



KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2023-05-21
Miejsce: Jastrzębie-Zdrój
Dystans: 5.3 km

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INTELEKTNE 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	1173	SALLER TEAM LEGNICA	Open NW	1			00:00:00	00:14:04	00:33:11.55	00:33:11.55		6:15	9.6 (100%)
2	KOŁODZIEJ Joanna	979	MALINOWE GWIAZDY	Open NW	2			00:00:00	00:14:41	00:34:19.80	00:34:19.80	+00:01:08 (3.3%)	6:28	9.3 (96.9%)
3	BAGIŃSKA Dorota	874		Open NW	3			00:00:00	00:14:55	00:34:47.05	00:34:47.05	+00:01:35 (4.6%)	6:33	9.1 (94.8%)
4	MERKEL Sabina	1036	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	4			00:00:00	00:16:13	00:37:06.60	00:37:06.60	+00:03:55 (10.6%)	7:00	8.6 (89.6%)
5	PIECHOCZEK-NIEZGODA Lucyna	1070		Open NW	5			00:00:00	00:16:20	00:37:15.25	00:37:15.25	+00:04:03 (10.9%)	7:01	8.5 (88.5%)
6	SZYGUŁA Anna	1136	MK TEAM	Open NW	6			00:00:00	00:16:11	00:37:30.40	00:37:30.40	+00:04:18 (11.5%)	7:04	8.5 (88.5%)
7	KUCZERA Beata	995	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	7			00:00:00	00:16:16	00:37:41.45	00:37:41.45	+00:04:29 (11.9%)	7:06	8.4 (87.5%)
8	JANICZEK Katarzyna	950		Open NW	8			00:00:00	00:16:23	00:38:00.60	00:38:00.60	+00:04:49 (12.7%)	7:10	8.4 (87.5%)
9	GARBUZ Agnieszka	930		Open NW	9			00:00:00	00:16:32	00:38:17.25	00:38:17.25	+00:05:05 (13.3%)	7:13	8.3 (86.5%)
10	SZENDZIELORZ Ilona	1128	MALINOWE GWIAZDY	Open NW	10			00:00:00	00:16:45	00:38:39.40	00:38:39.40	+00:05:27 (14.1%)	7:17	8.2 (85.4%)
11	MILERT Jolanta	1043	NORDIC WALKING LYSKI	Open NW	11			00:00:00	00:16:53	00:38:53.65	00:38:53.65	+00:05:42 (14.7%)	7:20	8.2 (85.4%)
12	MANDRYSZ Aleksandra	1021	KLUB NORDIC WALKING	Open NW	12			00:00:00	00:16:54	00:38:56.40	00:38:56.40	+00:05:44 (14.8%)	7:20	8.2 (85.4%)
13	HOLONA Agata	944		Open NW	13			00:00:00	00:17:45	00:39:03.60	00:39:03.60	+00:05:52 (15.0%)	7:22	8.1 (84.4%)
14	FRANCISZCZAK Łucja	926		Open NW	14			00:00:00	00:16:54	00:39:04.10	00:39:04.10	+00:05:52 (15.0%)	7:22	8.1 (84.4%)
15	BORUS Joanna	894		Open NW	15			00:00:00	00:17:10	00:39:55.45	00:39:55.45	+00:06:43 (16.9%)	7:31	8 (83.3%)
16	TYTKO Magdalena	1155		Open NW	16			00:00:00		00:40:07.75	00:40:07.75	+00:06:56 (17.3%)	7:34	7.9 (82.3%)
17	PACYNA Danuta	1062	EKIPANAKIJACH	Open NW	17			00:00:00	00:18:08	00:40:13.00	00:40:13.00	+00:07:01 (17.5%)	7:35	7.9 (82.3%)
18	EISLER Anna	919	JUSTFEELFITTEAM	Open NW	18			00:00:00	00:17:26	00:40:13.20	00:40:13.20	+00:07:01 (17.5%)	7:35	7.9 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5.3km	brutto 5.3km			
19	ŚLĘZAK Joanna	1140		Open NW	19			00:00:00	00:17:53	00:40:14.85	00:40:14.85	+00:07:03 (17.5%)	7:35	7.9 (82.3%)
20	MIKA Emilia	1041		Open NW	20			00:00:00	00:17:29	00:40:18.10	00:40:18.10	+00:07:06 (17.6%)	7:36	7.9 (82.3%)
21	SZYMIK Grażyna	1138		Open NW	21			00:00:00	00:17:42	00:40:25.70	00:40:25.70	+00:07:14 (17.9%)	7:37	7.9 (82.3%)
22	SOŁTYSEK Agata	1112	JUSTFEELFITTEAM	Open NW	22			00:00:00	00:17:35	00:40:42.30	00:40:42.30	+00:07:30 (18.5%)	7:40	7.8 (81.3%)
23	TYCZEWSKA Paulina	1153		Open NW	23			00:00:00	00:17:40	00:40:59.65	00:40:59.65	+00:07:48 (19.0%)	7:43	7.8 (81.3%)
24	SŁUPIK Bożena	1109		Open NW	24			00:00:00	00:17:29	00:41:12.25	00:41:12.25	+00:08:00 (19.4%)	7:46	7.7 (80.2%)
25	CZEMPIK Kornelia	906	MALINOWE GWIAZDY	Open NW	25			00:00:00	00:17:14	00:41:20.90	00:41:20.90	+00:08:09 (19.7%)	7:47	7.7 (80.2%)
26	MIELAŃCZYK Maria	1038		Open NW	26			00:00:00	00:17:52	00:41:21.00	00:41:21.00	+00:08:09 (19.7%)	7:48	7.7 (80.2%)
27	PRZADKA Katarzyna	1086	BESTIE	Open NW	27			00:00:00	00:18:18	00:41:25.75	00:41:25.75	+00:08:14 (19.9%)	7:48	7.7 (80.2%)
28	GEMBALA Violetta	933		Open NW	28			00:00:00	00:17:56	00:41:29.20	00:41:29.20	+00:08:17 (20.0%)	7:49	7.7 (80.2%)
29	ELIASZ Ewa	920		Open NW	29			00:00:00	00:18:03	00:41:33.60	00:41:33.60	+00:08:22 (20.1%)	7:50	7.7 (80.2%)
30	ŁUKASIK Małgorzata	1012		Open NW	30	BESTie		00:00:00	00:17:51	00:41:37.30	00:41:37.30	+00:08:25 (20.3%)	7:51	7.6 (79.2%)
31	KOKOSZEK Aleksandra	975	-	Open NW	31			00:00:00	00:17:58	00:41:47.80	00:41:47.80	+00:08:36 (20.6%)	7:53	7.6 (79.2%)
32	NIESTRÓJ Sylwia	1053	DYSTANS LUBOMIA	Open NW	32			00:00:00	00:18:00	00:41:50.15	00:41:50.15	+00:08:38 (20.7%)	7:53	7.6 (79.2%)
33	KOZIELSKA Wioleta	986		Open NW	33			00:00:00	00:18:40	00:41:54.30	00:41:54.30	+00:08:42 (20.8%)	7:54	7.6 (79.2%)
