



BIEG NA 5KM GLIWICE

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Wydarzenie: X PKO PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-10-06
Miejsce: Gliwice
Dystans: 5 km

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	GRZELKA Cyprian	5161	GKS PIAST GLIWICE	M-20	1	00:00:00	00:16:46.23	00:16:46.45		3:15	18.4 (100%)
2	FALEJCZYK Mateusz	5037	HOLBOX POLAND	M-30	1	00:00:00	00:17:36.26	00:17:36.47	+00:00:50 (4.7%)	3:25	17.5 (95.1%)
3	LUDWIG Dawid	5012		M-30	2	00:00:00	00:17:38.98	00:17:39.19	+00:00:52 (5.0%)	3:25	17.5 (95.1%)
4	MANTERYS Mateusz	5159		M-20	2	00:00:00	00:17:51.96	00:17:52.18	+00:01:05 (6.1%)	3:28	17.3 (94.0%)
5	STANISZ Marcin	5086	GÓRAL Z MAZUR RUNNING TEAM	M-40	1	00:00:01	00:18:28.97	00:18:30.51	+00:01:42 (9.3%)	3:35	16.7 (90.8%)
6	NITYCHORUK Magdalena	5049		K-30	1	00:00:00	00:18:32.85	00:18:33.07	+00:01:46 (9.6%)	3:36	16.6 (90.2%)
7	WIŚNIEWSKA Hanna	5087		K-30	2	00:00:00	00:18:36.70	00:18:36.91	+00:01:50 (9.9%)	3:37	16.6 (90.2%)
8	NADTOKA Andrii	5013	SOCIOS SILESIA	M-30	3	00:00:01	00:18:38.89	00:18:40.41	+00:01:52 (10.1%)	3:37	16.6 (90.2%)
9	CHOMICZ Krzysztof	5155	SOCIOS SILESIA	M-40	2	00:00:00	00:18:41.65	00:18:41.87	+00:01:55 (10.3%)	3:38	16.5 (89.7%)
10	OCHMAN Paweł	5042		M-30	4	00:00:01	00:19:57.25	00:19:58.51	+00:03:11 (16.0%)	3:52	15.5 (84.2%)
11	ZACZYK Marcin	5121		M-50	1	00:00:02	00:20:20.12	00:20:22.66	+00:03:33 (17.5%)	3:57	15.2 (82.6%)
12	ZIELIŃSKI Ireneusz	5032	DKMS ŻORY	M-50	2	00:00:01	00:20:25.00	00:20:26.93	+00:03:38 (17.9%)	3:58	15.1 (82.1%)
13	GÓRAK Piotr	5068	SANDRA MICHALAK TEAM	M-40	3	00:00:01	00:20:34.96	00:20:36.31	+00:03:48 (18.5%)	4:00	15 (81.5%)
14	LEWICKA Elżbieta	5008	NIEZRZESZONA	K-40	1	00:00:01	00:20:47.07	00:20:48.72	+00:04:00 (19.3%)	4:02	14.8 (80.4%)
15	STANASIUK Malwina	5136	DĄBROWSKI TEAM	K-30	3	00:00:00	00:21:03.37	00:21:03.59	+00:04:17 (20.4%)	4:05	14.7 (79.9%)
16	ANTOŃCZYK Adam	5060	DKMS JASTRZĘBIE	M-50	3	00:00:01	00:21:06.74	00:21:08.67	+00:04:20 (20.6%)	4:06	14.6 (79.3%)
17	OZAWA Wiktoria	5066		K-30	4	00:00:01	00:21:15.77	00:21:17.53	+00:04:29 (21.1%)	4:08	14.5 (78.8%)
18	DEPTA Bartosz	5023		M-20	3	00:00:05	00:21:17.08	00:21:22.39	+00:04:30 (21.2%)	4:08	14.5 (78.8%)
19	KĄŁUŻNY Adam	5145	SOCIOS SILESIA	M-30	5	00:00:01	00:21:19.56	00:21:20.94	+00:04:33 (21.4%)	4:08	14.5 (78.8%)
