



**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
2	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:01:08	4:48	12.5
3	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:02:40	4:57	12.1
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	5:07	11.7
5	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:05:19	5:13	11.5
6	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:05:50	5:16	11.4
7	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:05:57	5:17	11.4
8	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:06:46	5:22	11.2
9	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:07:05	5:24	11.1
10	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:07:56	5:29	10.9
11	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:08:22	5:31	10.9
12	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:08:30	5:32	10.8
13	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:08:36	5:33	10.8
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	5:36	10.7
15	WÓJCIAK Katarzyna	1363		K-30	12	00:01:49	00:56:36.90	00:58:26.75	+00:09:43	5:39	10.6
16	CZERNIAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:09:43	5:39	10.6
17	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:09:48	5:40	10.6
18	ZBOROWSKA Domika	1339	ISTA BIEGAMY	K-30	13	00:02:03	00:57:27.60	00:59:30.60	+00:10:33	5:44	10.4
19	BOBA Alicja	532	WPR MAMRE	K-30	14	00:01:39	00:57:41.40	00:59:21.35	+00:10:47	5:46	10.4
20	LASKOWSKA Anna	1407	KATA GURUMA	K-30	16	00:01:47	00:58:20.05	01:00:07.10	+00:11:26	5:50	10.3
21	POSTOŁ Karolina	1518	NIGHT RUNNERS GLIWICE	K-30	17	00:00:46	00:58:24.70	00:59:11.65	+00:11:30	5:50	10.3
22	KOPCIK Joanna	1471		K-30	18	00:01:33	00:58:26.40	00:59:59.45	+00:11:32	5:50	10.3
23	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:11:47	5:52	10.2
23	DYWAN Klaudia	1452		K-16	2	00:00:09	00:58:41.50	00:58:50.85	+00:11:47	5:52	10.2
25	DRAGON Karolina	1466	NIGHT RUNNERS GLIWICE	K-30	21	00:01:41	00:59:02.55	01:00:44.40	+00:12:08	5:54	10.2
26	BROŻEK Anna	1383		K-30	23	00:01:07	00:59:17.95	01:00:25.35	+00:12:24	5:55	10.1
27	NOWAK-BODUCH Joanna	1548		K-50	3	00:00:22	01:00:00.85	01:00:23.75	+00:13:07	6:00	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>FRYDA Aneta</b>	<b>1592</b>		K-40	18	00:01:44	<b>01:01:30.30</b>	<b>01:03:14.95</b>	+00:14:36	6:09	9.8
29	<b>GORAJ-ZAJĄC Aleksandra</b>	<b>1515</b>	NIGHT RUNNERS GLIWCE	K-40	19	00:00:47	<b>01:01:40.25</b>	<b>01:02:27.75</b>	+00:14:46	6:10	9.7
30	<b>WÓJCIK Anna</b>	<b>1428</b>		K-30	25	00:01:33	<b>01:02:49.75</b>	<b>01:04:22.85</b>	+00:15:56	6:16	9.6
31	<b>MAZURKIEWICZ Agnieszka</b>	<b>1558</b>	WARSAW MASTERS TEAM	K-30	26	00:01:45	<b>01:03:21.20</b>	<b>01:05:06.85</b>	+00:16:27	6:20	9.5
32	<b>CZERNIAK Celina</b>	<b>1469</b>		K-30	27	00:01:45	<b>01:03:21.30</b>	<b>01:05:07.15</b>	+00:16:27	6:20	9.5
33	<b>JUSZCZAK Ewa</b>	<b>1392</b>		K-50	5	00:00:26	<b>01:03:25.65</b>	<b>01:03:51.80</b>	+00:16:31	6:20	9.5
34	<b>JANOWSKA-CHWALISZEWSKA Agnieszka</b>	<b>1394</b>	NIGHT RUNNERS GLIWCE	K-40	20	00:01:44	<b>01:03:31.50</b>	<b>01:05:16.20</b>	+00:16:37	6:21	9.4
35	<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	6:27	9.3
36	<b>STOLARZ Agnieszka</b>	<b>1353</b>	NIGHT RUNNERS GLIWCE	K-40	24	00:00:49	<b>01:06:23.10</b>	<b>01:07:12.80</b>	+00:19:29	6:38	9
37	<b>KOBIERSKA Anna</b>	<b>1355</b>		K-20	7	00:01:55	<b>01:06:24.00</b>	<b>01:08:19.80</b>	+00:19:30	6:38	9
38	<b>KUPIS Katarzyna</b>	<b>1485</b>	KUDŁATY ART TEAM	K-20	8	00:01:09	<b>01:06:37.40</b>	<b>01:07:46.60</b>	+00:19:43	6:39	9
39	<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	6:41	9
40	<b>RAŁ Zdzisława</b>	<b>1444</b>		K-60	1	00:00:28	<b>01:06:50.15</b>	<b>01:07:18.45</b>	+00:19:56	6:41	9
41	<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	6:47	8.8
42	<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	6:48	8.8
43	<b>LUTOGNIIEWSKA Dorota</b>	<b>1315</b>	BIPROHUT	K-20	9	00:01:55	<b>01:09:02.05</b>	<b>01:10:57.80</b>	+00:22:08	6:54	8.7
44	<b>KOTLIŃSKA Natalia</b>	<b>1329</b>		K-20	10	00:00:57	<b>01:09:04.80</b>	<b>01:10:02.60</b>	+00:22:11	6:54	8.7
45	<b>DUDZICZ Barbara</b>	<b>1597</b>	PKO BP	K-40	26	00:00:46	<b>01:09:23.45</b>	<b>01:10:10.40</b>	+00:22:29	6:56	8.6
46	<b>HOMIŃSKA Krystyna</b>	<b>1551</b>	PKO BP	K-50	6	00:00:18	<b>01:11:03.55</b>	<b>01:11:22.50</b>	+00:24:09	7:06	8.4
47	<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	7:23	8.1
48	<b>SZOKA Ewa</b>	<b>1409</b>	NIGHT RUNNER GLIWCE	K-30	44	00:01:43	<b>01:14:09.80</b>	<b>01:15:53.30</b>	+00:27:16	7:25	8.1
49	<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	7:42	7.8
50	<b>PANKIEWICZ Katarzyna</b>	<b>1498</b>	GRUPA CMYKI	K-40	28	00:02:13	<b>01:17:24.65</b>	<b>01:19:38.35</b>	+00:30:30	7:44	7.8
51	<b>FRĄC Elżbieta</b>	<b>1314</b>	NIGHT RUNNERS GLIWCE	K-30	46	00:00:47	<b>01:17:42.50</b>	<b>01:18:29.80</b>	+00:30:48	7:46	7.7
52	<b>IZYDORCZYK Agnieszka</b>	<b>1337</b>	HIRSCHVOGEL	K-30	47	00:00:13			+01:07:47	23:57	2.5

Znaleziono 52 wynik(ów)