

GLIWICKA DYCHA

Wydarzenie: V Radan Półmaraton Gliwicki 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-11-04
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	**WŁODARCZYK Patrycja**	**1009**	JKLA JAWOR	K-30	1	00:00:01	00:20:00	00:39:45	**00:41:13.90**	**00:41:15.55**		3:55	15.3 (100%)
2	**BROL Dominika**	**1029**	ENDURANCE TEAM	K-30	2	00:00:03	00:20:10	00:40:51	**00:42:24.65**	**00:42:28.40**	+00:01:10 (2.8%)	4:02	14.9 (97.4%)
3	**LEWICKA Elżbieta**	**1454**		K-40	1	00:00:02	00:20:17	00:41:11	**00:42:40.55**	**00:42:43.35**	+00:01:26 (3.4%)	4:03	14.8 (96.7%)
4	**WINIARCZYK-JADACH Beata**	**1383**		K-40	2	00:00:09	00:21:49	00:44:14	**00:45:55.05**	**00:46:04.50**	+00:04:41 (10.2%)	4:22	13.7 (89.5%)
5	**BILNICKA Paulina**	**1023**	FLUOR	K-20	1	00:00:42	00:21:48	00:44:38	**00:46:18.50**	**00:47:00.90**	+00:05:04 (11.0%)	4:24	13.6 (88.9%)
6	**PIECUCH Agnieszka**	**1435**	INŻYNIERIA BIEGANIA	K-30	3	00:00:06	00:22:00	00:45:29	**00:47:18.05**	**00:47:24.10**	+00:06:04 (12.8%)	4:30	13.3 (86.9%)
7	**GRZEBNIEWSKA Judyta**	**1099**	TEAM PAPRY	K-30	4	00:00:49	00:24:34	00:48:20	**00:50:04.75**	**00:50:53.80**	+00:08:50 (17.7%)	4:46	12.6 (82.4%)
8	**PIJET Ewa**	**1263**		K-40	3	00:00:37	00:24:28	00:49:07	**00:50:54.20**	**00:51:31.85**	+00:09:40 (19.0%)	4:50	12.4 (81.0%)
9	**PILICH-NANOWSKA Agniszka**	**1495**		K-40	4	00:00:15	00:24:35	00:49:32	**00:51:19.55**	**00:51:34.65**	+00:10:05 (19.7%)	4:53	12.3 (80.4%)
10	**POLEWKA Aleksandra**	**1003**	OTK RZEŹNIK	K-18	1	00:00:02	00:24:51	00:50:24	**00:52:17.30**	**00:52:20.15**	+00:11:03 (21.1%)	4:58	12 (78.4%)
11	**KRZYMINSKA Patrycja**	**370**	RUNBABYPOLSKA	K-20	2	00:01:22	00:25:36	00:49:30	**00:51:15.30**	**00:52:37.75**	+00:10:01 (19.6%)	4:52	12.3 (80.4%)
12	**ZIOMEK Katarzyna**	**1408**		K-40	5	00:00:10	00:24:11	00:50:26	**00:52:28.25**	**00:52:38.90**	+00:11:14 (21.4%)	4:59	12 (78.4%)
13	**KOWALCZYK Katarzyna**	**1160**		K-30	6	00:00:22	00:25:00	00:50:53	**00:52:45.75**	**00:53:08.00**	+00:11:31 (21.9%)	5:01	11.9 (77.8%)
14	**KONOPACKA BESSA Magdalena**	**1152**		K-30	5	00:00:47	00:24:32	00:50:39	**00:52:39.20**	**00:53:26.20**	+00:11:25 (21.7%)	5:00	12 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
15	**JURECZKO Monika**	**1124**	STS BIEGATON MIKOŁÓW	K-40	6	00:00:31	00:24:52	00:51:07	**00:53:09.55**	**00:53:41.05**	+00:11:55 (22.4%)	5:03	11.8 (77.1%)
16	**KOMANDER Katarzyna**	**1148**		K-20	3	00:01:23	00:24:48	00:50:32	**00:52:18.00**	**00:53:41.55**	+00:11:04 (21.2%)	4:58	12 (78.4%)
17	**RUBIN Katarzyna**	**1297**	MOMO RESTAURANT & COCKTAIL BAR	K-20	4	00:01:18	00:24:55	00:50:49	**00:52:47.50**	**00:54:06.35**	+00:11:33 (21.9%)	5:01	11.9 (77.8%)
18	**ŁAJSZCZYK- GAJDA Dorota**	**1448**		K-40	7	00:00:22	00:25:43	00:52:10	**00:54:05.15**	**00:54:27.75**	+00:12:51 (23.8%)	5:09	11.6 (75.8%)
19	**DREWUSZEWSKA Ewa**	**1054**		K-40	8	00:00:12	00:26:10	00:52:40	**00:54:34.25**	**00:54:46.60**	+00:13:20 (24.4%)	5:11	11.5 (75.2%)
20	**DRZEWIECKA Julita**	**1057**	ZAKRĘCONE	K-40	9	00:00:12	00:26:10	00:52:42	**00:54:35.70**	**00:54:48.15**	+00:13:21 (24.5%)	5:12	11.5 (75.2%)
21	**SZWIEC Sandra**	**1354**	ZABIEGANI NAUCZYCIELE	K-30	7	00:00:20	00:26:32	00:52:45	**00:54:44.65**	**00:55:04.90**	+00:13:30 (24.7%)	5:12	11.5 (75.2%)
22	**WANDASIEWICZ Michalina**	**1373**	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:18	00:25:54	00:52:55	**00:54:56.70**	**00:55:15.35**	+00:13:42 (25.0%)	5:14	11.5 (75.2%)
23	**ZAMOJSKA Iwona**	**1457**		K-40	10	00:00:21	00:25:41	00:53:01	**00:55:07.40**	**00:55:28.65**	+00:13:53 (25.2%)	5:14	11.4 (74.5%)
