II PÓŁMARATON GLIWICKI

Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 21.1 km

Klasyfikacja: Mieszkanki Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**SAP Karolina**	**959**	NIGHT RUNNERS	K-20	3	00:00:15	00:21:46	00:43:54	01:05:59	01:28:42	**01:33:35.10**	**01:33:50.35**		4:26	13.5 (100%)
2	**ZAPART Aleksandra**	**615**	STARY HANGAR	K-20	5	00:00:14	00:23:14	00:46:09	01:09:09	01:32:34	**01:37:33.85**	**01:37:48.50**	+00:03:58 (4.1%)	4:37	13 (96.3%)
3	**WYLEŻAŁEK Alina**	**174**		K-20	6	00:00:18	00:23:19	00:47:00	01:10:25	01:33:28	**01:38:15.05**	**01:38:33.85**	+00:04:39 (4.7%)	4:39	12.9 (95.6%)
4	**KONOPACKA BESSA Magdalena**	**77**	FILOMATA	K-20	8	00:00:13	00:23:23	00:47:05	01:10:30	01:34:02	**01:39:09.70**	**01:39:23.15**	+00:05:34 (5.6%)	4:41	12.8 (94.8%)
5	**POPIEL-KRUK Aleksandra**	**279**		K-30	8	00:00:20	00:23:20	00:46:57	01:10:34	01:35:18	**01:40:30.55**	**01:40:51.10**	+00:06:55 (6.9%)	4:45	12.6 (93.3%)
6	**WALASZCZYK Anna**	**543**	EVENT 360 RUNNING TEAM	K-30	9	00:00:53	00:24:00	00:47:51	01:11:32	01:35:37	**01:40:41.45**	**01:41:35.05**	+00:07:06 (7.1%)	4:46	12.6 (93.3%)
7	**LASKOWSKA Katarzyna**	**346**	BIEGAJ Z TRENERAMI FC 24 GLIWICE	K-30	10	00:00:31	00:23:13	00:46:48	01:10:34	01:35:40	**01:40:57.20**	**01:41:28.75**	+00:07:22 (7.3%)	4:47	12.5 (92.6%)
8	**FIGIEL Ewa**	**620**		K-40	2	00:00:03	00:23:37	00:47:50	01:12:13	01:36:57	**01:42:11.00**	**01:42:14.85**	+00:08:35 (8.4%)	4:50	12.4 (91.9%)
9	**BŁAŻYTKO Monika**	**214**	BIEGAJ Z TRENERAMI	K-20	11	00:00:32	00:23:13	00:46:47	01:10:36	01:36:38	**01:42:39.40**	**01:43:11.60**	+00:09:04 (8.8%)	4:51	12.3 (91.1%)
10	**GRZEGORCZYK Ewelina**	**127**		K-30	14	00:00:15	00:23:01	00:47:22	01:13:36	01:41:46	**01:47:47.25**	**01:48:02.70**	+00:14:12 (13.2%)	5:06	11.7 (86.7%)
11	**BOCHEŃSKA Agnieszka**	**207**	AMATOR	K-30	15	00:00:17	00:26:02	00:50:58	01:16:22	01:42:19	**01:47:54.45**	**01:48:11.65**	+00:14:19 (13.3%)	5:06	11.7 (86.7%)
12	**KARŁOWSKA Katarzyna**	**749**		K-20	17	00:00:33	00:25:18	00:50:29	01:16:07	01:42:38	**01:48:18.30**	**01:48:51.45**	+00:14:43 (13.6%)	5:07	11.7 (86.7%)
13	**BLASZKE Beata**	**303**	NIGHT RUNNERS	K-40	4	00:00:47	00:26:49	00:52:34	01:18:21	01:44:10	**01:49:37.55**	**01:50:24.70**	+00:16:02 (14.6%)	5:11	11.5 (85.2%)
