



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: Mieszkanki Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CUL Aleksandra	339	PLASTIC OMNIUM	K-20	1	00:00:30	00:49:28.75	00:49:59.50		4:56	12.1 (100%)
2	USZYŃSKA Aldona	8		K-40	2	00:00:31	00:49:45.90	00:50:17.80	+00:00:17 (0.6%)	4:58	12.1 (100%)
3	PIKUL Wiktoria	3077	KK TRAMWAJARZ ŁÓDŹ	K-16	2	00:00:04	00:52:38.40	00:52:42.50	+00:03:09 (6.0%)	5:15	11.4 (94.2%)
4	LASKOWSKA Katarzyna	2014	BIEGAJ Z TRENERAMI GLIWICE	K-40	4	00:01:28	00:52:42.40	00:54:11.25	+00:03:13 (6.1%)	5:16	11.4 (94.2%)
5	KOSMACZEWSKA Anna	2031		K-30	3	00:01:33	00:53:33.15	00:55:06.90	+00:04:04 (7.6%)	5:21	11.2 (92.6%)
6	BIER Agnieszka	2301		K-30	4	00:01:40	00:53:47.90	00:55:28.45	+00:04:19 (8.0%)	5:22	11.2 (92.6%)
7	MAĆZYŃSKA Agnieszka	2279		K-40	5	00:01:28	00:54:15.10	00:55:43.15	+00:04:46 (8.8%)	5:25	11.1 (91.7%)
8	KAMIŃSKA Aleksandra	2094		K-20	3	00:00:23	00:55:21.20	00:55:44.35	+00:05:52 (10.6%)	5:32	10.8 (89.3%)
9	KOZŁOWSKA Sandra	2215		K-20	5	00:01:16	00:55:27.30	00:56:44.05	+00:05:58 (10.8%)	5:32	10.8 (89.3%)
10	SIKORSKA Katarzyna	2322		K-30	9	00:01:26	00:55:55.95	00:57:22.80	+00:06:27 (11.5%)	5:35	10.7 (88.4%)
11	WÓJCIK Józefa	2125	AMATOR	K-50	1	00:01:33	00:56:44.90	00:58:18.25	+00:07:16 (12.8%)	5:40	10.6 (87.6%)
12	ZAPOTOCZNA Renata	2082		K-40	8	00:01:33	00:57:20.20	00:58:53.30	+00:07:51 (13.7%)	5:44	10.5 (86.8%)
13	EICHHOF Joanna	2011		K-30	11	00:01:27	00:57:26.45	00:58:53.75	+00:07:57 (13.9%)	5:44	10.4 (86.0%)
14	CZĄSTKIEWICZ Alicja	2069		K-30	12	00:01:31	00:57:33.10	00:59:04.50	+00:08:04 (14.0%)	5:45	10.4 (86.0%)
14	SŁABOŃ Roma	2001	ROMINATOR	K-30	13	00:01:30	00:57:33.60	00:59:04.50	+00:08:04 (14.0%)	5:45	10.4 (86.0%)
16	LEŚNIAK Ewa	19		K-30	16	00:01:40	00:58:10.55	00:59:51.40	+00:08:41 (14.9%)	5:49	10.3 (85.1%)
17	WÓJCIK Anna	2231	STEP-DANCA RUN	K-30	17	00:01:36	00:58:21.25	00:59:58.05	+00:08:52 (15.2%)	5:50	10.3 (85.1%)
18	KALINKA-BASZUN Daria	2283		K-30	20	00:01:16	00:58:54.40	01:00:10.55	+00:09:25 (16.0%)	5:53	10.2 (84.3%)
19	PIPER Agnieszka	2012		K-20	10	00:01:39	00:58:55.15	01:00:35.05	+00:09:26 (16.0%)	5:53	10.2 (84.3%)
20	DRAGON Karolina	2213	NIGHT RUNNERS GLIWICE	K-30	21	00:01:17	00:59:13.45	01:00:30.75	+00:09:44 (16.5%)	5:55	10.1 (83.5%)
21	LIPIŃSKA Anita	2216		K-20	12	00:01:13	00:59:29.60	01:00:43.45	+00:10:00 (16.8%)	5:57	10.1 (83.5%)
22	BALCER Weronika	2153		K-20	13	00:00:54	01:00:01.60	01:00:56.50	+00:10:32 (17.6%)	6:00	10 (82.6%)
23	DOWEJKO Katarzyna	2049		K-30	23	00:01:34	01:00:10.50	01:01:44.65	+00:10:41 (17.8%)	6:01	10 (82.6%)
24	ZIĘTEK Anna	2032		K-20	16	00:01:34	01:00:59.80	01:02:33.95	+00:11:31 (18.9%)	6:05	9.8 (81.0%)
25	STANISŁAWISZYN Małgorzata	2127		K-40	11	00:00:33	01:01:07.80	01:01:41.55	+00:11:39 (19.1%)	6:06	9.8 (81.0%)
