

2021-09-26, Gliwice

| Miejsce | Numer | Imię i nazwisko | Miasto | Klub | Lap1 | Lap2 | Lap3 | Lap4 | Brutto | Netto | Płeć /m-sce |
|-------------------------|-------|-----------------------------|------------------------|--|---------|---------|---------|---------|---------|----------------|----------------|
| Marsz NW - 5,2km | | | | | | | | | | | |
| 1. | 230 | MAŁKA Marian | Gliwice | | 08:05,7 | 08:25,1 | 08:19,4 | 08:09,2 | 33:00,5 | 32:59,4 | M (1) |
| 2. | 288 | DĘDYS Eugeniusz | SKOCZÓW | | 08:06,0 | 08:26,5 | 08:19,3 | 08:09,8 | 33:01,7 | 33:01,7 | M (2) |
| 3. | 243 | SADOWSKI Tomasz | Sosnowiec | | 08:08,3 | 08:26,9 | 08:35,3 | 08:47,2 | 33:57,9 | 33:57,9 | M (3) |
| 4. | 322 | KOŁODZIEJ Joanna | Ruda Śląska | MALINOWE GWIAZDY | 08:05,1 | 08:29,6 | 08:40,0 | 08:50,4 | 34:05,6 | 34:05,3 | K (1) |
| 5. | 220 | BAGIŃSKA Dorota | Sławków | Sławkowskie Włóczy - Kije "Samo się nie przejdzie" | 08:30,4 | 08:53,4 | 08:56,6 | 08:55,2 | 35:17,0 | 35:15,7 | K (2) |
| 6. | 285 | SERWA Daniel | Radomsko | | 09:01,9 | 09:14,4 | 09:20,8 | 09:24,7 | 37:04,1 | 37:01,9 | M (4) |
| 7. | 282 | SZENDZIELORZ Ilona | Ruda Śląska | MALINOWE GWIAZDY | 09:18,6 | 09:18,0 | 09:34,5 | 09:50,6 | 38:03,6 | 38:01,9 | K (3) |
| 8. | 546 | SKUBIK Angieszka | | | 09:36,4 | 09:46,4 | 09:58,9 | 09:56,3 | 39:20,0 | 39:18,2 | K (4) |
| 9. | 256 | MATYSZKIEWICZ Irmína | Czeladź | ----- | 09:35,0 | 09:46,9 | 09:59,3 | 10:02,8 | 39:25,6 | 39:24,3 | K (5) |
| 10. | 239 | DYBEŁ Agnieszka | Częstochowa | Nordic Team Częstochowa | 09:47,8 | 10:00,9 | 10:22,9 | 10:13,1 | 40:25,8 | 40:24,9 | K (6) |
| 11. | 261 | SUS Stanisława | SUSZEC | Oko w Oko z Rakiem :-) | 10:21,5 | 09:51,9 | 10:10,3 | 10:14,2 | 40:40,4 | 40:38,0 | K (7) |
| 12. | 276 | CZEMPIK Aniela | Chorzów | MALINOWE GWIAZDY | 10:25,8 | 10:17,6 | 10:16,4 | 10:17,2 | 41:23,8 | 41:17,2 | K (8) |
| 13. | 251 | GAZDA Dorota | Katowice | Stadion Śląski | 10:09,6 | 10:07,8 | 10:33,5 | 10:27,1 | 41:21,6 | 41:18,1 | K (9) |
| 14. | 289 | STRASSBERGER Katarzyna | Gliwice | Extremalne OTK na Relaksie | 10:17,3 | 09:58,7 | 10:38,9 | 10:33,0 | 41:34,7 | 41:28,1 | K (10) |
| 15. | 258 | SZROBARCZYK Małgorzata | Karchowice | | 10:32,5 | 10:23,6 | 10:27,1 | 10:14,8 | 41:40,2 | 41:38,1 | K (11) |
