



Wydarzenie: VII PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-17
Miejsce: Gliwice
Dystans: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JADASZ Anna	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	K-30	1	00:00:01	00:10:30	00:26:49	00:41:47.30	00:41:49.05		4:10	14.4 (100%)
2	STUCLIK Magdalena	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	K-30	2	00:00:03	00:10:27	00:26:50	00:41:49.25	00:41:53.10	+00:00:01 (0.1%)	4:10	14.3 (99.3%)
3	PIEUCH Agnieszka	1257	INŻYNIERIA BIEGANIA TEAM	K-30	3	00:00:05	00:10:55	00:28:00	00:44:13.60	00:44:18.70	+00:02:26 (5.5%)	4:25	13.6 (94.4%)
4	SZOŁTYSEK-GRZESIKIEWICZ Anna	1347		K-30	4	00:00:09	00:12:04	00:30:12	00:47:16.65	00:47:25.65	+00:05:29 (11.6%)	4:43	12.7 (88.2%)
5	ZIĘTEK Katarzyna	1404		K-30	5	00:00:15	00:12:11	00:31:21	00:48:42.00	00:48:57.25	+00:06:54 (14.2%)	4:52	12.3 (85.4%)
6	GROCHOWSKA Anna	1077		K-30	6	00:00:13	00:12:55	00:32:22	00:50:06.55	00:50:20.30	+00:08:19 (16.6%)	5:00	12 (83.3%)
7	NIEMIEC Sławek	1225	INTERGRAFIK.PL	K-30	7	00:00:27	00:13:09	00:32:41	00:50:37.00	00:51:04.95	+00:08:49 (17.4%)	5:03	11.9 (82.6%)
8	KLOZA Iwona	1127	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:11	00:12:55	00:32:40	00:50:52.40	00:51:04.15	+00:09:05 (17.9%)	5:05	11.8 (81.9%)
9	PAWLIK Aneta	1254		K-30	9	00:00:08	00:12:42	00:33:15	00:51:44.50	00:51:53.25	+00:09:57 (19.2%)	5:10	11.6 (80.6%)
10	MICHALSKA Kamila	1207		K-30	10	00:00:07	00:13:04	00:33:32	00:51:51.55	00:51:59.00	+00:10:04 (19.4%)	5:11	11.6 (80.6%)
11	PAJER Aleksandra	1249	ISTA BIEGAMY	K-30	11	00:00:26	00:13:19	00:33:36	00:52:04.75	00:52:31.20	+00:10:17 (19.8%)	5:12	11.5 (79.9%)
12	NOWAKOWSKA Aleksandra	1229		K-30	12	00:00:09	00:13:54	00:34:06	00:52:48.45	00:52:58.10	+00:11:01 (20.9%)	5:16	11.4 (79.2%)
13	LEDWIG Iwona	1173	MAMAX3	K-30	13	00:00:28	00:13:51	00:34:28	00:53:12.85	00:53:41.75	+00:11:25 (21.5%)	5:19	11.3 (78.5%)
14	MICHALIK Zgonia	1205	BABSKA KORBA	K-30	14	00:00:18	00:13:12	00:34:09	00:53:30.00	00:53:48.80	+00:11:42 (21.9%)	5:21	11.2 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	POWROŹNIK Paulina	1270		K-30	15	00:00:29	00:13:23	00:34:30	00:53:57.10	00:54:26.15	+00:12:09 (22.5%)	5:23	11.1 (77.1%)
16	PETRUS Karolina	1485		K-30	16	00:00:04	00:13:16	00:34:37	00:54:13.90	00:54:18.75	+00:12:26 (22.9%)	5:25	11.1 (77.1%)
