



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 Open

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	WŁODARCZYK Patrycja	1009	JKLA JAWOR	K-30	1	00:00:01	00:20:00	00:39:45	00:41:13.90	00:41:15.55		3:55	15.3 (100%)
2	BROL Dominika	1029	ENDURANCE TEAM	K-30	2	00:00:03	00:20:10	00:40:51	00:42:24.65	00:42:28.40	+00:01:10 (2.8%)	4:02	14.9 (97.4%)
3	LEWICKA Elżbieta	1454		K-40	1	00:00:02	00:20:17	00:41:11	00:42:40.55	00:42:43.35	+00:01:26 (3.4%)	4:03	14.8 (96.7%)
4	WINIARCZYK-JADACH Beata	1383		K-40	2	00:00:09	00:21:49	00:44:14	00:45:55.05	00:46:04.50	+00:04:41 (10.2%)	4:22	13.7 (89.5%)
5	BILNICKA Paulina	1023	FLUOR	K-20	1	00:00:42	00:21:48	00:44:38	00:46:18.50	00:47:00.90	+00:05:04 (11.0%)	4:24	13.6 (88.9%)
6	PIECUCH Agnieszka	1435	INŻYNIERIA BIEGANIA	K-30	3	00:00:06	00:22:00	00:45:29	00:47:18.05	00:47:24.10	+00:06:04 (12.8%)	4:30	13.3 (86.9%)
7	GRZEBNIEWSKA Judyta	1099	TEAM PAPRY	K-30	4	00:00:49	00:24:34	00:48:20	00:50:04.75	00:50:53.80	+00:08:50 (17.7%)	4:46	12.6 (82.4%)
8	PIJET Ewa	1263		K-40	3	00:00:37	00:24:28	00:49:07	00:50:54.20	00:51:31.85	+00:09:40 (19.0%)	4:50	12.4 (81.0%)
9	PILICH-NANOWSKA Agnieszka	1495		K-40	4	00:00:15	00:24:35	00:49:32	00:51:19.55	00:51:34.65	+00:10:05 (19.7%)	4:53	12.3 (80.4%)
10	POLEWKA Aleksandra	1003	OTK RZEŹNIK	K-18	1	00:00:02	00:24:51	00:50:24	00:52:17.30	00:52:20.15	+00:11:03 (21.1%)	4:58	12 (78.4%)
11	KRZYMINSKA Patrycja	370	RUNBABYPOLSKA	K-20	2	00:01:22	00:25:36	00:49:30	00:51:15.30	00:52:37.75	+00:10:01 (19.6%)	4:52	12.3 (80.4%)
12	ZIOMEK Katarzyna	1408		K-40	5	00:00:10	00:24:11	00:50:26	00:52:28.25	00:52:38.90	+00:11:14 (21.4%)	4:59	12 (78.4%)
13	KOWALCZYK Katarzyna	1160		K-30	6	00:00:22	00:25:00	00:50:53	00:52:45.75	00:53:08.00	+00:11:31 (21.9%)	5:01	11.9 (77.8%)
14	KONOPACKA BESSA Magdalena	1152		K-30	5	00:00:47	00:24:32	00:50:39	00:52:39.20	00:53:26.20	+00:11:25 (21.7%)	5:00	12 (78.4%)

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
15	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	+00:11:55 (22.4%)	5:03	11.8 (77.1%)
16	KOMANDER Katarzyna	1148		K-20	3	00:01:23	00:24:48	00:50:32	00:52:18.00	00:53:41.55	+00:11:04 (21.2%)	4:58	12 (78.4%)
17	RUBIN Katarzyna	1297	MOMO RESTAURANT & COCKTAIL BAR	K-20	4	00:01:18	00:24:55	00:50:49	00:52:47.50	00:54:06.35	+00:11:33 (21.9%)	5:01	11.9 (77.8%)
18	ŁAJSZCZYK- GAJDA Dorota	1448		K-40	7	00:00:22	00:25:43	00:52:10	00:54:05.15	00:54:27.75	+00:12:51 (23.8%)	5:09	11.6 (75.8%)
