



KOBIETY NA 5+ :: NORDIC WALKING

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
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open NW

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA Anna	1143	MSPORT TEAM	Open NW	1		00:14:58	00:30:52.35		6:10	9.7 (100%)
2	KOŁODZIEJ Joanna	1006	MALINOWE GWIAZDY	Open NW	2		00:15:19	00:31:33.10	+00:00:40 (2.2%)	6:18	9.5 (97.9%)
3	SITTEK Agnieszka	1089		Open NW	3		00:16:22	00:33:18.50	+00:02:26 (7.3%)	6:39	9 (92.8%)
4	WOLNY Ania	1137	TALKWALKING	Open NW	4	TALKWALKING	00:16:43	00:34:01.20	+00:03:08 (9.3%)	6:48	8.8 (90.7%)
5	DRÓZDŹ Beata	961	SZARE MORSY	Open NW	5	Kobiety Na 5 +	00:16:41	00:34:10.70	+00:03:18 (9.7%)	6:50	8.8 (90.7%)
6	KANIA Agnieszka	994	NESSI TEAM	Open NW	6	Kolorowa Drużyna Nessi	00:17:04	00:34:58.25	+00:04:05 (11.7%)	6:59	8.6 (88.7%)
7	BASISTA Kasia	940	FORMA WODZISŁAW ŚLĄSKI	Open NW	7		00:17:27	00:35:30.30	+00:04:37 (13.0%)	7:06	8.5 (87.6%)
8	MERKEL Sabina	1035	RYBNIKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	8		00:18:09	00:36:08.45	+00:05:16 (14.6%)	7:13	8.3 (85.6%)
9	MANDRYSZ Aleksandra	1029	NORDIC WALKING LYSKI	Open NW	9	Nordic Walking Lyski	00:17:52	00:36:09.10	+00:05:16 (14.6%)	7:13	8.3 (85.6%)
10	STEFANIAK Emilia	1100	HARPAGAN SOSNOWIEC NW	Open NW	10	HARPAGAN Sosnowiec NW	00:18:02	00:36:36.45	+00:05:44 (15.7%)	7:19	8.2 (84.5%)
11	MILEWSKA-GROCHOWSKA Agnieszka	1044	KIJANKI	Open NW	11		00:18:05	00:36:53.15	+00:06:00 (16.3%)	7:22	8.1 (83.5%)
12	KOZYRA Grażyna	1009	ENDORFINA	Open NW	12	Endorfina	00:18:02	00:37:22.70	+00:06:30 (17.4%)	7:28	8 (82.5%)
13	HLIŚNIKOWSKA Klaudia	981		Open NW	13		00:18:37	00:37:50.05	+00:06:57 (18.4%)	7:34	7.9 (81.4%)
14	BORUS Joanna	949	TALKWALKING	Open NW	14		00:18:38	00:37:50.95	+00:06:58 (18.4%)	7:34	7.9 (81.4%)
15	KOKOSZEK Aleksandra	1003		Open NW	15		00:18:50	00:38:11.00	+00:07:18 (19.1%)	7:38	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo	Tempo
							2.5km	netto			
16	LASKOWSKA Sabina	1021		Open NW	16		00:19:11	00:38:17.75	+00:07:25 (19.4%)	7:39	7.8 (80.4%)
17	MIKA Emilia	1039		Open NW	17		00:19:24	00:38:24.00	+00:07:31 (19.6%)	7:40	7.8 (80.4%)
18	KUCZERA Beata	1015	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	18	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	00:19:10	00:38:25.30	+00:07:32 (19.6%)	7:41	7.8 (80.4%)
19	KOŚCIELNY Kamila	1008	FORMA	Open NW	19		00:18:57	00:38:35.90	+00:07:43 (20.0%)	7:43	7.8 (80.4%)
