

KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-05-27
Miejsce: Jastrzębie-Zdrój
Dystans: 5NW km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA Anna	1258		Open	1	00:00:01	00:14:11	00:33:28.95	00:33:30.70		6:41	9 (100%)
2	KOŁODZIEJ Joanna	638		Open	2	00:00:01	00:14:37	00:34:58.05	00:34:59.75	+00:01:29 (4.2%)	6:59	8.6 (95.6%)
3	JANOSZKA Irena	457	CIDRY LOTAJOM	Open	3	00:00:02	00:15:22	00:35:45.10	00:35:48.05	+00:02:16 (6.3%)	7:09	8.4 (93.3%)
4	MÓL Wioletta	232	#CZELADZBIEGA	Open	4	00:00:02	00:15:23	00:35:57.60	00:36:00.50	+00:02:28 (6.9%)	7:11	8.3 (92.2%)
5	BIAŁAS Klaudia	1017		Open	5	00:00:02	00:15:55	00:37:08.50	00:37:11.00	+00:03:39 (9.9%)	7:25	8.1 (90.0%)
6	MALCZYK Anna	407		Open	6	00:00:02	00:15:58	00:37:14.70	00:37:16.95	+00:03:45 (10.1%)	7:26	8.1 (90.0%)
7	DRÓŻDŻ Beata	39	KOBIETY NA 5+	Open	8	00:00:04	00:16:09	00:37:49.10	00:37:53.65	+00:04:20 (11.5%)	7:33	7.9 (87.8%)
8	MALINOWSKA Katarzyna	458	LECYMY DURŚ	Open	7	00:00:08	00:16:19	00:37:47.60	00:37:55.70	+00:04:18 (11.4%)	7:33	7.9 (87.8%)
9	JACH Jolanta	136	#CZELADZBIEGA	Open	9	00:00:06	00:16:21	00:38:27.35	00:38:33.50	+00:04:58 (12.9%)	7:41	7.8 (86.7%)
10	GEMBALA Violetta	482		Open	10	00:00:02	00:16:26	00:38:36.45	00:38:39.10	+00:05:07 (13.3%)	7:43	7.8 (86.7%)
11	POLAK Katarzyna	227	SIECHODZI	Open	11	00:00:03	00:16:26	00:38:47.25	00:38:50.95	+00:05:18 (13.7%)	7:45	7.7 (85.6%)
12	KOKOSZEK Aleksandra	421		Open	12	00:00:05	00:16:34	00:39:14.55	00:39:20.05	+00:05:45 (14.7%)	7:51	7.6 (84.4%)
13	KUBERA Agnieszka	741	KUBERUN	Open	13	00:00:12	00:17:23	00:39:15.20	00:39:28.00	+00:05:46 (14.7%)	7:51	7.6 (84.4%)
14	TYLIKOWSKA Małgorzata	126	#CZELADZBIEGA	Open	14	00:00:04	00:16:54	00:39:32.85	00:39:37.45	+00:06:03 (15.3%)	7:54	7.6 (84.4%)
15	GONIWIECHA Agnieszka	725		Open	15	00:00:04	00:16:50	00:39:40.65	00:39:45.25	+00:06:11 (15.6%)	7:56	7.6 (84.4%)
16	BAK Tatiana	77	BWM	Open	17	00:00:04	00:16:59	00:39:58.45	00:40:02.45	+00:06:29 (16.2%)	7:59	7.5 (83.3%)
17	FOJCIK Gabriela	260	RYBNICKI KLUB NORDIC WALKING	Open	16	00:00:04	00:16:59	00:39:58.10	00:40:02.50	+00:06:29 (16.2%)	7:59	7.5 (83.3%)
18	SZYMIK Grażyna	1172		Open	18	00:00:00	00:17:03	00:40:20.30	00:40:20.30	+00:06:51 (17.0%)	8:04	7.4 (82.2%)
19	TAISNER Aleksandra	1094		Open	19	00:00:05	00:17:54	00:40:37.70	00:40:42.90	+00:07:08 (17.6%)	8:07	7.4 (82.2%)
20	STYRC Lidia	1188	RYBNICKI KLUB NORDIC WALKING	Open	20	00:00:02	00:17:21	00:40:41.75	00:40:43.95	+00:07:12 (17.7%)	8:08	7.4 (82.2%)
21	CIEŚLA Edyta	607	RYBNICKI KLUB NORDIC WALKING	Open	21	00:00:05	00:17:48	00:40:45.55	00:40:50.55	+00:07:16 (17.9%)	8:09	7.4 (82.2%)
22	MIKOŁAJEC Bernadeta	852		Open	22	00:00:04	00:17:09	00:40:47.90	00:40:52.35	+00:07:18 (17.9%)	8:09	7.4 (82.2%)
23	POLITOWICZ Teresa	610		Open	23	00:00:17	00:17:41	00:40:58.45	00:41:16.30	+00:07:29 (18.3%)	8:11	7.3 (81.1%)
24	ADAMUS Elżbieta	870	KĘCKIE HARPAGANY	Open	24	00:00:12	00:18:21	00:41:24.05	00:41:36.35	+00:07:55 (19.1%)	8:16	7.2 (80.0%)
