

Wydarzenie: VI PKO Półmaraton Gliwicki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-26
Miejsce: Gliwice
Dystans: 21.1 km

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	PATAS Magdalena	1053		K-20	1	00:00:01	00:20:13	00:40:58	01:01:37	01:23:13	01:27:55.75	01:27:56.90		4:09	14.4 (100%)
2	STOLORZ Katarzyna	853	INŻYNIERIA BIEGANIA	K-30	1	00:00:12	00:21:14	00:42:57	01:04:18	01:26:25	01:31:02.10	01:31:14.85	+00:03:06 (3.4%)	4:18	13.9 (96.5%)
3	PALEJ Zuzanna	661		K-20	2	00:00:07	00:20:54	00:42:32	01:04:03	01:26:43	01:31:26.75	01:31:34.40	+00:03:31 (3.8%)	4:20	13.8 (95.8%)
4	LASKOWSKA Katarzyna	492	IB TEAM GLIWICE	K-40	1	00:00:04	00:20:55	00:42:23	01:05:01	01:29:52	01:34:52.70	01:34:57.50	+00:06:56 (7.3%)	4:29	13.3 (92.4%)
5	STRZELCZYK Ewa	858	HURAGAN LIGOTA	K-40	2	00:00:15	00:22:00	00:44:49	01:07:28	01:30:36	01:35:17.95	01:35:33.50	+00:07:22 (7.7%)	4:30	13.3 (92.4%)
6	SZMIGIEL Klaudia	877	WOŹNIAK RUNNING TEAM	K-20	3	00:00:10	00:21:48	00:44:23	01:07:09	01:30:42	01:35:40.60	01:35:51.40	+00:07:44 (8.1%)	4:32	13.2 (91.7%)
7	KONIECZNA Anna	402		K-20	4	00:00:09	00:21:18	00:44:18	01:07:23	01:31:52	01:36:58.95	01:37:08.80	+00:09:03 (9.3%)	4:35	13.1 (91.0%)
8	DUDEK Monika	163	PCHSPORTTEAM	K-30	2	00:00:04	00:22:42	00:46:07	01:09:39	01:33:10	01:38:08.35	01:38:12.95	+00:10:12 (10.4%)	4:39	12.9 (89.6%)
9	MAZUR Patrycja	557	HURAGAN LIGOTA	K-40	3	00:00:16	00:21:59	00:45:19	01:08:54	01:33:23	01:38:08.50	01:38:24.50	+00:10:12 (10.4%)	4:39	12.9 (89.6%)
10	LEWICKA Justyna	505	ISTA BIEGAMY	K-30	3	00:00:10	00:22:50	00:46:01	01:09:39	01:34:01	01:39:11.70	01:39:21.80	+00:11:15 (11.4%)	4:42	12.8 (88.9%)
11	WIELOCH Agnieszka	947	HURAGAN LIGOTA/AMBITNI AMATORZY	K-30	4	00:00:20	00:23:31	00:47:23	01:11:15	01:35:24	01:40:14.50	01:40:35.05	+00:12:18 (12.3%)	4:45	12.6 (87.5%)
12	TANISTRA - SŁOWIK Katarzyna	906	HURAGAN LIGOTA	K-40	4	00:00:20	00:23:27	00:46:51	01:11:04	01:36:09	01:41:18.70	01:41:38.75	+00:13:22 (13.2%)	4:48	12.5 (86.8%)
13	KLEPACKA-GANCARZ Barbara	372	MUSTANGI GLIWICE	K-40	5	00:00:16	00:23:08	00:47:26	01:11:36	01:36:29	01:41:37.55	01:41:53.75	+00:13:41 (13.5%)	4:48	12.5 (86.8%)
14	PILCH-NANOWSKA Agnieszka	701		K-40	6	00:00:22	00:23:49	00:48:14	01:13:03	01:37:59	01:42:56.75	01:43:18.80	+00:15:01 (14.6%)	4:52	12.3 (85.4%)
15	PIETRAS Sylwia	694	MIECHOWICKA GRUPA BIEGOWA	K-30	6	00:00:14	00:24:56	00:50:17	01:15:11	01:39:44	01:44:25.15	01:44:39.85	+00:16:29 (15.8%)	4:56	12.1 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
16	RAK-SŁOMCZYŃSKA Magdalena	753		K-30	5	00:00:35	00:23:47	00:48:16	01:13:05	01:38:59	01:44:18.00	01:44:53.65	+00:16:22 (15.7%)	4:56	12.1 (84.0%)
17	NASIENIAK-CZECH Anna	600		K-40	7	00:00:44	00:25:05	00:50:09	01:14:44	01:40:01	01:45:07.85	01:45:51.90	+00:17:12 (16.4%)	4:58	12 (83.3%)
18	SIELSKA Joanna	803	OPEL ACTIVE TEAM	K-40	8	00:00:09	00:24:06	00:48:55	01:13:57	01:40:22	01:45:45.75	01:45:54.80	+00:17:50 (16.9%)	5:00	12 (83.3%)
19	POLUS Agnieszka	719		K-20	5	00:00:54	00:24:16	00:48:50	01:14:00	01:40:42	01:46:17.55	01:47:11.70	+00:18:21 (17.3%)	5:02	11.9 (82.6%)
20	LASICZ Aleksandra	1111		K-40	9	00:00:58	00:25:01	00:49:45	01:14:55	01:41:04	01:46:34.90	01:47:33.10	+00:18:39 (17.5%)	5:03	11.9 (82.6%)
21	SZOTA Magdalena	885		K-40	10	00:00:39	00:25:03	00:50:26	01:16:03	01:41:42	01:47:03.10	01:47:42.30	+00:19:07 (17.9%)	5:04	11.8 (81.9%)
22	ADAMCZAK Barbara	1	TRAVOIS	K-30	7	00:00:48	00:25:09	00:50:04	01:15:28	01:41:34	01:46:59.20	01:47:47.35	+00:19:03 (17.8%)	5:04	11.8 (81.9%)
23	TYSZKO Berenika	922		K-20	6	00:00:43	00:25:18	00:50:41	01:15:53	01:42:09	01:47:49.15	01:48:32.50	+00:19:53 (18.4%)	5:06	11.7 (81.3%)
24	RĄB Agnieszka	758		K-40	11	00:00:43	00:24:41	00:49:41	01:15:24	01:42:13	01:47:52.05	01:48:35.90	+00:19:56 (18.5%)	5:06	11.7 (81.3%)
