:47:56.49	+00:14:56 (31.3%)	8:59	6.7 (69.1%)
125	FLOREK Karolina	1256		Open NW	127		00:00:09	00:20:44	00:47:50.47	00:48:00.09	+00:15:06 (31.6%)	9:01	6.6 (68.0%)
126	STRZEDULLA Bożena	1024		Open NW	129		00:00:05	00:20:13	00:47:57.96	00:48:03.43	+00:15:14 (31.8%)	9:02	6.6 (68.0%)
127	WOLNIK Jolka	1051		Open NW	136		00:00:03	00:20:14	00:48:00.54	00:48:03.66	+00:15:16 (31.8%)	9:03	6.6 (68.0%)
128	PANEK Dorota	1085		Open NW	132		00:00:04	00:20:13	00:47:58.85	00:48:03.78	+00:15:15 (31.8%)	9:03	6.6 (68.0%)
129	PARCHAŃSKA Bogumiła	1123		Open NW	125	ZZOZOLKI	00:00:24	00:21:05	00:47:39.98	00:48:04.85	+00:14:56 (31.3%)	8:59	6.7 (69.1%)
130	BARTOSZEK Ilona	1116		Open NW	126	ZZOZOLKI	00:00:24	00:21:06	00:47:40.66	00:48:05.26	+00:14:56 (31.4%)	8:59	6.7 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
131	BAC Barbara	1282		Open NW	131		00:00:08	00:20:47	00:47:58.59	00:48:06.72	+00:15:14 (31.8%)	9:03	6.6 (68.0%)
132	BRYK Katarzyna	296		Open NW	133		00:00:07	00:20:49	00:47:59.56	00:48:06.77	+00:15:15 (31.8%)	9:03	6.6 (68.0%)
133	KOSOWSKA Grażyna	1141	KOBIETY NA 5+	Open NW	130	Kobiety na 5+	00:00:08	00:20:48	00:47:58.55	00:48:06.87	+00:15:14 (31.8%)	9:03	6.6 (68.0%)
134	TARGIEL Agnieszka	1107	POWOLI DO CELU	Open NW	138		00:00:04	00:21:29	00:48:03.72	00:48:08.12	+00:15:20 (31.9%)	9:03	6.6 (68.0%)
135	WOWRA Agnieszka	1092		Open NW	134		00:00:11	00:20:46	00:48:00.30	00:48:11.80	+00:15:16 (31.8%)	9:03	6.6 (68.0%)
136	ŻYŁA-ROM Katarzyna	1017		Open NW	135		00:00:12	00:20:46	00:48:00.38	00:48:12.86	+00:15:16 (31.8%)	9:03	6.6 (68.0%)
137	BARĆ Barbara	1160	BB-TEAM	Open NW	139		00:00:08	00:21:18	00:48:09.00	00:48:17.55	+00:15:25 (32.0%)	9:05	6.6 (68.0%)
138	ROLA Agnieszka	1203	BIE-RUN	Open NW	128		00:00:24	00:21:03	00:47:54.26	00:48:19.21	+00:15:10 (31.7%)	9:02	6.6 (68.0%)
139	ANTOŃCZAK Elżbieta	1287		Open NW	141		00:00:03	00:20:45	00:48:17.95	00:48:21.13	+00:15:34 (32.2%)	9:06	6.6 (68.0%)
140	ŚLĘZAK Marzena	1070	NORDICOWE FRELKI	Open NW	137		00:00:21	00:20:59	00:48:01.13	00:48:22.31	+00:15:17 (31.8%)	9:03	6.6 (68.0%)
141	SZTUCHLIK Marzena	1314	SZARE MORSY	Open NW	140		00:00:09	00:20:50	00:48:14.88	00:48:24.53	+00:15:31 (32.2%)	9:06	6.6 (68.0%)
142	NIESTRÓJ Żaneta	1124		Open NW	142		00:00:06	00:21:07	00:48:21.90	00:48:28.11	+00:15:38 (32.3%)	9:07	6.6 (68.0%)
143	MECHA Dorota	1202		Open NW	144		00:00:10	00:20:52	00:48:25.38	00:48:35.79	+00:15:41 (32.4%)	9:08	6.6 (68.0%)
144	MROZEK Zenobia	1196		Open NW	151		00:00:03	00:20:51	00:48:41.34	00:48:44.97	+00:15:57 (32.8%)	9:11	6.5 (67.0%)
145	STĘPIEŃ Sylwia	1208		Open NW	143	LOUREDY	00:00:22	00:20:57	00:48:22.93	00:48:45.81	+00:15:39 (32.4%)	9:07	6.6 (68.0%)