25	BONK Jolanta	155	MIECHOWICKA GRUPA BIEGOWA	Open	25	00:00:10	00:17:54	00:41:34.35	00:41:44.70	+00:08:05 (19.5%)	8:18	7.2 (80.0%)
26	KOZYRA Grażyna	954	GRUPA ENDORFINA	Open	26	00:00:04	00:18:27	00:41:44.95	00:41:49.35	+00:08:16 (19.8%)	8:21	7.2 (80.0%)
27	BŁASZCZYK-SAMSEL Kinga	423		Open	27	00:00:06	00:17:56	00:41:54.05	00:42:00.50	+00:08:25 (20.1%)	8:22	7.2 (80.0%)
28	DZIERŻĘGA Ewa	959	GRUPA ENDORFINA	Open	29	00:00:04	00:18:28	00:42:05.20	00:42:09.90	+00:08:36 (20.4%)	8:25	7.1 (78.9%)
29	KOZIK Agnieszka	820		Open	28	00:00:11	00:18:14	00:42:00.70	00:42:12.50	+00:08:31 (20.3%)	8:24	7.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
30	WIATEREK Hanna	675		Open	30	00:00:05	00:18:42	00:42:08.05	00:42:13.20	+00:08:39 (20.5%)	8:25	7.1 (78.9%)
31	ZADROGA Dorota	992	GORA TEAM	Open	31	00:00:06	00:18:41	00:42:09.35	00:42:16.05	+00:08:40 (20.6%)	8:26	7.1 (78.9%)
32	DOMAGALSKA Krystyna	526		Open	33	00:00:04	00:18:03	00:42:22.00	00:42:26.10	+00:08:53 (21.0%)	8:28	7.1 (78.9%)
33	CZAPKA Aleksandra	523		Open	34	00:00:02	00:18:05	00:42:23.25	00:42:26.15	+00:08:54 (21.0%)	8:28	7.1 (78.9%)
34	WRZOSOK Urszula	754		Open	32	00:00:24	00:18:25	00:42:12.75	00:42:37.15	+00:08:43 (20.7%)	8:26	7.1 (78.9%)
35	KOŚCIELNA - WITA Paulina	1086	FORMA WODZISŁAW ŚLĄSKI	Open	37	00:00:04	00:18:31	00:42:43.05	00:42:47.65	+00:09:14 (21.6%)	8:32	7 (77.8%)
36	ZAWADZKA Lilianna	895	CIDRY LOTAJOM	Open	36	00:00:13	00:18:54	00:42:35.35	00:42:48.75	+00:09:06 (21.4%)	8:31	7 (77.8%)
37	MARĘDZIAK Magdalena	894	CIDRY LOTAJOM	Open	35	00:00:15	00:18:46	00:42:33.25	00:42:48.85	+00:09:04 (21.3%)	8:30	7.1 (78.9%)
38	SROCZYŃSKA Maria	632	KOBIETY NA 5+	Open	38	00:00:02	00:18:11	00:42:49.20	00:42:51.55	+00:09:20 (21.8%)	8:33	7 (77.8%)
39	PALETTA Małgorzata	108		Open	40	00:00:03	00:18:40	00:42:59.40	00:43:03.05	+00:09:30 (22.1%)	8:36	7 (77.8%)
40	HOROSZKO Barbara	717		Open	43	00:00:03	00:18:01	00:43:08.15	00:43:11.80	+00:09:39 (22.4%)	8:37	7 (77.8%)
41	PIOTROWSKA Krystyna	1000	RYBNICKI KLUB NORDIC WALKING	Open	39	00:00:21	00:18:34	00:42:50.50	00:43:12.15	+00:09:21 (21.8%)	8:34	7 (77.8%)
42	NIESTRÓJ Sylwia	460		Open	44	00:00:02	00:18:41	00:43:10.90	00:43:13.85	+00:09:41 (22.5%)	8:38	6.9 (76.7%)
43	MUELLER Helena	535	LECYMY DURŚ	Open	42	00:00:11	00:19:09	00:43:07.85	00:43:19.25	+00:09:38 (22.4%)	8:37	7 (77.8%)
44	TITTOR Kamila	548		Open	41	00:00:15	00:18:16	00:43:04.30	00:43:19.50	+00:09:35 (22.3%)	8:36	7 (77.8%)
45	TYCZEWSKA Paulina	949	NOWA HUTA TEAM	Open	46	00:00:05	00:18:59	00:43:14.55	00:43:20.35	+00:09:45 (22.6%)	8:39	6.9 (76.7%)
46	PIEKARCZYK Katarzyna	939		Open	47	00:00:00	00:18:56	00:43:20.50	00:43:20.50	+00:09:51 (22.7%)	8:40	6.9 (76.7%)
47	TYCZEWSKA Teresa	538		Open	45	00:00:06	00:18:21	00:43:14.55	00:43:21.25	+00:09:45 (22.6%)	8:39	6.9 (76.7%)
