

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 5 KM - KOBIETY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Event: PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020
Organiser: Tarnowskie Góry
Date: 2020-10-04
Place: Tarnowskie Góry
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	MAŚLANKA Iwona	187	MARSZ PO ZDROWIE	K45-49	1	2		00:33:46.90		6:45	8.9 (100%)
2	SPYCHAŁA Marzena	19	CKZIU MECHANIK NYSA	K50-54	1			00:33:48.95	+00:00:02 (0.1%)	6:45	8.9 (100%)
3	NACZK Wiktoria	184	POLIPACK TEAM GWE	K18-29	1	2		00:34:08.50	+00:00:21 (1.1%)	6:49	8.8 (98.9%)
4	OLEKSYK Małgorzata	396	BK NORDIC WALKING KLUB BIEGACZA USTRZYKI DOLNE	K55-59	1			00:34:13.20	+00:00:26 (1.3%)	6:50	8.8 (98.9%)
5	OKRZESIK-FRĄCKOWIAK Izabela	395	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:34:13.65	+00:00:26 (1.3%)	6:50	8.8 (98.9%)
6	PUSZKARSKA Małgorzata	186	GOSADI NORDIC TEAM	K45-49	2			00:34:31.35	+00:00:44 (2.1%)	6:54	8.7 (97.8%)
7	UFEL Marcelina	485	MOSIR TKKF SATURN CZELADŹ	K-Jun.	1	1		00:34:43.20	+00:00:56 (2.7%)	6:56	8.6 (96.6%)
8	KĘDZIERSKA Agnieszka	190	KIJKOWE TRZEMESZNO	K40-44	1			00:34:45.45	+00:00:58 (2.8%)	6:57	8.6 (96.6%)
9	JĘDRASIAK Renata	286	KS METRACO POLKOWICE	K55-59	2			00:35:07.45	+00:01:20 (3.8%)	7:01	8.5 (95.5%)
10	SITTEK Agnieszka	430		K40-44	2			00:35:20.50	+00:01:33 (4.4%)	7:04	8.5 (95.5%)
11	TELEGA Małgorzata	185	LKS ZANTYR SZTUM	K30-39	1	1		00:35:36.45	+00:01:49 (5.1%)	7:07	8.4 (94.4%)
12	LANGMESSER Kinga	348	LKS ZANTYR SZTUM	K18-29	2			00:35:46.90	+00:02:00 (5.6%)	7:09	8.4 (94.4%)
13	MARCINKOWSKA Agnieszka	370	UNIA MIAST	K-Jun.	2			00:35:49.65	+00:02:02 (5.7%)	7:09	8.4 (94.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
14	KWECZKA-JANECZEK Anna	343	NORDIC TEAM CZĘSTOCHOWA	K40-44	3	1		00:35:58.45	+00:02:11 (6.1%)	7:11	8.3 (93.3%)
15	MUSIATOWICZ Aleksandra	38	PASJA NORDIC WALKING	K50-54	3			00:36:01.50	+00:02:14 (6.2%)	7:12	8.3 (93.3%)
16	MALINOWSKA Monika	366	LKS ZANTYR SZTUM	K40-44	4	1		00:36:02.85	+00:02:15 (6.3%)	7:12	8.3 (93.3%)
17	WITUCKA Karolina	181		K-Dzieci	1			00:36:03.95	+00:02:17 (6.3%)	7:12	8.3 (93.3%)
18	FRANCZAK Małgorzata	241	NW CZŁAPSKI TEAM	K18-29	3			00:36:07.05	+00:02:20 (6.5%)	7:13	8.3 (93.3%)
19	TUZIMEK Agata	484	KUR-TEAM	K30-39	2			00:36:11.00	+00:02:24 (6.6%)	7:14	8.3 (93.3%)
20	WARCHALSKA Teresa	492	KLUB WYSOKOGÓRSKI KATOWICE	K65-69	1			00:36:15.45	+00:02:28 (6.8%)	7:15	8.3 (93.3%)