146	GÓRAL Alina	1021		Open NW	145		00:00:17	00:21:11	00:48:29.14	00:48:46.70	+00:15:45 (32.5%)	9:08	6.6 (68.0%)
147	BENO-GĘSIKOWSKA Dorota	1031		Open NW	146		00:00:17	00:21:11	00:48:29.30	00:48:47.03	+00:15:45 (32.5%)	9:08	6.6 (68.0%)
148	BIELA Lucyna	667		Open NW	150		00:00:12	00:21:09	00:48:37.76	00:48:50.63	+00:15:54 (32.7%)	9:10	6.5 (67.0%)
149	DOBROWLAŃSKA WRÓŃSKA Romana	1253	ZZOZOLKI	Open NW	152	ZZOZOLKI	00:00:03	00:20:19	00:48:50.71	00:48:54.57	+00:16:07 (33.0%)	9:12	6.5 (67.0%)
150	MICEK Sabina	1005		Open NW	148		00:00:18	00:21:04	00:48:37.07	00:48:55.91	+00:15:53 (32.7%)	9:10	6.5 (67.0%)
151	MROZEK Magdalena	1011		Open NW	149		00:00:18	00:21:04	00:48:37.43	00:48:56.21	+00:15:53 (32.7%)	9:10	6.5 (67.0%)
152	SOŁTYSIK Maria	1013		Open NW	147		00:00:28	00:21:29	00:48:30.59	00:48:59.25	+00:15:46 (32.5%)	9:09	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
153	GOLASIK Barbara	1293	AKTYWNI LYSKI	Open NW	153		00:00:11	00:21:11	00:48:53.77	00:49:05.14	+00:16:10 (33.1%)	9:13	6.5 (67.0%)
154	BOBER Aneta	1006		Open NW	157		00:00:11	00:21:30	00:48:57.94	00:49:09.76	+00:16:14 (33.2%)	9:14	6.5 (67.0%)
155	PERCHAŁA Aleksandra	1260		Open NW	159	ZZOZOLKI	00:00:06	00:21:40	00:49:03.95	00:49:10.06	+00:16:20 (33.3%)	9:15	6.5 (67.0%)
156	PATALON Grażyna	1295	SZARE MORSY	Open NW	155	Szare Morsy	00:00:16	00:21:59	00:48:57.02	00:49:13.64	+00:16:13 (33.1%)	9:14	6.5 (67.0%)
157	WOJTEK Ilona	1294		Open NW	156		00:00:16	00:21:49	00:48:57.08	00:49:13.69	+00:16:13 (33.1%)	9:14	6.5 (67.0%)
158	GOZDALSKA Agnieszka	1290	SZARE MORSY	Open NW	154		00:00:17	00:21:51	00:48:56.39	00:49:13.79	+00:16:12 (33.1%)	9:13	6.5 (67.0%)
159	CIEŚLIŃSKA Jolanta	912		Open NW	158		00:00:13	00:21:55	00:49:03.34	00:49:16.60	+00:16:19 (33.3%)	9:15	6.5 (67.0%)
160	RAJS Ewelina	1280		Open NW	160		00:00:12	00:21:27	00:49:09.78	00:49:22.20	+00:16:26 (33.4%)	9:16	6.5 (67.0%)
161	KOWALSKA Anna	1244		Open NW	165		00:00:05	00:21:40	00:49:20.60	00:49:26.03	+00:16:36 (33.7%)	9:18	6.4 (66.0%)
162	ZYSK Jola	1245		Open NW	166		00:00:05	00:21:39	00:49:20.83	00:49:26.04	+00:16:37 (33.7%)	9:18	6.4 (66.0%)
163	BAJGROWICZ Barbara	1016		Open NW	164		00:00:08	00:21:11	00:49:18.40	00:49:27.05	+00:16:34 (33.6%)	9:18	6.5 (67.0%)
164	TABERSKA Grażyna	1158		Open NW	163		00:00:09	00:22:05	00:49:18.11	00:49:27.49	+00:16:34 (33.6%)	9:18	6.5 (67.0%)
165	ŚLEDŹ Anna	1285	SZARE MORSY	Open NW	162		00:00:16	00:22:04	00:49:11.64	00:49:28.26	+00:16:27 (33.5%)	9:16	6.5 (67.0%)
166	DZIĄBÓR Bożena	1286	SZARE MORSY	Open NW	161		00:00:17	00:22:03	00:49:10.71	00:49:28.32	+00:16:27 (33.5%)	9:16	6.5 (67.0%)
