



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

NORDIC WALKING GLIWICKI - 10KM

B4SPORT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K Open

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	UKLEJA Anna	2090		K-30	1	00:00:06	00:19:37	00:48:46	01:14:40.50	01:14:46.95	+00:06:57 (9.3%)	7:28	8 (89.9%)
3	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%)
4	RÓŻEWICZ Ewa	2069	PANCE	K-60	1	00:00:02	00:19:16	00:48:25	01:15:04.95	01:15:07.85	+00:07:21 (9.8%)	7:30	8 (89.9%)
5	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%)
6	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%)
7	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%)
8	LIBARDI-KŁYŚ Sylwia	2033		K-60	2	00:00:02	00:19:07	00:48:42	01:16:36.35	01:16:39.10	+00:08:53 (11.6%)	7:39	7.8 (87.6%)
9	MARONDEL Katarzyna	2044	SILESIA NORDIC TEAM	K-30	2	00:00:04	00:19:16	00:48:53	01:16:46.15	01:16:50.55	+00:09:03 (11.8%)	7:40	7.8 (87.6%)
10	KUCZERA Beata	2029	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	3	00:00:06	00:19:58	00:50:12	01:17:52.85	01:17:59.10	+00:10:09 (13.0%)	7:47	7.7 (86.5%)
11	LASKA Jadwiga	2032		K-50	1	00:00:05	00:21:14	00:52:15	01:20:36.55	01:20:42.40	+00:12:53 (16.0%)	8:03	7.4 (83.1%)
12	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%)
13	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%)
14	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	6.5km					
15	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%)
16	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%)
17	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%)
18	FELKEL Aldona	2009	#HUTATEAM	K-50	2	00:00:07	00:21:47	00:54:16	01:24:26.65	01:24:33.75	+00:16:43 (19.8%)	8:26	7.1 (79.8%)
19	SZROBARCZYK Małgorzata	2084		K-50	3	00:00:02	00:21:22	00:54:22	01:24:29.05	01:24:31.90	+00:16:45 (19.8%)	8:26	7.1 (79.8%)
20	KOWALCZYK Grażyna	2107		K-50	4	00:00:01	00:20:51	00:53:32	01:24:48.80	01:24:50.65	+00:17:05 (20.2%)	8:28	7.1 (79.8%)
21	MAŁKA Irena	2041		K-60	3	00:00:04	00:21:48	00:54:32	01:24:50.00	01:24:54.50	+00:17:06 (20.2%)	8:29	7.1 (79.8%)
22	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%)
23	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%)
24	SZKAMRUK Bogusława	2083	EXTREMALNE OTK NA RELAKSIE	K-60	4	00:00:09	00:21:46	00:54:48	01:25:02.80	01:25:12.75	+00:17:19 (20.4%)	8:30	7.1 (79.8%)
25	POPIOŁKIEWICZ Małgorzata	2100		K-30	4	00:00:15	00:23:10	00:57:34	01:25:03.60	01:25:19.05	+00:17:20 (20.4%)	8:30	7.1 (79.8%)
26	KOPCZYŃSKA Agata	2026	#HUTATEAM	K-30	5	00:00:10	00:22:50	00:56:00	01:25:16.55	01:25:26.95	+00:17:33 (20.6%)	8:31	7 (78.7%)
27	ZIÓŁKOWSKA Jolanta	2098		K-60	5	00:00:11	00:22:39	00:55:37	01:25:47.25	01:25:58.45	+00:18:04 (21.1%)	8:34	7 (78.7%)
28	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%)
29	WINKIEWICZ Jolanta	2092		K-50	5	00:00:08	00:22:11	00:55:32	01:26:46.00	01:26:54.65	+00:19:02 (22.0%)	8:40	6.9 (77.5%)
30	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%)
31	TRAUTMANN Bogusia	2087		K-50	6	00:00:04	00:21:44	00:55:33	01:27:17.45	01:27:21.80	+00:19:34 (22.4%)	8:43	6.9 (77.5%)
32	HRYSZKIEWICZ Anna	2017	BSM IT CROWD	K-30	6	00:00:05	00:22:23	00:56:00	01:27:39.40	01:27:44.80	+00:19:56 (22.7%)	8:45	6.8 (76.4%)
33	CEREMUGA Justyna	2004		K-30	7	00:00:03	00:21:59	00:56:22	01:27:49.05	01:27:52.40	+00:20:05 (22.9%)	8:46	6.8 (76.4%)
34	JANUSZEWSKA-ZENOWICZ Anna	2019		K-50	7	00:00:12	00:23:21	00:57:21	01:28:14.60	01:28:26.65	+00:20:31 (23.3%)	8:49	6.8 (76.4%)
35	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%)
36	MACYSZYN Beata	2038	GLIWICE	K-50	8	00:00:11	00:22:56	00:57:31	01:29:18.35	01:29:30.00	+00:21:35 (24.2%)	8:55	6.7 (75.3%)
37	SOBCZAK-KOSIŃSKA Sylwia	2080		K-30	8	00:00:13	00:23:11	00:57:32	01:29:44.30	01:29:57.90	+00:22:01 (24.5%)	8:58	6.7 (75.3%)