21	KULAWIK Magdalena	331	CIDRY LOTAJOM	K30-39	3			00:36:20.95	+00:02:34 (7.1%)	7:16	8.3 (93.3%)
22	KOWACZ Agata	316	PREDATORS WAŁBRZYCH	K30-39	4			00:36:21.85	+00:02:34 (7.1%)	7:16	8.3 (93.3%)
23	TAISNER Aleksandra	470	NORDIC TEAM RUDA ŚLĄSKA	K40-44	5			00:36:38.20	+00:02:51 (7.8%)	7:19	8.2 (92.1%)
24	WAWRZYNIAK Anna	494	POLIPACK TEAM GWE	K45-49	3			00:36:47.70	+00:03:00 (8.2%)	7:21	8.2 (92.1%)
25	KWIDZIŃSKA Emilia	344	POLIPACK TEAM GWE	K18-29	4			00:36:50.70	+00:03:03 (8.3%)	7:22	8.1 (91.0%)
26	RUCZYŃSKA Ewa	426	LKS ZANTYR SZTUM	K45-49	4			00:36:52.70	+00:03:05 (8.4%)	7:22	8.1 (91.0%)
27	WANIEK Sara	491		K30-39	5			00:36:56.40	+00:03:09 (8.5%)	7:23	8.1 (91.0%)
28	ŁOMANOWSKA Agata	357	NW CZŁAPSKI TEAM	K18-29	5			00:36:57.40	+00:03:10 (8.6%)	7:23	8.1 (91.0%)
29	LIBARDI-KŁYŚ Sylwia	354	STADION ŚLĄSKI	K60-64	1			00:37:09.40	+00:03:22 (9.1%)	7:25	8.1 (91.0%)
30	SZENDZIELORZ Ilona	460	MALINOWE GWIAZDY	K60-64	2			00:37:10.40	+00:03:23 (9.1%)	7:26	8.1 (91.0%)
31	DAROSZEWSKA Krystyna	230	SERCE NORDICA WŁOCŁAWEK	K60-64	3			00:37:21.60	+00:03:34 (9.6%)	7:28	8 (89.9%)
32	PONKA Barbara	415	POLIPACK TEAM GWE	K45-49	5			00:37:26.05	+00:03:39 (9.8%)	7:29	8 (89.9%)
33	MARONDEL Katarzyna	305	SILESIA NORDIC TEAM	K30-39	6			00:37:33.80	+00:03:46 (10.1%)	7:30	8 (89.9%)
34	MACHOWSKA-LAZAR Agnieszka	513	TARNOGÓRSKIE ŁAZĘGI	K40-44	6			00:37:45.80	+00:03:58 (10.5%)	7:33	7.9 (88.8%)
35	BONEV Katarzyna	356		K30-39	7			00:37:51.00	+00:04:04 (10.7%)	7:34	7.9 (88.8%)
36	MICHALCZYK Julia	378		K18-29	6			00:37:53.55	+00:04:06 (10.8%)	7:34	7.9 (88.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
37	PASTERNY Zuzanna	403	MOSIR TKKF SATURN CZELADŹ	K-Jun.	3	1		00:37:57.60	+00:04:10 (11.0%)	7:35	7.9 (88.8%)
38	SŁUPIANEK Sonia	431	KATOWICKI NORDIC WALKING	K40-44	7			00:37:58.40	+00:04:11 (11.0%)	7:35	7.9 (88.8%)
39	STOLTMANN Helena	453	BŁĘKITNI NW DZIEMIANY	K60-64	4			00:38:02.20	+00:04:15 (11.2%)	7:36	7.9 (88.8%)
40	GAŁKOWSKA Elżbieta	251	MARSZ PO ZDROWIE	K65-69	2			00:38:03.10	+00:04:16 (11.2%)	7:36	7.9 (88.8%)
41	WAŻNA Joanna	497	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K40-44	8	1		00:38:03.85	+00:04:16 (11.3%)	7:36	7.9 (88.8%)
42	MICHALCZYK Dominika	380		K18-29	7			00:38:09.40	+00:04:22 (11.5%)	7:37	7.9 (88.8%)
43	TROJSZCZAK Joanna	479		K40-44	9	1		00:38:12.50	+00:04:25 (11.6%)	7:38	7.9 (88.8%)