26	TETLAK-TRACZ Barbara	2240		K-30	25	00:01:42	01:01:21.10	01:03:03.45	+00:11:52 (19.4%)	6:08	9.8 (81.0%)
27	KASZUB-DEDYK Katarzyna	2040		K-20	18	00:01:14	01:01:52.50	01:03:07.05	+00:12:23 (20.0%)	6:11	9.7 (80.2%)

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28	PEREK Justyna	2268	GTT INTER PROJEKT	K-30	29	00:01:26	01:02:25.45	01:03:52.10	+00:12:56 (20.7%)	6:14	9.6 (79.3%)
29	LUKOSZEK Weronika	2138		K-20	19	00:01:55	01:02:44.75	01:04:40.25	+00:13:16 (21.1%)	6:16	9.6 (79.3%)
30	KUKUCZKA Ewa	2187		K-30	30	00:01:23	01:02:51.85	01:04:14.95	+00:13:23 (21.3%)	6:17	9.5 (78.5%)
31	SOBOLEWSKA Agnieszka	2214		K-30	31	00:01:16	01:03:04.85	01:04:21.30	+00:13:36 (21.6%)	6:18	9.5 (78.5%)
32	BAJEK Dorota	23		K-30	32	00:01:35	01:03:08.05	01:04:43.45	+00:13:39 (21.6%)	6:18	9.5 (78.5%)
33	KOMAR Anna	2074		K-30	33	00:00:24	01:03:11.60	01:03:35.60	+00:13:42 (21.7%)	6:19	9.5 (78.5%)
34	GARNOWSKA Anetta	2079		K-50	2	00:01:54	01:03:20.05	01:05:14.40	+00:13:51 (21.9%)	6:20	9.5 (78.5%)
35	WYCIŚLIK Wioleta	2064		K-20	21	00:01:01	01:03:24.40	01:04:25.65	+00:13:55 (22.0%)	6:20	9.5 (78.5%)
36	SZEWczyk Krystyna	2033		K-20	23	00:01:18	01:03:45.10	01:05:03.80	+00:14:16 (22.4%)	6:22	9.4 (77.7%)
37	DUDZICZ Anna	2264		K-40	14	00:01:27	01:03:47.20	01:05:14.95	+00:14:18 (22.4%)	6:22	9.4 (77.7%)
38	PUCEK Aleksandra	2167		K-30	37	00:01:47	01:04:31.50	01:06:19.25	+00:15:02 (23.3%)	6:27	9.3 (76.9%)
39	KIEREPKA Justyna	2212		K-20	24	00:01:08	01:04:42.65	01:05:51.15	+00:15:13 (23.5%)	6:28	9.3 (76.9%)
40	WOJTUKIEWICZ Justyna	2147		K-30	39	00:01:36	01:05:18.75	01:06:55.40	+00:15:50 (24.2%)	6:31	9.2 (76.0%)
41	CZENCZEK Magdalena	2088		K-30	40	00:01:48	01:05:30.60	01:07:19.05	+00:16:01 (24.5%)	6:33	9.2 (76.0%)
42	TARNOWSKA Edyta	2025		K-20	25	00:01:18	01:05:31.35	01:06:50.00	+00:16:02 (24.5%)	6:33	9.2 (76.0%)
43	ŁUKASZEWSKA Justyna	2070		K-30	41	00:00:59	01:06:03.90	01:07:03.45	+00:16:35 (25.1%)	6:36	9.1 (75.2%)
44	DULINIEC Karolina	2230		K-16	4	00:01:35	01:06:09.00	01:07:44.35	+00:16:40 (25.2%)	6:36	9.1 (75.2%)
45	NOWAKOWSKA Agnieszka	2334	HAPPY RUNNERKA :)	K-30	45	00:01:21	01:06:35.45	01:07:57.05	+00:17:06 (25.7%)	6:39	9 (74.4%)
46	KLEMCZAK Ewa	2210		K-40	18	00:01:35	01:06:36.80	01:08:11.90	+00:17:08 (25.7%)	6:39	9 (74.4%)
47	JUSZCZAK Ewa	2052		K-50	3	00:00:13	01:06:51.30	01:07:04.35	+00:17:22 (26.0%)	6:41	9 (74.4%)
48	KACZKIEWICZ Agnieszka	1242	NIGHT RUNNERS GLIWICE	K-40	19	00:00:25	01:06:57.75	01:07:23.05	+00:17:29 (26.1%)	6:41	9 (74.4%)
49	WAJMAN Katarzyna	2142	STEP RUN	K-30	46	00:01:15	01:07:01.15	01:08:17.00	+00:17:32 (26.2%)	6:42	9 (74.4%)
50	ZEMŁA Dorota	2086		K-16	5	00:01:19	01:07:41.00	01:09:00.65	+00:18:12 (26.9%)	6:46	8.9 (73.6%)
