



KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet 2022
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2022-05-22
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Open NW

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA-SKIBA Anna	1011	MSPORT TEAM	Open NW	1			00:00:00	00:14:19	00:33:03.05	00:33:03.05		6:14	9.6 (100%)
2	KOŁODZIEJ Joanna	936	MALINOWE GWIAZDY	Open NW	2			00:00:00	00:14:30	00:33:52.30	00:33:52.30	+00:00:49 (2.4%)	6:23	9.4 (97.9%)
3	BASISTA Kasia	1013	FORMA WODZISŁAW ŚLĄSKI	Open NW	3			00:00:00	00:15:34	00:35:18.80	00:35:18.80	+00:02:15 (6.4%)	6:39	9 (93.8%)
4	DRÓŹDŹ Beata	1035	SZARE MORSY	Open NW	4			00:00:00	00:15:35	00:35:45.50	00:35:45.50	+00:02:42 (7.6%)	6:44	8.9 (92.7%)
5	WOLNY Ania	926	KAJ MY SOM?	Open NW	5			00:00:00	00:15:33	00:35:52.65	00:35:52.65	+00:02:49 (7.9%)	6:46	8.9 (92.7%)
6	MERKEL Sabina	1025	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	6			00:00:00	00:16:03	00:36:35.60	00:36:35.60	+00:03:32 (9.7%)	6:54	8.7 (90.6%)
7	PIECHOCZEK-NIEZGODA Lucyna	925		Open NW	7			00:00:00	00:16:18	00:37:09.35	00:37:09.35	+00:04:06 (11.0%)	7:00	8.6 (89.6%)
8	KUCZERA Beata	979	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	8			00:00:00	00:16:16	00:37:10.00	00:37:10.00	+00:04:06 (11.1%)	7:00	8.6 (89.6%)
9	JANICZEK Katarzyna	1079		Open NW	9			00:00:00	00:16:31	00:37:30.75	00:37:30.75	+00:04:27 (11.9%)	7:04	8.5 (88.5%)
10	SZENDZIELORZ Ilona	954	MALINOWE GWIAZDY	Open NW	10			00:00:00	00:16:21	00:38:04.70	00:38:04.70	+00:05:01 (13.2%)	7:10	8.4 (87.5%)
11	SŁUPIK Bożena	1007		Open NW	11			00:00:00	00:16:38	00:38:08.80	00:38:08.80	+00:05:05 (13.4%)	7:11	8.3 (86.5%)
12	STEFANIAK Emilia	930	HARPAGAN SOSNOWIEC NW	Open NW	12			00:00:00	00:16:44	00:38:22.05	00:38:22.05	+00:05:19 (13.9%)	7:14	8.3 (86.5%)
13	PIJARSKA Bożena	975		Open NW	13			00:00:00	00:17:01	00:38:27.65	00:38:27.65	+00:05:24 (14.1%)	7:15	8.3 (86.5%)
14	BUDREWICZ Elzbieta	1083	DYCUŚ TEAM	Open NW	14			00:00:00	00:17:20	00:38:30.35	00:38:30.35	+00:05:27 (14.2%)	7:15	8.3 (86.5%)
15	MILEWSKA-GROCHOWSKA Agnieszka	1150	KIJANKI	Open NW	15			00:00:00	00:16:51	00:38:32.50	00:38:32.50	+00:05:29 (14.2%)	7:16	8.3 (86.5%)
16	SZYMIK Grażyna	1100		Open NW	16			00:00:00	00:17:10	00:38:38.50	00:38:38.50	+00:05:35 (14.5%)	7:17	8.2 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
17	MIKA Emilia	977		Open NW	17			00:00:00	00:16:57	00:38:57.75	00:38:57.75	+00:05:54 (15.2%)	7:20	8.2 (85.4%)
18	KOZYRA Grażyna	1154		Open NW	18			00:00:00	00:16:59	00:39:01.30	00:39:01.30	+00:05:58 (15.3%)	7:21	8.2 (85.4%)
19	PRZADKA Katarzyna	1166		Open NW	19			00:00:00	00:17:09	00:39:02.95	00:39:02.95	+00:05:59 (15.4%)	7:21	8.1 (84.4%)
20	SKUBIS Agnieszka	1139	SŁAWKOWSKIE WŁÓCZY - KIJE 'SAMO SIĘ NIE PRZEJDZIE'	Open NW	20			00:00:00	00:17:04	00:39:08.10	00:39:08.10	+00:06:05 (15.5%)	7:23	8.1 (84.4%)
21	MILERT Jolanta	514	NORDIC WALKING LYSKI	Open NW	21			00:00:00	00:16:46	00:39:12.35	00:39:12.35	+00:06:09 (15.7%)	7:23	8.1 (84.4%)
22	BORUS Joanna	944	KAJ MY SOM	Open NW	22			00:00:00	00:17:19	00:39:27.65	00:39:27.65	+00:06:24 (16.2%)	7:26	8.1 (84.4%)
23	WOLNY Magdalena	1153		Open NW	23			00:00:00	00:17:31	00:39:46.60	00:39:46.60	+00:06:43 (16.9%)	7:30	8 (83.3%)
24	MACHNIK Anna	961	NORDIC WALKING LYSKI	Open NW	24			00:00:00	00:17:20	00:39:54.20	00:39:54.20	+00:06:51 (17.2%)	7:31	8 (83.3%)
25	KOKOSZEK Aleksandra	920		Open NW	25			00:00:00	00:17:41	00:40:10.20	00:40:10.20	+00:07:07 (17.7%)	7:34	7.9 (82.3%)
26	GEMBALA Violetta	1090		Open NW	26			00:00:00	00:17:39	00:40:27.05	00:40:27.05	+00:07:24 (18.3%)	7:37	7.9 (82.3%)
27	SŁODOWA-KONIEC Ela	1151	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	Open NW	27			00:00:00	00:17:44	00:40:30.05	00:40:30.05	+00:07:27 (18.4%)	7:38	7.9 (82.3%)
28	ZDZIEBŁO Adriana	922		Open NW	28			00:00:00	00:17:42	00:40:52.60	00:40:52.60	+00:07:49 (19.1%)	7:42	7.8 (81.3%)
29	MOŁDRZYK Małgorzata	1106		Open NW	29			00:00:00	00:17:48	00:40:55.95	00:40:55.95	+00:07:52 (19.3%)	7:43	7.8 (81.3%)
30	ELIASZ Ewa	938	ZABIEGANA ZOŁZA	Open NW	30			00:00:00	00:18:04	00:40:56.05	00:40:56.05	+00:07:53 (19.3%)	7:43	7.8 (81.3%)
31	FAŁAT Anna	960		Open NW	31			00:00:00	00:18:05	00:40:56.10	00:40:56.10	+00:07:53 (19.3%)	7:43	7.8 (81.3%)
