



**Wydarzenie:** IX PKO PÓŁMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-10-08  
**Miejsce:** Gliwice  
**Dystans:** 5 km

## BIEG NA 5KM GLIWICE

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
1	DENICKI Przemysław	5016	EX TEAM	M-30	1	00:00:01	00:17:07.25	00:17:08.65		3:19	18 (100%)
2	WÓJCIK Paweł	5143	ZADYSZKA OŚWIĘCIM	M-20	1	00:00:01	00:17:21.20	00:17:23.15	+00:00:13 (1.3%)	3:22	17.8 (98.9%)
3	FALEJCZYK Mateusz	5080	HOLBOX POLAND	M-20	2	00:00:01	00:17:31.75	00:17:33.25	+00:00:24 (2.3%)	3:24	17.6 (97.8%)
4	BABULA Przemysław	5033	STELLANTIS ACTIVE TEAM	M-20	3	00:00:01	00:17:53.85	00:17:55.80	+00:00:46 (4.3%)	3:28	17.2 (95.6%)
5	KAMPA Rafał	5090		M-30	2	00:00:02	00:18:22.95	00:18:25.60	+00:01:15 (6.9%)	3:34	16.8 (93.3%)
6	ŁOZIŃSKI Wojciech	5134		M-20	4	00:00:02	00:18:26.30	00:18:28.35	+00:01:19 (7.1%)	3:35	16.7 (92.8%)
7	STANISZ Marcin	5133	GÓRAL Z MAZUR RUNNING TEAM / NIGHT RUNNERS PYSKOWICE	M-40	1	00:00:01	00:18:35.00	00:18:36.35	+00:01:27 (7.9%)	3:36	16.6 (92.2%)
8	KOSZAŁKA Dariusz	5093	NIEZRZESZONY	M-50	1	00:00:01	00:18:41.40	00:18:42.50	+00:01:34 (8.4%)	3:38	16.5 (91.7%)
9	NITYCHORUK Magdalena	5091		K-30	1	00:00:02	00:19:09.70	00:19:12.10	+00:02:02 (10.7%)	3:43	16.1 (89.4%)
10	OCHMAN Paweł	5066	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:01	00:19:23.50	00:19:25.35	+00:02:16 (11.7%)	3:46	15.9 (88.3%)
11	ADAMCZYK Daniel	5146	NIGHT RUNNERS PYSKOWICE	M-20	5	00:00:01	00:19:41.75	00:19:43.55	+00:02:34 (13.1%)	3:49	15.7 (87.2%)
12	HALMAN Tomasz	5032		M-40	2	00:00:01	00:20:18.40	00:20:20.05	+00:03:11 (15.7%)	3:56	15.2 (84.4%)
13	SKOLUDEK Robert	5024	KOLEGIUM SĘDZIÓW ZABRZE	M-30	4	00:00:02	00:20:29.85	00:20:32.55	+00:03:22 (16.5%)	3:59	15.1 (83.9%)
14	CIELEPAK George	5142	MOMO	M-30	5	00:00:03	00:20:32.05	00:20:35.45	+00:03:24 (16.6%)	3:59	15 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
15	<b>LEWICKA Elżbieta</b>	<b>5028</b>	NIEZRZESZONA	K-40	1	00:00:03	<b>00:20:32.75</b>	<b>00:20:35.85</b>	+00:03:25 (16.7%)	3:59	15 (83.3%)
16	<b>ALKER Andrzej</b>	<b>5145</b>	ALKER RUNNING TEAM	M-30	6	00:00:02	<b>00:20:40.25</b>	<b>00:20:42.35</b>	+00:03:33 (17.2%)	4:01	14.9 (82.8%)
