



NORDIC WALKING GLIWICKI - 10KM

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MAŁKA Marian	1648		M-50	1	00:01:15	00:31:59	01:04:37	01:07:10.90	01:08:25.95		6:43	8.9
2	ADAMUS Marcin	1604		M-60	1	00:01:15	00:33:09	01:09:08	01:12:05.15	01:13:21.00	+00:04:54	7:12	8.3
3	POGOCKI Piotr	1666		M-30	1	00:01:21	00:35:17	01:10:25	01:13:15.30	01:14:36.35	+00:06:04	7:19	8.2
4	TYCZEWSKI Jacek	1693		M-30	2	00:01:16	00:34:52	01:11:22	01:13:58.60	01:15:14.90	+00:06:47	7:23	8.1
5	KAJCA Mirosław	1633	ŁAZISKIE KARLUSY	M-40	1	00:01:15	00:34:34	01:11:09	01:14:03.15	01:15:18.80	+00:06:52	7:24	8.1
6	POGORZELSKA Wiesława	1668	KS FORMA WODZISŁAW ŚL.	K-30	1	00:01:27	00:34:53	01:11:39	01:14:32.65	01:16:00.50	+00:07:21	7:27	8
7	MARONDEL Katarzyna	1650	SILESIA NORDIC TEAM	K-30	3	00:01:13	00:35:51	01:12:54	01:15:51.70	01:17:05.30	+00:08:40	7:35	7.9
8	TAISNER Aleksandra	1686	EKIPA NA KIJACH	K-30	2	00:01:32	00:36:39	01:12:54	01:15:36.35	01:17:08.40	+00:08:25	7:33	7.9
9	TAISNER Tomasz	1687	EKIPA NA KIJACH	M-40	2	00:01:14	00:36:26	01:13:11	01:16:01.35	01:17:16.05	+00:08:50	7:36	7.9
10	SZAJNOWSKA Agnieszka	1681	ZDROWE KROKI PM 4	K-40	1	00:01:41	00:35:24	01:12:45	01:15:37.45	01:17:18.70	+00:08:26	7:33	7.9
11	MAZIUK Krzysztof	1651		M-50	2	00:01:28	00:36:04	01:14:12	01:17:17.80	01:18:46.55	+00:10:06	7:43	7.8
12	GAWLIK-RYBIŃSKA Kasia	1621	EŁKA TEAM	K-30	4	00:01:40	00:36:52	01:15:07	01:18:09.35	01:19:50.15	+00:10:58	7:49	7.7
13	SZKAMRUK Janusz	1682		M-60	2	00:01:16	00:36:56	01:15:31	01:18:37.95	01:19:54.10	+00:11:27	7:51	7.6
14	MAJEWSKA Dorota	1647		K-40	2	00:01:27	00:37:42	01:15:55	01:18:53.25	01:20:20.25	+00:11:42	7:53	7.6
15	ZUBER Monika	1703	EKIPA NA KIJACH	K-30	5	00:01:35	00:37:50	01:16:20	01:19:16.65	01:20:52.30	+00:12:05	7:55	7.6
16	SIEJKO Janusz Adam	1675	UM	M-60	3	00:01:38	00:37:37	01:16:24	01:19:26.15	01:21:04.65	+00:12:15	7:56	7.6
17	ZADROGA Paweł	1698	GORA TEAM	M-30	3	00:01:42	00:38:48	01:16:35	01:19:41.85	01:21:24.30	+00:12:30	7:58	7.5
18	MISZCZAK Katarzyna	1653	EKIPA NA KIJACH	K-40	3	00:01:35	00:38:42	01:17:09	01:20:11.30	01:21:47.05	+00:13:00	8:01	7.5
19	OWCZAREK Marcin	1657		M-50	3	00:01:36	00:37:46	01:17:26	01:20:32.00	01:22:08.85	+00:13:21	8:03	7.5
20	TYCZEWSKA Paulina	1691		K-30	6	00:01:23	00:38:26	01:18:29	01:21:42.95	01:23:05.95	+00:14:32	8:10	7.3
21	ZADROGA Dorota	1699	GORA TEAM	K-30	7	00:01:43	00:39:03	01:19:41	01:22:52.75	01:24:35.75	+00:15:41	8:17	7.2
