



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 Open

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
2	SURMAN Julia	2220		K-16	1	00:00:03	00:44:24.65	00:44:27.65	+00:01:58	4:26	13.5
3	CUL Aleksandra	339	PLASTIC OMNIUM	K-20	1	00:00:30	00:49:28.75	00:49:59.50	+00:07:02	4:56	12.1
4	USZYŃSKA Aldona	8		K-40	2	00:00:31	00:49:45.90	00:50:17.80	+00:07:19	4:58	12.1
5	CUPIAŁ Joanna	2281		K-20	2	00:00:51	00:50:24.20	00:51:15.60	+00:07:57	5:02	11.9
6	HERMAN Anna	2248		K-40	3	00:01:22	00:50:35.25	00:51:58.20	+00:08:08	5:03	11.9
7	PIETRZYK Agnieszka	35		K-30	2	00:00:04	00:52:29.10	00:52:33.85	+00:10:02	5:14	11.4
8	MUSIAŁ Bożena	2340		K-30	1	00:01:35	00:51:03.75	00:52:39.60	+00:08:37	5:06	11.7
9	PIKUL Wiktoria	3077	KK TRAMWAJARZ ŁÓDŹ	K-16	2	00:00:04	00:52:38.40	00:52:42.50	+00:10:11	5:15	11.4
10	LASKOWSKA Katarzyna	2014	BIEGAJ Z TRENERAMI GLIWICE	K-40	4	00:01:28	00:52:42.40	00:54:11.25	+00:10:15	5:16	11.4
11	KOSMACZEWSKA Anna	2031		K-30	3	00:01:33	00:53:33.15	00:55:06.90	+00:11:06	5:21	11.2
12	WOJAKOWSKA Katarzyna	2280		K-30	6	00:00:47	00:54:20.60	00:55:08.20	+00:11:54	5:26	11
13	BIER Agnieszka	2301		K-30	4	00:01:40	00:53:47.90	00:55:28.45	+00:11:21	5:22	11.2
14	ZIOMEK Katarzyna	2128		K-30	5	00:01:20	00:54:16.70	00:55:37.60	+00:11:50	5:25	11.1
15	MAĆZYŃSKA Agnieszka	2279		K-40	5	00:01:28	00:54:15.10	00:55:43.15	+00:11:48	5:25	11.1
16	KAMIŃSKA Aleksandra	2094		K-20	3	00:00:23	00:55:21.20	00:55:44.35	+00:12:54	5:32	10.8
17	WANDEL Ewa	2055		K-20	4	00:00:32	00:55:23.30	00:55:55.65	+00:12:56	5:32	10.8
18	KOZŁOWSKA Sandra	2215		K-20	5	00:01:16	00:55:27.30	00:56:44.05	+00:13:00	5:32	10.8
19	PLOCH Karolina	2195		K-30	8	00:01:09	00:55:42.05	00:56:51.70	+00:13:15	5:34	10.8
20	STOLARCZYK Anna	2232		K-30	7	00:01:42	00:55:12.05	00:56:54.80	+00:12:45	5:31	10.9
21	JAWOR Magdalena	2192		K-20	6	00:00:31	00:56:31.40	00:57:03.05	+00:14:04	5:39	10.6
22	BROŹEK Anna	2073		K-30	10	00:00:24	00:56:47.70	00:57:12.65	+00:14:21	5:40	10.6
23	SIKORSKA Katarzyna	2322		K-30	9	00:01:26	00:55:55.95	00:57:22.80	+00:13:29	5:35	10.7
24	KŁĘBEK Barbara	2148	RUNNERS WOJKOWICE TEAM	K-40	6	00:01:13	00:56:15.05	00:57:28.50	+00:13:48	5:37	10.7
25	LASAK Aleksandra	2277	FC KNURÓW/COMBAT 56	K-20	7	00:00:53	00:56:36.85	00:57:30.70	+00:14:10	5:39	10.6
26	LESISZ Katarzyna	2339		K-40	7	00:01:34	00:56:17.15	00:57:51.85	+00:13:50	5:37	10.7
27	FILIPIAK Beata	2328	KADRA BOBREK -CENTRUM	K-40	9	00:00:09	00:58:02.45	00:58:11.50	+00:15:35	5:48	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
28	WÓJCIK Józefa	2125	AMATOR	K-50	1	00:01:33	00:56:44.90	00:58:18.25	+00:14:18	5:40	10.6
