



# 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-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MUSIAŁ Bożena	2340		K-30	1	00:01:35	00:51:03.75	00:52:39.60		5:06	11.7
2	PIETRZYK Agnieszka	35		K-30	2	00:00:04	00:52:29.10	00:52:33.85	+00:01:25	5:14	11.4
3	KOSMACZEWSKA Anna	2031		K-30	3	00:01:33	00:53:33.15	00:55:06.90	+00:02:29	5:21	11.2
4	BIER Agnieszka	2301		K-30	4	00:01:40	00:53:47.90	00:55:28.45	+00:02:44	5:22	11.2
5	ZIOMEK Katarzyna	2128		K-30	5	00:01:20	00:54:16.70	00:55:37.60	+00:03:12	5:25	11.1
6	WOJAKOWSKA Katarzyna	2280		K-30	6	00:00:47	00:54:20.60	00:55:08.20	+00:03:16	5:26	11
7	STOLARCZYK Anna	2232		K-30	7	00:01:42	00:55:12.05	00:56:54.80	+00:04:08	5:31	10.9
8	PLOCH Karolina	2195		K-30	8	00:01:09	00:55:42.05	00:56:51.70	+00:04:38	5:34	10.8
9	SIKORSKA Katarzyna	2322		K-30	9	00:01:26	00:55:55.95	00:57:22.80	+00:04:52	5:35	10.7
10	BROŻEK Anna	2073		K-30	10	00:00:24	00:56:47.70	00:57:12.65	+00:05:43	5:40	10.6
11	EICHHOF Joanna	2011		K-30	11	00:01:27	00:57:26.45	00:58:53.75	+00:06:22	5:44	10.4
12	CZĄSTKIEWICZ Alicja	2069		K-30	12	00:01:31	00:57:33.10	00:59:04.50	+00:06:29	5:45	10.4
12	SŁABOŃ Roma	2001	ROMINATOR	K-30	13	00:01:30	00:57:33.60	00:59:04.50	+00:06:29	5:45	10.4
14	JANKOWSKA Anna	2253		K-30	14	00:01:42	00:57:47.45	00:59:29.70	+00:06:43	5:46	10.4
15	GRUCHAŁA Anna	2250	MK TEAM	K-30	15	00:01:17	00:57:55.25	00:59:12.45	+00:06:51	5:47	10.4
16	LEŚNIAK Ewa	19		K-30	16	00:01:40	00:58:10.55	00:59:51.40	+00:07:06	5:49	10.3
17	WÓJCIK Anna	2231	STEP-DANCA RUN	K-30	17	00:01:36	00:58:21.25	00:59:58.05	+00:07:17	5:50	10.3
18	DOMAGALSKA Justyna	2144		K-30	18	00:01:00	00:58:25.30	00:59:25.45	+00:07:21	5:50	10.3
19	FILIPCZYK Anna	2221		K-30	19	00:01:22	00:58:35.10	00:59:57.50	+00:07:31	5:51	10.2
20	KALINKA-BASZUN Daria	2283		K-30	20	00:01:16	00:58:54.40	01:00:10.55	+00:07:50	5:53	10.2
21	DRAGON Karolina	2213	NIGHT RUNNERS GLIWICE	K-30	21	00:01:17	00:59:13.45	01:00:30.75	+00:08:09	5:55	10.1
22	KNEBEL Patrycja	2152		K-30	22	00:01:35	00:59:52.85	01:01:28.15	+00:08:49	5:59	10
23	DOWEJKO Katarzyna	2049		K-30	23	00:01:34	01:00:10.50	01:01:44.65	+00:09:06	6:01	10
24	BAL-BURZAWA Renata	2159	HIRSCHVOGEL COMPONENTS POLAND	K-30	24	00:00:58	01:01:20.35	01:02:18.80	+00:10:16	6:08	9.8
25	TETLAK-TRACZ Barbara	2240		K-30	25	00:01:42	01:01:21.10	01:03:03.45	+00:10:17	6:08	9.8
26	GOCYK Patrycja	2090		K-30	26	00:01:10	01:01:22.20	01:02:32.75	+00:10:18	6:08	9.8
27	SITARZ Sabina	2223		K-30	27	00:01:30	01:01:45.05	01:03:15.35	+00:10:41	6:10	9.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>FIJAŁKOWSKA Małgorzata</b>	<b>2102</b>		K-30	28	00:01:10	<b>01:02:12.80</b>	<b>01:03:23.20</b>	+00:11:09	6:13	9.6
29	<b>PEREK Justyna</b>	<b>2268</b>	GTT INTER PROJEKT	K-30	29	00:01:26	<b>01:02:25.45</b>	<b>01:03:52.10</b>	+00:11:21	6:14	9.6
30	<b>KUKUCZKA Ewa</b>	<b>2187</b>		K-30	30	00:01:23	<b>01:02:51.85</b>	<b>01:04:14.95</b>	+00:11:48	6:17	9.5
31	<b>SOBOLEWSKA Agnieszka</b>	<b>2214</b>		K-30	31	00:01:16	<b>01:03:04.85</b>	<b>01:04:21.30</b>	+00:12:01	6:18	9.5
32	<b>BAJEK Dorota</b>	<b>23</b>		K-30	32	00:01:35	<b>01:03:08.05</b>	<b>01:04:43.45</b>	+00:12:04	6:18	9.5
