



**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: Mieszkanki Gliwic

| Msc | Zawodnik                     | Numer | Klub                                               | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|-------|----------------------------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 1   | KONIECZNA Anna               | 1044  |                                                    | K-20      | 1    | 00:37:42.60     |                   | 3:46         | 15.9 (100%)  |
| 2   | LEGASZEWSKA Maria            | 1203  |                                                    | K-20      | 2    | 00:39:18.55     | +00:01:35 (4.1%)  | 3:55         | 15.3 (96.2%) |
| 3   | LASKOWSKA Katarzyna          | 1420  | INŻYNIERIA BIEGANIA TEAM                           | K-40      | 1    | 00:39:43.00     | +00:02:00 (5.1%)  | 3:58         | 15.1 (95.0%) |
| 4   | LEŚNIAK Matylda              | 1412  | ŚLĄSKA SIEĆ METROPOLITALNA GLIWICE                 | K-20      | 4    | 00:43:16.70     | +00:05:34 (12.9%) | 4:19         | 13.9 (87.4%) |
| 5   | ZENOWICZ Kinga               | 1127  | ATHLETICS NYSA                                     | K-20      | 5    | 00:43:29.85     | +00:05:47 (13.3%) | 4:20         | 13.8 (86.8%) |
| 6   | SZOŁTYSEK-GRZESIKIEWICZ Anna | 1037  |                                                    | K-40      | 3    | 00:45:34.55     | +00:07:51 (17.3%) | 4:33         | 13.2 (83.0%) |
| 7   | GROCHOWSKA Anna              | 1480  |                                                    | K-30      | 4    | 00:46:03.55     | +00:08:20 (18.1%) | 4:36         | 13 (81.8%)   |
| 8   | POGODA Kinga                 | 1409  | UKS KOMETA - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O. O. | K-20      | 6    | 00:47:18.80     | +00:09:36 (20.3%) | 4:43         | 12.7 (79.9%) |
| 9   | ĆWIKŁA Sandra                | 1210  |                                                    | K-30      | 6    | 00:47:45.05     | +00:10:02 (21.0%) | 4:46         | 12.6 (79.2%) |
| 10  | BAJSAROWICZ Marta            | 1385  |                                                    | K-30      | 9    | 00:48:31.35     | +00:10:48 (22.3%) | 4:51         | 12.4 (78.0%) |
| 11  | LAMPA Alicja                 | 1471  |                                                    | K-30      | 10   | 00:49:02.60     | +00:11:20 (23.1%) | 4:54         | 12.2 (76.7%) |
| 12  | ZAPOTOCZNA Renata            | 1199  |                                                    | K-40      | 6    | 00:49:10.05     | +00:11:27 (23.3%) | 4:55         | 12.2 (76.7%) |
| 13  | WOJAKOWSKA Katarzyna         | 1458  | MOMO RUNNING TEAM                                  | K-40      | 7    | 00:49:17.55     | +00:11:34 (23.5%) | 4:55         | 12.2 (76.7%) |
| 14  | WÓJCIK Anna                  | 1328  |                                                    | K-40      | 8    | 00:49:39.45     | +00:11:56 (24.1%) | 4:57         | 12.1 (76.1%) |
| 15  | LUKOSZEK Weronika            | 1029  |                                                    | K-20      | 8    | 00:50:05.30     | +00:12:22 (24.7%) | 5:00         | 12 (75.5%)   |
| 16  | SKUPIEŃ Małgorzata           | 1085  | ETISOFT RUNNINGTEAM                                | K-30      | 11   | 00:50:10.60     | +00:12:28 (24.8%) | 5:01         | 12 (75.5%)   |
| 17  | KWIECIEŃ Małgorzata          | 1099  |                                                    | K-20      | 9    | 00:50:15.40     | +00:12:32 (25.0%) | 5:01         | 11.9 (74.8%) |
