



# 10 KM NORDIC WALKING GLIWICKI

B4SPORT

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

**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	<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>		7:06	8.4 (100%)
2	<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>	+00:07:03 (9.0%)	7:49	7.7 (91.7%)
3	<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>	+00:07:23 (9.4%)	7:51	7.6 (90.5%)
4	<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>	+00:09:00 (11.2%)	8:00	7.5 (89.3%)
5	<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>	+00:09:50 (12.2%)	8:05	7.4 (88.1%)
6	<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>	+00:12:26 (14.9%)	8:21	7.2 (85.7%)
7	<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>	+00:12:40 (15.1%)	8:22	7.2 (85.7%)
8	<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>	+00:15:35 (18.0%)	8:40	6.9 (82.1%)
9	<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>	+00:21:13 (23.0%)	9:14	6.5 (77.4%)
10	<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>	+00:22:05 (23.7%)	9:19	6.4 (76.2%)
11	<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>	+00:22:24 (24.0%)	9:21	6.4 (76.2%)
12	<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>	+00:23:37 (24.9%)	9:28	6.3 (75.0%)
13	<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>	+00:25:17 (26.2%)	9:38	6.2 (73.8%)

Znaleziono 13 wynik(ów)