24	BŁOŃSKA Monika	48		K-30	8	00:00:24	00:25:41	00:51:22	01:16:22	01:42:52	01:48:11.40	01:48:35.90	+00:20:15 (18.7%)	5:07	11.7 (81.3%)
26	JURECZKO Monika	328		K-40	12	00:00:45	00:24:18	00:50:07	01:15:30	01:42:21	01:48:00.80	01:48:45.95	+00:20:05 (18.6%)	5:07	11.7 (81.3%)
27	BANACH Magda	10		K-20	7	00:00:37	00:24:36	00:49:34	01:14:44	01:42:27	01:48:27.60	01:49:04.65	+00:20:31 (18.9%)	5:08	11.7 (81.3%)
28	KOSAŁKA Beata	413		K-30	9	00:00:54	00:26:03	00:51:48	01:17:08	01:43:03	01:48:27.10	01:49:21.65	+00:20:31 (18.9%)	5:08	11.7 (81.3%)
29	BRZOSKA Elżbieta	79	NIGHT RUNNERS PYSKOWICE	K-40	13	00:00:52	00:25:28	00:51:20	01:17:22	01:43:32	01:48:48.85	01:49:41.20	+00:20:53 (19.2%)	5:09	11.6 (80.6%)
30	SKÓRA Aneta	1044		K-30	10	00:00:48	00:25:01	00:50:47	01:17:06	01:43:35	01:49:12.35	01:50:00.90	+00:21:16 (19.5%)	5:10	11.6 (80.6%)
31	GŁUSZYK Joanna	232	WAY2CHAMP	K-40	14	00:00:35	00:25:01	00:50:28	01:16:43	01:43:53	01:49:27.95	01:50:03.55	+00:21:32 (19.7%)	5:11	11.6 (80.6%)
32	BOCHEŃSKA Agnieszka	51	MOMO TEAM	K-40	15	00:00:46	00:25:03	00:50:55	01:17:09	01:44:39	01:50:11.55	01:50:58.40	+00:22:15 (20.2%)	5:13	11.5 (79.9%)
33	SZCZEŚNIAK Maria	872		K-30	13	00:00:17	00:25:35	00:51:29	01:17:30	01:45:05	01:50:54.70	01:51:12.40	+00:22:58 (20.7%)	5:15	11.4 (79.2%)
34	SZOŁTYSEK-GRZESIKIEWICZ Anna	884		K-30	11	00:00:50	00:25:45	00:51:29	01:17:40	01:44:47	01:50:26.85	01:51:17.00	+00:22:31 (20.4%)	5:14	11.5 (79.9%)
35	PĘDOWSKA Bożena	685		K-50	1	00:00:07	00:25:23	00:51:41	01:18:14	01:45:34	01:51:16.35	01:51:24.00	+00:23:20 (21.0%)	5:16	11.4 (79.2%)
36	CZERNIK Judyta	134		K-30	12	00:00:57	00:27:29	00:54:07	01:19:54	01:45:31	01:50:50.70	01:51:47.90	+00:22:54 (20.7%)	5:15	11.4 (79.2%)
37	CANIBOŁ Anna	96	RUNTEAM PAWŁOWICE	K-20	8	00:00:26	00:25:40	00:51:36	01:18:05	01:45:57	01:51:29.20	01:51:55.90	+00:23:33 (21.1%)	5:17	11.4 (79.2%)
38	RYZIŃSKA Aneta	785		K-40	17	00:00:19	00:25:16	00:51:32	01:18:25	01:46:06	01:51:42.60	01:52:02.00	+00:23:46 (21.3%)	5:17	11.3 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
39	WILCZEK Małgorzata	952	ISTA BIEGAMY	K-30	14	00:01:03	00:26:21	00:52:58	01:19:13	01:45:42	01:51:04.10	01:52:07.35	+00:23:08 (20.8%)	5:15	11.4 (79.2%)
40	HERLICZKA Renata	283	AML FLY TEAM	K-30	15	00:00:58	00:25:57	00:51:45	01:17:51	01:45:22	01:51:14.95	01:52:13.75	+00:23:19 (21.0%)	5:16	11.4 (79.2%)
41	GARBOWSKA Monika	207	COMPÑEROS ASFALT TEAM	K-40	16	00:00:57	00:25:44	00:51:43	01:18:25	01:45:37	01:51:17.45	01:52:14.70	+00:23:21 (21.0%)	5:16	11.4 (79.2%)
42	WOŹNIAK-SOLAREK Zuzanna	1064		K-20	9	00:00:37	00:25:34	00:52:05	01:18:46	01:46:39	01:52:23.30	01:53:00.60	+00:24:27 (21.8%)	5:19	11.3 (78.5%)
43	OLCZYK Karina	634		K-20	10	00:00:41	00:24:35	00:50:14	01:17:03	01:44:44	01:52:26.20	01:53:07.60	+00:24:30 (21.8%)	5:19	11.3 (78.5%)
44	NIŹNIKIEWICZ Elżbieta	617		K-30	16	00:00:49	00:25:53	00:52:33	01:19:17	01:46:48	01:52:24.30	01:53:13.80	+00:24:28 (21.8%)	5:19	11.3 (78.5%)
45	CZARNIK-PECIAK Aleksandra	127		K-40	18	00:00:49	00:27:17	00:53:50	01:19:55	01:46:56	01:52:35.85	01:53:25.35	+00:24:40 (21.9%)	5:20	11.2 (77.8%)
46	BROZYNA Magdalena	74	CO JA TU ROBIĘ?	K-30	17	00:00:14	00:23:34	00:50:09	01:18:07	01:47:34	01:53:45.35	01:54:00.00	+00:25:49 (22.7%)	5:23	11.1 (77.1%)
47	MACURA Sylwia	521		K-50	2	00:01:13	00:27:18	00:54:01	01:20:51	01:48:00	01:53:13.90	01:54:27.40	+00:25:18 (22.3%)	5:21	11.2 (77.8%)
48	SMIESZKOŁ-BRYKOWSKA Sonia	818		K-40	20	00:00:58	00:26:10	00:52:06	01:18:41	01:47:23	01:53:33.90	01:54:32.25	+00:25:38 (22.6%)	5:22	11.1 (77.1%)
49	DZIUBEK Monika	180	W POGONI ZA DUCHEM	K-30	18	00:00:39	00:26:28	00:53:15	01:20:18	01:48:14	01:53:57.70	01:54:37.35	+00:26:01 (22.8%)	5:24	11.1 (77.1%)
50	KLIMAS Agnieszka	376		K-40	19	00:01:09	00:26:03	00:52:37	01:19:06	01:47:27	01:53:31.60	01:54:40.95	+00:25:35 (22.5%)	5:22	11.2 (77.8%)