44	GÓRECKA Iwona	262	STADION ŚLĄSKI	K55-59	3			00:38:14.70	+00:04:27 (11.7%)	7:38	7.8 (87.6%)
45	STĘPIEŃ Lucyna	447	KS METRACO POLKOWICE	K60-64	5			00:38:18.55	+00:04:31 (11.8%)	7:39	7.8 (87.6%)
46	LANGMESSER Regina	349	LKS ZANTYR SZTUM	K50-54	4			00:38:25.35	+00:04:38 (12.1%)	7:41	7.8 (87.6%)
47	HILGNER Katarzyna	276	NORDICUS STRZYBNICA	K45-49	6			00:38:33.90	+00:04:47 (12.4%)	7:42	7.8 (87.6%)
48	WOROCH Jolanta	506	KS METRACO POLKOWICE	K50-54	5			00:38:34.40	+00:04:47 (12.4%)	7:42	7.8 (87.6%)
49	SOMIAK Marta	437	NORDICUS STRZYBNICA	K40-44	10			00:38:38.30	+00:04:51 (12.6%)	7:43	7.8 (87.6%)
50	SOMIAK Milena	438	NORDICUS STRZYBNICA	K-Jun.	4			00:38:41.00	+00:04:54 (12.7%)	7:44	7.8 (87.6%)
51	GWAREK Anita	41	PASJA NORDIC WALKING	K45-49	7			00:38:43.10	+00:04:56 (12.8%)	7:44	7.7 (86.5%)
52	HALIK-LEWANDOWSKA Jadwiga	274	LKS ZANTYR SZTUM	K60-64	6			00:38:44.50	+00:04:57 (12.8%)	7:44	7.7 (86.5%)
53	UFEL Milena	486	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	2	1		00:38:48.90	+00:05:02 (13.0%)	7:45	7.7 (86.5%)
54	JÓŹWIAK Marianna	290	SERCE NORDICA WŁOCŁAWEK	K45-49	8			00:38:57.95	+00:05:11 (13.3%)	7:47	7.7 (86.5%)
55	LACHNIK Patrycja	347	CKZIU MECHANIK NYSA	K-Jun.	5			00:38:58.45	+00:05:11 (13.3%)	7:47	7.7 (86.5%)
56	POLAK Małgorzata	413		K45-49	9			00:39:01.05	+00:05:14 (13.4%)	7:48	7.7 (86.5%)
57	STOLARSKA Danuta	449	SERCE NORDICA WŁOCŁAWEK	K60-64	7			00:39:03.00	+00:05:16 (13.5%)	7:48	7.7 (86.5%)
58	NIEDŹWIECKA Małgorzata	383	NORDIC TEAM CZĘSTOCHOWA	K60-64	8			00:39:05.50	+00:05:18 (13.6%)	7:49	7.7 (86.5%)
59	KOŁPAK Irena	311	LKS ZANTYR SZTUM	K65-69	3			00:39:06.30	+00:05:19 (13.6%)	7:49	7.7 (86.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
60	JASTRZĘBSKA-MAJAK Agnieszka	285	NW CZŁAPSKI TEAM	K45-49	10			00:39:11.90	+00:05:25 (13.8%)	7:50	7.7 (86.5%)
61	SZROBARCZYK Małgorzata	461		K55-59	4			00:39:13.70	+00:05:26 (13.9%)	7:50	7.6 (85.4%)
62	BUDZYŃSKA Magdalena	214		K40-44	11			00:39:15.00	+00:05:28 (13.9%)	7:51	7.6 (85.4%)
63	WALESZKO Anna	490	PASJA NORDIC WALKING	K45-49	11			00:39:22.25	+00:05:35 (14.2%)	7:52	7.6 (85.4%)
64	KULCZYCKA Katarzyna	333	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K50-54	6			00:39:23.20	+00:05:36 (14.2%)	7:52	7.6 (85.4%)
65	FRANCZAK Anna	243	NW CZŁAPSKI TEAM	K50-54	7			00:39:24.55	+00:05:37 (14.3%)	7:52	7.6 (85.4%)
66	KUCZYŃSKA Anna	330	NORDIC WAKING KIEKRZ POLAND	K55-59	5			00:39:25.85	+00:05:38 (14.3%)	7:53	7.6 (85.4%)