34	ŻURAWSKA Tatiana	1187		Open NW	34			00:00:00	00:18:16	00:42:00.50	00:42:00.50	+00:08:48 (21.0%)	7:55	7.6 (79.2%)
34	BUGLA Weronika	898	DYSTANS LUBOMIA	Open NW	35			00:00:00	00:18:38	00:42:00.50	00:42:00.50	+00:08:48 (21.0%)	7:55	7.6 (79.2%)
36	ZDZIEBŁO Adriana	1178		Open NW	36			00:00:00	00:17:54	00:42:00.95	00:42:00.95	+00:08:49 (21.0%)	7:55	7.6 (79.2%)
37	PETRYKOWSKA Elżbieta	1068		Open NW	37			00:00:00	00:18:41	00:42:05.55	00:42:05.55	+00:08:54 (21.1%)	7:56	7.6 (79.2%)
38	NOWAK Anna	1054		Open NW	38			00:00:00	00:18:21	00:42:23.45	00:42:23.45	+00:09:11 (21.7%)	7:59	7.5 (78.1%)
39	MATYSIAK Maria	1030		Open NW	39			00:00:00	00:19:02	00:42:30.30	00:42:30.30	+00:09:18 (21.9%)	8:01	7.5 (78.1%)
40	SITARZ Izabela	1104		Open NW	40			00:00:00	00:19:14	00:42:35.35	00:42:35.35	+00:09:23 (22.1%)	8:02	7.5 (78.1%)
41	MOŁDRZYK Małgorzata	1046		Open NW	41			00:00:00	00:18:26	00:42:41.85	00:42:41.85	+00:09:30 (22.3%)	8:03	7.5 (78.1%)
42	SZRAMOWSKA Sylwia	1131	AKTYWNI RYDUŁTOWY	Open NW	42			00:00:00	00:18:44	00:42:43.05	00:42:43.05	+00:09:31 (22.3%)	8:03	7.4 (77.1%)
43	MIERZWA Joanna	1040		Open NW	43			00:00:00	00:18:15	00:42:43.95	00:42:43.95	+00:09:32 (22.3%)	8:03	7.4 (77.1%)
44	DELONG-MICHALOWSKA Izabela	108		Open NW	44			00:00:00	00:18:27	00:42:47.95	00:42:47.95	+00:09:36 (22.4%)	8:04	7.4 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 5.3km	brutto 5.3km			
45	BEHR Danuta	880		Open NW	45			00:00:00	00:18:10	00:42:49.35	00:42:49.35	+00:09:37 (22.5%)	8:04	7.4 (77.1%)
46	GEMBALCZYK Anna	935		Open NW	46			00:00:00	00:18:12	00:42:49.40	00:42:49.40	+00:09:37 (22.5%)	8:04	7.4 (77.1%)
47	MIERZWA Joanna	1039		Open NW	47			00:00:00	00:18:23	00:42:51.55	00:42:51.55	+00:09:40 (22.6%)	8:05	7.4 (77.1%)
48	ROLA Milena	1092		Open NW	48			00:00:00	00:19:21	00:42:53.05	00:42:53.05	+00:09:41 (22.6%)	8:05	7.4 (77.1%)
49	WAJZER Lucja	1160		Open NW	49			00:00:00	00:18:39	00:42:58.15	00:42:58.15	+00:09:46 (22.8%)	8:06	7.4 (77.1%)
50	KOWOLL Ewa	985		Open NW	50			00:00:00	00:19:28	00:43:03.65	00:43:03.65	+00:09:52 (22.9%)	8:07	7.4 (77.1%)
51	KOLARCZYK Dorota	976	FIT RADLINIOCZKI	Open NW	51			00:00:00	00:19:43	00:43:26.20	00:43:26.20	+00:10:14 (23.6%)	8:11	7.3 (76.0%)
52	KLOSOK Katarzyna	969	FIT RADLINIOCZKI	Open NW	52			00:00:00	00:19:43	00:43:26.90	00:43:26.90	+00:10:15 (23.6%)	8:11	7.3 (76.0%)
53	KRYSIAK Aleksandra	990		Open NW	53			00:00:00	00:18:49	00:43:30.75	00:43:30.75	+00:10:19 (23.7%)	8:12	7.3 (76.0%)
54	BŁASZCZYK-SAMSEL Kinga	888		Open NW	54			00:00:00	00:19:28	00:43:52.00	00:43:52.00	+00:10:40 (24.3%)	8:16	7.2 (75.0%)
55	BIESZCZANIN Agnieszka	885		Open NW	55			00:00:00	00:19:29	00:43:52.75	00:43:52.75	+00:10:41 (24.4%)	8:16	7.2 (75.0%)
56	OLSCHIMKE Katarzyna	1060	KS META	Open NW	56			00:00:00	00:19:31	00:43:56.80	00:43:56.80	+00:10:45 (24.5%)	8:17	7.2 (75.0%)
57	PODESZWA Barbara	1077		Open NW	57			00:00:00	00:19:44	00:44:02.45	00:44:02.45	+00:10:50 (24.6%)	8:18	7.2 (75.0%)
58	FURCZYK Krystyna	927		Open NW	58			00:00:00	00:19:51	00:44:03.45	00:44:03.45	+00:10:51 (24.7%)	8:18	7.2 (75.0%)
59	OGIERMAN Aneta	1058		Open NW	59			00:00:00	00:20:18	00:44:09.15	00:44:09.15	+00:10:57 (24.8%)	8:19	7.2 (75.0%)
60	BAC Małgorzata	872		Open NW	60			00:00:00	00:19:28	00:44:10.30	00:44:10.30	+00:10:58 (24.9%)	8:20	7.2 (75.0%)
61	BAC Barbara	873		Open NW	61			00:00:00	00:19:28	00:44:10.70	00:44:10.70	+00:10:59 (24.9%)	8:20	7.2 (75.0%)
62	ZADROGA Dorota	1174	GORA TEAM	Open NW	62			00:00:00	00:19:43	00:44:12.45	00:44:12.45	+00:11:00 (24.9%)	8:20	7.2 (75.0%)
63	WAWRZASZEK Iwona	1162	SZARE MORSY	Open NW	63			00:00:00	00:19:32	00:44:24.15	00:44:24.15	+00:11:12 (25.2%)	8:22	7.2 (75.0%)
64	POLITOWICZ Teresa	1078		Open NW	64			00:00:00	00:19:05	00:44:24.75	00:44:24.75	+00:11:13 (25.3%)	8:22	7.2 (75.0%)
65	MAJERANOWSKA Aga	1018		Open NW	65			00:00:00	00:19:21	00:44:31.20	00:44:31.20	+00:11:19 (25.4%)	8:23	7.1 (74.0%)
66	LECHOWICZ Irena	1002	SZARE MORSY	Open NW	66			00:00:00	00:19:32	00:44:35.05	00:44:35.05	+00:11:23 (25.6%)	8:24	7.1 (74.0%)
67	ŻARSKA Katarzyna	1185	KOBIETY NA 5+	Open NW	67			00:00:00	00:19:25	00:44:35.60	00:44:35.60	+00:11:24 (25.6%)	8:24	7.1 (74.0%)
68	ŁASTÓWKA Marzena	1006	KOBIETY NA 5+	Open NW	68			00:00:00	00:19:25	00:44:35.90	00:44:35.90	+00:11:24 (25.6%)	8:24	7.1 (74.0%)
69	ONYSK Wioleta	1061	SZARE MORSY	Open NW	69			00:00:00	00:19:31	00:44:36.65	00:44:36.65	+00:11:25 (25.6%)	8:24	7.1 (74.0%)