51	POPIEL-KRUK Aleksandra	1047		K-40	21	00:01:21	00:27:59	00:55:57	01:23:01	01:48:47	01:54:11.20	01:55:32.20	+00:26:15 (23.0%)	5:24	11.1 (77.1%)
52	WARAT Katarzyna	935	YES3	K-30	19	00:01:40	00:25:32	00:51:52	01:19:28	01:48:02	01:54:08.30	01:55:48.40	+00:26:12 (23.0%)	5:24	11.1 (77.1%)
53	YOUSSEF Anna	990		K-30	20	00:00:30	00:26:12	00:53:11	01:20:24	01:48:46	01:55:19.15	01:55:49.50	+00:27:23 (23.8%)	5:27	11 (76.4%)
54	POPIEL Adriana	721		K-30	21	00:00:39	00:27:08	00:54:23	01:21:36	01:49:33	01:55:25.35	01:56:04.40	+00:27:29 (23.8%)	5:28	11 (76.4%)
55	KASPER Iwona	351	KB ORŁY Z KNUROWA	K-40	22	00:00:32	00:26:39	00:54:03	01:21:31	01:49:30	01:55:38.60	01:56:10.75	+00:27:42 (24.0%)	5:28	10.9 (75.7%)
56	SAMOL Aleksandra	790		K-20	11	00:00:28	00:25:42	00:52:15	01:19:57	01:49:53	01:55:46.60	01:56:15.10	+00:27:50 (24.1%)	5:29	10.9 (75.7%)
57	KONOPKA Agnieszka	405	I LO DWUJĘZYCZNE	K-40	23	00:01:04	00:27:27	00:54:42	01:22:12	01:49:54	01:55:42.10	01:56:46.30	+00:27:46 (24.0%)	5:29	10.9 (75.7%)
58	DYGOŃ Gosia	169	BIEGAJ Z TRENERAMI	K-40	24	00:00:00	00:28:17	00:55:30	01:23:07	01:51:21	01:56:46.60	01:56:46.60	+00:28:50 (24.7%)	5:32	10.8 (75.0%)
59	GIELERAK Daria	220		K-30	24	00:00:21	00:27:12	00:54:01	01:21:58	01:50:44	01:56:53.00	01:57:14.45	+00:28:57 (24.8%)	5:32	10.8 (75.0%)
60	POLEWICA Aleksandra	1123	UKS KOMETA GLIWICE	K-16	1	00:00:02	00:25:57	00:54:04	01:22:12	01:51:16	01:57:12.80	01:57:14.90	+00:29:17 (25.0%)	5:33	10.8 (75.0%)
61	KOPLIN Kasia	408	FRAZOCHY	K-30	22	00:00:58	00:26:07	00:53:12	01:21:34	01:50:32	01:56:29.35	01:57:27.50	+00:28:33 (24.5%)	5:31	10.9 (75.7%)

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						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
62	WODA Ewelina	964	WAY2CHAMP	K-30	23	00:01:17	00:27:53	00:55:30	01:23:05	01:50:53	01:56:31.85	01:57:48.90	+00:28:36 (24.5%)	5:31	10.9 (75.7%)
63	MATUSZNY Barbara	1074		K-40	26	00:00:28	00:26:03	00:52:57	01:21:37	01:51:12	01:57:21.35	01:57:50.15	+00:29:25 (25.1%)	5:33	10.8 (75.0%)
64	SIERADZKA Agnieszka	805	BIEGAJ Z TRENERAMI	K-30	25	00:00:54	00:25:52	00:53:34	01:22:00	01:50:54	01:57:12.95	01:58:07.10	+00:29:17 (25.0%)	5:33	10.8 (75.0%)
65	GRACH Aleksandra	249		K-40	25	00:00:58	00:26:11	00:53:22	01:21:46	01:51:12	01:57:18.15	01:58:16.95	+00:29:22 (25.0%)	5:33	10.8 (75.0%)
66	BEDNARCZYK-ICIEK Aneta	1099	AKTYWNI KAMIEŃSK	K-40	28	00:01:01	00:27:12	00:54:57	01:22:42	01:51:31	01:57:29.50	01:58:31.05	+00:29:33 (25.2%)	5:34	10.8 (75.0%)
67	CZARDYBON Laura	125		K-40	27	00:01:13	00:27:56	00:55:57	01:23:54	01:51:50	01:57:29.45	01:58:42.95	+00:29:33 (25.2%)	5:34	10.8 (75.0%)
68	MARKOWSKA Sylwia	539		K-30	28	00:01:10	00:27:56	00:55:50	01:24:03	01:52:31	01:58:10.25	01:59:20.60	+00:30:14 (25.6%)	5:36	10.7 (74.3%)
69	HAŁAS Małgorzata	277		K-30	26	00:01:24	00:27:28	00:54:55	01:23:14	01:51:49	01:57:56.65	01:59:20.85	+00:30:00 (25.4%)	5:35	10.7 (74.3%)
70	KWIATKOWSKA Katarzyna	488		K-40	30	00:00:10	00:25:58	00:53:44	01:22:08	01:52:51	01:59:11.35	01:59:22.25	+00:31:15 (26.2%)	5:38	10.6 (73.6%)
71	BOMBIS Sandra	58		K-20	12	00:01:05	00:26:46	00:53:52	01:22:01	01:52:19	01:58:19.75	01:59:25.35	+00:30:24 (25.7%)	5:36	10.7 (74.3%)
72	KULCZYK Anna	467		K-30	29	00:00:57	00:27:22	00:55:07	01:23:22	01:52:25	01:58:37.65	01:59:35.00	+00:30:41 (25.9%)	5:37	10.7 (74.3%)
73	DANISZ Małgorzata	145		K-30	27	00:01:47	00:28:57	00:57:18	01:24:19	01:52:17	01:58:06.25	01:59:53.30	+00:30:10 (25.5%)	5:35	10.7 (74.3%)
74	SITKO Magdalena	810		K-20	13	00:01:28	00:27:27	00:55:20	01:23:36	01:52:37	01:58:34.75	02:00:02.90	+00:30:39 (25.8%)	5:37	10.7 (74.3%)
75	KONIECZNY Justyna	403	NIGHT RUNNER PYSKOWICE	K-30	32	00:00:53	00:26:47	00:54:18	01:23:10	01:53:26	01:59:32.60	02:00:26.00	+00:31:36 (26.4%)	5:39	10.6 (73.6%)