32	LEGIERSKA Natalia	1052	TL ATHLETICS JASTRZĘBIE	Open NW	32			00:00:00	00:18:25	00:40:59.60	00:40:59.60	+00:07:56 (19.4%)	7:43	7.8 (81.3%)
33	NAWARYŃSKA Ewa	947		Open NW	33			00:00:00	00:18:20	00:41:00.80	00:41:00.80	+00:07:57 (19.4%)	7:44	7.8 (81.3%)
34	CZUDEK Inga	1117	PĘDZĄCE ŻÓŁWIE	Open NW	34			00:00:00	00:18:27	00:41:01.05	00:41:01.05	+00:07:58 (19.4%)	7:44	7.8 (81.3%)
35	DANIEK Katarzyna	1165	UZDROWISKO	Open NW	35			00:00:00	00:18:16	00:41:16.95	00:41:16.95	+00:08:13 (19.9%)	7:47	7.7 (80.2%)
36	WYRWICH Angelika	980		Open NW	36			00:00:00	00:18:21	00:41:21.55	00:41:21.55	+00:08:18 (20.1%)	7:48	7.7 (80.2%)
37	KASPRZIK Jola	29	SIECHODZI	Open NW	37			00:00:00	00:17:59	00:41:23.05	00:41:23.05	+00:08:20 (20.1%)	7:48	7.7 (80.2%)
38	NIESTRÓJ Sylwia	982	DYSTANS	Open NW	38			00:00:00	00:18:15	00:41:25.80	00:41:25.80	+00:08:22 (20.2%)	7:48	7.7 (80.2%)
39	JANICKA Małgorzata	1112	PĘDZĄCE ŻÓŁWIE	Open NW	39			00:00:00		00:41:29.55	00:41:29.55	+00:08:26 (20.3%)	7:49	7.7 (80.2%)
40	KAWCZYŃSKA Wiesława	1128	RYBNICKI KLUB NORDIC WALKING	Open NW	40			00:00:00	00:18:54	00:41:30.25	00:41:30.25	+00:08:27 (20.4%)	7:49	7.7 (80.2%)
41	ŚLĘZAK Joanna	976	ZABIEGANA ZOŁZA	Open NW	41			00:00:00	00:18:29	00:41:33.45	00:41:33.45	+00:08:30 (20.5%)	7:50	7.7 (80.2%)

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42	POLITOWICZ Teresa	971		Open NW	42			00:00:00	00:18:18	00:41:57.30	00:41:57.30	+00:08:54 (21.2%)	7:54	7.6 (79.2%)
43	GRZEBIELUCH Ełżbieta	1024	HARPAGAN SOSNOWIEC NW	Open NW	43			00:00:00	00:18:15	00:41:59.80	00:41:59.80	+00:08:56 (21.3%)	7:55	7.6 (79.2%)
44	STYRC Lidia	1126	RYBNICKI KLUB NORDIC WALKING	Open NW	44			00:00:00	00:18:08	00:42:05.40	00:42:05.40	+00:09:02 (21.5%)	7:56	7.6 (79.2%)
45	TYCZEWSKA Paulina	1033	LUXTORPEDA MAŁOPOLSKA	Open NW	45			00:00:00	00:18:20	00:42:06.10	00:42:06.10	+00:09:03 (21.5%)	7:56	7.6 (79.2%)
46	BAC Małgorzata	924		Open NW	46			00:00:00	00:19:23	00:42:07.70	00:42:07.70	+00:09:04 (21.5%)	7:56	7.6 (79.2%)
47	OBERSKA Sylwia	941	ZABIEGANA ZOŁZA	Open NW	47			00:00:00		00:42:07.80	00:42:07.80	+00:09:04 (21.6%)	7:56	7.6 (79.2%)
48	CZERWIŃSKA Sylwia	1061	MAT GASTROMANIA	Open NW	48			00:00:00	00:18:37	00:42:12.60	00:42:12.60	+00:09:09 (21.7%)	7:57	7.5 (78.1%)
49	GEMBALCZYK Anna	1076		Open NW	49			00:00:00	00:18:40	00:42:15.85	00:42:15.85	+00:09:12 (21.8%)	7:58	7.5 (78.1%)
50	DZIENDZIEL Renia	1194		Open NW	50			00:00:00	00:19:17	00:42:16.35	00:42:16.35	+00:09:13 (21.8%)	7:58	7.5 (78.1%)
51	WAJZER Lucja	1074		Open NW	51			00:00:00	00:18:36	00:42:19.80	00:42:19.80	+00:09:16 (21.9%)	7:59	7.5 (78.1%)
52	TYTKO Magda	970		Open NW	52			00:00:00		00:42:20.40	00:42:20.40	+00:09:17 (21.9%)	7:59	7.5 (78.1%)
53	SZYMICZEK Ełżbieta	1156		Open NW	53			00:00:00	00:18:30	00:42:24.05	00:42:24.05	+00:09:21 (22.1%)	8:00	7.5 (78.1%)
54	BEHR Danuta	1008	ZABIEGANA ZOŁZA	Open NW	54			00:00:00	00:18:30	00:42:24.90	00:42:24.90	+00:09:21 (22.1%)	8:00	7.5 (78.1%)
55	MIERZWA Joanna	1095		Open NW	55			00:00:00	00:19:03	00:42:32.10	00:42:32.10	+00:09:29 (22.3%)	8:01	7.5 (78.1%)
56	PRZYBYŁA Ilona	1053		Open NW	56			00:00:00	00:18:45	00:42:33.25	00:42:33.25	+00:09:30 (22.3%)	8:01	7.5 (78.1%)
57	GLANERT Karolina	1088		Open NW	57			00:00:00		00:42:36.40	00:42:36.40	+00:09:33 (22.4%)	8:02	7.5 (78.1%)
58	RUDOL Izabela	1062	IZOREK :)	Open NW	58			00:00:00	00:19:07	00:42:40.30	00:42:40.30	+00:09:37 (22.5%)	8:03	7.5 (78.1%)
59	ODULIŃSKA Klaudia	1174		Open NW	59			00:00:00	00:18:41	00:42:43.20	00:42:43.20	+00:09:40 (22.6%)	8:03	7.4 (77.1%)
60	FERENS Magdalena	1127	OGNIKI	Open NW	60			00:00:00	00:18:28	00:42:43.70	00:42:43.70	+00:09:40 (22.6%)	8:03	7.4 (77.1%)
61	GRELA Izabela	1119		Open NW	61			00:00:00	00:18:53	00:42:47.75	00:42:47.75	+00:09:44 (22.8%)	8:04	7.4 (77.1%)
62	KUBOŃ Katarzyna	1191		Open NW	62			00:00:00	00:18:41	00:42:56.05	00:42:56.05	+00:09:53 (23.0%)	8:06	7.4 (77.1%)
63	KOZIELSKA Wioleta	1027		Open NW	63			00:00:00	00:19:36	00:42:58.00	00:42:58.00	+00:09:54 (23.1%)	8:06	7.4 (77.1%)
64	PACYNA Danuta	1140		Open NW	64			00:00:00	00:20:09	00:42:59.25	00:42:59.25	+00:09:56 (23.1%)	8:06	7.4 (77.1%)
