



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-40

| 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 | LEWICKA Elżbieta | 2149 | NIEZRZESZONA | K-40 | 1 | 00:00:02 | 00:17:24 | 00:24:19 | 00:41:43.75 | 00:41:46.20 | | 4:10 | 14.4 (100%) |
| 2 | HERMAN Anna | 2166 | RUNONLINE TEAM | K-40 | 2 | 00:00:00 | | | 00:48:28.00 | 00:48:28.00 | +00:06:44 (13.9%) | 4:50 | 12.4 (86.1%) |
| 3 | FRAŃCZYK Małgorzata | 2213 | | K-40 | 3 | 00:00:48 | 00:20:24 | 00:28:30 | 00:49:25.00 | 00:50:13.05 | +00:07:41 (15.6%) | 4:56 | 12.1 (84.0%) |
| 4 | PASECKA Sylwia | 2333 | | K-40 | 4 | 00:00:21 | 00:20:47 | 00:29:05 | 00:49:48.15 | 00:50:09.55 | +00:08:04 (16.2%) | 4:58 | 12 (83.3%) |
| 5 | EICHHOF Joanna | 2030 | | K-40 | 5 | 00:01:12 | 00:21:52 | 00:30:30 | 00:52:33.55 | 00:53:46.20 | +00:10:49 (20.6%) | 5:15 | 11.4 (79.2%) |
| 6 | RASZYK Alina | 2283 | AMBITNI TETRYCY | K-40 | 6 | 00:00:49 | 00:21:57 | 00:30:43 | 00:53:13.40 | 00:54:02.40 | +00:11:29 (21.6%) | 5:19 | 11.3 (78.5%) |
| 7 | PAWŁOWSKA-GULDZIŃSKA Magdalena | 2417 | | K-40 | 7 | 00:01:47 | 00:22:43 | 00:31:19 | 00:53:37.50 | 00:55:24.60 | +00:11:53 (22.2%) | 5:21 | 11.2 (77.8%) |
| 8 | ŁAJSZCZAK - GAJDA Dorota | 2174 | | K-40 | 8 | 00:02:00 | 00:22:19 | 00:31:19 | 00:54:01.40 | 00:56:01.45 | +00:12:17 (22.8%) | 5:24 | 11.1 (77.1%) |
| 9 | KUBICA Bożena | 2090 | ORNONTOWICE BIEGA | K-40 | 9 | 00:01:53 | 00:24:13 | 00:33:38 | 00:57:28.35 | 00:59:21.75 | +00:15:44 (27.4%) | 5:44 | 10.4 (72.2%) |
| 10 | SMOLIŃSKA Ilona | 2343 | | K-40 | 10 | 00:01:50 | 00:24:07 | 00:33:41 | 00:58:29.85 | 01:00:20.25 | +00:16:46 (28.7%) | 5:51 | 10.3 (71.5%) |
| 11 | BUKSIŃSKA Iwona | 2501 | | K-40 | 11 | 00:00:56 | 00:23:43 | 00:33:45 | 00:59:33.75 | 01:00:30.15 | +00:17:50 (29.9%) | 5:57 | 10.1 (70.1%) |
| 12 | POLAK Małgorzata | 2096 | OPEL ACTIVE TEAM | K-40 | 12 | 00:01:07 | 00:24:07 | 00:34:07 | 00:59:36.75 | 01:00:43.75 | +00:17:53 (30.0%) | 5:57 | 10.1 (70.1%) |
| 13 | CEPUCHOWICZ Sylwia | 2127 | W POGONI ZA DUCHEM | K-40 | 13 | 00:01:29 | 00:25:27 | 00:35:26 | 00:59:55.60 | 01:01:25.30 | +00:18:11 (30.4%) | 5:59 | 10 (69.4%) |
| 14 | LATA Beata | 2128 | | K-40 | 14 | 00:01:29 | 00:25:27 | 00:35:26 | 00:59:55.75 | 01:01:25.70 | +00:18:12 (30.4%) | 5:59 | 10 (69.4%) |

