



# 10 KM ATEST PZLA GLIWICKI 2016

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-10-23  
**Miejsce:** Gliwice  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CUL Aleksandra</b>	<b>339</b>	PLASTIC OMNIUM	K-20	1	00:00:30	<b>00:49:28.75</b>	<b>00:49:59.50</b>		4:56	12.1 (100%)
2	<b>CUPIAŁ Joanna</b>	<b>2281</b>		K-20	2	00:00:51	<b>00:50:24.20</b>	<b>00:51:15.60</b>	+00:00:55 (1.8%)	5:02	11.9 (98.3%)
3	<b>KAMIŃSKA Aleksandra</b>	<b>2094</b>		K-20	3	00:00:23	<b>00:55:21.20</b>	<b>00:55:44.35</b>	+00:05:52 (10.6%)	5:32	10.8 (89.3%)
4	<b>WANDEL Ewa</b>	<b>2055</b>		K-20	4	00:00:32	<b>00:55:23.30</b>	<b>00:55:55.65</b>	+00:05:54 (10.7%)	5:32	10.8 (89.3%)
5	<b>KOZŁOWSKA Sandra</b>	<b>2215</b>		K-20	5	00:01:16	<b>00:55:27.30</b>	<b>00:56:44.05</b>	+00:05:58 (10.8%)	5:32	10.8 (89.3%)
6	<b>JAWOR Magdalena</b>	<b>2192</b>		K-20	6	00:00:31	<b>00:56:31.40</b>	<b>00:57:03.05</b>	+00:07:02 (12.5%)	5:39	10.6 (87.6%)
7	<b>LASAK Aleksandra</b>	<b>2277</b>	FC KNURÓW/COMBAT 56	K-20	7	00:00:53	<b>00:56:36.85</b>	<b>00:57:30.70</b>	+00:07:08 (12.6%)	5:39	10.6 (87.6%)
8	<b>BANASZEWSKA Aleksandra</b>	<b>2252</b>	GBC RUNNERS	K-20	8	00:00:25	<b>00:58:20.25</b>	<b>00:58:45.35</b>	+00:08:51 (15.2%)	5:50	10.3 (85.1%)
9	<b>SZWIEC Sandra</b>	<b>2171</b>	ORNONTOWICE BIEGA	K-20	9	00:01:27	<b>00:58:54.15</b>	<b>01:00:21.40</b>	+00:09:25 (16.0%)	5:53	10.2 (84.3%)
10	<b>PIPER Agnieszka</b>	<b>2012</b>		K-20	10	00:01:39	<b>00:58:55.15</b>	<b>01:00:35.05</b>	+00:09:26 (16.0%)	5:53	10.2 (84.3%)
11	<b>CZAJA Ewa</b>	<b>2189</b>		K-20	11	00:00:31	<b>00:58:59.40</b>	<b>00:59:30.45</b>	+00:09:30 (16.1%)	5:53	10.2 (84.3%)
12	<b>LIPIŃSKA Anita</b>	<b>2216</b>		K-20	12	00:01:13	<b>00:59:29.60</b>	<b>01:00:43.45</b>	+00:10:00 (16.8%)	5:57	10.1 (83.5%)
13	<b>BALCER Weronika</b>	<b>2153</b>		K-20	13	00:00:54	<b>01:00:01.60</b>	<b>01:00:56.50</b>	+00:10:32 (17.6%)	6:00	10 (82.6%)
14	<b>USTRZYCKA Kinga</b>	<b>2206</b>		K-20	14	00:01:37	<b>01:00:13.65</b>	<b>01:01:51.10</b>	+00:10:44 (17.8%)	6:01	10 (82.6%)
15	<b>JURECZKO Joanna</b>	<b>2151</b>	MIECHOWICKA GRUPA BIEGOWA	K-20	15	00:00:10	<b>01:00:55.65</b>	<b>01:01:05.80</b>	+00:11:26 (18.8%)	6:05	9.8 (81.0%)
16	<b>ZIĘTEK Anna</b>	<b>2032</b>		K-20	16	00:01:34	<b>01:00:59.80</b>	<b>01:02:33.95</b>	+00:11:31 (18.9%)	6:05	9.8 (81.0%)
17	<b>MAZURCZAK Diana</b>	<b>2303</b>		K-20	17	00:01:36	<b>01:01:34.90</b>	<b>01:03:11.05</b>	+00:12:06 (19.7%)	6:09	9.7 (80.2%)
18	<b>KASZUB-DEDYK Katarzyna</b>	<b>2040</b>		K-20	18	00:01:14	<b>01:01:52.50</b>	<b>01:03:07.05</b>	+00:12:23 (20.0%)	6:11	9.7 (80.2%)
19	<b>LUKOSZEK Weronika</b>	<b>2138</b>		K-20	19	00:01:55	<b>01:02:44.75</b>	<b>01:04:40.25</b>	+00:13:16 (21.1%)	6:16	9.6 (79.3%)
20	<b>CHWAŁ Karolina</b>	<b>2038</b>	PLASTIC OMNIUM	K-20	20	00:01:34	<b>01:03:12.25</b>	<b>01:04:46.95</b>	+00:13:43 (21.7%)	6:19	9.5 (78.5%)
21	<b>WYCIŚLIK Wioleta</b>	<b>2064</b>		K-20	21	00:01:01	<b>01:03:24.40</b>	<b>01:04:25.65</b>	+00:13:55 (22.0%)	6:20	9.5 (78.5%)
22	<b>ŚWIERC Ewelina</b>	<b>2146</b>	PROGRESJA BYTOM	K-20	22	00:01:09	<b>01:03:29.65</b>	<b>01:04:38.80</b>	+00:14:00 (22.1%)	6:20	9.5 (78.5%)
23	<b>SZEWCZYK Krystyna</b>	<b>2033</b>		K-20	23	00:01:18	<b>01:03:45.10</b>	<b>01:05:03.80</b>	+00:14:16 (22.4%)	6:22	9.4 (77.7%)
24	<b>KIEREPKA Justyna</b>	<b>2212</b>		K-20	24	00:01:08	<b>01:04:42.65</b>	<b>01:05:51.15</b>	+00:15:13 (23.5%)	6:28	9.3 (76.9%)
25	<b>TARNOWSKA Edyta</b>	<b>2025</b>		K-20	25	00:01:18	<b>01:05:31.35</b>	<b>01:06:50.00</b>	+00:16:02 (24.5%)	6:33	9.2 (76.0%)
26	<b>KOBIERSKA Anna</b>	<b>2015</b>	BÓL TO SŁABOŚĆ OPUSZCZAJĄCA CIAŁO	K-20	26	00:01:19	<b>01:10:07.85</b>	<b>01:11:26.90</b>	+00:20:39 (29.4%)	7:00	8.6 (71.1%)
27	<b>BIEŃKOWSKA Maria</b>	<b>2172</b>		K-20	27	00:01:18	<b>01:12:18.00</b>	<b>01:13:36.90</b>	+00:22:49 (31.6%)	7:13	8.3 (68.6%)