70	MARYJOSZ Katarzyna	1026		Open NW	70			00:00:00	00:19:48	00:44:39.50	00:44:39.50	+00:11:27 (25.7%)	8:25	7.1 (74.0%)

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71	ZIĘTKIEWICZ Agnieszka	1180		Open NW	71			00:00:00	00:19:05	00:44:43.80	00:44:43.80	+00:11:32 (25.8%)	8:26	7.1 (74.0%)
72	ZAWISŁA Danutka	848		Open NW	72			00:00:00	00:19:06	00:44:44.75	00:44:44.75	+00:11:33 (25.8%)	8:26	7.1 (74.0%)
73	KOWALEWSKA Jolanta	983		Open NW	73			00:00:00	00:20:28	00:44:47.40	00:44:47.40	+00:11:35 (25.9%)	8:26	7.1 (74.0%)
74	PRZYBYŁEK Maria	1087		Open NW	74			00:00:00	00:19:25	00:44:47.90	00:44:47.90	+00:11:36 (25.9%)	8:26	7.1 (74.0%)
75	KORDUŁA Joanna	981		Open NW	75			00:00:00	00:20:08	00:45:02.70	00:45:02.70	+00:11:51 (26.3%)	8:29	7.1 (74.0%)
76	KULIK Krystyna	997		Open NW	76			00:00:00	00:19:10	00:45:03.60	00:45:03.60	+00:11:52 (26.3%)	8:30	7.1 (74.0%)
77	SIUDAK Ilona	1105	MIECHOWICKA GRUPA BIEGOWA	Open NW	77			00:00:00	00:19:35	00:45:04.30	00:45:04.30	+00:11:52 (26.4%)	8:30	7.1 (74.0%)
78	GARDECKA Katarzyna	931		Open NW	78			00:00:00	00:21:02	00:45:06.55	00:45:06.55	+00:11:55 (26.4%)	8:30	7.1 (74.0%)
79	SITARSKA Agnieszka	680	KOBIETY WATAHY	Open NW	79			00:00:00	00:20:38	00:45:15.80	00:45:15.80	+00:12:04 (26.7%)	8:32	7 (72.9%)
80	KOBESZKO Ewa	973		Open NW	80			00:00:00	00:20:45	00:45:17.45	00:45:17.45	+00:12:05 (26.7%)	8:32	7 (72.9%)
81	ŚLĘZAK-MIKOŚ Marzena	1141		Open NW	81			00:00:00	00:19:43	00:45:17.90	00:45:17.90	+00:12:06 (26.7%)	8:32	7 (72.9%)
82	TUSZYŃSKA Anna	1151		Open NW	82			00:00:00	00:19:50	00:45:26.70	00:45:26.70	+00:12:15 (27.0%)	8:34	7 (72.9%)
83	TYCZEWSKA Teresa	1152		Open NW	83			00:00:00	00:19:00	00:45:28.40	00:45:28.40	+00:12:16 (27.0%)	8:34	7 (72.9%)
84	JONCZY Elżbieta	957		Open NW	84			00:00:00	00:20:04	00:45:30.85	00:45:30.85	+00:12:19 (27.1%)	8:35	7 (72.9%)
85	PUCHALIK Barbara	1089		Open NW	85			00:00:00	00:21:01	00:45:33.60	00:45:33.60	+00:12:22 (27.1%)	8:35	7 (72.9%)
86	KOPYTEK Aneta	980	RUNAWAYS	Open NW	86			00:00:00	00:20:01	00:45:37.60	00:45:37.60	+00:12:26 (27.3%)	8:36	7 (72.9%)
87	BONISŁAWSKA Beata	893		Open NW	87			00:00:00	00:19:56	00:45:44.20	00:45:44.20	+00:12:32 (27.4%)	8:37	7 (72.9%)
88	CZERNECKA Justyna	907		Open NW	88			00:00:00	00:19:57	00:45:47.70	00:45:47.70	+00:12:36 (27.5%)	8:38	6.9 (71.9%)
89	MAJDA-MASŁOWSKA Iwona	1017		Open NW	89			00:00:00	00:20:10	00:45:48.70	00:45:48.70	+00:12:37 (27.5%)	8:38	6.9 (71.9%)
90	BUJOK Anna	899	PIGUATEAM	Open NW	90			00:00:00	00:19:59	00:45:51.40	00:45:51.40	+00:12:39 (27.6%)	8:39	6.9 (71.9%)
91	SIKORA Agnieszka	1102	STOWARZYSZENIE POGORIA BIEGA	Open NW	91			00:00:00	00:19:37	00:45:51.60	00:45:51.60	+00:12:40 (27.6%)	8:39	6.9 (71.9%)
92	PANEK Dorota	1063	SMERFY BIEGAJĄ RAZEM PO 0.7	Open NW	92			00:00:00	00:19:48	00:45:54.00	00:45:54.00	+00:12:42 (27.7%)	8:39	6.9 (71.9%)
93	MAŃKA Agnieszka	1022		Open NW	93			00:00:00	00:20:18	00:45:54.50	00:45:54.50	+00:12:42 (27.7%)	8:39	6.9 (71.9%)
94	MATIOSZEK Agnieszka	1027		Open NW	94			00:00:00	00:19:49	00:45:55.30	00:45:55.30	+00:12:43 (27.7%)	8:39	6.9 (71.9%)
95	GORAL Beata	938	KALINKI	Open NW	95			00:00:00	00:20:27	00:45:58.90	00:45:58.90	+00:12:47 (27.8%)	8:40	6.9 (71.9%)
96	DANEL Ewelina	909		Open NW	96			00:00:00	00:20:29	00:46:01.70	00:46:01.70	+00:12:50 (27.9%)	8:40	6.9 (71.9%)

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97	MILEWSKA Marta	1044	MIECHOWICKA GRUPA BIEGOWA	Open NW	97			00:00:00	00:19:40	00:46:07.00	00:46:07.00	+00:12:55 (28.0%)	8:42	6.9 (71.9%)
98	SIREK Izabela	679	OLZA CIESZYN	Open NW	98			00:00:00	00:19:55	00:46:11.00	00:46:11.00	+00:12:59 (28.1%)	8:42	6.9 (71.9%)
99	ŁUCZAK Jessica	1011		Open NW	99			00:00:00	00:21:03	00:46:15.90	00:46:15.90	+00:13:04 (28.3%)	8:43	6.9 (71.9%)
100	SROCZYŃSKA Maria	1114	KOBIETY NA 5+	Open NW	100			00:00:00	00:20:38	00:46:20.35	00:46:20.35	+00:13:08 (28.4%)	8:44	6.9 (71.9%)
101	SZWARLIK Bożena	1135	KOBIETY NA 5+	Open NW	101			00:00:00	00:20:20	00:46:24.60	00:46:24.60	+00:13:13 (28.5%)	8:45	6.9 (71.9%)
102	ŁUCZAK Anna	1010		Open NW	102			00:00:00	00:21:04	00:46:24.90	00:46:24.90	+00:13:13 (28.5%)	8:45	6.9 (71.9%)
103	DUDZIK Danuta	915		Open NW	103			00:00:00	00:20:49	00:46:25.25	00:46:25.25	+00:13:13 (28.5%)	8:45	6.9 (71.9%)
104	LERCH-WÓJCIK Anna	1004		Open NW	104			00:00:00	00:21:04	00:46:25.65	00:46:25.65	+00:13:14 (28.5%)	8:45	6.9 (71.9%)
