



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

BIEG NA 5KM GLIWICE

B4SPORT

B4SPORT
INTELIGENTNE 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	LEWICKA Elżbieta	5028	NIEZRZESZONA	K-40	1	00:00:03	00:20:32.75	00:20:35.85	+00:03:25 (16.7%)	3:59	15 (83.3%)
16	ALKER Andrzej	5145	ALKER RUNNING TEAM	M-30	6	00:00:02	00:20:40.25	00:20:42.35	+00:03:33 (17.2%)	4:01	14.9 (82.8%)
17	SADŁO Tomasz	5140	MOMO RUNNING TEAM - SĘDZIA BIEGA	M-40	3	00:00:02	00:20:42.75	00:20:45.50	+00:03:35 (17.3%)	4:01	14.9 (82.8%)
18	DROSDZOL Piotr	5035		M-30	7	00:00:01	00:20:47.50	00:20:49.15	+00:03:40 (17.7%)	4:02	14.8 (82.2%)
19	ANTOŃCZYK Adam	5147	DKMS JASTRZĘBIE	M-50	2	00:00:03	00:21:50.40	00:21:53.80	+00:04:43 (21.6%)	4:14	14.1 (78.3%)
20	LIS Maciej	5114		M-30	8	00:00:02	00:23:11.90	00:23:14.05	+00:06:04 (26.2%)	4:30	13.3 (73.9%)
21	KLOZA Iwona	5095	NRP/HUTATEAM	K-40	2	00:00:02	00:23:17.30	00:23:19.65	+00:06:10 (26.5%)	4:31	13.2 (73.3%)
22	CIASTO Sebastian	5149		M-30	9	00:00:00	00:23:35.55	00:23:35.55	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
23	RUSIN Adam	5001	RUSEK TEAM	M-20	6	00:00:03	00:23:35.80	00:23:39.30	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
24	GEC Sebastian	5102		M-40	4	00:00:15	00:23:48.20	00:24:04.10	+00:06:40 (28.1%)	4:37	13 (72.2%)
25	OLEARCZUK Grzegorz	5135		M-40	5	00:00:04	00:23:53.70	00:23:57.95	+00:06:46 (28.3%)	4:38	12.9 (71.7%)
26	MALCZYK Mateusz	5061		M-20	7	00:00:03	00:23:55.85	00:23:58.95	+00:06:48 (28.5%)	4:39	12.9 (71.7%)
27	PARKITNA Gabriela	5106		K-20	1	00:00:04	00:23:56.10	00:24:00.10	+00:06:48 (28.5%)	4:39	12.9 (71.7%)
28	GROCHOWSKA Anna	5092		K-40	3	00:00:06	00:23:59.95	00:24:06.20	+00:06:52 (28.7%)	4:39	12.9 (71.7%)
29	KOLUCH Jacek	5081		M-30	10	00:00:04	00:24:31.70	00:24:36.40	+00:07:24 (30.2%)	4:46	12.6 (70.0%)
30	ALKER Zbigniew	5026	ALKER TEAM	M-60	1	00:00:05	00:24:41.45	00:24:46.60	+00:07:34 (30.7%)	4:48	12.5 (69.4%)
31	MACIEJEWSKI Piotr	5055		M-20	8	00:00:12	00:24:49.10	00:25:01.35	+00:07:41 (31.0%)	4:49	12.4 (68.9%)
32	GREGERACKI Łukasz	5087		M-30	11	00:00:02	00:24:51.35	00:24:53.45	+00:07:44 (31.1%)	4:50	12.4 (68.9%)
33	RYMASZEWSKI Dariusz	5124	SSM	M-40	6	00:00:03	00:24:57.55	00:25:01.45	+00:07:50 (31.4%)	4:51	12.4 (68.9%)
34	LISIECKA Angelika	5088		K-20	2	00:00:02	00:25:13.20	00:25:16.10	+00:08:05 (32.1%)	4:54	12.2 (67.8%)
35	PIEKARZ Adam	5105		M-30	12	00:00:06	00:25:41.55	00:25:48.30	+00:08:34 (33.4%)	4:59	12 (66.7%)
36	OGON Leszek	5137		M-40	7	00:00:11	00:25:44.65	00:25:55.95	+00:08:37 (33.5%)	5:00	12 (66.7%)
37	SZTWIERTNIA Tomasz	5077		M-40	8	00:00:05	00:25:47.40	00:25:53.05	+00:08:40 (33.6%)	5:00	12 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