17	WIERCIŃSKA Aneta	1368		K-30	17	00:00:19	00:13:40	00:34:36	00:54:15.45	00:54:34.85	+00:12:28 (23.0%)	5:25	11.1 (77.1%)
18	ZIĘBA Sabina	1403		K-30	18	00:00:03	00:13:19	00:34:53	00:54:22.80	00:54:26.30	+00:12:35 (23.2%)	5:26	11 (76.4%)
19	KARPIŃSKA Katarzyna	1115		K-30	19	00:00:09	00:13:26	00:34:29	00:54:37.40	00:54:46.45	+00:12:50 (23.5%)	5:27	11 (76.4%)
20	MICHALSKA Magdalena	1206		K-30	20	00:00:51	00:14:21	00:35:18	00:54:46.50	00:55:38.10	+00:12:59 (23.7%)	5:28	11 (76.4%)
21	CZYŻ Wiola	1034		K-30	21	00:00:06	00:13:28	00:34:59	00:55:13.90	00:55:20.45	+00:13:26 (24.3%)	5:31	10.9 (75.7%)
22	BIELIŃSKA Kamila	1013		K-30	22	00:00:06	00:13:28		00:55:14.70	00:55:21.15	+00:13:27 (24.4%)	5:31	10.9 (75.7%)
23	IGNATOWICZ-DĘBSKA Katarzyna	1090	THE PROSECCOS	K-30	23	00:00:29	00:15:16	00:36:42	00:55:26.20	00:55:55.40	+00:13:38 (24.6%)	5:32	10.8 (75.0%)
24	PIEKARZ Małgorzata	1258	DRUŻYNA JEDYNKI	K-30	24	00:00:12	00:14:30	00:36:10	00:56:02.80	00:56:15.15	+00:14:15 (25.4%)	5:36	10.7 (74.3%)
25	SALA Nela	1299		K-30	25	00:00:22	00:13:43	00:35:44	00:56:07.90	00:56:30.25	+00:14:20 (25.6%)	5:36	10.7 (74.3%)
26	KELLER Aneta	1119		K-30	26	00:00:41	00:14:47	00:36:10	00:56:27.80	00:57:08.95	+00:14:40 (26.0%)	5:38	10.6 (73.6%)
27	ŁYSIAK Magdalena	1418		K-30	27	00:00:06	00:14:12	00:36:36	00:57:01.80	00:57:08.15	+00:15:14 (26.7%)	5:42	10.5 (72.9%)
28	KUNOWSKA Małgorzata	1410		K-30	28	00:00:10	00:14:32	00:36:51	00:57:05.75	00:57:15.75	+00:15:18 (26.8%)	5:42	10.5 (72.9%)
29	KUCHTA Katarzyna	1159	NIGHT RUNNERS PYSKOWICE	K-30	29	00:00:15	00:14:16	00:36:38	00:57:24.20	00:57:40.05	+00:15:36 (27.2%)	5:44	10.5 (72.9%)
30	PAJOR Izabela	1250		K-30	30	00:00:04	00:14:11		00:57:35.35	00:57:40.05	+00:15:48 (27.4%)	5:45	10.4 (72.2%)
31	BALCER Weronika	1005	JOMAR RUNNERS	K-30	31	00:00:12	00:14:12	00:36:47	00:57:51.85	00:58:04.35	+00:16:04 (27.8%)	5:47	10.4 (72.2%)
32	ZUKOWSKA Bogusia	1407		K-30	32	00:00:33	00:15:30	00:37:34	00:58:03.90	00:58:37.15	+00:16:16 (28.0%)	5:48	10.3 (71.5%)
33	LIPIŃSKA Anita	1179		K-30	33	00:00:32	00:15:22	00:37:34	00:58:05.80	00:58:38.05	+00:16:18 (28.1%)	5:48	10.3 (71.5%)
34	MEKIER Alicja	1202		K-30	34	00:00:44	00:15:45	00:38:16	00:58:24.40	00:59:08.45	+00:16:37 (28.5%)	5:50	10.3 (71.5%)
