



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

10 KM ATEST PZLA GLIWICKI

B4SPORT

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	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20		4:41	12.8 (100%)
2	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:01:08 (2.4%)	4:48	12.5 (97.7%)
3	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%)
4	PIKUL Wiktoria	1402	GRUPA KOLARSKA GLIWICE BIKE ATELIER	Mieszkanki Gliwic	1	00:00:39	00:51:18.75	00:51:58.40	+00:04:25 (8.6%)	5:07	11.7 (91.4%)
5	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:05:19 (10.2%)	5:13	11.5 (89.8%)
6	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%)
7	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:05:57 (11.3%)	5:17	11.4 (89.1%)
8	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:06:46 (12.6%)	5:22	11.2 (87.5%)
9	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%)
10	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%)
11	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:08:22 (15.1%)	5:31	10.9 (85.2%)
12	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:08:30 (15.4%)	5:32	10.8 (84.4%)
13	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:08:36 (15.5%)	5:33	10.8 (84.4%)
14	POLEWKA Beata	1531	UKS KONIETA S-A	K-40	12	00:01:19	00:56:08.90	00:57:28.15	+00:09:15 (16.5%)	5:36	10.7 (83.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	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%)
16	CZERNIAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:09:43 (17.2%)	5:39	10.6 (82.8%)
17	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:09:48 (17.3%)	5:40	10.6 (82.8%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:11:47 (20.1%)	5:52	10.2 (79.7%)
23	DYWAN Klaudia	1452		K-16	2	00:00:09	00:58:41.50	00:58:50.85	+00:11:47 (20.1%)	5:52	10.2 (79.7%)
25	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%)
26	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%)
27	NOWAK-BODUCH Joanna	1548		K-50	3	00:00:22	01:00:00.85	01:00:23.75	+00:13:07 (21.9%)	6:00	10 (78.1%)
28	FRYDA Aneta	1592		K-40	18	00:01:44	01:01:30.30	01:03:14.95	+00:14:36 (23.8%)	6:09	9.8 (76.6%)
29	GORAJ-ZAJĄC Aleksandra	1515	NIGHT RUNNERS GLIWICE	K-40	19	00:00:47	01:01:40.25	01:02:27.75	+00:14:46 (24.0%)	6:10	9.7 (75.8%)
30	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%)
31	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%)
32	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%)
33	JUSZCZAK Ewa	1392		K-50	5	00:00:26	01:03:25.65	01:03:51.80	+00:16:31 (26.1%)	6:20	9.5 (74.2%)
34	JANOWSKA-CHWALISZEWSKA Agnieszka	1394	NIGHT RUNNERS GLIWICE	K-40	20	00:01:44	01:03:31.50	01:05:16.20	+00:16:37 (26.2%)	6:21	9.4 (73.4%)
35	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%)
36	STOLARZ Agnieszka	1353	NIGHT RUNNERS GLIWICE	K-40	24	00:00:49	01:06:23.10	01:07:12.80	+00:19:29 (29.4%)	6:38	9 (70.3%)
37	KOBIERSKA Anna	1355		K-20	7	00:01:55	01:06:24.00	01:08:19.80	+00:19:30 (29.4%)	6:38	9 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	KUPIS Katarzyna	1485	KUDŁATY ART TEAM	K-20	8	00:01:09	01:06:37.40	01:07:46.60	+00:19:43 (29.6%)	6:39	9 (70.3%)
39	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%)
40	RAŁ Zdzisława	1444		K-60	1	00:00:28	01:06:50.15	01:07:18.45	+00:19:56 (29.8%)	6:41	9 (70.3%)
41	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%)
42	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%)
43	LUTOGIEWSKA Dorota	1315	BIPROHUT	K-20	9	00:01:55	01:09:02.05	01:10:57.80	+00:22:08 (32.1%)	6:54	8.7 (68.0%)
44	KOTLIŃSKA Natalia	1329		K-20	10	00:00:57	01:09:04.80	01:10:02.60	+00:22:11 (32.1%)	6:54	8.7 (68.0%)
45	DUDZICZ Barbara	1597	PKO BP	K-40	26	00:00:46	01:09:23.45	01:10:10.40	+00:22:29 (32.4%)	6:56	8.6 (67.2%)
46	HOMIŃSKA Krystyna	1551	PKO BP	K-50	6	00:00:18	01:11:03.55	01:11:22.50	+00:24:09 (34.0%)	7:06	8.4 (65.6%)
47	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%)
48	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%)
49	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%)
50	PANKIEWICZ Katarzyna	1498	GRUPA CMYKI	K-40	28	00:02:13	01:17:24.65	01:19:38.35	+00:30:30 (39.4%)	7:44	7.8 (60.9%)
51	FRAĆ 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%)
52	IZYDORCZYK Agnieszka	1337	HIRSCHVOGEL	K-30	47	00:00:13			+01:07:47	23:57	2.5 (19.5%)

Znaleziono 52 wynik(ów)