17	<b>SADŁO Tomasz</b>	<b>5140</b>	MOMO RUNNING TEAM - SĘDZIA BIEGA	M-40	3	00:00:02	<b>00:20:42.75</b>	<b>00:20:45.50</b>	+00:03:35 (17.3%)	4:01	14.9 (82.8%)
18	<b>DROSDZOL Piotr</b>	<b>5035</b>		M-30	7	00:00:01	<b>00:20:47.50</b>	<b>00:20:49.15</b>	+00:03:40 (17.7%)	4:02	14.8 (82.2%)
19	<b>ANTOŃCZYK Adam</b>	<b>5147</b>	DKMS JASTRZĘBIE	M-50	2	00:00:03	<b>00:21:50.40</b>	<b>00:21:53.80</b>	+00:04:43 (21.6%)	4:14	14.1 (78.3%)
20	<b>LIS Maciej</b>	<b>5114</b>		M-30	8	00:00:02	<b>00:23:11.90</b>	<b>00:23:14.05</b>	+00:06:04 (26.2%)	4:30	13.3 (73.9%)
21	<b>KLOZA Iwona</b>	<b>5095</b>	NRP/HUTATEAM	K-40	2	00:00:02	<b>00:23:17.30</b>	<b>00:23:19.65</b>	+00:06:10 (26.5%)	4:31	13.2 (73.3%)
22	<b>CIASTO Sebastian</b>	<b>5149</b>		M-30	9	00:00:00	<b>00:23:35.55</b>	<b>00:23:35.55</b>	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
23	<b>RUSIN Adam</b>	<b>5001</b>	RUSEK TEAM	M-20	6	00:00:03	<b>00:23:35.80</b>	<b>00:23:39.30</b>	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
24	<b>GEC Sebastian</b>	<b>5102</b>		M-40	4	00:00:15	<b>00:23:48.20</b>	<b>00:24:04.10</b>	+00:06:40 (28.1%)	4:37	13 (72.2%)
25	<b>OLEARCZUK Grzegorz</b>	<b>5135</b>		M-40	5	00:00:04	<b>00:23:53.70</b>	<b>00:23:57.95</b>	+00:06:46 (28.3%)	4:38	12.9 (71.7%)
26	<b>MALCZYK Mateusz</b>	<b>5061</b>		M-20	7	00:00:03	<b>00:23:55.85</b>	<b>00:23:58.95</b>	+00:06:48 (28.5%)	4:39	12.9 (71.7%)
27	<b>PARKITNA Gabriela</b>	<b>5106</b>		K-20	1	00:00:04	<b>00:23:56.10</b>	<b>00:24:00.10</b>	+00:06:48 (28.5%)	4:39	12.9 (71.7%)
28	<b>GROCHOWSKA Anna</b>	<b>5092</b>		K-40	3	00:00:06	<b>00:23:59.95</b>	<b>00:24:06.20</b>	+00:06:52 (28.7%)	4:39	12.9 (71.7%)
29	<b>KOLUCH Jacek</b>	<b>5081</b>		M-30	10	00:00:04	<b>00:24:31.70</b>	<b>00:24:36.40</b>	+00:07:24 (30.2%)	4:46	12.6 (70.0%)
30	<b>ALKER Zbigniew</b>	<b>5026</b>	ALKER TEAM	M-60	1	00:00:05	<b>00:24:41.45</b>	<b>00:24:46.60</b>	+00:07:34 (30.7%)	4:48	12.5 (69.4%)
31	<b>MACIEJEWSKI Piotr</b>	<b>5055</b>		M-20	8	00:00:12	<b>00:24:49.10</b>	<b>00:25:01.35</b>	+00:07:41 (31.0%)	4:49	12.4 (68.9%)
32	<b>GREGERACKI Łukasz</b>	<b>5087</b>		M-30	11	00:00:02	<b>00:24:51.35</b>	<b>00:24:53.45</b>	+00:07:44 (31.1%)	4:50	12.4 (68.9%)
33	<b>RYMASZEWSKI Dariusz</b>	<b>5124</b>	SSM	M-40	6	00:00:03	<b>00:24:57.55</b>	<b>00:25:01.45</b>	+00:07:50 (31.4%)	4:51	12.4 (68.9%)
