



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

10 KM ATEST PZLA GLIWICKI

B4SPORT

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	JOANNA Olchawa	1503		K-40	1	00:00:04	00:41:33.45	00:41:37.85		4:09	14.4 (100%)
2	ADAMCZYK-NOWAK Beata	1327	MIECHOWICKA GRUPA BIEGOWA	K-40	2	00:00:15	00:41:34.70	00:41:49.95	+00:00:01 (0.1%)	4:09	14.4 (100%)
3	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20	+00:05:20 (11.4%)	4:41	12.8 (88.9%)
4	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:06:28 (13.5%)	4:48	12.5 (86.8%)
5	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:08:00 (16.2%)	4:57	12.1 (84.0%)
6	ZIOMEK Katarzyna	1459		K-30	3	00:01:04	00:50:35.80	00:51:40.50	+00:09:02 (17.9%)	5:03	11.9 (82.6%)
7	PIKUL Wiktoria	1402	GRUPA KOLARSKA GLIWICE BIKE ATELIER	Mieszkanki Gliwic	1	00:00:39	00:51:18.75	00:51:58.40	+00:09:45 (19.0%)	5:07	11.7 (81.3%)
8	CANIBOŁ Anna	1306		K-20	1	00:01:27	00:51:10.70	00:52:38.65	+00:09:37 (18.8%)	5:07	11.7 (81.3%)
9	OLESIŃSKA Joanna	1322		K-40	3	00:00:48	00:52:34.95	00:53:23.35	+00:11:01 (21.0%)	5:15	11.4 (79.2%)
10	BRONOWICKA Dorota	1423		K-20	2	00:00:39	00:52:44.75	00:53:24.55	+00:11:11 (21.2%)	5:16	11.4 (79.2%)
11	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:11:11 (21.2%)	5:16	11.4 (79.2%)
12	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:11:17 (21.4%)	5:17	11.4 (79.2%)
13	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:10:39 (20.4%)	5:13	11.5 (79.9%)
14	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:12:26 (23.0%)	5:24	11.1 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	SZARZYŃSKA-GRYCHNIK Jola	1489		K-40	5	00:01:08	00:53:58.30	00:55:06.35	+00:12:24 (23.0%)	5:23	11.1 (77.1%)
16	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:12:07 (22.6%)	5:22	11.2 (77.8%)
17	DYMAREK Beata	1399		K-20	3	00:01:27	00:53:51.60	00:55:18.85	+00:12:18 (22.8%)	5:23	11.1 (77.1%)
18	IBROM-JASIŃSKA Justyna	1533		K-30	7	00:01:08	00:54:41.15	00:55:49.40	+00:13:07 (24.0%)	5:28	11 (76.4%)
19	GRUCHAŁA Anna	1400		K-30	9	00:00:56	00:54:57.10	00:55:53.35	+00:13:23 (24.4%)	5:29	10.9 (75.7%)
20	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:13:51 (25.0%)	5:32	10.8 (75.0%)
21	FRANECKA Anna	1450		K-20	5	00:01:00	00:55:21.45	00:56:21.80	+00:13:48 (24.9%)	5:32	10.8 (75.0%)
22	KNEBEL Patrycja	1439		K-20	4	00:01:33	00:54:50.30	00:56:24.00	+00:13:16 (24.2%)	5:29	10.9 (75.7%)
23	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:13:16 (24.2%)	5:29	10.9 (75.7%)
24	BALIŃSKA-SANOCKA Aneta	1343		K-30	6	00:02:02	00:54:27.10	00:56:29.25	+00:12:53 (23.7%)	5:26	11 (76.4%)
25	SANOCKA Dorota	1342		K-40	6	00:02:02	00:54:28.60	00:56:31.30	+00:12:55 (23.7%)	5:26	11 (76.4%)
26	ZIĘBA Sabina	1326		K-30	11	00:00:05	00:56:27.20	00:56:32.20	+00:14:53 (26.4%)	5:38	10.6 (73.6%)
27	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:13:56 (25.1%)	5:33	10.8 (75.0%)
28	BORKOWSKA Sonia	1403	3 WATERS	K-40	14	00:00:23	00:56:24.55	00:56:47.90	+00:14:51 (26.3%)	5:38	10.6 (73.6%)
29	PETEJA-ĆWIK Aleksandra	1495		K-40	10	00:00:50	00:56:03.25	00:56:54.05	+00:14:29 (25.9%)	5:36	10.7 (74.3%)
30	MERKEL Sabina	1577		K-30	10	00:01:56	00:54:58.70	00:56:55.15	+00:13:25 (24.4%)	5:29	10.9 (75.7%)
31	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:13:42 (24.8%)	5:31	10.9 (75.7%)
32	POLEWKA Beata	1531	UKS KONIETA S-A	K-40	12	00:01:19	00:56:08.90	00:57:28.15	+00:14:35 (26.0%)	5:36	10.7 (74.3%)
33	LESISZ Katarzyna	1438		K-40	11	00:01:33	00:56:08.75	00:57:41.95	+00:14:35 (26.0%)	5:36	10.7 (74.3%)
34	HELHLMANN Beata	1512		K-40	13	00:01:23	00:56:18.25	00:57:42.10	+00:14:44 (26.2%)	5:37	10.7 (74.3%)
35	CZERNIAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:15:03 (26.6%)	5:39	10.6 (73.6%)
36	WÓJCIAK Katarzyna	1363		K-30	12	00:01:49	00:56:36.90	00:58:26.75	+00:15:03 (26.6%)	5:39	10.6 (73.6%)
37	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:15:08 (26.7%)	5:40	10.6 (73.6%)

