



BIEG NA 5KM GLIWICE

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
1	LEWICKA Elżbieta	5028	NIEZRZESZONA	K-40	1	00:00:03	00:20:32.75	00:20:35.85		3:59	15 (100%)
2	KLOZA Iwona	5095	NRP/HUTATEAM	K-40	2	00:00:02	00:23:17.30	00:23:19.65	+00:02:44 (11.8%)	4:31	13.2 (88.0%)
3	GROCHOWSKA Anna	5092		K-40	3	00:00:06	00:23:59.95	00:24:06.20	+00:03:27 (14.4%)	4:39	12.9 (86.0%)
4	PROKOP Iwona	5069	KRS TKKF JASTRZĄB RUDA SL	K-40	4	00:00:03	00:27:34.70	00:27:38.50	+00:07:01 (25.5%)	5:21	11.2 (74.7%)
5	KROCZEK Liliana	5129	EMT-SYSTEMS	K-40	5	00:00:05	00:28:20.20	00:28:25.70	+00:07:47 (27.5%)	5:30	10.9 (72.7%)
6	BAL-BURZAWA Renata	5065	HIRSCHVOGEL COMPONENTS POLAND	K-40	6	00:00:06	00:28:30.00	00:28:36.75	+00:07:57 (27.9%)	5:32	10.8 (72.0%)
7	ROSIŃSKA Katarzyna	5014	BANDA Z POŁUDNIA	K-40	7	00:00:07	00:28:35.70	00:28:43.35	+00:08:02 (28.1%)	5:33	10.8 (72.0%)
8	NOWAK Danuta	5063		K-40	8	00:00:03	00:29:14.20	00:29:17.20	+00:08:41 (29.7%)	5:41	10.5 (70.0%)
9	HILASZEK Marzena	5012		K-40	9	00:00:07	00:29:36.80	00:29:44.25	+00:09:04 (30.6%)	5:45	10.4 (69.3%)
10	SZŁĘZAK Barbara	5150		K-40	10	00:00:06	00:29:48.00	00:29:54.75	+00:09:15 (31.1%)	5:47	10.3 (68.7%)
11	SZCZUREK Edyta	5104		K-40	11	00:00:11	00:30:18.55	00:30:29.90	+00:09:45 (32.2%)	5:53	10.2 (68.0%)
12	JANOSZCZYK Anna	5117	SSM	K-40	12	00:00:07	00:31:40.85	00:31:48.05	+00:11:08 (35.1%)	6:09	9.7 (64.7%)
13	HOŁOTA Anna/Halina	5119	SSM	K-40	13	00:00:05	00:32:27.60	00:32:32.75	+00:11:54 (36.7%)	6:18	9.5 (63.3%)
14	BIELA-MARCINOWSKA Agnieszka	5040		K-40	14	00:00:10	00:33:37.05	00:33:47.40	+00:13:04 (38.9%)	6:32	9.2 (61.3%)
15	JASIŃSKA Milena	5118	SSM	K-40	15	00:00:05	00:34:10.15	00:34:15.85	+00:13:37 (39.9%)	6:38	9 (60.0%)
16	GIEŁŻYŃSKA Angelika	5058		K-40	16	00:00:27	00:35:24.30	00:35:51.40	+00:14:51 (42.0%)	6:53	8.7 (58.0%)
17	REGIŃSKA Grażyna	5068		K-40	17	00:00:17	00:37:10.15	00:37:27.45	+00:16:37 (44.7%)	7:13	8.3 (55.3%)
18	GWÓZDŹ Grażyna	5008	SZALONE STOPY GLIWICE	K-40	18	00:00:07	00:37:37.80	00:37:45.40	+00:17:05 (45.4%)	7:19	8.2 (54.7%)
19	OBWIOSŁO Joanna	5005		K-40	19	00:00:14	00:37:59.85	00:38:14.45	+00:17:27 (45.9%)	7:23	8.1 (54.0%)
20	OLBRZYMEK Aniela	5010	SZALONE STOPY GLIWICE	K-40	20	00:00:07	00:38:12.15	00:38:19.15	+00:17:39 (46.2%)	7:25	8.1 (54.0%)
21	WYSOCKA Marzena	5009	SZALONE STOPY GLIWICE	K-40	21	00:00:06	00:43:39.55	00:43:45.95	+00:23:06 (52.9%)	8:29	7.1 (47.3%)

Znaleziono 21 wynik(ów)