| 18  | KOMANDER Katarzyna           | 1192  | JOMAR RUNNERS                                      | K-20      | 10   | 00:50:17.25     | +00:12:34 (25.0%) | 5:01         | 11.9 (74.8%) |
| 19  | SUBIK Edyta                  | 1089  |                                                    | K-30      | 12   | 00:50:52.20     | +00:13:09 (25.9%) | 5:05         | 11.8 (74.2%) |
| 20  | BADURA Karina                | 1297  |                                                    | K-30      | 13   | 00:51:25.85     | +00:13:43 (26.7%) | 5:08         | 11.7 (73.6%) |
| 21  | HOMA Dorota                  | 1149  |                                                    | K-30      | 15   | 00:51:32.50     | +00:13:49 (26.8%) | 5:09         | 11.6 (73.0%) |
| 22  | SADOWNICZYK Agnieszka        | 1087  |                                                    | K-30      | 16   | 00:51:40.35     | +00:13:57 (27.0%) | 5:10         | 11.6 (73.0%) |
| 23  | TOMAL Anna                   | 1091  | BOJKÓW BIEGA                                       | K-30      | 17   | 00:51:43.80     | +00:14:01 (27.1%) | 5:10         | 11.6 (73.0%) |
| 24  | GEC Monika                   | 1263  |                                                    | K-40      | 11   | 00:51:52.05     | +00:14:09 (27.3%) | 5:11         | 11.6 (73.0%) |
| 25  | ŻOŁNOWSKA Karolina           | 1369  |                                                    | K-20      | 11   | 00:52:47.65     | +00:15:05 (28.6%) | 5:16         | 11.4 (71.7%) |
| 26  | FARA Marta                   | 1104  | 7PRO TEAM                                          | K-30      | 19   | 00:52:51.20     | +00:15:08 (28.7%) | 5:17         | 11.4 (71.7%) |
| 27  | BLOMA-WOJCIECHOWSKA Żaneta   | 1271  |                                                    | K-40      | 12   | 00:53:04.50     | +00:15:21 (28.9%) | 5:18         | 11.3 (71.1%) |

| Msc | Zawodnik                  | Numer | Klub                         | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|-------|------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 28  | DRAGON Karolina           | 1254  | DRAGON TEAM                  | K-30      | 20   | 00:53:07.25     | +00:15:24 (29.0%) | 5:18         | 11.3 (71.1%) |
| 29  | SZWAJKOSZ Magdalena       | 1137  |                              | K-30      | 21   | 00:53:18.15     | +00:15:35 (29.3%) | 5:19         | 11.3 (71.1%) |
| 30  | PUTOWSKA Natalia          | 1214  |                              | K-30      | 22   | 00:53:18.35     | +00:15:35 (29.3%) | 5:19         | 11.3 (71.1%) |
| 31  | PIEKARZ Małgorzata        | 1215  | DRUŻYNA JEDYNKI              | K-30      | 23   | 00:53:23.20     | +00:15:40 (29.4%) | 5:20         | 11.2 (70.4%) |
| 32  | SALA Nela                 | 1451  |                              | K-30      | 24   | 00:53:35.50     | +00:15:52 (29.6%) | 5:21         | 11.2 (70.4%) |
| 33  | KRAJEWSKA Katarzyna       | 1076  | BOJKÓW BIEGA                 | K-30      | 27   | 00:54:06.90     | +00:16:24 (30.3%) | 5:24         | 11.1 (69.8%) |
| 34  | NOWAKOWSKA-TRZASKA Joanna | 1425  | CROSSFIT HELLWOOD            | K-40      | 15   | 00:54:14.65     | +00:16:32 (30.5%) | 5:25         | 11.1 (69.8%) |
| 35  | BEMŚ Emilia               | 1191  | KS SOŚNICA                   | K-30      | 28   | 00:54:30.80     | +00:16:48 (30.8%) | 5:27         | 11 (69.2%)   |
