



# 10 KM NORDIC WALKING GLIWICKI

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KŁYŚ Ryszard</b>	<b>1608</b>	BŁYSKAWICA GLIWICE	M-50	1	00:02:10	<b>01:04:47.15</b>	<b>01:06:58.00</b>		6:28	9.3 (100%)
2	<b>CYRUS Bogdan</b>	<b>1641</b>	SILESIA NORDIC TIME	M-40	1	00:02:11	<b>01:04:46.95</b>	<b>01:06:58.30</b>	+ (0.0%)	6:28	9.3 (100%)
3	<b>NIEDBAŁ Adam</b>	<b>1642</b>	SILESIA NORDIC TIME	M-30	1	00:02:14	<b>01:05:45.75</b>	<b>01:08:00.05</b>	+00:00:58 (1.5%)	6:34	9.1 (97.8%)
4	<b>POGODA Franciszek</b>	<b>1611</b>	AEROMED GLIWICE	M-50	2	00:02:13	<b>01:07:52.15</b>	<b>01:10:05.55</b>	+00:03:05 (4.5%)	6:47	8.8 (94.6%)
5	<b>CZUGA Małgorzata</b>	<b>1610</b>	BŁYSKAWICA GLIWICE	K-50	1	00:02:12	<b>01:11:07.95</b>	<b>01:13:20.25</b>	+00:06:20 (8.9%)	7:06	8.4 (90.3%)
6	<b>MROZOWSKI Krzysztof</b>	<b>1621</b>	AKADEMICKI KLUB TURYSTYCZNY WATRA	M-30	2	00:02:18	<b>01:15:16.35</b>	<b>01:17:34.65</b>	+00:10:29 (13.9%)	7:31	8 (86.0%)
7	<b>WIŚNIEWSKI Sławomir</b>	<b>1607</b>		M-40	2	00:02:12	<b>01:16:15.40</b>	<b>01:18:27.75</b>	+00:11:28 (15.0%)	7:37	7.9 (84.9%)
8	<b>ROMAŃSKA Katarzyna</b>	<b>1639</b>		K-30	1	00:02:16	<b>01:16:28.20</b>	<b>01:18:45.15</b>	+00:11:41 (15.3%)	7:38	7.8 (83.9%)
9	<b>SOBCZYK Grzegorz</b>	<b>1618</b>		M-40	3	00:01:22	<b>01:18:29.15</b>	<b>01:19:51.30</b>	+00:13:42 (17.5%)	7:50	7.6 (81.7%)
10	<b>MAJEWSKA Dorota</b>	<b>1609</b>		K-40	1	00:02:14	<b>01:18:11.05</b>	<b>01:20:25.55</b>	+00:13:23 (17.1%)	7:49	7.7 (82.8%)
11	<b>JAWORSKI Andrzej</b>	<b>1626</b>		M-50	3	00:01:58	<b>01:18:42.70</b>	<b>01:20:41.60</b>	+00:13:55 (17.7%)	7:52	7.6 (81.7%)
12	<b>TYCZEWSKA Teresa</b>	<b>1604</b>		K-30	2	00:02:16	<b>01:18:31.90</b>	<b>01:20:48.00</b>	+00:13:44 (17.5%)	7:51	7.6 (81.7%)
13	<b>PRZYBYLSKA Wanda</b>	<b>1617</b>	WISLAŃSKA AKADEMIA BIEGOWA	K-60	1	00:02:09	<b>01:18:44.20</b>	<b>01:20:53.20</b>	+00:13:57 (17.7%)	7:52	7.6 (81.7%)
14	<b>GĘBCZYK Władysław</b>	<b>1622</b>	GLIWICKI KLUB KOLEKCJONERÓW	M-60	1	00:02:19	<b>01:19:25.60</b>	<b>01:21:44.95</b>	+00:14:38 (18.4%)	7:56	7.6 (81.7%)
15	<b>TLATLIK Dorota</b>	<b>1601</b>		K-30	3	00:02:16	<b>01:19:47.20</b>	<b>01:22:04.10</b>	+00:15:00 (18.8%)	7:58	7.5 (80.6%)
16	<b>STRASSBERGER Katarzyna</b>	<b>1620</b>	SPORT-RELAKS GLIWICE	K-40	2	00:02:10	<b>01:20:08.10</b>	<b>01:22:18.30</b>	+00:15:20 (19.2%)	8:00	7.5 (80.6%)
17	<b>ZIELIŃSKA Katarzyna</b>	<b>1613</b>		K-30	4	00:02:17	<b>01:20:17.35</b>	<b>01:22:34.90</b>	+00:15:30 (19.3%)	8:01	7.5 (80.6%)
18	<b>KRZEMIŃSKA Jadwiga</b>	<b>1623</b>		K-40	3	00:02:07	<b>01:20:58.55</b>	<b>01:23:06.05</b>	+00:16:11 (20.0%)	8:05	7.4 (79.6%)
19	<b>KOLADO Daniel</b>	<b>1635</b>		M-20	1	00:02:16	<b>01:20:51.35</b>	<b>01:23:07.70</b>	+00:16:04 (19.9%)	8:05	7.4 (79.6%)
20	<b>WYSOCKI Łukasz</b>	<b>1633</b>		M-20	2	00:02:17	<b>01:21:05.00</b>	<b>01:23:22.75</b>	+00:16:17 (20.1%)	8:06	7.4 (79.6%)
