



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 Open

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	LEWICKA Elżbieta	5028	NIEZRZESZONA	K-40	1	00:00:03	00:20:32.75	00:20:35.85	+00:01:23 (6.7%)	3:59	15 (93.2%)
3	KLOZA Iwona	5095	NRP/HUTATEAM	K-40	2	00:00:02	00:23:17.30	00:23:19.65	+00:04:07 (17.7%)	4:31	13.2 (82.0%)
4	PARKITNA Gabriela	5106		K-20	1	00:00:04	00:23:56.10	00:24:00.10	+00:04:46 (19.9%)	4:39	12.9 (80.1%)
5	GROCHOWSKA Anna	5092		K-40	3	00:00:06	00:23:59.95	00:24:06.20	+00:04:50 (20.2%)	4:39	12.9 (80.1%)
6	LISIECKA Angelika	5088		K-20	2	00:00:02	00:25:13.20	00:25:16.10	+00:06:03 (24.0%)	4:54	12.2 (75.8%)
7	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%)
8	BRACHMAŃSKA Kinga	5074		K-20	3	00:00:14	00:27:03.05	00:27:17.15	+00:07:53 (29.2%)	5:15	11.4 (70.8%)
9	PROKOP Iwona	5069	KRS TKKF JASTRZĄB RUDA SL	K-40	4	00:00:03	00:27:34.70	00:27:38.50	+00:08:25 (30.5%)	5:21	11.2 (69.6%)
10	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%)
11	MACIAK Weronika	5131	EMT-SYSTEMS	K-20	4	00:00:05	00:28:20.05	00:28:25.70	+00:09:10 (32.4%)	5:30	10.9 (67.7%)
12	KROCZEK Liliana	5129	EMT-SYSTEMS	K-40	5	00:00:05	00:28:20.20	00:28:25.70	+00:09:10 (32.4%)	5:30	10.9 (67.7%)
13	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%)
14	BAL-BURZAWA Renata	5065	HIRSCHVOGEL COMPONENTS POLAND	K-40	6	00:00:06	00:28:30.00	00:28:36.75	+00:09:20 (32.8%)	5:32	10.8 (67.1%)
15	KOPIEC Karolina	5067	HIRSCHVOGEL	K-20	5	00:00:05	00:28:31.55	00:28:36.95	+00:09:21 (32.8%)	5:32	10.8 (67.1%)
16	ROSIŃSKA Katarzyna	5014	BANDA Z POŁUDNIA	K-40	7	00:00:07	00:28:35.70	00:28:43.35	+00:09:26 (33.0%)	5:33	10.8 (67.1%)
17	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%)
18	NYGA Julia	5122	SSM	K-20	6	00:00:04	00:28:41.15	00:28:45.40	+00:09:31 (33.2%)	5:34	10.8 (67.1%)
19	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%)
20	KORDIAK Zofia	5110		K-20	7	00:00:09	00:29:13.70	00:29:23.30	+00:10:04 (34.4%)	5:41	10.6 (65.8%)
21	NOWAK Danuta	5063		K-40	8	00:00:03	00:29:14.20	00:29:17.20	+00:10:04 (34.5%)	5:41	10.5 (65.2%)
22	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%)
23	TOBIASZ Beata	5006	SEMIDA	K-50	1	00:00:03	00:29:21.60	00:29:25.00	+00:10:11 (34.7%)	5:42	10.5 (65.2%)
24	KRAKOWCZYK Martyna	5139	MOMO TEAM	K-20	8	00:00:00	00:29:23.55	00:29:23.55	+00:10:13 (34.8%)	5:42	10.5 (65.2%)
25	HILASZEK Marzena	5012		K-40	9	00:00:07	00:29:36.80	00:29:44.25	+00:10:27 (35.3%)	5:45	10.4 (64.6%)
26	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%)
27	SZLĘZAK Barbara	5150		K-40	10	00:00:06	00:29:48.00	00:29:54.75	+00:10:38 (35.7%)	5:47	10.3 (64.0%)