20	GRZEBIELUCH Elżbieta	978	HARPAGAN SOSNOWIEC NW	Open NW	20	HARPAGAN Sosnowiec NW	00:19:09	00:38:47.65	+00:07:55 (20.4%)	7:45	7.7 (79.4%)
21	MILERT Jolanta	1042	NORDIC WALKING LYSKI	Open NW	21	Nordic Walking Lyski	00:19:16	00:38:50.10	+00:07:57 (20.5%)	7:46	7.7 (79.4%)
22	KOŁODZIEJ Ewa	1005		Open NW	22		00:18:53	00:38:50.70	+00:07:58 (20.5%)	7:46	7.7 (79.4%)
22	STYRC Lidia	1154	RYBNICKI KLUB NORDIC WALKING	Open NW	22	Rybnicki Klub Nordic Walking	00:19:02	00:38:50.70	+00:07:58 (20.5%)	7:46	7.7 (79.4%)
24	SŁODOWA-KONIEC Elżbieta	1094	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	Open NW	24	Bank Spółdzielczy w Jastrzębiu-Zdroju	00:19:17	00:38:52.60	+00:08:00 (20.6%)	7:46	7.7 (79.4%)
25	CZUDEK Inga	960	PĘDZĄCE ŻÓŁWIE	Open NW	25	PĘDZĄCE ŻÓŁWIE	00:19:36	00:38:59.65	+00:08:07 (20.8%)	7:47	7.7 (79.4%)
26	ZDZIEBŁO Adriana	1148		Open NW	26		00:19:31	00:39:04.60	+00:08:12 (21.0%)	7:48	7.7 (79.4%)
27	DUDA-MICHALAK Joanna	963	PĘDZĄCE ŻÓŁWIE	Open NW	27	PĘDZĄCE ŻÓŁWIE	00:19:45	00:39:06.15	+00:08:13 (21.0%)	7:49	7.7 (79.4%)
28	GAWINEK Joanna	973		Open NW	28		00:19:34	00:39:18.20	+00:08:25 (21.5%)	7:51	7.6 (78.4%)
29	SKIBSKA-PUCHAŁA Małgorzata	1090		Open NW	29		00:19:35	00:39:23.80	+00:08:31 (21.6%)	7:52	7.6 (78.4%)
30	PALICA Joanna	1061	EKIPA NA KIJACH	Open NW	30		00:19:32	00:39:29.85	+00:08:37 (21.8%)	7:53	7.6 (78.4%)
31	NIESTRÓJ Sylwia	1052	DYSTANS LUBOMIA	Open NW	31		00:19:31	00:39:32.80	+00:08:40 (21.9%)	7:54	7.6 (78.4%)
32	GRIM-NAJDA Ksenia	976	OLZA CIESZYN	Open NW	32	OLZA CIESZYN	00:19:28	00:39:47.50	+00:08:55 (22.4%)	7:57	7.5 (77.3%)
33	DZIERŻĘGA Ewa	968	ENDORFINA	Open NW	33	Endorfina	00:19:46	00:39:50.80	+00:08:58 (22.5%)	7:58	7.5 (77.3%)
34	POLITOWICZ Teresa	1074		Open NW	34		00:19:59	00:40:25.40	+00:09:33 (23.6%)	8:05	7.4 (76.3%)
35	DYRLAGA Anna	967	JUSTFEELFIT	Open NW	35	JustFeelFit TEAM	00:20:04	00:40:32.65	+00:09:40 (23.9%)	8:06	7.4 (76.3%)
36	KOŚCIELNA - WITA Paulina	1007	FORMA WODZISŁAW ŚLĄSKI	Open NW	36		00:20:06	00:41:04.65	+00:10:12 (24.8%)	8:12	7.3 (75.3%)
37	KOJDER Maria	1002		Open NW	37	Fizjofrelki	00:20:23	00:41:07.10	+00:10:14 (24.9%)	8:13	7.3 (75.3%)
38	MICHALSKA Beata	1037	PĘDZĄCE ŻÓŁWIE	Open NW	38		00:20:19	00:41:10.15	+00:10:17 (25.0%)	8:14	7.3 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
39	MICHAŁOWSKA Joanna	1038		Open NW	39		00:20:15	00:41:10.25	+00:10:17 (25.0%)	8:14	7.3 (75.3%)
