

NORDIC WALKING GLIWICKI - 10KM

Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**CYRUS Bogdan**	**3069**	SILESIA NORDIC TEAM	M-40	1	00:02:45	00:26:37	00:37:37	**01:04:43.85**	**01:07:29.45**		6:28	9.3 (100%)
2	**ADAMUS Marian**	**3087**	ŚLESIA NORDIC TEAM	M-60	1	00:02:44	00:27:13	00:38:20	**01:06:23.80**	**01:09:08.65**	+00:01:39 (2.5%)	6:38	9 (96.8%)
3	**MAŁKA Marian**	**3067**	NIEZRZESZONY	M-50	1	00:02:49	00:28:10	00:39:26	**01:07:38.45**	**01:10:27.90**	+00:02:54 (4.3%)	6:45	8.9 (95.7%)
4	**SMOLARCZYK Dorota**	**3071**	MŁODE WILKI	K-40	1	00:02:13	00:29:09	00:40:43	**01:09:59.85**	**01:12:13.40**	+00:05:16 (7.5%)	7:00	8.6 (92.5%)
5	**TYCZEWSKI Jacek**	**3035**		M-30	1	00:02:44	00:29:19	00:41:37	**01:12:00.60**	**01:14:45.45**	+00:07:16 (10.1%)	7:12	8.3 (89.2%)
6	**HAHN Piotr**	**3072**	NORRUN TEAM	M-30	2	00:02:49	00:30:41	00:42:36	**01:12:38.30**	**01:15:28.00**	+00:07:54 (10.9%)	7:15	8.3 (89.2%)
7	**SKONIECZNY Sebastian**	**3016**	BUKATEAM	M-30	3	00:02:47	00:30:05	00:42:23	**01:12:57.90**	**01:15:45.20**	+00:08:14 (11.3%)	7:17	8.2 (88.2%)
8	**MARONDEL Katarzyna**	**3086**	SILESIA NORDIC TEAM	K-30	1	00:02:46	00:30:17	00:42:28	**01:13:01.70**	**01:15:47.90**	+00:08:17 (11.4%)	7:18	8.2 (88.2%)
9	**STĘPIEŃ Dorota**	**3047**		K-40	2	00:02:50	00:29:53	00:42:06	**01:13:04.65**	**01:15:55.40**	+00:08:20 (11.4%)	7:18	8.2 (88.2%)
10	**KAJCA Mirosław**	**3011**	ŁAZISKIE KARLUSY	M-40	2	00:02:47	00:30:14	00:42:21	**01:13:25.25**	**01:16:12.30**	+00:08:41 (11.8%)	7:20	8.2 (88.2%)
11	**MAZIUK Krzysztof**	**3044**		M-40	3	00:02:51	00:30:51	00:42:56	**01:13:43.30**	**01:16:35.20**	+00:08:59 (12.2%)	7:22	8.1 (87.1%)
12	**SKOWROŃSKA Anna**	**3066**		K-40	3	00:02:49	00:31:09	00:43:20	**01:14:09.80**	**01:16:59.55**	+00:09:25 (12.7%)	7:25	8.1 (87.1%)
13	**JASIŃSKI Mateusz**	**3095**	CERTUM	M-20	1	00:02:45	00:31:48	00:44:03	**01:14:41.55**	**01:17:26.85**	+00:09:57 (13.3%)	7:28	8 (86.0%)
14	**WIŚNIEWSKI Roman**	**3077**		M-60	2	00:02:48	00:31:25	00:44:13	**01:15:53.40**	**01:18:41.75**	+00:11:09 (14.7%)	7:35	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	**TYCZEWSKA Paulina**	**3031**		K-30	2	00:02:46	00:30:55	00:43:35	**01:16:18.35**	**01:19:04.65**	+00:11:34 (15.2%)	7:37	7.9 (84.9%)
16	**WOJNOWSKI Wojciech**	**3100**		M-30	4	00:02:49	00:32:02	00:44:57	**01:16:27.95**	**01:19:17.10**	+00:11:44 (15.3%)	7:38	7.8 (83.9%)
17	**URBANOWICZ Aleksandra**	**3080**	KTB 'PRZEZ LAS ' GLIWICE	K-50	1	00:02:50	00:32:38	00:45:17	**01:16:36.60**	**01:19:26.85**	+00:11:52 (15.5%)	7:39	7.8 (83.9%)
18	**KOZUB Patrycja**	**3094**	CERTUM	K-20	1	00:02:43	00:32:16	00:45:09	**01:17:34.30**	**01:20:18.10**	+00:12:50 (16.6%)	7:45	7.7 (82.8%)
