

IV BIEG NYSKI - 12.06.2016, NYSA
- 10KM - GMINA NYSA - K

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Plts	StNr	Naam	Vereniging/Woonplts	GbJr	Uitsl	Categ	5km	Bruto	Netto	Km/Uur	Tijd/Km
1	319	JAROSZ AGNIESZKA	NYSA BIEGA ,NYSA	1978	6e	K30	21:48	44:13	44:08	13,595	4:25
2	473	STANULEWICZ IZABELA	NYSA	1983	8e	K30	22:39	46:29	46:24	12,931	4:38
3	54	ŻUKOWSKA ANNA	ATHLETICS NYSA,NYSA	1974	6e	K40	23:02	48:36	48:31	12,367	4:51
4	568	GARCZAREK ADAMUS MARTA	WROCLAW	1984	17e	K30	24:33	49:11	48:56	12,262	4:55
5	209	MANUEL PALACIOS FABIOLA	NYSA	1983	18e	K30	24:53	49:29	49:21	12,158	4:56
6	6	STACHURA BEATA	NYSA BIEGA,NYSA	1973	9e	K40	25:01	49:51	49:42	12,072	4:59
7	211	PAWLIK AGNIESZKA	ATHLETICS NYSA,NYSA	1973	10e	K40	25:15	49:52	49:40	12,081	4:59
8	597	KOWALEWSKA ALEKSANDRA	NYSA	1998	4e	K16	25:30	50:08	49:58	12,008	5:00
9	622	SZPINEK STELLA	NYSA	1983	22e	K30	26:37	51:39	51:25	11,669	5:09
10	179	ZENOWICZ KINGA	NYSA	1994	13e	K20	25:43	51:45	51:37	11,624	5:10
11	165	KULPA DOROTA	MIKADO KUBICE,KUBICE	1978	24e	K30	26:37	52:05	51:51	11,572	5:12
12	507	NAGRODZKA MARTA	NYSA	1986	25e	K30	25:44	52:25	52:15	11,483	5:14
13	240	JOB MAŁGORZATA	NYSA	1973	14e	K40	26:25	52:45	52:31	11,425	5:16
14	10	HNATÓW MARZENA	NYSA BIEGA,NYSA	1975	15e	K40	26:28	52:48	52:32	11,421	5:16
15	60	WAŚOWICZ ANETA	OTMUCHÓW	1979	27e	K30	27:38	53:57	53:48	11,152	5:23
16	297	BIENIEK BARBARA	PACZKÓW	1985	28e	K30	27:51	54:14	53:55	11,128	5:25
17	577	SOSIŃSKA BARBARA	VICTORIA,NYSA	1976	18e	K40	27:46	54:32	54:15	11,060	5:27
18	566	BATÓG JOANNA	NYSA	1990	21e	K20	26:08	55:14	55:10	10,876	5:31
19	128	BAJCAR EWELINA	ATHLETICS NYSA,NYSA	1994	22e	K20	27:16	55:20	55:08	10,883	5:32
20	328	KUSTRA KLAUDIA	NYSA	1988	24e	K20	28:02	55:42	55:33	10,801	5:34
21	106	ZŁOTOWSKA AGNIESZKA	NYSA BIEGA,NYSA	1983	33e	K30	28:07	55:47	55:32	10,804	5:34
22	58	MANDZIEJ URSZULA	NYSA	1978	37e	K30	28:17	56:15	56:06	10,695	5:37
23	36	JADACH BARBARA	NYSA	1993	25e	K20	28:25	56:50	56:29	10,623	5:41
24	586	SZCZERBIŃSKA RENATA	NYSA	1974	20e	K40	28:25	57:14	57:10	10,496	5:43
25	171	MICHALSKA-HASIAK KATARZYN	NYSA	1965	6e	K50	28:23	57:20	57:08	10,502	5:44
26	225	DROŹDZIK KAROLINA	NYSA	1991	29e	K20	28:23	57:30	56:58	10,532	5:45
27	490	GACZYŃSKA KATARZYNA	ATHLETICS NYSA,PACZK	1969	22e	K40	28:35	57:38	57:25	10,450	5:45
28	616	JSTRZĘBSKA IZABELA	NYSA	1975	23e	K40	29:29	57:55	57:42	10,399	5:47
29	97	CAŁA KATARZYNA	OTMUCHÓW	1995	32e	K20	28:58	58:00	57:56	10,357	5:48
30	470	SAJEK-STADNIK JOLANTA	NYSA	1973	24e	K40	29:29	58:16	58:03	10,336	5:49
31	107	DUMAŃSKA ELŻBIETA	KS LITERATKI,NYSA	1976	25e	K40	29:30	58:21	58:03	10,336	5:50
32	11	DUDEK EMILIA	NYSA BIEGA,NYSA	1972	26e	K40	28:16	58:39	58:24	10,274	5:51
33	643	LISOWSKA ANNA	NYSA	1989	34e	K20	29:56	58:44	58:31	10,253	5:52
34	326	KOZIOŁ AGNIESZKA	NYSA	1974	28e	K40	29:33	58:47	58:28	10,262	5:52
35	105	JACYSZYN AGATA	NYSA	1989	35e	K20	29:32	58:48	58:42	10,221	5:52
36	35	GROMALA MAGDALENA	NYSA BIEGA,NYSA	1974	29e	K40	29:21	59:01	58:44	10,216	5:54
37	206	KUSZNIEREWICZ HANNA	NYSA	1986	47e	K30	29:47	1:00:09	59:51	10,025	6:00
38	278	SZCZENIOWSKA-KROK ALEKSAN	JEDRZYCHÓW	1978	48e	K30	30:40	1:01:23	1:00:53	9,855	6:08
39	419	KOSTUJ AGNIESZKA	CASTORAMA NYSA,NYSA	1983	49e	K30	30:46	1:02:29	1:02:06	9,662	6:14
40	167	LIS AGATA	NYSA	1985	50e	K30	32:06	1:04:44	1:04:24	9,317	6:28
41	456	CIAŁOŃ MONIKA	NYSA	1982	53e	K30	33:22	1:06:12	1:05:51	9,112	6:37
42	514	CHUDY HELENA	NYSA	1981	54e	K30	31:54	1:06:55	1:06:39	9,002	6:41
43	286	TUL NATALIA	NYSA	1992	45e	K20	33:31	1:07:22	1:07:04	8,946	6:44
44	276	SOŁTYS PAULINA	NYSA	1987	46e	K20	33:31	1:07:23	1:07:06	8,942	6:44
45	285	TUL ESTERA	48-300	1988	47e	K20	33:31	1:07:24	1:07:06	8,942	6:44
46	395	TYMKÓW KATARZYNA	ATHLETICS NYSA,NYSA	1991	48e	K20	31:22	1:07:30	1:07:17	8,918	6:45
47	84	SERAFIN DOMINIKA	NYSA	1988	50e	K20	32:57	1:07:55	1:07:51	8,843	6:47
48	161	JARASZEK LILLA	NYSA	1961	10e	K50	34:25	1:08:55	1:08:32	8,755	6:53
49	114	WIŚNIEWSKA EMILIA	NYSA	1994	51e	K20	33:12	1:09:36	1:09:10	8,675	6:57