76	KRAWCZYK Marta	436		K-40	29	00:01:35	00:28:44	00:57:06	01:24:48	01:53:00	01:58:56.95	02:00:32.10	+00:31:01 (26.1%)	5:38	10.6 (73.6%)
77	TOMCZYK Edyta	912		K-30	30	00:01:29	00:28:29	00:57:04	01:25:43	01:53:31	01:59:03.10	02:00:32.50	+00:31:07 (26.1%)	5:38	10.6 (73.6%)
78	LEDWOŃ Aneta	498	NIGHT RUNNERS GLIWICE	K-40	31	00:01:30	00:28:24	00:56:50	01:25:20	01:53:36	01:59:14.95	02:00:45.15	+00:31:19 (26.3%)	5:39	10.6 (73.6%)
79	SZOJDA Małgorzata	881	INŻYNIERIA BIEGANIA TEAM	K-30	31	00:01:17	00:28:12	00:56:36	01:25:05	01:53:34	01:59:31.00	02:00:48.75	+00:31:35 (26.4%)	5:39	10.6 (73.6%)
80	ZAPOTOCZNA Renata	997		K-40	34	00:00:44	00:27:13	00:55:57	01:25:37	01:54:08	02:00:06.50	02:00:50.50	+00:32:10 (26.8%)	5:41	10.5 (72.9%)
81	GRUCHAŁA Anna	262	MK TEAM	K-30	34	00:01:05	00:27:28	00:54:55	01:23:05	01:53:22	01:59:47.95	02:00:53.90	+00:31:52 (26.6%)	5:40	10.6 (73.6%)
82	KUCZMA Joanna	462		K-40	32	00:01:26	00:28:06	00:56:25	01:24:52	01:53:35	01:59:43.65	02:01:10.00	+00:31:47 (26.6%)	5:40	10.6 (73.6%)
83	KOCIELSKA Anna	389		K-30	36	00:01:04	00:27:04	00:55:15	01:24:04	01:53:41	02:00:06.60	02:01:10.95	+00:32:10 (26.8%)	5:41	10.5 (72.9%)
84	PETEJA-ĆWIK Aleksandra	682	NSZOZANGIODENS	K-50	3	00:01:08	00:28:13	00:56:37	01:25:08	01:53:53	02:00:05.10	02:01:13.70	+00:32:09 (26.8%)	5:41	10.5 (72.9%)
85	BIER Agnieszka	40	DTIQ POLAND	K-30	33	00:01:39	00:28:01	00:56:19	01:24:39	01:53:22	01:59:36.55	02:01:15.65	+00:31:40 (26.5%)	5:40	10.6 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
86	STUDNIK Agnieszka	861		K-30	39	00:00:36	00:28:29	00:57:14	01:25:38	01:54:40	02:00:45.30	02:01:21.50	+00:32:49 (27.2%)	5:43	10.5 (72.9%)
87	JURASZCZUK Katarzyna	1090	INŻYNIERIA BIEGANIA	K-40	33	00:01:32	00:28:04	00:55:57	01:24:36	01:53:30	01:59:50.70	02:01:23.15	+00:31:54 (26.6%)	5:40	10.6 (73.6%)
88	SOBAS Katarzyna	824		K-20	15	00:01:09	00:28:05	00:56:37	01:25:08	01:53:55	02:00:13.45	02:01:23.20	+00:32:17 (26.9%)	5:41	10.5 (72.9%)
89	NOWAKOWSKA Agnieszka	626	PACEMAKER	K-20	14	00:01:16	00:28:13	00:56:37	01:25:05	01:53:48	02:00:10.40	02:01:27.30	+00:32:14 (26.8%)	5:41	10.5 (72.9%)
90	ZIĘTEK Katarzyna	1015	#BBKTS	K-30	35	00:01:38	00:28:16	00:56:37	01:24:48	01:53:47	01:59:49.50	02:01:28.45	+00:31:53 (26.6%)	5:40	10.6 (73.6%)
91	PUCHAŁA Ewelina	742	PACEMAKER	K-30	37	00:01:28	00:28:27	00:56:52	01:25:41	01:54:04	02:00:16.10	02:01:45.05	+00:32:20 (26.9%)	5:42	10.5 (72.9%)
92	PYPKA Elżbieta	746		K-30	40	00:00:40	00:28:01	00:56:36	01:25:35	01:54:59	02:01:09.35	02:01:49.60	+00:33:13 (27.4%)	5:44	10.4 (72.2%)
93	KIECKA Ewelina	364		K-30	38	00:01:42	00:29:17	00:58:06	01:26:23	01:55:04	02:00:34.10	02:02:16.10	+00:32:38 (27.1%)	5:42	10.5 (72.9%)
94	NANCKA Brygida	599	-	K-40	37	00:00:22	00:27:35	00:56:19	01:25:26	01:55:58	02:02:27.90	02:02:49.95	+00:34:32 (28.2%)	5:48	10.3 (71.5%)
95	MASTALSKA Marzena	546	OPEL ACTIVE TEAM	K-30	42	00:01:15	00:29:03	00:57:49	01:27:30	01:55:54	02:01:42.60	02:02:58.55	+00:33:46 (27.8%)	5:46	10.4 (72.2%)
96	GRZEGORCZYK Monika	266	NIGHT RUNNERS ZABRZE	K-30	41	00:01:16	00:29:02	00:57:48	01:27:30	01:55:54	02:01:42.45	02:02:58.75	+00:33:46 (27.8%)	5:46	10.4 (72.2%)
97	KOLTERNIAK Monika	397	QUEENS PARK HARRIERS LONDYN	K-40	36	00:01:01	00:28:12	00:56:51	01:25:58	01:56:00	02:02:17.50	02:03:19.10	+00:34:21 (28.1%)	5:47	10.4 (72.2%)
98	DEMBOWSKA Bożena	150		K-40	35	00:01:33	00:28:23	00:57:05	01:26:07	01:55:48	02:02:02.70	02:03:36.15	+00:34:06 (28.0%)	5:47	10.4 (72.2%)
99	BRZOZA Aleksandra	80	MOSTOSTAL ZABRZE UNITED	K-30	43	00:00:50	00:28:37	00:56:51	01:25:20	01:56:35	02:02:53.40	02:03:44.30	+00:34:57 (28.4%)	5:49	10.3 (71.5%)
100	LESZCZYŃSKA Małgorzata	501		K-40	38	00:00:35	00:27:13	00:55:57	01:25:59	01:57:18	02:03:33.90	02:04:09.00	+00:35:38 (28.8%)	5:51	10.2 (70.8%)
