



Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MAJ-DZIUBAŃSKA Izabela	2262	AKMB PĘDZIWIATR GLIWICE	K-30	1	00:00:03	00:17:45	00:25:07	00:43:46.65	00:43:50.05		4:22	13.7 (100%)
2	GAWLIK Sandra	2187		K-30	2	00:00:02	00:18:42	00:26:20	00:45:32.20	00:45:34.85	+00:01:45 (3.9%)	4:33	13.2 (96.4%)
3	NENKO Barbara	2378	AUGUSTEAM	K-30	3	00:00:12	00:19:06	00:26:43	00:46:20.00	00:46:32.05	+00:02:33 (5.5%)	4:38	12.9 (94.2%)
4	PIECUCH Agnieszka	2250		K-30	4	00:00:14	00:19:22	00:26:58	00:46:27.35	00:46:41.90	+00:02:40 (5.8%)	4:38	12.9 (94.2%)
5	WAŁĘDZIK Anna	2449	MIECHOWICKA GRUPA BIEGOWA	K-30	5	00:00:17	00:20:19	00:28:33	00:49:23.35	00:49:40.65	+00:05:36 (11.4%)	4:56	12.1 (88.3%)
6	ZIOMEK Katarzyna	2137		K-30	6	00:00:51	00:20:40	00:29:08	00:50:46.50	00:51:37.65	+00:06:59 (13.8%)	5:04	11.8 (86.1%)
7	BZDYK Iwona	2157	PARKRUN KATOWICE	K-30	7	00:00:46	00:22:15	00:30:47	00:52:01.65	00:52:48.50	+00:08:15 (15.9%)	5:12	11.5 (83.9%)
8	PLOCH Karolina	2154		K-30	8	00:01:11	00:21:50	00:30:22	00:52:19.65	00:53:31.30	+00:08:33 (16.3%)	5:14	11.5 (83.9%)
9	TUCHOWSKA Anna	2529		K-30	9	00:02:12	00:22:18	00:30:46	00:52:25.35	00:54:38.30	+00:08:38 (16.5%)	5:14	11.4 (83.2%)
10	BRODALA Agnieszka	2245		K-30	10	00:00:21	00:22:03	00:30:45	00:52:43.45	00:53:05.00	+00:08:56 (17.0%)	5:16	11.4 (83.2%)
11	SKUPIEŃ Izabela	2528		K-30	11	00:00:36	00:21:39	00:30:44	00:54:00.00	00:54:36.85	+00:10:13 (18.9%)	5:24	11.1 (81.0%)
12	RACZEK Magdalena	2193		K-30	12	00:00:30	00:23:01	00:31:59	00:54:10.95	00:54:41.85	+00:10:24 (19.2%)	5:25	11.1 (81.0%)
13	MAZALIK Jadwiga	2091		K-30	13	00:00:54	00:22:22	00:31:33	00:54:39.30	00:55:34.00	+00:10:52 (19.9%)	5:28	11 (80.3%)
14	KOSMACZEWSKA Anna	2010	ETISOFT RUNNING TEAM	K-30	14	00:00:22	00:23:29	00:32:39	00:55:28.15	00:55:50.20	+00:11:41 (21.1%)	5:32	10.8 (78.8%)

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15	STOLARCZYK Aleksandra	2465	RUNTEAM PAWŁOWICE	K-30	15	00:02:02	00:23:34	00:32:40	00:55:34.95	00:57:37.30	+00:11:48 (21.2%)	5:33	10.8 (78.8%)
16	MICHALAK Agnieszka	2515		K-30	16	00:00:15	00:22:37	00:31:53	00:55:46.85	00:56:02.20	+00:12:00 (21.5%)	5:34	10.8 (78.8%)
17	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI	K-30	17	00:00:00		00:33:29	00:55:56.60	00:55:56.60	+00:12:09 (21.7%)	5:35	10.7 (78.1%)
18	HERDUŚ Lucyna	2237		K-30	18	00:01:36	00:23:16	00:32:21	00:55:58.25	00:57:34.95	+00:12:11 (21.8%)	5:35	10.7 (78.1%)
19	SZWIEC Sandra	2099	ORNONTOWICE BIEGA	K-30	19	00:01:53	00:23:46	00:32:57	00:55:59.40	00:57:52.45	+00:12:12 (21.8%)	5:35	10.7 (78.1%)