19	DREWUSZEWSKA Ewa	1054		K-40	8	00:00:12	00:26:10	00:52:40	00:54:34.25	00:54:46.60	+00:13:20 (24.4%)	5:11	11.5 (75.2%)
20	DRZEWIECKA Julita	1057	ZAKRĘCONE	K-40	9	00:00:12	00:26:10	00:52:42	00:54:35.70	00:54:48.15	+00:13:21 (24.5%)	5:12	11.5 (75.2%)
21	SZWIEC Sandra	1354	ZABIEGANI NAUCZYCIELE	K-30	7	00:00:20	00:26:32	00:52:45	00:54:44.65	00:55:04.90	+00:13:30 (24.7%)	5:12	11.5 (75.2%)
22	WANDASIEWICZ Michalina	1373	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:18	00:25:54	00:52:55	00:54:56.70	00:55:15.35	+00:13:42 (25.0%)	5:14	11.5 (75.2%)
23	ZAMOJSKA Iwona	1457		K-40	10	00:00:21	00:25:41	00:53:01	00:55:07.40	00:55:28.65	+00:13:53 (25.2%)	5:14	11.4 (74.5%)
24	PLOCH Karolina	1271		K-30	9	00:01:13	00:27:06	00:53:31	00:55:26.50	00:56:39.70	+00:14:12 (25.6%)	5:16	11.4 (74.5%)
25	ROSAK Joanna	1455		K-30	12	00:00:27	00:27:02	00:54:46	00:56:35.85	00:57:02.95	+00:15:21 (27.1%)	5:23	11.1 (72.5%)
26	SIWEK Małgorzata	1315		K-20	5	00:00:31	00:27:10	00:54:43	00:56:38.60	00:57:10.55	+00:15:24 (27.2%)	5:23	11.1 (72.5%)
27	WASIEL Monika	1376		K-30	11	00:01:09	00:27:10	00:54:28	00:56:24.45	00:57:33.50	+00:15:10 (26.9%)	5:22	11.2 (73.2%)
28	BURZAK Justyna	1035		K-30	10	00:01:31	00:27:20	00:54:05	00:56:03.30	00:57:34.35	+00:14:49 (26.4%)	5:20	11.2 (73.2%)
29	NIESLER Magdalena	1223	NIGHT RUNNERS GLIWICE	K-30	13	00:00:46	00:26:52	00:54:53	00:57:02.05	00:57:48.80	+00:15:48 (27.7%)	5:25	11 (71.9%)
30	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	+00:15:59 (27.9%)	5:26	11 (71.9%)
31	LUKOSZEK Weronika	1188		K-20	7	00:00:28	00:27:40	00:56:06	00:58:07.75	00:58:36.10	+00:16:53 (29.1%)	5:32	10.8 (70.6%)
32	NOWIŃSKA Iwona	1502		K-40	12	00:01:14	00:27:53	00:55:19	00:57:26.65	00:58:40.65	+00:16:12 (28.2%)	5:28	11 (71.9%)
33	ŻUKOWSKA-CHOMIK Justyna	1414	WAY2CHAMP	K-30	14	00:00:51	00:28:06	00:55:52	00:57:50.60	00:58:42.35	+00:16:36 (28.7%)	5:30	10.9 (71.2%)
34	DULAK Dominika	1059		K-20	6	00:01:20	00:27:34	00:55:28	00:57:28.10	00:58:48.55	+00:16:14 (28.3%)	5:28	11 (71.9%)
35	KASPER Iwona	1133	KAMA	K-40	13	00:01:20	00:27:40	00:55:30	00:57:28.65	00:58:48.70	+00:16:14 (28.3%)	5:28	11 (71.9%)
36	OKOŃ Monika	1234		K-40	14	00:00:53	00:28:15	00:55:58	00:58:02.40	00:58:55.65	+00:16:48 (29.0%)	5:31	10.9 (71.2%)
37	GAJDZIK Katarzyna	1078		K-30	15	00:00:55	00:27:56	00:55:58	00:58:00.40	00:58:56.25	+00:16:46 (28.9%)	5:31	10.9 (71.2%)

