



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2021-10-17
Gliwice
10N km

NORDIC WALKING GLIWICKI - 10KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	RZEPKA Małgorzata	2072	KB ORŁY Z KNUROWA	K-40	1	00:00:04	00:17:11	00:43:22	01:07:43.15	01:07:47.15		6:46	8.9 (100%)
2	MANDRYSZ Aleksandra	2042	NORDIC WALKING LYSKI	K-40	2	00:00:03	00:18:59	00:48:12	01:14:50.25	01:14:54.00	+00:07:07 (9.5%)	7:29	8 (89.9%)
3	PIECHOCZEK-NIEZGODA Lucyna	2062		K-40	3	00:00:03	00:18:58	00:48:12	01:15:12.00	01:15:15.15	+00:07:28 (9.9%)	7:31	8 (89.9%)
4	MERKEL Sabina	2048	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	4	00:00:05	00:19:38	00:49:18	01:16:28.00	01:16:33.80	+00:08:44 (11.4%)	7:38	7.8 (87.6%)
5	KLIMAS Patrycja	2022		K-40	5	00:00:18	00:20:47		01:16:31.55	01:16:50.50	+00:08:48 (11.5%)	7:39	7.8 (87.6%)
6	MILERT Jolanta	2050	NORDIC WALKING LYSKI	K-40	6	00:00:03	00:20:19	00:52:10	01:20:38.65	01:20:42.35	+00:12:55 (16.0%)	8:03	7.4 (83.1%)
7	LISZKA Ilona	2036		K-40	7	00:00:04	00:20:51	00:52:25	01:21:28.95	01:21:33.35	+00:13:45 (16.9%)	8:08	7.4 (83.1%)
8	BARON Magdalena	2002		K-40	8	00:00:06	00:21:42	00:53:08	01:21:35.60	01:21:42.25	+00:13:52 (17.0%)	8:09	7.4 (83.1%)
9	SZYJKA Katarzyna	2085	HIRSCHVOGEL	K-40	9	00:00:11	00:21:26	00:53:13	01:22:31.05	01:22:42.95	+00:14:47 (17.9%)	8:15	7.3 (82.0%)
10	NOWAK Danuta	2051	ELZAB ACTIVE TEAM	K-40	10	00:00:02	00:21:21	00:53:50	01:23:10.20	01:23:12.95	+00:15:27 (18.6%)	8:19	7.2 (80.9%)
11	SYMELA-BOCHEŃSKA Katarzyna	2082		K-40	11	00:00:15	00:22:05	00:53:49	01:23:15.05	01:23:30.85	+00:15:31 (18.7%)	8:19	7.2 (80.9%)
12	CZERWIK Ilona	2006		K-40	12	00:00:14	00:21:37	00:54:13	01:24:55.20	01:25:10.00	+00:17:12 (20.3%)	8:29	7.1 (79.8%)
13	PASTERNAK Anna	2059	OPEL ACTIVE TEAM	K-40	13	00:00:12	00:22:51	00:55:45	01:24:57.00	01:25:09.95	+00:17:13 (20.3%)	8:29	7.1 (79.8%)
14	OLSZEWSKA Jolanta	2054		K-40	14	00:00:05	00:21:41	00:55:30	01:26:30.10	01:26:35.50	+00:18:46 (21.7%)	8:39	6.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PASTERNAK Katarzyna	2060		K-40	15	00:00:05	00:21:41	00:55:31	01:27:12.60	01:27:18.00	+00:19:29 (22.3%)	8:43	6.9 (77.5%)
16	SNOCHOWSKA Agata	2079	SZOMBIERKI CHODZĄ I BIEGAJĄ	K-40	16	00:00:15	00:23:22	00:57:32	01:28:51.85	01:29:07.60	+00:21:08 (23.8%)	8:53	6.8 (76.4%)
17	ZABAWSKA Aleksandra	2096		K-40	17	00:00:13	00:23:25		01:29:48.25	01:30:02.10	+00:22:05 (24.6%)	8:58	6.7 (75.3%)
