



# 10 KM ATEST PZLA GLIWICKI 2016

B4SPORT

**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2016-10-23  
**Place:** Gliwice  
**Distance:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K Open

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace 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	SURMAN Julia	2220		K-16	1	00:00:03	00:44:24.65	00:44:27.65	+00:01:58 (4.4%)	4:26	13.5 (95.7%)
3	CUL Aleksandra	339	PLASTIC OMNIUM	K-20	1	00:00:30	00:49:28.75	00:49:59.50	+00:07:02 (14.2%)	4:56	12.1 (85.8%)
4	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%)
5	CUPIAŁ Joanna	2281		K-20	2	00:00:51	00:50:24.20	00:51:15.60	+00:07:57 (15.8%)	5:02	11.9 (84.4%)
6	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%)
7	PIETRZYK Agnieszka	35		K-30	2	00:00:04	00:52:29.10	00:52:33.85	+00:10:02 (19.1%)	5:14	11.4 (80.9%)
8	MUSIAŁ Bożena	2340		K-30	1	00:01:35	00:51:03.75	00:52:39.60	+00:08:37 (16.9%)	5:06	11.7 (83.0%)
9	PIKUL Wiktoria	3077	KK TRAMWAJARZ ŁÓDŹ	K-16	2	00:00:04	00:52:38.40	00:52:42.50	+00:10:11 (19.4%)	5:15	11.4 (80.9%)
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 (19.5%)	5:16	11.4 (80.9%)
11	KOSMACZEWSKA Anna	2031		K-30	3	00:01:33	00:53:33.15	00:55:06.90	+00:11:06 (20.7%)	5:21	11.2 (79.4%)
12	WOJAKOWSKA Katarzyna	2280		K-30	6	00:00:47	00:54:20.60	00:55:08.20	+00:11:54 (21.9%)	5:26	11 (78.0%)
13	BIER Agnieszka	2301		K-30	4	00:01:40	00:53:47.90	00:55:28.45	+00:11:21 (21.1%)	5:22	11.2 (79.4%)
14	ZIOMEK Katarzyna	2128		K-30	5	00:01:20	00:54:16.70	00:55:37.60	+00:11:50 (21.8%)	5:25	11.1 (78.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	<b>MAĆZYŃSKA Agnieszka</b>	<b>2279</b>		K-40	5	00:01:28	<b>00:54:15.10</b>	<b>00:55:43.15</b>	+00:11:48 (21.8%)	5:25	11.1 (78.7%)
16	<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>	+00:12:54 (23.3%)	5:32	10.8 (76.6%)
17	<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>	+00:12:56 (23.4%)	5:32	10.8 (76.6%)
18	<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>	+00:13:00 (23.5%)	5:32	10.8 (76.6%)
19	<b>PLOCH Karolina</b>	<b>2195</b>		K-30	8	00:01:09	<b>00:55:42.05</b>	<b>00:56:51.70</b>	+00:13:15 (23.8%)	5:34	10.8 (76.6%)
20	<b>STOLARCZYK Anna</b>	<b>2232</b>		K-30	7	00:01:42	<b>00:55:12.05</b>	<b>00:56:54.80</b>	+00:12:45 (23.1%)	5:31	10.9 (77.3%)
21	<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>	+00:14:04 (24.9%)	5:39	10.6 (75.2%)
22	<b>BROŻEK Anna</b>	<b>2073</b>		K-30	10	00:00:24	<b>00:56:47.70</b>	<b>00:57:12.65</b>	+00:14:21 (25.3%)	5:40	10.6 (75.2%)
23	<b>SIKORSKA Katarzyna</b>	<b>2322</b>		K-30	9	00:01:26	<b>00:55:55.95</b>	<b>00:57:22.80</b>	+00:13:29 (24.1%)	5:35	10.7 (75.9%)