48	PIASZCZYK Kasia	468	FIZJOFRELKI	Open	49	00:00:03	00:18:37	00:43:31.00	00:43:34.65	+00:10:02 (23.1%)	8:42	6.9 (76.7%)
49	SPANDEL Ewa	750		Open	48	00:00:09	00:19:51	00:43:28.80	00:43:38.50	+00:09:59 (23.0%)	8:41	6.9 (76.7%)
50	GAST Janina	471	FIZJOFRELKI	Open	50	00:00:03	00:18:37	00:43:38.80	00:43:41.95	+00:10:09 (23.3%)	8:43	6.9 (76.7%)
51	ORZYSZEK Roksana	68		Open	51	00:00:03	00:19:07	00:43:44.45	00:43:47.60	+00:10:15 (23.5%)	8:44	6.9 (76.7%)
52	STOKŁOSA Wioletta	555		Open	52	00:00:10	00:19:01	00:43:45.35	00:43:55.65	+00:10:16 (23.5%)	8:45	6.9 (76.7%)
53	ANDROSZ Katarzyna	633	UKS REFLEX	Open	53	00:00:04	00:19:07	00:43:46.20	00:43:50.75	+00:10:17 (23.5%)	8:45	6.9 (76.7%)
54	PODESZWA Hanna	1152		Open	54	00:00:08	00:18:57	00:43:49.60	00:43:57.95	+00:10:20 (23.6%)	8:45	6.8 (75.6%)
55	BITOWT Izabela	1113		Open	55	00:00:03	00:19:10	00:43:56.10	00:43:59.85	+00:10:27 (23.8%)	8:47	6.8 (75.6%)
56	MILEWSKA Marta	132	MIECHOWICKA GRUPA BIEGOWA	Open	56	00:00:23	00:19:33	00:43:59.60	00:44:22.75	+00:10:30 (23.9%)	8:47	6.8 (75.6%)
57	HŁĄD Inga	499	OLZA CIESZYN	Open	57	00:00:22	00:19:04	00:43:59.75	00:44:22.10	+00:10:30 (23.9%)	8:48	6.8 (75.6%)
58	HŁĄD Izabella	497	OLZA CIESZYN	Open	58	00:00:20	00:19:06	00:44:00.95	00:44:21.55	+00:10:32 (23.9%)	8:48	6.8 (75.6%)
59	GNIĄZDEK Sylwia	386		Open	59	00:00:05	00:18:42	00:44:08.65	00:44:13.85	+00:10:39 (24.2%)	8:49	6.8 (75.6%)
60	AKSAMIT Kazimiera	1187		Open	60	00:00:10	00:19:31	00:44:11.80	00:44:22.10	+00:10:42 (24.2%)	8:50	6.8 (75.6%)
61	POLACZEK Marta	399		Open	61	00:00:20	00:19:18	00:44:12.85	00:44:33.50	+00:10:43 (24.3%)	8:50	6.8 (75.6%)
62	ZIELIŃSKA Grażyna	1133	BOBRY WALKING	Open	62	00:00:19	00:19:19	00:44:13.40	00:44:33.35	+00:10:44 (24.3%)	8:50	6.8 (75.6%)
63	JANUS-SZPYRKA Jolanta	834	KOBIETY NA 5+	Open	63	00:00:16	00:19:31	00:44:13.95	00:44:30.35	+00:10:45 (24.3%)	8:50	6.8 (75.6%)
64	HECZKO Beata	832	OLZA CIESZYN	Open	64	00:00:21	00:19:21	00:44:19.50	00:44:40.95	+00:10:50 (24.5%)	8:51	6.8 (75.6%)
65	CELARY Hanna	944		Open	65	00:00:14	00:20:00	00:44:20.15	00:44:35.00	+00:10:51 (24.5%)	8:52	6.8 (75.6%)
66	PELJAK-WÓJCIK Katarzyna	424	#CZELADZBIEGA	Open	66	00:00:08	00:19:36	00:44:20.65	00:44:29.50	+00:10:51 (24.5%)	8:52	6.8 (75.6%)
67	ROMOWICZ Izabela	361		Open	67	00:00:13	00:20:05	00:44:45.60	00:44:59.35	+00:11:16 (25.2%)	8:57	6.7 (74.4%)
68	ŚWITA Anna	313		Open	68	00:00:10	00:18:46	00:44:46.40	00:44:57.10	+00:11:17 (25.2%)	8:57	6.7 (74.4%)
69	SZWARLIK Bożena	1058	KOBIETY NA 5+	Open	69	00:00:13	00:20:01	00:44:47.25	00:45:00.75	+00:11:18 (25.2%)	8:57	6.7 (74.4%)
70	WOLAK Krystyna	1203	KOBIETY NA 5+	Open	70	00:00:13	00:19:11	00:44:47.40	00:45:00.50	+00:11:18 (25.2%)	8:57	6.7 (74.4%)
71	JUROSZEK Halina	612		Open	71	00:00:18	00:19:37	00:44:50.30	00:45:09.05	+00:11:21 (25.3%)	8:58	6.7 (74.4%)
72	DROZD Krystyna	1200	CIDRY LOTAJOM	Open	72	00:00:12	00:19:40	00:44:55.75	00:45:08.05	+00:11:26 (25.5%)	8:59	6.7 (74.4%)