14	**RYZIŃSKA Aneta**	**143**		K-40	5	00:00:28	00:26:31	00:52:44	01:18:57	01:45:26	**01:50:57.00**	**01:51:25.95**	+00:17:21 (15.7%)	5:15	11.4 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	**LAMPA Alicja**	**95**	NIGHT RUNNERS GLIWICE	K-20	20	00:01:07	00:26:27	00:52:19	01:18:42	01:45:27	**01:51:14.75**	**01:52:21.75**	+00:17:39 (15.9%)	5:16	11.4 (84.4%)
16	**POPŁAWSKA-WAL Agata**	**1099**		K-30	22	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	**01:51:26.75**	**01:51:57.25**	+00:17:51 (16.0%)	5:16	11.4 (84.4%)
17	**SKÓRA Aneta**	**1091**	NIGHT RUNNERS GLIWICE	K-30	23	00:00:46	00:26:33	00:52:52	01:19:06	01:45:52	**01:51:47.20**	**01:52:33.50**	+00:18:12 (16.3%)	5:17	11.3 (83.7%)
18	**JANTAS Dominika**	**1003**		K-16	1	00:00:12	00:25:26	00:51:15	01:18:09	01:46:31	**01:52:15.10**	**01:52:28.05**	+00:18:40 (16.6%)	5:19	11.3 (83.7%)
19	**GRACH Aleksandra**	**670**	EVENT 360 RUNNING TEAM	K-30	25	00:01:11	00:26:19	00:52:26	01:18:46	01:46:42	**01:52:29.95**	**01:53:41.15**	+00:18:54 (16.8%)	5:19	11.3 (83.7%)
20	**RACZEK Magdalena**	**106**		K-20	24	00:01:01	00:26:22	00:52:27	01:18:51	01:46:34	**01:52:35.45**	**01:53:36.60**	+00:19:00 (16.9%)	5:20	11.2 (83.0%)
21	**KUCZMA Joanna**	**533**		K-40	8	00:01:00	00:26:35	00:52:55	01:19:01	01:46:54	**01:52:59.35**	**01:54:00.05**	+00:19:24 (17.2%)	5:21	11.2 (83.0%)
22	**KONIK Sylwia**	**386**		K-30	30	00:00:51	00:26:14	00:52:03	01:19:02	01:47:12	**01:53:31.15**	**01:54:22.80**	+00:19:56 (17.6%)	5:22	11.2 (83.0%)
23	**GALMAN Iwona**	**737**		K-30	32	00:00:18	00:26:11	00:53:07	01:19:49	01:47:36	**01:53:50.50**	**01:54:09.15**	+00:20:15 (17.8%)	5:23	11.1 (82.2%)
24	**WACLAWSKA Agnieszka**	**255**		K-30	33	00:01:04	00:25:57	00:55:06	01:22:12	01:48:58	**01:54:26.95**	**01:55:31.70**	+00:20:51 (18.2%)	5:25	11.1 (82.2%)
25	**KRZYSZTOFOWICZ Monika**	**591**		K-30	35	00:00:37	00:26:01	00:52:53	01:20:21	01:48:50	**01:54:45.35**	**01:55:22.55**	+00:21:10 (18.4%)	5:26	11 (81.5%)
26	**SOKÓŁ Dorota**	**926**	BIEGACZE CSR	K-40	9	00:00:40	00:26:28	00:53:05	01:20:35	01:49:13	**01:54:54.75**	**01:55:35.45**	+00:21:19 (18.6%)	5:26	11 (81.5%)
27	**CZAUDERNA Klaudia**	**258**	ETERUN	K-40	10	00:02:07	00:26:49	00:53:08	01:21:02	01:49:03	**01:55:06.70**	**01:57:13.80**	+00:21:31 (18.7%)	5:27	11 (81.5%)
28	**KRZYSZKOWSKA Agnieszka**	**490**	BRAK	K-30	37	00:00:23	00:26:09	00:53:06	01:20:33	01:49:15	**01:55:10.60**	**01:55:33.65**	+00:21:35 (18.7%)	5:27	11 (81.5%)