20	JASTRZĘBSKI Piotr	5104	SOCIOS SILESIA	M-30	6	00:00:00	00:21:20.42	00:21:20.63	+00:04:34 (21.4%)	4:09	14.5 (78.8%)
21	SADŁO Wiktoria	5078		K-20	1	00:00:00	00:21:21.03	00:21:21.24	+00:04:34 (21.5%)	4:09	14.4 (78.3%)
22	CICHOCKI Dawid	5085	NIGHT RUNNERS PYSKOWICE	M-30	7	00:00:02	00:21:21.85	00:21:23.99	+00:04:35 (21.5%)	4:09	14.4 (78.3%)
23	MAJ-DZIUBAŃSKA Izabela	5080		K-30	5	00:00:02	00:21:22.20	00:21:24.68	+00:04:35 (21.5%)	4:09	14.4 (78.3%)
24	MACHNIK Andrzej	5062		M-40	4	00:00:02	00:21:32.48	00:21:35.23	+00:04:46 (22.1%)	4:11	14.3 (77.7%)
25	ANDRZEJEWSKI Martin	5142	PREZESI	M-30	8	00:00:04	00:21:34.18	00:21:38.48	+00:04:47 (22.2%)	4:11	14.3 (77.7%)
26	POLIS Maciej	5113	@HUTATEAM	M-30	9	00:00:02	00:21:49.37	00:21:52.23	+00:05:03 (23.2%)	4:14	14.1 (76.6%)
27	KULIGOWSKI Piotr	5030		M-30	10	00:00:03	00:22:01.11	00:22:04.91	+00:05:14 (23.8%)	4:17	14 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
28	PECYNA Barbara	5129	MICHALAK SANDRA TEAM	K-40	2	00:00:03	00:22:52.36	00:22:56.29	+00:06:06 (26.7%)	4:26	13.5 (73.4%)
29	PECYNA Bogusław	5131		M-50	4	00:00:03	00:23:04.39	00:23:08.11	+00:06:18 (27.3%)	4:29	13.4 (72.8%)
30	KUSIENICKI Arkadiusz	5015	ICE SHARKS SILESIA	M-20	4	00:00:00	00:23:23.41	00:23:23.41	+00:06:37 (28.3%)	4:32	13.2 (71.7%)
31	CZUBAK Mariusz	5027		M-30	11	00:00:02	00:23:25.20	00:23:27.96	+00:06:38 (28.4%)	4:33	13.2 (71.7%)
32	ODOSZEWSKI Roman	5088		M-40	5	00:00:05	00:23:26.04	00:23:31.65	+00:06:39 (28.4%)	4:33	13.2 (71.7%)
33	BAJOR Bartek	5099	SIKRET GLIWICE	M-20	5	00:00:02	00:23:42.70	00:23:45.44	+00:06:56 (29.3%)	4:36	13 (70.7%)
34	GROCHOWSKA Anna	5118		K-40	3	00:00:03	00:23:45.24	00:23:49.07	+00:06:59 (29.4%)	4:37	13 (70.7%)
35	PIEKARZ Adam	5084		M-30	12	00:00:03	00:23:55.79	00:23:59.00	+00:07:09 (29.9%)	4:39	12.9 (70.1%)
36	CAŁA Justyna	5139	AZS AWF KRAKÓW MASTERS	K-40	4	00:00:03	00:23:59.58	00:24:03.29	+00:07:13 (30.1%)	4:39	12.9 (70.1%)
37	SIECZKOWSKI Grzegorz	5165	BYTOM	M-60	1	00:00:01	00:24:06.98	00:24:08.80	+00:07:20 (30.5%)	4:41	12.8 (69.6%)
38	ALKER Zbigniew	5055		M-60	2	00:00:03	00:24:11.54	00:24:15.44	+00:07:25 (30.7%)	4:42	12.8 (69.6%)
39	RÓŻYCKI Damian	5114		M-20	6	00:00:05	00:24:31.00	00:24:36.82	+00:07:44 (31.6%)	4:46	12.6 (68.5%)
40	KŁACZEK Grzegorz	5120	NIEZRZESZONY	M-60	3	00:00:06	00:24:34.38	00:24:41.00	+00:07:48 (31.8%)	4:46	12.6 (68.5%)