73	OPARCZYK Anna	757		Open	73	00:00:25	00:19:25	00:44:59.90	00:45:25.25	+00:11:30 (25.6%)	9:00	6.7 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	KUCZERA-DUDEK Anna	550	SMOCZY GANG	Open	74	00:00:07	00:19:44	00:45:01.75	00:45:09.15	+00:11:32 (25.6%)	9:00	6.7 (74.4%)
75	BAC Barbara	821		Open	75	00:00:11	00:20:02	00:45:05.05	00:45:16.95	+00:11:36 (25.7%)	9:01	6.7 (74.4%)
76	PAJĄK Małgorzata	444	KOBIETA NA 5+	Open	76	00:00:10	00:20:03	00:45:06.45	00:45:17.30	+00:11:37 (25.8%)	9:01	6.6 (73.3%)
77	POPKO Agata	1208		Open	77	00:00:17	00:19:47	00:45:16.10	00:45:33.40	+00:11:47 (26.0%)	9:03	6.6 (73.3%)
78	KOLEK Aleksandra	1034		Open	78	00:00:15	00:20:05	00:45:19.55	00:45:34.85	+00:11:50 (26.1%)	9:03	6.6 (73.3%)
79	MATUSZEWSKA Małgorzata	1031		Open	79	00:00:15	00:20:06	00:45:19.80	00:45:35.10	+00:11:50 (26.1%)	9:04	6.6 (73.3%)
80	TUMULIK BŁACHUT Urszula	691		Open	80	00:00:09	00:19:52	00:45:20.45	00:45:29.60	+00:11:51 (26.2%)	9:04	6.6 (73.3%)
81	CEMPULIK-MUSZALA Monika	347		Open	81	00:00:12	00:20:27	00:45:39.85	00:45:52.55	+00:12:10 (26.7%)	9:08	6.6 (73.3%)
82	PAWLIK Agata	616	FIZJOFRELKI	Open	82	00:00:04	00:21:33	00:45:42.65	00:45:47.55	+00:12:13 (26.8%)	9:08	6.6 (73.3%)
83	DROZDOWSKA-DZIEDZIC Dorota	1088		Open	83	00:00:19	00:20:34	00:45:46.25	00:46:05.25	+00:12:17 (26.8%)	9:09	6.6 (73.3%)
84	ŁOJSZAĆ Justyna	478	CZUBCLUB SOSNOWIEC	Open	84	00:00:03	00:19:27	00:45:47.50	00:45:51.25	+00:12:18 (26.9%)	9:09	6.6 (73.3%)
85	MOLITOR Sylwia	1144		Open	85	00:00:08	00:20:08	00:45:48.15	00:45:56.25	+00:12:19 (26.9%)	9:09	6.6 (73.3%)
86	PAPIEŻ Kaśka	1107		Open	86	00:00:20	00:20:32	00:45:49.65	00:46:09.70	+00:12:20 (26.9%)	9:09	6.5 (72.2%)
87	SOKOŁOWSKA Teresa	1030		Open	87	00:00:12	00:19:41	00:45:54.95	00:46:07.45	+00:12:26 (27.1%)	9:11	6.5 (72.2%)
88	GIERLOTKA - BUK Barbara	910	CIDRY LOTAJOM	Open	88	00:00:14	00:19:58	00:45:58.05	00:46:12.45	+00:12:29 (27.2%)	9:11	6.5 (72.2%)
89	NOWAK Helena	380	KOBIETY NA 5+	Open	89	00:00:14	00:20:04	00:46:06.35	00:46:20.45	+00:12:37 (27.4%)	9:13	6.5 (72.2%)
90	KUTA Marzena	7		Open	90	00:00:11	00:20:21	00:46:06.60	00:46:18.20	+00:12:37 (27.4%)	9:13	6.5 (72.2%)
91	ARTER Małgorzata	683		Open	91	00:00:05	00:20:41	00:46:07.25	00:46:12.65	+00:12:38 (27.4%)	9:13	6.5 (72.2%)
92	PĘCHERCZYK Anna	328		Open	92	00:00:10	00:20:22	00:46:07.45	00:46:18.15	+00:12:38 (27.4%)	9:13	6.5 (72.2%)
93	SKABA Katarzyna	694		Open	93	00:00:13	00:20:35	00:46:08.30	00:46:22.20	+00:12:39 (27.4%)	9:13	6.5 (72.2%)
94	GOCZOŁ Ewa	695		Open	94	00:00:13	00:20:35	00:46:08.70	00:46:22.30	+00:12:39 (27.4%)	9:13	6.5 (72.2%)
95	MATERNY Anna	186	#CZELADZBIEGA	Open	95	00:00:06	00:20:13	00:46:09.85	00:46:16.20	+00:12:40 (27.5%)	9:14	6.5 (72.2%)
96	PAŁACH Lucyna	584	KOBIETA NA 5+	Open	96	00:00:11	00:20:02	00:46:10.90	00:46:22.05	+00:12:41 (27.5%)	9:14	6.5 (72.2%)
97	PIOTROWSKA-RUP Beata	1298	#CZELADZBIEGA	Open	97	00:00:05	00:20:15	00:46:10.95	00:46:16.50	+00:12:42 (27.5%)	9:14	6.5 (72.2%)