105	SZTWIERTNIA Inga	1133		Open NW	105			00:00:00	00:20:35	00:46:28.25	00:46:28.25	+00:13:16 (28.6%)	8:46	6.8 (70.8%)
106	HŁAD Izabella	943		Open NW	106			00:00:00	00:20:36	00:46:28.65	00:46:28.65	+00:13:17 (28.6%)	8:46	6.8 (70.8%)
107	TORKA-KUNERT Grażyna	1148	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	107			00:00:00	00:20:23	00:46:37.05	00:46:37.05	+00:13:25 (28.8%)	8:47	6.8 (70.8%)
108	PRĘDKA Karolina	1083		Open NW	108			00:00:00	00:21:05	00:46:37.35	00:46:37.35	+00:13:25 (28.8%)	8:47	6.8 (70.8%)
109	PRĘDKA Anna	1082		Open NW	109			00:00:00	00:21:05	00:46:43.80	00:46:43.80	+00:13:32 (29.0%)	8:48	6.8 (70.8%)
110	ISKRA Joanna	947		Open NW	110			00:00:00	00:20:47	00:46:43.85	00:46:43.85	+00:13:32 (29.0%)	8:48	6.8 (70.8%)
111	LABUS Weronika	1001		Open NW	111			00:00:00	00:20:49	00:46:45.20	00:46:45.20	+00:13:33 (29.0%)	8:49	6.8 (70.8%)
112	PIETRASZEK Ewa	1072	KOBIETY WATAHY	Open NW	112			00:00:00	00:20:38	00:46:53.00	00:46:53.00	+00:13:41 (29.2%)	8:50	6.8 (70.8%)
113	PĘCHERZ Joanna	1069		Open NW	113			00:00:00	00:20:21	00:46:56.75	00:46:56.75	+00:13:45 (29.3%)	8:51	6.8 (70.8%)
114	HUBCZYK Karina	945	PIGUA TEAM	Open NW	114			00:00:00	00:20:31	00:46:58.40	00:46:58.40	+00:13:46 (29.3%)	8:51	6.8 (70.8%)
115	KACPROWICZ Anna	960		Open NW	115			00:00:00	00:20:42	00:46:59.40	00:46:59.40	+00:13:47 (29.4%)	8:51	6.8 (70.8%)
116	SZLAUR Ewelina	1129	OLZA CIESZYN	Open NW	116			00:00:00	00:20:31	00:46:59.45	00:46:59.45	+00:13:47 (29.4%)	8:51	6.8 (70.8%)
117	ZYSK Jola	1184		Open NW	117			00:00:00	00:20:55	00:47:01.35	00:47:01.35	+00:13:49 (29.4%)	8:52	6.8 (70.8%)
118	KOWALSKA Anna	984		Open NW	118			00:00:00	00:20:54	00:47:01.40	00:47:01.40	+00:13:49 (29.4%)	8:52	6.8 (70.8%)
119	TROSZOK Gabriela	1149	OLZA CIESZYN	Open NW	119			00:00:00	00:20:34	00:47:01.50	00:47:01.50	+00:13:49 (29.4%)	8:52	6.8 (70.8%)
120	WOWRA Agnieszka	1168	OLZA CIESZYN	Open NW	120			00:00:00	00:20:34	00:47:01.75	00:47:01.75	+00:13:50 (29.4%)	8:52	6.8 (70.8%)
121	BIEGUN Beata	883	JUSTFEELFIT TEAM	Open NW	121			00:00:00	00:19:33	00:47:02.00	00:47:02.00	+00:13:50 (29.4%)	8:52	6.8 (70.8%)
122	POŁAP Sylwia	1080		Open NW	122			00:00:00	00:20:40	00:47:05.90	00:47:05.90	+00:13:54 (29.5%)	8:53	6.8 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna		Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
						1	2							
123	SZTUCHLK Marzena	1132	SZARE MORSY	Open NW	123			00:00:00	00:20:35	00:47:06.15	00:47:06.15	+00:13:54 (29.5%)	8:53	6.8 (70.8%)
124	ZIELIŃSKA Urszula	1179	EKIPANAKIJACH	Open NW	124			00:00:00	00:20:54	00:47:09.10	00:47:09.10	+00:13:57 (29.6%)	8:53	6.7 (69.8%)
125	ZOZWOREK Małgorzata	1181		Open NW	125			00:00:00	00:20:54	00:47:09.20	00:47:09.20	+00:13:57 (29.6%)	8:53	6.7 (69.8%)
126	KALINOWSKA Ewelina	962	KALINKI	Open NW	126			00:00:00	00:20:31	00:47:10.95	00:47:10.95	+00:13:59 (29.7%)	8:53	6.7 (69.8%)
127	ŻBIK Joanna	1186	KALINKI	Open NW	127			00:00:00	00:20:33	00:47:11.20	00:47:11.20	+00:13:59 (29.7%)	8:54	6.7 (69.8%)
128	PROKOPIUK Adriana	1084		Open NW	128			00:00:00	00:20:29	00:47:12.60	00:47:12.60	+00:14:01 (29.7%)	8:54	6.7 (69.8%)
129	WRÓZEK Karolina	1170		Open NW	129			00:00:00	00:21:18	00:47:12.75	00:47:12.75	+00:14:01 (29.7%)	8:54	6.7 (69.8%)
130	BUDA Izabela	897		Open NW	130			00:00:00	00:20:39	00:47:15.60	00:47:15.60	+00:14:04 (29.8%)	8:54	6.7 (69.8%)
131	FORYŚ Justyna	925	GISZOWIEC CHODZI RAZEM	Open NW	131			00:00:00	00:21:01	00:47:18.20	00:47:18.20	+00:14:06 (29.8%)	8:55	6.7 (69.8%)
132	KARKOSZKA Rozalia	965		Open NW	132			00:00:00	00:20:58	00:47:20.20	00:47:20.20	+00:14:08 (29.9%)	8:55	6.7 (69.8%)
133	ZUBCZYŃSKA Łucja	1182		Open NW	133			00:00:00	00:21:43	00:47:30.50	00:47:30.50	+00:14:18 (30.1%)	8:57	6.7 (69.8%)
134	SARNECKA-BĘBENEK Aleksandra	1100	SZARE MORSY	Open NW	134			00:00:00	00:21:02	00:47:37.50	00:47:37.50	+00:14:25 (30.3%)	8:59	6.7 (69.8%)
135	GROSZYK Joanna	940		Open NW	135			00:00:00	00:21:04	00:47:38.75	00:47:38.75	+00:14:27 (30.3%)	8:59	6.7 (69.8%)
136	DRĄG Monika	912		Open NW	136			00:00:00	00:21:02	00:47:38.90	00:47:38.90	+00:14:27 (30.3%)	8:59	6.7 (69.8%)
137	BAJGROWICZ Zuzanna	875		Open NW	137			00:00:00	00:22:31	00:47:42.10	00:47:42.10	+00:14:30 (30.4%)	9:00	6.7 (69.8%)
138	CIEŚLAR Nikolina	904		Open NW	138			00:00:00	00:20:51	00:47:59.35	00:47:59.35	+00:14:47 (30.8%)	9:03	6.6 (68.8%)
139	JAROSIŃSKA Barbara	952		Open NW	139			00:00:00	00:20:50	00:47:59.80	00:47:59.80	+00:14:48 (30.8%)	9:03	6.6 (68.8%)