38	KOWALSKI Bartosz	5079		M-40	9	00:00:03	00:25:56.95	00:26:00.85	+00:08:49 (34.0%)	5:02	11.9 (66.1%)
39	KOWALSKA Anna	5078		K-30	2	00:00:03	00:25:57.25	00:26:00.85	+00:08:50 (34.0%)	5:02	11.9 (66.1%)
40	SZCZYGIEŁ Przemysław	5082		M-30	13	00:00:00	00:26:31.25	00:26:31.25	+00:09:24 (35.4%)	5:09	11.6 (64.4%)
41	WYCIŚLIK Marcin	5043	HITSCHVOGEL	M-30	14	00:00:08	00:27:00.40	00:27:08.50	+00:09:53 (36.6%)	5:15	11.4 (63.3%)
42	BRACHMAŃSKA Kinga	5074		K-20	3	00:00:14	00:27:03.05	00:27:17.15	+00:09:55 (36.7%)	5:15	11.4 (63.3%)
43	CHOJNOWSKI Sylwester	5127	SSM	M-30	15	00:00:07	00:27:17.05	00:27:24.20	+00:10:09 (37.2%)	5:18	11.3 (62.8%)
44	PROKOP Iwona	5069	KRS TKKF JASTRZĄB RUDA SL	K-40	4	00:00:03	00:27:34.70	00:27:38.50	+00:10:27 (37.9%)	5:21	11.2 (62.2%)
45	GUROK Patryk	5141	MOMO TEAM	M-20	9	00:00:00	00:27:42.55	00:27:42.55	+00:10:35 (38.2%)	5:23	11.1 (61.7%)
46	CIESZYNSKI Marcin	5086		M-40	10	00:00:10	00:27:50.05	00:28:00.75	+00:10:42 (38.5%)	5:24	11.1 (61.7%)
47	WIĘCEK Bartosz	5054		M-30	16	00:00:14	00:27:59.15	00:28:13.40	+00:10:51 (38.8%)	5:26	11 (61.1%)
48	ZAREMBA Tadeusz	5039	STARY HANGAR FITNESS CLUB	M-60	2	00:00:01	00:28:00.60	00:28:01.95	+00:10:53 (38.9%)	5:26	11 (61.1%)
49	DANEK Agnieszka	5109		K-30	3	00:00:14	00:28:09.05	00:28:23.25	+00:11:01 (39.2%)	5:28	11 (61.1%)
50	MACIAK Weronika	5131	EMT-SYSTEMS	K-20	4	00:00:05	00:28:20.05	00:28:25.70	+00:11:12 (39.6%)	5:30	10.9 (60.6%)
51	KROCZEK Liliana	5129	EMT-SYSTEMS	K-40	5	00:00:05	00:28:20.20	00:28:25.70	+00:11:12 (39.6%)	5:30	10.9 (60.6%)
52	SIERADZKA Agnieszka	5130	EMT-SYSTEMS	K-30	4	00:00:04	00:28:21.05	00:28:25.55	+00:11:13 (39.6%)	5:30	10.9 (60.6%)
53	BAUMERT Bartłomiej	5073		M-20	10	00:00:12	00:28:25.70	00:28:38.25	+00:11:18 (39.8%)	5:31	10.9 (60.6%)
54	PARUZEL Marcin	5099		M-40	11	00:00:02	00:28:26.55	00:28:29.15	+00:11:19 (39.8%)	5:31	10.8 (60.0%)
55	BAL-BURZAWA Renata	5065	HIRSCHVOGEL COMPONENTS POLAND	K-40	6	00:00:06	00:28:30.00	00:28:36.75	+00:11:22 (39.9%)	5:32	10.8 (60.0%)
56	KOPIEC Karolina	5067	HIRSCHVOGEL	K-20	5	00:00:05	00:28:31.55	00:28:36.95	+00:11:24 (40.0%)	5:32	10.8 (60.0%)
57	ROSIŃSKA Katarzyna	5014	BANDA Z POŁUDNIA	K-40	7	00:00:07	00:28:35.70	00:28:43.35	+00:11:28 (40.1%)	5:33	10.8 (60.0%)
58	GŁOGOWSKA Karolina	5059	EXORIGO-UPOS S.A.	K-30	5	00:00:06	00:28:35.75	00:28:41.85	+00:11:28 (40.1%)	5:33	10.8 (60.0%)
59	NYGA Julia	5122	SSM	K-20	6	00:00:04	00:28:41.15	00:28:45.40	+00:11:33 (40.3%)	5:34	10.8 (60.0%)
60	POGONOWSKI Olaf	5071		M-30	17	00:00:10	00:28:41.40	00:28:51.75	+00:11:34 (40.3%)	5:34	10.8 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