19	**OWCZAREK Marcin**	**3041**		M-50	3	00:02:04	00:32:15	00:45:17	**01:18:18.75**	**01:20:23.45**	+00:13:34 (17.3%)	7:49	7.7 (82.8%)
20	**JAWORSKI Andrzej**	**3023**		M-50	2	00:02:46	00:32:29	00:45:25	**01:17:48.15**	**01:20:34.50**	+00:13:04 (16.8%)	7:46	7.7 (82.8%)
21	**SKAWIŃSKA Ewa**	**3076**	RIGHTWAY	K-40	4	00:02:50	00:32:53	00:45:40	**01:17:46.85**	**01:20:37.10**	+00:13:03 (16.8%)	7:46	7.7 (82.8%)
22	**TAISNER Aleksandra**	**3089**		K-30	3	00:02:48	00:32:52	00:45:45	**01:19:03.65**	**01:21:51.65**	+00:14:19 (18.1%)	7:54	7.6 (81.7%)
23	**LIPUT Dawid**	**3099**		M-30	5	00:02:49	00:32:25	00:45:40	**01:19:39.30**	**01:22:29.10**	+00:14:55 (18.7%)	7:58	7.5 (80.6%)
24	**MICHALIK Joanna**	**3081**		K-30	4	00:02:47	00:33:42	00:47:03	**01:19:50.75**	**01:22:37.85**	+00:15:06 (18.9%)	7:59	7.5 (80.6%)
25	**TYCZEWSKA Teresa**	**3014**		K-40	5	00:02:47	00:32:55	00:46:16	**01:20:24.05**	**01:23:11.95**	+00:15:40 (19.5%)	8:02	7.5 (80.6%)
26	**WIŚNIEWSKI Sławomir**	**3022**		M-50	4	00:02:48	00:33:32	00:47:07	**01:21:15.60**	**01:24:03.65**	+00:16:31 (20.3%)	8:07	7.4 (79.6%)
27	**SIEJKO Janusz Adam**	**3060**	UM	M-60	3	00:02:57	00:35:06	00:48:54	**01:22:03.45**	**01:25:00.45**	+00:17:19 (21.1%)	8:12	7.3 (78.5%)
28	**TRACZEWSKA Magdalena**	**3082**		K-30	5	00:02:52	00:34:08	00:47:59	**01:22:37.80**	**01:25:30.00**	+00:17:53 (21.7%)	8:15	7.3 (78.5%)
29	**GĘBCZYK Władysław**	**3010**	GLIWICKI KLUB KOLEKCJONERÓW	M-60	4	00:02:50	00:34:22	00:48:07	**01:22:52.65**	**01:25:42.70**	+00:18:08 (21.9%)	8:17	7.2 (77.4%)
30	**KIDAWA Bożena**	**3024**		K-60	1	00:02:46	00:34:18	00:48:03	**01:23:01.75**	**01:25:48.20**	+00:18:17 (22.0%)	8:18	7.2 (77.4%)
31	**WINKIEWICZ Jolanta**	**3056**		K-50	2	00:02:47	00:34:27	00:48:19	**01:23:10.15**	**01:25:57.50**	+00:18:26 (22.2%)	8:19	7.2 (77.4%)
32	**LEWANDOWSKA Iwona**	**3079**		K-50	3	00:02:43	00:34:04	00:48:07	**01:23:25.25**	**01:26:08.50**	+00:18:41 (22.4%)	8:20	7.2 (77.4%)
33	**KIDAWA Marian**	**3015**		M-60	5	00:02:46	00:33:47	00:47:42	**01:23:28.75**	**01:26:15.10**	+00:18:44 (22.5%)	8:20	7.2 (77.4%)
34	**STACHOWICZ Szymon**	**3008**		M-20	2	00:02:55	00:35:42	00:49:57	**01:23:33.40**	**01:26:29.05**	+00:18:49 (22.5%)	8:21	7.2 (77.4%)
35	**WĘGRZYNOWICZ Estera**	**3007**		K-30	6	00:02:55	00:35:42	00:49:58	**01:23:35.80**	**01:26:31.05**	+00:18:51 (22.6%)	8:21	7.2 (77.4%)
36	**SARRÉ Joanna**	**3039**	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	2	00:02:56	00:34:15	00:48:08	**01:24:23.55**	**01:27:19.60**	+00:19:39 (23.3%)	8:26	7.1 (76.3%)