67	REDISZ Anna	423		K40-44	12	1		00:39:28.55	+00:05:41 (14.4%)	7:53	7.6 (85.4%)
68	BARCZYK Jolanta	195	NORDIC TEAM CZĘSTOCHOWA	K60-64	9			00:39:32.70	+00:05:45 (14.6%)	7:54	7.6 (85.4%)
69	KURDYBACHA Danuta	335	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K55-59	6			00:39:47.40	+00:06:00 (15.1%)	7:57	7.5 (84.3%)
70	PYKA Aleksandra	418	UNIA MIAST	K-Jun.	6			00:39:49.10	+00:06:02 (15.2%)	7:57	7.5 (84.3%)
71	GACIA Dorota	246	KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ	K55-59	7			00:39:49.30	+00:06:02 (15.2%)	7:57	7.5 (84.3%)
72	DYBEŁ Agnieszka	238	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:39:50.55	+00:06:03 (15.2%)	7:58	7.5 (84.3%)
73	LASKOWSKA Sabina	350		K30-39	8	1		00:39:56.45	+00:06:09 (15.4%)	7:59	7.5 (84.3%)
74	KOWALCZYK Joanna	317	LUX TORPEDA MAŁOPOLSKA	K45-49	12			00:40:01.05	+00:06:14 (15.6%)	8:00	7.5 (84.3%)
75	KURZAWSKA Jolanta	338	KS METRACO POLKOWICE	K70-74	1			00:40:07.80	+00:06:20 (15.8%)	8:01	7.5 (84.3%)
76	JĘDRYCZEK Weronika	287	BACHUS NORDICUS ZIELONA GÓRA	K30-39	9			00:40:09.00	+00:06:22 (15.9%)	8:01	7.5 (84.3%)
77	GEMBUS Ewa	254	CHCE CI SIĘ	K55-59	8			00:40:09.65	+00:06:22 (15.9%)	8:01	7.5 (84.3%)
78	SZAŁAJ Anna	455	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:40:09.85	+00:06:22 (15.9%)	8:01	7.5 (84.3%)
79	RABIEGA Alina	518		K60-64	10			00:40:13.85	+00:06:26 (16.0%)	8:02	7.5 (84.3%)
80	KRZYCHOWICZ Maria	324	NORDICUS STRZYBNICA	K30-39	10			00:40:20.20	+00:06:33 (16.3%)	8:04	7.4 (83.1%)
81	DĘBOSZ Sylwia	231		K40-44	13			00:40:20.80	+00:06:33 (16.3%)	8:04	7.4 (83.1%)
82	STACHOWIAK Magdalena	442		K40-44	14			00:40:26.80	+00:06:39 (16.5%)	8:05	7.4 (83.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net		Pace min/km	Pace km/h
								time 5km	Gap		
83	HANUS Joanna	502	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:40:27.30	+00:06:40 (16.5%)	8:05	7.4 (83.1%)
84	KUŚMIEREK Beata	340	BŁĘKITNI NW DZIEMIANY	K40-44	15			00:40:27.85	+00:06:40 (16.5%)	8:05	7.4 (83.1%)
85	GĄSEWICZ-FILIPIAK Agnieszka	253	NORDICUS STRZYBNICA	K40-44	16			00:40:34.70	+00:06:47 (16.7%)	8:06	7.4 (83.1%)
86	SZYMAŃSKA Lucyna	462	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K- Niepełnosprawni(A)	3			00:40:41.65	+00:06:54 (17.0%)	8:08	7.4 (83.1%)
87	KIRSZ Mariola	302	NORDICUS STRZYBNICA	K40-44	17			00:40:44.40	+00:06:57 (17.1%)	8:08	7.4 (83.1%)