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38	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:17:07 (29.2%)	5:52	10.2 (70.8%)
38	DYWAN Klaudia	1452		K-16	2	00:00:09	00:58:41.50	00:58:50.85	+00:17:08 (29.2%)	5:52	10.2 (70.8%)
40	POSTOŁ Karolina	1518	NIGHT RUNNERS GLIWICE	K-30	17	00:00:46	00:58:24.70	00:59:11.65	+00:16:51 (28.9%)	5:50	10.3 (71.5%)
41	BOBA Alicja	532	WPR MAMRE	K-30	14	00:01:39	00:57:41.40	00:59:21.35	+00:16:07 (28.0%)	5:46	10.4 (72.2%)
42	ZBOROWSKA Domika	1339	ISTA BIEGAMY	K-30	13	00:02:03	00:57:27.60	00:59:30.60	+00:15:54 (27.7%)	5:44	10.4 (72.2%)
43	SKWARA Katarzyna	1388	HIRSCHVOGEL	K-30	20	00:00:35	00:58:56.55	00:59:32.10	+00:17:23 (29.5%)	5:53	10.2 (70.8%)
44	GOCYK Patrycja	1447		K-30	19	00:00:53	00:58:39.85	00:59:33.80	+00:17:06 (29.2%)	5:52	10.2 (70.8%)
45	NOWICKA Iwona	1509		K-30	22	00:00:29	00:59:06.40	00:59:35.95	+00:17:32 (29.7%)	5:54	10.2 (70.8%)
46	KOPCIK Joanna	1471		K-30	18	00:01:33	00:58:26.40	00:59:59.45	+00:16:52 (28.9%)	5:50	10.3 (71.5%)
47	LASKOWSKA Anna	1407	KATA GURUMA	K-30	16	00:01:47	00:58:20.05	01:00:07.10	+00:16:46 (28.8%)	5:50	10.3 (71.5%)
48	SZAMPERA Agnieszka	1461	EVENT 360 RUNNING TEAM	K-30	15	00:02:09	00:58:10.20	01:00:19.35	+00:16:36 (28.6%)	5:49	10.3 (71.5%)
49	NOWAK-BODUCH Joanna	1548		K-50	3	00:00:22	01:00:00.85	01:00:23.75	+00:18:27 (30.8%)	6:00	10 (69.4%)
50	BROŻEK Anna	1383		K-30	23	00:01:07	00:59:17.95	01:00:25.35	+00:17:44 (29.9%)	5:55	10.1 (70.1%)
51	DRAGON Karolina	1466	NIGHT RUNNERS GLIWICE	K-30	21	00:01:41	00:59:02.55	01:00:44.40	+00:17:29 (29.6%)	5:54	10.2 (70.8%)
52	GORAJ-ZAJĄC Aleksandra	1515	NIGHT RUNNERS GLIWICE	K-40	19	00:00:47	01:01:40.25	01:02:27.75	+00:20:06 (32.6%)	6:10	9.7 (67.4%)
53	FRYDA Aneta	1592		K-40	18	00:01:44	01:01:30.30	01:03:14.95	+00:19:56 (32.4%)	6:09	9.8 (68.1%)
54	JUSZCZAK Ewa	1392		K-50	5	00:00:26	01:03:25.65	01:03:51.80	+00:21:52 (34.5%)	6:20	9.5 (66.0%)
55	WÓJCIK Anna	1428		K-30	25	00:01:33	01:02:49.75	01:04:22.85	+00:21:16 (33.9%)	6:16	9.6 (66.7%)
56	TORKA-KUNERT Grażyna	6	RYBICKA GRUPA BIEGOWA	K-50	4	00:01:56	01:02:29.05	01:04:25.75	+00:20:55 (33.5%)	6:14	9.6 (66.7%)
57	KUCZERA Beata	4		K-30	24	00:01:57	01:02:28.60	01:04:25.80	+00:20:55 (33.5%)	6:14	9.6 (66.7%)
58	LUBOWICKA Katarzyna	7	RYBICKA GRUPA BIEGOWA	K-20	6	00:01:57	01:02:28.55	01:04:25.85	+00:20:55 (33.5%)	6:14	9.6 (66.7%)
59	ERWIN Marta	1303	FIGHT CLUB KNURÓW	K-30	28	00:01:03	01:03:27.20	01:04:31.15	+00:21:53 (34.5%)	6:20	9.5 (66.0%)
60	MOKRZYCKA Justyna	1356	BIEGAMY Z SERCEM	K-30	29	00:01:25	01:03:38.00	01:05:03.35	+00:22:04 (34.7%)	6:21	9.4 (65.3%)