37	**KOTYLAK Wojciech**	**3040**		M-50	5	00:02:53	00:35:04	00:48:50	**01:24:28.30**	**01:27:21.35**	+00:19:44 (23.4%)	8:26	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	**NOWAK Sebastian**	**3091**	PROPOINT	M-30	6	00:02:45	00:35:19	00:49:24	**01:25:03.30**	**01:27:48.45**	+00:20:19 (23.9%)	8:30	7.1 (76.3%)
39	**WOLIŃSKA Katarzyna**	**3097**		K-40	6	00:02:59	00:37:01	00:51:35	**01:24:54.35**	**01:27:53.45**	+00:20:10 (23.8%)	8:29	7.1 (76.3%)
40	**RYGULSKI Andrzej**	**3012**	ŁAZISKIE KARLUSY	M-60	6	00:02:46	00:36:34	00:51:03	**01:25:13.70**	**01:28:00.05**	+00:20:29 (24.1%)	8:31	7 (75.3%)
41	**BENTKOWSKI Lesław**	**3013**	DIRTY SPARROWS	M-70	1	00:02:44	00:35:45	00:50:07	**01:25:28.55**	**01:28:13.15**	+00:20:44 (24.3%)	8:32	7 (75.3%)
42	**MAZIUK Ewa**	**3045**		K-40	7	00:02:51	00:35:52	00:50:07	**01:25:30.30**	**01:28:21.85**	+00:20:46 (24.3%)	8:33	7 (75.3%)
43	**MIZERA Beata**	**3006**		K-40	8	00:02:55	00:35:49	00:50:03	**01:25:34.80**	**01:28:29.95**	+00:20:50 (24.4%)	8:33	7 (75.3%)
44	**SOBCZAK-KOSIŃSKA Sylwia**	**3049**		K-30	7	00:02:51	00:35:55	00:50:08	**01:25:46.05**	**01:28:37.60**	+00:21:02 (24.5%)	8:34	7 (75.3%)
45	**SKONIECZNA Magdalena**	**3017**	BUKATEAM	K-30	8	00:02:48	00:35:13	00:49:20	**01:25:52.20**	**01:28:40.65**	+00:21:08 (24.6%)	8:35	7 (75.3%)
46	**DOMARADZKA Karolina**	**3037**		K-20	2	00:02:51	00:36:40	00:50:53	**01:26:02.25**	**01:28:53.30**	+00:21:18 (24.8%)	8:36	7 (75.3%)
47	**KOZŁOWSKA Karina**	**3029**		K-40	9	00:02:43	00:35:14	00:49:52	**01:26:11.80**	**01:28:55.55**	+00:21:27 (24.9%)	8:37	7 (75.3%)
48	**KISTELLA Paulina**	**3061**		K-20	3	00:02:45	00:35:05	00:49:29	**01:26:14.25**	**01:28:59.60**	+00:21:30 (24.9%)	8:37	7 (75.3%)
49	**ARTER Małgorzata**	**3003**		K-50	4	00:02:45	00:36:30	00:50:46	**01:26:16.45**	**01:29:01.80**	+00:21:32 (25.0%)	8:37	7 (75.3%)
50	**PROKOP Gabriela**	**3098**		K-30	9	00:02:48	00:36:35	00:50:58	**01:26:14.30**	**01:29:02.85**	+00:21:30 (24.9%)	8:37	7 (75.3%)
51	**GAMRACY Leszek**	**3062**	UTW GLIWICE	M-60	8	00:00:00			**01:29:24.00**	**01:29:24.00**	+00:24:40 (27.6%)	8:56	6.7 (72.0%)
52	**WROCŁAWSKI Rafał**	**3101**		M-40	4	00:02:50	00:35:53	00:50:21	**01:27:07.60**	**01:29:58.15**	+00:22:23 (25.7%)	8:42	6.9 (74.2%)
53	**TURCZYN Jolanta**	**3053**		K-50	5	00:02:49	00:36:33	00:51:05	**01:27:58.75**	**01:30:48.15**	+00:23:14 (26.4%)	8:47	6.8 (73.1%)
54	**GROSS Mirosław**	**3038**	FIS-SST TEAM / UNISONO	M-60	7	00:02:47	00:38:02	00:52:36	**01:28:27.20**	**01:31:15.10**	+00:23:43 (26.8%)	8:50	6.8 (73.1%)
55	**MAŁKA Irena**	**3068**	NIEZRZESZONA	K-60	3	00:02:45	00:37:11	00:51:58	**01:28:35.00**	**01:31:20.10**	+00:23:51 (26.9%)	8:51	6.8 (73.1%)
56	**WOJDAT Hanna**	**3054**		K-40	10	00:02:59	00:37:05	00:51:50	**01:28:43.65**	**01:31:43.40**	+00:23:59 (27.0%)	8:52	6.8 (73.1%)