101	FRANIELCZYK Marta	194		K-30	44	00:01:29	00:28:12	00:56:37	01:25:22	01:56:06	02:02:58.95	02:04:28.30	+00:35:03 (28.5%)	5:49	10.3 (71.5%)
102	PINDERA Barbara	1112		K-30	45	00:01:27	00:29:20	00:58:30	01:27:18	01:56:47	02:03:03.20	02:04:31.15	+00:35:07 (28.5%)	5:49	10.3 (71.5%)
103	WILSZ Ewa	956	#PANIÓWKIRUN	K-40	39	00:01:31	00:27:54	00:56:52	01:26:14	01:57:28	02:03:40.80	02:05:12.35	+00:35:45 (28.9%)	5:51	10.2 (70.8%)
104	PYREK Anna	747		K-20	16	00:01:10	00:27:46	00:56:41	01:26:03	01:57:30	02:04:07.50	02:05:17.85	+00:36:11 (29.2%)	5:52	10.2 (70.8%)
105	VOLOSHYNA Mariana	932		K-30	46	00:01:55	00:30:38	01:00:27	01:28:51	01:57:48	02:03:36.85	02:05:32.80	+00:35:41 (28.9%)	5:51	10.2 (70.8%)
106	KNEBEL Patrycja	1115		K-30	49	00:01:04	00:29:25	00:58:55	01:29:04	01:58:14	02:04:35.80	02:05:40.35	+00:36:40 (29.4%)	5:54	10.2 (70.8%)
107	BŁASZCZYK Paulina	45		K-30	47	00:01:33	00:28:28	00:57:08	01:26:34	01:57:53	02:04:25.25	02:05:58.80	+00:36:29 (29.3%)	5:53	10.2 (70.8%)
108	SZUTER Justyna	890		K-20	17	00:01:11	00:28:31	00:57:32	01:26:38	01:57:52	02:04:50.60	02:06:01.95	+00:36:54 (29.6%)	5:54	10.1 (70.1%)
109	KĘPA Agnieszka	362	EKO-OKNA RUNNERS	K-30	48	00:01:37	00:29:30	00:58:57	01:28:24	01:58:18	02:04:28.40	02:06:05.80	+00:36:32 (29.4%)	5:53	10.2 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
110	HAŁAMBIEC Anna	276		K-30	51	00:01:07	00:28:04	00:56:48	01:26:28	01:58:09	02:05:03.45	02:06:10.60	+00:37:07 (29.7%)	5:55	10.1 (70.1%)
111	KRAWCZYK Beata	439		K-30	50	00:01:34	00:28:05	00:56:20	01:24:49	01:57:23	02:04:47.75	02:06:22.15	+00:36:52 (29.5%)	5:54	10.1 (70.1%)
112	BAK Katarzyna	1084		K-30	52	00:01:01	00:28:37	00:58:06	01:27:24	01:58:33	02:05:27.85	02:06:29.20	+00:37:32 (29.9%)	5:56	10.1 (70.1%)
113	HRYNISZYN Agnieszka	293		K-20	18	00:01:26	00:29:07	00:58:22	01:28:22	01:59:17	02:05:08.65	02:06:35.00	+00:37:12 (29.7%)	5:55	10.1 (70.1%)
114	PEKALA Anna	688		K-40	40	00:01:38	00:27:41	00:56:10	01:26:10	01:58:57	02:05:37.35	02:07:15.70	+00:37:41 (30.0%)	5:57	10.1 (70.1%)
115	SZKAMRUK Małgorzata	875		K-30	53	00:01:37	00:27:42	00:56:11	01:26:13	01:59:00	02:05:37.90	02:07:15.80	+00:37:42 (30.0%)	5:57	10.1 (70.1%)
116	KONIOR Edyta	404	KOLIBER TEAM	K-40	41	00:01:16	00:29:22	00:58:50	01:28:49	02:00:01	02:06:35.25	02:07:52.05	+00:38:39 (30.5%)	6:00	10 (69.4%)
117	ZWOLIŃSKA Katarzyna	1058	AERO-SYSTEM.PL	K-20	19	00:01:32	00:29:18	00:58:51	01:29:42	02:00:13	02:06:19.35	02:07:52.20	+00:38:23 (30.4%)	5:59	10 (69.4%)
118	GRYNICKA-JASKÓŁA Aleksandra	1089		K-40	42	00:01:09	00:28:27	00:57:48	01:27:38	01:59:47	02:06:44.15	02:07:53.25	+00:38:48 (30.6%)	6:00	10 (69.4%)
119	GŁOWACKA Marta	229		K-20	20	00:01:48	00:30:04	00:59:50	01:29:44	02:00:33	02:06:37.20	02:08:26.10	+00:38:41 (30.6%)	6:00	10 (69.4%)
120	ROJEK Monika	765		K-40	43	00:01:24	00:29:45	00:59:41	01:28:39	02:00:17	02:07:12.05	02:08:37.00	+00:39:16 (30.9%)	6:01	10 (69.4%)
121	SZYMAŃSKA Dominika	895	POMYKACZE	K-20	21	00:00:47	00:27:56	00:57:07	01:30:05	02:01:27	02:07:57.00	02:08:44.45	+00:40:01 (31.3%)	6:03	9.9 (68.8%)
122	BUCHAL Katarzyna	83		K-50	4	00:01:05	00:29:26	00:59:35	01:29:52	02:01:09	02:07:44.65	02:08:49.95	+00:39:48 (31.2%)	6:03	9.9 (68.8%)
123	MIECZNIKOWSKA Agnieszka	568		K-40	46	00:01:04	00:28:05	00:57:52	01:29:01	02:01:12	02:07:49.80	02:08:54.30	+00:39:54 (31.2%)	6:03	9.9 (68.8%)
124	PRESNAL-ZMYŚŁOWSKA Agnieszka	728		K-40	44	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08	02:07:31.50	02:09:01.75	+00:39:35 (31.0%)	6:02	9.9 (68.8%)
125	PAŁYGA Agnieszka	667	FUTURE PROCESSING RUNNING TEAM	K-30	55	00:01:06	00:28:41	00:58:34	01:29:18	02:00:56	02:07:57.05	02:09:03.60	+00:40:01 (31.3%)	6:03	9.9 (68.8%)
126	HEBDA-OLSZÓWKA Aleksandra	279	BP RUNNING TEAM GLIWICE	K-30	54	00:01:16	00:29:27	00:59:55	01:30:15	02:01:18	02:07:49.75	02:09:06.05	+00:39:54 (31.2%)	6:03	9.9 (68.8%)