| 36  | WYCISK Dagmara            | 1373  |                              | K-30      | 29   | 00:54:42.55     | +00:16:59 (31.1%) | 5:28         | 11 (69.2%)   |
| 37  | DRABIK Joanna             | 1349  | STELLANTIS ACTIVE TEAM       | K-40      | 16   | 00:54:45.55     | +00:17:02 (31.1%) | 5:28         | 11 (69.2%)   |
| 38  | NEUMANN Monika            | 1060  |                              | K-30      | 31   | 00:54:49.30     | +00:17:06 (31.2%) | 5:28         | 10.9 (68.6%) |
| 39  | NIESLER Magdalena         | 1445  |                              | K-30      | 32   | 00:55:08.70     | +00:17:26 (31.6%) | 5:30         | 10.9 (68.6%) |
| 40  | WIŚNIEWSKA Beata          | 1432  |                              | K-30      | 33   | 00:55:43.40     | +00:18:00 (32.3%) | 5:34         | 10.8 (67.9%) |
| 41  | ZAKLIŃSKA Katarzyna       | 1301  |                              | K-40      | 20   | 00:55:59.45     | +00:18:16 (32.6%) | 5:35         | 10.7 (67.3%) |
| 42  | KUNOWSKA Małgorzata       | 1175  |                              | K-30      | 34   | 00:55:59.50     | +00:18:16 (32.7%) | 5:35         | 10.7 (67.3%) |
| 43  | GŁADYSZ Aneta             | 1111  |                              | K-40      | 22   | 00:56:08.50     | +00:18:25 (32.8%) | 5:36         | 10.7 (67.3%) |
| 44  | BURZAK Justyna            | 1376  | BALASANA JOGA                | K-30      | 36   | 00:56:10.90     | +00:18:28 (32.9%) | 5:37         | 10.7 (67.3%) |
| 45  | CHOLEWA Magdalena         | 1138  | -                            | K-40      | 23   | 00:56:11.00     | +00:18:28 (32.9%) | 5:37         | 10.7 (67.3%) |
| 46  | WIERCIŃSKA Aneta          | 1058  |                              | K-30      | 37   | 00:56:51.10     | +00:19:08 (33.7%) | 5:41         | 10.6 (66.7%) |
| 47  | SAŁAPATEK Katarzyna       | 1094  |                              | K-30      | 40   | 00:57:12.50     | +00:19:29 (34.1%) | 5:43         | 10.5 (66.0%) |
| 48  | STOLARZ Agnieszka         | 1182  |                              | K-40      | 24   | 00:57:13.20     | +00:19:30 (34.1%) | 5:43         | 10.5 (66.0%) |
| 49  | PAJOR Izabela             | 1387  |                              | K-30      | 41   | 00:57:26.80     | +00:19:44 (34.4%) | 5:44         | 10.4 (65.4%) |
| 50  | WOLAŃSKA Magdalena        | 1336  |                              | K-40      | 26   | 00:57:44.70     | +00:20:02 (34.7%) | 5:46         | 10.4 (65.4%) |
| 51  | WOJTUKIEWICZ Justyna      | 1296  |                              | K-30      | 42   | 00:57:50.90     | +00:20:08 (34.8%) | 5:47         | 10.4 (65.4%) |
| 52  | MĄCZKA Krystyna           | 1452  |                              | K-60      | 2    | 00:57:54.35     | +00:20:11 (34.9%) | 5:47         | 10.4 (65.4%) |
| 53  | DRABEK Agnieszka          | 1128  |                              | K-30      | 43   | 00:58:09.75     | +00:20:27 (35.2%) | 5:48         | 10.3 (64.8%) |
| 54  | SIEDLECKA Anna            | 1377  |                              | K-30      | 44   | 00:58:17.90     | +00:20:35 (35.3%) | 5:49         | 10.3 (64.8%) |
| 55  | STEPOWANY Marta           | 1274  | BÓJKOW BIEGA                 | K-30      | 45   | 00:58:29.80     | +00:20:47 (35.5%) | 5:50         | 10.3 (64.8%) |
| 56  | MISZCZYSZYN Marta         | 1077  | BOJKÓW BIEGA                 | K-30      | 46   | 00:58:36.40     | +00:20:53 (35.7%) | 5:51         | 10.2 (64.2%) |