18	OCHMAN Aleksandra	2052	OPEL ACTIVE TEAM	K-40	18	00:00:12	00:23:08	00:57:38	01:29:54.80	01:30:07.70	+00:22:11 (24.7%)	8:59	6.7 (75.3%)
19	BABCZUK Katarzyna	2001		K-40	19	00:00:12	00:23:48	00:57:58	01:30:10.80	01:30:22.85	+00:22:27 (24.9%)	9:01	6.7 (75.3%)
20	GRONDYS Sylwia	2016		K-40	20	00:00:10	00:23:25	00:58:46	01:30:33.55	01:30:44.25	+00:22:50 (25.2%)	9:03	6.6 (74.2%)
21	REWERS Marzena	2103	LILA TEAM	K-40	21	00:00:13	00:23:49	00:58:01	01:30:36.35	01:30:49.40	+00:22:53 (25.3%)	9:03	6.6 (74.2%)
22	SIDOR Anna	2074		K-40	22	00:00:14	00:23:11	00:57:35	01:31:00.00	01:31:14.85	+00:23:16 (25.6%)	9:06	6.6 (74.2%)
23	ZARAŚ-HEREJ Urszula	2097		K-40	23	00:00:06	00:22:20	00:57:45	01:31:01.65	01:31:07.65	+00:23:18 (25.6%)	9:06	6.6 (74.2%)
24	MALINOWSKA-FILIPEK Agnieszka	2039		K-40	24	00:00:07	00:23:29	00:58:48	01:31:30.55	01:31:38.20	+00:23:47 (26.0%)	9:09	6.6 (74.2%)
25	ROJEK Urszula	2066		K-40	25	00:00:09	00:23:36	00:59:11	01:31:48.35	01:31:57.35	+00:24:05 (26.2%)	9:10	6.5 (73.0%)
26	RAJS Ewelina	2065	WRŚ	K-40	26	00:00:06	00:23:10	00:58:54	01:32:03.60	01:32:10.55	+00:24:20 (26.4%)	9:12	6.5 (73.0%)
27	KOLCZYŃSKA Barbara	2024	ELZAB ACTIVE TEAM	K-40	27	00:00:02	00:22:32	00:58:45	01:32:16.15	01:32:18.80	+00:24:33 (26.6%)	9:13	6.5 (73.0%)
28	RYKOWSKA Marzena	2071		K-40	28	00:00:08	00:24:37	01:00:53	01:33:29.60	01:33:37.95	+00:25:46 (27.6%)	9:20	6.4 (71.9%)
29	SMORZ Gabriela	2078		K-40	29	00:00:20	00:24:45	01:01:24	01:33:51.70	01:34:11.70	+00:26:08 (27.9%)	9:23	6.4 (71.9%)
30	GŁUCH-KWACZAŁA Bogumiła	2012		K-40	30	00:00:19	00:24:44	01:01:25	01:33:52.90	01:34:12.50	+00:26:09 (27.9%)	9:23	6.4 (71.9%)
31	WIETRZYCKA Anna	2091		K-40	31	00:00:14	00:24:47	01:01:49	01:34:21.85	01:34:36.00	+00:26:38 (28.2%)	9:26	6.4 (71.9%)
32	BOJCZUK Marta	2003		K-40	32	00:00:14	00:24:48	01:01:49	01:34:30.70	01:34:45.40	+00:26:47 (28.3%)	9:27	6.3 (70.8%)
33	LIBERSKA Elwira	2034		K-40	33	00:00:10	00:24:19	01:01:23	01:35:32.10	01:35:42.65	+00:27:48 (29.1%)	9:33	6.3 (70.8%)
34	WOŹNIAK Anna	2094		K-40	34	00:00:10	00:24:21	01:01:24	01:35:32.55	01:35:42.55	+00:27:49 (29.1%)	9:33	6.3 (70.8%)
35	KUKLA Marzena	2030	ORINORDIC	K-40	35	00:00:13	00:24:45	01:03:51	01:36:52.80	01:37:06.65	+00:29:09 (30.1%)	9:41	6.2 (69.7%)
36	DZIEDZIC Anna	2007		K-40	36	00:00:13	00:24:48	01:03:51	01:41:28.20	01:41:41.75	+00:33:45 (33.3%)	10:08	5.9 (66.3%)