

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: Mieszkanki Gliwic

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	**BILNICKA Paulina**	**1023**	FLUOR	K-20	1	00:00:42	00:21:48	00:44:38	**00:46:18.50**	**00:47:00.90**		4:24	13.6 (100%)
2	**PIJET Ewa**	**1263**		K-40	3	00:00:37	00:24:28	00:49:07	**00:50:54.20**	**00:51:31.85**	+00:04:35 (9.0%)	4:50	12.4 (91.2%)
3	**KRZYMINSKA Patrycja**	**370**	RUNBABYPOLSKA	K-20	2	00:01:22	00:25:36	00:49:30	**00:51:15.30**	**00:52:37.75**	+00:04:56 (9.7%)	4:52	12.3 (90.4%)
4	**PILICH-NANOWSKA Agniszka**	**1495**		K-40	4	00:00:15	00:24:35	00:49:32	**00:51:19.55**	**00:51:34.65**	+00:05:01 (9.8%)	4:53	12.3 (90.4%)
5	**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**	+00:05:58 (11.4%)	4:58	12 (88.2%)
6	**KOMANDER Katarzyna**	**1148**		K-20	3	00:01:23	00:24:48	00:50:32	**00:52:18.00**	**00:53:41.55**	+00:05:59 (11.5%)	4:58	12 (88.2%)
7	**KONOPACKA BESSA Magdalena**	**1152**		K-30	5	00:00:47	00:24:32	00:50:39	**00:52:39.20**	**00:53:26.20**	+00:06:20 (12.1%)	5:00	12 (88.2%)
8	**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**	+00:06:29 (12.3%)	5:01	11.9 (87.5%)
9	**ŁAJSZCZYK- GAJDA Dorota**	**1448**		K-40	7	00:00:22	00:25:43	00:52:10	**00:54:05.15**	**00:54:27.75**	+00:07:46 (14.4%)	5:09	11.6 (85.3%)
10	**BURZAK Justyna**	**1035**		K-30	10	00:01:31	00:27:20	00:54:05	**00:56:03.30**	**00:57:34.35**	+00:09:44 (17.4%)	5:20	11.2 (82.4%)
11	**WASIEL Monika**	**1376**		K-30	11	00:01:09	00:27:10	00:54:28	**00:56:24.45**	**00:57:33.50**	+00:10:05 (17.9%)	5:22	11.2 (82.4%)
12	**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**	+00:10:43 (18.8%)	5:25	11 (80.9%)
13	**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**	+00:10:54 (19.1%)	5:26	11 (80.9%)
14	**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**	+00:11:32 (19.9%)	5:30	10.9 (80.1%)

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	**LUKOSZEK Weronika**	**1188**		K-20	7	00:00:28	00:27:40	00:56:06	**00:58:07.75**	**00:58:36.10**	+00:11:49 (20.3%)	5:32	10.8 (79.4%)
16	**LEŚNIAK Ewa**	**1184**		K-40	15	00:01:02	00:28:35	00:56:20	**00:58:19.65**	**00:59:21.70**	+00:12:01 (20.6%)	5:33	10.8 (79.4%)
17	**KOWALCZYK Kamila**	**1161**		K-30	16	00:01:02	00:27:43	00:56:24	**00:58:25.65**	**00:59:28.35**	+00:12:07 (20.7%)	5:33	10.8 (79.4%)
18	**GILLNER Klaudia**	**1416**		K-20	8	00:01:01	00:27:59	00:56:20	**00:58:29.35**	**00:59:30.55**	+00:12:10 (20.8%)	5:34	10.8 (79.4%)
19	**SZMIGIEL Justyna**	**1349**		K-30	17	00:00:49	00:28:23	00:56:27	**00:58:35.35**	**00:59:24.55**	+00:12:16 (21.0%)	5:34	10.8 (79.4%)
20	**DOLATA Magdalena**	**1052**		K-30	19	00:00:05	00:27:49		**00:58:51.15**	**00:58:57.10**	+00:12:32 (21.3%)	5:36	10.7 (78.7%)