98	ZDEJSZY Magdalena	38	OLZA CIESZYN	Open	98	00:00:05	00:20:02	00:46:18.30	00:46:23.70	+00:12:49 (27.7%)	9:15	6.5 (72.2%)
99	BLECHARZ Zuzanna	1021		Open	99	00:00:13	00:20:14	00:46:21.30	00:46:34.60	+00:12:52 (27.8%)	9:16	6.5 (72.2%)
100	MADEJ Danuta	924		Open	100	00:00:03	00:19:23	00:46:22.50	00:46:26.45	+00:12:53 (27.8%)	9:16	6.5 (72.2%)
101	BUCHTA Emilia	801		Open	101	00:00:12	00:20:15	00:46:22.65	00:46:35.55	+00:12:53 (27.8%)	9:16	6.5 (72.2%)
102	GAWEŁCZYK Maria	973	RYBNICKI KLUB NORDIC WALKING	Open	102	00:00:09	00:20:09	00:46:24.65	00:46:33.85	+00:12:55 (27.9%)	9:16	6.5 (72.2%)
103	MUSKIETORZ Violetta	773		Open	103	00:00:08	00:20:42	00:46:31.75	00:46:40.35	+00:13:02 (28.0%)	9:18	6.4 (71.1%)
104	WIECZOREK Agata	194		Open	104	00:00:07	00:20:43	00:46:32.40	00:46:39.75	+00:13:03 (28.1%)	9:18	6.4 (71.1%)
105	TRUCHAN Izabela	1060		Open	105	00:00:07	00:20:04	00:46:34.70	00:46:41.70	+00:13:05 (28.1%)	9:18	6.4 (71.1%)
106	CEMPULIK ŁAKOMSKA Agnieszka	50		Open	106	00:00:00	00:20:39	00:46:36.05	00:46:36.05	+00:13:07 (28.2%)	9:19	6.4 (71.1%)
107	WITCZAK Agnieszka	693		Open	107	00:00:17	00:20:18	00:46:45.40	00:47:02.85	+00:13:16 (28.4%)	9:21	6.4 (71.1%)
108	WUWER Jolanta	957	GRUPA ENDORFINA	Open	108	00:00:16	00:20:22	00:46:45.80	00:47:02.65	+00:13:16 (28.4%)	9:21	6.4 (71.1%)
109	GAJDZIK Lidia	345		Open	109	00:00:18	00:20:40	00:46:46.00	00:47:04.55	+00:13:17 (28.4%)	9:21	6.4 (71.1%)
110	KNOPEK Hanna	955	GRUPA ENDORFINA	Open	110	00:00:17	00:20:21	00:46:46.05	00:47:03.25	+00:13:17 (28.4%)	9:21	6.4 (71.1%)
111	OKŁA Agnieszka	792		Open	111	00:00:18	00:20:44	00:46:58.55	00:47:16.75	+00:13:29 (28.7%)	9:23	6.4 (71.1%)
112	ŚWIGOŃ Beata	528	BĘDZIN TEAM	Open	112	00:00:18	00:20:11	00:46:58.65	00:47:16.80	+00:13:29 (28.7%)	9:23	6.4 (71.1%)
113	KUŚMIRSKA Janina	692	KLUB BIEGACZA FARTLEK	Open	113	00:00:03	00:19:55	00:46:59.05	00:47:02.55	+00:13:30 (28.7%)	9:23	6.4 (71.1%)
114	KUBICA Magdalena	515	AMATOR	Open	114	00:00:14	00:20:28	00:46:59.70	00:47:14.60	+00:13:30 (28.8%)	9:24	6.4 (71.1%)
115	KOWALEWSKA Jolanta	1089		Open	115	00:00:07	00:21:03	00:47:02.60	00:47:09.65	+00:13:33 (28.8%)	9:24	6.4 (71.1%)
116	PIEKARCZYK Barbara	932		Open	116	00:00:07	00:20:27	00:47:03.10	00:47:10.50	+00:13:34 (28.8%)	9:24	6.4 (71.1%)
117	JUSZCZAKIEWICZ Bogusia	522	FIZJOFRELKI	Open	117	00:00:04	00:20:07	00:47:06.00	00:47:10.50	+00:13:37 (28.9%)	9:25	6.4 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	GODZIEK Antonina	430		Open	118	00:00:15	00:20:27	00:47:06.80	00:47:22.75	+00:13:37 (28.9%)	9:25	6.4 (71.1%)
119	SKAWIŃSKA Aneta	518	FIZJOFRELKI	Open	119	00:00:03	00:20:08	00:47:07.45	00:47:10.50	+00:13:38 (28.9%)	9:25	6.4 (71.1%)
120	ZALEĆKA Alicja	929	BIEGAM BO LUBIE	Open	120	00:00:06	00:20:28	00:47:08.90	00:47:15.20	+00:13:39 (29.0%)	9:25	6.4 (71.1%)
121	KRAWCZYK Małgorzata	581	KOBIETA NA 5+	Open	121	00:00:11	00:20:16	00:47:13.05	00:47:24.15	+00:13:44 (29.1%)	9:26	6.4 (71.1%)