35	BAŁAJ Anna	1007		K-30	35	00:00:47	00:16:29		00:58:31.10	00:59:18.25	+00:16:43 (28.6%)	5:51	10.3 (71.5%)
36	KOCYBIK Natalia	1133	THE PROSECCOS	K-30	36	00:00:28	00:15:17	00:38:30	00:58:50.15	00:59:19.05	+00:17:02 (29.0%)	5:53	10.2 (70.8%)
37	NEJMAN Joanna	1441		K-30	37	00:00:28	00:15:17	00:38:30	00:58:50.50	00:59:19.15	+00:17:03 (29.0%)	5:53	10.2 (70.8%)

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38	HERUD Sandra	1087	GLIWICKA RADA ROWEROWA	K-30	38	00:00:13	00:14:59	00:38:09	00:59:12.90	00:59:26.25	+00:17:25 (29.4%)	5:55	10.1 (70.1%)
39	BEMŚ Emilia	1422		K-30	39	00:00:30	00:16:14	00:39:33	00:59:16.55	00:59:47.45	+00:17:29 (29.5%)	5:55	10.1 (70.1%)
40	WARYSZAK Joanna	1365	BAKALOVE	K-30	40	00:00:10	00:15:03	00:38:29	00:59:46.60	00:59:57.55	+00:17:59 (30.1%)	5:58	10 (69.4%)
41	FILIPCZYK Anna	1052		K-30	41	00:00:29	00:15:28	00:38:43	00:59:47.85	01:00:17.40	+00:18:00 (30.1%)	5:58	10 (69.4%)
42	GRABIAŃSKA Katarzyna	1074		K-30	42	00:00:46	00:15:48	00:39:14	00:59:48.40	01:00:34.90	+00:18:01 (30.1%)	5:58	10 (69.4%)
43	KLIMASARA Małgorzata	1439		K-30	43	00:00:10	00:14:55	00:38:30	01:00:13.05	01:00:23.95	+00:18:25 (30.6%)	6:01	10 (69.4%)
44	MASTALSKA Marzena	1197	OPEL ACTIVE TEAM	K-30	44	00:00:37	00:16:02		01:00:27.85	01:01:04.90	+00:18:40 (30.9%)	6:02	9.9 (68.8%)
45	STANEK Natalia	1328		K-30	45	00:00:36	00:14:59	00:38:45	01:01:00.05	01:01:36.35	+00:19:12 (31.5%)	6:06	9.8 (68.1%)
46	SZNAJDER Anna	1419		K-30	46	00:01:15	00:15:00	00:39:11	01:01:07.60	01:02:22.95	+00:19:20 (31.6%)	6:06	9.8 (68.1%)
47	KRAJEWSKA Katarzyna	1151	BOJKÓW TEAM	K-30	47	00:00:51	00:15:52		01:01:13.55	01:02:05.05	+00:19:26 (31.7%)	6:07	9.8 (68.1%)
48	KAŁUSKA Magdalena	1111		K-30	48	00:00:20	00:16:09	00:40:24	01:01:32.30	01:01:52.65	+00:19:45 (32.1%)	6:09	9.8 (68.1%)
49	ROŻEK Mariola	1291	#HUTATEAM	K-30	49	00:00:16	00:15:35	00:39:56	01:02:09.25	01:02:25.65	+00:20:21 (32.8%)	6:12	9.7 (67.4%)
50	KWAŚNIEWSKA Ola	1166	BANDA Z POŁUDNIA	K-30	50	00:00:35	00:16:39	00:40:55	01:02:15.85	01:02:50.90	+00:20:28 (32.9%)	6:13	9.6 (66.7%)
51	SZULCEK Dorota	1417		K-30	51	00:00:42	00:16:33	00:40:57	01:02:27.10	01:03:09.45	+00:20:39 (33.1%)	6:14	9.6 (66.7%)
52	KULIK Katarzyna	1162		K-30	52	00:00:09	00:15:21	00:39:56	01:02:29.20	01:02:38.40	+00:20:41 (33.1%)	6:14	9.6 (66.7%)