33	<b>KOMAR Anna</b>	<b>2074</b>		K-30	33	00:00:24	<b>01:03:11.60</b>	<b>01:03:35.60</b>	+00:12:07	6:19	9.5
34	<b>SZWARC Barbara</b>	<b>2035</b>		K-30	34	00:01:49	<b>01:03:43.00</b>	<b>01:05:32.55</b>	+00:12:39	6:22	9.4
35	<b>OKOŃ Elżbieta</b>	<b>2201</b>		K-30	35	00:01:06	<b>01:03:58.30</b>	<b>01:05:05.20</b>	+00:12:54	6:23	9.4
36	<b>SKWARA Katarzyna</b>	<b>2161</b>	HIRSCHVOGEL COMPONENTS POLAND	K-30	36	00:01:01	<b>01:04:19.20</b>	<b>01:05:20.85</b>	+00:13:15	6:25	9.3
37	<b>PUCEK Aleksandra</b>	<b>2167</b>		K-30	37	00:01:47	<b>01:04:31.50</b>	<b>01:06:19.25</b>	+00:13:27	6:27	9.3
38	<b>PIETRZAK-DZIKOWSKA Wioletta</b>	<b>2037</b>		K-30	38	00:01:07	<b>01:05:10.95</b>	<b>01:06:18.10</b>	+00:14:07	6:31	9.2
39	<b>WOJTUKIEWICZ Justyna</b>	<b>2147</b>		K-30	39	00:01:36	<b>01:05:18.75</b>	<b>01:06:55.40</b>	+00:14:15	6:31	9.2
40	<b>CZENCZEK Magdalena</b>	<b>2088</b>		K-30	40	00:01:48	<b>01:05:30.60</b>	<b>01:07:19.05</b>	+00:14:26	6:33	9.2
41	<b>ŁUKASZEWSKA Justyna</b>	<b>2070</b>		K-30	41	00:00:59	<b>01:06:03.90</b>	<b>01:07:03.45</b>	+00:15:00	6:36	9.1
42	<b>PEŁKA Joanna</b>	<b>2143</b>		K-30	42	00:01:00	<b>01:06:07.85</b>	<b>01:07:08.00</b>	+00:15:04	6:36	9.1
43	<b>PIECZKA Aleksandra</b>	<b>36</b>		K-30	43	00:01:49	<b>01:06:14.20</b>	<b>01:08:03.80</b>	+00:15:10	6:37	9.1
44	<b>RAZMUS Katarzyna</b>			K-30	44	00:01:22	<b>01:06:33.25</b>	<b>01:07:56.05</b>	+00:15:29	6:39	9
45	<b>NOWAKOWSKA Agnieszka</b>	<b>2334</b>	HAPPY RUNNERKA :)	K-30	45	00:01:21	<b>01:06:35.45</b>	<b>01:07:57.05</b>	+00:15:31	6:39	9
46	<b>WAJMAN Katarzyna</b>	<b>2142</b>	STEP RUN	K-30	46	00:01:15	<b>01:07:01.15</b>	<b>01:08:17.00</b>	+00:15:57	6:42	9
47	<b>CUDECKA Marzena</b>	<b>2078</b>		K-30	47	00:01:49	<b>01:08:28.40</b>	<b>01:10:17.55</b>	+00:17:24	6:50	8.8
48	<b>MAZURKIEWICZ Agnieszka</b>	<b>2347</b>	PIŃCET PLUS	K-30	48	00:01:57	<b>01:11:17.55</b>	<b>01:13:14.80</b>	+00:20:13	7:07	8.4
49	<b>CYBULSKA Marta</b>	<b>12</b>		K-30	49	00:01:20	<b>01:11:41.35</b>	<b>01:13:01.65</b>	+00:20:37	7:10	8.4
50	<b>JONASZ Julia</b>	<b>2222</b>		K-30	50	00:01:17	<b>01:11:57.15</b>	<b>01:13:15.10</b>	+00:20:53	7:11	8.3
51	<b>RADZIKOWSKA-BUCHAŁA Magdalena</b>	<b>2238</b>		K-30	51	00:01:30	<b>01:12:00.35</b>	<b>01:13:31.25</b>	+00:20:56	7:12	8.3
52	<b>BOREK Jadwiga</b>	<b>2093</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K-30	52	00:01:13	<b>01:12:48.55</b>	<b>01:14:02.35</b>	+00:21:44	7:16	8.2
53	<b>FRĄC Elżbieta</b>	<b>4</b>	NIGHT RUNNERS GLIWICE	K-30	53	00:01:38	<b>01:14:05.35</b>	<b>01:15:44.25</b>	+00:23:01	7:24	8.1
54	<b>VEGA ZUMETA Brygida</b>	<b>2321</b>	NIGHT RUNNERS GLIWICE	K-30	54	00:00:46	<b>01:15:14.45</b>	<b>01:16:01.00</b>	+00:24:10	7:31	8
55	<b>PIERNIKARCZYK Mirela</b>	<b>2020</b>		K-30	55	00:01:25	<b>01:16:56.65</b>	<b>01:18:21.70</b>	+00:25:52	7:41	7.8
56	<b>BOCZAROWSKA Barbara</b>	<b>16</b>		K-30	56	00:00:44	<b>01:22:29.80</b>	<b>01:23:13.85</b>	+00:31:26	8:14	7.3
57	<b>SIERADZKA Agnieszka</b>	<b>2057</b>	BIEGAJ Z TRENERAMI GLIWICE	K-30	57	00:00:26					

Znaleziono 57 wynik(ów)