29	**BARAŃSKA Celestyna**	**358**	ACCENTURE	K-30	38	00:01:23	00:27:23	00:54:48	01:22:11	01:49:44	**01:55:16.10**	**01:56:39.25**	+00:21:41 (18.8%)	5:27	11 (81.5%)
30	**BŁASZCZYK Paulina**	**36**		K-20	29	00:01:27	00:27:17	00:54:09	01:21:27	01:49:25	**01:55:23.20**	**01:56:50.95**	+00:21:48 (18.9%)	5:28	11 (81.5%)
31	**CURYŁO Maria**	**941**		K-20	30	00:01:55	00:27:29	00:54:45	01:21:46	01:49:32	**01:55:28.30**	**01:57:23.30**	+00:21:53 (19.0%)	5:28	11 (81.5%)
32	**ŻOŁNOWSKA Anna**	**553**		K-30	40	00:02:02	00:26:28	00:52:25	01:19:45	01:49:37	**01:55:52.50**	**01:57:55.10**	+00:22:17 (19.2%)	5:29	10.9 (80.7%)
33	**GABRYŚ Jola**	**1285**	NIGHT RUNNERS GLIWICE	K-40	12	00:00:18	00:26:01	00:53:04	01:20:50	01:50:06	**01:56:03.35**	**01:56:21.60**	+00:22:28 (19.4%)	5:30	10.9 (80.7%)
34	**KONOPKA Agnieszka**	**80**		K-30	43	00:00:41	00:26:56	00:53:39	01:20:49	01:50:03	**01:56:12.70**	**01:56:53.70**	+00:22:37 (19.5%)	5:30	10.9 (80.7%)
35	**BOGUCKA Joanna**	**979**	NIGHT RUNNERS GLIWICE	K-40	14	00:01:02	00:27:18	00:54:21	01:22:02	01:50:27	**01:56:27.75**	**01:57:29.85**	+00:22:52 (19.6%)	5:31	10.9 (80.7%)
36	**SAP Alina**	**958**	NIGHT RUNNERS	K-40	15	00:01:01	00:27:19	00:54:22	01:22:03	01:50:25	**01:56:28.35**	**01:57:29.60**	+00:22:53 (19.7%)	5:31	10.9 (80.7%)
37	**TYLMAN-MADEJCZYK Marta**	**262**	MTM	K-30	45	00:00:43	00:27:41	00:54:35	01:21:46	01:50:22	**01:56:28.90**	**01:57:11.95**	+00:22:53 (19.7%)	5:31	10.9 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
38	**DOMARADZKA Ewa**	**441**		K-40	16	00:00:44	00:26:42	00:54:20	01:21:42	01:50:32	**01:56:35.30**	**01:57:19.30**	+00:23:00 (19.7%)	5:31	10.9 (80.7%)
39	**POPIEL Adriana**	**368**	NIGHT RUNNERS GLIWICE	K-30	46	00:01:00	00:27:40	00:55:14	01:22:44	01:50:36	**01:56:45.00**	**01:57:45.30**	+00:23:09 (19.8%)	5:31	10.8 (80.0%)
40	**CYGAN Agata**	**839**		K-20	33	00:01:22	00:28:43	00:56:32	01:23:46	01:51:54	**01:57:37.55**	**01:59:00.00**	+00:24:02 (20.4%)	5:34	10.8 (80.0%)
41	**CZARNECKA Aneta**	**706**		K-20	34	00:00:46	00:27:14	00:54:49	01:22:58	01:51:18	**01:57:41.20**	**01:58:27.25**	+00:24:06 (20.5%)	5:34	10.8 (80.0%)
42	**DYCHA Eliza**	**163**		K-30	50	00:01:12	00:27:08	00:54:46	01:23:05	01:52:09	**01:58:06.85**	**01:59:19.65**	+00:24:31 (20.8%)	5:35	10.7 (79.3%)
