



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-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|------------------------------------|-----------|------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 1 | LEWICKA Elżbieta | 2178 | NIEZRZESZONA | K-40 | 1 | 00:00:03 | 00:42:26.55 | 00:42:30.15 | | 4:14 | 14.1 (100%) |
| 2 | USZYŃSKA Aldona | 8 | | K-40 | 2 | 00:00:31 | 00:49:45.90 | 00:50:17.80 | +00:07:19 (14.7%) | 4:58 | 12.1 (85.8%) |
| 3 | HERMAN Anna | 2248 | | K-40 | 3 | 00:01:22 | 00:50:35.25 | 00:51:58.20 | +00:08:08 (16.1%) | 5:03 | 11.9 (84.4%) |
| 4 | LASKOWSKA Katarzyna | 2014 | BIEGAJ Z TRENERAMI GLIWICE | K-40 | 4 | 00:01:28 | 00:52:42.40 | 00:54:11.25 | +00:10:15 (19.5%) | 5:16 | 11.4 (80.9%) |
| 5 | MAĆZYŃSKA Agnieszka | 2279 | | K-40 | 5 | 00:01:28 | 00:54:15.10 | 00:55:43.15 | +00:11:48 (21.8%) | 5:25 | 11.1 (78.7%) |
| 6 | KŁĘBEK Barbara | 2148 | RUNNERS WOJKOWICE TEAM | K-40 | 6 | 00:01:13 | 00:56:15.05 | 00:57:28.50 | +00:13:48 (24.5%) | 5:37 | 10.7 (75.9%) |
| 7 | LESISZ Katarzyna | 2339 | | K-40 | 7 | 00:01:34 | 00:56:17.15 | 00:57:51.85 | +00:13:50 (24.6%) | 5:37 | 10.7 (75.9%) |
| 8 | ZAPOTOCZNA Renata | 2082 | | K-40 | 8 | 00:01:33 | 00:57:20.20 | 00:58:53.30 | +00:14:53 (26.0%) | 5:44 | 10.5 (74.5%) |
| 9 | FILIPIAK Beata | 2328 | KADRA BOBREK -CENTRUM | K-40 | 9 | 00:00:09 | 00:58:02.45 | 00:58:11.50 | +00:15:35 (26.9%) | 5:48 | 10.3 (73.0%) |
| 10 | HEHLMANN Beata | 2344 | | K-40 | 10 | 00:00:26 | 00:59:07.40 | 00:59:34.05 | +00:16:40 (28.2%) | 5:54 | 10.1 (71.6%) |
| 11 | STANISLAWISZYN Małgorzata | 2127 | | K-40 | 11 | 00:00:33 | 01:01:07.80 | 01:01:41.55 | +00:18:41 (30.6%) | 6:06 | 9.8 (69.5%) |
| 12 | TENEROWICZ Anna | 2005 | BIEGANKA | K-40 | 12 | 00:01:22 | 01:02:32.35 | 01:03:54.45 | +00:20:05 (32.1%) | 6:15 | 9.6 (68.1%) |
| 13 | WARYCH Beata | 2024 | CHORZOWSKA GRUPA BIEGOWA | K-40 | 13 | 00:01:29 | 01:02:47.30 | 01:04:16.65 | +00:20:20 (32.4%) | 6:16 | 9.6 (68.1%) |
| 14 | DUDZICZ Anna | 2264 | | K-40 | 14 | 00:01:27 | 01:03:47.20 | 01:05:14.95 | +00:21:20 (33.5%) | 6:22 | 9.4 (66.7%) |
| 15 | TOPOLSKA Anna | 5 | HIWASHIWAS | K-40 | 15 | 00:01:54 | 01:03:50.50 | 01:05:44.55 | +00:21:23 (33.5%) | 6:23 | 9.4 (66.7%) |
| 16 | KUBICA Bożena | 2278 | ORNONTOWICE BIEGA | K-40 | 16 | 00:01:27 | 01:04:13.65 | 01:05:40.75 | +00:21:47 (33.9%) | 6:25 | 9.3 (66.0%) |
| 17 | URBAŃCZYK Agnieszka | 2141 | NIGHT RUNNERS GLIWICE | K-40 | 17 | 00:01:15 | 01:04:51.30 | 01:06:06.90 | +00:22:24 (34.6%) | 6:29 | 9.3 (66.0%) |
