



**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**Miejsce:** Gliwice  
**Dystans:** 10 km

## 10 KM ATEST PZLA GLIWICKI

B4SPORT

**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	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20		4:41	12.8 (100%)
2	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:02:40 (5.4%)	4:57	12.1 (94.5%)
3	ZIOMEK Katarzyna	1459		K-30	3	00:01:04	00:50:35.80	00:51:40.50	+00:03:42 (7.3%)	5:03	11.9 (93.0%)
4	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:05:50 (11.1%)	5:16	11.4 (89.1%)
5	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:07:05 (13.1%)	5:24	11.1 (86.7%)
6	BALIŃSKA-SANOCKA Aneta	1343		K-30	6	00:02:02	00:54:27.10	00:56:29.25	+00:07:33 (13.9%)	5:26	11 (85.9%)
7	IBROM-JASIŃSKA Justyna	1533		K-30	7	00:01:08	00:54:41.15	00:55:49.40	+00:07:47 (14.2%)	5:28	11 (85.9%)
8	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:07:56 (14.5%)	5:29	10.9 (85.2%)
9	GRUCHAŁA Anna	1400		K-30	9	00:00:56	00:54:57.10	00:55:53.35	+00:08:03 (14.7%)	5:29	10.9 (85.2%)
10	MERKEL Sabina	1577		K-30	10	00:01:56	00:54:58.70	00:56:55.15	+00:08:04 (14.7%)	5:29	10.9 (85.2%)
11	ZIĘBA Sabina	1326		K-30	11	00:00:05	00:56:27.20	00:56:32.20	+00:09:33 (16.9%)	5:38	10.6 (82.8%)
12	WÓJCIAK Katarzyna	1363		K-30	12	00:01:49	00:56:36.90	00:58:26.75	+00:09:43 (17.2%)	5:39	10.6 (82.8%)
13	ZBOROWSKA Domika	1339	ISTA BIEGAMY	K-30	13	00:02:03	00:57:27.60	00:59:30.60	+00:10:33 (18.4%)	5:44	10.4 (81.3%)
14	BOBA Alicja	532	WPR MAMRE	K-30	14	00:01:39	00:57:41.40	00:59:21.35	+00:10:47 (18.7%)	5:46	10.4 (81.3%)
15	SZAMPERA Agnieszka	1461	EVENT 360 RUNNING TEAM	K-30	15	00:02:09	00:58:10.20	01:00:19.35	+00:11:16 (19.4%)	5:49	10.3 (80.5%)
16	LASKOWSKA Anna	1407	KATA GURUMA	K-30	16	00:01:47	00:58:20.05	01:00:07.10	+00:11:26 (19.6%)	5:50	10.3 (80.5%)
17	POSTOŁ Karolina	1518	NIGHT RUNNERS GLIWICE	K-30	17	00:00:46	00:58:24.70	00:59:11.65	+00:11:30 (19.7%)	5:50	10.3 (80.5%)
18	KOPCIK Joanna	1471		K-30	18	00:01:33	00:58:26.40	00:59:59.45	+00:11:32 (19.8%)	5:50	10.3 (80.5%)
19	GOCYK Patrycja	1447		K-30	19	00:00:53	00:58:39.85	00:59:33.80	+00:11:46 (20.1%)	5:52	10.2 (79.7%)
20	SKWARA Katarzyna	1388	HIRSCHVOGEL	K-30	20	00:00:35	00:58:56.55	00:59:32.10	+00:12:02 (20.4%)	5:53	10.2 (79.7%)
21	DRAGON Karolina	1466	NIGHT RUNNERS GLIWICE	K-30	21	00:01:41	00:59:02.55	01:00:44.40	+00:12:08 (20.6%)	5:54	10.2 (79.7%)
22	NOWICKA Iwona	1509		K-30	22	00:00:29	00:59:06.40	00:59:35.95	+00:12:12 (20.7%)	5:54	10.2 (79.7%)
23	BROŻEK Anna	1383		K-30	23	00:01:07	00:59:17.95	01:00:25.35	+00:12:24 (20.9%)	5:55	10.1 (78.9%)
24	KUCZERA Beata	4		K-30	24	00:01:57	01:02:28.60	01:04:25.80	+00:15:34 (24.9%)	6:14	9.6 (75.0%)
25	WÓJCIK Anna	1428		K-30	25	00:01:33	01:02:49.75	01:04:22.85	+00:15:56 (25.4%)	6:16	9.6 (75.0%)
26	MAZURKIEWICZ Agnieszka	1558	WARSAW MASTERS TEAM	K-30	26	00:01:45	01:03:21.20	01:05:06.85	+00:16:27 (26.0%)	6:20	9.5 (74.2%)
