



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: Mieszkanki Gliwic

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	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%)
3	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)

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	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%)
16	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%)
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	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%)
19	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%)
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	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
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	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)

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38	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%)
39	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%)
40	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 40 wynik(ów)