121	FOŁDA Anita	678		Open	122	00:00:07	00:20:19	00:47:13.05	00:47:20.90	+00:13:44 (29.1%)	9:26	6.4 (71.1%)
123	MARIA Juranek	690		Open	123	00:00:07	00:20:19	00:47:13.20	00:47:20.45	+00:13:44 (29.1%)	9:26	6.4 (71.1%)
124	MANSFELD Dorota	273	SIECHODZI	Open	124	00:00:11	00:21:06	00:47:36.60	00:47:47.65	+00:14:07 (29.7%)	9:31	6.3 (70.0%)
125	BREGUŁA Ewa	711	SIECHODZI	Open	125	00:00:09	00:21:08	00:47:37.95	00:47:47.85	+00:14:09 (29.7%)	9:31	6.3 (70.0%)
126	ROŚNIAK Anna	702		Open	126	00:00:17	00:20:27	00:47:38.30	00:47:55.50	+00:14:09 (29.7%)	9:31	6.3 (70.0%)
127	JASIONEK Maria	701		Open	127	00:00:17	00:20:27	00:47:38.45	00:47:56.40	+00:14:09 (29.7%)	9:31	6.3 (70.0%)
128	LASKO Julia	997		Open	128	00:00:19	00:20:39	00:47:41.60	00:48:00.80	+00:14:12 (29.8%)	9:32	6.3 (70.0%)
129	WLAZEŁ Magdalena	781		Open	129	00:00:10	00:20:55	00:47:56.70	00:48:06.75	+00:14:27 (30.2%)	9:35	6.3 (70.0%)
130	WITKOWSKA Agnieszka	495		Open	130	00:00:09	00:20:56	00:47:57.00	00:48:06.45	+00:14:28 (30.2%)	9:35	6.3 (70.0%)
131	DOBIECKA Iza	1074		Open	131	00:00:08	00:21:19	00:48:19.50	00:48:27.50	+00:14:50 (30.7%)	9:39	6.2 (68.9%)
132	STACHURA Krystyna	1171		Open	132	00:00:06	00:21:21	00:48:21.15	00:48:27.65	+00:14:52 (30.8%)	9:40	6.2 (68.9%)
133	TAINERT Krystyna	1167		Open	133	00:00:06	00:21:21	00:48:21.40	00:48:27.60	+00:14:52 (30.8%)	9:40	6.2 (68.9%)
134	PTAK Stanisława	1082		Open	134	00:00:05	00:21:22	00:48:21.90	00:48:27.30	+00:14:52 (30.8%)	9:40	6.2 (68.9%)
135	SZYMAŃSKA Halina	1204		Open	135	00:00:18	00:21:41	00:48:29.25	00:48:48.20	+00:15:00 (30.9%)	9:42	6.2 (68.9%)
136	DUDZIK Danuta	885	RYBNICKI KLUB NORDIC WALKING	Open	136	00:00:18	00:21:41	00:48:29.35	00:48:47.95	+00:15:00 (30.9%)	9:41	6.2 (68.9%)
137	SZAJER Jadwiga	496	RYBNICKI KLUB NORDIC WALKING	Open	137	00:00:18	00:21:41	00:48:30.20	00:48:48.20	+00:15:01 (31.0%)	9:42	6.2 (68.9%)
138	HORZELA Małgorzara	700		Open	138	00:00:10	00:20:42	00:48:50.25	00:49:00.45	+00:15:21 (31.4%)	9:46	6.1 (67.8%)
139	GAJDA Ewa	1146		Open	139	00:00:08	00:21:39	00:48:56.05	00:49:04.15	+00:15:27 (31.6%)	9:47	6.1 (67.8%)
140	PROSKURNICKA Aneta	1165		Open	140	00:00:07	00:21:40	00:48:56.45	00:49:04.15	+00:15:27 (31.6%)	9:47	6.1 (67.8%)
141	PAŁKA Agnieszka	789		Open	141	00:00:15	00:20:47	00:49:01.95	00:49:17.20	+00:15:33 (31.7%)	9:48	6.1 (67.8%)
142	NOWAK Agnieszka	199	#CZELADZBIEGA	Open	142	00:00:06	00:21:19	00:49:02.90	00:49:09.55	+00:15:33 (31.7%)	9:48	6.1 (67.8%)
143	ANTOSIEWICZ Bogusława	74	#CZELADZBIEGA	Open	143	00:00:09	00:21:15	00:49:07.75	00:49:17.45	+00:15:38 (31.8%)	9:49	6.1 (67.8%)
144	BOJARSKA Dorota	1219		Open	144	00:00:11	00:21:14	00:49:11.95	00:49:23.35	+00:15:43 (31.9%)	9:50	6.1 (67.8%)
145	ADAMCZYK Beata	513	AMATOR	Open	145	00:00:13	00:21:48	00:49:22.45	00:49:36.35	+00:15:53 (32.2%)	9:52	6.1 (67.8%)