| 18 | KLEMCAK Ewa | 2210 | | K-40 | 18 | 00:01:35 | 01:06:36.80 | 01:08:11.90 | +00:24:10 (36.3%) | 6:39 | 9 (63.8%) |
| 19 | KACZKIEWICZ Agnieszka | 1242 | NIGHT RUNNERS GLIWICE | K-40 | 19 | 00:00:25 | 01:06:57.75 | 01:07:23.05 | +00:24:31 (36.6%) | 6:41 | 9 (63.8%) |
| 20 | OLEJNICZAK Wioletta | 2113 | | K-40 | 20 | 00:01:55 | 01:08:07.95 | 01:10:03.00 | +00:25:41 (37.7%) | 6:48 | 8.8 (62.4%) |
| 21 | EICHHORN Danuta | 2197 | | K-40 | 21 | 00:01:17 | 01:08:47.25 | 01:10:04.80 | +00:26:20 (38.3%) | 6:52 | 8.7 (61.7%) |
| 22 | DZIEMIAŃCZUK Monika | 2326 | | K-40 | 22 | 00:01:55 | 01:09:25.50 | 01:11:20.55 | +00:26:58 (38.9%) | 6:56 | 8.6 (61.0%) |
| 23 | GORAJ-ZAJĄC Aleksandra | c18 | NIGHT RUNNERS GLIWICE | K-40 | 23 | 00:01:33 | 01:10:18.05 | 01:11:51.45 | +00:27:51 (39.6%) | 7:01 | 8.5 (60.3%) |
| 24 | MISIEK Jolanta | 2110 | GB GWAREK TARNOWSKIE GÓRY | K-40 | 24 | 00:00:47 | 01:11:17.00 | 01:12:04.15 | +00:28:50 (40.5%) | 7:07 | 8.4 (59.6%) |
| 25 | PANKIEWICZ Katarzyna | 2345 | GRUPACMYKI | K-40 | 25 | 00:00:55 | 01:11:43.45 | 01:12:38.75 | +00:29:16 (40.8%) | 7:10 | 8.4 (59.6%) |
| 26 | STRASSBERGER Katarzyna | 2341 | SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI | K-40 | 26 | 00:01:38 | 01:11:44.60 | 01:13:23.50 | +00:29:18 (40.8%) | 7:10 | 8.4 (59.6%) |
| 27 | BOMASTYK Beata | 2300 | | K-40 | 27 | 00:01:38 | 01:11:44.70 | 01:13:23.35 | +00:29:18 (40.8%) | 7:10 | 8.4 (59.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 28 | KRZEMIŃSKA Jadwiga | 2132 | | K-40 | 28 | 00:01:55 | 01:11:57.35 | 01:13:52.60 | +00:29:30 (41.0%) | 7:11 | 8.3 (58.9%) |
| 29 | PYTEL Klaudia | 2053 | NIGHT RUNNERS ZABRZE | K-40 | 29 | 00:01:11 | 01:13:54.95 | 01:15:06.10 | +00:31:28 (42.6%) | 7:23 | 8.1 (57.4%) |
| 30 | KACZMARSKA Małgorzata | 2249 | | K-40 | 30 | 00:01:45 | 01:14:42.35 | 01:16:27.50 | +00:32:15 (43.2%) | 7:28 | 8 (56.7%) |
| 31 | MATUSZEWSKA Monika | 2124 | NIGHT RUNNERS GLIWICE | K-40 | 31 | 00:01:39 | 01:15:07.30 | 01:16:46.50 | +00:32:40 (43.5%) | 7:30 | 8 (56.7%) |
| 32 | WYSOCKA Magdalena | 2325 | OCHAJO RUN & FRIENDS | K-40 | 32 | 00:01:14 | 01:18:09.55 | 01:19:24.40 | +00:35:43 (45.7%) | 7:49 | 7.7 (54.6%) |
| 33 | ZAKLIŃSKA Katarzyna | 2246 | | K-40 | 33 | 00:01:39 | 01:20:46.90 | 01:22:26.80 | +00:38:20 (47.5%) | 8:04 | 7.4 (52.5%) |
| 34 | CIEŚLAK Agnieszka | 22 | NIGHT RUNNERS GLIWICE | K-40 | 34 | 00:01:39 | 01:23:32.00 | 01:25:11.95 | +00:41:05 (49.2%) | 8:21 | 7.2 (51.1%) |
| 35 | KOLAKOWSKA Ania | 24 | NIGHT RUNNERS GLIWICE | K-40 | 35 | 00:01:39 | 01:23:35.85 | 01:25:15.10 | +00:41:09 (49.2%) | 8:21 | 7.2 (51.1%) |

Znaleziono 35 wynik(ów)