140	KUPCZAK Barbara	998		Open NW	140			00:00:00	00:21:27	00:48:02.65	00:48:02.65	+00:14:51 (30.9%)	9:03	6.6 (68.8%)
141	ROLA Agnieszka	1091		Open NW	141			00:00:00	00:21:05	00:48:05.40	00:48:05.40	+00:14:53 (31.0%)	9:04	6.6 (68.8%)
142	MROCZEK Urszula	1048	-	Open NW	142			00:00:00	00:21:05	00:48:09.75	00:48:09.75	+00:14:58 (31.1%)	9:05	6.6 (68.8%)
143	ULASKA-JAGODA Beata	1157		Open NW	143			00:00:00	00:21:22	00:48:10.40	00:48:10.40	+00:14:58 (31.1%)	9:05	6.6 (68.8%)
144	BILEWICZ Ewa	886		Open NW	144			00:00:00	00:21:22	00:48:10.60	00:48:10.60	+00:14:59 (31.1%)	9:05	6.6 (68.8%)
145	BOBER Aneta	889		Open NW	145			00:00:00	00:21:04	00:48:11.65	00:48:11.65	+00:15:00 (31.1%)	9:05	6.6 (68.8%)
146	KOWALCZUK Mirela	982		Open NW	146			00:00:00	00:21:32	00:48:15.90	00:48:15.90	+00:15:04 (31.2%)	9:06	6.6 (68.8%)
147	KRAKOWCZYK Janina	987	NORDIC WALKING LYSKI	Open NW	147			00:00:00	00:21:06	00:48:16.30	00:48:16.30	+00:15:04 (31.2%)	9:06	6.6 (68.8%)
148	ŁOSZAJĆ Justyna	1008		Open NW	148			00:00:00	00:20:43	00:48:16.35	00:48:16.35	+00:15:04 (31.2%)	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
149	BRYK Katarzyna	896		Open NW	149			00:00:00	00:20:34	00:48:21.90	00:48:21.90	+00:15:10 (31.4%)	9:07	6.6 (68.8%)
150	BOKSA Beata	892		Open NW	150			00:00:00	00:22:22	00:48:25.00	00:48:25.00	+00:15:13 (31.4%)	9:08	6.6 (68.8%)
151	CHOCHULSKA Marzena	901		Open NW	151			00:00:00	00:22:22	00:48:25.95	00:48:25.95	+00:15:14 (31.5%)	9:08	6.6 (68.8%)
152	STACHURA Krystyna	1115		Open NW	152			00:00:00	00:22:02	00:48:28.30	00:48:28.30	+00:15:16 (31.5%)	9:08	6.6 (68.8%)
153	ZALEWSKA Sylwia	1175		Open NW	153			00:00:00	00:21:45	00:48:28.85	00:48:28.85	+00:15:17 (31.5%)	9:08	6.6 (68.8%)
154	SATŁAWA Anna	1101		Open NW	154			00:00:00	00:21:45	00:48:29.25	00:48:29.25	+00:15:17 (31.5%)	9:08	6.6 (68.8%)
155	TEINERT Krystyna	1145		Open NW	155			00:00:00	00:22:04	00:48:29.95	00:48:29.95	+00:15:18 (31.6%)	9:08	6.6 (68.8%)
156	JASIONEK Maria	954		Open NW	156			00:00:00	00:21:22	00:48:33.30	00:48:33.30	+00:15:21 (31.6%)	9:09	6.5 (67.7%)
157	WOWRA Kasia	1167		Open NW	157			00:00:00	00:21:21	00:48:35.05	00:48:35.05	+00:15:23 (31.7%)	9:10	6.5 (67.7%)
158	BAYER Patrycja	879		Open NW	158			00:00:00	00:20:55	00:48:35.15	00:48:35.15	+00:15:23 (31.7%)	9:10	6.5 (67.7%)
159	KĄSEK Joanna	967		Open NW	159			00:00:00	00:21:22	00:48:37.00	00:48:37.00	+00:15:25 (31.7%)	9:10	6.5 (67.7%)
160	ADAMEK Ewelina	869		Open NW	160			00:00:00	00:21:35	00:48:39.00	00:48:39.00	+00:15:27 (31.8%)	9:10	6.5 (67.7%)
161	ANTOŃCZAK Elżbieta	871		Open NW	161			00:00:00	00:21:35	00:48:39.45	00:48:39.45	+00:15:27 (31.8%)	9:10	6.5 (67.7%)
162	SNOCHOWSKA Agata	1111	SZOMBIERKI CHODZĄ I BIEGAJĄ	Open NW	162			00:00:00	00:21:29	00:48:40.10	00:48:40.10	+00:15:28 (31.8%)	9:10	6.5 (67.7%)
163	SOŁTYSIK Maria	1113		Open NW	163			00:00:00	00:20:58	00:48:45.60	00:48:45.60	+00:15:34 (31.9%)	9:11	6.5 (67.7%)
164	KATRYNIOK Ewa	966	KS M.E.T.A.	Open NW	164			00:00:00	00:21:39	00:48:46.70	00:48:46.70	+00:15:35 (32.0%)	9:12	6.5 (67.7%)
165	WELET Marzena	798		Open NW	165			00:00:00	00:21:42	00:48:49.65	00:48:49.65	+00:15:38 (32.0%)	9:12	6.5 (67.7%)
166	SZCZEPANOWSKA Adriana	1125		Open NW	166			00:00:00	00:22:37	00:48:53.80	00:48:53.80	+00:15:42 (32.1%)	9:13	6.5 (67.7%)
167	BIERNACKA Magdalena	884		Open NW	167			00:00:00	00:22:37	00:48:53.85	00:48:53.85	+00:15:42 (32.1%)	9:13	6.5 (67.7%)
168	WAJCHT Aneta	1159		Open NW	168			00:00:00	00:21:57	00:48:57.70	00:48:57.70	+00:15:46 (32.2%)	9:14	6.5 (67.7%)
169	SZCZEPKA Aleksandra	1126		Open NW	169			00:00:00	00:21:57	00:48:58.00	00:48:58.00	+00:15:46 (32.2%)	9:14	6.5 (67.7%)
170	SZYPUŁA Joanna	1139		Open NW	170			00:00:00	00:22:33	00:49:05.45	00:49:05.45	+00:15:53 (32.4%)	9:15	6.5 (67.7%)
171	WOLNIK Jolka	1166	SMERFY BIEGAJĄ RAZEM PO 0.7	Open NW	171			00:00:00	00:20:56	00:49:14.90	00:49:14.90	+00:16:03 (32.6%)	9:17	6.5 (67.7%)
172	WALA Teresa	1161		Open NW	172			00:00:00	00:22:20	00:49:15.00	00:49:15.00	+00:16:03 (32.6%)	9:17	6.5 (67.7%)
173	ZYCH Małgorzata	1183		Open NW	173			00:00:00	00:21:39	00:49:15.45	00:49:15.45	+00:16:03 (32.6%)	9:17	6.5 (67.7%)
174	KUCZERA Sabina	994	MALINOWE GWIAZDY	Open NW	174			00:00:00	00:21:13	00:49:18.70	00:49:18.70	+00:16:07 (32.7%)	9:18	6.5 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5.3km	5.3km			