65	SZYMICZEK Patrycja	1155		Open NW	65			00:00:00	00:18:31	00:43:01.25	00:43:01.25	+00:09:58 (23.2%)	8:06	7.4 (77.1%)
66	BIEGONEK - OTRĘBA Anna	1146		Open NW	66			00:00:00	00:19:05	00:43:08.25	00:43:08.25	+00:10:05 (23.4%)	8:08	7.4 (77.1%)

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67	PATYK Adelajda	1147		Open NW	67			00:00:00	00:19:04	00:43:08.45	00:43:08.45	+00:10:05 (23.4%)	8:08	7.4 (77.1%)
68	SZTIWERTNIA Inga	918		Open NW	68			00:00:00	00:19:23	00:43:09.80	00:43:09.80	+00:10:06 (23.4%)	8:08	7.4 (77.1%)
69	HŁĄD Izabella	934		Open NW	69			00:00:00	00:19:23	00:43:10.30	00:43:10.30	+00:10:07 (23.4%)	8:08	7.4 (77.1%)
70	GAJDA Magda	1182	UZDROWISKO	Open NW	70			00:00:00	00:18:55	00:43:11.95	00:43:11.95	+00:10:08 (23.5%)	8:08	7.4 (77.1%)
71	ŻARSKA Katarzyna	972	KOBIETY NA 5+	Open NW	71			00:00:00	00:19:42	00:43:12.55	00:43:12.55	+00:10:09 (23.5%)	8:09	7.4 (77.1%)
72	WOLNY Magdalena	1164		Open NW	72			00:00:00	00:18:39	00:43:14.15	00:43:14.15	+00:10:11 (23.6%)	8:09	7.4 (77.1%)
73	GÓRECKA Żaneta	1136		Open NW	73			00:00:00	00:18:57	00:43:14.70	00:43:14.70	+00:10:11 (23.6%)	8:09	7.4 (77.1%)
74	MATUSZEWSKA Małgorzata	1099		Open NW	74			00:00:00	00:19:06	00:43:16.30	00:43:16.30	+00:10:13 (23.6%)	8:09	7.3 (76.0%)
75	ŁASTÓWKA Marzena	998	KOBIETY NA 5 +	Open NW	75			00:00:00	00:19:46	00:43:16.75	00:43:16.75	+00:10:13 (23.6%)	8:09	7.3 (76.0%)
76	ZAŁĘSKA Magdalena	999		Open NW	76			00:00:00		00:43:17.00	00:43:17.00	+00:10:13 (23.6%)	8:10	7.3 (76.0%)
77	FODER Alicja	1141	PĘDZĄCE ŻÓŁWIE	Open NW	77			00:00:00	00:19:10	00:43:29.45	00:43:29.45	+00:10:26 (24.0%)	8:12	7.3 (76.0%)
78	BAC Barbara	952		Open NW	78			00:00:00	00:19:23	00:43:30.55	00:43:30.55	+00:10:27 (24.0%)	8:12	7.3 (76.0%)
79	MACHERZYŃSKA Aneta	1130	PĘDZĄCE ŻÓŁWIE	Open NW	79			00:00:00	00:19:13	00:43:32.10	00:43:32.10	+00:10:29 (24.1%)	8:12	7.3 (76.0%)
80	BIESZCZANIN Agnieszka	1104		Open NW	80		KIJOWE BABKI	00:00:00	00:19:45	00:43:35.50	00:43:35.50	+00:10:32 (24.2%)	8:13	7.3 (76.0%)
81	BEDNAREK Anita	1148		Open NW	81			00:00:00	00:19:25	00:43:45.65	00:43:45.65	+00:10:42 (24.5%)	8:15	7.3 (76.0%)
82	KACZOREK Malwina	1152		Open NW	82			00:00:00	00:19:28	00:43:46.40	00:43:46.40	+00:10:43 (24.5%)	8:15	7.3 (76.0%)
83	DEPTA Justyna	1032	EKO-OKNA RUNNERS	Open NW	83			00:00:00	00:19:11	00:43:54.65	00:43:54.65	+00:10:51 (24.7%)	8:16	7.2 (75.0%)
84	ŻURAWSKA Tatiana	933		Open NW	84			00:00:00	00:19:19	00:43:55.45	00:43:55.45	+00:10:52 (24.8%)	8:17	7.2 (75.0%)
85	OSZEK Karolina	935	SZALONE PITKI	Open NW	85			00:00:00	00:19:15	00:43:58.65	00:43:58.65	+00:10:55 (24.8%)	8:17	7.2 (75.0%)
86	GORGOL Agnieszka	1183		Open NW	86			00:00:00	00:20:12	00:43:59.90	00:43:59.90	+00:10:56 (24.9%)	8:17	7.2 (75.0%)
87	WOJCIECHOWSKA Ewa	987		Open NW	87			00:00:00	00:19:09	00:44:03.20	00:44:03.20	+00:11:00 (25.0%)	8:18	7.2 (75.0%)
88	KALETA Anna	1190		Open NW	88			00:00:00	00:20:13	00:44:04.50	00:44:04.50	+00:11:01 (25.0%)	8:18	7.2 (75.0%)
89	FRĄCZAK Anna	1172	SZARE MORSY	Open NW	89			00:00:00	00:20:14	00:44:05.50	00:44:05.50	+00:11:02 (25.0%)	8:19	7.2 (75.0%)
90	SARNECKA-BĘBENEK Aleksandra	1171	GALOPUJĄCE ŚLIMAKI	Open NW	90			00:00:00	00:20:13	00:44:07.10	00:44:07.10	+00:11:04 (25.1%)	8:19	7.2 (75.0%)
91	KOLEK Aleksandra	1098		Open NW	91			00:00:00	00:20:04	00:44:10.10	00:44:10.10	+00:11:07 (25.2%)	8:20	7.2 (75.0%)

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92	BUJOK Anna	1185	PIGUATEAM	Open NW	92			00:00:00	00:19:21	00:44:10.30	00:44:10.30	+00:11:07 (25.2%)	8:20	7.2 (75.0%)
93	MICEK Sabina	1101		Open NW	93			00:00:00	00:19:18	00:44:10.65	00:44:10.65	+00:11:07 (25.2%)	8:20	7.2 (75.0%)
94	SIKORA Agnieszka	1175	STOWARZYSZENIE POGORIA BIEGA	Open NW	94			00:00:00	00:19:26	00:44:14.75	00:44:14.75	+00:11:11 (25.3%)	8:20	7.2 (75.0%)
95	DUDA-MICHALAK Joanna	1114	PĘDZĄCE ŻÓŁWIE	Open NW	95			00:00:00	00:19:14	00:44:20.75	00:44:20.75	+00:11:17 (25.5%)	8:21	7.2 (75.0%)
96	PILCH Beata	1066	PĘDZĄCE ŻÓŁWIE S-W	Open NW	96			00:00:00	00:19:08	00:44:20.85	00:44:20.85	+00:11:17 (25.5%)	8:21	7.2 (75.0%)
97	MICHALSKA Beata	1116	PĘDZĄCE ŻÓŁWIE	Open NW	97			00:00:00	00:19:08	00:44:21.80	00:44:21.80	+00:11:18 (25.5%)	8:22	7.2 (75.0%)