29	BANASZEWSKA Aleksandra	2252	GBC RUNNERS	K-20	8	00:00:25	00:58:20.25	00:58:45.35	+00:15:53	5:50	10.3
30	ZAPOTOCZNA Renata	2082		K-40	8	00:01:33	00:57:20.20	00:58:53.30	+00:14:53	5:44	10.5
31	EICHHOF Joanna	2011		K-30	11	00:01:27	00:57:26.45	00:58:53.75	+00:14:59	5:44	10.4
32	CZAŃKIEWICZ Alicja	2069		K-30	12	00:01:31	00:57:33.10	00:59:04.50	+00:15:06	5:45	10.4
32	SŁABOŃ Roma	2001	ROMINATOR	K-30	13	00:01:30	00:57:33.60	00:59:04.50	+00:15:07	5:45	10.4
34	GRUCHAŁA Anna	2250	MK TEAM	K-30	15	00:01:17	00:57:55.25	00:59:12.45	+00:15:28	5:47	10.4
35	DOMAGALSKA Justyna	2144		K-30	18	00:01:00	00:58:25.30	00:59:25.45	+00:15:58	5:50	10.3
36	JANKOWSKA Anna	2253		K-30	14	00:01:42	00:57:47.45	00:59:29.70	+00:15:20	5:46	10.4
37	CZAJA Ewa	2189		K-20	11	00:00:31	00:58:59.40	00:59:30.45	+00:16:32	5:53	10.2
38	HEHLMANN Beata	2344		K-40	10	00:00:26	00:59:07.40	00:59:34.05	+00:16:40	5:54	10.1
39	LEŚNIAK Ewa	19		K-30	16	00:01:40	00:58:10.55	00:59:51.40	+00:15:44	5:49	10.3
40	FILIPCZYK Anna	2221		K-30	19	00:01:22	00:58:35.10	00:59:57.50	+00:16:08	5:51	10.2
41	WÓJCIK Anna	2231	STEP-DANCA RUN	K-30	17	00:01:36	00:58:21.25	00:59:58.05	+00:15:54	5:50	10.3
42	KALINKA-BASZUN Daria	2283		K-30	20	00:01:16	00:58:54.40	01:00:10.55	+00:16:27	5:53	10.2
43	SZWIEC Sandra	2171	ORNONTOWICE BIEGA	K-20	9	00:01:27	00:58:54.15	01:00:21.40	+00:16:27	5:53	10.2
44	DRAGON Karolina	2213	NIGHT RUNNERS GLIWICE	K-30	21	00:01:17	00:59:13.45	01:00:30.75	+00:16:46	5:55	10.1
45	PIPER Agnieszka	2012		K-20	10	00:01:39	00:58:55.15	01:00:35.05	+00:16:28	5:53	10.2
46	LIPIŃSKA Anita	2216		K-20	12	00:01:13	00:59:29.60	01:00:43.45	+00:17:03	5:57	10.1
47	BALCER Weronika	2153		K-20	13	00:00:54	01:00:01.60	01:00:56.50	+00:17:35	6:00	10
48	JURECZKO Joanna	2151	MIECHOWICKA GRUPA BIEGOWA	K-20	15	00:00:10	01:00:55.65	01:01:05.80	+00:18:29	6:05	9.8
49	KNEBEL Patrycja	2152		K-30	22	00:01:35	00:59:52.85	01:01:28.15	+00:17:26	5:59	10
50	STANISŁAWISZYN Małgorzata	2127		K-40	11	00:00:33	01:01:07.80	01:01:41.55	+00:18:41	6:06	9.8
51	DOWEJKO Katarzyna	2049		K-30	23	00:01:34	01:00:10.50	01:01:44.65	+00:17:43	6:01	10
52	USTRZYCKA Kinga	2206		K-20	14	00:01:37	01:00:13.65	01:01:51.10	+00:17:47	6:01	10
53	BAL-BURZAWA Renata	2159	HIRSCHVOGEL COMPONENTS POLAND	K-30	24	00:00:58	01:01:20.35	01:02:18.80	+00:18:53	6:08	9.8
54	GOCYK Patrycja	2090		K-30	26	00:01:10	01:01:22.20	01:02:32.75	+00:18:55	6:08	9.8
55	ZIĘTEK Anna	2032		K-20	16	00:01:34	01:00:59.80	01:02:33.95	+00:18:33	6:05	9.8
56	TETLAK-TRACZ Barbara	2240		K-30	25	00:01:42	01:01:21.10	01:03:03.45	+00:18:54	6:08	9.8
