



Organizator:
Data:
Miejsce:
Dystans:

Fundacja Bieg Rzeźnika
2016-10-23
Gliwice
10 km

10 KM ATEST PZLA GLIWICKI 2016

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	LEWICKA Elżbieta	2178	NIEZRZESZONA	K-40	1	00:00:03	00:42:26.55	00:42:30.15		4:14	14.1 (100%)
2	USZYŃSKA Aldona	8		K-40	2	00:00:31	00:49:45.90	00:50:17.80	+00:07:19 (14.7%)	4:58	12.1 (85.8%)
3	HERMAN Anna	2248		K-40	3	00:01:22	00:50:35.25	00:51:58.20	+00:08:08 (16.1%)	5:03	11.9 (84.4%)
4	LASKOWSKA Katarzyna	2014	BIEGAJ Z TRENERAMI GLIWICE	K-40	4	00:01:28	00:52:42.40	00:54:11.25	+00:10:15 (19.5%)	5:16	11.4 (80.9%)
5	MAĆZYŃSKA Agnieszka	2279		K-40	5	00:01:28	00:54:15.10	00:55:43.15	+00:11:48 (21.8%)	5:25	11.1 (78.7%)
6	KŁĘBEK Barbara	2148	RUNNERS WOJKOWICE TEAM	K-40	6	00:01:13	00:56:15.05	00:57:28.50	+00:13:48 (24.5%)	5:37	10.7 (75.9%)
7	LESISZ Katarzyna	2339		K-40	7	00:01:34	00:56:17.15	00:57:51.85	+00:13:50 (24.6%)	5:37	10.7 (75.9%)
8	ZAPOTOCZNA Renata	2082		K-40	8	00:01:33	00:57:20.20	00:58:53.30	+00:14:53 (26.0%)	5:44	10.5 (74.5%)
9	FILIPIAK Beata	2328	KADRA BOBREK -CENTRUM	K-40	9	00:00:09	00:58:02.45	00:58:11.50	+00:15:35 (26.9%)	5:48	10.3 (73.0%)
10	HEHLMANN Beata	2344		K-40	10	00:00:26	00:59:07.40	00:59:34.05	+00:16:40 (28.2%)	5:54	10.1 (71.6%)
11	STANISLAWISZYN Małgorzata	2127		K-40	11	00:00:33	01:01:07.80	01:01:41.55	+00:18:41 (30.6%)	6:06	9.8 (69.5%)
12	TENEROWICZ Anna	2005	BIEGANKA	K-40	12	00:01:22	01:02:32.35	01:03:54.45	+00:20:05 (32.1%)	6:15	9.6 (68.1%)
13	WARYCH Beata	2024	CHORZOWSKA GRUPA BIEGOWA	K-40	13	00:01:29	01:02:47.30	01:04:16.65	+00:20:20 (32.4%)	6:16	9.6 (68.1%)
14	DUDZICZ Anna	2264		K-40	14	00:01:27	01:03:47.20	01:05:14.95	+00:21:20 (33.5%)	6:22	9.4 (66.7%)
15	TOPOLSKA Anna	5	HIWASHIWAS	K-40	15	00:01:54	01:03:50.50	01:05:44.55	+00:21:23 (33.5%)	6:23	9.4 (66.7%)
16	KUBICA Bożena	2278	ORNONTOWICE BIEGA	K-40	16	00:01:27	01:04:13.65	01:05:40.75	+00:21:47 (33.9%)	6:25	9.3 (66.0%)
17	URBAŃCZYK Agnieszka	2141	NIGHT RUNNERS GLIWICE	K-40	17	00:01:15	01:04:51.30	01:06:06.90	+00:22:24 (34.6%)	6:29	9.3 (66.0%)
18	KLEMCZAK Ewa	2210		K-40	18	00:01:35	01:06:36.80	01:08:11.90	+00:24:10 (36.3%)	6:39	9 (63.8%)
19	KACZKIEWICZ Agnieszka	1242	NIGHT RUNNERS GLIWICE	K-40	19	00:00:25	01:06:57.75	01:07:23.05	+00:24:31 (36.6%)	6:41	9 (63.8%)
20	OLEJNICZAK Wioletta	2113		K-40	20	00:01:55	01:08:07.95	01:10:03.00	+00:25:41 (37.7%)	6:48	8.8 (62.4%)
21	EICHHORN Danuta	2197		K-40	21	00:01:17	01:08:47.25	01:10:04.80	+00:26:20 (38.3%)	6:52	8.7 (61.7%)
22	DZIEMIAŃCZUK Monika	2326		K-40	22	00:01:55	01:09:25.50	01:11:20.55	+00:26:58 (38.9%)	6:56	8.6 (61.0%)
23	GORAJ-ZAJĄC Aleksandra	c18	NIGHT RUNNERS GLIWICE	K-40	23	00:01:33	01:10:18.05	01:11:51.45	+00:27:51 (39.6%)	7:01	8.5 (60.3%)
24	MISIEK Jolanta	2110	GB GWAREK TARNOWSKIE GÓRY	K-40	24	00:00:47	01:11:17.00	01:12:04.15	+00:28:50 (40.5%)	7:07	8.4 (59.6%)
25	PANKIEWICZ Katarzyna	2345	GRUPACMYKI	K-40	25	00:00:55	01:11:43.45	01:12:38.75	+00:29:16 (40.8%)	7:10	8.4 (59.6%)
26	STRASSBERGER Katarzyna	2341	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI	K-40	26	00:01:38	01:11:44.60	01:13:23.50	+00:29:18 (40.8%)	7:10	8.4 (59.6%)
27	BOMASTYK Beata	2300		K-40	27	00:01:38	01:11:44.70	01:13:23.35	+00:29:18 (40.8%)	7:10	8.4 (59.6%)

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28	KRZEMIŃSKA Jadwiga	2132		K-40	28	00:01:55	01:11:57.35	01:13:52.60	+00:29:30 (41.0%)	7:11	8.3 (58.9%)
29	PYTEL Klaudia	2053	NIGHT RUNNERS ZABRZE	K-40	29	00:01:11	01:13:54.95	01:15:06.10	+00:31:28 (42.6%)	7:23	8.1 (57.4%)
30	KACZMARSKA Małgorzata	2249		K-40	30	00:01:45	01:14:42.35	01:16:27.50	+00:32:15 (43.2%)	7:28	8 (56.7%)
31	MATUSZEWSKA Monika	2124	NIGHT RUNNERS GLIWICE	K-40	31	00:01:39	01:15:07.30	01:16:46.50	+00:32:40 (43.5%)	7:30	8 (56.7%)
32	WYSOCKA Magdalena	2325	OCHAJO RUN & FRIENDS	K-40	32	00:01:14	01:18:09.55	01:19:24.40	+00:35:43 (45.7%)	7:49	7.7 (54.6%)
33	ZAKLIŃSKA Katarzyna	2246		K-40	33	00:01:39	01:20:46.90	01:22:26.80	+00:38:20 (47.5%)	8:04	7.4 (52.5%)
34	CIEŚLAK Agnieszka	22	NIGHT RUNNERS GLIWICE	K-40	34	00:01:39	01:23:32.00	01:25:11.95	+00:41:05 (49.2%)	8:21	7.2 (51.1%)
35	KOLAKOWSKA Ania	24	NIGHT RUNNERS GLIWICE	K-40	35	00:01:39	01:23:35.85	01:25:15.10	+00:41:09 (49.2%)	8:21	7.2 (51.1%)

Znaleziono 35 wynik(ów)