24	<b>KŁĘBEK Barbara</b>	<b>2148</b>	RUNNERS WOJKOWICE TEAM	K-40	6	00:01:13	<b>00:56:15.05</b>	<b>00:57:28.50</b>	+00:13:48 (24.5%)	5:37	10.7 (75.9%)
25	<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>	+00:14:10 (25.0%)	5:39	10.6 (75.2%)
26	<b>LESISZ Katarzyna</b>	<b>2339</b>		K-40	7	00:01:34	<b>00:56:17.15</b>	<b>00:57:51.85</b>	+00:13:50 (24.6%)	5:37	10.7 (75.9%)
27	<b>FILIPIAK Beata</b>	<b>2328</b>	KADRA BOBREK -CENTRUM	K-40	9	00:00:09	<b>00:58:02.45</b>	<b>00:58:11.50</b>	+00:15:35 (26.9%)	5:48	10.3 (73.0%)
28	<b>WÓJCIK Józefa</b>	<b>2125</b>	AMATOR	K-50	1	00:01:33	<b>00:56:44.90</b>	<b>00:58:18.25</b>	+00:14:18 (25.2%)	5:40	10.6 (75.2%)
29	<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>	+00:15:53 (27.2%)	5:50	10.3 (73.0%)
30	<b>ZAPOTOCZNA Renata</b>	<b>2082</b>		K-40	8	00:01:33	<b>00:57:20.20</b>	<b>00:58:53.30</b>	+00:14:53 (26.0%)	5:44	10.5 (74.5%)
31	<b>EICHHOF Joanna</b>	<b>2011</b>		K-30	11	00:01:27	<b>00:57:26.45</b>	<b>00:58:53.75</b>	+00:14:59 (26.1%)	5:44	10.4 (73.8%)
32	<b>CZAŚTKIEWICZ Alicja</b>	<b>2069</b>		K-30	12	00:01:31	<b>00:57:33.10</b>	<b>00:59:04.50</b>	+00:15:06 (26.3%)	5:45	10.4 (73.8%)
32	<b>SŁABOŃ Roma</b>	<b>2001</b>	ROMINATOR	K-30	13	00:01:30	<b>00:57:33.60</b>	<b>00:59:04.50</b>	+00:15:07 (26.3%)	5:45	10.4 (73.8%)
34	<b>GRUCHAŁA Anna</b>	<b>2250</b>	MK TEAM	K-30	15	00:01:17	<b>00:57:55.25</b>	<b>00:59:12.45</b>	+00:15:28 (26.7%)	5:47	10.4 (73.8%)
35	<b>DOMAGALSKA Justyna</b>	<b>2144</b>		K-30	18	00:01:00	<b>00:58:25.30</b>	<b>00:59:25.45</b>	+00:15:58 (27.4%)	5:50	10.3 (73.0%)
36	<b>JANKOWSKA Anna</b>	<b>2253</b>		K-30	14	00:01:42	<b>00:57:47.45</b>	<b>00:59:29.70</b>	+00:15:20 (26.6%)	5:46	10.4 (73.8%)
37	<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>	+00:16:32 (28.1%)	5:53	10.2 (72.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	HELMANN 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%)
39	LEŚNIAK Ewa	19		K-30	16	00:01:40	00:58:10.55	00:59:51.40	+00:15:44 (27.0%)	5:49	10.3 (73.0%)
40	FILIPCZYK Anna	2221		K-30	19	00:01:22	00:58:35.10	00:59:57.50	+00:16:08 (27.6%)	5:51	10.2 (72.3%)
41	WÓJCIK Anna	2231	STEP-DANCA RUN	K-30	17	00:01:36	00:58:21.25	00:59:58.05	+00:15:54 (27.3%)	5:50	10.3 (73.0%)
42	KALINKA-BASZUN Daria	2283		K-30	20	00:01:16	00:58:54.40	01:00:10.55	+00:16:27 (27.9%)	5:53	10.2 (72.3%)
43	SZWIEC Sandra	2171	ORNONTOWICE BIEGA	K-20	9	00:01:27	00:58:54.15	01:00:21.40	+00:16:27 (27.9%)	5:53	10.2 (72.3%)
44	DRAGON Karolina	2213	NIGHT RUNNERS GLIWICE	K-30	21	00:01:17	00:59:13.45	01:00:30.75	+00:16:46 (28.3%)	5:55	10.1 (71.6%)
45	PIPER Agnieszka	2012		K-20	10	00:01:39	00:58:55.15	01:00:35.05	+00:16:28 (28.0%)	5:53	10.2 (72.3%)