21	**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**	+00:12:40 (21.5%)	5:37	10.7 (78.7%)
22	**PIETRZAK Anna**	**1262**		K-40	19	00:00:17	00:27:27	00:57:40	**00:59:49.85**	**01:00:07.20**	+00:13:31 (22.6%)	5:41	10.5 (77.2%)
23	**GARYGA Beata**	**1085**		K-30	22	00:00:24	00:27:44	00:58:09	**01:00:11.85**	**01:00:36.50**	+00:13:53 (23.1%)	5:44	10.5 (77.2%)
24	**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**	+00:14:06 (23.4%)	5:45	10.4 (76.5%)
25	**KOŁAK Alicja**	**1146**		K-30	24	00:01:21	00:28:27	00:58:15	**01:00:28.90**	**01:01:50.20**	+00:14:10 (23.4%)	5:45	10.4 (76.5%)
26	**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**	+00:14:10 (23.4%)	5:45	10.4 (76.5%)
27	**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**	+00:14:11 (23.5%)	5:45	10.4 (76.5%)
28	**GAJEWSKA Izabela**	**1452**		K-40	24	00:00:22	00:27:48	00:58:14	**01:00:35.00**	**01:00:57.15**	+00:14:16 (23.6%)	5:46	10.4 (76.5%)
29	**BŁAŻYTKO Monika**	**1511**		K-30	26	00:00:39	00:27:15	00:58:14	**01:00:39.35**	**01:01:18.40**	+00:14:20 (23.7%)	5:46	10.4 (76.5%)
30	**TARTANUS-ORYSZCZAK Marta**	**1359**		K-40	25	00:01:09	00:28:58	00:58:38	**01:00:54.05**	**01:02:03.85**	+00:14:35 (24.0%)	5:48	10.3 (75.7%)
31	**SOBOLEWSKA Stefania**	**1327**		K-40	26	00:00:14	00:28:26	00:58:47	**01:00:54.95**	**01:01:09.20**	+00:14:36 (24.0%)	5:48	10.3 (75.7%)
32	**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**	+00:14:49 (24.3%)	5:49	10.3 (75.7%)
33	**NUCKOWSKA Justyna**	**1231**		K-20	11	00:01:27	00:29:44	00:59:26	**01:01:28.55**	**01:02:55.65**	+00:15:10 (24.7%)	5:51	10.2 (75.0%)
34	**MIŁKOWSKA Karolina**	**1467**		K-30	28	00:00:54	00:28:04	00:59:11	**01:01:31.70**	**01:02:26.15**	+00:15:13 (24.7%)	5:51	10.2 (75.0%)
35	**EICHHOF Joanna**	**1065**		K-40	27	00:01:10	00:29:15	00:59:09	**01:01:31.85**	**01:02:42.00**	+00:15:13 (24.7%)	5:51	10.2 (75.0%)
36	**SIKORSKA Katarzyna**	**1312**		K-30	30	00:00:49	00:28:21	00:59:23	**01:01:39.30**	**01:02:28.35**	+00:15:20 (24.9%)	5:52	10.2 (75.0%)
37	**ANTOS Angelika**	**1479**		K-20	12	00:00:17	00:28:07	00:59:42	**01:01:48.40**	**01:02:06.20**	+00:15:29 (25.1%)	5:53	10.2 (75.0%)

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38	**WILCZEK Magdalena**	**1382**	FLUOR	K-30	31	00:00:40	00:29:09	00:59:44	**01:02:04.05**	**01:02:44.25**	+00:15:45 (25.4%)	5:54	10.2 (75.0%)
39	**PASIEKA Danuta**	**1254**		K-50	2	00:01:24	00:29:50	00:59:59	**01:02:12.95**	**01:03:37.85**	+00:15:54 (25.6%)	5:55	10.1 (74.3%)
40	**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**	+00:16:09 (25.9%)	5:56	10.1 (74.3%)
41	**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**	+00:16:48 (26.6%)	6:00	10 (73.5%)
42	**DROŻDŻ Alicja**	**1055**		K-30	33	00:01:31	00:29:10	01:00:37	**01:03:11.05**	**01:04:42.75**	+00:16:52 (26.7%)	6:01	10 (73.5%)