88	JÓWKO Karolina	288	KUR-TEAM	K30-39	11			00:40:54.70	+00:07:07 (17.4%)	8:10	7.3 (82.0%)
89	NAWROCKA Hanna	388	MARSZ PO ZDROWIE	K-Dzieci	3			00:40:55.30	+00:07:08 (17.4%)	8:11	7.3 (82.0%)
90	KNITTER Agata	211	BŁĘKITNI NW DZIEMIANY	K18-29	8			00:41:00.35	+00:07:13 (17.6%)	8:12	7.3 (82.0%)
91	MORAWIEC-MROCHEN Marzena	384	NORDICUS STRZYBNICA	K45-49	13			00:41:04.85	+00:07:17 (17.8%)	8:12	7.3 (82.0%)
92	DUDKIEWICZ Anna	236	NORDICUS STRZYBNICA	K45-49	14			00:41:10.25	+00:07:23 (17.9%)	8:14	7.3 (82.0%)
93	RACZYŃSKA Aleksandra	419	STADION ŚLĄSKI	K75+	1			00:41:22.95	+00:07:36 (18.4%)	8:16	7.3 (82.0%)
94	GRABDA Zofia	264		K60-64	11			00:41:32.10	+00:07:45 (18.7%)	8:18	7.2 (80.9%)
95	NIECHWIEJCZYK Kinga	390	UNIA MIAST	K-Jun.	7			00:41:32.45	+00:07:45 (18.7%)	8:18	7.2 (80.9%)
96	ZYDEK Ewa	516	BOBRY WALKING	K65-69	4			00:41:55.80	+00:08:08 (19.4%)	8:23	7.2 (80.9%)
97	CAŁKA-PRYSZCZ Agata	216		K40-44	18			00:41:59.00	+00:08:12 (19.5%)	8:23	7.1 (79.8%)
98	BRODZIŃSKA Ewelina	210	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:41:59.40	+00:08:12 (19.5%)	8:23	7.1 (79.8%)
99	HOLECKA Kinga	277	Z KIJKAMI PO ZDROWIE	K18-29	9			00:42:06.15	+00:08:19 (19.8%)	8:25	7.1 (79.8%)
100	DOMIN Krystyna	233	MK TEAM	K65-69	5			00:42:07.85	+00:08:20 (19.8%)	8:25	7.1 (79.8%)
101	GIZA Elżbieta	255	NORDICUS STRZYBNICA	K60-64	12			00:42:12.40	+00:08:25 (20.0%)	8:26	7.1 (79.8%)
102	PŁUCHOWSKA Bernadetta	412	KUR-TEAM	K18-29	10			00:42:14.80	+00:08:27 (20.0%)	8:26	7.1 (79.8%)
103	NIEPSUJ Anna	391	KIJANKI BYTOM	K50-54	8			00:42:15.65	+00:08:28 (20.1%)	8:27	7.1 (79.8%)
104	ANGIELCZYK Małgorzata	192	MARSZ PO ZDROWIE	K65-69	6			00:42:23.95	+00:08:37 (20.3%)	8:28	7.1 (79.8%)
105	ZACZYŃSKA Janina	505	KS METRACO POLKOWICE	K70-74	2			00:42:25.95	+00:08:39 (20.4%)	8:29	7.1 (79.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
106	STOLORZ Klaudia	452	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K18-29	11			00:42:31.20	+00:08:44 (20.6%)	8:30	7.1 (79.8%)
107	KOLARCZYK Joanna	308	STADION ŚLĄSKI	K50-54	9			00:42:36.05	+00:08:49 (20.7%)	8:31	7 (78.7%)
108	DORMINGER Justyna	309	MALINOWE GWIAZDY	K50-54	10			00:42:41.65	+00:08:54 (20.9%)	8:32	7 (78.7%)
109	KABATA Agnieszka	295		K45-49	15			00:42:46.45	+00:08:59 (21.0%)	8:33	7 (78.7%)
110	PISARSKA Barbara	408	NORDICUS STRZYBNICA	K50-54	11			00:42:48.35	+00:09:01 (21.1%)	8:33	7 (78.7%)
111	BOGUSŁAWSKA Katarzyna	205	STADION ŚLĄSKI	K50-54	12			00:42:57.10	+00:09:10 (21.3%)	8:35	7 (78.7%)