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|-----|---------------------------------------|-------------|--------------------------|-----------|------|-------------|----------------|--------------|--------------------|---------------------|----------------------|-----------------|----------------|
| 15 | MIECZNIKOWSKI Agnieszka | 2162 | | K-40 | 15 | 00:01:06 | 00:24:19 | 00:34:28 | 01:00:00.25 | 01:01:06.65 | +00:18:16 (30.5%) | 6:00 | 10 (69.4%) |
| 16 | BINASIK Agnieszka | 2101 | | K-40 | 16 | 00:01:43 | 00:25:55 | 00:35:48 | 01:00:50.25 | 01:02:33.85 | +00:19:06 (31.4%) | 6:05 | 9.9 (68.8%) |
| 17 | KOBUSIŃSKA Jagoda | 2390 | PKO SILESIA RUNNING TEAM | K-40 | 17 | 00:01:31 | 00:24:52 | 00:35:09 | 01:01:53.70 | 01:03:24.70 | +00:20:09 (32.6%) | 6:11 | 9.7 (67.4%) |
| 18 | SOBOLEWSKA Stefania | 2347 | | K-40 | 18 | 00:01:54 | 00:26:03 | 00:36:24 | 01:02:15.65 | 01:04:10.20 | +00:20:31 (33.0%) | 6:13 | 9.6 (66.7%) |
| 19 | PORWOLIK Bożena | 2450 | | K-40 | 19 | 00:01:49 | 00:25:13 | 00:35:39 | 01:02:27.55 | 01:04:17.15 | +00:20:43 (33.2%) | 6:14 | 9.6 (66.7%) |
| 20 | PROCEK Katarzyna | 2144 | | K-40 | 20 | 00:01:27 | 00:25:24 | 00:36:16 | 01:03:42.70 | 01:05:09.90 | +00:21:58 (34.5%) | 6:22 | 9.4 (65.3%) |
| 21 | PANKIEWICZ Katarzyna | 2260 | GRUPACMYKI | K-40 | 21 | 00:01:06 | 00:25:39 | 00:36:18 | 01:04:07.40 | 01:05:14.30 | +00:22:23 (34.9%) | 6:24 | 9.4 (65.3%) |
| 22 | SKOWRON Mirosława | 2209 | | K-40 | 22 | 00:01:21 | 00:25:54 | 00:36:45 | 01:04:23.05 | 01:05:44.25 | +00:22:39 (35.2%) | 6:26 | 9.3 (64.6%) |
| 23 | GORAJ-ZAJĄC Aleksandra | 2537 | NIGHT RUNNER | K-40 | 23 | 00:00:09 | 00:26:40 | 00:37:34 | 01:05:56.35 | 01:06:05.45 | +00:24:12 (36.7%) | 6:35 | 9.1 (63.2%) |
| 24 | BREGUŁA Anna | 2322 | | K-40 | 24 | 00:01:28 | 00:25:04 | 00:35:35 | 01:05:58.90 | 01:07:27.25 | +00:24:15 (36.8%) | 6:35 | 9.1 (63.2%) |
| 25 | DZIEMIAŃCZUK Monika | 2316 | | K-40 | 25 | 00:02:31 | 00:27:19 | 00:38:36 | 01:06:35.10 | 01:09:06.30 | +00:24:51 (37.3%) | 6:39 | 9 (62.5%) |
| 26 | LEWANDOWSKA-STACHOWIAK Justyna | 2183 | | K-40 | 26 | 00:01:35 | 00:26:52 | 00:38:10 | 01:07:02.50 | 01:08:37.75 | +00:25:18 (37.8%) | 6:42 | 9 (62.5%) |
| 27 | STRUG Małgorzata | 2489 | | K-40 | 27 | 00:02:18 | 00:27:31 | 00:38:56 | 01:07:55.20 | 01:10:13.60 | +00:26:11 (38.6%) | 6:47 | 8.8 (61.1%) |
| 28 | PĘKALA Anna | 2163 | | K-40 | 28 | 00:01:49 | 00:27:20 | 00:38:48 | 01:09:09.30 | 01:10:59.00 | +00:27:25 (39.7%) | 6:55 | 8.7 (60.4%) |
| 29 | KACZKIEWICZ Agnieszka | 2002 | NIGHT RUNNERS GLIWICE | K-40 | 29 | 00:01:03 | 00:28:21 | 00:39:54 | 01:09:21.95 | 01:10:25.50 | +00:27:38 (39.8%) | 6:56 | 8.6 (59.7%) |
| 30 | KAŻMIERCZAK-TKACZ Ewa | 2395 | BBL GŁUCHOŁAZY | K-40 | 30 | 00:00:22 | 00:28:06 | 00:39:45 | 01:09:22.30 | 01:09:44.65 | +00:27:38 (39.8%) | 6:56 | 8.6 (59.7%) |
| 31 | KOCHANEK Aleksandra | 2203 | | K-40 | 31 | 00:02:28 | 00:28:01 | 00:39:25 | 01:09:24.35 | 01:11:52.70 | +00:27:40 (39.9%) | 6:56 | 8.6 (59.7%) |
| 32 | CHOMIAK Agata | 2530 | | K-40 | 32 | 00:00:05 | 00:27:37 | 00:39:24 | 01:10:06.30 | 01:10:11.85 | +00:28:22 (40.5%) | 7:00 | 8.6 (59.7%) |
| 33 | PAJĄK Aleksandra | 2345 | | K-40 | 33 | 00:00:05 | 00:27:22 | 00:39:07 | 01:10:06.60 | 01:10:11.65 | +00:28:22 (40.5%) | 7:00 | 8.6 (59.7%) |
| 34 | POLAKOWICZ Aleksandra | 2129 | | K-40 | 34 | 00:01:30 | 00:28:00 | 00:39:55 | 01:10:10.25 | 01:11:40.95 | +00:28:26 (40.5%) | 7:01 | 8.6 (59.7%) |
| 35 | OCHMAN Agnieszka | 2451 | | K-40 | 35 | 00:01:44 | 00:28:07 | 00:40:05 | 01:10:15.40 | 01:11:59.60 | +00:28:31 (40.6%) | 7:01 | 8.5 (59.0%) |
| 36 | TISZBIEREK Gabriela | 2118 | | K-40 | 36 | 00:01:42 | 00:29:04 | 00:41:11 | 01:12:13.50 | 01:13:55.85 | +00:30:29 (42.2%) | 7:13 | 8.3 (57.6%) |
| 37 | FRAĆ Elżbieta | 2206 | NIGHT RUNNERS GLIWICE | K-40 | 37 | 00:01:51 | 00:30:04 | 00:43:21 | 01:16:29.20 | 01:18:20.85 | +00:34:45 (45.4%) | 7:38 | 7.8 (54.2%) |

Znaleziono 37 wynik(ów)