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							netto 5.14km	brutto 5.14km			
28	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%)
29	KECZMERSKA Kinga	5084		K-20	9	00:00:12	00:29:48.65	00:30:01.35	+00:10:38 (35.7%)	5:47	10.3 (64.0%)
30	DOLEZIK Aleksandra	5112		K-20	10	00:00:10	00:29:55.45	00:30:06.05	+00:10:45 (36.0%)	5:49	10.3 (64.0%)
31	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%)
32	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%)
33	KAZUCZYK Małgorzata	5144		K-20	11	00:00:08	00:30:15.40	00:30:23.80	+00:11:05 (36.7%)	5:53	10.2 (63.4%)
34	SZCZUREK Klaudia	5103		K-20	12	00:00:11	00:30:18.15	00:30:29.90	+00:11:08 (36.8%)	5:53	10.2 (63.4%)
35	SZCZUREK Edyta	5104		K-40	11	00:00:11	00:30:18.55	00:30:29.90	+00:11:08 (36.8%)	5:53	10.2 (63.4%)
36	SCHWIERZ Karolina	5052		K-20	13	00:00:11	00:30:26.45	00:30:38.35	+00:11:16 (37.1%)	5:55	10.1 (62.7%)
37	OSOWSKA Katarzyna	5097		K-50	2	00:00:07	00:30:40.25	00:30:47.60	+00:11:30 (37.5%)	5:57	10.1 (62.7%)
38	SZCZYGIĘŁ 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%)
39	JANOSZCZYK Anna	5117	SSM	K-40	12	00:00:07	00:31:40.85	00:31:48.05	+00:12:31 (39.5%)	6:09	9.7 (60.2%)
40	GILGA Patrycja	5013		K-20	14	00:00:11	00:31:56.85	00:32:08.05	+00:12:47 (40.0%)	6:12	9.7 (60.2%)
41	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%)
42	HOŁOTA Anna/Halina	5119	SSM	K-40	13	00:00:05	00:32:27.60	00:32:32.75	+00:13:17 (41.0%)	6:18	9.5 (59.0%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	BIELA-MARCINOWSKA Agnieszka	5040		K-40	14	00:00:10	00:33:37.05	00:33:47.40	+00:14:27 (43.0%)	6:32	9.2 (57.1%)
49	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%)
50	HEPNER Joanna	5015		K-60	1	00:00:09	00:33:44.55	00:33:54.15	+00:14:34 (43.2%)	6:33	9.1 (56.5%)
51	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%)
52	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%)
53	JASIŃSKA Milena	5118	SSM	K-40	15	00:00:05	00:34:10.15	00:34:15.85	+00:15:00 (43.9%)	6:38	9 (55.9%)
54	NOWARA Paulina	5098	ISTA BIEGAMY	K-20	15	00:00:14	00:34:31.40	00:34:46.00	+00:15:21 (44.5%)	6:42	8.9 (55.3%)
55	MATUSZNY Elżbieta	5017		K-20	16	00:00:04	00:34:37.05	00:34:41.15	+00:15:27 (44.6%)	6:44	8.9 (55.3%)
56	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%)
57	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%)
58	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%)
59	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%)
60	GIEŁŻYŃSKA Angelika	5058		K-40	16	00:00:27	00:35:24.30	00:35:51.40	+00:16:14 (45.9%)	6:53	8.7 (54.0%)
61	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%)
62	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%)
63	REGIŃSKA Grażyna	5068		K-40	17	00:00:17	00:37:10.15	00:37:27.45	+00:18:00 (48.4%)	7:13	8.3 (51.6%)
64	GWÓZDŹ Grażyna	5008	SZALONE STOPY GLIWICE	K-40	18	00:00:07	00:37:37.80	00:37:45.40	+00:18:28 (49.1%)	7:19	8.2 (50.9%)
65	KWAŚNIEWSKA Ola	5037		K-30	28	00:00:00	00:37:48.85	00:37:48.85	+00:18:39 (49.3%)	7:21	8.2 (50.9%)
66	OBWIOSŁO Joanna	5005		K-40	19	00:00:14	00:37:59.85	00:38:14.45	+00:18:50 (49.6%)	7:23	8.1 (50.3%)
67	ŻAAK Ola	5128		K-30	29	00:00:10	00:38:06.60	00:38:17.20	+00:18:56 (49.7%)	7:24	8.1 (50.3%)
68	OLBRZYMEK Aniela	5010	SZALONE STOPY GLIWICE	K-40	20	00:00:07	00:38:12.15	00:38:19.15	+00:19:02 (49.8%)	7:25	8.1 (50.3%)
69	ZAJDEL Mirosława	5029	ZAWADZKIE BIEGNIE	K-50	3	00:00:15	00:40:58.60	00:41:13.80	+00:21:48 (53.2%)	7:58	7.5 (46.6%)
70	SMOTER-ALKER Elżbieta	5025	ALMERA TEAM	K-50	4	00:00:05	00:42:03.85	00:42:09.55	+00:22:54 (54.4%)	8:10	7.3 (45.3%)
71	FIZEK Agnieszka	5076		K-20	17	00:00:08	00:42:32.80	00:42:41.60	+00:23:23 (55.0%)	8:16	7.3 (45.3%)

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72	WYSOCKA Marzena	5009	SZALONE STOPY GLIWICE	K-40	21	00:00:06	00:43:39.55	00:43:45.95	+00:24:29 (56.1%)	8:29	7.1 (44.1%)

Znaleziono 72 wynik(ów)