46	LIPIŃSKA Anita	2216		K-20	12	00:01:13	00:59:29.60	01:00:43.45	+00:17:03 (28.7%)	5:57	10.1 (71.6%)
47	BALCER Weronika	2153		K-20	13	00:00:54	01:00:01.60	01:00:56.50	+00:17:35 (29.3%)	6:00	10 (70.9%)
48	JURECZKO Joanna	2151	MIECHOWICKA GRUPA BIEGOWA	K-20	15	00:00:10	01:00:55.65	01:01:05.80	+00:18:29 (30.3%)	6:05	9.8 (69.5%)
49	KNEBEL Patrycja	2152		K-30	22	00:01:35	00:59:52.85	01:01:28.15	+00:17:26 (29.1%)	5:59	10 (70.9%)
50	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%)
51	DOWEJKO Katarzyna	2049		K-30	23	00:01:34	01:00:10.50	01:01:44.65	+00:17:43 (29.5%)	6:01	10 (70.9%)
52	USTRZYCKA Kinga	2206		K-20	14	00:01:37	01:00:13.65	01:01:51.10	+00:17:47 (29.5%)	6:01	10 (70.9%)
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 (30.8%)	6:08	9.8 (69.5%)
54	GOCYK Patrycja	2090		K-30	26	00:01:10	01:01:22.20	01:02:32.75	+00:18:55 (30.8%)	6:08	9.8 (69.5%)
55	ZIĘTEK Anna	2032		K-20	16	00:01:34	01:00:59.80	01:02:33.95	+00:18:33 (30.4%)	6:05	9.8 (69.5%)
56	TETLAK-TRACZ Barbara	2240		K-30	25	00:01:42	01:01:21.10	01:03:03.45	+00:18:54 (30.8%)	6:08	9.8 (69.5%)
57	KASZUB-DEDYK Katarzyna	2040		K-20	18	00:01:14	01:01:52.50	01:03:07.05	+00:19:25 (31.4%)	6:11	9.7 (68.8%)
58	MAZURCZAK Diana	2303		K-20	17	00:01:36	01:01:34.90	01:03:11.05	+00:19:08 (31.1%)	6:09	9.7 (68.8%)
59	SITARZ Sabina	2223		K-30	27	00:01:30	01:01:45.05	01:03:15.35	+00:19:18 (31.3%)	6:10	9.7 (68.8%)
60	FIJAŁKOWSKA Małgorzata	2102		K-30	28	00:01:10	01:02:12.80	01:03:23.20	+00:19:46 (31.8%)	6:13	9.6 (68.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							10km	10km			
61	<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>	+00:20:45 (32.8%)	6:19	9.5 (67.4%)
62	<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>	+00:19:58 (32.0%)	6:14	9.6 (68.1%)
63	<b>TENEROWICZ Anna</b>	<b>2005</b>	BIEGANKA	K-40	12	00:01:22	<b>01:02:32.35</b>	<b>01:03:54.45</b>	+00:20:05 (32.1%)	6:15	9.6 (68.1%)
64	<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>	+00:20:25 (32.5%)	6:17	9.5 (67.4%)
65	<b>WARYCH Beata</b>	<b>2024</b>	CHORZOWSKA GRUPA BIEGOWA	K-40	13	00:01:29	<b>01:02:47.30</b>	<b>01:04:16.65</b>	+00:20:20 (32.4%)	6:16	9.6 (68.1%)
66	<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>	+00:20:38 (32.7%)	6:18	9.5 (67.4%)
67	<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>	+00:20:57 (33.1%)	6:20	9.5 (67.4%)
68	<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>	+00:21:03 (33.2%)	6:20	9.5 (67.4%)
69	<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>	+00:20:18 (32.4%)	6:16	9.6 (68.1%)
70	<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>	+00:20:41 (32.8%)	6:18	9.5 (67.4%)
71	<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>	+00:20:45 (32.8%)	6:19	9.5 (67.4%)
