



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

## 10 KM ATEST PZLA GLIWICKI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

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	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20	+00:05:20	4:41	12.8
4	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:06:28	4:48	12.5
5	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:08:00	4:57	12.1
6	ZIOMEK Katarzyna	1459		K-30	3	00:01:04	00:50:35.80	00:51:40.50	+00:09:02	5:03	11.9
7	PIKUL Wiktoria	1402	GRUPA KOLARSKA GLIWICE BIKE ATELIER	Mieszkancki Gliwic	1	00:00:39	00:51:18.75	00:51:58.40	+00:09:45	5:07	11.7
8	CANIBOŁ Anna	1306		K-20	1	00:01:27	00:51:10.70	00:52:38.65	+00:09:37	5:07	11.7
9	OLESIŃSKA Joanna	1322		K-40	3	00:00:48	00:52:34.95	00:53:23.35	+00:11:01	5:15	11.4
10	BRONOWICKA Dorota	1423		K-20	2	00:00:39	00:52:44.75	00:53:24.55	+00:11:11	5:16	11.4
11	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:11:11	5:16	11.4
12	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:11:17	5:17	11.4
13	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:10:39	5:13	11.5
14	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:12:26	5:24	11.1
15	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
16	MAĆCZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:12:07	5:22	11.2
17	DYMAREK Beata	1399		K-20	3	00:01:27	00:53:51.60	00:55:18.85	+00:12:18	5:23	11.1
18	IBROM-JASIŃSKA Justyna	1533		K-30	7	00:01:08	00:54:41.15	00:55:49.40	+00:13:07	5:28	11
19	GRUCHAŁA Anna	1400		K-30	9	00:00:56	00:54:57.10	00:55:53.35	+00:13:23	5:29	10.9
20	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
21	FRANECKA Anna	1450		K-20	5	00:01:00	00:55:21.45	00:56:21.80	+00:13:48	5:32	10.8
22	KNEBEL Patrycja	1439		K-20	4	00:01:33	00:54:50.30	00:56:24.00	+00:13:16	5:29	10.9
23	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:13:16	5:29	10.9
24	BALIŃSKA-SANOCKA Aneta	1343		K-30	6	00:02:02	00:54:27.10	00:56:29.25	+00:12:53	5:26	11
25	SANOCKA Dorota	1342		K-40	6	00:02:02	00:54:28.60	00:56:31.30	+00:12:55	5:26	11
26	ZIĘBA Sabina	1326		K-30	11	00:00:05	00:56:27.20	00:56:32.20	+00:14:53	5:38	10.6
27	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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>BORKOWSKA Sonia</b>	<b>1403</b>	3 WATERS	K-40	14	00:00:23	<b>00:56:24.55</b>	<b>00:56:47.90</b>	+00:14:51	5:38	10.6
29	<b>PETEJA-ĆWIK Aleksandra</b>	<b>1495</b>		K-40	10	00:00:50	<b>00:56:03.25</b>	<b>00:56:54.05</b>	+00:14:29	5:36	10.7
30	<b>MERKEL Sabina</b>	<b>1577</b>		K-30	10	00:01:56	<b>00:54:58.70</b>	<b>00:56:55.15</b>	+00:13:25	5:29	10.9
31	<b>DUSS Sonia</b>	<b>1524</b>		K-40	7	00:01:42	<b>00:55:15.75</b>	<b>00:56:58.60</b>	+00:13:42	5:31	10.9