| 57  | STERNICZUK Anna           | 1249  |                              | K-30      | 47   | 00:58:43.65     | +00:21:01 (35.8%) | 5:52         | 10.2 (64.2%) |
| 58  | JEFIMIK Paulina           | 1198  |                              | K-30      | 48   | 00:58:45.35     | +00:21:02 (35.8%) | 5:52         | 10.2 (64.2%) |
| 59  | WIELGUS Agnieszka         | 1476  |                              | K-40      | 30   | 00:58:52.10     | +00:21:09 (35.9%) | 5:53         | 10.2 (64.2%) |
| 60  | OSOWSKA Katarzyna         | 1083  |                              | K-40      | 31   | 00:59:10.45     | +00:21:27 (36.3%) | 5:55         | 10.1 (63.5%) |
| 61  | CHMELIK Katarzyna         | 1072  |                              | K-20      | 16   | 00:59:37.85     | +00:21:55 (36.8%) | 5:57         | 10.1 (63.5%) |
| 62  | GIERCZYCKA Natalia        | 1334  | CHRZĄSZCZE CHRABĄSZCZE DZIKI | K-30      | 50   | 00:59:51.35     | +00:22:08 (37.0%) | 5:59         | 10 (62.9%)   |
| 62  | WESOŁY-JAKUBCZYK Ewa      | 1417  |                              | K-30      | 50   | 00:59:51.35     | +00:22:08 (37.0%) | 5:59         | 10 (62.9%)   |
| 64  | KOTLARSKA Anna            | 1080  |                              | K-40      | 34   | 00:59:55.95     | +00:22:13 (37.1%) | 5:59         | 10 (62.9%)   |
| 65  | GLINKA Marta              | 1384  |                              | K-30      | 52   | 00:59:59.15     | +00:22:16 (37.1%) | 5:59         | 10 (62.9%)   |
| 66  | DOBOSZ Alicja             | 1360  | MOCNA EKIPA                  | K-20      | 17   | 01:00:17.80     | +00:22:35 (37.5%) | 6:01         | 10 (62.9%)   |
| 67  | TOWAREK Agnieszka         | 1051  |                              | K-40      | 35   | 01:00:43.80     | +00:23:01 (37.9%) | 6:04         | 9.9 (62.3%)  |
| 68  | KAWECKA-KUŹDŻAŁ Agnieszka | 1258  |                              | K-40      | 36   | 01:00:50.65     | +00:23:08 (38.0%) | 6:05         | 9.9 (62.3%)  |
| 69  | MARKOWICZ Magdalena       | 1054  | BOJKÓW BIEGA                 | K-30      | 56   | 01:01:25.65     | +00:23:43 (38.6%) | 6:08         | 9.8 (61.6%)  |
| 70  | SZUMSKA Anna              | 1424  |                              | K-30      | 57   | 01:01:36.70     | +00:23:54 (38.8%) | 6:09         | 9.7 (61.0%)  |
| 71  | ROŻEK Mariola             | 1110  | #HUTATEAM                    | K-40      | 37   | 01:02:03.35     | +00:24:20 (39.2%) | 6:12         | 9.7 (61.0%)  |

| Msc | Zawodnik               | Numer | Klub                                                      | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|-----------------------------------------------------------|-----------|------|-----------------|-------------------|--------------|-------------|
| 72  | MICHALSKA-WOJTUŃ Anna  | 1402  | DECATHLON GLIWICE                                         | K-40      | 38   | 01:02:15.80     | +00:24:33 (39.4%) | 6:13         | 9.6 (60.4%) |
| 73  | MICZKA Justyna         | 1344  |                                                           | K-40      | 39   | 01:02:20.85     | +00:24:38 (39.5%) | 6:14         | 9.6 (60.4%) |
| 74  | OPANOWSKA Anna         | 1109  |                                                           | K-40      | 41   | 01:02:47.45     | +00:25:04 (39.9%) | 6:16         | 9.6 (60.4%) |
| 75  | FRANCZYK Kinga         | 1066  | FUNDACJA TOŚKA I PRZYJACIELE                              | K-40      | 42   | 01:02:58.55     | +00:25:15 (40.1%) | 6:17         | 9.5 (59.7%) |