21	<b>MAKSYSZ-ŁOBKO Marzena</b>	<b>1644</b>	ARCH3D	K-30	5	00:02:09	<b>01:23:12.70</b>	<b>01:25:22.00</b>	+00:18:25 (22.1%)	8:19	7.2 (77.4%)
22	<b>KONOPACKA Krystyna</b>	<b>1600</b>		K-60	2	00:02:14	<b>01:23:34.15</b>	<b>01:25:48.80</b>	+00:18:47 (22.5%)	8:21	7.2 (77.4%)
23	<b>ZIELIŃSKA Ines</b>	<b>1634</b>		K-20	1	00:02:15	<b>01:23:48.60</b>	<b>01:26:03.70</b>	+00:19:01 (22.7%)	8:22	7.2 (77.4%)
24	<b>BRODOWICZ Aleksandra</b>	<b>1624</b>	PADŁ NA RYJ TEAM	K-30	6	00:01:50	<b>01:24:26.10</b>	<b>01:26:16.15</b>	+00:19:38 (23.3%)	8:26	7.1 (76.3%)
25	<b>KOTYLAK Wojciech</b>	<b>1619</b>	SPORT-RELAKS GLIWICE	M-50	4	00:02:10	<b>01:24:18.70</b>	<b>01:26:29.65</b>	+00:19:31 (23.2%)	8:25	7.1 (76.3%)
26	<b>KIDAWA Marian</b>	<b>1630</b>		M-60	2	00:02:17	<b>01:25:25.60</b>	<b>01:27:43.45</b>	+00:20:38 (24.2%)	8:32	7 (75.3%)
27	<b>GARBALA Magdalena</b>	<b>1632</b>		K-20	2	00:02:15	<b>01:26:43.50</b>	<b>01:28:58.95</b>	+00:21:56 (25.3%)	8:40	6.9 (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>GRABIŃSKI Lech</b>	<b>1625</b>		M-60	3	00:02:09	<b>01:26:49.65</b>	<b>01:28:59.10</b>	+00:22:02 (25.4%)	8:41	6.9 (74.2%)
29	<b>MACHOWSKA - LAZAR Agnieszka</b>	<b>1616</b>		K-30	7	00:02:12	<b>01:27:00.05</b>	<b>01:29:12.90</b>	+00:22:12 (25.5%)	8:42	6.9 (74.2%)
30	<b>GROSS Mirosław</b>	<b>1640</b>	UNISONO	M-60	4	00:02:20	<b>01:28:01.85</b>	<b>01:30:22.80</b>	+00:23:14 (26.4%)	8:48	6.8 (73.1%)
31	<b>POSŁUSZNA Beata</b>	<b>1627</b>		K-50	2	00:02:15	<b>01:32:21.75</b>	<b>01:34:36.75</b>	+00:27:34 (29.9%)	9:14	6.5 (69.9%)
32	<b>LEŚ Michał</b>	<b>1614</b>		M-40	4	00:02:18	<b>01:32:56.85</b>	<b>01:35:15.75</b>	+00:28:09 (30.3%)	9:17	6.5 (69.9%)
33	<b>FIOŁKA-KONICZEK Magdalena</b>	<b>1629</b>		K-40	4	00:02:20	<b>01:33:13.75</b>	<b>01:35:33.80</b>	+00:28:26 (30.5%)	9:19	6.4 (68.8%)
34	<b>MARZEC Janina</b>	<b>1605</b>		K-50	3	00:02:10	<b>01:33:32.35</b>	<b>01:35:42.80</b>	+00:28:45 (30.7%)	9:21	6.4 (68.8%)
35	<b>WIEDERMANN Jerzy</b>	<b>1615</b>		M-60	5	00:02:13	<b>01:33:29.60</b>	<b>01:35:43.10</b>	+00:28:42 (30.7%)	9:21	6.4 (68.8%)
36	<b>HUZAREWICZ Marek</b>	<b>1643</b>		M-40	5	00:02:20	<b>01:33:55.60</b>	<b>01:36:16.10</b>	+00:29:08 (31.0%)	9:23	6.4 (68.8%)
37	<b>BIELECKA Ewa</b>	<b>1637</b>		K-60	3	00:02:15	<b>01:34:45.05</b>	<b>01:37:00.30</b>	+00:29:57 (31.6%)	9:28	6.3 (67.7%)
38	<b>FRYDRYK Irina</b>	<b>1645</b>		K-50	4	00:02:15	<b>01:36:24.95</b>	<b>01:38:40.60</b>	+00:31:37 (32.8%)	9:38	6.2 (66.7%)
39	<b>WIŚNIEWSKA Marzanna</b>	<b>1606</b>		K-40	5	00:02:13	<b>01:38:47.90</b>	<b>01:41:01.70</b>	+00:34:00 (34.4%)	9:52	6.1 (65.6%)
40	<b>KURKOWSKA Brygida</b>	<b>1638</b>		K-50	5	00:02:17	<b>01:53:02.10</b>	<b>01:55:19.95</b>	+00:48:14 (42.7%)	11:18	5.3 (57.0%)

Znaleziono 40 wynik(ów)