



## IV. Ochabski Bieg i marsz Nordic Walking na 5 km. Aktywne działchy

Ochaby Wielkie, 2023-09-17 - Wyniki

Organizator - Rada Sołecka Ochab, KGW Ochaby

### Bieg Kategoria - K1

Poz.	Kat./Poz.	[Nr]Nazwisko, imię	Klub	Czas	Tempo
1	K1/1	[16] MACURA, Agnieszka		0:23:29.77	04:41min/km
2	K1/2	[27] WRÓBEL, Katarzyna		0:23:50.79	04:46min/km
3	K1/3	[13] KORZONEK, Natalia	REKLAMA KORZON	0:24:04.96	04:49min/km
4	K1/4	[20] PIELA, Aneta		0:24:18.26	04:51min/km
5	K1/5	[25] TOMICA, Natalia		0:24:24.47	04:52min/km
6	K1/6	[2] DOMIAN, Paulina		0:24:27.40	04:53min/km
7	K1/7	[11] KAJSTURA, Justyna		0:25:13.07	05:02min/km
8	K1/8	[21] RATAJ, Barbara	JEJKOWICE BIEGAJĄ	0:25:26.16	05:05min/km
9	K1/9	[4] GABRYŚ, Patrycja	DOMIN TEAM	0:26:05.07	05:13min/km
10	K1/10	[19] PALA, Anna		0:26:06.93	05:13min/km
11	K1/11	[26] URBANEK, Iwona		0:27:03.53	05:24min/km
12	K1/12	[1] BAŁKOWSKA, Justyna		0:27:34.51	05:30min/km
13	K1/13	[10] JELITKO, Anna		0:27:44.24	05:32min/km
14	K1/14	[24] SZCZĘSNA, Kinga	RUNSZ-TEAM	0:27:58.77	05:35min/km
15	K1/15	[18] OMORCZYK, Dorota	NIEZRZESZONA	0:28:02.86	05:36min/km
16	K1/16	[3] DULĘBA, Magdalena		0:28:30.62	05:42min/km
17	K1/17	[8] HOLEKSA, Angelika	REKLAMA KORZON	0:28:58.90	05:47min/km
18	K1/18	[17] MIKOŁAJEC, Paulina		0:29:04.96	05:49min/km
19	K1/19	[9] HUSAR, Sylwia	#BIEGAM_ŻEBY_JEŚĆ_PĄCZKI	0:29:38.54	05:55min/km
20	K1/20	[23] SUPŁAT, Kalina	#BIEGAM_ŻEBY_JEŚĆ_PĄCZKI	0:29:38.76	05:55min/km
21	K1/21	[5] GAWLAS, Paulina		0:29:58.40	05:59min/km
22	K1/22	[14] KRASNODEBSKA, Ewa		0:30:25.83	06:05min/km
23	K1/23	[6] GERT, Sylwia		0:30:41.49	06:08min/km
24	K1/24	[7] HERDA, Natalia	ARCADE RUN	0:30:51.36	06:10min/km
25	K1/25	[22] SMOZIK, Kamila		0:31:45.17	06:21min/km
26	K1/26	KORCZ. Izabela		0:33:07.31	06:37min/km

		[12]			
27	K1/27	[28]	ZIEMIŃSKA, Paulina		0:33:21.65 06:40min/km
28	K1/28	[129]	MYŚLIWIEC, Barbara	KOBIETY NA 5+	0:37:39.00 07:31min/km
29	K1/29	[15]	LUZAK, Magda		0:39:01.74 07:48min/km