40	MAZUR-ŁAGODA Daria	1032		Open NW	40		00:20:26	00:41:12.45	+00:10:20 (25.1%)	8:14	7.3 (75.3%)
41	MACHERZYŃSKA Aneta	1024	PĘDZĄCE ŻÓŁWIE	Open NW	41	PĘDZĄCE ŻÓŁWIE	00:20:34	00:41:14.45	+00:10:22 (25.1%)	8:14	7.3 (75.3%)
42	GWÓZDŹ Jolanta	979	NORDIC WALKING LYSKI	Open NW	42	Nordic Walking Lyski	00:20:31	00:41:18.00	+00:10:25 (25.2%)	8:15	7.3 (75.3%)
43	MILEWSKA Marta	1043	MIECHOWICKA GRUPA BIEGOWA	Open NW	43	Miechowicka Grupa Biegowa	00:20:05	00:41:18.75	+00:10:26 (25.3%)	8:15	7.3 (75.3%)
44	KULIK Krystyna	1018		Open NW	44		00:20:15	00:41:19.55	+00:10:27 (25.3%)	8:15	7.3 (75.3%)
45	KAWCZYŃSKA Wiesława	995	RYBNICKI KLUB NORDIC WALKING	Open NW	45	Rybnicki Klub Nordic Walking	00:21:51	00:41:25.05	+00:10:32 (25.5%)	8:17	7.2 (74.2%)
46	BURZYŃSKA Barbara	954		Open NW	46		00:20:46	00:41:25.30	+00:10:32 (25.5%)	8:17	7.2 (74.2%)
47	STUDENT Sylwka	1102	KS M. E. T. A	Open NW	47		00:20:36	00:41:34.20	+00:10:41 (25.7%)	8:18	7.2 (74.2%)
48	ŚLIWKA Wioletta	1116	PĘDZACE ŻÓŁWIE	Open NW	48		00:20:36	00:41:35.40	+00:10:43 (25.8%)	8:19	7.2 (74.2%)
49	PRZYBYLA Ilona	1079	SCIORANI NA AMEN	Open NW	49		00:20:46	00:41:43.80	+00:10:51 (26.0%)	8:20	7.2 (74.2%)
50	GŁUSZAK Aleksandra	5020		Open NW	50	Kobiety 5+	00:20:32	00:41:43.95	+00:10:51 (26.0%)	8:20	7.2 (74.2%)
51	PAJĄK Małgorzata	1059	KOBIETY NA 5 +	Open NW	51	Kobiety na 5+	00:20:34	00:41:45.30	+00:10:52 (26.1%)	8:21	7.2 (74.2%)
52	ŻARSKA Katarzyna	1151	KOBIETY NA 5+	Open NW	52	Kobiety na 5+	00:20:50	00:41:49.40	+00:10:57 (26.2%)	8:21	7.2 (74.2%)
53	ŁASTÓWKA Marzena	1023	KOBIETY NA 5+	Open NW	53	Kobiety na 5+	00:20:50	00:41:50.15	+00:10:57 (26.2%)	8:22	7.2 (74.2%)
54	PACYNA Danuta	1058		Open NW	54		00:21:26	00:41:51.10	+00:10:58 (26.2%)	8:22	7.2 (74.2%)
55	OSZEK Karolina	539	WAWRZINEK TEAM	Open NW	55	Wawrzinek Team	00:20:44	00:41:57.20	+00:11:04 (26.4%)	8:23	7.2 (74.2%)
56	MATUSZEWSKA Małgorzata	1031		Open NW	56		00:20:38	00:41:59.65	+00:11:07 (26.5%)	8:23	7.1 (73.2%)
57	JANICKA Małgorzata	987	PĘDZĄCE ŻÓŁWIE	Open NW	57	PĘDZĄCE ŻÓŁWIE	00:20:39	00:42:12.55	+00:11:20 (26.9%)	8:26	7.1 (73.2%)
58	SZWARLIK Bożena	1110	KOBIETY NA 5+	Open NW	58	Kobiety na 5+	00:21:10	00:42:12.60	+00:11:20 (26.9%)	8:26	7.1 (73.2%)
59	KNOPEK Hanna	1001	ENDORFINA	Open NW	59	Endorfina	00:20:56	00:42:14.20	+00:11:21 (26.9%)	8:26	7.1 (73.2%)
60	HŁĄD Izabella	982		Open NW	60		00:20:56	00:42:17.65	+00:11:25 (27.0%)	8:27	7.1 (73.2%)
