



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V Radan Półmaraton Gliwicki 2018
Fundacja Bieg Rzeźnika
2018-11-04
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	LEWICKA Elżbieta	1454		K-40	1	00:00:02	00:20:17	00:41:11	00:42:40.55	00:42:43.35		4:03	14.8 (100%)
2	WINIARCZYK-JADACH Beata	1383		K-40	2	00:00:09	00:21:49	00:44:14	00:45:55.05	00:46:04.50	+00:03:14 (7.1%)	4:22	13.7 (92.6%)
3	PIJET Ewa	1263		K-40	3	00:00:37	00:24:28	00:49:07	00:50:54.20	00:51:31.85	+00:08:13 (16.2%)	4:50	12.4 (83.8%)
4	PILICH-NANOWSKA Agnieszka	1495		K-40	4	00:00:15	00:24:35	00:49:32	00:51:19.55	00:51:34.65	+00:08:39 (16.9%)	4:53	12.3 (83.1%)
5	ZIOMEK Katarzyna	1408		K-40	5	00:00:10	00:24:11	00:50:26	00:52:28.25	00:52:38.90	+00:09:47 (18.7%)	4:59	12 (81.1%)
6	JURECZKO Monika	1124	STS BIEGATON MIKOŁÓW	K-40	6	00:00:31	00:24:52	00:51:07	00:53:09.55	00:53:41.05	+00:10:29 (19.7%)	5:03	11.8 (79.7%)
7	ŁAJSZCZYK- GAJDA Dorota	1448		K-40	7	00:00:22	00:25:43	00:52:10	00:54:05.15	00:54:27.75	+00:11:24 (21.1%)	5:09	11.6 (78.4%)
8	DREWUSZEWSKA Ewa	1054		K-40	8	00:00:12	00:26:10	00:52:40	00:54:34.25	00:54:46.60	+00:11:53 (21.8%)	5:11	11.5 (77.7%)
9	DRZEWIECKA Julita	1057	ZAKRĘCONE	K-40	9	00:00:12	00:26:10	00:52:42	00:54:35.70	00:54:48.15	+00:11:55 (21.8%)	5:12	11.5 (77.7%)
10	ZAMOJSKA Iwona	1457		K-40	10	00:00:21	00:25:41	00:53:01	00:55:07.40	00:55:28.65	+00:12:26 (22.6%)	5:14	11.4 (77.0%)
11	HOŁOTA Anna	1108	ELZAB ACTIVE TEAM	K-40	11	00:00:57	00:27:24	00:55:07	00:57:13.05	00:58:10.95	+00:14:32 (25.4%)	5:26	11 (74.3%)
12	NOWIŃSKA Iwona	1502		K-40	12	00:01:14	00:27:53	00:55:19	00:57:26.65	00:58:40.65	+00:14:46 (25.7%)	5:28	11 (74.3%)
13	KASPER Iwona	1133	KAMA	K-40	13	00:01:20	00:27:40	00:55:30	00:57:28.65	00:58:48.70	+00:14:48 (25.8%)	5:28	11 (74.3%)
14	OKOŃ Monika	1234		K-40	14	00:00:53	00:28:15	00:55:58	00:58:02.40	00:58:55.65	+00:15:21 (26.5%)	5:31	10.9 (73.6%)