41	KĄŁUŻNA Małgorzata	5149	SOCIOS SILESIA	K-30	6	00:00:00	00:24:43.12	00:24:43.33	+00:07:56 (32.2%)	4:48	12.5 (67.9%)
42	MALICKI Patryk	5082	KS SOŚNICA	M-20	7	00:00:09	00:24:49.04	00:24:58.21	+00:08:02 (32.4%)	4:49	12.4 (67.4%)
43	PNIEWSKI Kamil	5063		M-30	13	00:00:16	00:24:49.49	00:25:05.65	+00:08:03 (32.4%)	4:49	12.4 (67.4%)
44	KLENCZAR Arkadiusz	5006	ŚLĘZAK TEAM	M-30	14	00:00:02	00:24:51.93	00:24:54.33	+00:08:05 (32.6%)	4:50	12.4 (67.4%)
45	KLENCZAR Elżbieta	5007	TATARA RUNNING TEAM	K-20	2	00:00:02	00:25:05.78	00:25:08.15	+00:08:19 (33.2%)	4:52	12.3 (66.8%)
46	STRASZAK Zofia	5141		K-40	5	00:00:08	00:25:19.37	00:25:27.90	+00:08:33 (33.8%)	4:55	12.2 (66.3%)
47	BOCHENEK Marcin	5051		M-20	8	00:00:05	00:25:31.03	00:25:36.49	+00:08:44 (34.3%)	4:57	12.1 (65.8%)
48	WYCIŚLIK Marcin	5038	HIRSCHVOGEL	M-30	15	00:00:08	00:25:38.92	00:25:47.02	+00:08:52 (34.6%)	4:59	12 (65.2%)
49	GRAJKOWSKI Michał	5130		M-30	16	00:00:12	00:25:44.00	00:25:56.86	+00:08:57 (34.8%)	5:00	12 (65.2%)
50	KRAWCZYKIEWICZ Marcin	5110		M-50	5	00:00:08	00:26:01.27	00:26:09.45	+00:09:15 (35.6%)	5:03	11.9 (64.7%)
51	ŁOPACZ Andrzej	5004	CHILL OUT DUDE !	M-40	6	00:00:10	00:26:06.00	00:26:16.49	+00:09:19 (35.7%)	5:04	11.8 (64.1%)
52	OGON Leszek	5144		M-40	7	00:00:02	00:26:06.55	00:26:09.42	+00:09:20 (35.8%)	5:04	11.8 (64.1%)
53	GREGERACKI Łukasz	5046		M-30	17	00:00:04	00:26:09.40	00:26:14.10	+00:09:23 (35.9%)	5:05	11.8 (64.1%)
54	STAJER Karol	5002		M-20	9	00:00:00	00:26:18.55	00:26:18.55	+00:09:32 (36.3%)	5:07	11.7 (63.6%)
55	WARMONS Gosia	5153	GRYZIPIÓRKA	K-20	3	00:00:02	00:26:20.12	00:26:22.85	+00:09:33 (36.3%)	5:07	11.7 (63.6%)
56	SETKOWICZ Antoni	5140		M-20	10	00:00:03	00:26:28.26	00:26:31.59	+00:09:42 (36.6%)	5:08	11.7 (63.6%)
57	WOLANY Rafał	5040	HIRSCHVOGEL COMPONENTS POLAND	M-40	8	00:00:06	00:26:29.04	00:26:35.10	+00:09:42 (36.7%)	5:09	11.6 (63.0%)
58	TURSKI Andrzej	5020		M-40	9	00:00:07	00:26:29.42	00:26:36.47	+00:09:43 (36.7%)	5:09	11.6 (63.0%)
59	BRAJA Barbara	5064		K-40	6	00:00:07	00:26:30.83	00:26:38.43	+00:09:44 (36.7%)	5:09	11.6 (63.0%)
60	TERELAK Radosław	5135		M-20	11	00:00:13	00:26:51.51	00:27:04.53	+00:10:05 (37.6%)	5:13	11.5 (62.5%)
61	JABŁOŃSKI Arkadiusz	5116	WOJSKOWY KLUB MOTOCYKLOWY	M-50	6	00:00:12	00:27:10.39	00:27:22.81	+00:10:24 (38.3%)	5:17	11.4 (62.0%)