61	HŁĄD Inga	983		Open NW	61		00:20:56	00:42:18.00	+00:11:25 (27.0%)	8:27	7.1 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas	Różn	Tempo min/km	Tempo km/h
							2.5km	netto 5km			
62	OBERSKA Sylwia	1054		Open NW	62		00:20:54	00:42:20.60	+00:11:28 (27.1%)	8:28	7.1 (73.2%)
63	BIESZCZANIN Agnieszka	295		Open NW	63		00:21:05	00:42:33.30	+00:11:40 (27.5%)	8:30	7.1 (73.2%)
64	DUDZIK Danuta	964	RYBNICKI KLUB NORDIC WALKING	Open NW	64		00:21:24	00:42:34.90	+00:11:42 (27.5%)	8:30	7 (72.2%)
65	SROCZYŃSKA Maria	1097	KOBIETY NA 5+	Open NW	65	Kobiety na 5+	00:21:09	00:42:38.35	+00:11:46 (27.6%)	8:31	7 (72.2%)
66	BAC Barbara	937		Open NW	66		00:21:37	00:42:39.80	+00:11:47 (27.6%)	8:31	7 (72.2%)
67	BRYK Katarzyna	951		Open NW	67		00:21:12	00:42:41.70	+00:11:49 (27.7%)	8:32	7 (72.2%)
68	PŁÓCIENNIK Małgorzata	1072		Open NW	68		00:21:12	00:42:42.05	+00:11:49 (27.7%)	8:32	7 (72.2%)
69	MIKSZAN Magdalena	1156		Open NW	69		00:21:13	00:42:42.50	+00:11:50 (27.7%)	8:32	7 (72.2%)
70	MICEK Sabina	1036	NESSI TEAM	Open NW	70		00:21:08	00:42:43.25	+00:11:50 (27.7%)	8:32	7 (72.2%)
71	KOLEK Aleksandra	1004		Open NW	71		00:21:07	00:42:46.70	+00:11:54 (27.8%)	8:33	7 (72.2%)
72	STEFAŃSKA Małgorzata	1101	EKIPA NA KIJACH	Open NW	72		00:21:30	00:42:47.15	+00:11:54 (27.8%)	8:33	7 (72.2%)
73	WOLNIK Jolka	1136	SMERFY BIEGAJĄ RAZEM PO 0.7	Open NW	73		00:21:07	00:42:52.70	+00:12:00 (28.0%)	8:34	7 (72.2%)
74	SOŁTYSIK Maria	1096		Open NW	74		00:21:36	00:43:00.20	+00:12:07 (28.2%)	8:36	7 (72.2%)
75	MAZUR Małgorzata	565		Open NW	75		00:20:56	00:43:09.00	+00:12:16 (28.5%)	8:37	7 (72.2%)
76	BŁOŃSKA-POLAK Ewa	946	BTM RUNNERS	Open NW	76	BTM RUNNERS	00:21:40	00:43:15.15	+00:12:22 (28.6%)	8:39	6.9 (71.1%)
77	ZIELIŃSKA Urszula	1149		Open NW	77		00:21:43	00:43:15.80	+00:12:23 (28.6%)	8:39	6.9 (71.1%)
78	ZOZWOREK Małgorzata	1150		Open NW	78		00:21:44	00:43:16.55	+00:12:24 (28.7%)	8:39	6.9 (71.1%)
79	ROLA Agnieszka	1085	BIE-RUN	Open NW	79	BIE-RUN	00:21:46	00:43:17.70	+00:12:25 (28.7%)	8:39	6.9 (71.1%)
80	MORCINEK-DYBZA Małgorzata	1047	PĘDZĄCE ŻÓŁWIE	Open NW	80	PĘDZĄCE ŻÓŁWIE	00:21:33	00:43:29.65	+00:12:37 (29.0%)	8:41	6.9 (71.1%)
81	WRONA Monika	1140	WINNICZEK TEAM	Open NW	81		00:21:55	00:43:33.75	+00:12:41 (29.1%)	8:42	6.9 (71.1%)
82	SOBKOWICZ Monika	1095		Open NW	82		00:21:17	00:43:34.50	+00:12:42 (29.2%)	8:42	6.9 (71.1%)
83	WOWRA Katarzyna	1138		Open NW	83		00:21:31	00:43:47.55	+00:12:55 (29.5%)	8:45	6.9 (71.1%)