43	**HILASZEK Agata**	**674**		K-20	37	00:01:24	00:28:00	00:56:22	01:24:59	01:52:35	**01:58:14.20**	**01:59:39.10**	+00:24:39 (20.8%)	5:36	10.7 (79.3%)
44	**WARCZYŃSKA Beata**	**575**		K-30	52	00:01:33	00:28:51	00:56:29	01:24:23	01:52:40	**01:58:28.55**	**02:00:02.15**	+00:24:53 (21.0%)	5:36	10.7 (79.3%)
45	**KEMONA Dorota**	**969**		K-30	53	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	**01:58:34.25**	**01:59:38.40**	+00:24:59 (21.1%)	5:37	10.7 (79.3%)
46	**SALA Nela**	**476**		K-20	38	00:01:19	00:27:22	00:55:14	01:23:50	01:52:30	**01:58:38.30**	**01:59:58.05**	+00:25:03 (21.1%)	5:37	10.7 (79.3%)
47	**GDULA Teodozja**	**269**		K-60	1	00:01:29	00:28:15	00:55:53	01:23:42	01:52:29	**01:58:41.05**	**02:00:10.35**	+00:25:05 (21.1%)	5:37	10.7 (79.3%)
48	**MERCIK Marta**	**1034**		K-20	39	00:00:38	00:28:24	00:56:30	01:24:24	01:52:42	**01:58:42.35**	**01:59:21.00**	+00:25:07 (21.2%)	5:37	10.7 (79.3%)
49	**TETLAK - TRACZ Barbara**	**574**		K-30	56	00:01:33	00:28:50	00:56:30	01:24:26	01:52:40	**01:58:49.75**	**02:00:23.55**	+00:25:14 (21.2%)	5:37	10.7 (79.3%)
50	**ROZWADOWSKA Grażyna**	**923**		K-40	23	00:01:50	00:28:04	00:55:50	01:24:02	01:52:58	**01:59:13.75**	**02:01:04.00**	+00:25:38 (21.5%)	5:39	10.6 (78.5%)
51	**TEIXEIRA Alice**	**1294**		K-20	42	00:01:29	00:28:14	00:56:35	01:25:11	01:53:21	**01:59:17.35**	**02:00:46.40**	+00:25:42 (21.5%)	5:39	10.6 (78.5%)
52	**ZIMOCH Beata**	**635**		K-30	61	00:00:31	00:28:15	00:56:33	01:25:48	01:54:44	**02:00:32.90**	**02:01:04.75**	+00:26:57 (22.4%)	5:42	10.5 (77.8%)
53	**SMOLEŃ Magdalena**	**502**		K-30	62	00:01:33	00:29:14	00:58:30	01:27:09	01:55:04	**02:01:00.20**	**02:02:33.55**	+00:27:25 (22.7%)	5:44	10.5 (77.8%)
54	**ROGACKA-RZEPKA Maria**	**860**	SBD ENERGETYK RYBNIK	K-40	27	00:01:20	00:28:22	00:56:50	01:25:20	01:55:31	**02:01:49.70**	**02:03:10.55**	+00:28:14 (23.2%)	5:46	10.4 (77.0%)
55	**HUREC Justyna**	**684**	TRIVITAL	K-20	47	00:01:06	00:27:36	00:55:17	01:24:19	01:56:05	**02:02:50.65**	**02:03:56.85**	+00:29:15 (23.8%)	5:49	10.3 (76.3%)
56	**BUDZIŃSKA Ania**	**571**		K-30	70	00:00:51	00:26:48	00:54:20	01:24:18	01:56:08	**02:02:58.30**	**02:03:49.70**	+00:29:23 (23.9%)	5:49	10.3 (76.3%)
57	**WESTER Halina**	**1113**		K-40	28	00:00:47	00:28:01	00:56:35	01:25:52	01:56:22	**02:03:00.65**	**02:03:48.30**	+00:29:25 (23.9%)	5:49	10.3 (76.3%)