112	RECZULSKA Sara	421	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	K18-29	12			00:43:03.50	+00:09:16 (21.5%)	8:36	7 (78.7%)
113	KAŁUŻNA Anna	299		K65-69	7			00:43:20.75	+00:09:33 (22.1%)	8:40	6.9 (77.5%)
114	MAZERSKA Maria	374	LKS ZANTYR SZTUM	K70-74	3			00:43:21.95	+00:09:35 (22.1%)	8:40	6.9 (77.5%)
115	WOŁOSZYN Joanna	508	KIJANKI BYTOM	K50-54	13			00:43:30.60	+00:09:43 (22.4%)	8:42	6.9 (77.5%)
116	KUCYPERA Teresa	329	TARNOGÓRSKIE ŁAZĘGI	K65-69	8			00:43:34.35	+00:09:47 (22.5%)	8:42	6.9 (77.5%)
117	GRUSZKA Barbara	270	LKS ZANTYR SZTUM	K70-74	4			00:43:40.15	+00:09:53 (22.6%)	8:44	6.9 (77.5%)
118	WOLKO Barbara	501	NORDICUS	K50-54	14			00:43:44.90	+00:09:58 (22.8%)	8:44	6.9 (77.5%)
119	BRZEZINA Magdalena	213	NORDICUS STRZYBNICA	K40-44	19			00:43:45.35	+00:09:58 (22.8%)	8:45	6.9 (77.5%)
120	KRZYKAWSKA-HUS Karolina	326	CIDRY LOTAJOM	K30-39	12			00:43:52.35	+00:10:05 (23.0%)	8:46	6.8 (76.4%)
121	KULAWIK Justyna	332	CIDRY LOTAJOM	K30-39	13			00:43:56.65	+00:10:09 (23.1%)	8:47	6.8 (76.4%)
122	MARCINIAK Patrycja	369		K45-49	16			00:44:07.85	+00:10:20 (23.5%)	8:49	6.8 (76.4%)
123	GEIER Helena	95		K65-69	9			00:44:08.15	+00:10:21 (23.5%)	8:49	6.8 (76.4%)
123	GORNY Halina	258	CKZIU MECHANIK NYSA	K45-49	17			00:44:08.15	+00:10:21 (23.5%)	8:49	6.8 (76.4%)
125	KONIARSKA Katarzyna	67		K50-54	15			00:44:08.25	+00:10:21 (23.5%)	8:49	6.8 (76.4%)
126	CZAICKA Agnieszka	223	TARNOGÓRSKIE ŁAZĘGI	K40-44	20			00:44:08.55	+00:10:21 (23.5%)	8:49	6.8 (76.4%)
127	CZAJA Dorota	224	OBORYGENI	K30-39	14			00:44:14.75	+00:10:27 (23.7%)	8:50	6.8 (76.4%)
128	BIELAWSKA Elwira	201	SONSIEDZI TEAM	K40-44	21			00:44:33.00	+00:10:46 (24.2%)	8:54	6.7 (75.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time		Pace min/km	Pace km/h
								5km	Gap		
129	CZAPURA Elżbieta	225	MK TEAM	K60-64	13			00:44:33.60	+00:10:46 (24.2%)	8:54	6.7 (75.3%)
130	KRZYCHOWICZ Zofia	323	NORDICUS STRZYBNICA	K-Dzieci	4			00:44:44.40	+00:10:57 (24.5%)	8:56	6.7 (75.3%)
131	MALINOWSKA Grażyna	367	LKS ZANTYR SZTUM	K70-74	5			00:44:48.80	+00:11:01 (24.6%)	8:57	6.7 (75.3%)
132	MROWIEC Maria	385	SIECHODZI PTTK	K75+	2			00:44:56.95	+00:11:10 (24.8%)	8:59	6.7 (75.3%)
133	LIBERA Anna	355		K45-49	18			00:45:32.05	+00:11:45 (25.8%)	9:06	6.6 (74.2%)
134	MATUKIN-PAKUSZYŃSKA Anna	373	AMATOR	K45-49	19			00:45:36.40	+00:11:49 (25.9%)	9:07	6.6 (74.2%)