27	CZERNAK Celina	1469		K-30	27	00:01:45	01:03:21.30	01:05:07.15	+00:16:27 (26.0%)	6:20	9.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>ERWIN Marta</b>	<b>1303</b>	FIGHT CLUB KNURÓW	K-30	28	00:01:03	<b>01:03:27.20</b>	<b>01:04:31.15</b>	+00:16:33 (26.1%)	6:20	9.5 (74.2%)
29	<b>MOKRZYCKA Justyna</b>	<b>1356</b>	BIEGAMY Z SERCEM	K-30	29	00:01:25	<b>01:03:38.00</b>	<b>01:05:03.35</b>	+00:16:44 (26.3%)	6:21	9.4 (73.4%)
30	<b>MUCHA-KUŚ Karolina</b>	<b>1522</b>		K-30	30	00:01:59	<b>01:04:30.75</b>	<b>01:06:30.15</b>	+00:17:37 (27.3%)	6:27	9.3 (72.7%)
31	<b>WÓJTOWICZ Agnieszka</b>	<b>1526</b>	ISTA BIEGAMY	K-30	31	00:00:59	<b>01:05:57.30</b>	<b>01:06:57.05</b>	+00:19:03 (28.9%)	6:35	9.1 (71.1%)
32	<b>POSMYK Beata</b>	<b>1368</b>	BFRT.ORG.PL	K-30	32	00:01:35	<b>01:06:36.05</b>	<b>01:08:12.00</b>	+00:19:42 (29.6%)	6:39	9 (70.3%)
33	<b>JANOSZEK Małgorzata</b>	<b>1435</b>		K-30	33	00:00:27	<b>01:06:49.90</b>	<b>01:07:17.30</b>	+00:19:56 (29.8%)	6:41	9 (70.3%)
34	<b>NAWROT Katarzyna</b>	<b>1538</b>	PKO BP	K-30	34	00:00:43	<b>01:07:11.30</b>	<b>01:07:55.15</b>	+00:20:17 (30.2%)	6:43	8.9 (69.5%)
35	<b>MAZUR Kamila</b>	<b>1514</b>		K-30	35	00:00:55	<b>01:07:12.10</b>	<b>01:08:08.00</b>	+00:20:18 (30.2%)	6:43	8.9 (69.5%)
36	<b>OTOROWSKA Aleksandra</b>	<b>1412</b>		K-30	36	00:00:34	<b>01:07:58.35</b>	<b>01:08:32.55</b>	+00:21:04 (31.0%)	6:47	8.8 (68.8%)
37	<b>BLUSZCZ Marta</b>	<b>1539</b>		K-30	37	00:01:24	<b>01:08:01.10</b>	<b>01:09:25.55</b>	+00:21:07 (31.1%)	6:48	8.8 (68.8%)
38	<b>OTEBEYE Amina</b>	<b>1301</b>	MACHINAGROUP	K-30	38	00:00:05	<b>01:08:11.55</b>	<b>01:08:17.30</b>	+00:21:17 (31.2%)	6:49	8.8 (68.8%)
39	<b>PIRÓG Beata</b>	<b>1470</b>		K-30	39	00:01:39	<b>01:08:46.15</b>	<b>01:10:25.25</b>	+00:21:52 (31.8%)	6:52	8.7 (68.0%)
40	<b>FILIPCZYK Izabela</b>	<b>1415</b>		K-30	40	00:01:50	<b>01:11:01.75</b>	<b>01:12:52.50</b>	+00:24:08 (34.0%)	7:06	8.4 (65.6%)
41	<b>WILK Weronika</b>	<b>1414</b>		K-30	41	00:01:50	<b>01:11:02.15</b>	<b>01:12:52.75</b>	+00:24:08 (34.0%)	7:06	8.4 (65.6%)
42	<b>ANDRACZEK Magdalena Anna</b>	<b>1547</b>		K-30	42	00:01:56	<b>01:12:35.55</b>	<b>01:14:31.75</b>	+00:25:41 (35.4%)	7:15	8.3 (64.8%)
43	<b>BOCZAROWSKA Barbara</b>	<b>1482</b>	EXPERT TRAVEL	K-30	43	00:00:26	<b>01:13:51.80</b>	<b>01:14:18.30</b>	+00:26:58 (36.5%)	7:23	8.1 (63.3%)
44	<b>SZOKA Ewa</b>	<b>1409</b>	NIGHT RUNNER GLIWICE	K-30	44	00:01:43	<b>01:14:09.80</b>	<b>01:15:53.30</b>	+00:27:16 (36.8%)	7:25	8.1 (63.3%)
45	<b>VEGA ZUMETA Brygida</b>	<b>1396</b>	PADŁ NA RYJ TEAM	K-30	45	00:01:49	<b>01:17:03.00</b>	<b>01:18:52.95</b>	+00:30:09 (39.1%)	7:42	7.8 (60.9%)
46	<b>FRĄC Elżbieta</b>	<b>1314</b>	NIGHT RUNNERS GLIWICE	K-30	46	00:00:47	<b>01:17:42.50</b>	<b>01:18:29.80</b>	+00:30:48 (39.7%)	7:46	7.7 (60.2%)
47	<b>IZYDORCZYK Agnieszka</b>	<b>1337</b>	HIRSCHVOGEL	K-30	47	00:00:13			+01:07:47	23:57	2.5 (19.5%)

Znaleziono 47 wynik(ów)