126	MARUT Kaśka	544	BP RUNNING TEAM GLIWICE	K-40	48	00:01:16	00:29:29	00:59:55	01:30:18	02:01:18	02:07:50.00	02:09:06.05	+00:39:54 (31.2%)	6:03	9.9 (68.8%)
128	KROCZEK Liliana	442	NIGHT RUNNERS	K-40	47	00:01:16	00:29:27	00:59:50	01:30:18	02:01:20	02:07:49.80	02:09:06.10	+00:39:54 (31.2%)	6:03	9.9 (68.8%)
129	RÓLKA Mariola	771	BP RUNNING TEAM	K-40	49	00:01:15	00:29:29	00:59:56	01:30:20	02:01:21	02:07:50.50	02:09:06.20	+00:39:54 (31.2%)	6:03	9.9 (68.8%)
130	ĆWIOK Barbara	143	#PANIÓWKIRUN	K-40	45	00:01:20	00:30:02	00:59:47	01:30:30	02:01:16	02:07:46.80	02:09:06.95	+00:39:51 (31.2%)	6:03	9.9 (68.8%)
131	CZERNIAK Żaneta	132		K-40	51	00:01:08	00:28:13	00:56:46	01:27:52	02:00:53	02:08:01.80	02:09:10.20	+00:40:06 (31.3%)	6:04	9.9 (68.8%)
132	KOWALCZYK Anna	418	HIRSCHVOGEL	K-40	50	00:01:22	00:30:02	01:00:29	01:30:43	02:01:17	02:07:55.10	02:09:17.10	+00:39:59 (31.3%)	6:03	9.9 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
133	PRACKA Danuta	725		K-30	56	00:01:47	00:29:29	00:59:32	01:30:15	02:01:28	02:08:05.15	02:09:52.50	+00:40:09 (31.4%)	6:04	9.9 (68.8%)
134	KRAFczyk Edyta	430		K-30	57	00:00:54	00:28:51	00:58:51	01:29:15	02:02:24	02:09:40.75	02:10:35.70	+00:41:45 (32.2%)	6:08	9.8 (68.1%)
135	ŚLIWIŃSKA Alicja	903		K-30	59	00:00:51	00:28:31	00:58:07	01:29:00	02:03:08	02:10:17.10	02:11:08.30	+00:42:21 (32.5%)	6:10	9.7 (67.4%)
136	MICHALIK Natalia	562		K-20	22	00:01:37	00:29:55	01:00:10	01:31:02	02:03:07	02:09:52.45	02:11:29.60	+00:41:56 (32.3%)	6:09	9.7 (67.4%)
137	NOWAKOWSKA-TRZASKA Joanna	627		K-40	52	00:01:35	00:29:56	01:00:12	01:31:03	02:03:09	02:09:54.65	02:11:29.75	+00:41:58 (32.3%)	6:09	9.7 (67.4%)
138	URBANek-RAJWA Barbara	928		K-40	53	00:00:40	00:28:26	00:57:07	01:27:22	02:03:08	02:10:52.40	02:11:32.80	+00:42:56 (32.8%)	6:12	9.7 (67.4%)
139	PISKON Agnieszka	938	W POGONI ZA DUCHEM/ PACEMAKER	K-30	58	00:01:31	00:29:50	01:00:16	01:31:29	02:03:31	02:10:07.60	02:11:38.60	+00:42:11 (32.4%)	6:10	9.7 (67.4%)
140	JURASZCZYK Dominika	325	PACEMAKER	K-20	23	00:01:31	00:29:50	01:00:18	01:31:29	02:03:31	02:10:07.55	02:11:38.90	+00:42:11 (32.4%)	6:10	9.7 (67.4%)
141	ZBOREK Dominika	1000		K-30	60	00:01:38	00:29:26	00:59:31	01:31:06	02:04:18	02:10:50.05	02:12:28.90	+00:42:54 (32.8%)	6:12	9.7 (67.4%)
142	RYBARZ Ewa	779		K-30	61	00:01:38	00:29:54	01:00:20	01:31:32	02:04:15	02:11:01.95	02:12:40.65	+00:43:06 (32.9%)	6:12	9.7 (67.4%)
143	BATEJKO Beata	18	SPORT WSPIERAMY NAUKOWO	K-40	54	00:01:44	00:29:28	00:59:15	01:30:30	02:04:08	02:11:04.25	02:12:48.60	+00:43:08 (32.9%)	6:12	9.7 (67.4%)
144	CZYSZCZOŃ Anna	138		K-20	24	00:01:41	00:31:33	01:02:57	01:33:34	02:05:11	02:11:39.50	02:13:20.55	+00:43:43 (33.2%)	6:14	9.6 (66.7%)
145	LEWANDOWSKA Magdalena	503		K-30	62	00:02:04	00:31:09	01:03:12	01:35:05	02:05:11	02:11:18.05	02:13:22.70	+00:43:22 (33.0%)	6:13	9.6 (66.7%)
146	REWIUK-KOCUR Anna	763		K-30	64	00:00:45	00:31:22	01:03:14	01:35:21	02:05:45	02:12:59.10	02:13:44.30	+00:45:03 (33.9%)	6:18	9.5 (66.0%)
147	MAJCHRZAK Magdalena	524		K-30	63	00:01:37	00:29:30	00:58:58	01:30:01	02:05:03	02:12:39.30	02:14:17.15	+00:44:43 (33.7%)	6:17	9.5 (66.0%)
148	GDULA Teodozja	217		K-60	1	00:01:18	00:28:05	00:57:13	01:29:29	02:05:35	02:13:00.65	02:14:19.40	+00:45:04 (33.9%)	6:18	9.5 (66.0%)
149	KASPEREK Magdalena	352	FIS - SST	K-40	55	00:01:43	00:31:43	01:05:11	01:35:44	02:06:16	02:13:06.25	02:14:49.70	+00:45:10 (33.9%)	6:18	9.5 (66.0%)
150	KWARCIŃSKA Maria	485		K-30	65	00:01:48	00:31:51	01:03:50	01:35:47	02:07:06	02:13:10.35	02:14:59.25	+00:45:14 (34.0%)	6:18	9.5 (66.0%)
151	NIEWDANA Anna	612	EUVIC	K-20	25	00:01:48	00:31:51	01:03:50	01:35:46	02:07:05	02:13:10.80	02:14:59.45	+00:45:15 (34.0%)	6:18	9.5 (66.0%)
152	OSAK Małgorzata	646		K-30	66	00:01:35	00:28:37	00:57:39	01:30:34	02:06:32	02:13:47.45	02:15:22.60	+00:45:51 (34.3%)	6:20	9.5 (66.0%)
