



Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 10 km

10 KM ATEST PZLA GLIWICKI

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------|---------------------------|-----------|------|-------------|-----------------|------------------|-----------|--------------|------------|
| 1 | JOANNA Olchawa | 1503 | | K-40 | 1 | 00:00:04 | 00:41:33.45 | 00:41:37.85 | | 4:09 | 14.4 |
| 2 | ADAMCZYK-NOWAK Beata | 1327 | MIECHOWICKA GRUPA BIEGOWA | K-40 | 2 | 00:00:15 | 00:41:34.70 | 00:41:49.95 | +00:00:01 | 4:09 | 14.4 |
| 3 | OLESIŃSKA Joanna | 1322 | | K-40 | 3 | 00:00:48 | 00:52:34.95 | 00:53:23.35 | +00:11:01 | 5:15 | 11.4 |
| 4 | MAĆZYŃSKA Agnieszka | 1465 | | K-40 | 4 | 00:01:35 | 00:53:40.50 | 00:55:15.80 | +00:12:07 | 5:22 | 11.2 |
| 5 | SZARZYŃSKA-GRYCHNIK Jola | 1489 | | K-40 | 5 | 00:01:08 | 00:53:58.30 | 00:55:06.35 | +00:12:24 | 5:23 | 11.1 |
| 6 | SANOCKA Dorota | 1342 | | K-40 | 6 | 00:02:02 | 00:54:28.60 | 00:56:31.30 | +00:12:55 | 5:26 | 11 |
| 7 | DUSS Sonia | 1524 | | K-40 | 7 | 00:01:42 | 00:55:15.75 | 00:56:58.60 | +00:13:42 | 5:31 | 10.9 |
| 8 | DĘBSKA Joanna | 1519 | NIGHT RUNNERS GLIWICE | K-40 | 8 | 00:00:47 | 00:55:24.60 | 00:56:11.60 | +00:13:51 | 5:32 | 10.8 |
| 9 | CZAPEK Anna | 1500 | BOJKÓW | K-40 | 9 | 00:01:03 | 00:55:29.75 | 00:56:33.45 | +00:13:56 | 5:33 | 10.8 |
| 10 | PETEJA-ĆWIK Aleksandra | 1495 | | K-40 | 10 | 00:00:50 | 00:56:03.25 | 00:56:54.05 | +00:14:29 | 5:36 | 10.7 |
| 11 | LESISZ Katarzyna | 1438 | | K-40 | 11 | 00:01:33 | 00:56:08.75 | 00:57:41.95 | +00:14:35 | 5:36 | 10.7 |
| 12 | POLEWKA Beata | 1531 | UKS KONIETA S-A | K-40 | 12 | 00:01:19 | 00:56:08.90 | 00:57:28.15 | +00:14:35 | 5:36 | 10.7 |
| 13 | HELHLMANN Beata | 1512 | | K-40 | 13 | 00:01:23 | 00:56:18.25 | 00:57:42.10 | +00:14:44 | 5:37 | 10.7 |
| 14 | BORKOWSKA Sonia | 1403 | 3 WATERS | K-40 | 14 | 00:00:23 | 00:56:24.55 | 00:56:47.90 | +00:14:51 | 5:38 | 10.6 |
| 15 | CZERNIAK Żaneta | 1364 | | K-40 | 15 | 00:01:49 | 00:56:37.35 | 00:58:26.65 | +00:15:03 | 5:39 | 10.6 |
| 16 | ONAK Izabela | 1497 | | K-40 | 16 | 00:02:07 | 00:56:42.05 | 00:58:49.25 | +00:15:08 | 5:40 | 10.6 |
| 17 | DYWAN Iwona | 1453 | | K-40 | 17 | 00:00:09 | 00:58:41.30 | 00:58:50.85 | +00:17:07 | 5:52 | 10.2 |
| 18 | FRYDA Aneta | 1592 | | K-40 | 18 | 00:01:44 | 01:01:30.30 | 01:03:14.95 | +00:19:56 | 6:09 | 9.8 |
| 19 | GORAJ-ZAJĄC Aleksandra | 1515 | NIGHT RUNNERS GLIWICE | K-40 | 19 | 00:00:47 | 01:01:40.25 | 01:02:27.75 | +00:20:06 | 6:10 | 9.7 |
| 20 | JANOWSKA-CHWALISZEWSKA Agnieszka | 1394 | NIGHT RUNNERS GLIWICE | K-40 | 20 | 00:01:44 | 01:03:31.50 | 01:05:16.20 | +00:21:58 | 6:21 | 9.4 |
| 21 | MISIEK Jolanta | 1446 | | K-40 | 21 | 00:00:53 | 01:05:00.25 | 01:05:54.20 | +00:23:26 | 6:30 | 9.2 |
| 22 | POGORZELSKA-KLIKS Agata | 1382 | UNISONO | K-40 | 22 | 00:02:05 | 01:05:48.40 | 01:07:53.95 | +00:24:14 | 6:34 | 9.1 |
| 23 | HRYSZKIEWICZ Barbara | 1385 | AKMB PĘDZIMATR GLIWICE | K-40 | 23 | 00:02:05 | 01:06:09.90 | 01:08:15.35 | +00:24:36 | 6:37 | 9.1 |
| 24 | STOLARZ Agnieszka | 1353 | NIGHT RUNNERS GLIWICE | K-40 | 24 | 00:00:49 | 01:06:23.10 | 01:07:12.80 | +00:24:49 | 6:38 | 9 |
| 25 | LISOWSKA Barbara | 1478 | | K-40 | 25 | 00:01:26 | 01:07:12.35 | 01:08:38.35 | +00:25:38 | 6:43 | 8.9 |
| 26 | DUDZICZ Barbara | 1597 | PKO BP | K-40 | 26 | 00:00:46 | 01:09:23.45 | 01:10:10.40 | +00:27:50 | 6:56 | 8.6 |
| 27 | WYSOCKA Magdalena | 1308 | ETE RUN | K-40 | 27 | 00:02:20 | 01:15:25.15 | 01:17:45.65 | +00:33:51 | 7:32 | 8 |

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|-----|-----------------------------|-------------|-------------|-----------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 28 | PANKIEWICZ Katarzyna | 1498 | GRUPA CMYKI | K-40 | 28 | 00:02:13 | 01:17:24.65 | 01:19:38.35 | +00:35:51 | 7:44 | 7.8 |
| 29 | TOMCZAK Małgorzata | 1536 | | K-40 | 29 | 00:00:20 | 01:33:54.40 | 01:34:14.90 | +00:52:20 | 9:23 | 6.4 |
| 30 | KOWALCZYK Anna | 1338 | HIRSCHVOGEL | K-40 | 30 | 00:00:13 | 01:38:58.35 | 01:39:11.80 | +00:57:24 | 9:53 | 6.1 |

Znaleziono 30 wynik(ów)