58	**HANZEL Anna**	**193**		K-50	3	00:01:20	00:28:13	00:56:40	01:26:06	01:57:26	**02:03:51.55**	**02:05:12.25**	+00:30:16 (24.4%)	5:52	10.2 (75.6%)
59	**KIONKA Katarzyna**	**327**		K-20	50	00:01:28	00:28:01	00:56:57	01:26:29	01:57:50	**02:04:14.85**	**02:05:43.25**	+00:30:39 (24.7%)	5:53	10.2 (75.6%)
60	**POLISZUK Małgorzata**	**852**		K-40	31	00:00:58	00:28:59	00:58:06	01:28:09	01:58:32	**02:05:09.00**	**02:06:07.65**	+00:31:33 (25.2%)	5:55	10.1 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
61	**BUCHAL Katarzyna**	**582**		K-40	32	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	**02:05:32.65**	**02:07:10.70**	+00:31:57 (25.5%)	5:56	10.1 (74.8%)
62	**ŚNIEGOWSKA Marta**	**518**		K-20	51	00:01:21	00:27:05	00:55:21	01:25:58	01:58:56	**02:05:40.40**	**02:07:02.30**	+00:32:05 (25.5%)	5:57	10.1 (74.8%)
63	**LEŚNIAK Ewa**	**931**		K-30	74	00:01:42	00:28:37	00:56:45	01:26:14	01:59:07	**02:06:03.15**	**02:07:45.15**	+00:32:28 (25.8%)	5:58	10 (74.1%)
64	**SIKORSKA Katarzyna**	**73**	BIEGAJ Z TRENERAMI	K-30	77	00:01:02	00:27:18	00:56:30	01:26:48	01:59:35	**02:06:41.95**	**02:07:44.55**	+00:33:06 (26.1%)	6:00	10 (74.1%)
65	**TARTANUS-ORYSZCZAK Marta**	**661**		K-30	78	00:01:35	00:30:06	01:00:31	01:30:11	02:00:26	**02:06:44.70**	**02:08:20.05**	+00:33:09 (26.2%)	6:00	10 (74.1%)
66	**PRZYBYSZ Magdalena**	**840**		K-30	79	00:01:35	00:29:29	00:59:08	01:28:58	02:00:20	**02:06:57.90**	**02:08:33.00**	+00:33:22 (26.3%)	6:01	10 (74.1%)
67	**MARCINEK Ewa**	**1067**		K-50	4	00:02:00	00:29:29	00:59:20	01:29:56	02:00:31	**02:07:27.10**	**02:09:27.95**	+00:33:52 (26.6%)	6:02	9.9 (73.3%)
68	**GOŁĘBIOWSKA Aleksandra**	**1263**	BIEGAJ Z TRENERAMI	K-40	34	00:00:43	00:28:27	00:57:29	01:28:09	02:00:44	**02:07:35.75**	**02:08:18.95**	+00:34:00 (26.7%)	6:02	9.9 (73.3%)
69	**PEREK Justyna**	**118**	GTT - INTER PROJEKT	K-30	80	00:01:46	00:30:22	01:00:25	01:31:10	02:01:57	**02:07:45.25**	**02:09:31.25**	+00:34:10 (26.7%)	6:03	9.9 (73.3%)
70	**LEWANDOWICZ Monika**	**1266**	NR GLIWICE	K-30	81	00:00:33	00:28:07	00:56:48	01:26:42	02:00:54	**02:07:45.40**	**02:08:19.05**	+00:34:10 (26.7%)	6:03	9.9 (73.3%)
71	**BAJOROWICZ Paulina**	**1013**		K-20	53	00:01:38	00:27:36	00:56:32	01:27:22	02:00:56	**02:07:48.95**	**02:09:27.25**	+00:34:13 (26.8%)	6:03	9.9 (73.3%)