| 76  | PODSTUFKA Natalia      | 1150  |                                                           | K-30      | 59   | 01:03:04.35     | +00:25:21 (40.2%) | 6:18         | 9.5 (59.7%) |
| 77  | DUDZICZ Barbara        | 1009  |                                                           | K-40      | 43   | 01:03:21.15     | +00:25:38 (40.5%) | 6:20         | 9.5 (59.7%) |
| 78  | BAJSAROWICZ Justyna    | 1253  |                                                           | K-30      | 60   | 01:03:31.80     | +00:25:49 (40.6%) | 6:21         | 9.4 (59.1%) |
| 79  | ORDYŃSKA Agnieszka     | 1299  |                                                           | K-40      | 44   | 01:03:43.80     | +00:26:01 (40.8%) | 6:22         | 9.4 (59.1%) |
| 80  | GÓRECKA-WRÓBEL Jolanta | 1390  |                                                           | K-40      | 45   | 01:04:26.35     | +00:26:43 (41.5%) | 6:26         | 9.3 (58.5%) |
| 81  | SZCZECIŃSKA Agata      | 1394  |                                                           | K-40      | 46   | 01:04:59.80     | +00:27:17 (42.0%) | 6:29         | 9.2 (57.9%) |
| 82  | PAJĄK Aleksandra       | 1172  | #HUTATEAM                                                 | K-40      | 47   | 01:05:33.40     | +00:27:50 (42.5%) | 6:33         | 9.2 (57.9%) |
| 83  | GRZESIAK Anna          | 1265  |                                                           | K-30      | 63   | 01:06:14.50     | +00:28:31 (43.1%) | 6:37         | 9.1 (57.2%) |
| 84  | JAŚNIEWICZ Sandra      | 1474  |                                                           | K-30      | 64   | 01:06:55.05     | +00:29:12 (43.6%) | 6:41         | 9 (56.6%)   |
| 85  | ROMANIK Katarzyna      | 1293  |                                                           | K-20      | 21   | 01:06:56.10     | +00:29:13 (43.7%) | 6:41         | 9 (56.6%)   |
| 86  | POLEWKA Julianna       | 1411  | UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O. | K-20      | 22   | 01:08:09.20     | +00:30:26 (44.7%) | 6:48         | 8.8 (55.3%) |
| 87  | MRÓWKA Ilona           | 1016  |                                                           | K-50      | 8    | 01:09:57.80     | +00:32:15 (46.1%) | 6:59         | 8.6 (54.1%) |
| 88  | ZIARNIK Helena         | 1304  | SLOW JOGGING GLIWICE                                      | K-50      | 9    | 01:11:01.15     | +00:33:18 (46.9%) | 7:06         | 8.4 (52.8%) |
| 89  | SIERAKOWSKA Anna       | 1154  | FUCHS OIL TEAM                                            | K-30      | 69   | 01:11:28.65     | +00:33:46 (47.2%) | 7:08         | 8.4 (52.8%) |
| 90  | DĄBROWSKA Zuzanna      | 1168  | #HUTATEAM                                                 | K-20      | 24   | 01:13:05.45     | +00:35:22 (48.4%) | 7:18         | 8.2 (51.6%) |
| 91  | KOPER Dorota           | 1004  |                                                           | K-30      | 70   | 01:14:10.05     | +00:36:27 (49.2%) | 7:25         | 8.1 (50.9%) |
| 92  | OBWIOSŁO Joanna        | 1294  |                                                           | K-40      | 49   | 01:15:08.25     | +00:37:25 (49.8%) | 7:30         | 8 (50.3%)   |
| 93  | WILKOŃ Aleksandra      | 1118  | #HUTATEAM                                                 | K-20      | 25   | 01:32:03.30     | +00:54:20 (59.0%) | 9:12         | 6.5 (40.9%) |

Znaleziono 93 wynik(ów)