61	DUDA Ewelina	5148		K-30	6	00:00:13	00:28:47.20	00:29:00.50	+00:11:39 (40.5%)	5:35	10.7 (59.4%)
62	URBANEK Martin	5100	ISTA BIEGAMY	M-40	12	00:00:12	00:28:58.50	00:29:10.85	+00:11:51 (40.9%)	5:38	10.6 (58.9%)
63	OLECH Bartłomiej	5085		M-30	18	00:00:08	00:29:02.05	00:29:10.50	+00:11:54 (41.0%)	5:38	10.6 (58.9%)
64	KORDIAK Zofia	5110		K-20	7	00:00:09	00:29:13.70	00:29:23.30	+00:12:06 (41.4%)	5:41	10.6 (58.9%)
65	NOWAK Danuta	5063		K-40	8	00:00:03	00:29:14.20	00:29:17.20	+00:12:06 (41.4%)	5:41	10.5 (58.3%)
66	KWAŚNIAK Katarzyna	5044	HIRSCHVOGEL	K-30	7	00:00:05	00:29:14.30	00:29:20.05	+00:12:07 (41.4%)	5:41	10.5 (58.3%)
67	TOBIASZ Beata	5006	SEMIDA	K-50	1	00:00:03	00:29:21.60	00:29:25.00	+00:12:14 (41.7%)	5:42	10.5 (58.3%)
68	KRAKOWCZYK Martyna	5139	MOMO TEAM	K-20	8	00:00:00	00:29:23.55	00:29:23.55	+00:12:16 (41.8%)	5:42	10.5 (58.3%)
69	BORC Jacek	5116		M-40	13	00:00:04	00:29:28.75	00:29:33.30	+00:12:21 (41.9%)	5:43	10.5 (58.3%)
70	BABIK Krystian	5048		M-20	11	00:00:16	00:29:29.40	00:29:45.45	+00:12:22 (41.9%)	5:44	10.5 (58.3%)
71	HILASZEK Marzena	5012		K-40	9	00:00:07	00:29:36.80	00:29:44.25	+00:12:29 (42.2%)	5:45	10.4 (57.8%)
72	ROŻEK Rafał	5053	#HUTATEAM	M-40	14	00:00:17	00:29:41.55	00:29:59.40	+00:12:34 (42.3%)	5:46	10.4 (57.8%)
73	NĘDZA Ryszard	5042	HIRSCHVOGEL	M-50	3	00:00:05	00:29:44.35	00:29:50.30	+00:12:37 (42.4%)	5:47	10.4 (57.8%)
74	SOBCZYK Eliza	5047		K-30	8	00:00:13	00:29:46.05	00:29:59.70	+00:12:38 (42.5%)	5:47	10.4 (57.8%)
75	SZŁĘZAK Barbara	5150		K-40	10	00:00:06	00:29:48.00	00:29:54.75	+00:12:40 (42.5%)	5:47	10.3 (57.2%)
76	JANOSZ Paulina	5107		K-30	9	00:00:07	00:29:48.25	00:29:55.55	+00:12:41 (42.6%)	5:47	10.3 (57.2%)
77	KECZMERSKA Kinga	5084		K-20	9	00:00:12	00:29:48.65	00:30:01.35	+00:12:41 (42.6%)	5:47	10.3 (57.2%)
78	DOLEZIK Aleksandra	5112		K-20	10	00:00:10	00:29:55.45	00:30:06.05	+00:12:48 (42.8%)	5:49	10.3 (57.2%)
79	JABŁOŃSKA Aleksandra	5101		K-30	10	00:00:10	00:30:06.90	00:30:17.45	+00:12:59 (43.1%)	5:51	10.2 (56.7%)
80	JABŁOŃSKA-ŚLAZIŃSKA Anna	5046		K-30	11	00:00:09	00:30:08.65	00:30:18.25	+00:13:01 (43.2%)	5:51	10.2 (56.7%)
81	KAZUCZYK Małgorzata	5144		K-20	11	00:00:08	00:30:15.40	00:30:23.80	+00:13:08 (43.4%)	5:53	10.2 (56.7%)
82	GLINKOWSKI Wiktor	5136		M-20	12	00:00:11	00:30:17.85	00:30:29.20	+00:13:10 (43.5%)	5:53	10.2 (56.7%)
83	SZCZUREK Klaudia	5103		K-20	12	00:00:11	00:30:18.15	00:30:29.90	+00:13:10 (43.5%)	5:53	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
84	SZCZUREK Edyta	5104		K-40	11	00:00:11	00:30:18.55	00:30:29.90	+00:13:11 (43.5%)	5:53	10.2 (56.7%)
85	SOWIŃSKI Jacek	5108		M-30	19	00:00:13	00:30:20.00	00:30:33.15	+00:13:12 (43.6%)	5:54	10.2 (56.7%)