43	**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**	+00:16:53 (26.7%)	6:01	10 (73.5%)
44	**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**	+00:17:00 (26.9%)	6:01	9.9 (72.8%)
45	**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**	+00:17:01 (26.9%)	6:01	9.9 (72.8%)
46	**BRZEZIŃSKA Teresa**	**1471**		K-40	31	00:00:24	00:29:59	01:01:06	**01:03:24.40**	**01:03:48.80**	+00:17:05 (27.0%)	6:02	9.9 (72.8%)
47	**SIODLAK Justyna**	**1313**		K-40	32	00:00:00			**01:03:33.00**	**01:03:33.00**	+00:17:14 (27.1%)	6:03	9.9 (72.8%)
48	**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**	+00:17:17 (27.2%)	6:03	9.9 (72.8%)
49	**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**	+00:17:55 (27.9%)	6:07	9.8 (72.1%)
50	**TOLL Katarzyna**	**1360**		K-40	36	00:01:01	00:30:13	01:02:00	**01:04:15.00**	**01:05:16.40**	+00:17:56 (27.9%)	6:07	9.8 (72.1%)
51	**MYCEK Anna**	**1218**		K-20	16	00:00:37	00:30:02	01:01:51	**01:04:15.15**	**01:04:52.25**	+00:17:56 (27.9%)	6:07	9.8 (72.1%)
52	**PASELLA Weronika**	**1253**		K-20	17	00:00:36	00:30:03	01:01:52	**01:04:15.30**	**01:04:52.20**	+00:17:56 (27.9%)	6:07	9.8 (72.1%)
53	**ZIMNY Joanna**	**1406**		K-30	40	00:01:03	00:31:13	01:02:20	**01:04:40.85**	**01:05:44.05**	+00:18:22 (28.4%)	6:09	9.7 (71.3%)
54	**CHOLEWA Magdalena**	**1491**		K-40	38	00:00:27	00:29:58	01:02:41	**01:05:10.55**	**01:05:38.20**	+00:18:52 (28.9%)	6:12	9.7 (71.3%)
55	**PROKWITE Martyna**	**1281**		K-30	43	00:01:08	00:30:41	01:02:50	**01:05:16.10**	**01:06:24.90**	+00:18:57 (29.0%)	6:12	9.7 (71.3%)
56	**PEDOWSKA Bozena**	**555**		K-50	5	00:01:28	00:31:09	01:02:54	**01:05:18.90**	**01:06:47.05**	+00:19:00 (29.1%)	6:13	9.6 (70.6%)
57	**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**	+00:19:18 (29.4%)	6:14	9.6 (70.6%)
58	**LIPOWSKA Barbara**	**1187**		K-50	6	00:00:36	00:30:44	01:03:32	**01:06:03.75**	**01:06:39.75**	+00:19:45 (29.9%)	6:17	9.5 (69.9%)
59	**KUBIAK Celina**	**1486**		K-40	42	00:00:43	00:31:39	01:04:05	**01:06:26.85**	**01:07:10.00**	+00:20:08 (30.3%)	6:19	9.5 (69.9%)
60	**MICHALIK Natalia**	**1205**		K-20	19	00:00:44	00:30:32	01:04:14	**01:06:37.75**	**01:07:21.75**	+00:20:19 (30.5%)	6:20	9.5 (69.9%)

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61	**NOWAKOWSKA-TRZASKA Joanna**	**1228**		K-30	46	00:00:44	00:30:31	01:04:14	**01:06:39.40**	**01:07:23.55**	+00:20:20 (30.5%)	6:20	9.5 (69.9%)
62	**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**	+00:20:21 (30.5%)	6:20	9.5 (69.9%)
63	**STRUG Gosia**	**1340**		K-40	44	00:01:26	00:31:31	01:04:21	**01:06:47.95**	**01:08:14.20**	+00:20:29 (30.7%)	6:21	9.4 (69.1%)
64	**KRZYŻANOWSKA Aleksandra**	**1171**		K-40	45	00:01:01	00:31:20	01:04:26	**01:06:56.15**	**01:07:57.95**	+00:20:37 (30.8%)	6:22	9.4 (69.1%)