135	PONIATOWSKA Alina	414	NORDICUS STRZYBNICA	K65-69	10			00:45:37.40	+00:11:50 (26.0%)	9:07	6.6 (74.2%)
136	KALAGA Halina	297		K- Niepełnosprawni(B)	3			00:45:53.80	+00:12:06 (26.4%)	9:10	6.5 (73.0%)
137	HAJDUK Ewa	480	MALINOWE GWIAZDY	K50-54	16	1		00:46:20.15	+00:12:33 (27.1%)	9:16	6.5 (73.0%)
138	HORZELA Danuta	278		K65-69	11			00:46:35.65	+00:12:48 (27.5%)	9:19	6.4 (71.9%)
139	BANDUCH Izabela	193	SIECHODZI PTTK	K50-54	17			00:46:35.95	+00:12:49 (27.5%)	9:19	6.4 (71.9%)
140	ZARADNA-SZYMAŃSKA Iwona	503	MK TEAM	K60-64	14			00:46:39.60	+00:12:52 (27.6%)	9:19	6.4 (71.9%)
141	SOCZAŁA Wiktoria	434		K18-29	13			00:46:43.15	+00:12:56 (27.7%)	9:20	6.4 (71.9%)
142	MALINA Teresa	365	NORDICUS STRZYBNICA	K55-59	9			00:46:53.00	+00:13:06 (27.9%)	9:22	6.4 (71.9%)
143	ŚWIĄTKOWSKA Adrianna	467		K18-29	14	1		00:46:56.55	+00:13:09 (28.0%)	9:23	6.4 (71.9%)
144	LACHNIK Grażyna	345	CKZIU MECHANIK NYSA	K50-54	18			00:47:23.75	+00:13:36 (28.7%)	9:28	6.3 (70.8%)
145	JURECZKO-GRZEBIELA Ewa	293	NORDICUS STRZYBNICA	K45-49	20			00:47:30.70	+00:13:43 (28.9%)	9:30	6.3 (70.8%)
146	TOMASZEK Daniela	475	TARNOGÓRSKIE ŁAZĘGI	K65-69	12	2		00:47:32.50	+00:13:45 (28.9%)	9:30	6.3 (70.8%)
147	GRUNER Maria	268	NORDICUS STRZYBNICA	K55-59	10			00:47:54.40	+00:14:07 (29.5%)	9:34	6.3 (70.8%)
148	KOSMAŁA Maria	313	TARNOGÓRSKIE ŁAZĘGI	K70-74	6			00:48:35.80	+00:14:48 (30.5%)	9:43	6.2 (69.7%)
149	MICHALCZYK Lidia	379		K45-49	21			00:48:44.55	+00:14:57 (30.7%)	9:44	6.2 (69.7%)
150	CZWERENKO Alicja	229	LKS ZANTYR SZTUM	K55-59	11			00:48:49.75	+00:15:02 (30.8%)	9:45	6.1 (68.5%)
151	WOSZEK Maria	509	TARNOGÓRSKIE ŁAZĘGI	K60-64	15			00:48:50.90	+00:15:04 (30.8%)	9:46	6.1 (68.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
152	WALEROWICZ Joanna	487	TARNOGÓRSKIE ŁAZĘGI	K50-54	19			00:49:10.75	+00:15:23 (31.3%)	9:50	6.1 (68.5%)
153	KOSMALA-JASKÓLSKA Joanna	314	NORDICUS STRZYBNICA	K45-49	22			00:49:21.05	+00:15:34 (31.5%)	9:52	6.1 (68.5%)
154	WYLĘŻEK Bożena	511	KOLEJ NA MARSZ	K65-69	13			00:50:43.25	+00:16:56 (33.4%)	10:08	5.9 (66.3%)
155	WAWRZYŃCZOK Agnieszka	496	NORDICUS STRZYBNICA	K30-39	15			00:51:49.15	+00:18:02 (34.8%)	10:21	5.8 (65.2%)
156	INGLANT Krystyna	280	STADION ŚLĄSKI	K- Niepełnosprawni(B)	4						(0.0%)
DQ	GRABOWSKA Bożena	182	LKS ZANTYR SZTUM	K45-49		3		00:37:01.70 DQ		0:00	8.1 (91.0%)
	BANDUCH Julia	194		K18-29				DNF		-	- (0.0%)

Total 158 results.