72	<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>	+00:21:18 (33.4%)	6:22	9.4 (66.7%)
73	<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>	+00:21:31 (33.7%)	6:23	9.4 (66.7%)
74	<b>GARNOWSKA Anetta</b>	<b>2079</b>		K-50	2	00:01:54	<b>01:03:20.05</b>	<b>01:05:14.40</b>	+00:20:53 (33.0%)	6:20	9.5 (67.4%)
75	<b>DUDZICZ Anna</b>	<b>2264</b>		K-40	14	00:01:27	<b>01:03:47.20</b>	<b>01:05:14.95</b>	+00:21:20 (33.5%)	6:22	9.4 (66.7%)
76	<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>	+00:21:52 (34.0%)	6:25	9.3 (66.0%)
77	<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>	+00:21:16 (33.4%)	6:22	9.4 (66.7%)
78	<b>KUBICA Bożena</b>	<b>2278</b>	ORNONTOWICE BIEGA	K-40	16	00:01:27	<b>01:04:13.65</b>	<b>01:05:40.75</b>	+00:21:47 (33.9%)	6:25	9.3 (66.0%)
79	<b>TOPOLSKA Anna</b>	<b>5</b>	HIWASHIWAS	K-40	15	00:01:54	<b>01:03:50.50</b>	<b>01:05:44.55</b>	+00:21:23 (33.5%)	6:23	9.4 (66.7%)
80	<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>	+00:22:16 (34.4%)	6:28	9.3 (66.0%)
81	<b>URBAŃCZYK Agnieszka</b>	<b>2141</b>	NIGHT RUNNERS GLIWICE	K-40	17	00:01:15	<b>01:04:51.30</b>	<b>01:06:06.90</b>	+00:22:24 (34.6%)	6:29	9.3 (66.0%)
82	<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>	+00:22:44 (34.9%)	6:31	9.2 (65.2%)
83	<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>	+00:22:04 (34.2%)	6:27	9.3 (66.0%)

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84	<b>WALIGÓRA Julia</b>	<b>2155</b>	BBL KĘDZIERZYN-KOŹLE	K-16	3	00:01:17	<b>01:05:31.40</b>	<b>01:06:49.35</b>	+00:23:04 (35.2%)	6:33	9.2 (65.2%)
85	<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>	+00:23:04 (35.2%)	6:33	9.2 (65.2%)
86	<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>	+00:22:52 (35.0%)	6:31	9.2 (65.2%)
87	<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>	+00:23:37 (35.8%)	6:36	9.1 (64.5%)
88	<b>JUSZCZAK Ewa</b>	<b>2052</b>		K-50	3	00:00:13	<b>01:06:51.30</b>	<b>01:07:04.35</b>	+00:24:24 (36.5%)	6:41	9 (63.8%)
89	<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>	+00:23:41 (35.8%)	6:36	9.1 (64.5%)
90	<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>	+00:23:04 (35.2%)	6:33	9.2 (65.2%)
91	<b>KACZKIEWICZ Agnieszka</b>	<b>1242</b>	NIGHT RUNNERS GLIWICE	K-40	19	00:00:25	<b>01:06:57.75</b>	<b>01:07:23.05</b>	+00:24:31 (36.6%)	6:41	9 (63.8%)
92	<b>DULINIEC Karolina</b>	<b>2230</b>		K-16	4	00:01:35	<b>01:06:09.00</b>	<b>01:07:44.35</b>	+00:23:42 (35.8%)	6:36	9.1 (64.5%)
93	<b>RAZMUS Katarzyna</b>			K-30	44	00:01:22	<b>01:06:33.25</b>	<b>01:07:56.05</b>	+00:24:06 (36.2%)	6:39	9 (63.8%)
94	<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>	+00:24:08 (36.3%)	6:39	9 (63.8%)