57	KASZUB-DEDYK Katarzyna	2040		K-20	18	00:01:14	01:01:52.50	01:03:07.05	+00:19:25	6:11	9.7
58	MAZURCZAK Diana	2303		K-20	17	00:01:36	01:01:34.90	01:03:11.05	+00:19:08	6:09	9.7
59	SITARZ Sabina	2223		K-30	27	00:01:30	01:01:45.05	01:03:15.35	+00:19:18	6:10	9.7
60	FJAŁKOWSKA Małgorzata	2102		K-30	28	00:01:10	01:02:12.80	01:03:23.20	+00:19:46	6:13	9.6
61	KOMAR Anna	2074		K-30	33	00:00:24	01:03:11.60	01:03:35.60	+00:20:45	6:19	9.5
62	PEREK Justyna	2268	GTT INTER PROJEKT	K-30	29	00:01:26	01:02:25.45	01:03:52.10	+00:19:58	6:14	9.6
63	TENEROWICZ Anna	2005	BIEGANKA	K-40	12	00:01:22	01:02:32.35	01:03:54.45	+00:20:05	6:15	9.6
64	KUKUCZKA Ewa	2187		K-30	30	00:01:23	01:02:51.85	01:04:14.95	+00:20:25	6:17	9.5
65	WARYCH Beata	2024	CHORZOWSKA GRUPA BIEGOWA	K-40	13	00:01:29	01:02:47.30	01:04:16.65	+00:20:20	6:16	9.6
66	SOBOLEWSKA Agnieszka	2214		K-30	31	00:01:16	01:03:04.85	01:04:21.30	+00:20:38	6:18	9.5
67	WYCIŚLIK Wioleta	2064		K-20	21	00:01:01	01:03:24.40	01:04:25.65	+00:20:57	6:20	9.5
68	ŚWIERC Ewelina	2146	PROGRESJA BYTOM	K-20	22	00:01:09	01:03:29.65	01:04:38.80	+00:21:03	6:20	9.5
69	LUKOSZEK Weronika	2138		K-20	19	00:01:55	01:02:44.75	01:04:40.25	+00:20:18	6:16	9.6
70	BAJEK Dorota	23		K-30	32	00:01:35	01:03:08.05	01:04:43.45	+00:20:41	6:18	9.5
71	CHWAŁ Karolina	2038	PLASTIC OMNIUM	K-20	20	00:01:34	01:03:12.25	01:04:46.95	+00:20:45	6:19	9.5

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							netto 10km	brutto 10km			
72	SZEWCZYK Krystyna	2033		K-20	23	00:01:18	01:03:45.10	01:05:03.80	+00:21:18	6:22	9.4
73	OKOŃ Elżbieta	2201		K-30	35	00:01:06	01:03:58.30	01:05:05.20	+00:21:31	6:23	9.4
74	GARNOWSKA Anetta	2079		K-50	2	00:01:54	01:03:20.05	01:05:14.40	+00:20:53	6:20	9.5
75	DUDZICZ Anna	2264		K-40	14	00:01:27	01:03:47.20	01:05:14.95	+00:21:20	6:22	9.4
76	SKWARA Katarzyna	2161	HIRSCHVOGEL COMPONENTS POLAND	K-30	36	00:01:01	01:04:19.20	01:05:20.85	+00:21:52	6:25	9.3
77	SZWARC Barbara	2035		K-30	34	00:01:49	01:03:43.00	01:05:32.55	+00:21:16	6:22	9.4
78	KUBICA Bożena	2278	ORNONTOWICE BIEGA	K-40	16	00:01:27	01:04:13.65	01:05:40.75	+00:21:47	6:25	9.3
79	TOPOLSKA Anna	5	HIWASHIWAS	K-40	15	00:01:54	01:03:50.50	01:05:44.55	+00:21:23	6:23	9.4
80	KIEREPKA Justyna	2212		K-20	24	00:01:08	01:04:42.65	01:05:51.15	+00:22:16	6:28	9.3
81	URBAŃCZYK Agnieszka	2141	NIGHT RUNNERS GLIWICE	K-40	17	00:01:15	01:04:51.30	01:06:06.90	+00:22:24	6:29	9.3
82	PIETRZAK-DZIKOWSKA Wioletta	2037		K-30	38	00:01:07	01:05:10.95	01:06:18.10	+00:22:44	6:31	9.2
83	PUCEK Aleksandra	2167		K-30	37	00:01:47	01:04:31.50	01:06:19.25	+00:22:04	6:27	9.3
84	WALIGÓRA Julia	2155	BBL KĘDZIERZYN-KOŻŁE	K-16	3	00:01:17	01:05:31.40	01:06:49.35	+00:23:04	6:33	9.2