146	KOTOWICZ-GRZYŚKA Małgorzata	429		Open	146	00:00:07	00:20:59	00:49:24.20	00:49:31.55	+00:15:55 (32.2%)	9:52	6.1 (67.8%)
147	SZYMAŃSKA Teresa	274		Open	147	00:00:20	00:21:26	00:49:29.05	00:49:49.15	+00:16:00 (32.3%)	9:53	6.1 (67.8%)
148	HARAZIM Klaudia	1168		Open	148	00:00:08	00:21:39	00:49:46.55	00:49:55.35	+00:16:17 (32.7%)	9:57	6 (66.7%)
149	STROKA Wioletta	653		Open	149	00:00:05	00:21:32	00:49:49.00	00:49:54.65	+00:16:20 (32.8%)	9:57	6 (66.7%)
150	SANDOMIERSKA Anita	244		Open	150	00:00:21	00:21:38	00:49:50.65	00:50:12.60	+00:16:21 (32.8%)	9:58	6 (66.7%)
151	WITEK Judyta	1206	DECATHLON RYBNIK	Open	151	00:00:21	00:21:37	00:49:51.10	00:50:12.30	+00:16:22 (32.8%)	9:58	6 (66.7%)
152	GLIMOS Agnieszka	739		Open	152	00:00:16	00:21:47	00:49:55.85	00:50:12.40	+00:16:26 (32.9%)	9:59	6 (66.7%)
153	OLEJCZYK Renata	377		Open	153	00:00:08	00:22:27	00:50:18.10	00:50:26.80	+00:16:49 (33.4%)	10:03	6 (66.7%)
154	MENDECKA Grażyna	404		Open	154	00:00:12	00:22:42	00:50:24.60	00:50:37.40	+00:16:55 (33.6%)	10:05	6 (66.7%)
155	NADOLNIK Jadwiga	111	KOBIETY NA 5+	Open	155	00:00:09	00:21:55	00:50:37.20	00:50:46.90	+00:17:08 (33.9%)	10:07	5.9 (65.6%)
156	WIATR Dorota	591		Open	156	00:00:08	00:21:54	00:50:37.70	00:50:46.60	+00:17:08 (33.9%)	10:07	5.9 (65.6%)
157	KRASOWIAK Mariola	1282	MOJ STYL	Open	157	00:00:13	00:22:33	00:50:40.00	00:50:53.30	+00:17:11 (33.9%)	10:08	5.9 (65.6%)
158	BARAŃSKA Agata	1243	RADLINIOKI W BIEGU	Open	158	00:00:01	00:22:03	00:50:40.60	00:50:42.55	+00:17:11 (33.9%)	10:08	5.9 (65.6%)
159	RAJWA Iwona	966	BZIEGACZE	Open	159	00:00:07	00:22:04	00:50:44.60	00:50:51.60	+00:17:15 (34.0%)	10:08	5.9 (65.6%)
160	NOLBERT Aneta	172		Open	160	00:00:15	00:21:50	00:51:14.30	00:51:29.75	+00:17:45 (34.7%)	10:14	5.9 (65.6%)
161	GOŁDYN Bożena	230	KOBIETY 5+	Open	161	00:00:02	00:22:26	00:51:21.55	00:51:24.25	+00:17:52 (34.8%)	10:16	5.8 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
162	OPALSKA Grażyna	809	KOLOROWA DRUŻYNA NESSI	Open	162	00:00:14	00:22:07	00:51:33.25	00:51:48.10	+00:18:04 (35.1%)	10:18	5.8 (64.4%)
163	PIECHOTA Hanka	283	MIECHOWICKA GRUPA BIEGOWA	Open	163	00:00:21	00:22:34	00:52:00.30	00:52:22.25	+00:18:31 (35.6%)	10:24	5.8 (64.4%)
164	PIETKUN Magdalena	602		Open	164	00:00:19	00:22:37	00:52:03.85	00:52:23.70	+00:18:34 (35.7%)	10:24	5.8 (64.4%)
165	FILIPIAK Ewelina	759		Open	165	00:00:16	00:22:38	00:52:19.40	00:52:35.95	+00:18:50 (36.0%)	10:27	5.7 (63.3%)
166	BANACH Kinga	476	FIZJOFRELKI	Open	166	00:00:06	00:22:53	00:52:36.75	00:52:43.15	+00:19:07 (36.4%)	10:31	5.7 (63.3%)
167	GAJEWSKA-BANACH Małgorzata	874		Open	167	00:00:06	00:22:53	00:52:37.20	00:52:43.55	+00:19:08 (36.4%)	10:31	5.7 (63.3%)
168	SZAL Anna	318	MYSŁOWICKI KLUB BIEGACZA NO.I	Open	168	00:00:18	00:23:14	00:52:42.35	00:53:00.80	+00:19:13 (36.5%)	10:32	5.7 (63.3%)
169	DYGAN Jagoda	1177		Open	169	00:00:18	00:23:05	00:52:46.50	00:53:04.50	+00:19:17 (36.6%)	10:33	5.7 (63.3%)