65	**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**	+00:20:41 (30.9%)	6:22	9.4 (69.1%)
66	**KUKUCZKA Ewa**	**1178**		K-30	49	00:01:11	00:30:37	01:04:53	**01:07:18.15**	**01:08:30.10**	+00:20:59 (31.2%)	6:24	9.4 (69.1%)
67	**JUSZCZAK Ewa**	**1125**		K-50	8	00:00:58	00:30:58	01:05:09	**01:07:28.30**	**01:08:26.65**	+00:21:09 (31.4%)	6:25	9.3 (68.4%)
68	**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**	+00:21:23 (31.6%)	6:26	9.3 (68.4%)
69	**POLUS-WŁODARZ Iwona**	**1276**		K-40	48	00:01:11	00:32:14	01:05:20	**01:07:42.80**	**01:08:54.45**	+00:21:24 (31.6%)	6:26	9.3 (68.4%)
70	**LEWICKA Beata**	**1498**		K-30	52	00:01:19	00:31:48	01:05:24	**01:07:43.75**	**01:09:03.45**	+00:21:25 (31.6%)	6:27	9.3 (68.4%)
71	**PIENIAK Karolina**	**1260**		K-20	24	00:01:12	00:32:17	01:06:05	**01:08:31.60**	**01:09:43.70**	+00:22:13 (32.4%)	6:31	9.2 (67.6%)
72	**SZUMIATA Milena**	**1351**		K-20	25	00:01:11	00:32:18	01:06:06	**01:08:32.10**	**01:09:43.90**	+00:22:13 (32.4%)	6:31	9.2 (67.6%)
73	**PIOTROWSKA Anna**	**1265**		K-20	26	00:01:22	00:33:46	01:06:32	**01:08:39.35**	**01:10:01.55**	+00:22:20 (32.6%)	6:32	9.2 (67.6%)
74	**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**	+00:22:33 (32.7%)	6:33	9.1 (66.9%)
75	**MATUSZEWSKA Monika**	**455**		K-40	51	00:00:29	00:32:27	01:06:21	**01:08:57.80**	**01:09:27.70**	+00:22:39 (32.9%)	6:34	9.1 (66.9%)
76	**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**	+00:23:27 (33.6%)	6:38	9 (66.2%)
77	**KOCHANEK Aleksandra**	**1140**		K-40	53	00:01:22	00:33:18	01:07:17	**01:09:46.20**	**01:11:09.05**	+00:23:27 (33.6%)	6:38	9 (66.2%)
78	**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**	+00:23:30 (33.7%)	6:38	9 (66.2%)
79	**PANKIEWICZ Katarzyna**	**1250**		K-40	54	00:00:45	00:31:07	01:07:12	**01:10:01.10**	**01:10:46.35**	+00:23:42 (33.9%)	6:40	9 (66.2%)
80	**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**	+00:24:23 (34.5%)	6:44	8.9 (65.4%)
81	**JACHYMOWSKA Dominika**	**1112**		K-30	61	00:01:36	00:33:07	01:08:23	**01:10:45.65**	**01:12:22.60**	+00:24:27 (34.6%)	6:44	8.9 (65.4%)
82	**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**	+00:25:17 (35.3%)	6:49	8.8 (64.7%)
83	**ZAKLIŃSKA Katarzyna**	**1401**	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	**01:11:49.25**	**01:13:34.75**	+00:25:30 (35.5%)	6:50	8.8 (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	**BISZ Magdalena**	**1446**		K-20	27	00:01:02	00:33:20	01:09:09	**01:11:50.50**	**01:12:52.50**	+00:25:32 (35.5%)	6:50	8.8 (64.7%)
85	**RAŁ Zdzisława**	**1290**	INDYWIDUALNIE	K-60	2	00:01:03	00:33:19	01:09:33	**01:12:21.85**	**01:13:25.15**	+00:26:03 (36.0%)	6:53	8.7 (64.0%)