34	<b>LISIECKA Angelika</b>	<b>5088</b>		K-20	2	00:00:02	<b>00:25:13.20</b>	<b>00:25:16.10</b>	+00:08:05 (32.1%)	4:54	12.2 (67.8%)
35	<b>PIEKARZ Adam</b>	<b>5105</b>		M-30	12	00:00:06	<b>00:25:41.55</b>	<b>00:25:48.30</b>	+00:08:34 (33.4%)	4:59	12 (66.7%)
36	<b>OGON Leszek</b>	<b>5137</b>		M-40	7	00:00:11	<b>00:25:44.65</b>	<b>00:25:55.95</b>	+00:08:37 (33.5%)	5:00	12 (66.7%)
37	<b>SZTWIERTNIA Tomasz</b>	<b>5077</b>		M-40	8	00:00:05	<b>00:25:47.40</b>	<b>00:25:53.05</b>	+00:08:40 (33.6%)	5:00	12 (66.7%)

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38	<b>KOWALSKI Bartosz</b>	<b>5079</b>		M-40	9	00:00:03	<b>00:25:56.95</b>	<b>00:26:00.85</b>	+00:08:49 (34.0%)	5:02	11.9 (66.1%)
39	<b>KOWALSKA Anna</b>	<b>5078</b>		K-30	2	00:00:03	<b>00:25:57.25</b>	<b>00:26:00.85</b>	+00:08:50 (34.0%)	5:02	11.9 (66.1%)
40	<b>SZCZYGIEŁ Przemysław</b>	<b>5082</b>		M-30	13	00:00:00	<b>00:26:31.25</b>	<b>00:26:31.25</b>	+00:09:24 (35.4%)	5:09	11.6 (64.4%)
41	<b>WYCIŚLIK Marcin</b>	<b>5043</b>	HITSCHVOGEL	M-30	14	00:00:08	<b>00:27:00.40</b>	<b>00:27:08.50</b>	+00:09:53 (36.6%)	5:15	11.4 (63.3%)
42	<b>BRACHMAŃSKA Kinga</b>	<b>5074</b>		K-20	3	00:00:14	<b>00:27:03.05</b>	<b>00:27:17.15</b>	+00:09:55 (36.7%)	5:15	11.4 (63.3%)
43	<b>CHOJNOWSKI Sylwester</b>	<b>5127</b>	SSM	M-30	15	00:00:07	<b>00:27:17.05</b>	<b>00:27:24.20</b>	+00:10:09 (37.2%)	5:18	11.3 (62.8%)
44	<b>PROKOP Iwona</b>	<b>5069</b>	KRS TKKF JASTRZĄB RUDA SL	K-40	4	00:00:03	<b>00:27:34.70</b>	<b>00:27:38.50</b>	+00:10:27 (37.9%)	5:21	11.2 (62.2%)
45	<b>GUROK Patryk</b>	<b>5141</b>	MOMO TEAM	M-20	9	00:00:00	<b>00:27:42.55</b>	<b>00:27:42.55</b>	+00:10:35 (38.2%)	5:23	11.1 (61.7%)
46	<b>CIESZYNSKI Marcin</b>	<b>5086</b>		M-40	10	00:00:10	<b>00:27:50.05</b>	<b>00:28:00.75</b>	+00:10:42 (38.5%)	5:24	11.1 (61.7%)
47	<b>WIĘCEK Bartosz</b>	<b>5054</b>		M-30	16	00:00:14	<b>00:27:59.15</b>	<b>00:28:13.40</b>	+00:10:51 (38.8%)	5:26	11 (61.1%)
48	<b>ZAREMBA Tadeusz</b>	<b>5039</b>	STARY HANGAR FITNESS CLUB	M-60	2	00:00:01	<b>00:28:00.60</b>	<b>00:28:01.95</b>	+00:10:53 (38.9%)	5:26	11 (61.1%)
49	<b>DANEK Agnieszka</b>	<b>5109</b>		K-30	3	00:00:14	<b>00:28:09.05</b>	<b>00:28:23.25</b>	+00:11:01 (39.2%)	5:28	11 (61.1%)
