



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

## BIEG NA 5KM GLIWICE

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
1	NITYCHORUK Magdalena	5091		K-30	1	00:00:02	00:19:09.70	00:19:12.10		3:43	16.1 (100%)
2	KOWALSKA Anna	5078		K-30	2	00:00:03	00:25:57.25	00:26:00.85	+00:06:47 (26.2%)	5:02	11.9 (73.9%)
3	DANEK Agnieszka	5109		K-30	3	00:00:14	00:28:09.05	00:28:23.25	+00:08:59 (31.9%)	5:28	11 (68.3%)
4	SIERADZKA Agnieszka	5130	EMT-SYSTEMS	K-30	4	00:00:04	00:28:21.05	00:28:25.55	+00:09:11 (32.4%)	5:30	10.9 (67.7%)
5	GŁOGOWSKA Karolina	5059	EXORIGO-UPOS S.A.	K-30	5	00:00:06	00:28:35.75	00:28:41.85	+00:09:26 (33.0%)	5:33	10.8 (67.1%)
6	DUDA Ewelina	5148		K-30	6	00:00:13	00:28:47.20	00:29:00.50	+00:09:37 (33.4%)	5:35	10.7 (66.5%)
7	KWAŚNIAK Katarzyna	5044	HIRSCHVOGEL	K-30	7	00:00:05	00:29:14.30	00:29:20.05	+00:10:04 (34.5%)	5:41	10.5 (65.2%)
8	SOBCZYK Eliza	5047		K-30	8	00:00:13	00:29:46.05	00:29:59.70	+00:10:36 (35.6%)	5:47	10.4 (64.6%)
9	JANOSZ Paulina	5107		K-30	9	00:00:07	00:29:48.25	00:29:55.55	+00:10:38 (35.7%)	5:47	10.3 (64.0%)
10	JABŁOŃSKA Aleksandra	5101		K-30	10	00:00:10	00:30:06.90	00:30:17.45	+00:10:57 (36.4%)	5:51	10.2 (63.4%)
11	JABŁOŃSKA-ŚLAZIŃSKA Anna	5046		K-30	11	00:00:09	00:30:08.65	00:30:18.25	+00:10:58 (36.4%)	5:51	10.2 (63.4%)
12	SZCZYGIEL Angelika	5120		K-30	12	00:00:06	00:30:53.30	00:30:59.40	+00:11:43 (38.0%)	6:00	10 (62.1%)
13	HORBATKO Arina	5075	KRUCA_FUKS_KAJ_TA_META	K-30	13	00:00:10	00:31:57.70	00:32:08.10	+00:12:48 (40.0%)	6:12	9.7 (60.2%)
14	BA Daria	5021		K-30	14	00:00:04	00:33:19.55	00:33:24.35	+00:14:09 (42.5%)	6:28	9.3 (57.8%)
15	KLYSZCZ Justyna	5022		K-30	15	00:00:05	00:33:21.55	00:33:26.65	+00:14:11 (42.6%)	6:29	9.2 (57.1%)
16	BOCHNIA Paulina	5051	HUTA TEAM	K-30	16	00:00:11	00:33:26.40	00:33:38.05	+00:14:16 (42.7%)	6:30	9.2 (57.1%)
17	POPKO Iwona	5018		K-30	17	00:00:03	00:33:31.30	00:33:34.80	+00:14:21 (42.8%)	6:31	9.2 (57.1%)
18	MASARCZYK Katarzyna	5113		K-30	18	00:00:13	00:33:34.95	00:33:48.45	+00:14:25 (42.9%)	6:31	9.2 (57.1%)
19	NIEUŻYŁA Marta	5019		K-30	19	00:00:03	00:33:42.80	00:33:46.70	+00:14:33 (43.2%)	6:33	9.2 (57.1%)
20	ADAMCZYK Kinga	5072	SZALONE STOPY GLIWICE	K-30	20	00:00:08	00:34:05.95	00:34:14.75	+00:14:56 (43.8%)	6:37	9 (55.9%)
21	MASZTALERZ Barbara	5121	SSM	K-30	21	00:00:06	00:34:09.15	00:34:15.85	+00:14:59 (43.9%)	6:38	9 (55.9%)
22	WÓJCIK Katarzyna	5132		K-30	22	00:00:09	00:34:46.60	00:34:55.90	+00:15:36 (44.9%)	6:45	8.9 (55.3%)
23	KLECZKA Ewelina	5126	SSM	K-30	23	00:00:07	00:35:01.85	00:35:09.30	+00:15:52 (45.3%)	6:48	8.8 (54.7%)
24	MAŃKA Katarzyna	5115		K-30	24	00:00:00	00:35:12.45	00:35:12.45	+00:16:02 (45.6%)	6:50	8.8 (54.7%)
25	ŁASKI Patrycja	5123	SSM	K-30	25	00:00:07	00:35:18.55	00:35:26.10	+00:16:08 (45.7%)	6:52	8.7 (54.0%)
26	PRANDZIOCH Martyna	5002	ELZABACTIVETEAM	K-30	26	00:00:09	00:36:18.95	00:36:28.85	+00:17:09 (47.2%)	7:03	8.5 (52.8%)
27	OSTROWSKA Justyna	5011	BANDA Z POŁUDNIA	K-30	27	00:00:08	00:36:37.30	00:36:45.40	+00:17:27 (47.7%)	7:07	8.4 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
28	<b>KWAŚNIEWSKA Ola</b>	<b>5037</b>		K-30	28	00:00:00	<b>00:37:48.85</b>	<b>00:37:48.85</b>	+00:18:39 (49.3%)	7:21	8.2 (50.9%)
29	<b>ŻAAK Ola</b>	<b>5128</b>		K-30	29	00:00:10	<b>00:38:06.60</b>	<b>00:38:17.20</b>	+00:18:56 (49.7%)	7:24	8.1 (50.3%)

Znaleziono 29 wynik(ów)