167	MENDECKA Grażyna	1065		Open NW	171		00:00:04	00:22:06	00:49:39.03	00:49:43.15	+00:16:55 (34.1%)	9:22	6.4 (66.0%)
168	WELET Marzena	1301		Open NW	172		00:00:05	00:21:32	00:49:44.45	00:49:49.72	+00:17:00 (34.2%)	9:23	6.4 (66.0%)
169	SZYRSZEŃ Stefania	1040		Open NW	170		00:00:17	00:20:57	00:49:38.10	00:49:55.60	+00:16:54 (34.1%)	9:21	6.4 (66.0%)
170	STOJAK Bożena	1028		Open NW	168	LOUREDY	00:00:23	00:21:41	00:49:33.42	00:49:56.96	+00:16:49 (34.0%)	9:20	6.4 (66.0%)
171	STANUCH Agnieszka	1047		Open NW	167	LOUREDY	00:00:23	00:21:40	00:49:33.29	00:49:57.05	+00:16:49 (34.0%)	9:20	6.4 (66.0%)
172	ULASKA-JAGODA Beata	1206	LOUREDY	Open NW	169	LOUREDY	00:00:22	00:21:03	00:49:34.77	00:49:57.26	+00:16:51 (34.0%)	9:21	6.4 (66.0%)
173	KUC Ewa	1307		Open NW	173		00:00:10	00:21:25	00:49:49.55	00:50:00.10	+00:17:05 (34.3%)	9:23	6.4 (66.0%)
174	KIELAR Małgosia	1101		Open NW	176		00:00:05	00:22:10	00:49:54.75	00:50:00.54	+00:17:11 (34.4%)	9:24	6.4 (66.0%)
175	PYZIK Dorota	1096		Open NW	177		00:00:05	00:22:10	00:49:55.03	00:50:00.58	+00:17:11 (34.4%)	9:25	6.4 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
176	GOJOWY Gabriela	1165		Open NW	179		00:00:05	00:22:10	00:49:57.60	00:50:02.76	+00:17:13 (34.5%)	9:25	6.4 (66.0%)
177	CZARNECKA Beata	1163		Open NW	178		00:00:06	00:22:09	00:49:56.77	00:50:02.77	+00:17:13 (34.5%)	9:25	6.4 (66.0%)
178	WÓJCIK Rozalia	1312		Open NW	175		00:00:13	00:21:28	00:49:53.01	00:50:06.01	+00:17:09 (34.4%)	9:24	6.4 (66.0%)
179	DRĄG Monika	1182		Open NW	180		00:00:15	00:21:45	00:50:00.04	00:50:15.33	+00:17:16 (34.5%)	9:26	6.4 (66.0%)
180	ZIELUŃSKA Urszula	1156		Open NW	174		00:00:26	00:21:59	00:49:51.05	00:50:17.21	+00:17:07 (34.3%)	9:24	6.4 (66.0%)
181	BIERNACKA Magdalena	1140		Open NW	182		00:00:15	00:22:06	00:50:14.69	00:50:30.50	+00:17:31 (34.9%)	9:28	6.3 (64.9%)
182	SZCZEPANOWSKA Adriana	1137		Open NW	183		00:00:15	00:22:07	00:50:15.46	00:50:30.73	+00:17:31 (34.9%)	9:28	6.3 (64.9%)
183	GARAJ Magda	1229		Open NW	181		00:00:26	00:21:19	00:50:06.95	00:50:33.33	+00:17:23 (34.7%)	9:27	6.3 (64.9%)
184	JURASZCZYK Marta	1161		Open NW	185		00:00:17	00:22:16	00:50:16.81	00:50:34.24	+00:17:33 (34.9%)	9:29	6.3 (64.9%)
185	WARCHOLIŃSKA Anna	1056	EKO-OKNA RUNNERS	Open NW	184	Eko-Okna Runners	00:00:18	00:22:15	00:50:15.70	00:50:34.41	+00:17:32 (34.9%)	9:28	6.3 (64.9%)
186	MAJEWSKA Renata	1220		Open NW	193		00:00:14	00:21:58	00:50:24.56	00:50:38.72	+00:17:40 (35.1%)	9:30	6.3 (64.9%)
187	WOWRA Beata	200		Open NW	199		00:00:05	00:22:37	00:50:33.36	00:50:39.20	+00:17:49 (35.3%)	9:32	6.3 (64.9%)
188	MACIONCZYK Marzena	1200		Open NW	198		00:00:07	00:21:45	00:50:32.69	00:50:40.17	+00:17:49 (35.2%)	9:32	6.3 (64.9%)