98	RACZYŃSKA Aleksandra	530	STADIOŚLAŠKINW	Open NW	98			00:00:00	00:19:14	00:44:26.75	00:44:26.75	+00:11:23 (25.6%)	8:23	7.2 (75.0%)
99	LIPIEC Irena	1023	ZABIEGANA ZOŁZA	Open NW	99			00:00:00	00:19:14	00:44:32.80	00:44:32.80	+00:11:29 (25.8%)	8:24	7.1 (74.0%)
100	WALEK Monika	1064		Open NW	100			00:00:00	00:19:21	00:44:32.90	00:44:32.90	+00:11:29 (25.8%)	8:24	7.1 (74.0%)
100	SOCHA Karina	991	KOLONIE	Open NW	101			00:00:00	00:19:41	00:44:32.90	00:44:32.90	+00:11:29 (25.8%)	8:24	7.1 (74.0%)
102	SKABA Katarzyna	1115		Open NW	102			00:00:00	00:20:23	00:44:36.45	00:44:36.45	+00:11:33 (25.9%)	8:24	7.1 (74.0%)
103	TYCZEWSKA Teresa	1157		Open NW	103			00:00:00	00:19:26	00:44:43.15	00:44:43.15	+00:11:40 (26.1%)	8:26	7.1 (74.0%)
104	KNAPIK Bogusława	1200	UZDROWISKO	Open NW	104			00:00:00	00:19:42	00:44:44.35	00:44:44.35	+00:11:41 (26.1%)	8:26	7.1 (74.0%)
105	MROZEK Zenobia	1143		Open NW	105			00:00:00	00:19:55	00:44:45.80	00:44:45.80	+00:11:42 (26.2%)	8:26	7.1 (74.0%)
106	BIEGUN Beata	1038	JUSTFEELFIT	Open NW	106			00:00:00	00:18:45	00:44:49.45	00:44:49.45	+00:11:46 (26.3%)	8:27	7.1 (74.0%)
107	KOWALEWSKA Jolanta	1118		Open NW	107			00:00:00	00:20:52	00:44:50.35	00:44:50.35	+00:11:47 (26.3%)	8:27	7.1 (74.0%)
108	RAPA Lucyna	1201	UZDROWISKO	Open NW	108			00:00:00	00:19:42	00:45:04.00	00:45:04.00	+00:12:00 (26.7%)	8:30	7.1 (74.0%)
109	KUSTOS Sylwia	1176		Open NW	109			00:00:00	00:20:18	00:45:08.20	00:45:08.20	+00:12:05 (26.8%)	8:30	7 (72.9%)
110	JAROSIŃSKA Barbara	777		Open NW	110			00:00:00	00:19:45	00:45:09.55	00:45:09.55	+00:12:06 (26.8%)	8:31	7 (72.9%)
110	WILK Magdalena	1202		Open NW	111			00:00:00	00:19:46	00:45:09.55	00:45:09.55	+00:12:06 (26.8%)	8:31	7 (72.9%)
112	GŁUSZAK Aleksandra	1134		Open NW	112			00:00:00	00:19:48	00:45:11.55	00:45:11.55	+00:12:08 (26.9%)	8:31	7 (72.9%)
113	PŁÓCIENNIK Małgorzata	1009		Open NW	113		KIJOWE BABKI	00:00:00	00:19:46	00:45:15.30	00:45:15.30	+00:12:12 (27.0%)	8:32	7 (72.9%)
114	PANEK Dorota	1026		Open NW	114			00:00:00	00:19:45	00:45:15.35	00:45:15.35	+00:12:12 (27.0%)	8:32	7 (72.9%)
115	GWÓŹDŹ Jolanta	974	NORDIC WALKING LYSKI	Open NW	115			00:00:00	00:20:16	00:45:17.90	00:45:17.90	+00:12:14 (27.0%)	8:32	7 (72.9%)
116	ŚLIWIŃSKA Joanna	1132	RKNW	Open NW	116			00:00:00	00:20:08	00:45:20.70	00:45:20.70	+00:12:17 (27.1%)	8:33	7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
117	JONCZY Ela	1173	PIGUATEAM	Open NW	117			00:00:00	00:20:34	00:45:22.60	00:45:22.60	+00:12:19 (27.2%)	8:33	7 (72.9%)
118	DRAJEWICZ Magdalena	968	SZALONE PITKI	Open NW	118			00:00:00	00:20:35	00:45:23.40	00:45:23.40	+00:12:20 (27.2%)	8:33	7 (72.9%)
119	KOZDĘBA Katarzyna	986	SZALONE PITKI	Open NW	119			00:00:00	00:20:36	00:45:24.80	00:45:24.80	+00:12:21 (27.2%)	8:33	7 (72.9%)
120	CIBIS Agnieszka	1170		Open NW	120			00:00:00	00:20:05	00:45:28.00	00:45:28.00	+00:12:24 (27.3%)	8:34	7 (72.9%)
121	MAZUR Małgorzata	1043	DRUŻYNA KOBIETY NA 5 +	Open NW	121			00:00:00	00:20:03	00:45:31.70	00:45:31.70	+00:12:28 (27.4%)	8:35	7 (72.9%)
122	WOWRA Katarzyna	1082		Open NW	122			00:00:00	00:20:04	00:45:37.15	00:45:37.15	+00:12:34 (27.6%)	8:36	7 (72.9%)
123	KĄSEK Joanna	1060		Open NW	123			00:00:00	00:20:04	00:45:37.35	00:45:37.35	+00:12:34 (27.6%)	8:36	7 (72.9%)
124	SZLAUR Ewelina	1039	OLZA CIESZYN	Open NW	124			00:00:00	00:20:27	00:45:50.25	00:45:50.25	+00:12:47 (27.9%)	8:38	6.9 (71.9%)
125	LORKE Monika	1069	OGNIKI	Open NW	125			00:00:00	00:19:32	00:45:51.75	00:45:51.75	+00:12:48 (27.9%)	8:39	6.9 (71.9%)
126	TROSZOK Gabriela	1041	OLZA CIESZYN	Open NW	126			00:00:00	00:20:29	00:45:52.25	00:45:52.25	+00:12:49 (27.9%)	8:39	6.9 (71.9%)
127	WOWRA Agnieszka	1040	OLZA CIESZYN	Open NW	127			00:00:00	00:20:30	00:45:52.75	00:45:52.75	+00:12:49 (28.0%)	8:39	6.9 (71.9%)
128	PIETRUSZEWSKA Magdalena	942	MIECHOWICKA GRUPA BIEGOWA	Open NW	128			00:00:00	00:20:53	00:46:04.00	00:46:04.00	+00:13:00 (28.3%)	8:41	6.9 (71.9%)
129	JURANEK Maria	949	KOLONIE	Open NW	129			00:00:00	00:20:03	00:46:11.30	00:46:11.30	+00:13:08 (28.4%)	8:42	6.9 (71.9%)
130	ŚWIECA Elżbieta	318		Open NW	130			00:00:00	00:20:26	00:46:16.05	00:46:16.05	+00:13:13 (28.6%)	8:43	6.9 (71.9%)
131	KRÓLIKOWSKA Alicja	1206		Open NW	131			00:00:00	00:20:51	00:46:17.80	00:46:17.80	+00:13:14 (28.6%)	8:43	6.9 (71.9%)