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
38	DOLATA Magdalena	1052		K-30	19	00:00:05	00:27:49		00:58:51.15	00:58:57.10	+00:17:37 (29.9%)	5:36	10.7 (69.9%)
39	STANISLAWISZYN Małgorzata	1334		K-40	16	00:00:50	00:27:52	00:56:16	00:58:24.55	00:59:14.85	+00:17:10 (29.4%)	5:33	10.8 (70.6%)
39	KOSMACZEWSKA Anna	1155	ETISOFT RUNNING TEAM	K-30	20	00:00:15	00:27:32	00:56:47	00:58:58.95	00:59:14.85	+00:17:45 (30.1%)	5:37	10.7 (69.9%)
41	LEŚNIAK Ewa	1184		K-40	15	00:01:02	00:28:35	00:56:20	00:58:19.65	00:59:21.70	+00:17:05 (29.3%)	5:33	10.8 (70.6%)
42	SZMIGIEL Justyna	1349		K-30	17	00:00:49	00:28:23	00:56:27	00:58:35.35	00:59:24.55	+00:17:21 (29.6%)	5:34	10.8 (70.6%)
43	KOWALCZYK Kamila	1161		K-30	16	00:01:02	00:27:43	00:56:24	00:58:25.65	00:59:28.35	+00:17:11 (29.4%)	5:33	10.8 (70.6%)
44	GILLNER Klaudia	1416		K-20	8	00:01:01	00:27:59	00:56:20	00:58:29.35	00:59:30.55	+00:17:15 (29.5%)	5:34	10.8 (70.6%)
45	GAJ Kamila	1076	NIGHT RUNNERS GLIWICE	K-50	1	00:00:41	00:27:56	00:56:52	00:58:59.25	00:59:40.70	+00:17:45 (30.1%)	5:37	10.7 (69.9%)
46	SIKORA Agnieszka	1309	NIGHT RUNNERS ZABRZE	K-30	18	00:00:58	00:27:58	00:56:39	00:58:50.55	00:59:49.25	+00:17:36 (29.9%)	5:36	10.7 (69.9%)
47	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	+00:17:15 (29.5%)	5:34	10.8 (70.6%)
48	KOŁODZIEJ Aleksandra	1147		K-20	10	00:00:07	00:28:12	00:57:32	00:59:44.00	00:59:51.30	+00:18:30 (31.0%)	5:41	10.5 (68.6%)
49	PIETRZAK Anna	1262		K-40	19	00:00:17	00:27:27	00:57:40	00:59:49.85	01:00:07.20	+00:18:35 (31.1%)	5:41	10.5 (68.6%)
50	SKORUPA Magdalena	1317		K-20	9	00:01:37	00:28:11	00:56:31	00:58:44.00	01:00:21.80	+00:17:30 (29.8%)	5:35	10.7 (69.9%)
50	SMOLIŃSKA Ilona	1322		K-40	18	00:01:37	00:28:11	00:56:32	00:58:43.85	01:00:21.80	+00:17:29 (29.8%)	5:35	10.7 (69.9%)
52	KUBICA Bożena	1173		K-40	20	00:00:19	00:28:11	00:57:48	01:00:11.80	01:00:31.45	+00:18:57 (31.5%)	5:44	10.5 (68.6%)
53	GARYGA Beata	1085		K-30	22	00:00:24	00:27:44	00:58:09	01:00:11.85	01:00:36.50	+00:18:57 (31.5%)	5:44	10.5 (68.6%)
54	POLEWKA Beata	1006	OTK RZEŹNIK	K-40	23	00:00:10	00:28:12	00:58:10	01:00:29.00	01:00:39.25	+00:19:15 (31.8%)	5:45	10.4 (68.0%)
55	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	+00:19:13 (31.8%)	5:45	10.4 (68.0%)
56	PAWLUS - DUSIK Beata	1257	KOLOROWA DRUŻYNA NESSI	K-30	21	00:00:44	00:28:35	00:58:11	01:00:08.70	01:00:53.45	+00:18:54 (31.4%)	5:43	10.5 (68.6%)