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						startu	2.5km	6.5km					
38	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%)
39	JURETKO Aneta	2021		K-50	9	00:00:09	00:23:22		01:29:53.50	01:30:02.85	+00:22:10 (24.7%)	8:59	6.7 (75.3%)
40	RYFIAK-KOWALCZYK Marta	2070		K-30	9	00:00:14	00:23:26	00:58:05	01:29:54.50	01:30:08.70	+00:22:11 (24.7%)	8:59	6.7 (75.3%)
41	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%)
42	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%)
43	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%)
44	DOMARADZKA Karolina	2129		K-30	10	00:00:17	00:23:50	00:59:10	01:30:34.20	01:30:51.95	+00:22:51 (25.2%)	9:03	6.6 (74.2%)
45	CZARNIAKOWSKA Marzena	2005		K-30	11	00:00:11	00:23:57	00:59:16	01:30:35.65	01:30:46.70	+00:22:52 (25.2%)	9:03	6.6 (74.2%)
46	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%)
47	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%)
48	PIERNIKARCZYK Mirela	2063		K-30	12	00:00:15	00:23:13	00:57:35	01:31:00.20	01:31:15.20	+00:23:17 (25.6%)	9:06	6.6 (74.2%)
49	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%)
50	ONYSZKIEWICZ Iwona	2055		K-30	13	00:00:12	00:23:17	00:59:05	01:31:10.15	01:31:22.20	+00:23:27 (25.7%)	9:07	6.6 (74.2%)
51	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%)
52	SARRE Joanna	2099	SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	6	00:00:19	00:23:03	00:58:05	01:31:36.50	01:31:56.40	+00:23:53 (26.1%)	9:09	6.6 (74.2%)
53	OCHUDŁO Gabriela	2053	#HUTATEAM	K-50	10	00:00:08	00:23:26	00:58:44	01:31:38.95	01:31:47.65	+00:23:55 (26.1%)	9:09	6.5 (73.0%)
54	KOMANDER Joanna	2025	JOMAR RUNNERS	K-50	11	00:00:06	00:22:49	00:58:39	01:31:41.15	01:31:47.90	+00:23:58 (26.1%)	9:10	6.5 (73.0%)
55	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%)
56	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%)
57	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%)
58	GRZELAK Małgorzata	2106		K-50	12	00:00:11	00:23:19	00:59:08	01:32:37.35	01:32:48.40	+00:24:54 (26.9%)	9:15	6.5 (73.0%)
59	WÓJCIK Rozalia	2095		K-60	7	00:00:06	00:23:09	00:58:53	01:32:49.40	01:32:56.25	+00:25:06 (27.0%)	9:16	6.5 (73.0%)
60	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%)

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
61	SPENDE Anna	2081		K-30	14	00:00:14	00:24:06	01:00:42	01:33:49.10	01:34:03.85	+00:26:05 (27.8%)	9:22	6.4 (71.9%)
62	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%)
63	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%)
64	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%)
65	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%)
66	KORNAŚ Anna	2027		K-30	15	00:00:12	00:23:50	01:00:28	01:34:33.65	01:34:46.25	+00:26:50 (28.4%)	9:27	6.3 (70.8%)
67	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%)
68	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%)
69	PROKWITE Martyna	2064		K-30	16	00:00:17	00:25:26	01:03:11	01:36:51.85	01:37:09.30	+00:29:08 (30.1%)	9:41	6.2 (69.7%)
70	MATYJASZEK Marta	2047		K-30	17	00:00:17	00:25:26	01:03:11	01:36:52.35	01:37:09.35	+00:29:09 (30.1%)	9:41	6.2 (69.7%)
71	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%)
72	SKLARZYK Barbara	2076	#HUTATEAM	K-50	13	00:00:08	00:24:13	01:02:54	01:36:58.70	01:37:06.75	+00:29:15 (30.2%)	9:41	6.2 (69.7%)
73	KOTOWSKA Karolina	2028	SLOW JOGGING GLIWICE	K-30	18	00:00:09	00:25:15	01:04:06	01:40:03.65	01:40:12.95	+00:32:20 (32.3%)	10:00	6 (67.4%)
74	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%)
75	DOMARADZKA Mirella	2130		K-50	14	00:00:16	00:25:29	01:05:31	01:43:01.75	01:43:18.40	+00:35:18 (34.3%)	10:18	5.8 (65.2%)
76	MĘTEL Irena	2049	#HUTATEAM	K-50	15	00:00:07	00:25:40	01:05:39	01:43:11.60	01:43:19.05	+00:35:28 (34.4%)	10:19	5.8 (65.2%)
77	LISZEWSKA-KRZYWY Maria	2035	REHAFIT PILATES STUDIO	K-50	16	00:00:11	00:26:23	01:07:30	01:44:27.35	01:44:38.65	+00:36:44 (35.2%)	10:26	5.7 (64.0%)
78	MARZEC Janina	2046		K-60	8	00:00:09	00:26:34	01:08:08	01:46:26.25	01:46:35.55	+00:38:43 (36.4%)	10:38	5.6 (62.9%)

Znaleziono 78 wynik(ów)