62	SZCZYGIEL Przemysław	5151		M-30	18	00:00:07	00:27:12.06	00:27:19.50	+00:10:25 (38.3%)	5:17	11.3 (61.4%)
63	CIESZYNSKI Marcin	5059	STELLANTIS ACTIVE TEAM	M-40	10	00:00:06	00:27:33.86	00:27:40.70	+00:10:47 (39.2%)	5:21	11.2 (60.9%)
64	KOWACZ Adrian	5095	HUTA TEAM	M-30	19	00:00:00	00:27:40.16	00:27:40.37	+00:10:53 (39.4%)	5:22	11.1 (60.3%)
65	LUKOSZEK-WEBER Weronika	5005		K-20	4	00:00:10	00:27:41.22	00:27:51.94	+00:10:54 (39.4%)	5:23	11.1 (60.3%)
66	SMOŁA Mieczysław	5106	PĘDZIWIATR GLIWICE	M-60	4	00:00:03	00:28:06.28	00:28:09.53	+00:11:20 (40.3%)	5:28	11 (59.8%)
67	BAL-BURZAWA Renata	5039	HIRSCHVOGEL	K-40	7	00:00:04	00:28:07.74	00:28:12.58	+00:11:21 (40.4%)	5:28	11 (59.8%)
68	KOPIEC Karolina	5034	HIRSCHVOGEL	K-30	7	00:00:04	00:28:07.82	00:28:12.65	+00:11:21 (40.4%)	5:28	11 (59.8%)
69	PACZOSKA KOTTMANN Dorota	5160		K-40	8	00:00:04	00:28:15.50	00:28:19.59	+00:11:29 (40.7%)	5:29	10.9 (59.2%)
70	MUSIAŁ Alicja	5031	BIEGANIE RAZEM	K-20	5	00:00:07	00:28:19.02	00:28:26.41	+00:11:32 (40.8%)	5:30	10.9 (59.2%)
71	STĘPNIK Aleksander	5058		M-40	11	00:00:12	00:28:29.56	00:28:42.00	+00:11:43 (41.1%)	5:32	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
72	MARKOWSKI Leszek	5147	FIZJOTEAM WROCŁAW	M-60	5	00:00:04	00:28:36.91	00:28:41.28	+00:11:50 (41.4%)	5:33	10.8 (58.7%)
73	TOBIASZ Beata	5101		K-50	1	00:00:04	00:28:51.32	00:28:55.63	+00:12:05 (41.9%)	5:36	10.7 (58.2%)
74	STASIK Mirosław	5097		M-50	7	00:00:00	00:28:51.41	00:28:51.62	+00:12:05 (41.9%)	5:36	10.7 (58.2%)
75	SZEGA Magdalena	5075	PKO BANK POLSKI	K-30	8	00:00:08	00:29:05.56	00:29:14.34	+00:12:19 (42.4%)	5:39	10.6 (57.6%)
76	MASARZ Katarzyna	5073	PKO BANK POLSKI	K-30	9	00:00:08	00:29:05.66	00:29:14.06	+00:12:19 (42.4%)	5:39	10.6 (57.6%)
77	TURCZYN Mateusz	5043	HIRSCHVOGEL COMPONENTS POLAND	M-30	20	00:00:00	00:29:06.64	00:29:06.64	+00:12:20 (42.4%)	5:39	10.6 (57.6%)
78	ZACZYK Monika	5122		K-40	9	00:00:03	00:29:07.75	00:29:11.75	+00:12:21 (42.4%)	5:39	10.6 (57.6%)
79	KAPITAN Kamil	5014		M-20	12	00:00:09	00:29:11.14	00:29:20.53	+00:12:24 (42.5%)	5:40	10.6 (57.6%)
80	NEĐZA Ryszard	5041	HIRSCHVOGEL	M-50	8	00:00:06	00:29:18.33	00:29:24.34	+00:12:32 (42.8%)	5:42	10.5 (57.1%)
81	SZCZYGIEŁ Angelika	5071	SSM	K-30	10	00:00:07	00:29:20.27	00:29:27.86	+00:12:34 (42.8%)	5:42	10.5 (57.1%)