84	KĄSEK Joanna	996		Open NW	84		00:21:31	00:43:48.00	+00:12:55 (29.5%)	8:45	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
85	PRASKA Anna	1078	MIECHOWICKA GRUPA BIEGOWA	Open NW	85	Miechowicka Grupa Biegowa	00:21:44	00:43:48.75	+00:12:56 (29.5%)	8:45	6.8 (70.1%)
86	PIETRUSZEWSKA Magdalena	1069	MIECHOWICKA GRUPA BIEGOWA	Open NW	86	Miechowicka Grupa Biegowa	00:21:45	00:43:49.85	+00:12:57 (29.6%)	8:45	6.8 (70.1%)
87	CIEŚLIŃSKA Jola	959	DECATHLON PRZYJACIELE	Open NW	87		00:21:46	00:43:58.55	+00:13:06 (29.8%)	8:47	6.8 (70.1%)
88	MROCZEK Urszula	1048	RYBNICKI KLUB NORDIC WALKING	Open NW	88		00:21:32	00:44:00.05	+00:13:07 (29.8%)	8:48	6.8 (70.1%)
89	WINKLER Marzena	1133	RKNW	Open NW	89		00:21:51	00:44:01.05	+00:13:08 (29.9%)	8:48	6.8 (70.1%)
90	GAST Janina	971	FIZJOFRELKI	Open NW	90	Fizjofrelki	00:21:41	00:44:02.15	+00:13:09 (29.9%)	8:48	6.8 (70.1%)
91	ZAREMBA Elzbieta	1146		Open NW	91		00:23:02	00:44:16.60	+00:13:24 (30.3%)	8:51	6.8 (70.1%)
92	MIKLIS ŚLAGA Sylwia	1040	NORDIC WALKING LYSKI	Open NW	92	Nordic Walking Lyski	00:21:52	00:44:41.10	+00:13:48 (30.9%)	8:56	6.7 (69.1%)
93	POPKO Agata	1077		Open NW	93		00:22:18	00:44:53.40	+00:14:01 (31.2%)	8:58	6.7 (69.1%)
94	KUTA Marzena	389		Open NW	94		00:22:28	00:44:56.65	+00:14:04 (31.3%)	8:59	6.7 (69.1%)
95	GUTOWSKA Ewa	777		Open NW	95		00:22:22	00:44:57.20	+00:14:04 (31.3%)	8:59	6.7 (69.1%)
96	PILCH Beata	1070	PĘDZĄCE ŻÓŁWIE	Open NW	96		00:22:10	00:45:00.90	+00:14:08 (31.4%)	9:00	6.7 (69.1%)
97	JASONEK Izabela	988	PĘDZĄCE ŻÓŁWIE	Open NW	97	PĘDZĄCE ŻÓŁWIE	00:22:12	00:45:01.85	+00:14:09 (31.4%)	9:00	6.7 (69.1%)
98	WALEK Monika	1129	PĘDZĄCE ŻÓŁWIE	Open NW	98	PĘDZĄCE ŻÓŁWIE	00:22:12	00:45:02.25	+00:14:09 (31.5%)	9:00	6.7 (69.1%)
98	JURANEK Maria	991		Open NW	98		00:22:04	00:45:02.25	+00:14:09 (31.5%)	9:00	6.7 (69.1%)
100	ROBAKOWSKA Barbara	1083		Open NW	100		00:22:04	00:45:03.45	+00:14:11 (31.5%)	9:00	6.7 (69.1%)
101	MECHA Dorota	1033		Open NW	101	PsychoKsiężniczki	00:22:25	00:45:16.85	+00:14:24 (31.8%)	9:03	6.6 (68.0%)
102	SZAJER Jadwiga	1104	RKNW	Open NW	102		00:22:20	00:45:27.55	+00:14:35 (32.1%)	9:05	6.6 (68.0%)
103	WYRWICH Angelika	1142		Open NW	103		00:22:18	00:45:34.45	+00:14:42 (32.3%)	9:06	6.6 (68.0%)
104	MATIOSZEK Agnieszka	1030	SMERFY BIEGAJĄ RAZEM PO 0.7	Open NW	104		00:22:19	00:45:37.45	+00:14:45 (32.3%)	9:07	6.6 (68.0%)