72	**FIEDOR Anna**	**603**		K-30	82	00:01:45	00:30:23	01:00:26	01:30:16	02:01:57	**02:08:14.65**	**02:10:00.50**	+00:34:39 (27.0%)	6:04	9.9 (73.3%)
73	**GERLE Anna**	**147**		K-30	84	00:00:46	00:28:38	00:58:02	01:27:50	02:03:16	**02:10:55.25**	**02:11:41.70**	+00:37:20 (28.5%)	6:12	9.7 (71.9%)
74	**ORLIK Zdzisława**	**256**	AKMB 'PĘDZIWIATR' GLIWICE	K-50	5	00:01:58	00:30:27	01:01:02	01:32:39	02:04:34	**02:11:12.70**	**02:13:11.65**	+00:37:37 (28.7%)	6:13	9.6 (71.1%)
75	**BIER Agnieszka**	**811**		K-30	86	00:02:06	00:30:02	01:00:41	01:31:39	02:04:24	**02:11:16.15**	**02:13:22.30**	+00:37:41 (28.7%)	6:13	9.6 (71.1%)
76	**LEWANDOWSKA Magdalena**	**531**	RUNNERS HIGH	K-30	87	00:00:30	00:29:12	00:59:27	01:30:47	02:04:05	**02:11:25.20**	**02:11:55.60**	+00:37:50 (28.8%)	6:13	9.6 (71.1%)
77	**ZAGASKA Linda**	**244**		K-20	56	00:01:22	00:30:05	01:01:00	01:32:10	02:04:54	**02:11:41.95**	**02:13:04.15**	+00:38:06 (28.9%)	6:14	9.6 (71.1%)
78	**WOLIŃSKA Anna**	**1275**		K-20	57	00:01:30	00:30:04	01:01:18	01:32:25	02:04:50	**02:11:52.15**	**02:13:23.05**	+00:38:17 (29.0%)	6:15	9.6 (71.1%)
79	**JUSZCZAK Kalina**	**856**		K-20	58	00:00:57	00:31:41	01:02:25	01:33:16	02:05:26	**02:12:13.50**	**02:13:11.45**	+00:38:38 (29.2%)	6:16	9.6 (71.1%)
80	**PASEK Anna**	**192**	PIELUCHORUNTEAM	K-40	40	00:00:58	00:28:41	00:58:07	01:31:31	02:05:14	**02:12:17.35**	**02:13:15.95**	+00:38:42 (29.3%)	6:16	9.6 (71.1%)
81	**DUDEK Marzena**	**869**		K-30	93	00:02:13	00:31:05	01:03:27	01:35:14	02:06:51	**02:12:59.80**	**02:15:13.35**	+00:39:24 (29.6%)	6:18	9.5 (70.4%)
82	**OPANOWSKA Anna**	**145**		K-40	43	00:01:18	00:28:43	01:00:00	01:32:16	02:06:35	**02:13:27.35**	**02:14:45.95**	+00:39:52 (29.9%)	6:19	9.5 (70.4%)
83	**CIOMEK Marta**	**552**		K-20	61	00:00:26	00:29:04	00:59:40	01:31:32	02:06:52	**02:14:17.65**	**02:14:44.25**	+00:40:42 (30.3%)	6:21	9.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
84	**MACKIEWICZ Katarzyna**	**411**		K-50	6	00:01:54	00:30:51	01:02:19	01:33:49	02:07:15	**02:14:19.20**	**02:16:14.00**	+00:40:44 (30.3%)	6:21	9.4 (69.6%)
85	**CZOSNOWSKA Anna**	**715**	CZOSTEAM	K-30	98	00:01:44	00:30:53	01:02:27	01:33:54	02:07:23	**02:14:31.00**	**02:16:15.95**	+00:40:55 (30.4%)	6:22	9.4 (69.6%)