## Bieg Kategoria - K2

Poz.	Kat./Poz.	[Nr]Nazwisko, imię	Klub	Czas	Tempo
1	K2/1	[59] SZAFARCZYK, Eugenia	LKS POGÓRZE RUNSZ-TEAM	0:24:42.98	04:56min/km
2	K2/2	[51] NOWAK, Beata	OLZA CIESZYN	0:24:44.86	04:56min/km
3	K2/3	[36] CZYŻ, Leonarda	OLZA CIESZYN	0:24:50.67	04:58min/km
4	K2/4	[50] MASŁOWSKA, Kasia	AKTYWNI LYSKI	0:25:35.61	05:07min/km
5	K2/5	[55] PODŻORSKA, Bożena	HUTA RUN	0:25:54.47	05:10min/km
6	K2/6	[33] CEGLARSKA, Sonia	JEJKOWICE BIEGAJĄ	0:25:56.58	05:11min/km
7	K2/7	[58] STABLA, Ksenia	JEJKOWICE BIEGAJĄ	0:27:25.92	05:29min/km
8	K2/8	[44] JURKIEWICZ-FILIKSZ-FILIKS, Barbara		0:28:15.11	05:39min/km
9	K2/9	[38] FAJFER, Agnieszka		0:28:32.51	05:42min/km
10	K2/10	[62] ŚLUCZKA, Kinga		0:29:44.10	05:56min/km
11	K2/11	[61] SZTANDERSKA, Jolanta		0:30:02.69	06:00min/km
12	K2/12	[54] PŁASKA, Dorota		0:30:27.46	06:05min/km
13	K2/13	[65] WANTULOK, Barbara		0:30:45.61	06:09min/km
14	K2/14	[49] MALINOWSKA, Małgorzata		0:31:13.96	06:14min/km
15	K2/15	[67] ZIMNY, Celina	SMAKI BIEGANIA	0:32:04.65	06:24min/km
16	K2/16	[41] GIBAS, Agnieszka	HIGHLANDERS	0:32:09.48	06:25min/km
17	K2/17	[29] BAJCAR, Beata	KOBIETY NA 5+	0:32:14.76	06:26min/km
18	K2/18	[35] CZYRNEK, Ewa	SMAKI BIEGANIA	0:32:33.49	06:30min/km
19	K2/19	[32] CEGLARSKA, Alicja	JEJKOWICE BIEGAJĄ	0:32:55.05	06:35min/km
20	K2/20	[47] KOSEK, Alicja		0:33:31.34	06:42min/km
21	K2/21	[31] BIENIEK, Sylwia		0:33:50.35	06:46min/km
22	K2/22	[63] TOCHACZEK, Barbara	PARK RUN CIESZYN	0:34:39.17	06:55min/km
23	K2/23	[46] KORNACKA, Wioletta		0:35:10.12	07:02min/km
24	K2/24	[66] ZIARNIK, Helena		0:35:20.45	07:04min/km

25	K2/25	[64]	TYCZYŃSKA, Małgorzata		0:35:30.91	07:06min/km
26	K2/26	[130]	BADACH, Agnieszka	KOBIETY NA 5+	0:37:38.83	07:31min/km
27	K2/27	[48]	LORAŃCZYK, Magdalena		0:39:01.67	07:48min/km
28	K2/28	[34]	CYFKA, Agnieszka		0:44:44.57	08:56min/km
29	K2/29	[42]	JAHNKE, Gabriela	SZALONE STOPY GLIWICE	0:44:48.00	08:57min/km
30	K2/30	[57]	SODZAWICZNY, Manuela		0:50:50.21	10:10min/km
	K2/	[30]	BALICKA, Magdalena		DNS	
	K2/	[40]	GAWLAK, Barbara	AKTYWNA PSZCZYNA RUNNERS TEAM	DNS	
	K2/	[39]	GABER, Magdalena	MOBILITY	DNS	
	K2/	[43]	JÓZEFUS, Ewa		DNS	
	K2/	[53]	PENKALA, Małgorzata		DNS	
	K2/	[60]	SZOŁTYSEK, Beata	OCHAJORUN @ FRIENDS	DNS	
	K2/	[56]	PUDA, Dorota	KOBIETY NA 5+	DNS	