22	GĘBCZYK Władysław	1623	GLIWICKI KLUB KOLEKCJONERÓW	M-60	4	00:01:43	00:39:51	01:20:04	01:23:21.85	01:25:05.50	+00:16:10	8:20	7.2
23	KIDAWA Bożena	1602		K-60	1	00:01:35	00:39:29	01:20:19	01:23:36.25	01:25:11.35	+00:16:25	8:21	7.2
24	JAWORSKI Andrzej	1631		M-50	4	00:01:19	00:39:58	01:21:02	01:24:30.90	01:25:50.00	+00:17:20	8:27	7.1
25	WIŚNIEWSKI Sławomir	1696		M-50	5	00:01:16	00:40:06	01:21:36	01:24:50.10	01:26:06.55	+00:17:39	8:29	7.1
26	SZROBARCZYK Małgorzata	1684		K-50	1	00:01:22	00:40:43	01:22:08	01:25:19.20	01:26:41.75	+00:18:08	8:31	7
27	TYCZEWSKA Teresa	1692		K-40	4	00:01:37	00:40:01	01:21:52	01:25:11.05	01:26:48.55	+00:18:00	8:31	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	9.9km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
28	SZYMCZEWSKI Włodzimierz	1685		M-60	5	00:01:17	00:40:40	01:22:14	01:25:34.15	01:26:52.10	+00:18:23	8:33	7
29	IZYDORCZYK Bernadetta	1628		K-50	2	00:01:32	00:40:04	01:22:53	01:26:25.25	01:27:57.45	+00:19:14	8:38	6.9
30	GRABIŃSKI Lech	1624	BŁYSKAWICA SARNÓW	M-60	6	00:01:48	00:41:27	01:22:52	01:26:10.80	01:27:58.80	+00:18:59	8:37	7
31	PLUSCZOK Renata	1663		K-30	8	00:01:47	00:41:16	01:22:56	01:26:11.50	01:27:59.25	+00:19:00	8:37	7
32	BROM - NOWAK Anna	1614		K-30	9	00:01:41	00:40:24	01:22:54	01:26:23.70	01:28:05.65	+00:19:12	8:38	6.9
33	NOWAK Sebastian	1654		M-40	3	00:01:41	00:40:50	01:23:07	01:26:24.95	01:28:06.00	+00:19:14	8:38	6.9
34	TRACZEWSKA Magdalena	1689		K-30	10	00:01:46	00:40:38	01:23:06	01:26:24.45	01:28:10.70	+00:19:13	8:38	6.9
35	WYROZUMSKI Wojciech	1697		M-30	4	00:01:42	00:41:23	01:23:21	01:26:31.40	01:28:14.00	+00:19:20	8:39	6.9
36	ZDROJEWSKA Agata	1700		K-30	11	00:01:48	00:41:16	01:23:08	01:26:26.00	01:28:14.90	+00:19:15	8:38	6.9
37	GAMRACY Leszek	1620	UTW GLIWICE	M-60	7	00:01:49	00:39:23	01:22:52	01:26:34.05	01:28:23.30	+00:19:23	8:39	6.9
38	MAŁKA Irena	1649		K-60	2	00:01:19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	+00:20:02	8:43	6.9
39	KRZYŻANIAK Maria	1641	KAMA	K-50	3	00:01:29	00:40:40	01:22:38	01:27:11.20	01:28:40.40	+00:20:00	8:43	6.9
40	LISZKA Ilona	1646	OFIARY KAMIENICA	K-40	5	00:01:27	00:40:40	01:24:06	01:27:38.20	01:29:05.30	+00:20:27	8:45	6.8
41	KOZŁOWSKA Karina	1639	OFIARY KAMIENICA	K-40	6	00:01:27	00:40:41	01:24:07	01:27:39.10	01:29:06.15	+00:20:28	8:45	6.8
42	WINIARSKA Jolanta	1603		K-40	7	00:01:28	00:41:42	01:24:26	01:27:53.45	01:29:22.00	+00:20:42	8:47	6.8