| 16. | 286 | GUSTAW Małgorzata | Góra | | 10:13,1 | 10:19,6 | 10:45,7 | 10:37,8 | 41:59,0 | 41:56,2 | K (12) |
| 17. | 274 | CZEMPIK Kornelia | CHORZÓW | MALINOWE GWIAZDY | 10:17,9 | 09:40,7 | 11:21,3 | 10:46,5 | 42:12,4 | 42:06,5 | K (13) |
| 18. | 290 | TOMASZEWSKA Hania | Mikołów | | 10:10,7 | 10:59,8 | 10:23,9 | 11:10,5 | 42:46,3 | 42:45,1 | K (14) |
| 19. | 231 | MAŁKA Irena | Gliwice | | 10:18,2 | 10:26,7 | 10:55,3 | 11:07,6 | 42:50,9 | 42:47,9 | K (15) |
| 20. | 245 | MALCHRZYK Roman | Radzionków | | 10:29,2 | 10:38,3 | 10:48,9 | 11:04,5 | 43:05,6 | 43:01,2 | M (5) |
| 21. | 279 | CZARNIAKOWSKA Marzena | Gliwice | Ekipa REHA-FIT | 11:06,6 | 10:47,4 | 10:53,1 | 10:43,3 | 43:35,2 | 43:30,4 | K (16) |
| 22. | 232 | PRUSZKOWSKA Katarzyna | Szczerbice | | 10:47,9 | 10:56,5 | 10:57,2 | 10:50,0 | 43:31,7 | 43:31,7 | K (17) |
| 23. | 275 | NIESLONY Ryszard | CHORZÓW | MALINOWE GWIAZDY | 11:11,5 | 10:51,2 | 10:52,5 | 10:50,4 | 43:51,5 | 43:45,8 | M (6) |
| 24. | 266 | PASTERNAK Anna | Gliwice | Opel Active Team | 11:20,1 | 11:03,6 | 10:47,5 | 10:34,8 | 43:57,6 | 43:46,1 | K (18) |
| 25. | 272 | NOWAK Małgorzata | Tarnowskie Góry | | 11:09,8 | 10:56,1 | 10:54,7 | 10:47,9 | 43:59,0 | 43:48,7 | K (19) |
| 26. | 221 | LUDYGA Krystian | Bytom | | 11:15,7 | 11:03,1 | 10:55,0 | 10:43,2 | 44:07,4 | 43:57,2 | M (7) |
| 27. | 527 | SNACHOWSKA Agata | | | 11:10,3 | 10:55,5 | 10:56,4 | 10:55,4 | 44:06,2 | 43:57,8 | K (20) |
| 28. | 218 | SOBCZAK-KOSIŃSKA Sylwia | Gliwice | | 11:04,5 | 11:10,3 | 11:16,4 | 11:07,9 | 44:44,6 | 44:39,2 | K (21) |
| 29. | 268 | WIESNER Stanisława | Katowice | | 11:09,9 | 11:16,6 | 11:24,2 | 10:51,4 | 44:51,7 | 44:42,3 | K (22) |
| 30. | 269 | CIEŚLA Urszula | Katowice | Truchtacz Myslowice | 11:12,1 | 11:17,3 | 11:22,9 | 10:52,7 | 44:51,9 | 44:45,2 | K (23) |
| 31. | 270 | PASZYŃSKA Ewa | Katowice | Szopułazy | 11:12,3 | 11:17,1 | 11:23,3 | 10:52,3 | 44:51,9 | 44:45,2 | K (24) |
| 32. | 549 | CAWNIK Urszula | | | 12:13,4 | 11:14,9 | 10:55,1 | 10:47,1 | 45:23,4 | 45:10,8 | K (25) |
| 33. | 263 | KAŹMIERCZAK Anna | Tomaszów Bolesławiecki | | 11:08,8 | 11:22,0 | 11:22,7 | 11:23,6 | 45:17,4 | 45:17,4 | K (26) |
| 34. | 237 | SIWIEC-MARKIEWICZ Katarzyna | Myslowice | SkotnicaTeam | 11:05,7 | 11:23,0 | 11:26,5 | 11:29,8 | 45:31,4 | 45:25,1 | K (27) |