175	BENO-GEŚIKOWSKA Dorota	881		Open NW	175			00:00:00	00:21:31	00:49:19.75	00:49:19.75	+00:16:08 (32.7%)	9:18	6.4 (66.7%)
176	GÓRAL Alina	939		Open NW	176			00:00:00	00:21:31	00:49:19.95	00:49:19.95	+00:16:08 (32.7%)	9:18	6.4 (66.7%)
177	MENDECKA Grażyna	1033		Open NW	177			00:00:00	00:21:54	00:49:23.45	00:49:23.45	+00:16:11 (32.8%)	9:19	6.4 (66.7%)
178	TRUCHAN Izabela	1150		Open NW	178			00:00:00	00:22:01	00:49:29.35	00:49:29.35	+00:16:17 (32.9%)	9:20	6.4 (66.7%)
179	MACHACZEK Aleksandra	1014		Open NW	179			00:00:00	00:22:27	00:49:29.85	00:49:29.85	+00:16:18 (32.9%)	9:20	6.4 (66.7%)
180	BURZYŃSKA Barbara	900		Open NW	180			00:00:00	00:22:28	00:49:30.30	00:49:30.30	+00:16:18 (33.0%)	9:20	6.4 (66.7%)
181	NOWAK Martyna	1055	EKIPA PP19	Open NW	181			00:00:00	00:22:07	00:49:43.45	00:49:43.45	+00:16:31 (33.2%)	9:22	6.4 (66.7%)
182	MATLOCH Izabela	1028		Open NW	182			00:00:00	00:22:24	00:49:48.95	00:49:48.95	+00:16:37 (33.4%)	9:23	6.4 (66.7%)
183	GOJOWY Gabriela	936		Open NW	183			00:00:00	00:22:25	00:49:49.55	00:49:49.55	+00:16:38 (33.4%)	9:23	6.4 (66.7%)
184	NOWAK Ewa	1056		Open NW	184			00:00:00	00:22:08	00:49:50.75	00:49:50.75	+00:16:39 (33.4%)	9:24	6.4 (66.7%)
185	PAPROCKA Grażyna	1064	UZDROWISKO	Open NW	185			00:00:00	00:21:46	00:49:53.25	00:49:53.25	+00:16:41 (33.5%)	9:24	6.4 (66.7%)
186	RAJS Ewelina	641		Open NW	186			00:00:00	00:22:19	00:49:55.75	00:49:55.75	+00:16:44 (33.5%)	9:25	6.4 (66.7%)
187	NOWAK Marzena	1057		Open NW	187			00:00:00	00:21:52	00:49:58.85	00:49:58.85	+00:16:47 (33.6%)	9:25	6.4 (66.7%)
188	SKOP Beata	1107		Open NW	188			00:00:00	00:21:53	00:50:00.35	00:50:00.35	+00:16:48 (33.6%)	9:26	6.4 (66.7%)
189	BARĆ Barbara	878	BB TEAM	Open NW	189			00:00:00	00:22:25	00:50:02.35	00:50:02.35	+00:16:50 (33.7%)	9:26	6.4 (66.7%)
190	BAJGROWICZ Barbara	876		Open NW	190			00:00:00	00:22:33	00:50:04.30	00:50:04.30	+00:16:52 (33.7%)	9:26	6.4 (66.7%)
191	MROZEK Zenobia	1049		Open NW	191			00:00:00	00:22:27	00:50:05.15	00:50:05.15	+00:16:53 (33.7%)	9:26	6.3 (65.6%)
192	MENCEL-RYBARZ Anna	1032		Open NW	192			00:00:00	00:22:04	00:50:10.00	00:50:10.00	+00:16:58 (33.8%)	9:27	6.3 (65.6%)
193	ANDROSZ Katarzyna	870		Open NW	193			00:00:00	00:22:32	00:50:11.40	00:50:11.40	+00:16:59 (33.9%)	9:28	6.3 (65.6%)
194	ŁYCZEK Basia	1013		Open NW	194			00:00:00	00:22:05	00:50:11.45	00:50:11.45	+00:16:59 (33.9%)	9:28	6.3 (65.6%)
195	WÓJCIK Rozalia	1169		Open NW	195			00:00:00	00:22:19	00:50:17.65	00:50:17.65	+00:17:06 (34.0%)	9:29	6.3 (65.6%)
196	KUC Ewa	993		Open NW	196			00:00:00	00:21:38	00:50:21.10	00:50:21.10	+00:17:09 (34.1%)	9:30	6.3 (65.6%)
197	PARZYCH Renata	1066	KOBIETY NA 5+	Open NW	197			00:00:00	00:22:45	00:50:22.05	00:50:22.05	+00:17:10 (34.1%)	9:30	6.3 (65.6%)
198	POPKO Agata	1081		Open NW	198			00:00:00	00:22:48	00:50:22.15	00:50:22.15	+00:17:10 (34.1%)	9:30	6.3 (65.6%)
199	MARSZOLIK Mirela	1025	JEJKOWICE BIEGAJĄ	Open NW	199			00:00:00	00:21:49	00:50:22.80	00:50:22.80	+00:17:11 (34.1%)	9:30	6.3 (65.6%)
200	SINACKA Ewa	1103	SZARE MORSY	Open NW	200			00:00:00	00:21:57	00:50:23.75	00:50:23.75	+00:17:12 (34.1%)	9:30	6.3 (65.6%)

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
201	SALATA Katarzyna	1099		Open NW	201			00:00:00	00:21:57	00:50:24.75	00:50:24.75	+00:17:13 (34.2%)	9:30	6.3 (65.6%)
202	ŁOŚ Katarzyna	1009	FAJNE FRELKI	Open NW	202			00:00:00	00:22:34	00:50:25.25	00:50:25.25	+00:17:13 (34.2%)	9:30	6.3 (65.6%)
203	PIETRZYKOWSKA Iwona	1074	FAJNE FRELKI	Open NW	203			00:00:00	00:22:35	00:50:25.60	00:50:25.60	+00:17:14 (34.2%)	9:30	6.3 (65.6%)
204	SZMER Ewa	1130		Open NW	204			00:00:00	00:22:09	00:50:26.05	00:50:26.05	+00:17:14 (34.2%)	9:30	6.3 (65.6%)
205	PIECHOTA Hanka	1071	ELMO TEAM	Open NW	205			00:00:00	00:22:09	00:50:27.55	00:50:27.55	+00:17:16 (34.2%)	9:31	6.3 (65.6%)
206	BOGOCZ Mirosława	891		Open NW	206			00:00:00	00:21:28	00:50:29.95	00:50:29.95	+00:17:18 (34.3%)	9:31	6.3 (65.6%)
207	GWIZDOŃ Elżbieta	941		Open NW	207			00:00:00	00:22:17	00:50:43.10	00:50:43.10	+00:17:31 (34.6%)	9:34	6.3 (65.6%)
208	GAŁUSZKA Halina	929	FIT RADLINIOCZKI	Open NW	208			00:00:00	00:22:40	00:50:49.75	00:50:49.75	+00:17:38 (34.7%)	9:35	6.3 (65.6%)
209	SUPERNAK Anna	1120	FIT RADLINIOCZKI	Open NW	209			00:00:00	00:22:42	00:50:51.40	00:50:51.40	+00:17:39 (34.7%)	9:35	6.3 (65.6%)
210	ZDEJSZY Magdalena	1177	OLZA CIESZYN	Open NW	210			00:00:00	00:22:15	00:50:53.60	00:50:53.60	+00:17:42 (34.8%)	9:36	6.2 (64.6%)