86	**KOSIOR Bożena**	**826**	BRAK	K-40	45	00:00:17	00:27:48	00:56:53	01:29:46	02:06:40	**02:14:31.50**	**02:14:48.50**	+00:40:56 (30.4%)	6:22	9.4 (69.6%)
87	**LEWICKA Beata**	**189**	NIGHT RUNNERS GLIWICE	K-30	100	00:01:41	00:30:53	01:02:37	01:35:07	02:08:16	**02:14:54.05**	**02:16:35.35**	+00:41:18 (30.6%)	6:23	9.4 (69.6%)
88	**MAKSYMIUK-KONOPKA Ewa**	**334**		K-30	101	00:01:24	00:31:30	01:03:27	01:34:54	02:08:28	**02:15:06.05**	**02:16:30.80**	+00:41:30 (30.7%)	6:24	9.4 (69.6%)
89	**NIEGOWSKA Anna**	**108**		K-40	46	00:00:48	00:30:22	01:01:35	01:34:01	02:08:15	**02:15:21.50**	**02:16:09.85**	+00:41:46 (30.9%)	6:24	9.4 (69.6%)
90	**JAROSZ Katarzyna**	**616**		K-30	102	00:02:02	00:31:26	01:03:34	01:36:06	02:08:51	**02:15:30.90**	**02:17:33.00**	+00:41:55 (30.9%)	6:25	9.3 (68.9%)
91	**PAUL Violetta**	**185**	NIGHT RUNNERS GLIWICE	K-40	48	00:00:48	00:31:46	01:03:30	01:36:00	02:09:07	**02:15:42.80**	**02:16:31.55**	+00:42:07 (31.0%)	6:25	9.3 (68.9%)
92	**BRZEZIŃSKA Teresa**	**136**	NIGHT RUNNERS GLIWICE	K-30	107	00:00:49	00:30:13	01:01:17	01:34:04	02:09:06	**02:15:56.30**	**02:16:45.35**	+00:42:21 (31.2%)	6:26	9.3 (68.9%)
93	**RECHMAN-NOWAKOWSKA Dorota**	**273**		K-40	49	00:01:09	00:30:30	01:03:00	01:35:20	02:09:01	**02:16:06.50**	**02:17:16.05**	+00:42:31 (31.2%)	6:27	9.3 (68.9%)
94	**JENDRZYCA-CZAPLA Magdalena**	**64**		K-30	109	00:00:58	00:30:05	01:01:58	01:34:39	02:08:56	**02:16:18.90**	**02:17:17.85**	+00:42:43 (31.3%)	6:27	9.3 (68.9%)
95	**LIPOWSKA Barbara**	**592**		K-50	7	00:01:55	00:31:15	01:03:09	01:36:30	02:11:19	**02:18:21.35**	**02:20:16.80**	+00:44:46 (32.4%)	6:33	9.2 (68.1%)
96	**LESZCZYŃSKA Małgorzata**	**577**		K-40	52	00:00:36	00:28:02	00:59:25	01:33:42	02:11:02	**02:18:34.15**	**02:19:10.80**	+00:44:59 (32.5%)	6:34	9.1 (67.4%)
97	**ZIEMBIŃSKA-BUCZYŃSKA Aleksandra**	**1523**		K-30	113	00:01:39	00:30:59	01:02:41	01:35:14	02:11:09	**02:18:34.35**	**02:20:13.45**	+00:44:59 (32.5%)	6:34	9.1 (67.4%)
98	**RUDNER Ula**	**461**	A WOMAN'S PLACE IS ON TOP	K-20	62	00:00:31	00:27:43	00:58:00	01:31:13	02:10:37	**02:19:20.75**	**02:19:52.50**	+00:45:45 (32.8%)	6:36	9.1 (67.4%)
99	**LUKOSZEK Weronika**	**1116**		K-16	3	00:01:31	00:30:42	01:02:18	01:34:52	02:11:50	**02:19:44.45**	**02:21:15.65**	+00:46:09 (33.0%)	6:37	9.1 (67.4%)
100	**GRUBICH Irena**	**226**		K-60	2	00:00:15	00:28:58	00:59:23	01:33:29	02:11:45	**02:20:17.30**	**02:20:32.70**	+00:46:42 (33.3%)	6:38	9 (66.7%)