43	SZPIECHOWICZ Sylwia	1683		K-30	12	00:00:33	00:41:27	01:25:15	01:28:52.40	01:29:26.35	+00:21:41	8:53	6.8
44	PIĄTEK Irena	1661		K-50	5	00:00:33	00:41:28	01:25:16	01:28:52.75	01:29:26.60	+00:21:41	8:53	6.8
45	TRAUTMANN Bogusława	1690	OFIARY KAMIENICA	K-50	4	00:01:29	00:42:26	01:24:59	01:28:24.75	01:29:53.80	+00:21:13	8:50	6.8
46	ROSIŃSKA Wirginia	1672		K-30	13	00:01:26	00:44:11	01:25:48	01:28:59.75	01:30:25.95	+00:21:48	8:53	6.7
47	KOWAL Sylwia	1637	JUSTYNA-SYLWIA	K-40	8	00:01:45	00:44:58	01:25:37	01:28:44.60	01:30:30.50	+00:21:33	8:52	6.8
48	DOMARADZKA Karolina	1618		K-20	1	00:01:34	00:43:21	01:26:08	01:29:33.40	01:31:07.80	+00:22:22	8:57	6.7
49	SNOCHOWSKA Agata	1678	SZOMBIERKI RUNNERS	K-40	9	00:01:24	00:43:11	01:26:27	01:29:43.80	01:31:08.20	+00:22:32	8:58	6.7
50	OSADNIK Adam	1656		M-40	4	00:01:23	00:43:13	01:26:30	01:29:45.65	01:31:09.60	+00:22:34	8:58	6.7
51	PACYNA Danuta	1658		K-50	6	00:01:35	00:45:32	01:26:32	01:29:41.90	01:31:17.70	+00:22:31	8:58	6.7
52	SARRÉ Joanna	1674	SPORTRELAKS	K-60	3	00:01:38	00:42:06	01:26:18	01:29:55.60	01:31:34.10	+00:22:44	8:59	6.7
53	RYGULSKI Andrzej	1673	ŁAZISKIE KARLUSY	M-60	8	00:01:13	00:43:54	01:27:10	01:30:23.70	01:31:37.65	+00:23:12	9:02	6.6
54	HERMAN Kazimiera	1627		K-60	4	00:01:31	00:43:26	01:26:46	01:30:11.95	01:31:43.10	+00:23:01	9:01	6.7
55	ZIÓŁKOWSKA Jolanta	1702		K-50	7	00:01:31	00:43:26	01:26:46	01:30:12.10	01:31:43.35	+00:23:01	9:01	6.7
56	BROLL Agnieszka	1613		K-40	10	00:01:31	00:44:09	01:27:23	01:30:46.25	01:32:18.00	+00:23:35	9:04	6.6
57	ARBASZEWSKA Agnieszka	1601		K-40	11	00:01:19	00:42:01	01:27:42	01:31:14.95	01:32:34.90	+00:24:04	9:07	6.6
58	BANACH Roksana	1611		K-30	14	00:01:27	00:42:40	01:28:00	01:31:40.70	01:33:08.65	+00:24:29	9:10	6.5
59	JASIŃSKA Justyna	1630	JUSTYNA-SYLWIA	K-40	12	00:01:45	00:44:59	01:28:17	01:31:36.40	01:33:21.85	+00:24:25	9:09	6.6
60	SOBCZAK-KOSIŃSKA Sylwia	1679		K-30	15	00:01:28	00:43:35	01:28:31	01:32:04.65	01:33:33.20	+00:24:53	9:12	6.5
61	PURTAK Anna	1670		K-50	8	00:01:39	00:43:39	01:28:31	01:31:59.35	01:33:39.10	+00:24:48	9:12	6.5
62	JAKUSZEWSKA Ewa	1629		K-60	5	00:01:35	00:45:34	01:28:51	01:32:19.85	01:33:55.60	+00:25:08	9:14	6.5
63	LISOWSKI Mirosław	1645	GLIWICKI KLUB KOLEKCJONERÓW	M-50	6	00:01:44	00:46:48	01:29:08	01:32:26.80	01:34:11.20	+00:25:15	9:14	6.5
64	GROSS Mirosław	1625	FIS-SST TEAM	M-60	9	00:01:45	00:45:10	01:29:31	01:33:03.45	01:34:48.85	+00:25:52	9:18	6.4