189	KŁOSOK Kornelia	1272		Open NW	197		00:00:07	00:21:45	00:50:32.56	00:50:40.26	+00:17:48 (35.2%)	9:32	6.3 (64.9%)
190	KASELA Ewa	1193	ŻUBRÓWKI	Open NW	186	Żubrówki	00:00:24	00:21:53	00:50:17.83	00:50:42.49	+00:17:34 (34.9%)	9:29	6.3 (64.9%)
191	KRÓLICZAK Małgorzata	1098		Open NW	187	Żubrówki	00:00:24	00:21:56	00:50:18.81	00:50:43.46	+00:17:35 (35.0%)	9:29	6.3 (64.9%)
192	KRYSIAK Dorota	1037		Open NW	188		00:00:25	00:22:46	00:50:18.89	00:50:44.53	+00:17:35 (35.0%)	9:29	6.3 (64.9%)
193	PARZYCH Renata	1162	DRUŻYNA KOBIETY NA 5+	Open NW	195		00:00:15	00:22:17	00:50:31.76	00:50:47.09	+00:17:48 (35.2%)	9:31	6.3 (64.9%)
194	JANOTA Magdalena	1109		Open NW	191	ZZOZOLKI	00:00:26	00:22:28	00:50:21.56	00:50:47.58	+00:17:37 (35.0%)	9:30	6.3 (64.9%)
195	POLOCZEK Ewa	1184	ZZOZOLKI	Open NW	192	ZZOZOLKI	00:00:25	00:22:28	00:50:22.79	00:50:48.60	+00:17:39 (35.0%)	9:30	6.3 (64.9%)
196	KROCHMALSKA Jadwiga	1128	MIECHOWICKA GRUPA BIEGOWA	Open NW	200	Miechowicka Grupa Biegowa	00:00:19	00:22:00	00:50:33.90	00:50:52.92	+00:17:50 (35.3%)	9:32	6.3 (64.9%)
197	POJDA Ewa	1236		Open NW	190		00:00:33	00:21:39	00:50:20.30	00:50:53.75	+00:17:36 (35.0%)	9:29	6.3 (64.9%)
198	POJDA Justyna	1232		Open NW	189		00:00:33	00:21:42	00:50:20.24	00:50:53.76	+00:17:36 (35.0%)	9:29	6.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
199	MILEWSKA Marta	1106	MIECHOWICKA GRUPA BIEGOWA	Open NW	194	Miechowicka Grupa Biegowa	00:00:29	00:21:48	00:50:26.21	00:50:55.78	+00:17:42 (35.1%)	9:30	6.3 (64.9%)
200	ROMAŃSKA Katarzyna	1155	EKIPANAKIJACH	Open NW	196		00:00:25	00:22:25	00:50:32.27	00:50:57.78	+00:17:48 (35.2%)	9:32	6.3 (64.9%)
201	MISTEROWICZ Jolanta	1257		Open NW	204		00:00:05	00:21:45	00:50:52.98	00:50:58.72	+00:18:09 (35.7%)	9:35	6.3 (64.9%)
202	ZYCH Małgorzata	1001		Open NW	201		00:00:25	00:22:03	00:50:34.65	00:50:59.79	+00:17:50 (35.3%)	9:32	6.3 (64.9%)
203	DYNIA Jadwiga	1268		Open NW	202		00:00:24	00:22:26	00:50:47.06	00:51:11.75	+00:18:03 (35.6%)	9:34	6.3 (64.9%)
204	MALIK Katarzyna	1262	"JESTEŚMY NAJLEPSZE"	Open NW	205		00:00:18	00:23:00	00:50:57.99	00:51:16.85	+00:18:14 (35.8%)	9:36	6.2 (63.9%)
205	KRAWCZYK Małgorzata	1303		Open NW	213		00:00:05	00:21:53	00:51:14.06	00:51:19.81	+00:18:30 (36.1%)	9:40	6.2 (63.9%)
206	BOGOCZ Mirosława	1168		Open NW	210		00:00:07	00:21:51	00:51:12.88	00:51:20.55	+00:18:29 (36.1%)	9:39	6.2 (63.9%)
207	KULCZYCKA Krystyna	1129	55 LAT SP-5	Open NW	209	55-lat SP5	00:00:09	00:22:26	00:51:11.89	00:51:21.26	+00:18:28 (36.1%)	9:39	6.2 (63.9%)
208	GABRYŚ Małgorzata	1034		Open NW	215		00:00:06	00:21:57	00:51:16.09	00:51:22.30	+00:18:32 (36.2%)	9:40	6.2 (63.9%)