| 35. | 238 | MARKIEWICZ Marek | Myslowice | SkotnicaTeam | 11:05,6 | 11:22,8 | 11:26,9 | 11:30,5 | 45:31,9 | 45:25,9 | M (8) |
| 36. | 267 | WATOROWSKA Joanna | Gliwice | | 11:20,1 | 11:16,4 | 11:25,0 | 11:30,2 | 45:44,1 | 45:31,9 | K (28) |
| 37. | 284 | ALKER Elżbieta | Gliwice | ALKER TEAM | 11:29,4 | 11:27,9 | 11:28,4 | 11:21,5 | 45:51,3 | 45:47,3 | K (29) |
| 38. | 227 | ZIELIŃSKA Urszula | Katowice | | 11:49,9 | 11:41,6 | 11:27,8 | 11:12,1 | 46:19,2 | 46:11,5 | K (30) |
| 39. | 222 | REŁKOWSKA Karolina | Gliwice | | 11:37,8 | 11:41,8 | 11:36,7 | 11:16,8 | 46:21,9 | 46:13,3 | K (31) |
| 40. | 223 | REŁKOWSKA-ŻREBIEC Patrycja | Gliwice | | 11:39,2 | 11:41,8 | 11:36,5 | 11:16,7 | 46:21,8 | 46:14,4 | K (32) |
| 41. | 224 | ŚWIERCZYNA Iwona | Rybnik | | 11:00,2 | 11:39,1 | 11:59,1 | 11:42,4 | 46:21,2 | 46:20,9 | K (33) |
| 42. | 271 | WOŁAW Barbara | Katowice | Szopułazy | 11:47,2 | 11:35,9 | 11:36,6 | 11:23,3 | 46:32,7 | 46:23,2 | K (34) |
| 43. | 240 | POPCZYK Ewa | Będzin-Grodziec | Aktywne Kijanki Grodziec | 11:53,4 | 11:41,4 | 11:33,2 | 11:15,1 | 46:31,8 | 46:23,3 | K (35) |
| 44. | 248 | LECHOWICZ Ewa | Wojkowice | | 11:53,4 | 11:41,8 | 11:33,6 | 11:17,4 | 46:34,6 | 46:26,3 | K (36) |
| 45. | 543 | CZAPURA Elżbieta | SIEMIANOWICE ŚLĄSKIE | MK Team | 11:47,0 | 11:36,7 | 11:35,7 | 11:30,7 | 46:39,4 | 46:30,3 | K (37) |

| Miejsce | Numer | Imię i nazwisko | Miasto | Klub | Lap1 | Lap2 | Lap3 | Lap4 | Brutto | Netto | Płeć /m-sce |
|---------|-------|----------------------------|----------------------|------------------|---------|---------|---------|---------|---------|----------------|----------------|
| 46. | 283 | KUCZERA Sabina | Chorzów | MALINOWE GWIAZDY | 11:51,6 | 11:40,8 | 11:31,2 | 11:42,4 | 46:52,1 | 46:46,2 | K (38) |
| 47. | 264 | MIKOŁAJCZAK Krystyna | Ruda Śląska | | 11:54,0 | 11:49,3 | 11:40,8 | 11:31,6 | 47:05,0 | 46:55,9 | K (39) |
| 48. | 506 | KOSTRZYCA Marlena | | | 11:37,0 | 11:37,2 | 11:49,3 | 12:06,5 | 47:14,9 | 47:10,1 | K (40) |
| 49. | 479 | PLONOWSKA Marzena | | | 11:40,9 | 11:52,7 | 12:26,5 | 11:42,0 | 47:43,5 | 47:42,2 | K (41) |
| 50. | 466 | KLACHACZ Jolanta | | | 11:24,6 | 11:56,0 | 12:15,1 | 12:12,5 | 47:52,4 | 47:48,5 | K (42) |
| 51. | 461 | DĄBROWICZ Kamila | | | 12:18,3 | 12:10,2 | 11:45,9 | 11:40,8 | 48:05,3 | 47:55,3 | K (43) |