57	**SNOCHOWSKA Agata**	**3058**	SZOMBIERKI RANNERS	K-30	10	00:02:53	00:38:11	00:52:53	**01:28:57.75**	**01:31:51.70**	+00:24:13 (27.2%)	8:53	6.7 (72.0%)
58	**NOWICKA Katarzyna**	**3065**	SZOMBIERKI RUNNERS	K-40	11	00:02:54	00:38:10	00:52:52	**01:28:59.00**	**01:31:53.30**	+00:24:15 (27.3%)	8:53	6.7 (72.0%)
59	**ALEKSANDROWICZ Małgorzata**	**3033**		K-50	6	00:02:10	00:37:27	00:52:24	**01:29:47.10**	**01:31:57.75**	+00:25:03 (27.9%)	8:58	6.7 (72.0%)
60	**DŁUGAJ Urszula**	**3078**		K-40	12	00:02:50	00:38:07	00:53:02	**01:29:13.75**	**01:32:03.75**	+00:24:29 (27.5%)	8:55	6.7 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	**PACYNA-ZIEBURA Anna**	**3030**		K-30	12	00:00:00	00:40:31	00:55:33	**01:32:13.05**	**01:32:13.05**	+00:27:29 (29.8%)	9:13	6.5 (69.9%)
62	**PAWŁOWSKA Anna**	**3034**		K-40	14	00:02:11	00:37:26	00:52:24	**01:30:14.65**	**01:32:25.70**	+00:25:30 (28.3%)	9:01	6.6 (71.0%)
63	**KOWAL Sylwia**	**3064**	-	K-40	13	00:02:47	00:38:55	00:53:59	**01:29:39.55**	**01:32:26.85**	+00:24:55 (27.8%)	8:57	6.7 (72.0%)
64	**LISOWSKI Mirosław**	**3026**	KLIWICKI KLUB KOLERKCJONERÓW	M-50	6	00:02:53	00:38:09	00:53:05	**01:29:43.35**	**01:32:36.60**	+00:24:59 (27.9%)	8:58	6.7 (72.0%)
65	**LISOWSKA Agnieszka**	**3027**		K-18	1	00:02:52	00:38:09	00:53:05	**01:29:44.45**	**01:32:36.70**	+00:25:00 (27.9%)	8:58	6.7 (72.0%)
66	**NOWAK Lidia**	**3048**		K-50	7	00:02:51	00:37:57	00:52:45	**01:30:00.65**	**01:32:51.70**	+00:25:16 (28.1%)	9:00	6.7 (72.0%)
67	**JASIŃSKA Justyna**	**3063**		K-30	11	00:02:47	00:38:56	00:53:59	**01:30:08.50**	**01:32:55.80**	+00:25:24 (28.2%)	9:00	6.7 (72.0%)
68	**KMIEĆ Agnieszka**	**3088**	CERTUM	K-20	4	00:02:47	00:37:45	00:52:50	**01:30:14.00**	**01:33:01.40**	+00:25:30 (28.3%)	9:01	6.6 (71.0%)
69	**TOMASZCZYK Piotr**	**3090**	MEGAVAT RUNNING TEAM	M-50	7	00:02:48	00:38:15	00:53:10	**01:30:15.25**	**01:33:04.00**	+00:25:31 (28.3%)	9:01	6.6 (71.0%)
70	**PURTAK Anna**	**3032**		K-50	8	00:02:48	00:38:13	00:53:07	**01:31:10.95**	**01:33:59.20**	+00:26:27 (29.0%)	9:07	6.6 (71.0%)
71	**JANIK Sylwia**	**3075**		K-20	5	00:01:57	00:38:53	00:54:30	**01:32:44.60**	**01:34:41.70**	+00:28:00 (30.2%)	9:16	6.5 (69.9%)
72	**DWORAK Iwona**	**3036**		K-30	13	00:02:45	00:37:33	00:52:57	**01:32:19.05**	**01:35:04.05**	+00:27:35 (29.9%)	9:13	6.5 (69.9%)
73	**PILSZAK Krystian**	**3055**	TAK DLA TRANSPLANTACJI-TEAM	M-60	9	00:02:46	00:38:04	00:53:41	**01:32:32.30**	**01:35:18.50**	+00:27:48 (30.0%)	9:15	6.5 (69.9%)
74	**KALISZ Aneta**	**3092**		K-40	15	00:02:53	00:39:28	00:54:48	**01:32:46.90**	**01:35:40.25**	+00:28:03 (30.2%)	9:16	6.5 (69.9%)
75	**KREFT Sylwia**	**3093**		K-40	16	00:02:53	00:39:31	00:54:48	**01:32:47.30**	**01:35:40.95**	+00:28:03 (30.2%)	9:16	6.5 (69.9%)