153	JĘDZURA Agnieszka	322		K-40	57	00:01:29	00:28:36	00:58:45	01:30:54	02:06:31	02:14:03.00	02:15:32.50	+00:46:07 (34.4%)	6:21	9.4 (65.3%)
154	NAWROT Bożena	605		K-40	56	00:01:44	00:29:56	01:00:37	01:32:06	02:06:24	02:13:52.75	02:15:37.25	+00:45:57 (34.3%)	6:20	9.5 (66.0%)
155	CHAVEZ Christina	1097		K-20	29	00:00:00	01:33:27			02:09:35	02:16:12.05	02:16:12.05	+00:48:16 (35.4%)	6:27	9.3 (64.6%)
156	KOŁODZIEJCZYK Emilia	400	WATAHA -LACZY NAS BIEGANIE	K-20	26	00:01:46	00:31:53	01:03:52	01:35:48	02:07:50	02:14:27.05	02:16:13.45	+00:46:31 (34.6%)	6:22	9.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
157	SERUGA Aleksandra	800		K-20	27	00:01:33	00:30:10	01:00:28	01:33:24	02:07:54	02:14:50.30	02:16:23.35	+00:46:54 (34.8%)	6:23	9.4 (65.3%)
158	WŁODARSKA Dominika	963		K-20	28	00:00:32	00:30:10	01:01:16	01:33:45	02:08:33	02:16:02.50	02:16:35.30	+00:48:06 (35.4%)	6:26	9.3 (64.6%)
159	PIECHOWICZ-KUROWSKA Agata	1048		K-30	67	00:01:41	00:31:44	01:03:50	01:35:57	02:08:25	02:14:56.40	02:16:38.35	+00:47:00 (34.8%)	6:23	9.4 (65.3%)
160	BROWSKA Aleksandra	1052		K-30	68	00:01:42	00:31:43	01:03:49	01:35:56	02:08:25	02:14:56.45	02:16:38.50	+00:47:00 (34.8%)	6:23	9.4 (65.3%)
161	KWIATKOWSKA-STOJAK Ewelina	487		K-30	70	00:00:46	00:30:43	01:02:33	01:35:36	02:08:56	02:15:56.05	02:16:42.30	+00:48:00 (35.3%)	6:26	9.3 (64.6%)
162	KLIMASZ Katarzyna	378		K-20	30	00:01:05	00:30:22	01:01:28	01:34:11	02:09:10	02:16:18.20	02:17:23.80	+00:48:22 (35.5%)	6:27	9.3 (64.6%)
163	PIOTROWSKA Dorota	704		K-30	69	00:02:04	00:31:09	01:03:12	01:35:05	02:08:17	02:15:29.15	02:17:34.00	+00:47:33 (35.1%)	6:25	9.3 (64.6%)
164	BIAŁY Dagmara	34	DMB	K-40	59	00:00:33	00:31:18	01:03:29	01:37:02	02:09:51	02:17:01.70	02:17:34.95	+00:49:05 (35.8%)	6:29	9.2 (63.9%)
165	PRZYBYŚLAWSKA Nina	739	4-TO	K-30	71	00:00:33	00:31:19	01:03:29	01:37:02	02:09:52	02:17:01.80	02:17:35.15	+00:49:06 (35.8%)	6:29	9.2 (63.9%)
166	LATA Monika	494	KYOKUSHIN	K-40	58	00:01:41	00:33:12	01:06:04	01:38:51	02:10:05	02:16:13.35	02:17:54.40	+00:48:17 (35.5%)	6:27	9.3 (64.6%)
167	GREINER Anna	255		K-40	61	00:00:22	00:30:03	01:02:08	01:35:00	02:10:30	02:17:58.25	02:18:20.80	+00:50:02 (36.3%)	6:32	9.2 (63.9%)
168	BINASIK Agnieszka	41	HURAGAN LIGOTA	K-40	60	00:01:37	00:30:26	01:01:32	01:34:42	02:09:46	02:17:28.85	02:19:06.10	+00:49:33 (36.0%)	6:30	9.2 (63.9%)
169	JACHIMOWSKA Agnieszka	299		K-30	72	00:01:28	00:29:50	01:00:34	01:34:21	02:10:00	02:17:48.85	02:19:17.50	+00:49:53 (36.2%)	6:31	9.2 (63.9%)
170	SZELAĞ Iwona	874		K-30	73	00:01:45	00:31:54	01:03:53	01:35:49	02:10:57	02:18:11.85	02:19:57.70	+00:50:16 (36.4%)	6:32	9.2 (63.9%)
171	ESTKO Anna	182		K-30	74	00:01:46	00:31:27	01:02:49	01:35:28	02:11:01	02:18:14.90	02:20:01.55	+00:50:19 (36.4%)	6:33	9.2 (63.9%)
172	GOŃKA Monika	240		K-40	62	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07	02:18:58.00	02:20:16.20	+00:51:02 (36.7%)	6:35	9.1 (63.2%)
173	KAŁUŻNA Anna	341		K-50	5	00:01:47	00:31:59	01:04:03	01:36:37	02:12:20	02:19:57.60	02:21:44.95	+00:52:01 (37.2%)	6:37	9 (62.5%)
174	JAGODZIŃSKA Daria	301		K-20	31	00:02:06	00:33:08	01:06:14	01:38:37	02:12:41	02:19:59.45	02:22:05.80	+00:52:03 (37.2%)	6:38	9 (62.5%)
175	CIESZYŃSKA Jolanta	112		K-50	6	00:01:01	00:32:34	01:05:20	01:39:00	02:13:57	02:21:28.00	02:22:29.80	+00:53:32 (37.8%)	6:42	8.9 (61.8%)
176	MOKRZYCKA Justyna	584	ORLY Z KNUROWA	K-30	75	00:01:30	00:31:33	01:05:15	01:39:37	02:15:41	02:23:06.40	02:24:37.35	+00:55:10 (38.6%)	6:46	8.8 (61.1%)
177	ADAMUS Anna	3		K-40	63	00:01:37	00:31:19	01:04:18	01:39:09	02:15:32	02:23:15.70	02:24:53.30	+00:55:19 (38.6%)	6:47	8.8 (61.1%)
178	HAJOK Magda	274		K-30	76	00:01:45	00:31:54	01:03:54	01:37:53	02:15:58	02:23:37.80	02:25:23.30	+00:55:42 (38.8%)	6:48	8.8 (61.1%)