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15	LEŚNIAK Ewa	1184		K-40	15	00:01:02	00:28:35	00:56:20	00:58:19.65	00:59:21.70	+00:15:39 (26.8%)	5:33	10.8 (73.0%)
16	STANISLAWISZYN Małgorzata	1334		K-40	16	00:00:50	00:27:52	00:56:16	00:58:24.55	00:59:14.85	+00:15:44 (26.9%)	5:33	10.8 (73.0%)
17	PLUCINSKA Edyta	1272	FUCHS OIL TEAM	K-40	17	00:01:21	00:29:50	00:56:36	00:58:29.70	00:59:50.80	+00:15:49 (27.0%)	5:34	10.8 (73.0%)
18	SMOLIŃSKA Ilona	1322		K-40	18	00:01:37	00:28:11	00:56:32	00:58:43.85	01:00:21.80	+00:16:03 (27.3%)	5:35	10.7 (72.3%)
19	PIETRZAK Anna	1262		K-40	19	00:00:17	00:27:27	00:57:40	00:59:49.85	01:00:07.20	+00:17:09 (28.7%)	5:41	10.5 (70.9%)
20	KUBICA Bożena	1173		K-40	20	00:00:19	00:28:11	00:57:48	01:00:11.80	01:00:31.45	+00:17:31 (29.1%)	5:44	10.5 (70.9%)
21	OSOWSKA Katarzyna	1241	NIGHT RUNNERS GLIWICE	K-40	21	00:01:14	00:28:30	00:58:08	01:00:25.10	01:01:39.70	+00:17:44 (29.4%)	5:45	10.4 (70.3%)
22	PROKOP Iwona	1280	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	22	00:00:21	00:28:56	00:58:18	01:00:27.05	01:00:48.50	+00:17:46 (29.4%)	5:45	10.4 (70.3%)
23	POLEWKA Beata	1006	OTK RZEŻNIK	K-40	23	00:00:10	00:28:12	00:58:10	01:00:29.00	01:00:39.25	+00:17:48 (29.4%)	5:45	10.4 (70.3%)
24	GAJEWSKA Izabela	1452		K-40	24	00:00:22	00:27:48	00:58:14	01:00:35.00	01:00:57.15	+00:17:54 (29.6%)	5:46	10.4 (70.3%)
25	TARTANUS-ORYSZCZAK Marta	1359		K-40	25	00:01:09	00:28:58	00:58:38	01:00:54.05	01:02:03.85	+00:18:13 (29.9%)	5:48	10.3 (69.6%)
26	SOBOLEWSKA Stefania	1327		K-40	26	00:00:14	00:28:26	00:58:47	01:00:54.95	01:01:09.20	+00:18:14 (29.9%)	5:48	10.3 (69.6%)
27	EICHHOF Joanna	1065		K-40	27	00:01:10	00:29:15	00:59:09	01:01:31.85	01:02:42.00	+00:18:51 (30.6%)	5:51	10.2 (68.9%)
28	STELLMACH Ewa	1336		K-40	28	00:00:19	00:28:52	01:00:32	01:02:56.85	01:03:16.80	+00:20:16 (32.2%)	5:59	10 (67.6%)
29	GABRYŚ Jolanta	1440	NIGHT RUNNERS GLIWICE	K-40	29	00:00:48	00:29:50	01:01:07	01:03:19.00	01:04:07.90	+00:20:38 (32.6%)	6:01	9.9 (66.9%)
30	GABRYŚ Seba	1441	NIGHT RUNNERS GLIWICE	K-40	30	00:00:48	00:29:49	01:01:07	01:03:19.55	01:04:07.55	+00:20:39 (32.6%)	6:01	9.9 (66.9%)
31	BRZEZIŃSKA Teresa	1471		K-40	31	00:00:24	00:29:59	01:01:06	01:03:24.40	01:03:48.80	+00:20:43 (32.7%)	6:02	9.9 (66.9%)
32	SIODLAK Justyna	1313		K-40	32	00:00:00			01:03:33.00	01:03:33.00	+00:20:52 (32.8%)	6:03	9.9 (66.9%)
33	ZASZYK Monika	1459		K-40	33	00:00:58	00:30:42	01:01:25	01:03:37.00	01:04:35.35	+00:20:56 (32.9%)	6:03	9.9 (66.9%)
34	STASIAK Renata	1456		K-40	34	00:01:05	00:30:41	01:01:40	01:03:56.55	01:05:02.20	+00:21:16 (33.3%)	6:05	9.9 (66.9%)
35	KOCUREK Agnieszka	1141		K-40	35	00:00:52	00:31:35	01:02:00	01:04:09.65	01:05:02.30	+00:21:29 (33.5%)	6:06	9.8 (66.2%)
36	TOLL Katarzyna	1360		K-40	36	00:01:01	00:30:13	01:02:00	01:04:15.00	01:05:16.40	+00:21:34 (33.6%)	6:07	9.8 (66.2%)
37	PORĘBA Gabriela	583		K-40	37	00:01:25	00:30:44	01:02:31	01:04:59.80	01:06:25.50	+00:22:19 (34.3%)	6:11	9.7 (65.5%)

