10 KM ATEST PZLA GLIWICKI

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

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

Znaleziono 47 wynik(ów)