24	**PLOCH Karolina**	**1271**		K-30	9	00:01:13	00:27:06	00:53:31	**00:55:26.50**	**00:56:39.70**	+00:14:12 (25.6%)	5:16	11.4 (74.5%)
25	**ROSAK Joanna**	**1455**		K-30	12	00:00:27	00:27:02	00:54:46	**00:56:35.85**	**00:57:02.95**	+00:15:21 (27.1%)	5:23	11.1 (72.5%)
26	**SIWEK Małgorzata**	**1315**		K-20	5	00:00:31	00:27:10	00:54:43	**00:56:38.60**	**00:57:10.55**	+00:15:24 (27.2%)	5:23	11.1 (72.5%)
27	**WASIEL Monika**	**1376**		K-30	11	00:01:09	00:27:10	00:54:28	**00:56:24.45**	**00:57:33.50**	+00:15:10 (26.9%)	5:22	11.2 (73.2%)
28	**BURZAK Justyna**	**1035**		K-30	10	00:01:31	00:27:20	00:54:05	**00:56:03.30**	**00:57:34.35**	+00:14:49 (26.4%)	5:20	11.2 (73.2%)
29	**NIESLER Magdalena**	**1223**	NIGHT RUNNERS GLIWICE	K-30	13	00:00:46	00:26:52	00:54:53	**00:57:02.05**	**00:57:48.80**	+00:15:48 (27.7%)	5:25	11 (71.9%)
30	**HOŁOTA Anna**	**1108**	ELZAB ACTIVE TEAM	K-40	11	00:00:57	00:27:24	00:55:07	**00:57:13.05**	**00:58:10.95**	+00:15:59 (27.9%)	5:26	11 (71.9%)
31	**LUKOSZEK Weronika**	**1188**		K-20	7	00:00:28	00:27:40	00:56:06	**00:58:07.75**	**00:58:36.10**	+00:16:53 (29.1%)	5:32	10.8 (70.6%)
32	**NOWIŃSKA Iwona**	**1502**		K-40	12	00:01:14	00:27:53	00:55:19	**00:57:26.65**	**00:58:40.65**	+00:16:12 (28.2%)	5:28	11 (71.9%)
33	**ŻUKOWSKA-CHOMIK Justyna**	**1414**	WAY2CHAMP	K-30	14	00:00:51	00:28:06	00:55:52	**00:57:50.60**	**00:58:42.35**	+00:16:36 (28.7%)	5:30	10.9 (71.2%)
34	**DULAK Dominika**	**1059**		K-20	6	00:01:20	00:27:34	00:55:28	**00:57:28.10**	**00:58:48.55**	+00:16:14 (28.3%)	5:28	11 (71.9%)
35	**KASPER Iwona**	**1133**	KAMA	K-40	13	00:01:20	00:27:40	00:55:30	**00:57:28.65**	**00:58:48.70**	+00:16:14 (28.3%)	5:28	11 (71.9%)
36	**OKOŃ Monika**	**1234**		K-40	14	00:00:53	00:28:15	00:55:58	**00:58:02.40**	**00:58:55.65**	+00:16:48 (29.0%)	5:31	10.9 (71.2%)
37	**GAJDZIK Katarzyna**	**1078**		K-30	15	00:00:55	00:27:56	00:55:58	**00:58:00.40**	**00:58:56.25**	+00:16:46 (28.9%)	5:31	10.9 (71.2%)

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38	**DOLATA Magdalena**	**1052**		K-30	19	00:00:05	00:27:49		**00:58:51.15**	**00:58:57.10**	+00:17:37 (29.9%)	5:36	10.7 (69.9%)
39	**STANISLAWISZYN Małgorzata**	**1334**		K-40	16	00:00:50	00:27:52	00:56:16	**00:58:24.55**	**00:59:14.85**	+00:17:10 (29.4%)	5:33	10.8 (70.6%)
39	**KOSMACZEWSKA Anna**	**1155**	ETISOFT RUNNING TEAM	K-30	20	00:00:15	00:27:32	00:56:47	**00:58:58.95**	**00:59:14.85**	+00:17:45 (30.1%)	5:37	10.7 (69.9%)
41	**LEŚNIAK Ewa**	**1184**		K-40	15	00:01:02	00:28:35	00:56:20	**00:58:19.65**	**00:59:21.70**	+00:17:05 (29.3%)	5:33	10.8 (70.6%)
42	**SZMIGIEL Justyna**	**1349**		K-30	17	00:00:49	00:28:23	00:56:27	**00:58:35.35**	**00:59:24.55**	+00:17:21 (29.6%)	5:34	10.8 (70.6%)
43	**KOWALCZYK Kamila**	**1161**		K-30	16	00:01:02	00:27:43	00:56:24	**00:58:25.65**	**00:59:28.35**	+00:17:11 (29.4%)	5:33	10.8 (70.6%)
44	**GILLNER Klaudia**	**1416**		K-20	8	00:01:01	00:27:59	00:56:20	**00:58:29.35**	**00:59:30.55**	+00:17:15 (29.5%)	5:34	10.8 (70.6%)
45	**GAJ Kamila**	**1076**	NIGHT RUNNERS GLIWICE	K-50	1	00:00:41	00:27:56	00:56:52	**00:58:59.25**	**00:59:40.70**	+00:17:45 (30.1%)	5:37	10.7 (69.9%)
46	**SIKORA Agnieszka**	**1309**	NIGHT RUNNERS ZABRZE	K-30	18	00:00:58	00:27:58	00:56:39	**00:58:50.55**	**00:59:49.25**	+00:17:36 (29.9%)	5:36	10.7 (69.9%)
47	**PLUCINSKA Edyta**	**1272**	FUCHS OIL TEAM	K-40	17	00:01:21	00:29:50	00:56:36	**00:58:29.70**	**00:59:50.80**	+00:17:15 (29.5%)	5:34	10.8 (70.6%)