32	<b>POLEWKA Beata</b>	<b>1531</b>	UKS KONIETA S-A	K-40	12	00:01:19	<b>00:56:08.90</b>	<b>00:57:28.15</b>	+00:14:35	5:36	10.7
33	<b>LESISZ Katarzyna</b>	<b>1438</b>		K-40	11	00:01:33	<b>00:56:08.75</b>	<b>00:57:41.95</b>	+00:14:35	5:36	10.7
34	<b>HELHLMANN Beata</b>	<b>1512</b>		K-40	13	00:01:23	<b>00:56:18.25</b>	<b>00:57:42.10</b>	+00:14:44	5:37	10.7
35	<b>CZERNIAK Żaneta</b>	<b>1364</b>		K-40	15	00:01:49	<b>00:56:37.35</b>	<b>00:58:26.65</b>	+00:15:03	5:39	10.6
36	<b>WÓJCIAK Katarzyna</b>	<b>1363</b>		K-30	12	00:01:49	<b>00:56:36.90</b>	<b>00:58:26.75</b>	+00:15:03	5:39	10.6
37	<b>ONAK Izabela</b>	<b>1497</b>		K-40	16	00:02:07	<b>00:56:42.05</b>	<b>00:58:49.25</b>	+00:15:08	5:40	10.6
38	<b>DYWAN Iwona</b>	<b>1453</b>		K-40	17	00:00:09	<b>00:58:41.30</b>	<b>00:58:50.85</b>	+00:17:07	5:52	10.2
38	<b>DYWAN Klaudia</b>	<b>1452</b>		K-16	2	00:00:09	<b>00:58:41.50</b>	<b>00:58:50.85</b>	+00:17:08	5:52	10.2
40	<b>POSTOŁ Karolina</b>	<b>1518</b>	NIGHT RUNNERS GLIWCE	K-30	17	00:00:46	<b>00:58:24.70</b>	<b>00:59:11.65</b>	+00:16:51	5:50	10.3
41	<b>BOBA Alicja</b>	<b>532</b>	WPR MAMRE	K-30	14	00:01:39	<b>00:57:41.40</b>	<b>00:59:21.35</b>	+00:16:07	5:46	10.4
42	<b>ZBOROWSKA Domika</b>	<b>1339</b>	ISTA BIEGAMY	K-30	13	00:02:03	<b>00:57:27.60</b>	<b>00:59:30.60</b>	+00:15:54	5:44	10.4
43	<b>SKWARA Katarzyna</b>	<b>1388</b>	HIRSCHVOGEL	K-30	20	00:00:35	<b>00:58:56.55</b>	<b>00:59:32.10</b>	+00:17:23	5:53	10.2
44	<b>GOCYK Patrycja</b>	<b>1447</b>		K-30	19	00:00:53	<b>00:58:39.85</b>	<b>00:59:33.80</b>	+00:17:06	5:52	10.2
45	<b>NOWICKA Iwona</b>	<b>1509</b>		K-30	22	00:00:29	<b>00:59:06.40</b>	<b>00:59:35.95</b>	+00:17:32	5:54	10.2
46	<b>KOPCIK Joanna</b>	<b>1471</b>		K-30	18	00:01:33	<b>00:58:26.40</b>	<b>00:59:59.45</b>	+00:16:52	5:50	10.3
47	<b>LASKOWSKA Anna</b>	<b>1407</b>	KATA GURUMA	K-30	16	00:01:47	<b>00:58:20.05</b>	<b>01:00:07.10</b>	+00:16:46	5:50	10.3
48	<b>SZAMPERA Agnieszka</b>	<b>1461</b>	EVENT 360 RUNNING TEAM	K-30	15	00:02:09	<b>00:58:10.20</b>	<b>01:00:19.35</b>	+00:16:36	5:49	10.3
49	<b>NOWAK-BODUCH Joanna</b>	<b>1548</b>		K-50	3	00:00:22	<b>01:00:00.85</b>	<b>01:00:23.75</b>	+00:18:27	6:00	10
50	<b>BROŻEK Anna</b>	<b>1383</b>		K-30	23	00:01:07	<b>00:59:17.95</b>	<b>01:00:25.35</b>	+00:17:44	5:55	10.1
51	<b>DRAGON Karolina</b>	<b>1466</b>	NIGHT RUNNERS GLIWCE	K-30	21	00:01:41	<b>00:59:02.55</b>	<b>01:00:44.40</b>	+00:17:29	5:54	10.2
52	<b>GORAJ-ZAJĄC Aleksandra</b>	<b>1515</b>	NIGHT RUNNERS GLIWCE	K-40	19	00:00:47	<b>01:01:40.25</b>	<b>01:02:27.75</b>	+00:20:06	6:10	9.7
53	<b>FRYDA Aneta</b>	<b>1592</b>		K-40	18	00:01:44	<b>01:01:30.30</b>	<b>01:03:14.95</b>	+00:19:56	6:09	9.8
54	<b>JUSZCZAK Ewa</b>	<b>1392</b>		K-50	5	00:00:26	<b>01:03:25.65</b>	<b>01:03:51.80</b>	+00:21:52	6:20	9.5