50	<b>MACIAK Weronika</b>	<b>5131</b>	EMT-SYSTEMS	K-20	4	00:00:05	<b>00:28:20.05</b>	<b>00:28:25.70</b>	+00:11:12 (39.6%)	5:30	10.9 (60.6%)
51	<b>KROCZEK Liliana</b>	<b>5129</b>	EMT-SYSTEMS	K-40	5	00:00:05	<b>00:28:20.20</b>	<b>00:28:25.70</b>	+00:11:12 (39.6%)	5:30	10.9 (60.6%)
52	<b>SIERADZKA Agnieszka</b>	<b>5130</b>	EMT-SYSTEMS	K-30	4	00:00:04	<b>00:28:21.05</b>	<b>00:28:25.55</b>	+00:11:13 (39.6%)	5:30	10.9 (60.6%)
53	<b>BAUMERT Bartłomiej</b>	<b>5073</b>		M-20	10	00:00:12	<b>00:28:25.70</b>	<b>00:28:38.25</b>	+00:11:18 (39.8%)	5:31	10.9 (60.6%)
54	<b>PARUZEL Marcin</b>	<b>5099</b>		M-40	11	00:00:02	<b>00:28:26.55</b>	<b>00:28:29.15</b>	+00:11:19 (39.8%)	5:31	10.8 (60.0%)
55	<b>BAL-BURZAWA Renata</b>	<b>5065</b>	HIRSCHVOGEL COMPONENTS POLAND	K-40	6	00:00:06	<b>00:28:30.00</b>	<b>00:28:36.75</b>	+00:11:22 (39.9%)	5:32	10.8 (60.0%)
56	<b>KOPIEC Karolina</b>	<b>5067</b>	HIRSCHVOGEL	K-20	5	00:00:05	<b>00:28:31.55</b>	<b>00:28:36.95</b>	+00:11:24 (40.0%)	5:32	10.8 (60.0%)
57	<b>ROSIŃSKA Katarzyna</b>	<b>5014</b>	BANDA Z POŁUDNIA	K-40	7	00:00:07	<b>00:28:35.70</b>	<b>00:28:43.35</b>	+00:11:28 (40.1%)	5:33	10.8 (60.0%)
58	<b>GŁOGOWSKA Karolina</b>	<b>5059</b>	EXORIGO-UPOS S.A.	K-30	5	00:00:06	<b>00:28:35.75</b>	<b>00:28:41.85</b>	+00:11:28 (40.1%)	5:33	10.8 (60.0%)
59	<b>NYGA Julia</b>	<b>5122</b>	SSM	K-20	6	00:00:04	<b>00:28:41.15</b>	<b>00:28:45.40</b>	+00:11:33 (40.3%)	5:34	10.8 (60.0%)
60	<b>POGONOWSKI Olaf</b>	<b>5071</b>		M-30	17	00:00:10	<b>00:28:41.40</b>	<b>00:28:51.75</b>	+00:11:34 (40.3%)	5:34	10.8 (60.0%)

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61	<b>DUDA Ewelina</b>	<b>5148</b>		K-30	6	00:00:13	<b>00:28:47.20</b>	<b>00:29:00.50</b>	+00:11:39 (40.5%)	5:35	10.7 (59.4%)
62	<b>URBANEK Martin</b>	<b>5100</b>	ISTA BIEGAMY	M-40	12	00:00:12	<b>00:28:58.50</b>	<b>00:29:10.85</b>	+00:11:51 (40.9%)	5:38	10.6 (58.9%)
63	<b>OLECH Bartłomiej</b>	<b>5085</b>		M-30	18	00:00:08	<b>00:29:02.05</b>	<b>00:29:10.50</b>	+00:11:54 (41.0%)	5:38	10.6 (58.9%)
64	<b>KORDIAK Zofia</b>	<b>5110</b>		K-20	7	00:00:09	<b>00:29:13.70</b>	<b>00:29:23.30</b>	+00:12:06 (41.4%)	5:41	10.6 (58.9%)