132	BAJGROWICZ Zuzanna	921		Open NW	132			00:00:00	00:21:38	00:46:20.35	00:46:20.35	+00:13:17 (28.7%)	8:44	6.9 (71.9%)
133	ŁOSZAJĆ Justyna	1037		Open NW	133			00:00:00	00:20:14	00:46:22.35	00:46:22.35	+00:13:19 (28.7%)	8:44	6.9 (71.9%)
134	BIELA Lucyna	1113		Open NW	134			00:00:00	00:20:40	00:46:29.30	00:46:29.30	+00:13:26 (28.9%)	8:46	6.8 (70.8%)
135	GÓRKA Kamila	1067		Open NW	135			00:00:00	00:20:54	00:46:38.25	00:46:38.25	+00:13:35 (29.1%)	8:47	6.8 (70.8%)
136	JEZIOROWSKA-CAPANDA Patrycja	1068		Open NW	136			00:00:00	00:20:56	00:46:38.95	00:46:38.95	+00:13:35 (29.2%)	8:47	6.8 (70.8%)
137	TOMALA Sylwia	1018		Open NW	137			00:00:00	00:20:43	00:46:43.25	00:46:43.25	+00:13:40 (29.3%)	8:48	6.8 (70.8%)
138	SAGAN Małgorzata	1081	PRZEDSZKOLE MAŁYCH BOHATERÓW	Open NW	138			00:00:00	00:20:20	00:46:46.75	00:46:46.75	+00:13:43 (29.3%)	8:49	6.8 (70.8%)
139	ZIELIŃSKA Urszula	1048		Open NW	139			00:00:00	00:20:57	00:46:48.80	00:46:48.80	+00:13:45 (29.4%)	8:49	6.8 (70.8%)
140	KRÓL Krystyna	1059	HARPAGAN SOSNOWIEC NW	Open NW	140			00:00:00	00:21:00	00:46:49.00	00:46:49.00	+00:13:45 (29.4%)	8:50	6.8 (70.8%)
141	CIESIELSKA Sylwia	1142		Open NW	141			00:00:00	00:20:54	00:46:49.55	00:46:49.55	+00:13:46 (29.4%)	8:50	6.8 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
142	ZOZWOREK Małgorzata	1047		Open NW	142			00:00:00	00:20:52	00:46:49.80	00:46:49.80	+00:13:46 (29.4%)	8:50	6.8 (70.8%)
143	ZAWISŁA Danuta	1034		Open NW	143			00:00:00	00:20:54	00:46:53.75	00:46:53.75	+00:13:50 (29.5%)	8:50	6.8 (70.8%)
144	ZIĘTKIEWICZ Agnieszka	1195		Open NW	144			00:00:00	00:21:16	00:46:58.30	00:46:58.30	+00:13:55 (29.6%)	8:51	6.8 (70.8%)
145	KABATA Izabela	1205		Open NW	145			00:00:00	00:21:18	00:47:01.00	00:47:01.00	+00:13:57 (29.7%)	8:52	6.8 (70.8%)
146	SROCZYŃSKA Maria	973	KOBIETY NA 5+	Open NW	146			00:00:00	00:21:46	00:47:12.65	00:47:12.65	+00:14:09 (30.0%)	8:54	6.7 (69.8%)
147	PARZYCH Renata	984	KOBIETY NA 5+	Open NW	147			00:00:00	00:21:05	00:47:13.65	00:47:13.65	+00:14:10 (30.0%)	8:54	6.7 (69.8%)
148	SOŁTYSIK Maria	929		Open NW	148			00:00:00	00:21:15	00:47:19.95	00:47:19.95	+00:14:16 (30.2%)	8:55	6.7 (69.8%)
149	MAZUR-ŁAGODA Daria	1022	AKTYWNE KIJANKI GRODZIEC	Open NW	149			00:00:00	00:20:57	00:47:21.05	00:47:21.05	+00:14:18 (30.2%)	8:56	6.7 (69.8%)
150	FALKIEWICZ Kasia	1108		Open NW	150			00:00:00	00:20:43	00:47:24.25	00:47:24.25	+00:14:21 (30.3%)	8:56	6.7 (69.8%)
151	SZWARLIK Bożena	932	KOBIETY NA 5+	Open NW	151			00:00:00	00:21:52	00:47:26.10	00:47:26.10	+00:14:23 (30.3%)	8:56	6.7 (69.8%)
152	KRAKOWCZYK Janina	994	NORDIC WALKING LYSKI	Open NW	152			00:00:00	00:20:45	00:47:27.90	00:47:27.90	+00:14:24 (30.4%)	8:57	6.7 (69.8%)
153	WINKLER Beata	1057		Open NW	153			00:00:00		00:47:28.15	00:47:28.15	+00:14:25 (30.4%)	8:57	6.7 (69.8%)
154	POPCZYK Ewa	1031	HARPAGANSOSNOWIEC NW	Open NW	154			00:00:00	00:21:05	00:47:29.90	00:47:29.90	+00:14:26 (30.4%)	8:57	6.7 (69.8%)
155	WELET Marzena	359		Open NW	155			00:00:00	00:21:42	00:47:31.55	00:47:31.55	+00:14:28 (30.5%)	8:57	6.7 (69.8%)
156	BIENIEK JĘDRYKA Ewa	1055		Open NW	156			00:00:00	00:21:36	00:47:33.40	00:47:33.40	+00:14:30 (30.5%)	8:58	6.7 (69.8%)
157	KUPCZAK Barbara	1163		Open NW	157			00:00:00	00:20:54	00:47:33.65	00:47:33.65	+00:14:30 (30.5%)	8:58	6.7 (69.8%)
158	BOGOCZ Mirosława	1137		Open NW	158			00:00:00	00:20:54	00:47:33.90	00:47:33.90	+00:14:30 (30.5%)	8:58	6.7 (69.8%)
159	PAPROCKA Grażyna	1184	UZDROWISKO	Open NW	159			00:00:00	00:20:56	00:47:41.40	00:47:41.40	+00:14:38 (30.7%)	8:59	6.7 (69.8%)
160	MATIOSZEK Agnieszka	992		Open NW	160			00:00:00	00:20:42	00:47:43.55	00:47:43.55	+00:14:40 (30.7%)	9:00	6.7 (69.8%)
161	WOLNIK Jolka	586	SMERFY BIEGAJĄ RAZEM PO 0.7	Open NW	161			00:00:00	00:20:43	00:47:45.15	00:47:45.15	+00:14:42 (30.8%)	9:00	6.7 (69.8%)
162	BUDREWICZ Martyna	1204	DY CZUS TEAM	Open NW	162			00:00:00	00:20:45	00:48:07.10	00:48:07.10	+00:15:04 (31.3%)	9:04	6.6 (68.8%)
163	BAJGROWICZ Barbara	948		Open NW	163			00:00:00		00:48:10.80	00:48:10.80	+00:15:07 (31.4%)	9:05	6.6 (68.8%)
164	KUCZERA DUDEK Anna	988		Open NW	164			00:00:00	00:21:48	00:48:14.25	00:48:14.25	+00:15:11 (31.5%)	9:06	6.6 (68.8%)