48	**KOŁODZIEJ Aleksandra**	**1147**		K-20	10	00:00:07	00:28:12	00:57:32	**00:59:44.00**	**00:59:51.30**	+00:18:30 (31.0%)	5:41	10.5 (68.6%)
49	**PIETRZAK Anna**	**1262**		K-40	19	00:00:17	00:27:27	00:57:40	**00:59:49.85**	**01:00:07.20**	+00:18:35 (31.1%)	5:41	10.5 (68.6%)
50	**SKORUPA Magdalena**	**1317**		K-20	9	00:01:37	00:28:11	00:56:31	**00:58:44.00**	**01:00:21.80**	+00:17:30 (29.8%)	5:35	10.7 (69.9%)
50	**SMOLIŃSKA Ilona**	**1322**		K-40	18	00:01:37	00:28:11	00:56:32	**00:58:43.85**	**01:00:21.80**	+00:17:29 (29.8%)	5:35	10.7 (69.9%)
52	**KUBICA Bożena**	**1173**		K-40	20	00:00:19	00:28:11	00:57:48	**01:00:11.80**	**01:00:31.45**	+00:18:57 (31.5%)	5:44	10.5 (68.6%)
53	**GARYGA Beata**	**1085**		K-30	22	00:00:24	00:27:44	00:58:09	**01:00:11.85**	**01:00:36.50**	+00:18:57 (31.5%)	5:44	10.5 (68.6%)
54	**POLEWKA Beata**	**1006**	OTK RZEŹNIK	K-40	23	00:00:10	00:28:12	00:58:10	**01:00:29.00**	**01:00:39.25**	+00:19:15 (31.8%)	5:45	10.4 (68.0%)
55	**PROKOP Iwona**	**1280**	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	22	00:00:21	00:28:56	00:58:18	**01:00:27.05**	**01:00:48.50**	+00:19:13 (31.8%)	5:45	10.4 (68.0%)
56	**PAWLUS - DUSIK Beata**	**1257**	KOLOROWA DRUŻYNA NESSI	K-30	21	00:00:44	00:28:35	00:58:11	**01:00:08.70**	**01:00:53.45**	+00:18:54 (31.4%)	5:43	10.5 (68.6%)
57	**GAJEWSKA Izabela**	**1452**		K-40	24	00:00:22	00:27:48	00:58:14	**01:00:35.00**	**01:00:57.15**	+00:19:21 (31.9%)	5:46	10.4 (68.0%)
58	**SOBOLEWSKA Stefania**	**1327**		K-40	26	00:00:14	00:28:26	00:58:47	**01:00:54.95**	**01:01:09.20**	+00:19:41 (32.3%)	5:48	10.3 (67.3%)
59	**GORELL Bogumiła**	**1092**		K-30	23	00:00:53	00:29:11	00:58:20	**01:00:18.30**	**01:01:11.50**	+00:19:04 (31.6%)	5:44	10.4 (68.0%)
60	**BŁAŻYTKO Monika**	**1511**		K-30	26	00:00:39	00:27:15	00:58:14	**01:00:39.35**	**01:01:18.40**	+00:19:25 (32.0%)	5:46	10.4 (68.0%)

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61	**NIŹNIKIEWICZ-FRENKI Zofia**	**1225**	FLUOR	K-30	27	00:00:20	00:28:17	00:58:55	**01:01:08.35**	**01:01:29.20**	+00:19:54 (32.6%)	5:49	10.3 (67.3%)
62	**OSOWSKA Katarzyna**	**1241**	NIGHT RUNNERS GLIWICE	K-40	21	00:01:14	00:28:30	00:58:08	**01:00:25.10**	**01:01:39.70**	+00:19:11 (31.8%)	5:45	10.4 (68.0%)
63	**GRABSKA Anna**	**1095**	KOMBO KURCZAKI	K-30	25	00:01:11	00:28:55	00:58:13	**01:00:30.40**	**01:01:41.40**	+00:19:16 (31.9%)	5:45	10.4 (68.0%)
64	**KOŁAK Alicja**	**1146**		K-30	24	00:01:21	00:28:27	00:58:15	**01:00:28.90**	**01:01:50.20**	+00:19:15 (31.8%)	5:45	10.4 (68.0%)
65	**TARTANUS-ORYSZCZAK Marta**	**1359**		K-40	25	00:01:09	00:28:58	00:58:38	**01:00:54.05**	**01:02:03.85**	+00:19:40 (32.3%)	5:48	10.3 (67.3%)
66	**ANTOS Angelika**	**1479**		K-20	12	00:00:17	00:28:07	00:59:42	**01:01:48.40**	**01:02:06.20**	+00:20:34 (33.3%)	5:53	10.2 (66.7%)
67	**MIŁKOWSKA Karolina**	**1467**		K-30	28	00:00:54	00:28:04	00:59:11	**01:01:31.70**	**01:02:26.15**	+00:20:17 (33.0%)	5:51	10.2 (66.7%)
68	**SIKORSKA Katarzyna**	**1312**		K-30	30	00:00:49	00:28:21	00:59:23	**01:01:39.30**	**01:02:28.35**	+00:20:25 (33.1%)	5:52	10.2 (66.7%)
69	**EICHHOF Joanna**	**1065**		K-40	27	00:01:10	00:29:15	00:59:09	**01:01:31.85**	**01:02:42.00**	+00:20:17 (33.0%)	5:51	10.2 (66.7%)
70	**SZOŁTYSIK Marta**	**1350**		K-30	29	00:01:10	00:29:14	00:59:10	**01:01:32.65**	**01:02:42.75**	+00:20:18 (33.0%)	5:51	10.2 (66.7%)
71	**WILCZEK Magdalena**	**1382**	FLUOR	K-30	31	00:00:40	00:29:09	00:59:44	**01:02:04.05**	**01:02:44.25**	+00:20:50 (33.6%)	5:54	10.2 (66.7%)