65	<b>NOWAK Danuta</b>	<b>5063</b>		K-40	8	00:00:03	<b>00:29:14.20</b>	<b>00:29:17.20</b>	+00:12:06 (41.4%)	5:41	10.5 (58.3%)
66	<b>KWAŚNIAK Katarzyna</b>	<b>5044</b>	HIRSCHVOGEL	K-30	7	00:00:05	<b>00:29:14.30</b>	<b>00:29:20.05</b>	+00:12:07 (41.4%)	5:41	10.5 (58.3%)
67	<b>TOBIASZ Beata</b>	<b>5006</b>	SEMIDA	K-50	1	00:00:03	<b>00:29:21.60</b>	<b>00:29:25.00</b>	+00:12:14 (41.7%)	5:42	10.5 (58.3%)
68	<b>KRAKOWCZYK Martyna</b>	<b>5139</b>	MOMO TEAM	K-20	8	00:00:00	<b>00:29:23.55</b>	<b>00:29:23.55</b>	+00:12:16 (41.8%)	5:42	10.5 (58.3%)
69	<b>BORC Jacek</b>	<b>5116</b>		M-40	13	00:00:04	<b>00:29:28.75</b>	<b>00:29:33.30</b>	+00:12:21 (41.9%)	5:43	10.5 (58.3%)
70	<b>BABIK Krystian</b>	<b>5048</b>		M-20	11	00:00:16	<b>00:29:29.40</b>	<b>00:29:45.45</b>	+00:12:22 (41.9%)	5:44	10.5 (58.3%)
71	<b>HILASZEK Marzena</b>	<b>5012</b>		K-40	9	00:00:07	<b>00:29:36.80</b>	<b>00:29:44.25</b>	+00:12:29 (42.2%)	5:45	10.4 (57.8%)
72	<b>ROŻEK Rafał</b>	<b>5053</b>	#HUTATEAM	M-40	14	00:00:17	<b>00:29:41.55</b>	<b>00:29:59.40</b>	+00:12:34 (42.3%)	5:46	10.4 (57.8%)
73	<b>NĘDZA Ryszard</b>	<b>5042</b>	HIRSCHVOGEL	M-50	3	00:00:05	<b>00:29:44.35</b>	<b>00:29:50.30</b>	+00:12:37 (42.4%)	5:47	10.4 (57.8%)
74	<b>SOBCZYK Eliza</b>	<b>5047</b>		K-30	8	00:00:13	<b>00:29:46.05</b>	<b>00:29:59.70</b>	+00:12:38 (42.5%)	5:47	10.4 (57.8%)
75	<b>SZŁĘZAK Barbara</b>	<b>5150</b>		K-40	10	00:00:06	<b>00:29:48.00</b>	<b>00:29:54.75</b>	+00:12:40 (42.5%)	5:47	10.3 (57.2%)
76	<b>JANOSZ Paulina</b>	<b>5107</b>		K-30	9	00:00:07	<b>00:29:48.25</b>	<b>00:29:55.55</b>	+00:12:41 (42.6%)	5:47	10.3 (57.2%)
77	<b>KECZMERSKA Kinga</b>	<b>5084</b>		K-20	9	00:00:12	<b>00:29:48.65</b>	<b>00:30:01.35</b>	+00:12:41 (42.6%)	5:47	10.3 (57.2%)
78	<b>DOLEZIK Aleksandra</b>	<b>5112</b>		K-20	10	00:00:10	<b>00:29:55.45</b>	<b>00:30:06.05</b>	+00:12:48 (42.8%)	5:49	10.3 (57.2%)
79	<b>JABŁOŃSKA Aleksandra</b>	<b>5101</b>		K-30	10	00:00:10	<b>00:30:06.90</b>	<b>00:30:17.45</b>	+00:12:59 (43.1%)	5:51	10.2 (56.7%)
80	<b>JABŁOŃSKA-ŚLAZIŃSKA Anna</b>	<b>5046</b>		K-30	11	00:00:09	<b>00:30:08.65</b>	<b>00:30:18.25</b>	+00:13:01 (43.2%)	5:51	10.2 (56.7%)
81	<b>KAZUCZYK Małgorzata</b>	<b>5144</b>		K-20	11	00:00:08	<b>00:30:15.40</b>	<b>00:30:23.80</b>	+00:13:08 (43.4%)	5:53	10.2 (56.7%)
