



# 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
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>	+	6:28	9.3
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	6:34	9.1
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	6:47	8.8
5	<b>CZUGA Malgorzata</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	7:06	8.4
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	7:31	8
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	7:37	7.9
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	7:38	7.8
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	7:50	7.6
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	7:49	7.7
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	7:52	7.6
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	7:51	7.6
13	<b>PRZYBYLSKA Wanda</b>	<b>1617</b>	WŚLAŃSKA AKADEMIA BIEGOWA	K-60	1	00:02:09	<b>01:18:44.20</b>	<b>01:20:53.20</b>	+00:13:57	7:52	7.6
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	7:56	7.6
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	7:58	7.5
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	8:00	7.5
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	8:01	7.5
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	8:05	7.4
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	8:05	7.4
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	8:06	7.4
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	8:19	7.2
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	8:21	7.2
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	8:22	7.2
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	8:26	7.1
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	8:25	7.1
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	8:32	7
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	8:40	6.9

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	8:41	6.9
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	8:42	6.9
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	8:48	6.8
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	9:14	6.5
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	9:17	6.5
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	9:19	6.4
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	9:21	6.4
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	9:21	6.4
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	9:23	6.4
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	9:28	6.3
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	9:38	6.2
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	9:52	6.1
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	11:18	5.3

Znaleziono 40 wynik(ów)