72	**NUCKOWSKA Justyna**	**1231**		K-20	11	00:01:27	00:29:44	00:59:26	**01:01:28.55**	**01:02:55.65**	+00:20:14 (32.9%)	5:51	10.2 (66.7%)
73	**KANIA Krystyna**	**1131**		K-60	1	00:00:58	00:29:40	01:00:02	**01:02:16.25**	**01:03:14.60**	+00:21:02 (33.8%)	5:55	10.1 (66.0%)
74	**STELLMACH Ewa**	**1336**		K-40	28	00:00:19	00:28:52	01:00:32	**01:02:56.85**	**01:03:16.80**	+00:21:42 (34.5%)	5:59	10 (65.4%)
75	**TWAROWSKA Celina**	**1368**	ETISOFT RUNNING TEAM	K-30	34	00:00:15	00:28:42	01:00:54	**01:03:17.20**	**01:03:32.45**	+00:22:03 (34.8%)	6:01	10 (65.4%)
76	**SIODLAK Justyna**	**1313**		K-40	32	00:00:00			**01:03:33.00**	**01:03:33.00**	+00:22:19 (35.1%)	6:03	9.9 (64.7%)
77	**TYRNA Gabriela**	**1464**		K-30	35	00:00:15	00:30:01	01:00:59	**01:03:20.20**	**01:03:35.95**	+00:22:06 (34.9%)	6:01	9.9 (64.7%)
78	**PASIEKA Danuta**	**1254**		K-50	2	00:01:24	00:29:50	00:59:59	**01:02:12.95**	**01:03:37.85**	+00:20:59 (33.7%)	5:55	10.1 (66.0%)
79	**BRZEZIŃSKA Teresa**	**1471**		K-40	31	00:00:24	00:29:59	01:01:06	**01:03:24.40**	**01:03:48.80**	+00:22:10 (35.0%)	6:02	9.9 (64.7%)
80	**RUSIELEWICZ Agnieszka**	**1300**	MOMO RESTAURANT & COCKTAIL BAR	K-20	14	00:00:23	00:30:30	01:01:13	**01:03:35.70**	**01:03:58.70**	+00:22:21 (35.2%)	6:03	9.9 (64.7%)
81	**GRZYŚKA Katarzyna**	**1101**	SMOCZY GANG	K-30	32	00:01:37	00:29:05	01:00:03	**01:02:27.95**	**01:04:05.10**	+00:21:14 (34.0%)	5:56	10.1 (66.0%)
82	**GABRYŚ Seba**	**1441**	NIGHT RUNNERS GLIWICE	K-40	30	00:00:48	00:29:49	01:01:07	**01:03:19.55**	**01:04:07.55**	+00:22:05 (34.9%)	6:01	9.9 (64.7%)
83	**GABRYŚ Jolanta**	**1440**	NIGHT RUNNERS GLIWICE	K-40	29	00:00:48	00:29:50	01:01:07	**01:03:19.00**	**01:04:07.90**	+00:22:05 (34.9%)	6:01	9.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
84	**ORLIK Zdzisława**	**1238**	AKMB PĘDZIWIATR GLIWICE	K-50	3	00:01:09	00:30:36	01:00:52	**01:03:06.85**	**01:04:15.95**	+00:21:52 (34.7%)	6:00	10 (65.4%)
85	**MĘTLAK Małgosia**	**1516**		K-18	2	00:00:40	00:29:30	01:01:34	**01:03:46.20**	**01:04:27.00**	+00:22:32 (35.3%)	6:04	9.9 (64.7%)
86	**ZASADZIŃSKA Angelika**	**1403**	FUCHS OIL TEAM	K-20	13	00:01:21	00:29:57	01:00:47	**01:03:12.40**	**01:04:33.90**	+00:21:58 (34.8%)	6:01	10 (65.4%)
87	**ZASZYK Monika**	**1459**		K-40	33	00:00:58	00:30:42	01:01:25	**01:03:37.00**	**01:04:35.35**	+00:22:23 (35.2%)	6:03	9.9 (64.7%)
88	**FABIAN Katarzyna**	**1068**		K-30	36	00:01:14	00:29:32	01:00:56	**01:03:21.45**	**01:04:36.40**	+00:22:07 (34.9%)	6:02	9.9 (64.7%)
89	**DROŻDŻ Alicja**	**1055**		K-30	33	00:01:31	00:29:10	01:00:37	**01:03:11.05**	**01:04:42.75**	+00:21:57 (34.7%)	6:01	10 (65.4%)
90	**BARTAS Agnieszka**	**24**	ISTA BIEGAMY	K-30	39	00:00:32	00:29:55	01:01:57	**01:04:14.15**	**01:04:46.40**	+00:23:00 (35.8%)	6:07	9.8 (64.1%)
91	**PASELLA Weronika**	**1253**		K-20	17	00:00:36	00:30:03	01:01:52	**01:04:15.30**	**01:04:52.20**	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
92	**MYCEK Anna**	**1218**		K-20	16	00:00:37	00:30:02	01:01:51	**01:04:15.15**	**01:04:52.25**	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
93	**SOSADA Nicol**	**1332**	ISTA BIEGAMY	K-20	18	00:00:31	00:29:51	01:02:09	**01:04:21.30**	**01:04:52.60**	+00:23:07 (35.9%)	6:07	9.8 (64.1%)
94	**EISLER Anna**	**1066**	SKLEPBIKER.PL	K-30	38	00:01:24	00:30:23	01:01:08	**01:03:36.95**	**01:05:01.35**	+00:22:23 (35.2%)	6:03	9.9 (64.7%)
95	**STASIAK Renata**	**1456**		K-40	34	00:01:05	00:30:41	01:01:40	**01:03:56.55**	**01:05:02.20**	+00:22:42 (35.5%)	6:05	9.9 (64.7%)