165	MUCHA Justyna	1091		Open NW	165			00:00:00	00:21:01	00:48:14.55	00:48:14.55	+00:15:11 (31.5%)	9:06	6.6 (68.8%)
166	GÓRAL Alina	1030		Open NW	166			00:00:00	00:21:09	00:48:16.80	00:48:16.80	+00:15:13 (31.5%)	9:06	6.6 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
167	BENO- GĘSIKOWSKA Dorota	99		Open NW	167			00:00:00	00:21:09	00:48:17.90	00:48:17.90	+00:15:14 (31.6%)	9:06	6.6 (68.8%)
168	MENDECKA Grażyna	965		Open NW	168			00:00:00	00:21:13	00:48:18.20	00:48:18.20	+00:15:15 (31.6%)	9:06	6.6 (68.8%)
169	GAWLICZEK Iwona	1110		Open NW	169			00:00:00	00:20:31	00:48:19.05	00:48:19.05	+00:15:16 (31.6%)	9:06	6.6 (68.8%)
170	ŁODZIŃSKA- CZOCZ Joana	1080	TEAM PRZEDSZKOLE MAŁYCH BOHATERÓW	Open NW	170		PRZEDSZKOLE MAŁYCH BOHATERÓW	00:00:00	00:20:28	00:48:19.35	00:48:19.35	+00:15:16 (31.6%)	9:06	6.6 (68.8%)
171	MACHACZEK Aleksandra	1029		Open NW	171			00:00:00	00:21:48	00:48:31.05	00:48:31.05	+00:15:28 (31.9%)	9:09	6.6 (68.8%)
172	BURZYŃSKA Barbara	1028		Open NW	172			00:00:00	00:21:49	00:48:31.85	00:48:31.85	+00:15:28 (31.9%)	9:09	6.6 (68.8%)
173	POPKO Agata	996		Open NW	173			00:00:00	00:21:48	00:48:33.50	00:48:33.50	+00:15:30 (31.9%)	9:09	6.5 (67.7%)
174	DRĄG Monika	943		Open NW	174			00:00:00	00:21:51	00:48:36.20	00:48:36.20	+00:15:33 (32.0%)	9:10	6.5 (67.7%)
175	ISKRA Joanna	1065		Open NW	175			00:00:00	00:21:27	00:48:37.15	00:48:37.15	+00:15:34 (32.0%)	9:10	6.5 (67.7%)
176	MIKUĆ Honorata	1063		Open NW	176			00:00:00	00:21:47	00:48:43.15	00:48:43.15	+00:15:40 (32.2%)	9:11	6.5 (67.7%)
177	KOWALSKA Anna	993		Open NW	177			00:00:00	00:21:59	00:48:45.40	00:48:45.40	+00:15:42 (32.2%)	9:11	6.5 (67.7%)
178	ZYSK Jolanta	990		Open NW	178			00:00:00	00:22:01	00:48:47.45	00:48:47.45	+00:15:44 (32.3%)	9:12	6.5 (67.7%)
179	GRZYMKIEWICZ Beata	1014		Open NW	179			00:00:00	00:21:52	00:48:49.05	00:48:49.05	+00:15:46 (32.3%)	9:12	6.5 (67.7%)
180	STACHURA Krystyna	1097		Open NW	180			00:00:00	00:22:03	00:48:52.60	00:48:52.60	+00:15:49 (32.4%)	9:13	6.5 (67.7%)
181	SMORZ Gabriela	1186		Open NW	181			00:00:00	00:21:57	00:48:53.20	00:48:53.20	+00:15:50 (32.4%)	9:13	6.5 (67.7%)
182	DOBIECKA Izabela	1084		Open NW	182			00:00:00	00:22:04	00:48:53.50	00:48:53.50	+00:15:50 (32.4%)	9:13	6.5 (67.7%)
183	TEINERT Krystyna	1093		Open NW	183			00:00:00	00:22:04	00:48:54.60	00:48:54.60	+00:15:51 (32.4%)	9:13	6.5 (67.7%)
184	KLUSKA Sylwia	1124	HURAGAN LIGOTA	Open NW	184			00:00:00	00:21:36	00:49:02.10	00:49:02.10	+00:15:59 (32.6%)	9:15	6.5 (67.7%)
185	WITEK Judyta	1005	DECATHLON & PRZYJACIELE	Open NW	185			00:00:00	00:22:02	00:49:03.55	00:49:03.55	+00:16:00 (32.6%)	9:15	6.5 (67.7%)
186	JASIŃSKA Bożena	931	DECATHLON& PRZYJACIELE	Open NW	186			00:00:00	00:22:02	00:49:04.80	00:49:04.80	+00:16:01 (32.7%)	9:15	6.5 (67.7%)
187	KULCZYCKA PRUSZYŃSKA Krystyna	1085		Open NW	187			00:00:00	00:21:28	00:49:04.85	00:49:04.85	+00:16:01 (32.7%)	9:15	6.5 (67.7%)
188	SZAJER Jadwiga	955	DECATHLON& PRZYJACIELE	Open NW	188			00:00:00	00:22:03	00:49:05.00	00:49:05.00	+00:16:01 (32.7%)	9:15	6.5 (67.7%)
189	ZDEJSZY Magdalena	1015		Open NW	189			00:00:00	00:21:39	00:49:05.90	00:49:05.90	+00:16:02 (32.7%)	9:15	6.5 (67.7%)
190	JEZIORSKA Agnieszka	1162		Open NW	190			00:00:00	00:21:57	00:49:08.10	00:49:08.10	+00:16:05 (32.7%)	9:16	6.5 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
191	CZAJOWSKA Katarzyna	1167		Open NW	191			00:00:00	00:21:46	00:49:10.50	00:49:10.50	+00:16:07 (32.8%)	9:16	6.5 (67.7%)
192	MACIOCHA Anna	1169		Open NW	192			00:00:00	00:21:45	00:49:10.55	00:49:10.55	+00:16:07 (32.8%)	9:16	6.5 (67.7%)
193	TRAMŚ Anna	1133		Open NW	193			00:00:00	00:21:42	00:49:10.70	00:49:10.70	+00:16:07 (32.8%)	9:16	6.5 (67.7%)
194	KRZUS Agnieszka	1168		Open NW	194			00:00:00	00:21:46	00:49:10.90	00:49:10.90	+00:16:07 (32.8%)	9:16	6.5 (67.7%)
195	CIEŚLA Edyta	1131	RYBNICKI KLUB NORDIC WALKING	Open NW	195			00:00:00	00:21:43	00:49:11.70	00:49:11.70	+00:16:08 (32.8%)	9:16	6.5 (67.7%)
196	KUDASZEWICZ - DUDA Sylwia	946	MIECHOWICKA GRUPA BIEGOWA	Open NW	196			00:00:00	00:21:19	00:49:29.30	00:49:29.30	+00:16:26 (33.2%)	9:20	6.4 (66.7%)
197	JASIONEK Maria	1120		Open NW	197			00:00:00	00:21:49	00:49:32.55	00:49:32.55	+00:16:29 (33.3%)	9:20	6.4 (66.7%)