55	<b>WÓJCIK Anna</b>	<b>1428</b>		K-30	25	00:01:33	<b>01:02:49.75</b>	<b>01:04:22.85</b>	+00:21:16	6:16	9.6
56	<b>TORKA-KUNERT Grażyna</b>	<b>6</b>	RYBICKA GRUPA BIEGOWA	K-50	4	00:01:56	<b>01:02:29.05</b>	<b>01:04:25.75</b>	+00:20:55	6:14	9.6
57	<b>KUCZERA Beata</b>	<b>4</b>		K-30	24	00:01:57	<b>01:02:28.60</b>	<b>01:04:25.80</b>	+00:20:55	6:14	9.6
58	<b>LUBOWICKA Katarzyna</b>	<b>7</b>	RYBICKA GRUPA BIEGOWA	K-20	6	00:01:57	<b>01:02:28.55</b>	<b>01:04:25.85</b>	+00:20:55	6:14	9.6
59	<b>ERWIN Marta</b>	<b>1303</b>	FIGHT CLUB KNURÓW	K-30	28	00:01:03	<b>01:03:27.20</b>	<b>01:04:31.15</b>	+00:21:53	6:20	9.5
60	<b>MOKRZYCKA Justyna</b>	<b>1356</b>	BIEGAMY Z SERCEM	K-30	29	00:01:25	<b>01:03:38.00</b>	<b>01:05:03.35</b>	+00:22:04	6:21	9.4
61	<b>MAZURKIEWICZ Agnieszka</b>	<b>1558</b>	WARSAW MASTERS TEAM	K-30	26	00:01:45	<b>01:03:21.20</b>	<b>01:05:06.85</b>	+00:21:47	6:20	9.5
62	<b>CZERNIAK Celina</b>	<b>1469</b>		K-30	27	00:01:45	<b>01:03:21.30</b>	<b>01:05:07.15</b>	+00:21:47	6:20	9.5
63	<b>JANOWSKA-CHWALISZEWSKA Agnieszka</b>	<b>1394</b>	NIGHT RUNNERS GLIWCE	K-40	20	00:01:44	<b>01:03:31.50</b>	<b>01:05:16.20</b>	+00:21:58	6:21	9.4
64	<b>MISIEK Jolanta</b>	<b>1446</b>		K-40	21	00:00:53	<b>01:05:00.25</b>	<b>01:05:54.20</b>	+00:23:26	6:30	9.2
65	<b>MUCHA-KUŚ Karolina</b>	<b>1522</b>		K-30	30	00:01:59	<b>01:04:30.75</b>	<b>01:06:30.15</b>	+00:22:57	6:27	9.3
66	<b>WÓJTOWICZ Agnieszka</b>	<b>1526</b>	ISTA BIEGAMY	K-30	31	00:00:59	<b>01:05:57.30</b>	<b>01:06:57.05</b>	+00:24:23	6:35	9.1
67	<b>STOLARZ Agnieszka</b>	<b>1353</b>	NIGHT RUNNERS GLIWCE	K-40	24	00:00:49	<b>01:06:23.10</b>	<b>01:07:12.80</b>	+00:24:49	6:38	9
68	<b>JANOSZEK Małgorzata</b>	<b>1435</b>		K-30	33	00:00:27	<b>01:06:49.90</b>	<b>01:07:17.30</b>	+00:25:16	6:41	9
69	<b>RAŁ Zdzisława</b>	<b>1444</b>		K-60	1	00:00:28	<b>01:06:50.15</b>	<b>01:07:18.45</b>	+00:25:16	6:41	9
70	<b>KUPIS Katarzyna</b>	<b>1485</b>	KUDŁATY ART TEAM	K-20	8	00:01:09	<b>01:06:37.40</b>	<b>01:07:46.60</b>	+00:25:03	6:39	9
71	<b>POGORZELSKA-KLIKS Agata</b>	<b>1382</b>	UNISONO	K-40	22	00:02:05	<b>01:05:48.40</b>	<b>01:07:53.95</b>	+00:24:14	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>NAWROT Katarzyna</b>	<b>1538</b>	PKO BP	K-30	34	00:00:43	<b>01:07:11.30</b>	<b>01:07:55.15</b>	+00:25:37	6:43	8.9
73	<b>MAZUR Kamila</b>	<b>1514</b>		K-30	35	00:00:55	<b>01:07:12.10</b>	<b>01:08:08.00</b>	+00:25:38	6:43	8.9
74	<b>POSMYK Beata</b>	<b>1368</b>	BFRT.ORG.PL	K-30	32	00:01:35	<b>01:06:36.05</b>	<b>01:08:12.00</b>	+00:25:02	6:39	9
75	<b>HRYSZKIEWICZ Barbara</b>	<b>1385</b>	AKMB PĘDZIWMATR GLIWCE	K-40	23	00:02:05	<b>01:06:09.90</b>	<b>01:08:15.35</b>	+00:24:36	6:37	9.1