170	MONIN Dorota	796		Open	170	00:00:16	00:23:06	00:52:51.40	00:53:08.25	+00:19:22 (36.7%)	10:34	5.7 (63.3%)
171	LABZA Edyta	788		Open	171	00:00:15	00:23:06	00:52:52.15	00:53:07.70	+00:19:23 (36.7%)	10:34	5.7 (63.3%)
172	WILCZEK Weronika	52	KOBIETY NA 5+	Open	172	00:00:10	00:23:04	00:53:03.40	00:53:14.15	+00:19:34 (36.9%)	10:36	5.7 (63.3%)
173	KUNERT Katarzyna	677	WYMYŚLANKA	Open	173	00:00:09	00:22:44	00:53:03.50	00:53:12.90	+00:19:34 (36.9%)	10:36	5.7 (63.3%)
174	ROBAKOWSKA Barbara	658		Open	174	00:00:09	00:22:45	00:53:04.00	00:53:13.35	+00:19:35 (36.9%)	10:36	5.7 (63.3%)
175	WYRWICH Angelika	131	MRS. SPORTY	Open	175	00:00:19	00:22:47	00:53:04.15	00:53:24.10	+00:19:35 (36.9%)	10:37	5.7 (63.3%)
176	SERWOTKA Olga	650		Open	176	00:00:02	00:22:33	00:53:10.15	00:53:12.40	+00:19:41 (37.0%)	10:38	5.6 (62.2%)
177	GORZAWSKA Aleksandra	920		Open	177	00:00:04	00:22:53	00:53:35.85	00:53:40.60	+00:20:06 (37.5%)	10:43	5.6 (62.2%)
178	TARKA Hildegarda	6		Open	178	00:00:03	00:23:20	00:53:43.40	00:53:46.85	+00:20:14 (37.7%)	10:44	5.6 (62.2%)
179	JASEK Jadwiga	823		Open	179	00:00:16	00:23:03	00:53:58.15	00:54:14.40	+00:20:29 (38.0%)	10:47	5.6 (62.2%)
180	KLIŚ Aleksandra	943	PANIEŃSKI ADY	Open	180	00:00:16	00:23:03	00:53:58.65	00:54:15.05	+00:20:29 (38.0%)	10:47	5.6 (62.2%)
181	DADELA Wiola	264		Open	181	00:00:12	00:24:11	00:55:04.95	00:55:16.95	+00:21:36 (39.2%)	11:00	5.4 (60.0%)
182	CIEŚLIK Nina	265		Open	182	00:00:11	00:24:12	00:55:06.15	00:55:17.50	+00:21:37 (39.2%)	11:01	5.4 (60.0%)
183	SZKUDŁO Halina	439		Open	183	00:00:19	00:24:01	00:55:53.85	00:56:13.80	+00:22:24 (40.1%)	11:10	5.4 (60.0%)
184	ADAMIK Ilona	442	KOLOROWA DRUŻYNA NESSI	Open	184	00:00:19	00:23:58	00:55:54.15	00:56:13.70	+00:22:25 (40.1%)	11:10	5.4 (60.0%)
185	GIBOWICZ Agnieszka	346		Open	185	00:00:21	00:23:31	00:56:01.90	00:56:23.00	+00:22:32 (40.2%)	11:12	5.4 (60.0%)
186	KALINOWSKA Monika	343		Open	186	00:00:19	00:23:33	00:56:02.70	00:56:22.50	+00:22:33 (40.3%)	11:12	5.4 (60.0%)
187	SPYRA Beata	344		Open	187	00:00:20	00:23:32	00:56:02.75	00:56:23.65	+00:22:33 (40.3%)	11:12	5.4 (60.0%)
188	GRYGIEREK Anna	1132		Open	188	00:00:18	00:23:50	00:57:06.40	00:57:24.65	+00:23:37 (41.4%)	11:25	5.3 (58.9%)
189	GORCZYCKA Anna	36	MIECHOWICKA GRUPA BIEGOWA	Open	189	00:00:24	00:25:00	00:58:28.90	00:58:53.55	+00:24:59 (42.7%)	11:41	5.1 (56.7%)
190	MORYS Agnieszka	1085		Open	190	00:00:02	00:17:57	00:59:47.25	00:59:50.15	+00:26:18 (44.0%)	11:57	5 (55.6%)
191	SZENDZIELORZ Ilona	329		Open	191	00:00:00	00:17:10	00:59:49.15	00:59:49.15	+00:26:20 (44.0%)	11:57	5 (55.6%)
192	KABAT Barbara	1039	KOBIETY NA 5+	Open	192	00:00:08	00:25:36	01:01:03.75	01:01:12.65	+00:27:34 (45.2%)	12:12	4.9 (54.4%)
193	TRZCIŃSKA Bożena	572	KOBIETY NA 5+	Open	193	00:00:08	00:25:36	01:01:04.50	01:01:13.10	+00:27:35 (45.2%)	12:13	4.9 (54.4%)
194	CZERNECKA Juastyna	1293	MSTYLOJ	Open	194	00:00:00	00:20:12			+	8:04	7.4 (82.2%)

Znaleziono 194 wynik(ów)