



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2022-10-22
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DELEWSKA Kaja	1219		K-30	1	00:37:01.60		3:42	16.2 (100%)
2	JADASZ Anna	1245	VATTENFALL IT	K-30	2	00:39:06.75	+00:02:05 (5.3%)	3:54	15.3 (94.4%)
3	KASPRZAK Martyna	1454	GREEN BELT RUNNER	K-30	3	00:41:37.80	+00:04:36 (11.1%)	4:09	14.4 (88.9%)
4	GROCHOWSKA Anna	1480		K-30	4	00:46:03.55	+00:09:01 (19.6%)	4:36	13 (80.2%)
5	MACHALICA Agnieszka	1209		K-30	5	00:46:06.50	+00:09:04 (19.7%)	4:36	13 (80.2%)
6	ĆWIKŁA Sandra	1210		K-30	6	00:47:45.05	+00:10:43 (22.5%)	4:46	12.6 (77.8%)
7	PIETRAS Sylwia	1217	MIECHOWICKA GRUPA BIEGOWA	K-30	7	00:48:02.85	+00:11:01 (22.9%)	4:48	12.5 (77.2%)
8	PELAN Katarzyna	1167		K-30	8	00:48:18.95	+00:11:17 (23.4%)	4:49	12.4 (76.5%)
9	BAJSAROWICZ Marta	1385		K-30	9	00:48:31.35	+00:11:29 (23.7%)	4:51	12.4 (76.5%)
10	LAMPA Alicja	1471		K-30	10	00:49:02.60	+00:12:01 (24.5%)	4:54	12.2 (75.3%)
11	SKUPIEŃ Małgorzata	1085	ETISOFT RUNNINGTEAM	K-30	11	00:50:10.60	+00:13:09 (26.2%)	5:01	12 (74.1%)
12	SUBIK Edyta	1089		K-30	12	00:50:52.20	+00:13:50 (27.2%)	5:05	11.8 (72.8%)
13	BADURA Karina	1297		K-30	13	00:51:25.85	+00:14:24 (28.0%)	5:08	11.7 (72.2%)
14	MACH Katarzyna	1421		K-30	14	00:51:30.65	+00:14:29 (28.1%)	5:09	11.7 (72.2%)
15	HOMA Dorota	1149		K-30	15	00:51:32.50	+00:14:30 (28.2%)	5:09	11.6 (71.6%)
16	SADOWNICZYK Agnieszka	1087		K-30	16	00:51:40.35	+00:14:38 (28.3%)	5:10	11.6 (71.6%)
17	TOMAL Anna	1091	BOJKÓW BIEGA	K-30	17	00:51:43.80	+00:14:42 (28.4%)	5:10	11.6 (71.6%)
18	SZYSLER Alicja	1440		K-30	18	00:52:03.10	+00:15:01 (28.9%)	5:12	11.5 (71.0%)
19	FARA Marta	1104	7PRO TEAM	K-30	19	00:52:51.20	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
20	DRAGON Karolina	1254	DRAGON TEAM	K-30	20	00:53:07.25	+00:16:05 (30.3%)	5:18	11.3 (69.8%)
21	SZWAJKOSZ Magdalena	1137		K-30	21	00:53:18.15	+00:16:16 (30.5%)	5:19	11.3 (69.8%)
22	PUTOWSKA Natalia	1214		K-30	22	00:53:18.35	+00:16:16 (30.5%)	5:19	11.3 (69.8%)
23	PIEKARZ Małgorzata	1215	DRUŻYNA JEDYNKI	K-30	23	00:53:23.20	+00:16:21 (30.6%)	5:20	11.2 (69.1%)
24	SALA Nela	1451		K-30	24	00:53:35.50	+00:16:33 (30.9%)	5:21	11.2 (69.1%)