209	KUTA Marzena	1074		Open NW	216		00:00:05	00:21:57	00:51:16.69	00:51:22.43	+00:18:33 (36.2%)	9:40	6.2 (63.9%)
210	WYŻNIKIEWICZ Lidia	1179		Open NW	206		00:00:21	00:22:00	00:51:01.64	00:51:23.06	+00:18:17 (35.9%)	9:37	6.2 (63.9%)
211	SZUMLAS Bogusława	1230	PIGUATEAM	Open NW	203	PiguaTeam	00:00:31	00:22:39	00:50:52.11	00:51:23.52	+00:18:08 (35.7%)	9:35	6.3 (64.9%)
212	ZDEJSZY Magdalena	1015		Open NW	207	ZZOZOLKI	00:00:22	00:22:19	00:51:06.08	00:51:28.26	+00:18:22 (36.0%)	9:38	6.2 (63.9%)
213	TRUCHAN Izabela	1288		Open NW	208		00:00:21	00:22:09	00:51:07.98	00:51:29.70	+00:18:24 (36.0%)	9:38	6.2 (63.9%)
214	KOJ Agnieszka	602		Open NW	217		00:00:21	00:22:59	00:51:20.61	00:51:42.30	+00:18:36 (36.3%)	9:41	6.2 (63.9%)
215	KOLONKO Zuzanna	1198	KLUB DYSTANS	Open NW	214		00:00:27	00:22:55	00:51:15.76	00:51:43.26	+00:18:32 (36.2%)	9:40	6.2 (63.9%)
216	PALETA Katarzyna	1197		Open NW	212		00:00:29	00:22:54	00:51:13.72	00:51:43.36	+00:18:30 (36.1%)	9:39	6.2 (63.9%)
217	HAJDUCZEK Aneta	1199		Open NW	211		00:00:30	00:22:58	00:51:13.64	00:51:43.64	+00:18:29 (36.1%)	9:39	6.2 (63.9%)
218	GOMUŁKA Mariola	1187		Open NW	220		00:00:17	00:21:59	00:51:34.16	00:51:51.98	+00:18:50 (36.5%)	9:43	6.2 (63.9%)
219	KOZIEŁ Grażyna	1041	POWOLI DOCELU	Open NW	225	PoWoli doCelu	00:00:04	00:22:26	00:51:51.92	00:51:56.72	+00:19:08 (36.9%)	9:46	6.1 (62.9%)
220	MAZUR Małgorzata	1112	KOBIETY NA 5+	Open NW	222	Kobiety na 5+	00:00:08	00:22:05	00:51:48.57	00:51:56.89	+00:19:04 (36.8%)	9:46	6.1 (62.9%)
221	CZERNECKA Justyna	1235		Open NW	218		00:00:28	00:22:46	00:51:32.47	00:52:01.28	+00:18:48 (36.5%)	9:43	6.2 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
222	BONISŁAWSKA Beata	1233		Open NW	219		00:00:28	00:22:45	00:51:33.23	00:52:01.65	+00:18:49 (36.5%)	9:43	6.2 (63.9%)
223	KORNAS Marta	1234		Open NW	221		00:00:29	00:22:41	00:51:42.45	00:52:11.49	+00:18:58 (36.7%)	9:45	6.2 (63.9%)
224	KRAKOWCZYK Janina	1117	NORDIC WALKING LYSKI	Open NW	228		00:00:01	00:23:38	00:52:10.56	00:52:12.37	+00:19:26 (37.3%)	9:50	6.1 (62.9%)
225	AUGUŚCIK Wioleta	738		Open NW	224		00:00:24	00:22:52	00:51:48.81	00:52:12.87	+00:19:05 (36.8%)	9:46	6.1 (62.9%)
226	ARENDARCZYK Anna	1144	AA	Open NW	223		00:00:30	00:21:52	00:51:48.68	00:52:19.18	+00:19:05 (36.8%)	9:46	6.1 (62.9%)
227	SZAL Anna	1003		Open NW	226	Mors Hubertus	00:00:19	00:23:14	00:52:08.03	00:52:27.30	+00:19:24 (37.2%)	9:50	6.1 (62.9%)
228	PRASAK Sabina	1121	POGORIA BIEGA	Open NW	227		00:00:26	00:22:11	00:52:08.68	00:52:34.95	+00:19:25 (37.2%)	9:50	6.1 (62.9%)