82	<b>GLINKOWSKI Wiktor</b>	<b>5136</b>		M-20	12	00:00:11	<b>00:30:17.85</b>	<b>00:30:29.20</b>	+00:13:10 (43.5%)	5:53	10.2 (56.7%)
83	<b>SZCZUREK Klaudia</b>	<b>5103</b>		K-20	12	00:00:11	<b>00:30:18.15</b>	<b>00:30:29.90</b>	+00:13:10 (43.5%)	5:53	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
84	<b>SZCZUREK Edyta</b>	<b>5104</b>		K-40	11	00:00:11	<b>00:30:18.55</b>	<b>00:30:29.90</b>	+00:13:11 (43.5%)	5:53	10.2 (56.7%)
85	<b>SOWIŃSKI Jacek</b>	<b>5108</b>		M-30	19	00:00:13	<b>00:30:20.00</b>	<b>00:30:33.15</b>	+00:13:12 (43.6%)	5:54	10.2 (56.7%)
86	<b>HERLICZKA Oliwier</b>	<b>5027</b>	AML-FLY TEAM	M-20	13	00:00:08	<b>00:30:26.20</b>	<b>00:30:34.50</b>	+00:13:18 (43.7%)	5:55	10.1 (56.1%)
87	<b>SCHWIERZ Karolina</b>	<b>5052</b>		K-20	13	00:00:11	<b>00:30:26.45</b>	<b>00:30:38.35</b>	+00:13:19 (43.8%)	5:55	10.1 (56.1%)
88	<b>KLOZA Mariusz</b>	<b>5096</b>	HUTATEAM/NRP	M-40	15	00:00:10	<b>00:30:30.45</b>	<b>00:30:40.80</b>	+00:13:23 (43.9%)	5:56	10.1 (56.1%)
89	<b>OSOWSKA Katarzyna</b>	<b>5097</b>		K-50	2	00:00:07	<b>00:30:40.25</b>	<b>00:30:47.60</b>	+00:13:33 (44.2%)	5:57	10.1 (56.1%)
90	<b>SZCZYGIĘŁ Angelika</b>	<b>5120</b>		K-30	12	00:00:06	<b>00:30:53.30</b>	<b>00:30:59.40</b>	+00:13:46 (44.6%)	6:00	10 (55.6%)
91	<b>GOLONKA Wojciech</b>	<b>5125</b>	SSM	M-40	16	00:00:05	<b>00:31:12.25</b>	<b>00:31:17.90</b>	+00:14:05 (45.1%)	6:04	9.9 (55.0%)
92	<b>OLSZEWSKI Łukasz</b>	<b>5038</b>	#HUTATEAM	M-30	20	00:00:14	<b>00:31:35.75</b>	<b>00:31:50.55</b>	+00:14:28 (45.8%)	6:08	9.8 (54.4%)
93	<b>JANOSZCZYK Anna</b>	<b>5117</b>	SSM	K-40	12	00:00:07	<b>00:31:40.85</b>	<b>00:31:48.05</b>	+00:14:33 (46.0%)	6:09	9.7 (53.9%)
94	<b>GILGA Patrycja</b>	<b>5013</b>		K-20	14	00:00:11	<b>00:31:56.85</b>	<b>00:32:08.05</b>	+00:14:49 (46.4%)	6:12	9.7 (53.9%)
95	<b>HORBATKO Arina</b>	<b>5075</b>	KRUCA_FUKS_KAJ_TA_META	K-30	13	00:00:10	<b>00:31:57.70</b>	<b>00:32:08.10</b>	+00:14:50 (46.4%)	6:12	9.7 (53.9%)
96	<b>HOŁOTA Anna/Halina</b>	<b>5119</b>	SSM	K-40	13	00:00:05	<b>00:32:27.60</b>	<b>00:32:32.75</b>	+00:15:20 (47.3%)	6:18	9.5 (52.8%)
97	<b>BA Daria</b>	<b>5021</b>		K-30	14	00:00:04	<b>00:33:19.55</b>	<b>00:33:24.35</b>	+00:16:12 (48.6%)	6:28	9.3 (51.7%)