211	ŁODZIŃSKA-CZOCZ Joanna	908	PRZEDSZKOLE MAŁYCH BOHATERÓW	Open NW	211			00:00:00	00:23:19	00:50:59.50	00:50:59.50	+00:17:47 (34.9%)	9:37	6.2 (64.6%)
212	GAWLICZEK Iwona	932	PRZEDSZKOLEMAŁYCH BOHATERÓW	Open NW	212			00:00:00	00:23:21	00:50:59.65	00:50:59.65	+00:17:48 (34.9%)	9:37	6.2 (64.6%)
213	ŻYMEŁKA Janina	1189	-	Open NW	213			00:00:00	00:22:14	00:51:09.25	00:51:09.25	+00:17:57 (35.1%)	9:39	6.2 (64.6%)
214	CZAPURA Elżbieta	905	MK TEAM	Open NW	214			00:00:00	00:21:31	00:51:12.25	00:51:12.25	+00:18:00 (35.2%)	9:39	6.2 (64.6%)
215	MISTEROWICZ Jolanta	1045	RUNSZ-TEAM	Open NW	215			00:00:00	00:21:55	00:51:24.30	00:51:24.30	+00:18:12 (35.4%)	9:41	6.2 (64.6%)
216	WOLAK Krystyna	1164	KOBIETY NA 5+	Open NW	216			00:00:00	00:21:59	00:51:41.25	00:51:41.25	+00:18:29 (35.8%)	9:45	6.2 (64.6%)
217	BERNACISKO Weronika	882	WARTKIE PIERONY	Open NW	217			00:00:00	00:23:02	00:51:46.70	00:51:46.70	+00:18:35 (35.9%)	9:46	6.1 (63.5%)
218	ROMAŃSKA Katarzyna	1093	EKIPANAKIJACH	Open NW	218			00:00:00	00:22:57	00:51:47.35	00:51:47.35	+00:18:35 (35.9%)	9:46	6.1 (63.5%)
219	DUŻY Teresa	916	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	Open NW	219			00:00:00	00:22:33	00:51:52.45	00:51:52.45	+00:18:40 (36.0%)	9:47	6.1 (63.5%)
220	MENDELA Wioletta	1034		Open NW	220			00:00:00	00:22:31	00:52:06.85	00:52:06.85	+00:18:55 (36.3%)	9:49	6.1 (63.5%)
221	NADOLNIK Jadwiga	1052		Open NW	221			00:00:00	00:22:26	00:52:10.55	00:52:10.55	+00:18:59 (36.4%)	9:50	6.1 (63.5%)
222	MAZUR Małgorzata	1031	KOBIETY NA 5+	Open NW	222			00:00:00	00:22:44	00:52:10.60	00:52:10.60	+00:18:59 (36.4%)	9:50	6.1 (63.5%)
223	KRAWCZYK Małgorzata	989		Open NW	223			00:00:00	00:22:28	00:52:12.40	00:52:12.40	+00:19:00 (36.4%)	9:50	6.1 (63.5%)
224	KULCZYCKA Krystyna	996		Open NW	224			00:00:00	00:22:47	00:52:16.30	00:52:16.30	+00:19:04 (36.5%)	9:51	6.1 (63.5%)
225	FILIPIAK Aneta	923		Open NW	225			00:00:00	00:22:22	00:52:25.55	00:52:25.55	+00:19:14 (36.7%)	9:53	6.1 (63.5%)
226	DYNIA Jadwiga	918	DYŃKI TEAM	Open NW	226			00:00:00	00:23:00	00:52:30.95	00:52:30.95	+00:19:19 (36.8%)	9:54	6.1 (63.5%)

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
227	PIETRZYK Maria	1073	BESTIE	Open NW	227	BESTie		00:00:00	00:22:40	00:52:52.20 (37.2%)	00:52:52.20	+00:19:40 (37.2%)	9:58	6 (62.5%)
228	MYK Anna	1050	BESTIE	Open NW	228			00:00:00	00:22:41	00:52:53.65 (37.2%)	00:52:53.65	+00:19:42 (37.2%)	9:58	6 (62.5%)
229	JORDAN Aneta	958		Open NW	229			00:00:00	00:23:28	00:52:54.25 (37.3%)	00:52:54.25	+00:19:42 (37.3%)	9:58	6 (62.5%)
230	KURCIUS Elżbieta	400		Open NW	230			00:00:00	00:22:20	00:52:58.25 (37.3%)	00:52:58.25	+00:19:46 (37.3%)	9:59	6 (62.5%)
231	KUŚ Iwona	999		Open NW	231			00:00:00		00:52:59.45 (37.4%)	00:52:59.45	+00:19:47 (37.4%)	9:59	6 (62.5%)
232	UTRATA Dorota	1158		Open NW	232			00:00:00	00:23:09	00:53:08.70 (37.5%)	00:53:08.70	+00:19:57 (37.5%)	10:01	6 (62.5%)
233	MOSKWA Monika	1047		Open NW	233			00:00:00	00:23:09	00:53:09.60 (37.6%)	00:53:09.60	+00:19:58 (37.6%)	10:01	6 (62.5%)
234	MALIK Katarzyna	1020		Open NW	234			00:00:00	00:23:14	00:53:12.25 (37.6%)	00:53:12.25	+00:20:00 (37.6%)	10:02	6 (62.5%)
235	PISZCZAN Maria	1076		Open NW	235			00:00:00	00:23:17	00:53:21.00 (37.8%)	00:53:21.00	+00:20:09 (37.8%)	10:03	6 (62.5%)
236	KOLORZ Teresa	978	RADLINIOKI W BIEGU	Open NW	236			00:00:00	00:22:23	00:53:21.05 (37.8%)	00:53:21.05	+00:20:09 (37.8%)	10:03	6 (62.5%)
237	STYRNOL Agnieszka	1119		Open NW	237			00:00:00	00:23:18	00:53:21.50 (37.8%)	00:53:21.50	+00:20:09 (37.8%)	10:03	6 (62.5%)
238	STELMACH Marta	1117		Open NW	238			00:00:00	00:23:27	00:53:22.90 (37.8%)	00:53:22.90	+00:20:11 (37.8%)	10:04	6 (62.5%)
239	KRASOWIAK Mariola	988		Open NW	239			00:00:00	00:23:28	00:53:23.40 (37.8%)	00:53:23.40	+00:20:11 (37.8%)	10:04	6 (62.5%)
240	KAŁKA Klaudia	964		Open NW	240			00:00:00	00:23:13	00:53:48.25 (38.3%)	00:53:48.25	+00:20:36 (38.3%)	10:09	5.9 (61.5%)
241	TOMALA Sylwia	1147		Open NW	241			00:00:00	00:23:10	00:53:48.90 (38.3%)	00:53:48.90	+00:20:37 (38.3%)	10:09	5.9 (61.5%)
242	KUBICIUS Zofia	991	OLZA CIESZYN	Open NW	242			00:00:00	00:23:50	00:53:52.10 (38.4%)	00:53:52.10	+00:20:40 (38.4%)	10:09	5.9 (61.5%)
243	BOCIĄGA Marianna	890		Open NW	243			00:00:00	00:23:52	00:53:56.25 (38.5%)	00:53:56.25	+00:20:44 (38.5%)	10:10	5.9 (61.5%)