229	CIESIELSKA Sylwia	1020		Open NW	229		00:00:25	00:22:21	00:52:16.17	00:52:41.50	+00:19:32 (37.4%)	9:51	6.1 (62.9%)
230	CZAPURA Elżbieta	1014	MK TEAM	Open NW	230		00:00:25	00:22:20	00:52:16.69	00:52:41.77	+00:19:33 (37.4%)	9:51	6.1 (62.9%)
231	ŻYMEŁKA Janina	1277	-	Open NW	231		00:00:19	00:22:52	00:52:25.01	00:52:44.36	+00:19:41 (37.6%)	9:53	6.1 (62.9%)
232	NADOLNIK Jadwiga	1188		Open NW	236		00:00:05	00:22:13	00:52:44.05	00:52:49.72	+00:20:00 (37.9%)	9:56	6 (61.9%)
233	CHOLEWA Magdalena	1212		Open NW	234		00:00:15	00:21:36	00:52:35.22	00:52:50.96	+00:19:51 (37.8%)	9:55	6 (61.9%)
234	ZALEWSKA Marianna	1145		Open NW	233		00:00:23	00:23:00	00:52:28.03	00:52:51.24	+00:19:44 (37.6%)	9:53	6.1 (62.9%)
235	STACHURA Beata	1027		Open NW	232		00:00:28	00:23:07	00:52:27.87	00:52:56.25	+00:19:44 (37.6%)	9:53	6.1 (62.9%)
236	POGODA Renata	1205		Open NW	235		00:00:26	00:23:28	00:52:35.93	00:53:02.57	+00:19:52 (37.8%)	9:55	6 (61.9%)
237	SZYMCZYK-ORŁOWSKA Iwona	1219		Open NW	243		00:00:13	00:22:45	00:53:07.43	00:53:21.20	+00:20:23 (38.4%)	10:01	6 (61.9%)
238	ROJEWSKA Danuta	1279		Open NW	237		00:00:28	00:23:19	00:52:56.33	00:53:24.68	+00:20:12 (38.2%)	9:59	6 (61.9%)
239	ŻBIK Joanna	1100		Open NW	240	Team OczeK	00:00:23	00:23:18	00:53:05.45	00:53:29.37	+00:20:21 (38.4%)	10:00	6 (61.9%)
240	GORAL Beata	1118	OCZEK TEAM	Open NW	241		00:00:23	00:23:17	00:53:06.04	00:53:29.65	+00:20:22 (38.4%)	10:01	6 (61.9%)
241	DANEL Ewelina	1045	TEAM OCZEK	Open NW	239		00:00:24	00:23:17	00:53:05.28	00:53:29.93	+00:20:21 (38.4%)	10:00	6 (61.9%)
242	KODURA Joanna	249	TEAM OCZEK	Open NW	242		00:00:22	00:23:21	00:53:07.18	00:53:30.02	+00:20:23 (38.4%)	10:01	6 (61.9%)
243	KALINOWSKA Ewelina	1105	TEAM OCZEK	Open NW	238		00:00:25	00:23:17	00:53:04.78	00:53:30.28	+00:20:21 (38.3%)	10:00	6 (61.9%)
244	SROCZYŃSKA Maria	1180		Open NW	244		00:00:20	00:23:29	00:53:11.78	00:53:31.95	+00:20:28 (38.5%)	10:02	6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
245	ANDROSZ Katarzyna	1171		Open NW	245		00:00:20	00:23:28	00:53:11.84	00:53:32.58	+00:20:28 (38.5%)	10:02	6 (61.9%)
246	PIKSA Ewelina	141		Open NW	246		00:00:16	00:23:35	00:53:22.79	00:53:39.19	+00:20:39 (38.7%)	10:04	6 (61.9%)
247	RUMPEL Marynia	1079	KS M.E.T.A.	Open NW	249		00:00:13	00:23:33	00:53:28.03	00:53:41.58	+00:20:44 (38.8%)	10:05	5.9 (60.8%)
248	ZALEWSKA Urszula	1190		Open NW	247		00:00:20	00:23:53	00:53:24.26	00:53:44.43	+00:20:40 (38.7%)	10:04	6 (61.9%)
249	MAŁECKA Kamila	1078		Open NW	250		00:00:19	00:23:54	00:53:28.50	00:53:47.87	+00:20:44 (38.8%)	10:05	5.9 (60.8%)
250	ZALEWSKA Sylwia	1189		Open NW	248		00:00:20	00:23:52	00:53:27.14	00:53:47.99	+00:20:43 (38.8%)	10:05	5.9 (60.8%)