82	JASIEWICZ Wojciech	5132	SKILLFORCE	M-20	13	00:00:12	00:29:35.24	00:29:47.53	+00:12:49 (43.3%)	5:45	10.4 (56.5%)
83	NIEMIEC Natalia	5146	-	K-30	11	00:00:04	00:29:37.78	00:29:42.32	+00:12:51 (43.4%)	5:45	10.4 (56.5%)
84	KEMPNY Marcin	5028	GIT-TEAM	M-30	21	00:00:03	00:29:39.54	00:29:42.64	+00:12:53 (43.5%)	5:46	10.4 (56.5%)
85	CHOJNOWSKI Sylwester	5091	KLUB SSM	M-30	22	00:00:07	00:29:51.59	00:29:59.50	+00:13:05 (43.8%)	5:48	10.3 (56.0%)
86	ORZOŁ Daria	5092		K-40	10	00:00:04	00:29:59.16	00:30:03.99	+00:13:12 (44.1%)	5:50	10.3 (56.0%)
87	JĘDRZEJEWSKI Bogdan	5164	MIRAZE RACE TEAM	M-40	12	00:00:11	00:30:08.49	00:30:19.86	+00:13:22 (44.4%)	5:51	10.2 (55.4%)
88	FROST Joanna	5021	KB ORŁY Z KNUROWA	K-50	2	00:00:09	00:30:11.30	00:30:20.59	+00:13:25 (44.4%)	5:52	10.2 (55.4%)
89	NIEDZIAŁEK Natalia	5115		K-30	12	00:00:08	00:30:12.30	00:30:20.58	+00:13:26 (44.5%)	5:52	10.2 (55.4%)
90	JANOWSKA Patrycja	5096		K-40	11	00:00:04	00:30:12.77	00:30:17.65	+00:13:26 (44.5%)	5:52	10.2 (55.4%)
91	ZAREMBA Tadeusz	5111		M-60	6	00:00:00	00:30:18.64	00:30:18.85	+00:13:32 (44.7%)	5:53	10.2 (55.4%)
92	POREBSKI Grzegorz	5162		M-30	23	00:00:00	00:30:41.60	00:30:41.81	+00:13:55 (45.4%)	5:58	10.1 (54.9%)
93	ŻYMEŁKA Szymon	5036	FLUOR	M-20	14	00:00:12	00:30:42.49	00:30:54.74	+00:13:56 (45.4%)	5:58	10 (54.3%)
94	NADOLSKA Ewa	5090		K-50	3	00:00:06	00:30:42.95	00:30:49.38	+00:13:56 (45.4%)	5:58	10 (54.3%)
95	URBAŃCZYK Wojciech	5074	PKO BANK POLSKI	M-30	24	00:00:09	00:30:54.32	00:31:03.61	+00:14:08 (45.7%)	6:00	10 (54.3%)
96	ŻELEZNY Tomasz	5137		M-30	25	00:00:11	00:30:57.54	00:31:09.18	+00:14:11 (45.8%)	6:01	10 (54.3%)
97	POPIEL Artur	5154		M-40	13	00:00:15	00:31:17.09	00:31:32.25	+00:14:30 (46.4%)	6:05	9.9 (53.8%)
98	COWAN Gabriella	5048		K-30	13	00:00:14	00:31:36.09	00:31:50.15	+00:14:49 (46.9%)	6:08	9.8 (53.3%)
99	MIKOŁAJCZYK Katarzyna	5026		K-30	14	00:00:04	00:31:42.06	00:31:46.82	+00:14:55 (47.1%)	6:10	9.7 (52.7%)
100	KOŁODZIEJ Dominik	5158		M-30	26	00:00:11	00:31:42.40	00:31:54.25	+00:14:56 (47.1%)	6:10	9.7 (52.7%)
101	URBAŃSKA Iwona	5163		K-50	4	00:00:10	00:31:46.89	00:31:56.91	+00:15:00 (47.2%)	6:10	9.7 (52.7%)
102	KOTARBA Katarzyna	5127	RUN AWAY TEAM	K-30	15	00:00:04	00:31:48.49	00:31:53.44	+00:15:02 (47.3%)	6:11	9.7 (52.7%)
103	GAWĘŁEK Konrad	5045		M-20	15	00:00:12	00:31:53.59	00:32:06.54	+00:15:07 (47.4%)	6:12	9.7 (52.7%)