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61	MAZURKIEWICZ Agnieszka	1558	WARSAW MASTERS TEAM	K-30	26	00:01:45	01:03:21.20	01:05:06.85	+00:21:47 (34.4%)	6:20	9.5 (66.0%)
62	CZERNIAK Celina	1469		K-30	27	00:01:45	01:03:21.30	01:05:07.15	+00:21:47 (34.4%)	6:20	9.5 (66.0%)
63	JANOWSKA-CHWALISZEWSKA Agnieszka	1394	NIGHT RUNNERS GLIWICE	K-40	20	00:01:44	01:03:31.50	01:05:16.20	+00:21:58 (34.6%)	6:21	9.4 (65.3%)
64	MISIEK Jolanta	1446		K-40	21	00:00:53	01:05:00.25	01:05:54.20	+00:23:26 (36.1%)	6:30	9.2 (63.9%)
65	MUCHA-KUŚ Karolina	1522		K-30	30	00:01:59	01:04:30.75	01:06:30.15	+00:22:57 (35.6%)	6:27	9.3 (64.6%)
66	WÓJTOWICZ Agnieszka	1526	ISTA BIEGAMY	K-30	31	00:00:59	01:05:57.30	01:06:57.05	+00:24:23 (37.0%)	6:35	9.1 (63.2%)
67	STOLARZ Agnieszka	1353	NIGHT RUNNERS GLIWICE	K-40	24	00:00:49	01:06:23.10	01:07:12.80	+00:24:49 (37.4%)	6:38	9 (62.5%)
68	JANOSZEK Małgorzata	1435		K-30	33	00:00:27	01:06:49.90	01:07:17.30	+00:25:16 (37.8%)	6:41	9 (62.5%)
69	RAŁ Zdzisława	1444		K-60	1	00:00:28	01:06:50.15	01:07:18.45	+00:25:16 (37.8%)	6:41	9 (62.5%)
70	KUPIS Katarzyna	1485	KUDŁATY ART TEAM	K-20	8	00:01:09	01:06:37.40	01:07:46.60	+00:25:03 (37.6%)	6:39	9 (62.5%)
71	POGORZELSKA-KLIKS Agata	1382	UNISONO	K-40	22	00:02:05	01:05:48.40	01:07:53.95	+00:24:14 (36.8%)	6:34	9.1 (63.2%)
72	NAWROT Katarzyna	1538	PKO BP	K-30	34	00:00:43	01:07:11.30	01:07:55.15	+00:25:37 (38.1%)	6:43	8.9 (61.8%)
73	MAZUR Kamila	1514		K-30	35	00:00:55	01:07:12.10	01:08:08.00	+00:25:38 (38.2%)	6:43	8.9 (61.8%)
74	POSMYK Beata	1368	BFRT.ORG.PL	K-30	32	00:01:35	01:06:36.05	01:08:12.00	+00:25:02 (37.6%)	6:39	9 (62.5%)
75	HRYSZKIEWICZ Barbara	1385	AKMB PĘDZIWIATR GLIWICE	K-40	23	00:02:05	01:06:09.90	01:08:15.35	+00:24:36 (37.2%)	6:37	9.1 (63.2%)
76	OTEBEYE Amina	1301	MACHINAGROUP	K-30	38	00:00:05	01:08:11.55	01:08:17.30	+00:26:38 (39.1%)	6:49	8.8 (61.1%)
77	KOBIERSKA Anna	1355		K-20	7	00:01:55	01:06:24.00	01:08:19.80	+00:24:50 (37.4%)	6:38	9 (62.5%)
78	OTOROWSKA Aleksandra	1412		K-30	36	00:00:34	01:07:58.35	01:08:32.55	+00:26:24 (38.9%)	6:47	8.8 (61.1%)
79	LISOWSKA Barbara	1478		K-40	25	00:01:26	01:07:12.35	01:08:38.35	+00:25:38 (38.2%)	6:43	8.9 (61.8%)
80	BLUSZCZ Marta	1539		K-30	37	00:01:24	01:08:01.10	01:09:25.55	+00:26:27 (38.9%)	6:48	8.8 (61.1%)
81	KOTLIŃSKA Natalia	1329		K-20	10	00:00:57	01:09:04.80	01:10:02.60	+00:27:31 (39.8%)	6:54	8.7 (60.4%)
82	DUDZICZ Barbara	1597	PKO BP	K-40	26	00:00:46	01:09:23.45	01:10:10.40	+00:27:50 (40.1%)	6:56	8.6 (59.7%)
83	PIRÓG Beata	1470		K-30	39	00:01:39	01:08:46.15	01:10:25.25	+00:27:12 (39.6%)	6:52	8.7 (60.4%)