96	**KOCUREK Agnieszka**	**1141**		K-40	35	00:00:52	00:31:35	01:02:00	**01:04:09.65**	**01:05:02.30**	+00:22:55 (35.7%)	6:06	9.8 (64.1%)
97	**BRZÓZKA Patrycja**	**1033**	MOMO RESTAURANT & COCKTAIL BAR	K-20	15	00:01:02	00:29:12	01:01:59	**01:04:14.35**	**01:05:16.35**	+00:23:00 (35.8%)	6:07	9.8 (64.1%)
98	**TOLL Katarzyna**	**1360**		K-40	36	00:01:01	00:30:13	01:02:00	**01:04:15.00**	**01:05:16.40**	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
99	**KORUS Karina**	**340**	CIDRY LOTAJOM	K-30	37	00:01:45	00:30:45	01:01:18	**01:03:35.70**	**01:05:20.75**	+00:22:21 (35.2%)	6:03	9.9 (64.7%)
100	**CHOLEWA Magdalena**	**1491**		K-40	38	00:00:27	00:29:58	01:02:41	**01:05:10.55**	**01:05:38.20**	+00:23:56 (36.7%)	6:12	9.7 (63.4%)
101	**ZIMNY Joanna**	**1406**		K-30	40	00:01:03	00:31:13	01:02:20	**01:04:40.85**	**01:05:44.05**	+00:23:26 (36.3%)	6:09	9.7 (63.4%)
102	**BARANOWSKA Ewa**	**1016**		K-30	41	00:01:05	00:30:33	01:02:17	**01:04:44.15**	**01:05:50.00**	+00:23:30 (36.3%)	6:10	9.7 (63.4%)
103	**WALTER Agnieszka**	**1372**		K-40	40	00:00:55	00:31:31	01:02:56	**01:05:16.10**	**01:06:11.95**	+00:24:02 (36.8%)	6:12	9.7 (63.4%)
104	**DWORNICZAK Iwona**	**1061**		K-50	4	00:01:34	00:30:43	01:02:14	**01:04:43.95**	**01:06:18.15**	+00:23:30 (36.3%)	6:09	9.7 (63.4%)
105	**JAKBIK Ola**	**1114**	BULLULA TEAM	K-30	42	00:01:05	00:30:27	01:02:55	**01:05:15.95**	**01:06:21.45**	+00:24:02 (36.8%)	6:12	9.7 (63.4%)
106	**PROKWITE Martyna**	**1281**		K-30	43	00:01:08	00:30:41	01:02:50	**01:05:16.10**	**01:06:24.90**	+00:24:02 (36.8%)	6:12	9.7 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
107	**PORĘBA Gabriela**	**583**		K-40	37	00:01:25	00:30:44	01:02:31	**01:04:59.80**	**01:06:25.50**	+00:23:45 (36.6%)	6:11	9.7 (63.4%)
108	**BETRHELSEN Beata**	**1021**	FUCHS OIL TEAM	K-40	39	00:01:21	00:30:42	01:02:45	**01:05:12.75**	**01:06:33.75**	+00:23:58 (36.8%)	6:12	9.7 (63.4%)
109	**LIPOWSKA Barbara**	**1187**		K-50	6	00:00:36	00:30:44	01:03:32	**01:06:03.75**	**01:06:39.75**	+00:24:49 (37.6%)	6:17	9.5 (62.1%)
110	**PEDOWSKA Bozena**	**555**		K-50	5	00:01:28	00:31:09	01:02:54	**01:05:18.90**	**01:06:47.05**	+00:24:05 (36.9%)	6:13	9.6 (62.7%)
111	**NAWOJSKA Barbara**	**1476**		K-40	41	00:00:59	00:30:46	01:03:25	**01:05:51.80**	**01:06:51.60**	+00:24:37 (37.4%)	6:16	9.6 (62.7%)
112	**KUBIAK Celina**	**1486**		K-40	42	00:00:43	00:31:39	01:04:05	**01:06:26.85**	**01:07:10.00**	+00:25:12 (37.9%)	6:19	9.5 (62.1%)
113	**GOŁĘBIOWSKA Aleksandra**	**1090**		K-50	7	00:01:03	00:31:34	01:03:50	**01:06:06.75**	**01:07:10.15**	+00:24:52 (37.6%)	6:17	9.5 (62.1%)
114	**MICHAŁUSZEK Dorota**	**1210**	BIEG - UNKA	K-30	44	00:01:43	00:31:43	01:03:15	**01:05:36.65**	**01:07:20.10**	+00:24:22 (37.2%)	6:14	9.6 (62.7%)
115	**MICHALIK Natalia**	**1205**		K-20	19	00:00:44	00:30:32	01:04:14	**01:06:37.75**	**01:07:21.75**	+00:25:23 (38.1%)	6:20	9.5 (62.1%)
116	**NOWAKOWSKA-TRZASKA Joanna**	**1228**		K-30	46	00:00:44	00:30:31	01:04:14	**01:06:39.40**	**01:07:23.55**	+00:25:25 (38.1%)	6:20	9.5 (62.1%)
117	**WOSZCZYNA Ewelina**	**1390**		K-30	45	00:01:32	00:30:52	01:03:41	**01:06:05.15**	**01:07:37.70**	+00:24:51 (37.6%)	6:17	9.5 (62.1%)
118	**JOOSTBERENS Aleksandra**	**1122**	FLUOR	K-20	20	00:00:43	00:31:01	01:04:27	**01:06:56.30**	**01:07:39.45**	+00:25:42 (38.4%)	6:22	9.4 (61.4%)
119	**ZIELIŃSKA Izabela**	**1405**	BIEGAJ Z TRENERAMI	K-40	43	00:01:05	00:31:01	01:04:05	**01:06:40.05**	**01:07:45.30**	+00:25:26 (38.2%)	6:20	9.5 (62.1%)