98	<b>KLYSZCZ Justyna</b>	<b>5022</b>		K-30	15	00:00:05	<b>00:33:21.55</b>	<b>00:33:26.65</b>	+00:16:14 (48.7%)	6:29	9.2 (51.1%)
99	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>5020</b>		M-40	17	00:00:04	<b>00:33:22.80</b>	<b>00:33:27.35</b>	+00:16:15 (48.7%)	6:29	9.2 (51.1%)
100	<b>BOCHNIA Paulina</b>	<b>5051</b>	HUTA TEAM	K-30	16	00:00:11	<b>00:33:26.40</b>	<b>00:33:38.05</b>	+00:16:19 (48.8%)	6:30	9.2 (51.1%)
101	<b>POPKO Iwona</b>	<b>5018</b>		K-30	17	00:00:03	<b>00:33:31.30</b>	<b>00:33:34.80</b>	+00:16:24 (48.9%)	6:31	9.2 (51.1%)
102	<b>MASARCZYK Katarzyna</b>	<b>5113</b>		K-30	18	00:00:13	<b>00:33:34.95</b>	<b>00:33:48.45</b>	+00:16:27 (49.0%)	6:31	9.2 (51.1%)
103	<b>BIELA-MARCINOWSKA Agnieszka</b>	<b>5040</b>		K-40	14	00:00:10	<b>00:33:37.05</b>	<b>00:33:47.40</b>	+00:16:29 (49.1%)	6:32	9.2 (51.1%)
104	<b>NIEUŻYŁA Marta</b>	<b>5019</b>		K-30	19	00:00:03	<b>00:33:42.80</b>	<b>00:33:46.70</b>	+00:16:35 (49.2%)	6:33	9.2 (51.1%)
105	<b>HEPNER Joanna</b>	<b>5015</b>		K-60	1	00:00:09	<b>00:33:44.55</b>	<b>00:33:54.15</b>	+00:16:37 (49.3%)	6:33	9.1 (50.6%)
106	<b>ADAMCZYK Kinga</b>	<b>5072</b>	SZALONE STOPY GLIWICE	K-30	20	00:00:08	<b>00:34:05.95</b>	<b>00:34:14.75</b>	+00:16:58 (49.8%)	6:37	9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
107	MASZTALERZ Barbara	5121	SSM	K-30	21	00:00:06	00:34:09.15	00:34:15.85	+00:17:01 (49.9%)	6:38	9 (50.0%)
108	JASIŃSKA Milena	5118	SSM	K-40	15	00:00:05	00:34:10.15	00:34:15.85	+00:17:02 (49.9%)	6:38	9 (50.0%)
109	KULCZYCKI Tomasz	5111	GLIWICKA INICJATYWA OBYWATELSKA	M-40	18	00:00:13	00:34:25.55	00:34:39.35	+00:17:18 (50.3%)	6:41	9 (50.0%)
110	NOWARA Paulina	5098	ISTA BIEGAMY	K-20	15	00:00:14	00:34:31.40	00:34:46.00	+00:17:24 (50.4%)	6:42	8.9 (49.4%)
111	PELIŃSKI Paweł	5094	OASIS SPORT TEAM	M-40	19	00:00:16	00:34:32.90	00:34:49.05	+00:17:25 (50.4%)	6:43	8.9 (49.4%)
112	MATUSZNY Elżbieta	5017		K-20	16	00:00:04	00:34:37.05	00:34:41.15	+00:17:29 (50.5%)	6:44	8.9 (49.4%)
113	WÓJCIK Katarzyna	5132		K-30	22	00:00:09	00:34:46.60	00:34:55.90	+00:17:39 (50.8%)	6:45	8.9 (49.4%)
114	KLECZKA Ewelina	5126	SSM	K-30	23	00:00:07	00:35:01.85	00:35:09.30	+00:17:54 (51.1%)	6:48	8.8 (48.9%)