251	ĆWIĘKOWSKA Aneta	1265		Open NW	252		00:00:12	00:23:35	00:53:43.68	00:53:56.54	+00:21:00 (39.1%)	10:08	5.9 (60.8%)
252	KLEBACH Ewa	1266		Open NW	251		00:00:13	00:23:34	00:53:43.63	00:53:56.77	+00:20:59 (39.1%)	10:08	5.9 (60.8%)
253	GULAN Anna	1195		Open NW	253	Gulanki	00:00:19	00:23:42	00:53:49.81	00:54:09.79	+00:21:06 (39.2%)	10:09	5.9 (60.8%)
254	GULAN Marianna	1167	GULANKI	Open NW	254	Gulanki	00:00:19	00:23:42	00:53:51.07	00:54:10.32	+00:21:07 (39.2%)	10:09	5.9 (60.8%)
255	GULAN Agnieszka	1166	GULANKI	Open NW	255	Gulanki	00:00:18	00:23:42	00:53:51.76	00:54:10.47	+00:21:08 (39.2%)	10:09	5.9 (60.8%)
256	KUBICIUS Zofia	1068	OLZA CIESZYN	Open NW	256	ZZOZOLKI	00:00:12	00:23:33	00:54:08.98	00:54:21.03	+00:21:25 (39.6%)	10:12	5.9 (60.8%)
257	BYSTRANOWSKA Ewelina	1094		Open NW	259		00:00:23	00:23:45	00:54:30.00	00:54:53.12	+00:21:46 (39.9%)	10:16	5.8 (59.8%)
258	LEKSTON Ewa	1060		Open NW	258		00:00:23	00:23:44	00:54:29.96	00:54:53.53	+00:21:46 (39.9%)	10:16	5.8 (59.8%)
259	BERNACISKO Weronika	1073	WARTKIE PIERONY	Open NW	257		00:00:27	00:24:25	00:54:29.27	00:54:56.29	+00:21:45 (39.9%)	10:16	5.8 (59.8%)
260	CZOCH Joanna	762		Open NW	260	TEAM MAŁYCH BOHATERÓW :-)	00:00:36	00:23:34	00:54:30.37	00:55:07.33	+00:21:46 (40.0%)	10:16	5.8 (59.8%)
261	WIATR Dorota	1029		Open NW	261		00:00:10	00:24:38	00:55:13.70	00:55:24.06	+00:22:30 (40.7%)	10:25	5.8 (59.8%)
262	LEGIERSKA Jolanta	1111		Open NW	263		00:00:17	00:24:26	00:55:22.21	00:55:39.45	+00:22:38 (40.9%)	10:26	5.7 (58.8%)
263	LIPCZYNSKA Maria	1099		Open NW	264		00:00:17	00:24:26	00:55:23.68	00:55:40.74	+00:22:40 (40.9%)	10:26	5.7 (58.8%)
264	KRUCZAŁA Dominika	1252		Open NW	262		00:00:30	00:23:41	00:55:20.45	00:55:50.48	+00:22:36 (40.9%)	10:26	5.7 (58.8%)
265	DANIKIEWICZ Wioletta	1059		Open NW	265		00:00:28	00:23:43	00:55:25.76	00:55:54.13	+00:22:42 (41.0%)	10:27	5.7 (58.8%)
266	PIETRZYK Stanisława	1238		Open NW	267		00:00:04	00:24:10	00:55:50.39	00:55:55.02	+00:23:06 (41.4%)	10:32	5.7 (58.8%)
267	KOWALCZUK Mirela	1237		Open NW	268		00:00:04	00:24:10	00:55:50.93	00:55:55.03	+00:23:07 (41.4%)	10:32	5.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
268	POLC Aniela	1035		Open NW	266		00:00:26	00:24:33	00:55:30.64	00:55:56.96	+00:22:46 (41.0%)	10:28	5.7 (58.8%)
269	MACHACZEK Aleksandra	1081		Open NW	269		00:00:27	00:24:34	00:56:20.81	00:56:48.25	+00:23:37 (41.9%)	10:37	5.6 (57.7%)
270	BURZYŃSKA Barbara	1152		Open NW	270		00:00:27	00:24:34	00:56:20.86	00:56:48.57	+00:23:37 (41.9%)	10:37	5.6 (57.7%)
271	SMOLIK Ewelina	657	ZZOZOLKI	Open NW	271	ZZOZOLKI	00:00:23	00:21:36	00:56:30.87	00:56:54.79	+00:23:47 (42.1%)	10:39	5.6 (57.7%)