25	SPYRA Kasia	1358	4K P.K.S. SPYROWKA	K-30	25	00:53:47.45	+00:16:45 (31.2%)	5:22	11.2 (69.1%)
26	KLUCZNIOK Katarzyna	1357	4K PKS	K-30	26	00:53:51.90	+00:16:50 (31.3%)	5:23	11.1 (68.5%)
27	KRAJEWSKA Katarzyna	1076	BOJKÓW BIEGA	K-30	27	00:54:06.90	+00:17:05 (31.6%)	5:24	11.1 (68.5%)

						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
28	BEMŚ Emilia	1191	KS SOŚNICA	K-30	28	00:54:30.80	+00:17:29 (32.1%)	5:27	11 (67.9%)
29	WYCISK Dagmara	1373		K-30	29	00:54:42.55	+00:17:40 (32.3%)	5:28	11 (67.9%)
30	KUCHTA Katarzyna	1286	NIGHT RUNNERS PYSKOWICE	K-30	30	00:54:43.10	+00:17:41 (32.3%)	5:28	11 (67.9%)
31	NEUMANN Monika	1060		K-30	31	00:54:49.30	+00:17:47 (32.5%)	5:28	10.9 (67.3%)
32	NIESLER Magdalena	1445		K-30	32	00:55:08.70	+00:18:07 (32.9%)	5:30	10.9 (67.3%)
33	WIŚNIEWSKA Beata	1432		K-30	33	00:55:43.40	+00:18:41 (33.6%)	5:34	10.8 (66.7%)
34	KUNOWSKA Małgorzata	1175		K-30	34	00:55:59.50	+00:18:57 (33.9%)	5:35	10.7 (66.0%)
35	STACHOWSKA Marta	1218	ZABIEGANI IMIELIN	K-30	35	00:56:04.90	+00:19:03 (34.0%)	5:36	10.7 (66.0%)
36	BURZAK Justyna	1376	BALASANA JOGA	K-30	36	00:56:10.90	+00:19:09 (34.1%)	5:37	10.7 (66.0%)
37	WIERCIŃSKA Aneta	1058		K-30	37	00:56:51.10	+00:19:49 (34.9%)	5:41	10.6 (65.4%)
38	NOWAK Anna	1282	KLUB BIEGACZY JYSK	K-30	38	00:57:00.70	+00:19:59 (35.1%)	5:42	10.5 (64.8%)
39	PĘDZIK Agnieszka	1098	#HUTATEAM . NIGHT RUNNERS PYSKOWICE	K-30	39	00:57:09.90	+00:20:08 (35.2%)	5:42	10.5 (64.8%)
40	SAŁAPATEK Katarzyna	1094		K-30	40	00:57:12.50	+00:20:10 (35.3%)	5:43	10.5 (64.8%)
41	PAJOR Izabela	1387		K-30	41	00:57:26.80	+00:20:25 (35.5%)	5:44	10.4 (64.2%)
42	WOJTUKIEWICZ Justyna	1296		K-30	42	00:57:50.90	+00:20:49 (36.0%)	5:47	10.4 (64.2%)
43	DRABEK Agnieszka	1128		K-30	43	00:58:09.75	+00:21:08 (36.3%)	5:48	10.3 (63.6%)
44	SIEDLECKA Anna	1377		K-30	44	00:58:17.90	+00:21:16 (36.5%)	5:49	10.3 (63.6%)
45	STEPOWANY Marta	1274	BÓJKOW BIEGA	K-30	45	00:58:29.80	+00:21:28 (36.7%)	5:50	10.3 (63.6%)
46	MISZCZYSZYN Marta	1077	BOJKÓW BIEGA	K-30	46	00:58:36.40	+00:21:34 (36.8%)	5:51	10.2 (63.0%)
47	STERNICZUK Anna	1249		K-30	47	00:58:43.65	+00:21:42 (37.0%)	5:52	10.2 (63.0%)