104	BARTOSZ Anna	5128		K-30	16	00:00:06	00:31:56.22	00:32:02.67	+00:15:09 (47.5%)	6:12	9.7 (52.7%)
105	PIOTROWSKA Karolina	5010		K-30	17	00:00:06	00:31:56.36	00:32:03.29	+00:15:10 (47.5%)	6:12	9.7 (52.7%)
106	MIERZWINSKI Szymon	5156	FORREST	M-30	27	00:00:06	00:31:57.08	00:32:03.70	+00:15:10 (47.5%)	6:12	9.7 (52.7%)
107	KĄDZIELA Agnieszka	5143	PREZESI	K-20	6	00:00:10	00:32:02.21	00:32:12.64	+00:15:15 (47.7%)	6:13	9.6 (52.2%)
108	SZAMPERA Marta	5108		K-30	18	00:00:14	00:32:03.54	00:32:18.53	+00:15:17 (47.7%)	6:14	9.6 (52.2%)
109	TECHMAN Jakub	5117		M-20	16	00:00:14	00:32:06.03	00:32:20.78	+00:15:19 (47.8%)	6:14	9.6 (52.2%)
110	MALISZEWSKA Justyna	5044	HIRSCHVOGEL	K-30	19	00:00:06	00:32:28.43	00:32:34.45	+00:15:42 (48.4%)	6:18	9.5 (51.6%)
111	PROCKO Magdalena	5123		K-30	20	00:00:09	00:32:31.27	00:32:40.87	+00:15:45 (48.4%)	6:19	9.5 (51.6%)
112	DAMSKI Marek	5124		M-30	28	00:00:09	00:32:31.53	00:32:40.91	+00:15:45 (48.4%)	6:19	9.5 (51.6%)
113	ZAJAC Anna	5134		K-40	12	00:00:08	00:32:35.20	00:32:43.27	+00:15:48 (48.5%)	6:20	9.5 (51.6%)
114	KAWECKA-KUŹDŹAŁ Agnieszka	5083		K-50	5	00:00:10	00:33:00.88	00:33:11.12	+00:16:14 (49.2%)	6:25	9.3 (50.5%)
115	BŁASZCZAK Filip	5029		M-30	29	00:00:13	00:33:05.16	00:33:18.58	+00:16:18 (49.3%)	6:26	9.3 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
116	CIEPŁY Karol	5105	DATA DRIVEN DASHERS - LINGARO	M-20	17	00:00:13	00:33:05.42	00:33:18.48	+00:16:19 (49.3%)	6:26	9.3 (50.5%)
117	ŚLADEWSKA Beata	5072	KLUB MYSZKI MINNIE	K-30	21	00:00:10	00:33:08.16	00:33:19.02	+00:16:21 (49.4%)	6:26	9.3 (50.5%)
118	KARASZEWSKA Alina	5017	KARAŚ TEAM	K-40	13	00:00:11	00:33:08.63	00:33:19.97	+00:16:22 (49.4%)	6:26	9.3 (50.5%)
119	STEBEL Damian	5103		M-30	30	00:00:10	00:33:14.64	00:33:25.52	+00:16:28 (49.6%)	6:27	9.3 (50.5%)
120	KACZMARZYK Tomasz	5126		M-20	18	00:00:14	00:33:24.64	00:33:39.24	+00:16:38 (49.8%)	6:29	9.2 (50.0%)
121	GRZYWACZ-SOBCZYŃSKA Iwona	5070		K-50	6	00:00:04	00:33:59.36	00:34:03.46	+00:17:13 (50.7%)	6:36	9.1 (49.5%)
122	BABCZYŃSKI Janusz	5150		M-50	9	00:00:08	00:34:22.95	00:34:31.10	+00:17:36 (51.2%)	6:41	9 (48.9%)
123	WIŚNIEWSKA Agata	5094		K-50	7	00:00:06	00:34:30.61	00:34:37.11	+00:17:44 (51.4%)	6:42	8.9 (48.4%)
124	STĘPNIK Celestyna	5057		K-40	14	00:00:12	00:34:31.08	00:34:43.37	+00:17:44 (51.4%)	6:42	8.9 (48.4%)