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38	CHOLEWA Magdalena	1491		K-40	38	00:00:27	00:29:58	01:02:41	01:05:10.55	01:05:38.20	+00:22:30 (34.5%)	6:12	9.7 (65.5%)
39	BETRHELTSEN Beata	1021	FUCHS OIL TEAM	K-40	39	00:01:21	00:30:42	01:02:45	01:05:12.75	01:06:33.75	+00:22:32 (34.6%)	6:12	9.7 (65.5%)
40	WALTER Agnieszka	1372		K-40	40	00:00:55	00:31:31	01:02:56	01:05:16.10	01:06:11.95	+00:22:35 (34.6%)	6:12	9.7 (65.5%)
41	NAWOJSKA Barbara	1476		K-40	41	00:00:59	00:30:46	01:03:25	01:05:51.80	01:06:51.60	+00:23:11 (35.2%)	6:16	9.6 (64.9%)
42	KUBIAK Celina	1486		K-40	42	00:00:43	00:31:39	01:04:05	01:06:26.85	01:07:10.00	+00:23:46 (35.8%)	6:19	9.5 (64.2%)
43	ZIELIŃSKA Izabela	1405	BIEGAJ Z TRENERAMI	K-40	43	00:01:05	00:31:01	01:04:05	01:06:40.05	01:07:45.30	+00:23:59 (36.0%)	6:20	9.5 (64.2%)
44	STRUG Gosia	1340		K-40	44	00:01:26	00:31:31	01:04:21	01:06:47.95	01:08:14.20	+00:24:07 (36.1%)	6:21	9.4 (63.5%)
45	KRZYŻANOWSKA Aleksandra	1171		K-40	45	00:01:01	00:31:20	01:04:26	01:06:56.15	01:07:57.95	+00:24:15 (36.2%)	6:22	9.4 (63.5%)
46	ADAMUS Anna	1012		K-40	46	00:01:13	00:31:45	01:04:32	01:07:00.25	01:08:13.60	+00:24:19 (36.3%)	6:22	9.4 (63.5%)
47	PROCEK Katarzyna	1508		K-40	47	00:00:51	00:30:47	01:04:50	01:07:20.60	01:08:11.90	+00:24:40 (36.6%)	6:24	9.4 (63.5%)
48	POLUS-WŁODARZ Iwona	1276		K-40	48	00:01:11	00:32:14	01:05:20	01:07:42.80	01:08:54.45	+00:25:02 (37.0%)	6:26	9.3 (62.8%)
49	KUCZERA-KULAGA Magdalenakulaga	1176		K-40	49	00:00:14	00:30:34	01:05:14	01:07:51.20	01:08:05.50	+00:25:10 (37.1%)	6:27	9.3 (62.8%)
50	DADAŚ Elżbieta	1049	NIGHT RUNNERS GLIWICE	K-40	50	00:00:42	00:31:58	01:06:20	01:08:51.55	01:09:34.40	+00:26:11 (38.0%)	6:33	9.1 (61.5%)
51	MATUSZEWSKA Monika	455		K-40	51	00:00:29	00:32:27	01:06:21	01:08:57.80	01:09:27.70	+00:26:17 (38.1%)	6:34	9.1 (61.5%)
52	OLESIŃSKA Ewa	1236	FLUOR	K-40	52	00:00:40	00:31:56	01:06:18	01:09:01.70	01:09:41.90	+00:26:21 (38.2%)	6:34	9.1 (61.5%)
53	KOCHANIEK Aleksandra	1140		K-40	53	00:01:22	00:33:18	01:07:17	01:09:46.20	01:11:09.05	+00:27:05 (38.8%)	6:38	9 (60.8%)
54	PANKIEWICZ Katarzyna	1250		K-40	54	00:00:45	00:31:07	01:07:12	01:10:01.10	01:10:46.35	+00:27:20 (39.1%)	6:40	9 (60.8%)
55	ZAKLIŃSKA Katarzyna	1401	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	01:11:49.25	01:13:34.75	+00:29:08 (40.6%)	6:50	8.8 (59.5%)
56	NOWAK Ewa	1226		K-40	56	00:00:45	00:33:05	01:09:56	01:12:23.70	01:13:08.85	+00:29:43 (41.1%)	6:53	8.7 (58.8%)
57	SZYDŁAK Iwona	1355		K-40	57	00:01:30	00:33:23	01:10:40	01:13:06.40	01:14:37.00	+00:30:25 (41.6%)	6:57	8.6 (58.1%)
58	HRYSZKIEWICZ Barbara	1110	FIS-SST TEAM	K-40	58	00:01:30	00:34:42	01:11:19	01:13:34.65	01:15:04.95	+00:30:54 (42.0%)	7:00	8.6 (58.1%)
59	GORAJ ZAJĄC Aleksandra	1500		K-40	59	00:00:06	00:35:29	01:12:50	01:15:22.05	01:15:28.70	+00:32:41 (43.4%)	7:10	8.4 (56.8%)
60	TUROWSKA Anna	1436		K-40	60	00:00:36	00:35:46	01:16:07	01:18:56.30	01:19:32.40	+00:36:15 (45.9%)	7:31	8 (54.1%)

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61	FRAĆ Elżbieta	1073	NIGHT RUNNERS GLIWICE	K-40	61	00:01:19	00:36:39	01:18:45	01:21:28.00	01:22:47.15	+00:38:47 (47.6%)	7:45	7.7 (52.0%)
62	REITER Hanna	1292	SLOW JOGGING GLIWICE	K-40	62	00:01:38	00:39:45	01:20:53	01:23:58.20	01:25:36.50	+00:41:17 (49.2%)	7:59	7.5 (50.7%)
63	ROGACKA - RZEPKA Maria	1294	LOBOS TEAM	K-40	63	00:00:39	00:40:02	01:24:00	01:27:17.10	01:27:56.65	+00:44:36 (51.1%)	8:18	7.2 (48.6%)
64	PARUZEL Agnieszka	1252	ZABIEGANI NAUCZYCIELE	K-40	64	00:00:38	00:40:03	01:24:00	01:27:17.30	01:27:56.00	+00:44:36 (51.1%)	8:18	7.2 (48.6%)
65	MRÓWKA Ilona	1217		K-40	65	00:01:14	00:43:12	01:28:27	01:32:01.65	01:33:15.85	+00:49:21 (53.6%)	8:45	6.8 (45.9%)

Znaleziono 65 wynik(ów)