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28	<b>NIEDŹWIEDZKA Aleksandra</b>	<b>2072</b>	NORRUN TEAM	K-20	28	00:01:39	<b>01:12:41.75</b>	<b>01:14:20.95</b>	+00:23:13 (31.9%)	7:16	8.3 (68.6%)
29	<b>SZCZECHLA Ewa</b>	<b>2241</b>		K-20	29	00:01:17	<b>01:14:53.80</b>	<b>01:16:11.30</b>	+00:25:25 (33.9%)	7:29	8 (66.1%)
30	<b>OCHAB Józefina</b>	<b>2065</b>		K-20	30	00:00:46	<b>01:15:14.95</b>	<b>01:16:01.00</b>	+00:25:46 (34.2%)	7:31	8 (66.1%)
31	<b>WICHRZYCKA Katarzyna</b>	<b>2273</b>		K-20	31	00:01:02	<b>01:16:12.80</b>	<b>01:17:15.30</b>	+00:26:44 (35.1%)	7:37	7.9 (65.3%)
32	<b>KISTELLA Paulina</b>	<b>2309</b>		K-20	32	00:01:50	<b>01:20:26.85</b>	<b>01:22:16.95</b>	+00:30:58 (38.5%)	8:02	7.5 (62.0%)
33	<b>WÓJCIK Justyna</b>	<b>2163</b>	HIRSCHVOGEL COMPONENTS POLAND	K-20	33	00:01:02	<b>01:22:08.40</b>	<b>01:23:11.25</b>	+00:32:39 (39.8%)	8:12	7.3 (60.3%)

Znaleziono 33 wynik(ów)