272	WOJDAT Marta	1050		Open NW	272		00:00:11	00:25:09	00:57:49.12	00:58:00.73	+00:25:05 (43.4%)	10:54	5.5 (56.7%)
273	BŁASZCZYK Marta	1026		Open NW	273		00:00:12	00:25:10	00:57:49.18	00:58:01.44	+00:25:05 (43.4%)	10:54	5.5 (56.7%)
274	MULLER-KOCZOR Aleksandra	932		Open NW	276	WYSTRZAŁOWE 19	00:00:12	00:23:38	00:58:45.26	00:58:57.56	+00:26:01 (44.3%)	11:05	5.4 (55.7%)
275	DĘBSKA Olga	1302		Open NW	275	WYSTRZAŁOWE 19	00:00:14	00:23:39	00:58:45.06	00:58:59.06	+00:26:01 (44.3%)	11:05	5.4 (55.7%)
276	PASEK Agnieszka	1315		Open NW	274	WYSTRZAŁOWE 19	00:00:15	00:23:39	00:58:45.02	00:59:00.37	+00:26:01 (44.3%)	11:05	5.4 (55.7%)
277	FURMAN Malwina	1299		Open NW	277	WYSTRZAŁOWE 19	00:00:13	00:24:11	00:58:50.44	00:59:04.16	+00:26:06 (44.4%)	11:06	5.4 (55.7%)
278	KALUS Wioletta	1227		Open NW	278		00:00:10	00:25:18	00:59:06.61	00:59:17.36	+00:26:22 (44.6%)	11:09	5.4 (55.7%)
279	DOMINIAK Monika	1226		Open NW	279		00:00:10	00:25:20	00:59:07.38	00:59:17.41	+00:26:23 (44.6%)	11:09	5.4 (55.7%)
280	TARKA Hildegarda	1228	KOBIETY NA 5+	Open NW	282	Kobiety na 5+	00:00:03	00:25:44	00:59:42.22	00:59:45.37	+00:26:58 (45.2%)	11:15	5.3 (54.6%)
281	WAŁKUSKA Janina	1319		Open NW	281		00:00:17	00:25:12	00:59:35.88	00:59:52.90	+00:26:52 (45.1%)	11:14	5.3 (54.6%)
282	WOLAK Krystyna	1033	KOBIETY NA 5+	Open NW	280	Kobiety na 5+	00:00:17	00:25:15	00:59:35.57	00:59:53.21	+00:26:51 (45.1%)	11:14	5.3 (54.6%)
283	FITAS Mariola	1297		Open NW	286		00:00:08	00:26:36	01:00:34.85	01:00:43.11	+00:27:51 (46.0%)	11:25	5.3 (54.6%)
284	ADAMCZYK Alina	1298		Open NW	285		00:00:08	00:26:37	01:00:34.74	01:00:43.61	+00:27:51 (46.0%)	11:25	5.3 (54.6%)
285	JURA Jadzia	1175	BABY GÓRA	Open NW	283		00:00:28	00:25:31	01:00:15.04	01:00:43.84	+00:27:31 (45.7%)	11:22	5.3 (54.6%)
286	MROZ Aneta	1178	BABY GÓRĄ	Open NW	284		00:00:29	00:25:35	01:00:15.97	01:00:45.09	+00:27:32 (45.7%)	11:22	5.3 (54.6%)
287	BLUCHA Janina	1066		Open NW	287		00:00:09	00:26:50	01:00:39.77	01:00:49.24	+00:27:56 (46.0%)	11:26	5.2 (53.6%)
288	POLOCZEK Barbara	1061		Open NW	288		00:00:09	00:27:04	01:02:04.58	01:02:14.33	+00:29:20 (47.3%)	11:42	5.1 (52.6%)
289	SMAGACZ Zyta	1000		Open NW	289	Kobiety na 5+	00:00:16	00:25:54	01:02:30.37	01:02:46.93	+00:29:46 (47.6%)	11:47	5.1 (52.6%)
290	SZOJDA Ludmiła	1217		Open NW	290		00:00:25	00:27:11	01:02:34.61	01:02:59.71	+00:29:50 (47.7%)	11:48	5.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Drużyna 1	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
DNC	WIECZOREK Bożena	1273	NORDIC WALKING LYSKI	Open NW		00:00:00		00:44:25.13	00:44:25.13		0:00	7.2 (74.2%)

Znaleziono 291 wynik(ów)