125	APRYAS Alicja	5053		K-30	22	00:00:06	00:34:32.20	00:34:38.53	+00:17:45 (51.4%)	6:43	8.9 (48.4%)
126	SKWARA Katarzyna	5052	HIRSCHVOGEL	K-40	15	00:00:05	00:34:33.17	00:34:38.70	+00:17:46 (51.5%)	6:43	8.9 (48.4%)
127	ŁASKI Patrycja	5079	SSM	K-30	23	00:00:07	00:34:36.25	00:34:44.13	+00:17:50 (51.5%)	6:43	8.9 (48.4%)
128	WILK Katarzyna	5056		K-40	16	00:00:11	00:34:38.64	00:34:50.35	+00:17:52 (51.6%)	6:44	8.9 (48.4%)
129	GREGERACKA Paulina	5089		K-30	24	00:00:05	00:34:52.07	00:34:57.18	+00:18:05 (51.9%)	6:47	8.8 (47.8%)
130	DĄBROWSKA Katarzyna	5003		K-40	17	00:00:09	00:34:58.94	00:35:07.96	+00:18:12 (52.1%)	6:48	8.8 (47.8%)
131	OBWIOSŁO Joanna	5093		K-40	18	00:00:14	00:35:16.10	00:35:30.26	+00:18:29 (52.4%)	6:51	8.7 (47.3%)
132	KILARSKI Piotr	5054	HIRSCHVOGEL COMPONENTS POLAND	M-40	14	00:00:05	00:35:17.91	00:35:23.43	+00:18:31 (52.5%)	6:51	8.7 (47.3%)
133	OGÓREK Alicja	5119		K-20	7	00:00:07	00:35:43.30	00:35:50.79	+00:18:57 (53.1%)	6:56	8.6 (46.7%)
134	KARGE Gabriela	5148	MIRAZ RACE TEAM	K-40	19	00:00:11	00:35:50.44	00:36:01.69	+00:19:04 (53.2%)	6:58	8.6 (46.7%)
135	PAJĄK Aleksandra	5157	HUTA TEAM	K-40	20	00:00:00	00:35:59.80	00:36:00.02	+00:19:13 (53.4%)	7:00	8.6 (46.7%)
136	GILGA Patrycja	5166		K-20	8	00:00:07	00:36:08.42	00:36:15.95	+00:19:22 (53.6%)	7:01	8.5 (46.2%)
137	OSTROWSKA Justyna	5107		K-30	25	00:00:06	00:36:20.06	00:36:26.83	+00:19:33 (53.8%)	7:04	8.5 (46.2%)
138	TOMCZAK Joanna	5102	MOJA CUKRZYCA	K-40	21	00:00:06	00:36:20.91	00:36:26.91	+00:19:34 (53.9%)	7:04	8.5 (46.2%)
139	SZCZESNIAK-GRAMATYKA Anna	5133		K-30	26	00:00:09	00:36:46.08	00:36:55.49	+00:19:59 (54.4%)	7:09	8.4 (45.7%)
140	LEROCH Aleksandra	5069		K-40	22	00:00:04	00:37:22.58	00:37:27.03	+00:20:36 (55.1%)	7:16	8.3 (45.1%)
141	MAKSYSZ Roksana	5098	#CZELADZBIEGA	K-40	23	00:00:13	00:38:07.65	00:38:20.78	+00:21:21 (56.0%)	7:24	8.1 (44.0%)
142	KOWOL Paweł	5067		M-30	31	00:00:10	00:38:27.84	00:38:38.00	+00:21:41 (56.4%)	7:28	8 (43.5%)
143	KOWOL Zofia	5065		K-20	9	00:00:09	00:38:28.54	00:38:38.36	+00:21:42 (56.4%)	7:29	8 (43.5%)
144	ŚLIWAK Bożena	5018	SLOW JOGGING GLIWICE	K-40	24	00:00:07	00:40:27.24	00:40:35.00	+00:23:41 (58.5%)	7:52	7.6 (41.3%)
145	ROSIŃSKA Joanna	5019	SLOW JOGGING GLIWICE	K-40	25	00:00:07	00:41:33.32	00:41:40.82	+00:24:47 (59.6%)	8:05	7.4 (40.2%)

Znaleziono 145 wynik(ów)