101	**DUDEK Katarzyna**	**492**		K-30	115	00:01:54	00:31:37	01:04:59	01:38:24	02:13:25	**02:20:40.10**	**02:22:34.55**	+00:47:05 (33.5%)	6:40	9 (66.7%)
102	**SABATOWSKA Magda**	**595**		K-30	117	00:01:27	00:31:35	01:05:00	01:39:01	02:13:29	**02:21:25.00**	**02:22:52.45**	+00:47:49 (33.8%)	6:42	9 (66.7%)
103	**FLOREK Anna**	**470**		K-30	119	00:02:12	00:33:34	01:06:51	01:39:54	02:15:24	**02:23:00.45**	**02:25:13.15**	+00:49:25 (34.6%)	6:46	8.9 (65.9%)
104	**ODZIOMEK Alicja**	**213**		K-30	120	00:00:33	00:31:50	01:04:11	01:37:58	02:15:39	**02:23:28.40**	**02:24:01.85**	+00:49:53 (34.8%)	6:47	8.8 (65.2%)
105	**MIERZWIŃSKA Katarzyna**	**1259**		K-30	121	00:02:00	00:32:26	01:06:22	01:42:28	02:17:00	**02:23:41.45**	**02:25:42.30**	+00:50:06 (34.9%)	6:48	8.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
106	**WASILEWSKA Aleksandra**	**1006**		K-30	122	00:01:38	00:31:26	01:04:12	01:37:54	02:15:12	**02:23:50.10**	**02:25:28.35**	+00:50:15 (34.9%)	6:49	8.8 (65.2%)
107	**DYLONG Mariola**	**230**		K-16	4	00:00:56	00:31:01	01:03:23	01:37:01	02:15:39	**02:24:17.95**	**02:25:14.10**	+00:50:42 (35.1%)	6:50	8.8 (65.2%)
108	**ZAPOTOCZNA Renata**	**859**		K-40	55	00:02:18	00:29:25	01:01:59	01:36:32	02:15:43	**02:24:22.25**	**02:26:40.95**	+00:50:47 (35.2%)	6:50	8.8 (65.2%)
109	**ULIASZ Anna**	**817**		K-30	123	00:00:33	00:29:59	01:04:17	01:39:01	02:18:04	**02:26:47.65**	**02:27:20.70**	+00:53:12 (36.2%)	6:57	8.6 (63.7%)
110	**SKUBIS Barbara**	**81**	NIGHT RUNNERS GLIWICE	K-30	124	00:01:55	00:33:41	01:08:32	01:44:33	02:21:50	**02:29:10.55**	**02:31:06.30**	+00:55:35 (37.3%)	7:04	8.5 (63.0%)
111	**STOKŁOSA Magdalena**	**219**		K-30	125	00:01:42	00:33:50	01:08:17	01:44:27	02:22:05	**02:30:01.40**	**02:31:43.80**	+00:56:26 (37.6%)	7:06	8.4 (62.2%)
112	**STERNAL Marta**	**522**		K-20	64	00:00:46	00:29:52	01:04:00	01:40:54	02:20:50	**02:30:15.65**	**02:31:01.80**	+00:56:40 (37.7%)	7:07	8.4 (62.2%)
113	**USZYŃSKA Aldona**	**254**	OTK / NR GLIWICE	K-40	60	00:00:21	00:23:13	00:46:53	01:11:55				+00:05:56	4:47	12.5 (92.6%)
114	**ŻURAWIECKA Anna**	**1082**		K-20	66	00:01:28	00:28:55	00:58:23	01:28:26				+00:22:27	5:53	10.2 (75.6%)
115	**MĄCZKA Krystyna**	**137**	OTK RZEŹNIK / RYKI	K-60	3	00:01:15									(0.0%)

Znaleziono 115 wynik(ów)