76	**MICHNA Grzegorz**	**3096**		M-60	10	00:02:54	00:39:45	00:54:49	**01:32:49.80**	**01:35:43.85**	+00:28:05 (30.3%)	9:16	6.5 (69.9%)
77	**CEMPULIK-ŁAKOMSKA Agnieszka**	**3019**		K-40	17	00:02:54	00:40:17	00:55:47	**01:33:08.60**	**01:36:03.55**	+00:28:24 (30.5%)	9:18	6.4 (68.8%)
78	**ŁAKOMSKI Marcin**	**3018**		M-40	5	00:02:55	00:40:14	00:56:14	**01:33:10.40**	**01:36:05.45**	+00:28:26 (30.5%)	9:19	6.4 (68.8%)
79	**CHOJNACKI Wojciech**	**3050**	NIZRZESZONY	M-60	11	00:02:57	00:38:54	00:54:38	**01:33:25.05**	**01:36:22.20**	+00:28:41 (30.7%)	9:20	6.4 (68.8%)
80	**KACZMAREK Danuta**	**3020**	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-30	14	00:02:52	00:38:48	00:54:26	**01:33:38.85**	**01:36:31.55**	+00:28:55 (30.9%)	9:21	6.4 (68.8%)
81	**RAJTOR Dominika**	**3084**		K-30	15	00:02:44	00:38:57	00:54:37	**01:34:25.50**	**01:37:09.90**	+00:29:41 (31.4%)	9:26	6.4 (68.8%)
82	**GÓRAL Małgorzata**	**3051**	NIEZRZESZONY	K-40	19	00:02:46	00:39:03	00:54:47	**01:34:51.90**	**01:37:38.30**	+00:30:08 (31.8%)	9:29	6.3 (67.7%)
83	**GÓRNIAK Alicja**	**3052**	NIZRZESZONY	K-40	18	00:02:46	00:39:02	00:54:47	**01:34:51.85**	**01:37:38.35**	+00:30:08 (31.8%)	9:29	6.3 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	**LEŚ Michał**	**3046**		M-40	6	00:02:47	00:40:31	00:56:27	**01:36:15.95**	**01:39:03.55**	+00:31:32 (32.8%)	9:37	6.2 (66.7%)
85	**WIĘCŁAW Cecylia**	**3074**		K-30	16	00:02:51	00:40:06	00:56:04	**01:36:22.10**	**01:39:13.55**	+00:31:38 (32.8%)	9:38	6.2 (66.7%)
86	**KOTOWSKA Karolina**	**3001**	ETISOFT RUNNING TEAM	K-30	17	00:02:56	00:40:26	00:56:22	**01:37:36.10**	**01:40:32.40**	+00:32:52 (33.7%)	9:45	6.1 (65.6%)
87	**JAKUBIAK Izabella**	**3073**		K-40	20	00:02:51	00:40:16	00:56:30	**01:38:27.25**	**01:41:18.70**	+00:33:43 (34.3%)	9:50	6.1 (65.6%)
88	**WIRSKA Magdalena**	**3059**		K-30	18	00:02:43	00:40:33	00:56:56	**01:38:56.90**	**01:41:40.85**	+00:34:13 (34.6%)	9:53	6.1 (65.6%)
89	**PARUZEL Julianna**	**3042**	BPK	K-30	19	00:02:52	00:41:59	00:58:02	**01:39:17.90**	**01:42:10.70**	+00:34:34 (34.8%)	9:55	6 (64.5%)
90	**HILKNER-BUKOWSKA Dorota**	**3043**		K-50	9	00:02:53	00:41:57	00:57:58	**01:39:18.85**	**01:42:11.95**	+00:34:35 (34.8%)	9:55	6 (64.5%)
91	**WIŚNIEWSKA Marzanna**	**3021**		K-40	21	00:02:56	00:41:17	00:57:54	**01:39:35.80**	**01:42:32.25**	+00:34:51 (35.0%)	9:57	6 (64.5%)
92	**PŁONKA Janina**	**3009**		K-60	4	00:02:48	00:41:24	00:58:02	**01:39:44.20**	**01:42:32.30**	+00:35:00 (35.1%)	9:58	6 (64.5%)
93	**HAŁA-WAWRZAK Alicja**	**3070**		K-40	22	00:02:49	00:41:57	00:58:47	**01:43:23.05**	**01:46:12.75**	+00:38:39 (37.4%)	10:20	5.8 (62.4%)

Znaleziono 93 wynik(ów)