198	DEBERNA-SŁAWEK Justyna	1121		Open NW	198			00:00:00	00:22:05	00:49:32.90	00:49:32.90	+00:16:29 (33.3%)	9:20	6.4 (66.7%)
199	BUDZIŃSKA-LIPKA Barbara	1042	OLZA CIESZYN	Open NW	199			00:00:00		00:49:36.25	00:49:36.25	+00:16:33 (33.4%)	9:21	6.4 (66.7%)
200	MISTEROWICZ Jolanta	978	RUNSZ-TEAM	Open NW	200			00:00:00	00:21:44	00:49:37.35	00:49:37.35	+00:16:34 (33.4%)	9:21	6.4 (66.7%)
201	KUTA Marzena	1111	TEAM UM	Open NW	201			00:00:00	00:22:02	00:49:41.75	00:49:41.75	+00:16:38 (33.5%)	9:22	6.4 (66.7%)
202	GUTOWSKA Ewa	1089	TEAMUM	Open NW	202			00:00:00	00:22:03	00:49:42.50	00:49:42.50	+00:16:39 (33.5%)	9:22	6.4 (66.7%)
203	KMIECIK Anna	951		Open NW	203			00:00:00	00:22:17	00:49:45.25	00:49:45.25	+00:16:42 (33.6%)	9:23	6.4 (66.7%)
204	PIECHOTA Hanka	964	MIECHOWICKA GRUPA BIEGOWA	Open NW	204			00:00:00	00:22:19	00:49:45.30	00:49:45.30	+00:16:42 (33.6%)	9:23	6.4 (66.7%)
205	SKŁADOWSKA Anna	1192		Open NW	205			00:00:00	00:22:19	00:49:45.40	00:49:45.40	+00:16:42 (33.6%)	9:23	6.4 (66.7%)
206	SZMER Ewa	928	MIECHOWICKA GRUPA BIEGOWA	Open NW	206			00:00:00	00:22:19	00:49:45.95	00:49:45.95	+00:16:42 (33.6%)	9:23	6.4 (66.7%)
207	WOLAK Krystyna	950	KOBIETY NA 5+	Open NW	207			00:00:00	00:21:57	00:49:47.85	00:49:47.85	+00:16:44 (33.6%)	9:23	6.4 (66.7%)
208	KRAWCZYK Małgorzata	1021		Open NW	208			00:00:00	00:22:07	00:49:56.20	00:49:56.20	+00:16:53 (33.8%)	9:25	6.4 (66.7%)
209	GEŻA Anna	1196		Open NW	209			00:00:00	00:22:08	00:50:01.70	00:50:01.70	+00:16:58 (33.9%)	9:26	6.4 (66.7%)
210	STUDNIK Agnieszka	1197		Open NW	210			00:00:00	00:22:08	00:50:02.65	00:50:02.65	+00:16:59 (34.0%)	9:26	6.4 (66.7%)
211	ZALEWSKA Marianna	958		Open NW	211			00:00:00	00:21:54	00:50:42.20	00:50:42.20	+00:17:39 (34.8%)	9:33	6.3 (65.6%)
212	WALCZAK Krystyna	1181		Open NW	212			00:00:00	00:22:00	00:51:14.50	00:51:14.50	+00:18:11 (35.5%)	9:40	6.2 (64.6%)
213	DYNIA Jadwiga	1216		Open NW	213			00:00:00	00:22:30	00:51:16.00	00:51:16.00	+00:18:12 (35.5%)	9:40	6.2 (64.6%)
214	TRUCHAN Izabela	1122		Open NW	214			00:00:00	00:22:09	00:51:18.05	00:51:18.05	+00:18:15 (35.6%)	9:40	6.2 (64.6%)
215	ORPEL Dorota	1096		Open NW	215			00:00:00	00:23:03	00:51:24.50	00:51:24.50	+00:18:21 (35.7%)	9:41	6.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
216	MALIK Katarzyna	1073		Open NW	216			00:00:00	00:23:04	00:51:27.20	00:51:27.20	+00:18:24 (35.8%)	9:42	6.2 (64.6%)
217	HORZELA Małgorzata	1138		Open NW	217			00:00:00	00:22:15	00:51:27.25	00:51:27.25	+00:18:24 (35.8%)	9:42	6.2 (64.6%)
218	DANIKIEWICZ Wioletta	953		Open NW	218			00:00:00	00:22:30	00:51:33.40	00:51:33.40	+00:18:30 (35.9%)	9:43	6.2 (64.6%)
219	REIMAN Sylwia	1188		Open NW	219			00:00:00	00:22:25	00:51:39.45	00:51:39.45	+00:18:36 (36.0%)	9:44	6.2 (64.6%)
220	STECKA Monika	939	MORS HUBERTUS MYSŁOWICE	Open NW	220			00:00:00	00:23:14	00:51:43.95	00:51:43.95	+00:18:40 (36.1%)	9:45	6.1 (63.5%)
221	POJDA Justyna	969		Open NW	221			00:00:00	00:22:49	00:51:46.85	00:51:46.85	+00:18:43 (36.2%)	9:46	6.1 (63.5%)
222	POJDA Ewa	957		Open NW	222			00:00:00	00:22:50	00:51:47.00	00:51:47.00	+00:18:43 (36.2%)	9:46	6.1 (63.5%)
223	SZAL Anna	917	MORS HUBERTUS MYSŁOWICE	Open NW	223			00:00:00	00:23:15	00:51:47.80	00:51:47.80	+00:18:44 (36.2%)	9:46	6.1 (63.5%)
224	WIECZOREK Agata	945		Open NW	224			00:00:00	00:23:24	00:51:49.90	00:51:49.90	+00:18:46 (36.2%)	9:46	6.1 (63.5%)
225	ŁOŚ Katarzyna	1203		Open NW	225			00:00:00	00:23:26	00:51:51.45	00:51:51.45	+00:18:48 (36.3%)	9:46	6.1 (63.5%)
226	MILCUSZEK Magdalena	1123		Open NW	226			00:00:00	00:22:55	00:52:03.65	00:52:03.65	+00:19:00 (36.5%)	9:49	6.1 (63.5%)
227	NADOLNIK Jadwiga	1045		Open NW	227			00:00:00	00:22:44	00:52:16.80	00:52:16.80	+00:19:13 (36.8%)	9:51	6.1 (63.5%)
228	FILIPIAK Aneta	1193		Open NW	228			00:00:00	00:23:14	00:52:17.05	00:52:17.05	+00:19:14 (36.8%)	9:51	6.1 (63.5%)
229	SZYMAŃSKA Teresa	966		Open NW	229			00:00:00	00:22:37	00:52:22.30	00:52:22.30	+00:19:19 (36.9%)	9:52	6.1 (63.5%)
230	RÓZGA Elżbieta	1159		Open NW	230			00:00:00	00:23:28	00:52:34.80	00:52:34.80	+00:19:31 (37.1%)	9:55	6 (62.5%)
231	STĘPIEŃ Aleksandra	1003		Open NW	231			00:00:00	00:23:02	00:52:36.65	00:52:36.65	+00:19:33 (37.2%)	9:55	6 (62.5%)