20	MAJEWSKA-LUDWIG Katarzyna	2152	4M	K-30	20	00:00:58	00:23:22	00:32:40	00:56:39.50	00:57:38.05	+00:12:52 (22.7%)	5:40	10.6 (77.4%)
21	GLAPIAK Aleksandra	2311		K-30	21	00:00:48	00:23:40	00:33:08	00:57:02.80	00:57:51.05	+00:13:16 (23.3%)	5:42	10.5 (76.6%)
22	TARTANUS-ORYSZCZAK Marta	2365		K-30	22	00:01:18	00:23:39	00:33:07	00:57:30.65	00:58:49.15	+00:13:44 (23.9%)	5:45	10.4 (75.9%)
23	CICHY Agnieszka	2386		K-30	23	00:01:50	00:23:59	00:33:25	00:57:38.45	00:59:29.20	+00:13:51 (24.1%)	5:45	10.4 (75.9%)
24	FRANIELCZYK Marta	2499		K-30	24	00:00:00		00:33:46	00:58:08.60	00:58:08.60	+00:14:21 (24.7%)	5:48	10.3 (75.2%)
25	PAWLUS - DUSIK Beata	2337		K-30	25	00:01:41	00:24:41	00:34:04	00:58:09.45	00:59:51.40	+00:14:22 (24.7%)	5:49	10.3 (75.2%)
26	WOJTOWICZ Karolina	2325		K-30	26	00:00:40	00:23:35	00:33:12	00:58:16.80	00:58:57.55	+00:14:30 (24.9%)	5:49	10.3 (75.2%)
27	DRABEK Agnieszka	2317		K-30	27	00:01:04	00:24:01	00:33:38	00:58:26.65	00:59:30.85	+00:14:40 (25.1%)	5:50	10.3 (75.2%)
28	STRYSIK-KRĘŻEL Iwona	2291	PROPOINT	K-30	28	00:00:23	00:24:07	00:33:52	00:58:51.25	00:59:15.20	+00:15:04 (25.6%)	5:53	10.2 (74.5%)
29	CZENCZEK Magdalena	2011	ETISOFT RUNNING TEAM	K-30	29	00:00:22	00:23:54	00:34:01	00:59:04.05	00:59:26.55	+00:15:17 (25.9%)	5:54	10.2 (74.5%)
30	NOSAL Anna	2469	ORZEŁ BIAŁY S.A.	K-30	30	00:01:28	00:24:01	00:34:01	00:59:18.65	01:00:46.90	+00:15:32 (26.2%)	5:55	10.1 (73.7%)
31	BUGLA Agnieszka	2229	ZABIEGANE NAUCZYCIELKI	K-30	31	00:01:53	00:25:02	00:35:05	00:59:33.10	01:01:26.65	+00:15:46 (26.5%)	5:57	10.1 (73.7%)
32	WYCIŚLIK Wioleta	2168		K-30	32	00:01:35	00:25:12	00:34:53	00:59:33.75	01:01:09.45	+00:15:47 (26.5%)	5:57	10.1 (73.7%)
33	GONTARZ Karolina	2268	HIRERIGHT RUNNING TEAM	K-30	33	00:01:34	00:25:20	00:35:12	00:59:54.80	01:01:28.80	+00:16:08 (26.9%)	5:59	10 (73.0%)
34	OKOŃ Monika	2107		K-30	34	00:00:57	00:24:53	00:34:38	00:59:55.30	01:00:52.85	+00:16:08 (26.9%)	5:59	10 (73.0%)
35	CZERWIŃSKA Anna	2508		K-30	35	00:00:22	00:25:11	00:35:08	01:00:05.40	01:00:27.90	+00:16:18 (27.1%)	6:00	10 (73.0%)
36	DREJA Katarzyna	2505	OPEL ACTIVE TEAM	K-30	36	00:01:58	00:25:08	00:35:03	01:00:14.80	01:02:13.20	+00:16:28 (27.3%)	6:01	10 (73.0%)
37	SIKORSKA Katarzyna	2133		K-30	37	00:01:14	00:24:37	00:34:44	01:00:15.70	01:01:30.25	+00:16:29 (27.4%)	6:01	10 (73.0%)

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38	KOENIGSHAUS Anna	2060		K-30	38	00:01:47	00:25:17	00:35:19	01:00:19.05	01:02:06.40	+00:16:32 (27.4%)	6:01	9.9 (72.3%)
39	GRZYŚKA Katarzyna	2340		K-30	39	00:01:50	00:24:33	00:34:37	01:00:19.65	01:02:10.35	+00:16:33 (27.4%)	6:02	9.9 (72.3%)