65	TOMASZCZYK Piotr	1688	MEGAWAT RUNNING TEAM	M-50	7	00:01:18	00:45:40	01:30:18	01:33:34.85	01:34:53.45	+00:26:23	9:21	6.4
66	ZIOŁKOWSKA Dorota	1701		K-30	16	00:01:39	00:44:46	01:29:56	01:33:19.15	01:34:58.75	+00:26:08	9:19	6.4
67	ALEKSANDROWICZ Małgorzata	1610		K-50	9	00:01:38	00:43:52	01:29:55	01:33:30.70	01:35:09.60	+00:26:19	9:21	6.4
68	PAWŁOWSKA Anna	1660		K-40	13	00:01:38	00:43:52	01:29:55	01:33:30.85	01:35:09.65	+00:26:19	9:21	6.4
69	PILSZAK Krystian	1662	TAK DLA TRANSPLANTACJI	M-60	10	00:01:20	00:44:33	01:31:13	01:34:55.85	01:36:16.20	+00:27:44	9:29	6.3
70	KACZMAREK Danuta	1632	SPORT-RELAKS	K-30	17	00:01:29	00:44:40	01:31:19	01:34:56.85	01:36:26.80	+00:27:45	9:29	6.3
71	KOWALCZYK Maya	1638	MOMO RESTAURANT & COCKTAIL BAR	K-50	10	00:00:28	00:45:19	01:32:32	01:36:16.50	01:36:45.05	+00:29:05	9:37	6.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	KALISZ Aneta	1128		K-40	15	00:01:30	00:45:43	01:32:08	01:35:31.35	01:37:01.45	+00:28:20	9:33	6.3
73	KREFT Sylwia	1640		K-40	16	00:01:30	00:45:43	01:32:09	01:35:31.40	01:37:01.50	+00:28:20	9:33	6.3
74	ROMAŃSKA Katarzyna	1671		K-40	14	00:01:35	00:45:59	01:31:56	01:35:31.05	01:37:06.80	+00:28:20	9:33	6.3
75	KIDAWA Marian	1634		M-60	11	00:01:36	00:44:07	01:32:26	01:36:19.15	01:37:55.20	+00:29:08	9:37	6.2
76	ODOSZEWSKA Barbara	1655	PNEUMOKOKI	K-30	18	00:01:44	00:46:48	01:32:47	01:36:37.40	01:38:21.90	+00:29:26	9:39	6.2
77	GENISZEWSKA Emilia	1622	GRYFNE FRELKI	K-30	19	00:01:44	00:46:48	01:32:47	01:36:37.80	01:38:22.10	+00:29:26	9:39	6.2
78	SOCZAWA Monika	1680		K-30	20	00:01:43	00:46:19	01:35:15	01:39:10.45	01:40:53.95	+00:31:59	9:55	6.1
79	PODOLAK Teresa	1665	LAKS FRETPOŁ PYSKOWICE	K-50	11	00:01:25	00:46:56	01:35:50	01:39:45.30	01:41:11.20	+00:32:34	9:58	6
80	DOMARADZKA Mirella	1619		K-50	12	00:01:31	00:46:47	01:36:14	01:40:06.55	01:41:38.35	+00:32:55	10:00	6
81	KOTOWSKA Karolina	1635	ETISOFT RUNNING TEAM	K-30	21	00:01:47	00:48:59	01:38:41	01:42:35.50	01:44:22.55	+00:35:24	10:15	5.8
82	WIŚNIEWSKA Marzanna	1695		K-50	13	00:01:47	00:49:00	01:39:39	01:43:44.30	01:45:31.45	+00:36:33	10:22	5.8
83	PŁONKA Janina	1664		K-60	6	00:01:46	00:49:02	01:40:17	01:44:21.80	01:46:08.10	+00:37:10	10:26	5.7
84	LISOWSKA Agnieszka	1644		K-18	1	00:01:44	00:47:33	01:41:35	01:45:44.20	01:47:28.85	+00:38:33	10:34	5.7
85	POGORZELSKA Barbara	1667	FIS-SST TEAM	K-70	1	00:01:39	00:49:12	01:42:04	01:46:26.30	01:48:05.65	+00:39:15	10:38	5.6

Znaleziono 85 wynik(ów)