76	<b>OTEBEYE Amina</b>	<b>1301</b>	MACHINAGROUP	K-30	38	00:00:05	<b>01:08:11.55</b>	<b>01:08:17.30</b>	+00:26:38	6:49	8.8
77	<b>KOBIERSKA Anna</b>	<b>1355</b>		K-20	7	00:01:55	<b>01:06:24.00</b>	<b>01:08:19.80</b>	+00:24:50	6:38	9
78	<b>OTOROWSKA Aleksandra</b>	<b>1412</b>		K-30	36	00:00:34	<b>01:07:58.35</b>	<b>01:08:32.55</b>	+00:26:24	6:47	8.8
79	<b>LISOWSKA Barbara</b>	<b>1478</b>		K-40	25	00:01:26	<b>01:07:12.35</b>	<b>01:08:38.35</b>	+00:25:38	6:43	8.9
80	<b>BLUSZCZ Marta</b>	<b>1539</b>		K-30	37	00:01:24	<b>01:08:01.10</b>	<b>01:09:25.55</b>	+00:26:27	6:48	8.8
81	<b>KOTLIŃSKA Natalia</b>	<b>1329</b>		K-20	10	00:00:57	<b>01:09:04.80</b>	<b>01:10:02.60</b>	+00:27:31	6:54	8.7
82	<b>DUDZICZ Barbara</b>	<b>1597</b>	PKO BP	K-40	26	00:00:46	<b>01:09:23.45</b>	<b>01:10:10.40</b>	+00:27:50	6:56	8.6
83	<b>PIRÓG Beata</b>	<b>1470</b>		K-30	39	00:01:39	<b>01:08:46.15</b>	<b>01:10:25.25</b>	+00:27:12	6:52	8.7
84	<b>LUTOGNIEWSKA Dorota</b>	<b>1315</b>	BIPROHUT	K-20	9	00:01:55	<b>01:09:02.05</b>	<b>01:10:57.80</b>	+00:27:28	6:54	8.7
85	<b>HOMIŃSKA Krystyna</b>	<b>1551</b>	PKO BP	K-50	6	00:00:18	<b>01:11:03.55</b>	<b>01:11:22.50</b>	+00:29:30	7:06	8.4
86	<b>FILIPCZYK Izabela</b>	<b>1415</b>		K-30	40	00:01:50	<b>01:11:01.75</b>	<b>01:12:52.50</b>	+00:29:28	7:06	8.4
87	<b>WILK Weronika</b>	<b>1414</b>		K-30	41	00:01:50	<b>01:11:02.15</b>	<b>01:12:52.75</b>	+00:29:28	7:06	8.4
88	<b>BOCZAROWSKA Barbara</b>	<b>1482</b>	EXPERT TRAVEL	K-30	43	00:00:26	<b>01:13:51.80</b>	<b>01:14:18.30</b>	+00:32:18	7:23	8.1
89	<b>ANDRACZEK Magdalena Anna</b>	<b>1547</b>		K-30	42	00:01:56	<b>01:12:35.55</b>	<b>01:14:31.75</b>	+00:31:02	7:15	8.3
90	<b>SZOKA Ewa</b>	<b>1409</b>	NIGHT RUNNER GLIWCE	K-30	44	00:01:43	<b>01:14:09.80</b>	<b>01:15:53.30</b>	+00:32:36	7:25	8.1
91	<b>WYSOCKA Magdalena</b>	<b>1308</b>	ETE RUN	K-40	27	00:02:20	<b>01:15:25.15</b>	<b>01:17:45.65</b>	+00:33:51	7:32	8
92	<b>FRĄC Elżbieta</b>	<b>1314</b>	NIGHT RUNNERS GLIWCE	K-30	46	00:00:47	<b>01:17:42.50</b>	<b>01:18:29.80</b>	+00:36:09	7:46	7.7
93	<b>VEGA ZUMETA Brygida</b>	<b>1396</b>	PADŁ NA RYJ TEAM	K-30	45	00:01:49	<b>01:17:03.00</b>	<b>01:18:52.95</b>	+00:35:29	7:42	7.8
94	<b>PANKIEWICZ Katarzyna</b>	<b>1498</b>	GRUPA CMYKI	K-40	28	00:02:13	<b>01:17:24.65</b>	<b>01:19:38.35</b>	+00:35:51	7:44	7.8
95	<b>HRYSZKIEWICZ Anna</b>	<b>1451</b>	UNISONO	K-20	11	00:02:13	<b>01:18:34.50</b>	<b>01:20:47.55</b>	+00:37:01	7:51	7.6
96	<b>TOMCZAK Małgorzata</b>	<b>1536</b>		K-40	29	00:00:20	<b>01:33:54.40</b>	<b>01:34:14.90</b>	+00:52:20	9:23	6.4
97	<b>KOWALCZYK Anna</b>	<b>1338</b>	HIRSCHVOGEL	K-40	30	00:00:13	<b>01:38:58.35</b>	<b>01:39:11.80</b>	+00:57:24	9:53	6.1
98	<b>IZYDORCZYK Agnieszka</b>	<b>1337</b>	HIRSCHVOGEL	K-30	47	00:00:13			+01:10:28	23:57	2.5

Znaleziono 98 wynik(ów)