86	HERLICZKA Oliwier	5027	AML-FLY TEAM	M-20	13	00:00:08	00:30:26.20	00:30:34.50	+00:13:18 (43.7%)	5:55	10.1 (56.1%)
87	SCHWIERZ Karolina	5052		K-20	13	00:00:11	00:30:26.45	00:30:38.35	+00:13:19 (43.8%)	5:55	10.1 (56.1%)
88	KLOZA Mariusz	5096	HUTATEAM/NRP	M-40	15	00:00:10	00:30:30.45	00:30:40.80	+00:13:23 (43.9%)	5:56	10.1 (56.1%)
89	OSOWSKA Katarzyna	5097		K-50	2	00:00:07	00:30:40.25	00:30:47.60	+00:13:33 (44.2%)	5:57	10.1 (56.1%)
90	SZCZYGIĘŁ Angelika	5120		K-30	12	00:00:06	00:30:53.30	00:30:59.40	+00:13:46 (44.6%)	6:00	10 (55.6%)
91	GOLONKA Wojciech	5125	SSM	M-40	16	00:00:05	00:31:12.25	00:31:17.90	+00:14:05 (45.1%)	6:04	9.9 (55.0%)
92	OLSZEWSKI Łukasz	5038	#HUTATEAM	M-30	20	00:00:14	00:31:35.75	00:31:50.55	+00:14:28 (45.8%)	6:08	9.8 (54.4%)
93	JANOSZCZYK Anna	5117	SSM	K-40	12	00:00:07	00:31:40.85	00:31:48.05	+00:14:33 (46.0%)	6:09	9.7 (53.9%)
94	GILGA Patrycja	5013		K-20	14	00:00:11	00:31:56.85	00:32:08.05	+00:14:49 (46.4%)	6:12	9.7 (53.9%)
95	HORBATKO Arina	5075	KRUCA_FUKS_KAJ_TA_META	K-30	13	00:00:10	00:31:57.70	00:32:08.10	+00:14:50 (46.4%)	6:12	9.7 (53.9%)
96	HOŁOTA Anna/Halina	5119	SSM	K-40	13	00:00:05	00:32:27.60	00:32:32.75	+00:15:20 (47.3%)	6:18	9.5 (52.8%)
97	BA Daria	5021		K-30	14	00:00:04	00:33:19.55	00:33:24.35	+00:16:12 (48.6%)	6:28	9.3 (51.7%)
98	KLYSZCZ Justyna	5022		K-30	15	00:00:05	00:33:21.55	00:33:26.65	+00:16:14 (48.7%)	6:29	9.2 (51.1%)
99	LEGIEŻYŃSKI Krzysztof	5020		M-40	17	00:00:04	00:33:22.80	00:33:27.35	+00:16:15 (48.7%)	6:29	9.2 (51.1%)
100	BOCHNIA Paulina	5051	HUTA TEAM	K-30	16	00:00:11	00:33:26.40	00:33:38.05	+00:16:19 (48.8%)	6:30	9.2 (51.1%)
101	POPKO Iwona	5018		K-30	17	00:00:03	00:33:31.30	00:33:34.80	+00:16:24 (48.9%)	6:31	9.2 (51.1%)
102	MASARCZYK Katarzyna	5113		K-30	18	00:00:13	00:33:34.95	00:33:48.45	+00:16:27 (49.0%)	6:31	9.2 (51.1%)
103	BIELA-MARCINOWSKA Agnieszka	5040		K-40	14	00:00:10	00:33:37.05	00:33:47.40	+00:16:29 (49.1%)	6:32	9.2 (51.1%)
104	NIEUŻYŁA Marta	5019		K-30	19	00:00:03	00:33:42.80	00:33:46.70	+00:16:35 (49.2%)	6:33	9.2 (51.1%)
105	HEPNER Joanna	5015		K-60	1	00:00:09	00:33:44.55	00:33:54.15	+00:16:37 (49.3%)	6:33	9.1 (50.6%)
106	ADAMCZYK Kinga	5072	SZALONE STOPY GLIWICE	K-30	20	00:00:08	00:34:05.95	00:34:14.75	+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	SMOTER-ALKER Elżbieta	5025	ALMERA TEAM	K-50	4	00:00:05	00:42:03.85	00:42:09.55	+00:24:56 (59.3%)	8:10	7.3 (40.6%)
131	FIZEK Agnieszka	5076		K-20	17	00:00:08	00:42:32.80	00:42:41.60	+00:25:25 (59.8%)	8:16	7.3 (40.6%)
132	WYSOCKA Marzena	5009	SZALONE STOPY GLIWICE	K-40	21	00:00:06	00:43:39.55	00:43:45.95	+00:26:32 (60.8%)	8:29	7.1 (39.4%)

Znaleziono 132 wynik(ów)