85	TARNOWSKA Edyta	2025		K-20	25	00:01:18	01:05:31.35	01:06:50.00	+00:23:04	6:33	9.2
86	WOJTUKIEWICZ Justyna	2147		K-30	39	00:01:36	01:05:18.75	01:06:55.40	+00:22:52	6:31	9.2
87	ŁUKASZEWSKA Justyna	2070		K-30	41	00:00:59	01:06:03.90	01:07:03.45	+00:23:37	6:36	9.1
88	JUSZCZAK Ewa	2052		K-50	3	00:00:13	01:06:51.30	01:07:04.35	+00:24:24	6:41	9
89	PEŁKA Joanna	2143		K-30	42	00:01:00	01:06:07.85	01:07:08.00	+00:23:41	6:36	9.1
90	CZENCZEK Magdalena	2088		K-30	40	00:01:48	01:05:30.60	01:07:19.05	+00:23:04	6:33	9.2
91	KACZKIEWICZ Agnieszka	1242	NIGHT RUNNERS GLIWICE	K-40	19	00:00:25	01:06:57.75	01:07:23.05	+00:24:31	6:41	9
92	DULINIEC Karolina	2230		K-16	4	00:01:35	01:06:09.00	01:07:44.35	+00:23:42	6:36	9.1
93	RAZMUS Katarzyna			K-30	44	00:01:22	01:06:33.25	01:07:56.05	+00:24:06	6:39	9
94	NOWAKOWSKA Agnieszka	2334	HAPPY RUNNERKA :)	K-30	45	00:01:21	01:06:35.45	01:07:57.05	+00:24:08	6:39	9
95	PIECZKA Aleksandra	36		K-30	43	00:01:49	01:06:14.20	01:08:03.80	+00:23:47	6:37	9.1
96	KLEMCZAK Ewa	2210		K-40	18	00:01:35	01:06:36.80	01:08:11.90	+00:24:10	6:39	9
97	WAJMAN Katarzyna	2142	STEP RUN	K-30	46	00:01:15	01:07:01.15	01:08:17.00	+00:24:34	6:42	9
98	ZEMŁA Dorota	2086		K-16	5	00:01:19	01:07:41.00	01:09:00.65	+00:25:14	6:46	8.9
99	OLEJNICZAK Wioletta	2113		K-40	20	00:01:55	01:08:07.95	01:10:03.00	+00:25:41	6:48	8.8
100	EICHHORN Danuta	2197		K-40	21	00:01:17	01:08:47.25	01:10:04.80	+00:26:20	6:52	8.7
101	CUDECKA Marzena	2078		K-30	47	00:01:49	01:08:28.40	01:10:17.55	+00:26:01	6:50	8.8
102	WALIGÓRA Marta	2179	BBL KĘDZIERZYN-KOŻŁE	K-16	6	00:01:18	01:09:20.90	01:10:39.60	+00:26:54	6:56	8.7
103	DZIEMIAŃCZUK Monika	2326		K-40	22	00:01:55	01:09:25.50	01:11:20.55	+00:26:58	6:56	8.6
104	KOBIERSKA Anna	2015	BÓL TO SŁABOŚĆ OPUSZCZAJĄCA CIAŁO	K-20	26	00:01:19	01:10:07.85	01:11:26.90	+00:27:41	7:00	8.6
105	GORAJ-ZAJĄC Aleksandra	c18	NIGHT RUNNERS GLIWICE	K-40	23	00:01:33	01:10:18.05	01:11:51.45	+00:27:51	7:01	8.5
106	MISIEK Jolanta	2110	GB GWAREK TARNOWSKIE GÓRY	K-40	24	00:00:47	01:11:17.00	01:12:04.15	+00:28:50	7:07	8.4
107	MATYSIOK Monika	2104		K-16	7	00:01:37	01:10:54.60	01:12:32.05	+00:28:28	7:05	8.5
108	PANKIEWICZ Katarzyna	2345	GRUPACMYKI	K-40	25	00:00:55	01:11:43.45	01:12:38.75	+00:29:16	7:10	8.4
109	CYBULSKA Marta	12		K-30	49	00:01:20	01:11:41.35	01:13:01.65	+00:29:14	7:10	8.4
110	MAZURKIEWICZ Agnieszka	2347	PIŃCET PLUS	K-30	48	00:01:57	01:11:17.55	01:13:14.80	+00:28:51	7:07	8.4
111	JONASZ Julia	2222		K-30	50	00:01:17	01:11:57.15	01:13:15.10	+00:29:30	7:11	8.3