86	**NOWAK Ewa**	**1226**		K-40	56	00:00:45	00:33:05	01:09:56	**01:12:23.70**	**01:13:08.85**	+00:26:05 (36.0%)	6:53	8.7 (64.0%)
87	**WINIARSKA Aleksandra**	**1431**		K-18	4	00:00:10	00:32:14	01:09:46	**01:12:29.00**	**01:12:39.30**	+00:26:10 (36.1%)	6:54	8.7 (64.0%)
88	**SZYDŁAK Iwona**	**1355**		K-40	57	00:01:30	00:33:23	01:10:40	**01:13:06.40**	**01:14:37.00**	+00:26:47 (36.7%)	6:57	8.6 (63.2%)
89	**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**	+00:26:56 (36.8%)	6:58	8.6 (63.2%)
90	**TRZASKALIK Aleksandra**	**1366**		K-20	28	00:01:23	00:34:51	01:12:38	**01:15:19.05**	**01:16:42.40**	+00:29:00 (38.5%)	7:10	8.4 (61.8%)
91	**GORAJ ZAJĄC Aleksandra**	**1500**		K-40	59	00:00:06	00:35:29	01:12:50	**01:15:22.05**	**01:15:28.70**	+00:29:03 (38.6%)	7:10	8.4 (61.8%)
92	**RUTKA Wiola**	**1301**		K-30	66	00:00:26	00:35:31	01:13:23	**01:16:08.65**	**01:16:35.00**	+00:29:50 (39.2%)	7:15	8.3 (61.0%)
93	**RACZKOWSKA Maja**	**1288**		K-18	5	00:00:17	00:36:31	01:14:10	**01:16:34.75**	**01:16:52.05**	+00:30:16 (39.5%)	7:17	8.2 (60.3%)
94	**STARCZEWSKA Jolanta**	**690**		K-30	68	00:01:00	00:35:11	01:14:26	**01:17:11.95**	**01:18:12.55**	+00:30:53 (40.0%)	7:21	8.2 (60.3%)
95	**STEFAŃSKA Magdalena**	**1438**		K-20	30	00:00:36	00:35:05	01:15:09	**01:18:02.30**	**01:18:38.75**	+00:31:43 (40.7%)	7:25	8.1 (59.6%)
96	**KONOPACKA Krystyna**	**1151**		K-60	3	00:00:29	00:35:46	01:15:25	**01:18:12.70**	**01:18:42.45**	+00:31:54 (40.8%)	7:26	8.1 (59.6%)
97	**WOJTUKIEWICZ Justyna**	**1387**		K-30	69	00:01:27	00:37:02	01:16:02	**01:18:44.15**	**01:20:12.05**	+00:32:25 (41.2%)	7:30	8 (58.8%)
98	**STEFAŃSKA Beata**	**1437**		K-50	12	00:00:36	00:35:46	01:16:06	**01:18:56.00**	**01:19:32.50**	+00:32:37 (41.3%)	7:31	8 (58.8%)
99	**TUROWSKA Anna**	**1436**		K-40	60	00:00:36	00:35:46	01:16:07	**01:18:56.30**	**01:19:32.40**	+00:32:37 (41.3%)	7:31	8 (58.8%)
100	**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**	+00:32:54 (41.5%)	7:32	8 (58.8%)
101	**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**	+00:35:09 (43.2%)	7:45	7.7 (56.6%)
102	**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**	+00:37:39 (44.9%)	7:59	7.5 (55.1%)
103	**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**	+00:37:40 (44.9%)	7:59	7.5 (55.1%)
104	**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**	+00:40:58 (46.9%)	8:18	7.2 (52.9%)
105	**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**	+00:40:58 (46.9%)	8:18	7.2 (52.9%)
106	**MRÓWKA Ilona**	**1217**		K-40	65	00:01:14	00:43:12	01:28:27	**01:32:01.65**	**01:33:15.85**	+00:45:43 (49.7%)	8:45	6.8 (50.0%)

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	**CIESZYŃSKA Jola**	**906**		K-50	13	00:00:21	00:44:17	01:26:57	**01:36:20.00**	**01:36:41.35**	+00:50:01 (51.9%)	9:10	6.5 (47.8%)

Znaleziono 107 wynik(ów)