| 52. | 462 | DĄBROWA Sylwia | | | 12:18,8 | 12:10,1 | 11:45,8 | 11:40,7 | 48:05,5 | 47:55,5 | K (44) |
| 53. | 281 | NOWAK Barbara | Chorzów | MALINOWE GWIAZDY | 11:57,3 | 11:58,8 | 12:02,0 | 12:01,5 | 48:02,7 | 47:59,7 | K (45) |
| 54. | 277 | KNEBEL Jolanta | Tychy | | 12:01,3 | 12:24,9 | 12:08,2 | 11:45,1 | 48:21,9 | 48:19,6 | K (46) |
| 55. | 273 | NOWAK Anna | Tarnowskie Góry | | 11:53,6 | 12:02,7 | 12:16,5 | 12:27,2 | 48:51,0 | 48:40,2 | K (47) |
| 56. | 259 | WYCISK Agnieszka | Ruda Śląska | | 12:09,5 | 12:19,2 | 12:10,1 | 12:04,2 | 48:48,6 | 48:43,1 | K (48) |
| 57. | 512 | WOJAKOWSKA Nadia | | | 12:29,5 | 12:30,1 | 12:23,4 | 12:06,4 | 49:40,9 | 49:29,6 | K (49) |
| 58. | 254 | STROKOSZ Sylwia | Szczerbice | | 12:16,9 | 12:52,0 | 12:45,7 | 11:36,9 | 49:32,4 | 49:31,6 | K (50) |
| 59. | 502 | KRAKOWCZYK Justyna | | | 12:28,5 | 12:30,4 | 12:23,4 | 12:13,4 | 49:47,7 | 49:35,8 | K (51) |
| 60. | 503 | MIKA Anna | | | 12:29,3 | 12:30,7 | 12:23,2 | 12:13,1 | 49:47,6 | 49:36,4 | K (52) |
| 61. | 234 | CIESIELSKA Sylwia | Siemianowice Śląskie | | 13:03,0 | 12:35,7 | 12:13,7 | 12:19,7 | 50:21,5 | 50:12,2 | K (53) |
| 62. | 265 | MURDZA Genowefa | Gliwice | | 12:05,2 | 12:43,3 | 12:50,6 | 12:38,6 | 50:20,1 | 50:17,9 | K (54) |
| 63. | 250 | JENCZMIONKA Ewa | Racibórz | | 13:05,0 | 13:22,7 | 13:43,1 | 13:43,7 | 53:57,4 | 53:54,7 | K (55) |
| 64. | 249 | LEPIARCZYK Anna Lepiarczyk | Gliwice | | 13:03,8 | 13:22,7 | 13:43,2 | 13:45,7 | 53:59,5 | 53:55,5 | K (56) |
| 65. | 246 | CYRAN Jadwiga | Racibórz | | 13:05,1 | 13:23,6 | 13:44,0 | 13:42,8 | 53:58,9 | 53:55,7 | K (57) |
| 66. | 465 | LISZEWSKA Maria | | | 13:04,9 | 13:26,0 | 13:42,4 | 13:42,5 | 54:00,7 | 53:56,0 | K (58) |
| 67. | 253 | SOCHA Zofia | Racibórz | | 13:04,7 | 13:26,3 | 13:42,5 | 13:42,8 | 54:00,8 | 53:56,4 | K (59) |
| 68. | 252 | MARKIEWICZ Iwona | Racibórz | | 13:05,1 | 13:23,6 | 13:43,7 | 13:43,9 | 53:59,7 | 53:56,4 | K (60) |
| 69. | 257 | SWABY Mirosław | Chałupki | | 13:04,9 | 13:23,1 | 13:43,8 | 13:45,2 | 54:00,8 | 53:57,2 | M (9) |
| 70. | 228 | ŁAPIŃSKA-TUROCHA Izabela | Niezdara | | 13:13,6 | 13:39,0 | 14:29,9 | 14:23,3 | 55:54,3 | 55:45,9 | K (61) |
| 71. | 225 | ROMAŃSKA Katarzyna | Katowice | | 13:14,7 | 13:38,6 | 14:30,3 | 14:23,3 | 55:54,7 | 55:47,0 | K (62) |

Liczba uczestników: 71