53	RÓŻOWSKA Sabina	1293		K-30	53	00:00:41	00:16:15	00:40:57	01:03:37.25	01:04:19.20	+00:21:49 (34.3%)	6:21	9.4 (65.3%)
54	JANIK Sylwia	1095	WARTO BIEGAĆ ZAWIERCIE	K-30	54	00:00:14	00:15:51	00:40:41	01:03:42.15	01:03:56.85	+00:21:54 (34.4%)	6:22	9.4 (65.3%)
55	MOKRZYCKA Justyna	1215	KB ORŁY Z KNUROWA	K-30	55	00:00:08	00:16:04	00:40:53	01:03:57.85	01:04:06.40	+00:22:10 (34.7%)	6:23	9.4 (65.3%)
56	PACZOSKA KOTTMANN Dorota	1247		K-30	56	00:00:17	00:15:35	00:40:34	01:04:32.30	01:04:49.35	+00:22:45 (35.3%)	6:27	9.3 (64.6%)
57	FRANKIEWICZ Marzena	1057		K-30	57	00:00:39	00:16:52	00:42:00	01:04:34.25	01:05:14.15	+00:22:46 (35.3%)	6:27	9.3 (64.6%)
58	SERWATKA Angelika	1302	KOBIETY WATAHY	K-30	58	00:00:19	00:15:56	00:41:25	01:05:09.55	01:05:28.65	+00:23:22 (35.9%)	6:30	9.2 (63.9%)
59	OSTROWSKA Justyna	1241		K-30	59	00:00:35	00:16:40	00:42:02	01:05:47.70	01:06:23.00	+00:24:00 (36.5%)	6:34	9.1 (63.2%)
60	SZELAĞ Iwona	1344		K-30	60	00:00:36	00:17:50	00:43:31	01:06:32.50	01:07:09.05	+00:24:45 (37.2%)	6:39	9 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	STEPOWANY Marta	1337	BOJKÓW TEAM	K-30	61	00:00:51	00:16:28	00:43:13	01:07:04.30	01:07:55.35	+00:25:17 (37.7%)	6:42	8.9 (61.8%)
62	NAFALSKA Anna	1220		K-30	62	00:00:33	00:16:28	00:42:41	01:07:57.35	01:08:30.60	+00:26:10 (38.5%)	6:47	8.8 (61.1%)
63	KOPEC-BRUDEK Magdalena	1139		K-30	63	00:00:41	00:17:27	00:43:51	01:08:01.00	01:08:42.30	+00:26:13 (38.6%)	6:48	8.8 (61.1%)
64	KOPER Dorota	1141		K-30	64	00:00:28	00:17:22	00:45:11	01:11:11.40	01:11:40.35	+00:29:24 (41.3%)	7:07	8.4 (58.3%)
65	ELWIRSKA-OSIŃSKA Alicja	1446		K-30	65	00:00:00			01:12:41.35	01:12:41.35	+00:30:54 (42.5%)	7:16	8.3 (57.6%)
66	MICHALIK Honorata	1204		K-30	66	00:00:31	00:19:47	00:52:46	01:23:46.95	01:24:18.90	+00:41:59 (50.1%)	8:22	7.2 (50.0%)
67	GABOR Aleksandra	1062		K-30	67	00:00:50	00:27:01	01:08:08	01:45:58.25	01:46:49.15	+01:04:10 (60.6%)	10:35	5.7 (39.6%)
DNC	BLASZCZYK Paulina	1015		K-30		00:00:00		00:09:51	00:31:26.95	00:31:26.95		0:00	19.1 (132.6%)
DNC	PRZYDACZ Aleksandra	1474		K-30		00:00:00		00:11:13	00:32:22.35	00:32:22.35		0:00	18.5 (128.5%)
DNC	MARKOWSKA Sylwia	1195		K-30		00:00:00			00:37:56.25	00:37:56.25		0:00	15.8 (109.7%)

Znaleziono 70 wynik(ów)