95	<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>	+00:23:47 (35.9%)	6:37	9.1 (64.5%)
96	<b>KLEMCZAK Ewa</b>	<b>2210</b>		K-40	18	00:01:35	<b>01:06:36.80</b>	<b>01:08:11.90</b>	+00:24:10 (36.3%)	6:39	9 (63.8%)
97	<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>	+00:24:34 (36.7%)	6:42	9 (63.8%)
98	<b>ZEMŁA Dorota</b>	<b>2086</b>		K-16	5	00:01:19	<b>01:07:41.00</b>	<b>01:09:00.65</b>	+00:25:14 (37.3%)	6:46	8.9 (63.1%)
99	<b>OLEJNICZAK Wioletta</b>	<b>2113</b>		K-40	20	00:01:55	<b>01:08:07.95</b>	<b>01:10:03.00</b>	+00:25:41 (37.7%)	6:48	8.8 (62.4%)
100	<b>EICHHORN Danuta</b>	<b>2197</b>		K-40	21	00:01:17	<b>01:08:47.25</b>	<b>01:10:04.80</b>	+00:26:20 (38.3%)	6:52	8.7 (61.7%)
101	<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>	+00:26:01 (38.0%)	6:50	8.8 (62.4%)
102	<b>WALIGÓRA Marta</b>	<b>2179</b>	BBL KĘDZIERZYN-KOŹLE	K-16	6	00:01:18	<b>01:09:20.90</b>	<b>01:10:39.60</b>	+00:26:54 (38.8%)	6:56	8.7 (61.7%)
103	<b>DZIEMIAŃCZUK Monika</b>	<b>2326</b>		K-40	22	00:01:55	<b>01:09:25.50</b>	<b>01:11:20.55</b>	+00:26:58 (38.9%)	6:56	8.6 (61.0%)
104	<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>	+00:27:41 (39.5%)	7:00	8.6 (61.0%)
105	<b>GORAJ-ZAJĄC Aleksandra</b>	<b>c18</b>	NIGHT RUNNERS GLIWICE	K-40	23	00:01:33	<b>01:10:18.05</b>	<b>01:11:51.45</b>	+00:27:51 (39.6%)	7:01	8.5 (60.3%)
106	<b>MISIEK Jolanta</b>	<b>2110</b>	GB GWAREK TARNOWSKIE GÓRY	K-40	24	00:00:47	<b>01:11:17.00</b>	<b>01:12:04.15</b>	+00:28:50 (40.5%)	7:07	8.4 (59.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	<b>MATYSIOK Monika</b>	<b>2104</b>		K-16	7	00:01:37	<b>01:10:54.60</b>	<b>01:12:32.05</b>	+00:28:28 (40.1%)	7:05	8.5 (60.3%)
108	<b>PANKIEWICZ Katarzyna</b>	<b>2345</b>	GRUPACMYKI	K-40	25	00:00:55	<b>01:11:43.45</b>	<b>01:12:38.75</b>	+00:29:16 (40.8%)	7:10	8.4 (59.6%)
109	<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>	+00:29:14 (40.8%)	7:10	8.4 (59.6%)
110	<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>	+00:28:51 (40.5%)	7:07	8.4 (59.6%)
111	<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>	+00:29:30 (41.0%)	7:11	8.3 (58.9%)
112	<b>BRATEK Maja</b>	<b>2349</b>	OTK RZEŹNIK	Mieszkanki Gliwic	1	00:00:24	<b>01:12:51.95</b>	<b>01:13:16.15</b>	+00:30:25 (41.8%)	7:17	8.2 (58.2%)
113	<b>BOMASTYK Beata</b>	<b>2300</b>		K-40	27	00:01:38	<b>01:11:44.70</b>	<b>01:13:23.35</b>	+00:29:18 (40.8%)	7:10	8.4 (59.6%)
114	<b>STRASSBERGER Katarzyna</b>	<b>2341</b>	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI	K-40	26	00:01:38	<b>01:11:44.60</b>	<b>01:13:23.50</b>	+00:29:18 (40.8%)	7:10	8.4 (59.6%)
115	<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>	+00:29:33 (41.1%)	7:12	8.3 (58.9%)