115	MAŃKA Katarzyna	5115		K-30	24	00:00:00	00:35:12.45	00:35:12.45	+00:18:05 (51.4%)	6:50	8.8 (48.9%)
116	ŁASKI Patrycja	5123	SSM	K-30	25	00:00:07	00:35:18.55	00:35:26.10	+00:18:11 (51.5%)	6:52	8.7 (48.3%)
117	GIEŁŻYŃSKA Angelika	5058		K-40	16	00:00:27	00:35:24.30	00:35:51.40	+00:18:17 (51.6%)	6:53	8.7 (48.3%)
118	PRANDZIOCH Martyna	5002	ELZABACTIVETEAM	K-30	26	00:00:09	00:36:18.95	00:36:28.85	+00:19:11 (52.9%)	7:03	8.5 (47.2%)
119	OSTROWSKA Justyna	5011	BANDA Z POŁUDNIA	K-30	27	00:00:08	00:36:37.30	00:36:45.40	+00:19:30 (53.2%)	7:07	8.4 (46.7%)
120	REGIŃSKA Grażyna	5068		K-40	17	00:00:17	00:37:10.15	00:37:27.45	+00:20:02 (53.9%)	7:13	8.3 (46.1%)
121	GWÓŹDŹ Grażyna	5008	SZALONE STOPY GLIWICE	K-40	18	00:00:07	00:37:37.80	00:37:45.40	+00:20:30 (54.5%)	7:19	8.2 (45.6%)
122	KWAŚNIEWSKA Ola	5037		K-30	28	00:00:00	00:37:48.85	00:37:48.85	+00:20:41 (54.7%)	7:21	8.2 (45.6%)
123	BOCHNIA Krzysztof	5050	HUTA TEAM	M-30	21	00:00:12	00:37:57.30	00:38:09.55	+00:20:50 (54.9%)	7:22	8.1 (45.0%)
124	OBWIOSŁO Joanna	5005		K-40	19	00:00:14	00:37:59.85	00:38:14.45	+00:20:52 (54.9%)	7:23	8.1 (45.0%)
125	JAWORSKI Kamil	5003	FUCHS OIL TEAM	M-40	20	00:00:13	00:38:03.50	00:38:16.85	+00:20:56 (55.0%)	7:24	8.1 (45.0%)
126	SOKÓŁ Adam	5004	FUCHS OIL TEAM	M-50	4	00:00:12	00:38:06.55	00:38:18.60	+00:20:59 (55.1%)	7:24	8.1 (45.0%)
127	ŻAAK Ola	5128		K-30	29	00:00:10	00:38:06.60	00:38:17.20	+00:20:59 (55.1%)	7:24	8.1 (45.0%)
128	OLBRZYMEK Aniela	5010	SZALONE STOPY GLIWICE	K-40	20	00:00:07	00:38:12.15	00:38:19.15	+00:21:04 (55.2%)	7:25	8.1 (45.0%)
129	ZAJDEL Mirosława	5029	ZAWADZKIE BIEGNIE	K-50	3	00:00:15	00:40:58.60	00:41:13.80	+00:23:51 (58.2%)	7:58	7.5 (41.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
130	<b>SMOTER-ALKER Elżbieta</b>	<b>5025</b>	ALMERA TEAM	K-50	4	00:00:05	<b>00:42:03.85</b>	<b>00:42:09.55</b>	+00:24:56 (59.3%)	8:10	7.3 (40.6%)
131	<b>FIZEK Agnieszka</b>	<b>5076</b>		K-20	17	00:00:08	<b>00:42:32.80</b>	<b>00:42:41.60</b>	+00:25:25 (59.8%)	8:16	7.3 (40.6%)
132	<b>WYSOCKA Marzena</b>	<b>5009</b>	SZALONE STOPY GLIWICE	K-40	21	00:00:06	<b>00:43:39.55</b>	<b>00:43:45.95</b>	+00:26:32 (60.8%)	8:29	7.1 (39.4%)

Znaleziono 132 wynik(ów)