120	**KRZYŻANOWSKA Aleksandra**	**1171**		K-40	45	00:01:01	00:31:20	01:04:26	**01:06:56.15**	**01:07:57.95**	+00:25:42 (38.4%)	6:22	9.4 (61.4%)
121	**FAMUŁA Anna**	**1069**	FAMUŁA TEAM	K-20	21	00:00:37	00:31:53	01:04:50	**01:07:25.55**	**01:08:03.25**	+00:26:11 (38.8%)	6:25	9.3 (60.8%)
122	**BRIANSKA-KORDECKA Aleksandra**	**1460**	BALENA MORADA	K-30	53	00:00:14	00:30:34	01:05:14	**01:07:51.25**	**01:08:05.50**	+00:26:37 (39.2%)	6:27	9.3 (60.8%)
122	**KUCZERA-KULAGA Magdalenakulaga**	**1176**		K-40	49	00:00:14	00:30:34	01:05:14	**01:07:51.20**	**01:08:05.50**	+00:26:37 (39.2%)	6:27	9.3 (60.8%)
124	**CZARNECKA Marta**	**1044**		K-30	48	00:01:04	00:30:50	01:04:31	**01:07:05.40**	**01:08:09.70**	+00:25:51 (38.5%)	6:23	9.4 (61.4%)
125	**PROCEK Katarzyna**	**1508**		K-40	47	00:00:51	00:30:47	01:04:50	**01:07:20.60**	**01:08:11.90**	+00:26:06 (38.8%)	6:24	9.4 (61.4%)
126	**BOREK Jadwiga**	**1424**	ACTIV EAGLES PRO	K-30	50	00:00:35	00:31:54	01:05:16	**01:07:37.45**	**01:08:12.70**	+00:26:23 (39.0%)	6:26	9.3 (60.8%)
127	**ŻYDEK Małgorzata**	**1415**	ACTIV EAGLES PRO	K-30	51	00:00:34	00:31:55	01:05:17	**01:07:38.05**	**01:08:12.95**	+00:26:24 (39.0%)	6:26	9.3 (60.8%)
128	**ADAMUS Anna**	**1012**		K-40	46	00:01:13	00:31:45	01:04:32	**01:07:00.25**	**01:08:13.60**	+00:25:46 (38.5%)	6:22	9.4 (61.4%)
129	**STRUG Gosia**	**1340**		K-40	44	00:01:26	00:31:31	01:04:21	**01:06:47.95**	**01:08:14.20**	+00:25:34 (38.3%)	6:21	9.4 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
130	**MIGURSKI Daria**	**1214**	FUCHS OIL TEAM	K-30	47	00:01:23	00:31:41	01:04:35	**01:06:59.80**	**01:08:23.75**	+00:25:45 (38.5%)	6:22	9.4 (61.4%)
131	**JUSZCZAK Ewa**	**1125**		K-50	8	00:00:58	00:30:58	01:05:09	**01:07:28.30**	**01:08:26.65**	+00:26:14 (38.9%)	6:25	9.3 (60.8%)
132	**KUKUCZKA Ewa**	**1178**		K-30	49	00:01:11	00:30:37	01:04:53	**01:07:18.15**	**01:08:30.10**	+00:26:04 (38.7%)	6:24	9.4 (61.4%)
133	**PILAREK Monika**	**1433**		K-18	3	00:00:25	00:32:01	01:05:35	**01:08:07.35**	**01:08:33.30**	+00:26:53 (39.5%)	6:29	9.2 (60.1%)
134	**KLOC Izabela**	**1136**	FLUOR	K-30	54	00:00:58	00:31:35	01:05:19	**01:07:53.30**	**01:08:51.40**	+00:26:39 (39.3%)	6:27	9.3 (60.8%)
135	**POLUS-WŁODARZ Iwona**	**1276**		K-40	48	00:01:11	00:32:14	01:05:20	**01:07:42.80**	**01:08:54.45**	+00:26:28 (39.1%)	6:26	9.3 (60.8%)
136	**LEWICKA Beata**	**1498**		K-30	52	00:01:19	00:31:48	01:05:24	**01:07:43.75**	**01:09:03.45**	+00:26:29 (39.1%)	6:27	9.3 (60.8%)
137	**PACUŁA Tatiana**	**1245**	PĘDZIWIATR GLIWICE	K-50	9	00:01:37	00:32:03	01:05:18	**01:07:42.20**	**01:09:19.40**	+00:26:28 (39.1%)	6:26	9.3 (60.8%)
138	**DZIUBKA Julia**	**1064**		K-20	22	00:01:07	00:33:33	01:06:16	**01:08:18.90**	**01:09:26.85**	+00:27:05 (39.6%)	6:30	9.2 (60.1%)
139	**MATUSZEWSKA Monika**	**455**		K-40	51	00:00:29	00:32:27	01:06:21	**01:08:57.80**	**01:09:27.70**	+00:27:43 (40.2%)	6:34	9.1 (59.5%)
140	**PAWLARCZYK Karolina**	**1255**		K-20	23	00:01:05	00:32:50	01:06:13	**01:08:23.40**	**01:09:29.35**	+00:27:09 (39.7%)	6:30	9.2 (60.1%)
141	**DADAŚ Elżbieta**	**1049**	NIGHT RUNNERS GLIWICE	K-40	50	00:00:42	00:31:58	01:06:20	**01:08:51.55**	**01:09:34.40**	+00:27:37 (40.1%)	6:33	9.1 (59.5%)
142	**OLESIŃSKA Ewa**	**1236**	FLUOR	K-40	52	00:00:40	00:31:56	01:06:18	**01:09:01.70**	**01:09:41.90**	+00:27:47 (40.3%)	6:34	9.1 (59.5%)
143	**PIENIAK Karolina**	**1260**		K-20	24	00:01:12	00:32:17	01:06:05	**01:08:31.60**	**01:09:43.70**	+00:27:17 (39.8%)	6:31	9.2 (60.1%)
144	**SZUMIATA Milena**	**1351**		K-20	25	00:01:11	00:32:18	01:06:06	**01:08:32.10**	**01:09:43.90**	+00:27:18 (39.8%)	6:31	9.2 (60.1%)