51	CUDECKA Marzena	2078		K-30	47	00:01:49	01:08:28.40	01:10:17.55	+00:18:59 (27.7%)	6:50	8.8 (72.7%)
52	DZIEMIAŃCZUK Monika	2326		K-40	22	00:01:55	01:09:25.50	01:11:20.55	+00:19:56 (28.7%)	6:56	8.6 (71.1%)
53	KOBIERSKA Anna	2015	BÓL TO SŁABOŚĆ OPUSZCZAJĄCA CIAŁO	K-20	26	00:01:19	01:10:07.85	01:11:26.90	+00:20:39 (29.4%)	7:00	8.6 (71.1%)
54	GORAJ-ZAJĄC Aleksandra	c18	NIGHT RUNNERS GLIWICE	K-40	23	00:01:33	01:10:18.05	01:11:51.45	+00:20:49 (29.6%)	7:01	8.5 (70.2%)
55	MAZURKIEWICZ Agnieszka	2347	PIŃCET PLUS	K-30	48	00:01:57	01:11:17.55	01:13:14.80	+00:21:48 (30.6%)	7:07	8.4 (69.4%)
56	CYBULSKA Marta	12		K-30	49	00:01:20	01:11:41.35	01:13:01.65	+00:22:12 (31.0%)	7:10	8.4 (69.4%)
57	PANKIEWICZ Katarzyna	2345	GRUPACMYKI	K-40	25	00:00:55	01:11:43.45	01:12:38.75	+00:22:14 (31.0%)	7:10	8.4 (69.4%)
58	STRASSBERGER Katarzyna	2341	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI	K-40	26	00:01:38	01:11:44.60	01:13:23.50	+00:22:15 (31.0%)	7:10	8.4 (69.4%)
59	KOCYAN Małgorzata	2021	BIEGAJ Z TRENERAMI	K-50	4	00:01:53	01:11:49.90	01:13:43.25	+00:22:21 (31.1%)	7:11	8.4 (69.4%)
60	JONASZ Julia	2222		K-30	50	00:01:17	01:11:57.15	01:13:15.10	+00:22:28 (31.2%)	7:11	8.3 (68.6%)
61	KRZEMIŃSKA Jadwiga	2132		K-40	28	00:01:55	01:11:57.35	01:13:52.60	+00:22:28 (31.2%)	7:11	8.3 (68.6%)
62	BIEŃKOWSKA Maria	2172		K-20	27	00:01:18	01:12:18.00	01:13:36.90	+00:22:49 (31.6%)	7:13	8.3 (68.6%)
63	BRATEK Maja	2349	OTK RZEŹNIK	Mieszkancki Gliwic	1	00:00:24	01:12:51.95	01:13:16.15	+00:23:23 (32.1%)	7:17	8.2 (67.8%)
64	FRAĆ Elżbieta	4	NIGHT RUNNERS GLIWICE	K-30	53	00:01:38	01:14:05.35	01:15:44.25	+00:24:36 (33.2%)	7:24	8.1 (66.9%)
65	SZCZECZLA Ewa	2241		K-20	29	00:01:17	01:14:53.80	01:16:11.30	+00:25:25 (33.9%)	7:29	8 (66.1%)
66	MATUSZEWSKA Monika	2124	NIGHT RUNNERS GLIWICE	K-40	31	00:01:39	01:15:07.30	01:16:46.50	+00:25:38 (34.1%)	7:30	8 (66.1%)
67	VEGA ZUMETA Brygida	2321	NIGHT RUNNERS GLIWICE	K-30	54	00:00:46	01:15:14.45	01:16:01.00	+00:25:45 (34.2%)	7:31	8 (66.1%)
67	OCHAB Józefina	2065		K-20	30	00:00:46	01:15:14.95	01:16:01.00	+00:25:46 (34.2%)	7:31	8 (66.1%)
69	WICHRZYCKA Katarzyna	2273		K-20	31	00:01:02	01:16:12.80	01:17:15.30	+00:26:44 (35.1%)	7:37	7.9 (65.3%)
70	ZAKLIŃSKA Katarzyna	2246		K-40	33	00:01:39	01:20:46.90	01:22:26.80	+00:31:18 (38.7%)	8:04	7.4 (61.2%)
71	WÓJCIK Justyna	2163	HIRSCHVOGEL COMPONENTS POLAND	K-20	33	00:01:02	01:22:08.40	01:23:11.25	+00:32:39 (39.8%)	8:12	7.3 (60.3%)

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72	CIEŚLAK Agnieszka	22	NIGHT RUNNERS GLIWICE	K-40	34	00:01:39	01:23:32.00	01:25:11.95	+00:34:03 (40.8%)	8:21	7.2 (59.5%)
73	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI GLIWICE	K-30	57	00:00:26					(0.0%)

Znaleziono 73 wynik(ów)