179	KOZIOŁ Ewa	427	PORANNY PATROL	K-40	64	00:01:33	00:30:38	01:03:12	01:37:39	02:16:28	02:24:51.10	02:26:24.95	+00:56:55 (39.3%)	6:51	8.7 (60.4%)
180	MIELNICZUK Marta	570	DECATHLON&PRZYJACIELE	K-20	32	00:01:36	00:28:05	00:58:51	01:36:50	02:19:25	02:26:38.45	02:28:15.10	+00:58:42 (40.0%)	6:57	8.6 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
181	ŚLUSARSKA Sylwia	904		K-30	77	00:00:13	00:28:55	01:02:00	01:38:00	02:19:39	02:28:04.45	02:28:17.60	+01:00:08 (40.6%)	7:01	8.6 (59.7%)
182	ROSA Anna	766	-	K-50	7	00:01:49	00:32:01	01:06:06	01:42:40	02:19:33	02:27:30.25	02:29:20.00	+00:59:34 (40.4%)	6:59	8.6 (59.7%)
183	KOPIEC Beata	407	BEATA	K-50	8	00:01:49	00:32:03	01:06:06	01:42:40	02:19:33	02:27:30.40	02:29:20.10	+00:59:34 (40.4%)	6:59	8.6 (59.7%)
184	RUBINSKA Małgorzata	773		K-50	9	00:02:07	00:32:21	01:06:57	01:40:39	02:17:48	02:27:42.45	02:29:50.20	+00:59:46 (40.5%)	7:00	8.6 (59.7%)
185	DWORNICZAK Iwona	167	ZABIEGANE SIOSTRY	K-50	10	00:01:28	00:33:04	01:07:14	01:42:40	02:20:40	02:28:40.35	02:30:08.65	+01:00:44 (40.9%)	7:02	8.5 (59.0%)
186	DZIEKAN Katarzyna	179	ANTONTEAM	K-20	33	00:02:01	00:32:17	01:05:38	01:42:27	02:21:44	02:29:23.25	02:31:25.05	+01:01:27 (41.1%)	7:04	8.5 (59.0%)
187	JARCZYK Magdalena	312	KOLIBER TEAM	K-40	65	00:01:17	00:33:28	01:08:10	01:45:01	02:22:41	02:30:32.00	02:31:49.05	+01:02:36 (41.6%)	7:08	8.4 (58.3%)
188	ZIELIŃSKA Izabela	1007		K-40	67	00:01:00	00:31:54	01:07:45	01:45:06	02:24:45	02:32:17.35	02:33:17.75	+01:04:21 (42.3%)	7:13	8.3 (57.6%)
189	KACZMARCZYK Magdalena	331	RUNTEAM PAWŁOWICE	K-20	34	00:02:06	00:33:18	01:07:58	01:44:15	02:23:58	02:31:14.80	02:33:20.95	+01:03:19 (41.9%)	7:10	8.4 (58.3%)
190	SOKÓŁ-OLEŚ Ewelina	829	RUNTEAM PAWŁOWICE	K-40	66	00:02:05	00:33:19	01:07:53	01:44:14	02:23:53	02:31:15.10	02:33:21.05	+01:03:19 (41.9%)	7:10	8.4 (58.3%)
191	GIEŁŻYŃSKA Angelika	221		K-30	78	00:01:05	00:30:19	01:04:56	01:42:48	02:24:21	02:32:34.10	02:33:39.10	+01:04:38 (42.4%)	7:13	8.3 (57.6%)
192	POGORZELSKA-KLIKS Agata	715	FIS-SST TEAM	K-40	68	00:01:51	00:33:21	01:08:08	01:44:34	02:25:02	02:33:15.95	02:35:07.85	+01:05:20 (42.6%)	7:15	8.3 (57.6%)
193	WOLNY Ewa	970		K-40	69	00:01:12	00:31:53	01:07:03	01:44:47	02:26:18	02:34:56.75	02:36:09.50	+01:07:01 (43.3%)	7:20	8.2 (56.9%)
194	ZAKLIŃSKA Katarzyna	995	TMTEAM	K-40	70	00:01:51	00:33:18	01:08:13	01:47:00	02:27:28	02:35:56.85	02:37:48.30	+01:08:01 (43.6%)	7:23	8.1 (56.3%)
195	HOLECZEK Dominika	289		K-30	79	00:01:52	00:33:17	01:08:23	01:46:59	02:28:50	02:37:29.10	02:39:21.65	+01:09:33 (44.2%)	7:27	8 (55.6%)
196	RUDNER-DERSIEWICZ Ula	774	CROSSFIT HELLWOOD GLIWICE	K-30	80	00:01:25	00:32:47	01:08:20	01:48:49	02:30:42	02:39:16.90	02:40:42.70	+01:11:21 (44.8%)	7:32	7.9 (54.9%)
197	JANKOWSKA Joanna	308		K-30	81	00:01:25	00:32:47	01:08:20	01:48:49	02:30:43	02:39:17.20	02:40:42.85	+01:11:21 (44.8%)	7:32	7.9 (54.9%)
198	KOCYAN Małgorzata	393	BIEGAJ Z TRENERAMI	K-60	2	00:00:00	00:34:44	01:09:16	01:47:32	02:30:39	02:41:18.70	02:41:18.70	+01:13:22 (45.5%)	7:38	7.8 (54.2%)
199	PAWLARCZYK Karolina	677		K-20	35	00:01:34	00:33:11	01:07:53	01:49:46	02:31:57	02:39:56.15	02:41:31.00	+01:12:00 (45.0%)	7:34	7.9 (54.9%)
200	RUTKA Wiola	776		K-30	82	00:01:39	00:34:57	01:11:56	01:49:47	02:31:50	02:41:04.50	02:42:44.45	+01:13:08 (45.4%)	7:38	7.9 (54.9%)
201	KOŁODZIŃSKA Ewa	401		K-40	71	00:01:40	00:34:13	01:09:57	01:49:00	02:31:46	02:41:20.10	02:43:00.95	+01:13:24 (45.5%)	7:38	7.8 (54.2%)
202	LATOS Barbara	496	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	3	00:02:02	00:35:39	01:13:17	01:54:30	02:37:18	02:46:05.55	02:48:08.45	+01:18:09 (47.1%)	7:52	7.6 (52.8%)
203	GAWELKO Rauszanija	209		K-50	11	00:00:48	00:34:39	01:12:32	01:54:05	02:38:30	02:48:01.35	02:48:50.30	+01:20:05 (47.7%)	7:57	7.5 (52.1%)