145	**PIOTROWSKA Anna**	**1265**		K-20	26	00:01:22	00:33:46	01:06:32	**01:08:39.35**	**01:10:01.55**	+00:27:25 (39.9%)	6:32	9.2 (60.1%)
146	**ROLNIK Joanna**	**1470**		K-30	55	00:01:24	00:32:24	01:06:04	**01:08:44.20**	**01:10:08.45**	+00:27:30 (40.0%)	6:32	9.2 (60.1%)
147	**TOMASZEWSKA Mirosława**	**1362**	MOMO RESTAURANT & COCKTAIL BAR	K-30	58	00:00:23	00:31:12	01:07:05	**01:09:49.15**	**01:10:12.15**	+00:28:35 (40.9%)	6:38	9 (58.8%)
148	**PANKIEWICZ Katarzyna**	**1250**		K-40	54	00:00:45	00:31:07	01:07:12	**01:10:01.10**	**01:10:46.35**	+00:28:47 (41.1%)	6:40	9 (58.8%)
149	**SKRZYPEK Marta**	**1319**	GOOD TIME SPORT	K-30	56	00:01:26	00:32:37	01:06:43	**01:09:21.35**	**01:10:47.80**	+00:28:07 (40.6%)	6:36	9.1 (59.5%)
149	**PLESZCZYŃSKA Iwona**	**1270**		K-30	59	00:00:19	00:30:50	01:07:50	**01:10:27.95**	**01:10:47.80**	+00:29:14 (41.5%)	6:42	8.9 (58.2%)
151	**KOCHANEK Aleksandra**	**1140**		K-40	53	00:01:22	00:33:18	01:07:17	**01:09:46.20**	**01:11:09.05**	+00:28:32 (40.9%)	6:38	9 (58.8%)
152	**KOCZY-ŁUSIAK Sylwia**	**1144**	WATAHA TEAM	K-30	57	00:01:42	00:33:05	01:07:22	**01:09:46.05**	**01:11:28.80**	+00:28:32 (40.9%)	6:38	9 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
153	**SIERAKOWSKA Anna**	**1308**	FUCHS OIL TEAM	K-30	60	00:01:24	00:32:04	01:08:12	**01:10:42.35**	**01:12:06.70**	+00:29:28 (41.7%)	6:44	8.9 (58.2%)
154	**JACHYMOWSKA Dominika**	**1112**		K-30	61	00:01:36	00:33:07	01:08:23	**01:10:45.65**	**01:12:22.60**	+00:29:31 (41.7%)	6:44	8.9 (58.2%)
155	**WYPYCH - ŚLUSARSKA Agata**	**1393**		K-30	62	00:01:30	00:32:53	01:08:20	**01:10:56.10**	**01:12:26.65**	+00:29:42 (41.9%)	6:45	8.9 (58.2%)
156	**WINIARSKA Aleksandra**	**1431**		K-18	4	00:00:10	00:32:14	01:09:46	**01:12:29.00**	**01:12:39.30**	+00:31:15 (43.1%)	6:54	8.7 (56.9%)
157	**BISZ Magdalena**	**1446**		K-20	27	00:01:02	00:33:20	01:09:09	**01:11:50.50**	**01:12:52.50**	+00:30:36 (42.6%)	6:50	8.8 (57.5%)
158	**NOWAK Ewa**	**1226**		K-40	56	00:00:45	00:33:05	01:09:56	**01:12:23.70**	**01:13:08.85**	+00:31:09 (43.0%)	6:53	8.7 (56.9%)
159	**KOCYAN Małgorzata**	**1143**	BIEGAJ Z TRENERAMI	K-50	10	00:01:35	00:33:03	01:08:54	**01:11:35.75**	**01:13:11.70**	+00:30:21 (42.4%)	6:49	8.8 (57.5%)
160	**RAŁ Zdzisława**	**1290**	INDYWIDUALNIE	K-60	2	00:01:03	00:33:19	01:09:33	**01:12:21.85**	**01:13:25.15**	+00:31:07 (43.0%)	6:53	8.7 (56.9%)
161	**ZAKLIŃSKA Katarzyna**	**1401**	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	**01:11:49.25**	**01:13:34.75**	+00:30:35 (42.6%)	6:50	8.8 (57.5%)
162	**ŁUKASZEWSKA Justyna**	**1189**	STEP DANCE	K-30	64	00:00:31	00:33:49	01:10:50	**01:13:15.05**	**01:13:47.00**	+00:32:01 (43.7%)	6:58	8.6 (56.2%)
163	**PŁACHTA Sylwia**	**1482**		K-30	63	00:01:34	00:33:43	01:09:32	**01:12:16.70**	**01:13:51.45**	+00:31:02 (43.0%)	6:53	8.7 (56.9%)
164	**WIANKOWSKA Elizabeth**	**1499**		K-50	11	00:00:13	00:33:42	01:11:00	**01:13:41.00**	**01:13:54.90**	+00:32:27 (44.0%)	7:01	8.6 (56.2%)
165	**SZYDŁAK Iwona**	**1355**		K-40	57	00:01:30	00:33:23	01:10:40	**01:13:06.40**	**01:14:37.00**	+00:31:52 (43.6%)	6:57	8.6 (56.2%)
166	**HRYSZKIEWICZ Barbara**	**1110**	FIS-SST TEAM	K-40	58	00:01:30	00:34:42	01:11:19	**01:13:34.65**	**01:15:04.95**	+00:32:20 (44.0%)	7:00	8.6 (56.2%)
167	**GORAJ ZAJĄC Aleksandra**	**1500**		K-40	59	00:00:06	00:35:29	01:12:50	**01:15:22.05**	**01:15:28.70**	+00:34:08 (45.3%)	7:10	8.4 (54.9%)
168	**JÓZEFCZYK Katarzyna**	**1123**	ISTA BIEGAMY	K-30	65	00:01:24	00:34:19	01:12:18	**01:15:03.10**	**01:16:27.70**	+00:33:49 (45.1%)	7:08	8.4 (54.9%)