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84	LUTOGNIIEWSKA Dorota	1315	BIPROHUT	K-20	9	00:01:55	01:09:02.05	01:10:57.80	+00:27:28 (39.8%)	6:54	8.7 (60.4%)
85	HOMIŃSKA Krystyna	1551	PKO BP	K-50	6	00:00:18	01:11:03.55	01:11:22.50	+00:29:30 (41.5%)	7:06	8.4 (58.3%)
86	FILIPCZYK Izabela	1415		K-30	40	00:01:50	01:11:01.75	01:12:52.50	+00:29:28 (41.5%)	7:06	8.4 (58.3%)
87	WILK Weronika	1414		K-30	41	00:01:50	01:11:02.15	01:12:52.75	+00:29:28 (41.5%)	7:06	8.4 (58.3%)
88	BOCZAROWSKA Barbara	1482	EXPERT TRAVEL	K-30	43	00:00:26	01:13:51.80	01:14:18.30	+00:32:18 (43.7%)	7:23	8.1 (56.3%)
89	ANDRACZEK Magdalena Anna	1547		K-30	42	00:01:56	01:12:35.55	01:14:31.75	+00:31:02 (42.8%)	7:15	8.3 (57.6%)
90	SZOKA Ewa	1409	NIGHT RUNNER GLIWICE	K-30	44	00:01:43	01:14:09.80	01:15:53.30	+00:32:36 (44.0%)	7:25	8.1 (56.3%)
91	WYSOCKA Magdalena	1308	ETE RUN	K-40	27	00:02:20	01:15:25.15	01:17:45.65	+00:33:51 (44.9%)	7:32	8 (55.6%)
92	FRAĆ Elżbieta	1314	NIGHT RUNNERS GLIWICE	K-30	46	00:00:47	01:17:42.50	01:18:29.80	+00:36:09 (46.5%)	7:46	7.7 (53.5%)
93	VEGA ZUMETA Brygida	1396	PADŁ NA RYJ TEAM	K-30	45	00:01:49	01:17:03.00	01:18:52.95	+00:35:29 (46.1%)	7:42	7.8 (54.2%)
94	PANKIEWICZ Katarzyna	1498	GRUPA CMYKI	K-40	28	00:02:13	01:17:24.65	01:19:38.35	+00:35:51 (46.3%)	7:44	7.8 (54.2%)
95	HRYSZKIEWICZ Anna	1451	UNISONO	K-20	11	00:02:13	01:18:34.50	01:20:47.55	+00:37:01 (47.1%)	7:51	7.6 (52.8%)
96	TOMCZAK Małgorzata	1536		K-40	29	00:00:20	01:33:54.40	01:34:14.90	+00:52:20 (55.7%)	9:23	6.4 (44.4%)
97	KOWALCZYK Anna	1338	HIRSCHVOGEL	K-40	30	00:00:13	01:38:58.35	01:39:11.80	+00:57:24 (58.0%)	9:53	6.1 (42.4%)
98	IZYDORCZYK Agnieszka	1337	HIRSCHVOGEL	K-30	47	00:00:13			+01:10:28	23:57	2.5 (17.4%)

Znaleziono 98 wynik(ów)