105	CEMPULIK-ŁAKOMSKA Agnieszka	956		Open NW	105		00:22:49	00:45:55.80	+00:15:03 (32.8%)	9:11	6.5 (67.0%)
106	SKOCZYŃSKA Alina	1092		Open NW	106		00:23:18	00:46:03.85	+00:15:11 (33.0%)	9:12	6.5 (67.0%)
107	BIENIEK JĘDRYKA Ewa	944		Open NW	107		00:22:55	00:46:05.00	+00:15:12 (33.0%)	9:13	6.5 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
108	ZDEJSZY Magdalena	1147	OLZA CIESZYN	Open NW	108	OLZA CIESZYN	00:22:47	00:46:11.60	+00:15:19 (33.2%)	9:14	6.5 (67.0%)
109	BAJGROWICZ Barbara	938		Open NW	109		00:23:03	00:46:31.20	+00:15:38 (33.6%)	9:18	6.4 (66.0%)
109	SZYPUŁA Joanna	1113		Open NW	109		00:23:02	00:46:31.20	+00:15:38 (33.6%)	9:18	6.4 (66.0%)
111	RAJS Ewelina	1080	WRŚ	Open NW	111		00:23:00	00:46:42.35	+00:15:50 (33.9%)	9:20	6.4 (66.0%)
112	KRAWCZYK Małgorzata	1011		Open NW	112		00:23:01	00:46:47.00	+00:15:54 (34.0%)	9:21	6.4 (66.0%)
113	MISTEROWICZ Jolanta	1045	RUNSZ-TEAM	Open NW	113		00:23:06	00:46:50.90	+00:15:58 (34.1%)	9:22	6.4 (66.0%)
114	WÓJCIK Rozalia	1139	WRŚ	Open NW	114		00:23:02	00:46:57.95	+00:16:05 (34.3%)	9:23	6.4 (66.0%)
115	DUDA Barbara	962	MIECHOWICE GRUPA BIEGOWA	Open NW	115		00:23:07	00:47:04.70	+00:16:12 (34.4%)	9:24	6.4 (66.0%)
116	MENDECKA Grażyna	1034		Open NW	116		00:23:27	00:47:07.55	+00:16:15 (34.5%)	9:25	6.4 (66.0%)
117	WALCZAK Krystyna	1155		Open NW	117		00:23:01	00:47:08.40	+00:16:16 (34.5%)	9:25	6.4 (66.0%)
118	OSZKIEL Ewa	1056	NAUTILUS	Open NW	118		00:22:57	00:47:18.00	+00:16:25 (34.7%)	9:27	6.3 (64.9%)
119	NADOLNIK Jadwiga	1050		Open NW	119		00:22:58	00:47:23.35	+00:16:31 (34.9%)	9:28	6.3 (64.9%)
120	ŻYLAK Danuta	1153	SŁOWIAŃSKIE PREZENTY	Open NW	120	Słowiańskie Prezenty	00:22:56	00:47:39.55	+00:16:47 (35.2%)	9:31	6.3 (64.9%)
121	STUDENT Ludmiła	1103	SŁOWIAŃSKIE PREZENTY	Open NW	121	Słowiańskie Prezenty	00:22:57	00:47:41.35	+00:16:49 (35.3%)	9:32	6.3 (64.9%)
122	DZIUBA Katarzyna	969	SŁOWIAŃSKIE PREZENTY	Open NW	122	Słowiańskie Prezenty	00:22:57	00:47:42.50	+00:16:50 (35.3%)	9:32	6.3 (64.9%)
123	DYNIA Jadwiga	966		Open NW	123		00:23:56	00:48:07.15	+00:17:14 (35.8%)	9:37	6.2 (63.9%)
124	PIECHOTA Hanka	1067	MIECHOWICKA GRUPA BIEGOWA	Open NW	124		00:23:53	00:48:27.15	+00:17:34 (36.3%)	9:41	6.2 (63.9%)
125	GRYMEL Aleksandra	977		Open NW	125		00:23:17	00:48:29.40	+00:17:37 (36.3%)	9:41	6.2 (63.9%)
126	BANCZYK Joanna	939		Open NW	126		00:23:23	00:48:34.05	+00:17:41 (36.4%)	9:42	6.2 (63.9%)
127	GOŁDYN Bożena	974		Open NW	127		00:24:33	00:49:06.35	+00:18:14 (37.1%)	9:49	6.1 (62.9%)