40	ORZECZOWSKA Natalia	2534		K-30	40	00:00:32	00:25:02	00:35:10	01:00:21.65	01:00:53.75	+00:16:35 (27.5%)	6:02	9.9 (72.3%)
41	WIELAWIŃSKA Halina	2542		K-30	41	00:01:30	00:24:45	00:34:49	01:00:23.70	01:01:53.75	+00:16:37 (27.5%)	6:02	9.9 (72.3%)
42	SKWARA Katarzyna	2095	HIRSCHVOGEL	K-30	42	00:01:29	00:24:53	00:34:57	01:00:29.50	01:01:58.90	+00:16:42 (27.6%)	6:02	9.9 (72.3%)
43	PAWEŁEK Barbara	2148		K-30	43	00:01:49	00:25:31	00:35:34	01:00:31.50	01:02:20.90	+00:16:44 (27.7%)	6:03	9.9 (72.3%)
44	KRYŃ Agnieszka	2404	TRIATHLON X-TEAM	K-30	44	00:01:51	00:25:10	00:35:01	01:00:59.10	01:02:50.90	+00:17:12 (28.2%)	6:05	9.8 (71.5%)
45	ZGRZYBŁOWSKA Weronika	2423		K-30	45	00:01:07	00:25:54	00:35:53	01:01:06.50	01:02:13.50	+00:17:19 (28.4%)	6:06	9.8 (71.5%)
46	BIEŃKOWSKA Justyna	2188		K-30	46	00:01:59	00:25:01	00:35:16	01:02:06.50	01:04:06.25	+00:18:19 (29.5%)	6:12	9.7 (70.8%)
47	ŁASZOWSKA Ewa	2464	OPEL ACTIVE TEAM	K-30	47	00:01:05	00:24:52	00:35:09	01:02:18.50	01:03:24.15	+00:18:31 (29.7%)	6:13	9.6 (70.1%)
48	TWAROWSKA Celina	2377	ETISOFT RUNNING TEAM	K-30	48	00:00:42	00:25:40	00:36:20	01:02:24.90	01:03:07.10	+00:18:38 (29.9%)	6:14	9.6 (70.1%)
49	BARANOWSKA Ewa	2252	SEKCJA BIEGOWA FAMILIA	K-30	49	00:02:25	00:25:15	00:35:53	01:02:34.95	01:04:59.95	+00:18:48 (30.0%)	6:15	9.6 (70.1%)
50	RODAK Agnieszka	2349	W POGONI ZA DUCHEM	K-30	50	00:01:55	00:25:17	00:35:42	01:02:45.50	01:04:41.10	+00:18:58 (30.2%)	6:16	9.6 (70.1%)
51	KOMHR Anna	2541		K-30	51	00:01:58	00:26:07	00:36:40	01:02:49.30	01:04:47.50	+00:19:02 (30.3%)	6:16	9.6 (70.1%)
52	ZIMNY Joanna	2022		K-30	52	00:02:39	00:26:34	00:36:40	01:02:51.85	01:05:31.30	+00:19:05 (30.4%)	6:17	9.5 (69.3%)
53	SKRZYPEK Marta	2191		K-30	53	00:01:41	00:25:11	00:35:04	01:03:02.25	01:04:43.35	+00:19:15 (30.6%)	6:18	9.5 (69.3%)
54	SZOŁTYSIK Marta	2453		K-30	54	00:01:46	00:25:51	00:36:38	01:03:05.60	01:04:52.45	+00:19:18 (30.6%)	6:18	9.5 (69.3%)
55	KUKUCZKA Ewa	2146		K-30	55	00:01:09	00:25:05	00:35:38	01:03:15.95	01:04:25.05	+00:19:29 (30.8%)	6:19	9.5 (69.3%)
55	MUSZALSKA Bożena	2415		K-30	56	00:00:40	00:26:10	00:36:46	01:03:44.75	01:04:25.05	+00:19:58 (31.3%)	6:22	9.4 (68.6%)
57	MALEŃKA Jolanta	2448		K-30	57	00:01:03	00:24:57	00:35:42	01:03:48.00	01:04:51.45	+00:20:01 (31.4%)	6:22	9.4 (68.6%)
58	HOLETZKE Dorota	2425		K-30	58	00:01:12	00:25:21	00:36:23	01:04:08.25	01:05:20.40	+00:20:21 (31.7%)	6:24	9.4 (68.6%)
59	OKOŃ Elżbieta	2058		K-30	59	00:00:57	00:25:21	00:36:28	01:04:18.15	01:05:15.25	+00:20:31 (31.9%)	6:25	9.3 (67.9%)