112	BRATEK Maja	2349	OTK RZEŻNIK	Mieszkanki Gliwic	1	00:00:24	01:12:51.95	01:13:16.15	+00:30:25	7:17	8.2
113	BOMASTYK Beata	2300		K-40	27	00:01:38	01:11:44.70	01:13:23.35	+00:29:18	7:10	8.4
114	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	7:10	8.4
115	RADZIKOWSKA-BUCHAŁA Magdalena	2238		K-30	51	00:01:30	01:12:00.35	01:13:31.25	+00:29:33	7:12	8.3

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116	BIĘNKOWSKA Maria	2172		K-20	27	00:01:18	01:12:18.00	01:13:36.90	+00:29:51	7:13	8.3
117	KOCYAN Małgorzata	2021	BIEGAJ Z TRENERAMI	K-50	4	00:01:53	01:11:49.90	01:13:43.25	+00:29:23	7:11	8.4
118	KRZEMIŃSKA Jadwiga	2132		K-40	28	00:01:55	01:11:57.35	01:13:52.60	+00:29:30	7:11	8.3
119	BOREK Jadwiga	2093	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K-30	52	00:01:13	01:12:48.55	01:14:02.35	+00:30:22	7:16	8.2
120	NIEDŹWIEDZKA Aleksandra	2072	NORRUN TEAM	K-20	28	00:01:39	01:12:41.75	01:14:20.95	+00:30:15	7:16	8.3
121	PYTEL Klaudia	2053	NIGHT RUNNERS ZABRZE	K-40	29	00:01:11	01:13:54.95	01:15:06.10	+00:31:28	7:23	8.1
122	FRĄC Elżbieta	4	NIGHT RUNNERS GLIWICE	K-30	53	00:01:38	01:14:05.35	01:15:44.25	+00:31:38	7:24	8.1
123	OCHAB Józefina	2065		K-20	30	00:00:46	01:15:14.95	01:16:01.00	+00:32:48	7:31	8
123	VEGA ZUMETA Brygida	2321	NIGHT RUNNERS GLIWICE	K-30	54	00:00:46	01:15:14.45	01:16:01.00	+00:32:47	7:31	8
125	SZCZECHLA Ewa	2241		K-20	29	00:01:17	01:14:53.80	01:16:11.30	+00:32:27	7:29	8
126	KACZMARSKA Małgorzata	2249		K-40	30	00:01:45	01:14:42.35	01:16:27.50	+00:32:15	7:28	8
127	MATUSZEWSKA Monika	2124	NIGHT RUNNERS GLIWICE	K-40	31	00:01:39	01:15:07.30	01:16:46.50	+00:32:40	7:30	8
128	WICHRZYCKA Katarzyna	2273		K-20	31	00:01:02	01:16:12.80	01:17:15.30	+00:33:46	7:37	7.9
129	PIERNIKARCZYK Mirela	2020		K-30	55	00:01:25	01:16:56.65	01:18:21.70	+00:34:30	7:41	7.8
130	WYSOCKA Magdalena	2325	OCHAJO RUN & FRIENDS	K-40	32	00:01:14	01:18:09.55	01:19:24.40	+00:35:43	7:49	7.7
131	KISTELLA Paulina	2309		K-20	32	00:01:50	01:20:26.85	01:22:16.95	+00:38:00	8:02	7.5
132	ZAKLIŃSKA Katarzyna	2246		K-40	33	00:01:39	01:20:46.90	01:22:26.80	+00:38:20	8:04	7.4
133	WÓJCIK Justyna	2163	HIRSCHVOGEL COMPONENTS POLAND	K-20	33	00:01:02	01:22:08.40	01:23:11.25	+00:39:41	8:12	7.3
134	BOCZAROWSKA Barbara	16		K-30	56	00:00:44	01:22:29.80	01:23:13.85	+00:40:03	8:14	7.3
135	CIEŚLAK Agnieszka	22	NIGHT RUNNERS GLIWICE	K-40	34	00:01:39	01:23:32.00	01:25:11.95	+00:41:05	8:21	7.2
136	KOLAKOWSKA Ania	24	NIGHT RUNNERS GLIWICE	K-40	35	00:01:39	01:23:35.85	01:25:15.10	+00:41:09	8:21	7.2
137	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI GLIWICE	K-30	57	00:00:26					

Znaleziono 137 wynik(ów)