128	TARKA Hildegarda	1157	KOBIETY NA 5+	Open NW	128	Kobiety na 5+	00:24:29	00:49:31.75	+00:18:39 (37.7%)	9:54	6.1 (62.9%)
129	DUDZIK Maria	965		Open NW	129		00:24:25	00:49:33.85	+00:18:41 (37.7%)	9:54	6.1 (62.9%)
130	HORZELA Małgorzata	984		Open NW	130		00:24:45	00:49:34.35	+00:18:42 (37.7%)	9:54	6.1 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
131	POJDA Justyna	1017		Open NW	131		00:24:54	00:49:40.75	+00:18:48 (37.9%)	9:56	6 (61.9%)
132	POJDA Ewa	1073	DECATHLON &PRZYJACIELE	Open NW	132	Decathlon & Przyjaciele	00:24:54	00:49:41.20	+00:18:48 (37.9%)	9:56	6 (61.9%)
133	SZAL Anna	1105	MORS HUBERTUS MYSŁOWICE	Open NW	133	Mors Hubertus Mysłowice	00:25:05	00:50:31.50	+00:19:39 (38.9%)	10:06	5.9 (60.8%)
134	STECKA Monika	1099	MORS HUBERTUS MYSŁOWICE	Open NW	134	Mors Hubertus Mysłowice	00:25:05	00:50:33.20	+00:19:40 (38.9%)	10:06	5.9 (60.8%)
135	TYTKO Magdalena	1125		Open NW	135			00:50:40.00	+00:19:47 (39.1%)	10:08	5.9 (60.8%)
136	ZALEWSKA Marianna	1144		Open NW	136		00:25:02	00:51:10.45	+00:20:18 (39.7%)	10:14	5.9 (60.8%)
137	SZYMAŃSKA Teresa	1112		Open NW	137		00:24:54	00:51:22.95	+00:20:30 (39.9%)	10:16	5.8 (59.8%)
138	RODZIEWICZ Agnieszka	1084		Open NW	138		00:25:29	00:51:47.50	+00:20:55 (40.4%)	10:21	5.8 (59.8%)
139	KIEŁKOWSKA Ewelina	1000		Open NW	139		00:25:30	00:51:47.85	+00:20:55 (40.4%)	10:21	5.8 (59.8%)
140	CHOLEWA Magdalena	957		Open NW	140		00:25:30	00:51:48.45	+00:20:56 (40.4%)	10:21	5.8 (59.8%)
141	MIKOŁAJCZYK-LEYK Anna	1041		Open NW	141		00:25:34	00:52:03.85	+00:21:11 (40.7%)	10:24	5.8 (59.8%)
142	WROŻYNA Beata	1141		Open NW	142		00:25:34	00:52:04.60	+00:21:12 (40.7%)	10:24	5.8 (59.8%)
143	MYŚLIWIEC Bernadeta	1049	KOBIETY NA 5+	Open NW	143	Kobiety na 5+	00:26:05	00:52:30.55	+00:21:38 (41.2%)	10:30	5.7 (58.8%)
144	OTFINOWSKA Renata	1057		Open NW	144		00:26:04	00:52:33.00	+00:21:40 (41.3%)	10:30	5.7 (58.8%)
145	ROMAŃSKA Katarzyna	1086		Open NW	145		00:25:12	00:52:49.30	+00:21:56 (41.6%)	10:33	5.7 (58.8%)
146	BERNACISKO Weronika	942	WARTKIE PIERONY	Open NW	146	Wartkie Pierony	00:26:16	00:53:18.65	+00:22:26 (42.1%)	10:39	5.6 (57.7%)
147	BLUCHA Janina	945		Open NW	147		00:26:16	00:53:30.65	+00:22:38 (42.3%)	10:42	5.6 (57.7%)
148	NASTULA Beata	1051	MIECHOWICKA GRUPA BIEGOWA	Open NW	148	Miechowicka Grupa Biegowa	00:26:19	00:53:40.70	+00:22:48 (42.5%)	10:44	5.6 (57.7%)

Znaleziono 148 wynik(ów)