116	<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>	+00:29:51 (41.3%)	7:13	8.3 (58.9%)
117	<b>KOCYAN Małgorzata</b>	<b>2021</b>	BIEGAJ Z TRENERAMI	K-50	4	00:01:53	<b>01:11:49.90</b>	<b>01:13:43.25</b>	+00:29:23 (40.9%)	7:11	8.4 (59.6%)
118	<b>KRZEMIŃSKA Jadwiga</b>	<b>2132</b>		K-40	28	00:01:55	<b>01:11:57.35</b>	<b>01:13:52.60</b>	+00:29:30 (41.0%)	7:11	8.3 (58.9%)
119	<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>	+00:30:22 (41.7%)	7:16	8.2 (58.2%)
120	<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>	+00:30:15 (41.6%)	7:16	8.3 (58.9%)
121	<b>PYTEL Klaudia</b>	<b>2053</b>	NIGHT RUNNERS ZABRZE	K-40	29	00:01:11	<b>01:13:54.95</b>	<b>01:15:06.10</b>	+00:31:28 (42.6%)	7:23	8.1 (57.4%)
122	<b>FRAĆ 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>	+00:31:38 (42.7%)	7:24	8.1 (57.4%)
123	<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>	+00:32:48 (43.6%)	7:31	8 (56.7%)
123	<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>	+00:32:47 (43.6%)	7:31	8 (56.7%)
125	<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>	+00:32:27 (43.3%)	7:29	8 (56.7%)
126	<b>KACZMARSKA Małgorzata</b>	<b>2249</b>		K-40	30	00:01:45	<b>01:14:42.35</b>	<b>01:16:27.50</b>	+00:32:15 (43.2%)	7:28	8 (56.7%)
127	<b>MATUSZEWSKA Monika</b>	<b>2124</b>	NIGHT RUNNERS GLIWICE	K-40	31	00:01:39	<b>01:15:07.30</b>	<b>01:16:46.50</b>	+00:32:40 (43.5%)	7:30	8 (56.7%)
128	<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>	+00:33:46 (44.3%)	7:37	7.9 (56.0%)
129	<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>	+00:34:30 (44.8%)	7:41	7.8 (55.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	<b>WYSOCKA Magdalena</b>	<b>2325</b>	OCHAJO RUN & FRIENDS	K-40	32	00:01:14	<b>01:18:09.55</b>	<b>01:19:24.40</b>	+00:35:43 (45.7%)	7:49	7.7 (54.6%)
131	<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>	+00:38:00 (47.2%)	8:02	7.5 (53.2%)
132	<b>ZAKLIŃSKA Katarzyna</b>	<b>2246</b>		K-40	33	00:01:39	<b>01:20:46.90</b>	<b>01:22:26.80</b>	+00:38:20 (47.5%)	8:04	7.4 (52.5%)
133	<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>	+00:39:41 (48.3%)	8:12	7.3 (51.8%)
134	<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>	+00:40:03 (48.6%)	8:14	7.3 (51.8%)
135	<b>CIEŚLAK Agnieszka</b>	<b>22</b>	NIGHT RUNNERS GLIWICE	K-40	34	00:01:39	<b>01:23:32.00</b>	<b>01:25:11.95</b>	+00:41:05 (49.2%)	8:21	7.2 (51.1%)
136	<b>KOLAKOWSKA Ania</b>	<b>24</b>	NIGHT RUNNERS GLIWICE	K-40	35	00:01:39	<b>01:23:35.85</b>	<b>01:25:15.10</b>	+00:41:09 (49.2%)	8:21	7.2 (51.1%)
137	<b>SIERADZKA Agnieszka</b>	<b>2057</b>	BIEGAJ Z TRENERAMI GLIWICE	K-30	57	00:00:26					(0.0%)

Total 137 results.