169	**RUTKA Wiola**	**1301**		K-30	66	00:00:26	00:35:31	01:13:23	**01:16:08.65**	**01:16:35.00**	+00:34:54 (45.9%)	7:15	8.3 (54.2%)
170	**GORZKOWSKA Małgorzata**	**1093**		K-20	29	00:01:22	00:34:52	01:12:39	**01:15:19.55**	**01:16:42.30**	+00:34:05 (45.3%)	7:10	8.4 (54.9%)
171	**TRZASKALIK Aleksandra**	**1366**		K-20	28	00:01:23	00:34:51	01:12:38	**01:15:19.05**	**01:16:42.40**	+00:34:05 (45.3%)	7:10	8.4 (54.9%)
172	**RACZKOWSKA Maja**	**1288**		K-18	5	00:00:17	00:36:31	01:14:10	**01:16:34.75**	**01:16:52.05**	+00:35:20 (46.2%)	7:17	8.2 (53.6%)
173	**ZIOŁKOWSKA Barbara**	**1407**		K-30	67	00:01:39	00:34:09	01:13:25	**01:16:10.35**	**01:17:50.10**	+00:34:56 (45.9%)	7:15	8.3 (54.2%)
174	**STARCZEWSKA Jolanta**	**690**		K-30	68	00:01:00	00:35:11	01:14:26	**01:17:11.95**	**01:18:12.55**	+00:35:58 (46.6%)	7:21	8.2 (53.6%)
175	**STEFAŃSKA Magdalena**	**1438**		K-20	30	00:00:36	00:35:05	01:15:09	**01:18:02.30**	**01:18:38.75**	+00:36:48 (47.2%)	7:25	8.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
176	**KONOPACKA Krystyna**	**1151**		K-60	3	00:00:29	00:35:46	01:15:25	**01:18:12.70**	**01:18:42.45**	+00:36:58 (47.3%)	7:26	8.1 (52.9%)
177	**TUROWSKA Anna**	**1436**		K-40	60	00:00:36	00:35:46	01:16:07	**01:18:56.30**	**01:19:32.40**	+00:37:42 (47.8%)	7:31	8 (52.3%)
178	**STEFAŃSKA Beata**	**1437**		K-50	12	00:00:36	00:35:46	01:16:06	**01:18:56.00**	**01:19:32.50**	+00:37:42 (47.8%)	7:31	8 (52.3%)
179	**OSTROWSKA Justyna**	**1242**	NIGHT RUNNERS GLIWICE	K-30	70	00:00:26	00:36:20	01:16:48	**01:19:12.90**	**01:19:39.70**	+00:37:59 (47.9%)	7:32	8 (52.3%)
180	**WOJTUKIEWICZ Justyna**	**1387**		K-30	69	00:01:27	00:37:02	01:16:02	**01:18:44.15**	**01:20:12.05**	+00:37:30 (47.6%)	7:30	8 (52.3%)
181	**FRĄC Elżbieta**	**1073**	NIGHT RUNNERS GLIWICE	K-40	61	00:01:19	00:36:39	01:18:45	**01:21:28.00**	**01:22:47.15**	+00:40:14 (49.4%)	7:45	7.7 (50.3%)
182	**CZENCZEK Magdalena**	**1046**	ETISOFT RUNNING TEAM	K-30	71	00:01:37	00:39:47	01:20:57	**01:23:58.60**	**01:25:36.40**	+00:42:44 (50.9%)	7:59	7.5 (49.0%)
183	**REITER Hanna**	**1292**	SLOW JOGGING GLIWICE	K-40	62	00:01:38	00:39:45	01:20:53	**01:23:58.20**	**01:25:36.50**	+00:42:44 (50.9%)	7:59	7.5 (49.0%)
184	**TOMCZAK Joanna**	**1363**	ZABIEGANI NAUCZYCIELE	K-30	72	00:00:38	00:40:02	01:24:00	**01:27:08.55**	**01:27:47.25**	+00:45:54 (52.7%)	8:18	7.2 (47.1%)
185	**PARUZEL Agnieszka**	**1252**	ZABIEGANI NAUCZYCIELE	K-40	64	00:00:38	00:40:03	01:24:00	**01:27:17.30**	**01:27:56.00**	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
186	**ROGACKA - RZEPKA Maria**	**1294**	LOBOS TEAM	K-40	63	00:00:39	00:40:02	01:24:00	**01:27:17.10**	**01:27:56.65**	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
187	**ADAMOWSKA Katarzyna**	**1011**	ZABIEGANI NAUCZYCIELE	K-30	73	00:00:39	00:40:02	01:24:00	**01:27:17.30**	**01:27:56.70**	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
188	**NIEWDANA Anna**	**1224**	EUVIC	K-20	32	00:00:16	00:41:37	01:26:52	**01:30:36.15**	**01:30:52.65**	+00:49:22 (54.5%)	8:37	7 (45.8%)
189	**SMOLNIK Alicja**	**1323**		K-20	31	00:01:31	00:41:42	01:26:32	**01:29:46.75**	**01:31:18.40**	+00:48:32 (54.1%)	8:33	7 (45.8%)
190	**MRÓWKA Ilona**	**1217**		K-40	65	00:01:14	00:43:12	01:28:27	**01:32:01.65**	**01:33:15.85**	+00:50:47 (55.2%)	8:45	6.8 (44.4%)
191	**CIESZYŃSKA Jola**	**906**		K-50	13	00:00:21	00:44:17	01:26:57	**01:36:20.00**	**01:36:41.35**	+00:55:06 (57.2%)	9:10	6.5 (42.5%)

Znaleziono 191 wynik(ów)