48	JEFIMIK Paulina	1198		K-30	48	00:58:45.35	+00:21:43 (37.0%)	5:52	10.2 (63.0%)
49	ŚLUSARSKA Sylwia	1416		K-30	49	00:59:33.35	+00:22:31 (37.8%)	5:57	10.1 (62.3%)
50	GIERCZYCKA Natalia	1334	CHRZĄSZCZE CHRABĄSZCZE DZIKI	K-30	50	00:59:51.35	+00:22:49 (38.1%)	5:59	10 (61.7%)
50	WESOŁY-JAKUBCZYK Ewa	1417		K-30	50	00:59:51.35	+00:22:49 (38.1%)	5:59	10 (61.7%)
52	GLINKA Marta	1384		K-30	52	00:59:59.15	+00:22:57 (38.3%)	5:59	10 (61.7%)
53	MOSLER Klaudia	1105		K-30	53	01:00:03.65	+00:23:02 (38.4%)	6:00	10 (61.7%)
54	DOBIAS Katarzyna	1017		K-30	54	01:00:21.10	+00:23:19 (38.6%)	6:02	9.9 (61.1%)
55	TWAROWSKA Celina	1277	ETISOFT RUNNING TEAM	K-30	55	01:01:03.20	+00:24:01 (39.4%)	6:06	9.8 (60.5%)
56	MARKOWICZ Magdalena	1054	BOJKÓW BIEGA	K-30	56	01:01:25.65	+00:24:24 (39.7%)	6:08	9.8 (60.5%)
57	SZUMSKA Anna	1424		K-30	57	01:01:36.70	+00:24:35 (39.9%)	6:09	9.7 (59.9%)
58	SZTECHMILER Ewa	1285	PRZERYCIE GARDENS	K-30	58	01:01:38.15	+00:24:36 (39.9%)	6:09	9.7 (59.9%)
59	PODSTUFKA Natalia	1150		K-30	59	01:03:04.35	+00:26:02 (41.3%)	6:18	9.5 (58.6%)
60	BAJSAROWICZ Justyna	1253		K-30	60	01:03:31.80	+00:26:30 (41.7%)	6:21	9.4 (58.0%)
61	LUROT Anna	1414		K-30	61	01:03:40.95	+00:26:39 (41.9%)	6:22	9.4 (58.0%)
62	GÓRNICKA Karina	1010	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-30	62	01:04:04.55	+00:27:02 (42.2%)	6:24	9.4 (58.0%)
63	GRZESIAK Anna	1265		K-30	63	01:06:14.50	+00:29:12 (44.1%)	6:37	9.1 (56.2%)
64	JAŚNIEWICZ Sandra	1474		K-30	64	01:06:55.05	+00:29:53 (44.7%)	6:41	9 (55.6%)
65	JURCZYK Beata	1398		K-30	65	01:07:16.00	+00:30:14 (45.0%)	6:43	8.9 (54.9%)
66	PUDEŁKO Dominika	1329		K-30	66	01:07:59.25	+00:30:57 (45.5%)	6:47	8.8 (54.3%)
67	ZASADZIŃSKA Angelika	1160	FUCHS OIL TEAM	K-30	67	01:10:52.25	+00:33:50 (47.8%)	7:05	8.5 (52.5%)
68	BŁOSZYK-MAŁKOWSKA Monika	1352	LECZYMY DURŚ	K-30	68	01:11:23.20	+00:34:21 (48.1%)	7:08	8.4 (51.9%)
69	SIERAKOWSKA Anna	1154	FUCHS OIL TEAM	K-30	69	01:11:28.65	+00:34:27 (48.2%)	7:08	8.4 (51.9%)
70	KOPER Dorota	1004		K-30	70	01:14:10.05	+00:37:08 (50.1%)	7:25	8.1 (50.0%)
71	GABOR Aleksandra	1015		K-30	71	01:42:31.90	+01:05:30 (63.9%)	10:15	5.9 (36.4%)

Znaleziono 71 wynik(ów)