232	AGNIESZKA Styrnol	1078		Open NW	232			00:00:00	00:23:02	00:52:37.90	00:52:37.90	+00:19:34 (37.2%)	9:55	6 (62.5%)
233	PISZCZAN Maria	1006		Open NW	233			00:00:00	00:23:03	00:52:38.15	00:52:38.15	+00:19:35 (37.2%)	9:55	6 (62.5%)
234	ANDROSZ Katarzyna	649		Open NW	234			00:00:00	00:22:54	00:52:38.40	00:52:38.40	+00:19:35 (37.2%)	9:55	6 (62.5%)
235	KUBICIUS Zofia	1036	OLZA CIESZYN	Open NW	235			00:00:00		00:52:45.00	00:52:45.00	+00:19:41 (37.3%)	9:57	6 (62.5%)
236	KOLORZ Teresa	1020	DECATHLON I PRZYJACIELE	Open NW	236			00:00:00	00:22:18	00:52:51.25	00:52:51.25	+00:19:48 (37.5%)	9:58	6 (62.5%)
237	GOŁDYN Bożena	923		Open NW	237			00:00:00	00:23:38	00:52:56.90	00:52:56.90	+00:19:53 (37.6%)	9:59	6 (62.5%)
238	TARKA Hildegarda	963	KOBIETY NA 5+	Open NW	238			00:00:00	00:23:08	00:53:01.50	00:53:01.50	+00:19:58 (37.7%)	10:00	6 (62.5%)
239	MIERZWA Joanna	1087		Open NW	239			00:00:00	00:22:04	00:53:03.60	00:53:03.60	+00:20:00 (37.7%)	10:00	6 (62.5%)
240	WYCHORSKA Pola	1207	UZDROWISKO	Open NW	240			00:00:00	00:23:32	00:53:30.25	00:53:30.25	+00:20:27 (38.2%)	10:05	5.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
241	MUZAL Beata	1144		Open NW	241			00:00:00	00:23:27	00:53:37.75	00:53:37.75	+00:20:34 (38.4%)	10:06	5.9 (61.5%)
242	OLGA Żak	1210	UZDROWISKO	Open NW	242	UZDROWISKO		00:00:00	00:23:33	00:53:37.90	00:53:37.90	+00:20:34 (38.4%)	10:06	5.9 (61.5%)
243	ANETA Wychorska	1212	UZDROWISKO	Open NW	243	UZDROWISKO		00:00:00	00:23:33	00:53:40.25	00:53:40.25	+00:20:37 (38.4%)	10:07	5.9 (61.5%)
244	MARIOLA Jarguz	1211	UZDROWISKO	Open NW	244			00:00:00	00:23:20	00:53:40.45	00:53:40.45	+00:20:37 (38.4%)	10:07	5.9 (61.5%)
245	TOKARZ Justyna	1145		Open NW	245			00:00:00	00:23:27	00:53:43.95	00:53:43.95	+00:20:40 (38.5%)	10:08	5.9 (61.5%)
245	BUJKO Justyna	1189	UZDROWISKO	Open NW	246			00:00:00	00:23:30	00:53:43.95	00:53:43.95	+00:20:40 (38.5%)	10:08	5.9 (61.5%)
247	MENDEL Sabina	1187		Open NW	247			00:00:00	00:23:38	00:53:50.40	00:53:50.40	+00:20:47 (38.6%)	10:09	5.9 (61.5%)
248	MROZEK Ewa	1160		Open NW	248			00:00:00	00:23:49	00:53:50.70	00:53:50.70	+00:20:47 (38.6%)	10:09	5.9 (61.5%)
249	WIATR Dorota	956		Open NW	249			00:00:00	00:23:54	00:53:59.10	00:53:59.10	+00:20:56 (38.8%)	10:11	5.9 (61.5%)
250	KADŁUBEK Magdalena	959		Open NW	250			00:00:00	00:23:18	00:54:51.15	00:54:51.15	+00:21:48 (39.7%)	10:20	5.8 (60.4%)
251	DZIUBA Kasia	1221		Open NW	251			00:00:00	00:23:10	00:54:51.25	00:54:51.25	+00:21:48 (39.7%)	10:20	5.8 (60.4%)
252	ŻYLAK Danuta	1220	SŁOWIAŃSKIE PREZENTY	Open NW	252			00:00:00	00:23:13	00:54:51.45	00:54:51.45	+00:21:48 (39.8%)	10:20	5.8 (60.4%)
253	BERNACISKO Weronika	927	BBL RUDA ŚLĄSKA	Open NW	253			00:00:00	00:24:52	00:54:54.25	00:54:54.25	+00:21:51 (39.8%)	10:21	5.8 (60.4%)
254	MAJEWSKA Renata	1086		Open NW	254			00:00:00	00:23:33	00:55:07.45	00:55:07.45	+00:22:04 (40.0%)	10:23	5.8 (60.4%)
255	ZAWISŁA Halina	1019		Open NW	255			00:00:00	00:24:16	00:55:13.45	00:55:13.45	+00:22:10 (40.2%)	10:25	5.8 (60.4%)
256	KIZINKIEWICZ Elżbieta	1180	PIGUATEAM	Open NW	256			00:00:00	00:24:31	00:55:34.50	00:55:34.50	+00:22:31 (40.5%)	10:29	5.7 (59.4%)
257	HUSAR Aldona	1177	PIGUATEAM	Open NW	257			00:00:00	00:24:31	00:55:36.30	00:55:36.30	+00:22:33 (40.6%)	10:29	5.7 (59.4%)
258	HERUD Urszula	1058		Open NW	258			00:00:00	00:25:02	00:56:35.70	00:56:35.70	+00:23:32 (41.6%)	10:40	5.6 (58.3%)
259	TYMAN Anna	1198		Open NW	259			00:00:00	00:25:20	00:57:07.45	00:57:07.45	+00:24:04 (42.1%)	10:46	5.6 (58.3%)
260	SZUMLAS Bogusława	1178	PIGUATEAM	Open NW	260			00:00:00	00:25:13	00:57:20.50	00:57:20.50	+00:24:17 (42.4%)	10:49	5.5 (57.3%)
261	JEDZOK Katarzyna	1179	PIGUATEAM	Open NW	261			00:00:00	00:25:15	00:57:21.40	00:57:21.40	+00:24:18 (42.4%)	10:49	5.5 (57.3%)
262	KOJ Agnieszka	1070		Open NW	262			00:00:00	00:25:30	00:58:02.90	00:58:02.90	+00:24:59 (43.1%)	10:56	5.5 (57.3%)
263	POLOCZEK Barbara	1044		Open NW	263			00:00:00	00:26:13	00:59:21.45	00:59:21.45	+00:26:18 (44.3%)	11:11	5.4 (56.3%)
264	PIKSA Ewelina	1050		Open NW	264			00:00:00	00:26:48	00:59:46.70	00:59:46.70	+00:26:43 (44.7%)	11:16	5.3 (55.2%)

Znaleziono 264 wynik(ów)