60	LATOS Ewa	2077	NIGHT RUNNERS GLIWICE	K-30	60	00:02:24	00:27:21	00:38:24	01:04:29.65	01:06:54.50	+00:20:43 (32.1%)	6:27	9.3 (67.9%)

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61	SZYDŁAK Iwona	2242	OASIS SPORT TEAM	K-30	61	00:01:27	00:25:16	00:36:30	01:04:49.35	01:06:16.90	+00:21:02 (32.5%)	6:28	9.3 (67.9%)
62	BARTKOWSKA Monika	2253		K-30	62	00:01:08	00:27:06	00:38:06	01:04:57.15	01:06:05.55	+00:21:10 (32.6%)	6:29	9.2 (67.2%)
63	PE Magdalena	2411		K-30	63	00:00:29	00:26:05	00:37:16	01:05:14.80	01:05:44.15	+00:21:28 (32.9%)	6:31	9.2 (67.2%)
64	NIESLER Magdalena	2419	NIGHT RUNNERS GLIWICE	K-30	64	00:01:06	00:26:24	00:37:31	01:05:34.35	01:06:41.25	+00:21:47 (33.2%)	6:33	9.1 (66.4%)
65	GÓRA Grażyna	2026		K-30	65	00:00:08	00:25:43	00:36:46	01:06:03.85	01:06:11.90	+00:22:17 (33.7%)	6:36	9.1 (66.4%)
66	WNĘK Agnieszka	2248		K-30	66	00:01:41	00:26:44	00:38:11	01:06:59.60	01:08:41.25	+00:23:12 (34.7%)	6:42	9 (65.7%)
67	WILCZYŃSKA-KOGUT Aleksandra	2336	NIGHT RUNNERS GLIWICE	K-30	67	00:01:51	00:27:32	00:38:47	01:08:04.80	01:09:56.05	+00:24:18 (35.7%)	6:48	8.8 (64.2%)
68	DZIEKAN Kasia	2197	ANTONTEAM	K-30	68	00:01:40	00:28:54	00:40:29	01:08:53.55	01:10:34.20	+00:25:06 (36.5%)	6:53	8.7 (63.5%)
69	SZKAMRUK Małgorzata	2254		K-30	69	00:01:25	00:27:44	00:39:12	01:09:33.15	01:10:58.95	+00:25:46 (37.1%)	6:57	8.6 (62.8%)
70	STANISZ Małgorzata	2067		K-30	70	00:00:53	00:28:03	00:39:41	01:10:06.95	01:11:00.75	+00:26:20 (37.6%)	7:00	8.6 (62.8%)
71	PIERNIKARCZYK Mirela	2444		K-30	71	00:01:19	00:29:20	00:41:18	01:10:58.30	01:12:17.55	+00:27:11 (38.3%)	7:05	8.5 (62.0%)
72	ZIOŁKOWSKA Barbara	2223	ŚWIĘTOCHŁOWICE	K-30	72	00:01:43	00:28:27	00:40:25	01:12:09.60	01:13:52.95	+00:28:22 (39.3%)	7:12	8.3 (60.6%)
73	ZARODA Magdalena	2287		K-30	73	00:00:32	00:29:35	00:41:36	01:13:20.45	01:13:53.00	+00:29:33 (40.3%)	7:20	8.2 (59.9%)
74	VEGA ZUMETA Brygida	2408	NIGHT RUNNERS GLIWICE	K-30	74	00:01:02	00:30:11	00:42:38	01:15:07.15	01:16:09.55	+00:31:20 (41.7%)	7:30	8 (58.4%)
75	ROSPONDEK Agata	2472		K-30	75	00:01:28	00:52:10		01:16:36.35	01:18:04.95	+00:32:49 (42.9%)	7:39	7.8 (56.9%)
76	MARCZAK Marta	2510		K-30	76	00:02:16	00:31:37	00:44:45	01:17:53.60	01:20:09.60	+00:34:06 (43.8%)	7:47	7.7 (56.2%)
77	JÓZEFczyk Katarzyna	2167	ISTA BIEGAMY	K-30	77	00:02:03	00:30:22	00:46:22	01:18:56.80	01:21:00.25	+00:35:10 (44.5%)	7:53	7.6 (55.5%)
78	JUSZCZAK - WIŚNIEWSKA Agata	2435	NIGHT RUNNERS GLIWICE	K-30	78	00:00:54	00:32:54	00:48:55	01:24:38.55	01:25:33.05	+00:40:51 (48.3%)	8:27	7.1 (51.8%)

Znaleziono 78 wynik(ów)