244	SZYMCZYK - ORŁOWSKA Iwona	1137		Open NW	244			00:00:00	00:24:17	00:53:59.75 (38.5%)	00:53:59.75	+00:20:48 (38.5%)	10:11	5.9 (61.5%)
245	SZAL Anna	1123	MORS HUBERTUS	Open NW	245			00:00:00	00:24:14	00:54:02.65 (38.6%)	00:54:02.65	+00:20:51 (38.6%)	10:11	5.9 (61.5%)
246	MYŚLIWIEC Bernadeta	1051	KOBIETY NA 5+	Open NW	246			00:00:00	00:23:45	00:54:11.40 (38.7%)	00:54:11.40	+00:20:59 (38.7%)	10:13	5.9 (61.5%)
247	WIATR Dorota	1163		Open NW	247			00:00:00	00:23:47	00:54:14.50 (38.8%)	00:54:14.50	+00:21:02 (38.8%)	10:13	5.9 (61.5%)
248	TARKA Hildegarda	1144	KOBIETY NA 5+	Open NW	248			00:00:00	00:23:45	00:54:26.00 (39.0%)	00:54:26.00	+00:21:14 (39.0%)	10:16	5.8 (60.4%)
249	KOJ Agnieszka	974		Open NW	249			00:00:00	00:23:48	00:55:07.15 (39.8%)	00:55:07.15	+00:21:55 (39.8%)	10:23	5.8 (60.4%)
250	DANIKIEWICZ Wioletta	910		Open NW	250			00:00:00	00:23:36	00:55:13.25 (39.9%)	00:55:13.25	+00:22:01 (39.9%)	10:25	5.8 (60.4%)
251	GOŁDYN Bożena	937		Open NW	251			00:00:00	00:23:43	00:55:35.45 (40.3%)	00:55:35.45	+00:22:23 (40.3%)	10:29	5.7 (59.4%)
252	PIKSA Ewelina	1075		Open NW	252			00:00:00	00:24:37	00:56:09.90 (40.9%)	00:56:09.90	+00:22:58 (40.9%)	10:35	5.7 (59.4%)

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
253	WYCHORSKA Pola	1172	UZDROWISKO	Open NW	253			00:00:00	00:24:50	00:56:12.65	00:56:12.65	+00:23:01 (40.9%)	10:36	5.7 (59.4%)
254	WYCHORSKA Aneta	1171	UZDROWISKO	Open NW	254			00:00:00	00:24:51	00:56:13.40	00:56:13.40	+00:23:01 (41.0%)	10:36	5.7 (59.4%)
255	MALINA Danuta	1121	PIGUATEAM	Open NW	255			00:00:00	00:25:07	00:57:27.20	00:57:27.20	+00:24:15 (42.2%)	10:50	5.5 (57.3%)
256	MARSZAŁEK Joanna	1024	PIGUATEAM	Open NW	256			00:00:00	00:25:07	00:57:28.45	00:57:28.45	+00:24:16 (42.2%)	10:50	5.5 (57.3%)
257	LEGIERSKA Jolanta	1003	OLZA CIESZYN	Open NW	257			00:00:00	00:25:07	00:57:40.75	00:57:40.75	+00:24:29 (42.5%)	10:52	5.5 (57.3%)
258	HUSAR Aldona	946	PIGUATEAM	Open NW	258			00:00:00	00:25:09	00:57:41.50	00:57:41.50	+00:24:29 (42.5%)	10:53	5.5 (57.3%)
259	LIPCZYŃSKA Maria	1005	OLZA	Open NW	259			00:00:00	00:25:09	00:57:43.20	00:57:43.20	+00:24:31 (42.5%)	10:53	5.5 (57.3%)
260	MIKOŁAJEWSKA Martyna	1042		Open NW	260			00:00:00	00:23:41	00:58:19.15	00:58:19.15	+00:25:07 (43.1%)	11:00	5.5 (57.3%)
260	RZĘPAŁA-SZEWERDA Darina	1097		Open NW	261			00:00:00	00:23:43	00:58:19.15	00:58:19.15	+00:25:07 (43.1%)	11:00	5.5 (57.3%)
262	BLUCHA Janina	887		Open NW	262			00:00:00	00:26:04	00:58:55.15	00:58:55.15	+00:25:43 (43.7%)	11:06	5.4 (56.3%)
263	DOMINIAK Monika	911		Open NW	263			00:00:00	00:25:20	00:59:07.00	00:59:07.00	+00:25:55 (43.9%)	11:09	5.4 (56.3%)
264	KALUS Wioletta	963		Open NW	264			00:00:00	00:25:21	00:59:08.75	00:59:08.75	+00:25:57 (43.9%)	11:09	5.4 (56.3%)
265	JEDZOK Katarzyna	955	PIGUATEAM	Open NW	265			00:00:00	00:25:54	00:59:45.70	00:59:45.70	+00:26:34 (44.5%)	11:16	5.3 (55.2%)
266	SZUMLAS Bogusława	1134	PIGUATEAM	Open NW	266			00:00:00	00:25:55	00:59:47.00	00:59:47.00	+00:26:35 (44.5%)	11:16	5.3 (55.2%)
267	CIESIELSKA Sylwia	903		Open NW	267			00:00:00	00:21:31	01:00:00.65	01:00:00.65	+00:26:49 (44.7%)	11:19	5.3 (55.2%)
268	PARYŁO Magda	1065	U-ZDROWISKO	Open NW	268			00:00:00	00:25:28	01:00:02.65	01:00:02.65	+00:26:51 (44.7%)	11:19	5.3 (55.2%)
269	UCHER Aniela	1156		Open NW	269			00:00:00	00:26:21	01:01:27.70	01:01:27.70	+00:28:16 (46.0%)	11:35	5.2 (54.2%)
270	ŁOKAJ Zofia	1007	PRZEDSZKOLE SPECJALNE IM.MAŁYCH BOHATERÓW W JASTRZĘBIU -ZDROJU	Open NW	270			00:00:00	00:26:40	01:01:44.20	01:01:44.20	+00:28:32 (46.2%)	11:38	5.2 (54.2%)
271	SAGAN Małgorzata	1098	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	Open NW	271			00:00:00	00:26:39	01:01:54.85	01:01:54.85	+00:28:43 (46.4%)	11:40	5.1 (53.1%)
272	RUTKOWSKA Ania	1096	PRZEDSZKOLE MAŁYCH BOCHATERÓW	Open NW	272			00:00:00	00:26:39	01:01:56.15	01:01:56.15	+00:28:44 (46.4%)	11:41	5.1 (53.1%)
273	SZCZYRBA Joanna	1127	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	Open NW	273			00:00:00	00:26:36	01:01:56.40	01:01:56.40	+00:28:44 (46.4%)	11:41	5.1 (53.1%)
274	KNOPIK Martyna	972	PRZEDSZKOLE SPECJALNE IM. MAŁYCH BOHATERÓW	Open NW	274			00:00:00	00:26:37	01:01:57.00	01:01:57.00	+00:28:45 (46.4%)	11:41	5.1 (53.1%)
275	STECKA Monika	1116	MORS HUBERTUS	Open NW	275			00:00:00	00:20:59			+00:06:55	8:23	7.1 (74.0%)
276	KLOSEK-TARASZKIEWICZ Monika	968	RUM TEAM	Open NW	276			00:00:00						(0.0%)

Znaleziono 276 wynik(ów)