57	GAJEWSKA Izabela	1452		K-40	24	00:00:22	00:27:48	00:58:14	01:00:35.00	01:00:57.15	+00:19:21 (31.9%)	5:46	10.4 (68.0%)
58	SOBOLEWSKA Stefania	1327		K-40	26	00:00:14	00:28:26	00:58:47	01:00:54.95	01:01:09.20	+00:19:41 (32.3%)	5:48	10.3 (67.3%)
59	GORELL Bogumiła	1092		K-30	23	00:00:53	00:29:11	00:58:20	01:00:18.30	01:01:11.50	+00:19:04 (31.6%)	5:44	10.4 (68.0%)
60	BŁĄŻYTKO Monika	1511		K-30	26	00:00:39	00:27:15	00:58:14	01:00:39.35	01:01:18.40	+00:19:25 (32.0%)	5:46	10.4 (68.0%)

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
61	NIŻNIKIEWICZ-FRENKI Zofia	1225	FLUOR	K-30	27	00:00:20	00:28:17	00:58:55	01:01:08.35	01:01:29.20	+00:19:54 (32.6%)	5:49	10.3 (67.3%)
62	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	+00:19:11 (31.8%)	5:45	10.4 (68.0%)
63	GRABSKA Anna	1095	KOMBO KURCZAKI	K-30	25	00:01:11	00:28:55	00:58:13	01:00:30.40	01:01:41.40	+00:19:16 (31.9%)	5:45	10.4 (68.0%)
64	KOŁAK Alicja	1146		K-30	24	00:01:21	00:28:27	00:58:15	01:00:28.90	01:01:50.20	+00:19:15 (31.8%)	5:45	10.4 (68.0%)
65	TARTANUS-ORYSZCZAK Marta	1359		K-40	25	00:01:09	00:28:58	00:58:38	01:00:54.05	01:02:03.85	+00:19:40 (32.3%)	5:48	10.3 (67.3%)
66	ANTOS Angelika	1479		K-20	12	00:00:17	00:28:07	00:59:42	01:01:48.40	01:02:06.20	+00:20:34 (33.3%)	5:53	10.2 (66.7%)
67	MIŁKOWSKA Karolina	1467		K-30	28	00:00:54	00:28:04	00:59:11	01:01:31.70	01:02:26.15	+00:20:17 (33.0%)	5:51	10.2 (66.7%)
68	SIKORSKA Katarzyna	1312		K-30	30	00:00:49	00:28:21	00:59:23	01:01:39.30	01:02:28.35	+00:20:25 (33.1%)	5:52	10.2 (66.7%)
69	EICHHOF Joanna	1065		K-40	27	00:01:10	00:29:15	00:59:09	01:01:31.85	01:02:42.00	+00:20:17 (33.0%)	5:51	10.2 (66.7%)
70	SZOŁTYSIK Marta	1350		K-30	29	00:01:10	00:29:14	00:59:10	01:01:32.65	01:02:42.75	+00:20:18 (33.0%)	5:51	10.2 (66.7%)
71	WILCZEK Magdalena	1382	FLUOR	K-30	31	00:00:40	00:29:09	00:59:44	01:02:04.05	01:02:44.25	+00:20:50 (33.6%)	5:54	10.2 (66.7%)
72	NUCKOWSKA Justyna	1231		K-20	11	00:01:27	00:29:44	00:59:26	01:01:28.55	01:02:55.65	+00:20:14 (32.9%)	5:51	10.2 (66.7%)
73	KANIA Krystyna	1131		K-60	1	00:00:58	00:29:40	01:00:02	01:02:16.25	01:03:14.60	+00:21:02 (33.8%)	5:55	10.1 (66.0%)
74	STELLMACH Ewa	1336		K-40	28	00:00:19	00:28:52	01:00:32	01:02:56.85	01:03:16.80	+00:21:42 (34.5%)	5:59	10 (65.4%)
75	TWAROWSKA Celina	1368	ETISOFT RUNNING TEAM	K-30	34	00:00:15	00:28:42	01:00:54	01:03:17.20	01:03:32.45	+00:22:03 (34.8%)	6:01	10 (65.4%)
76	SIODLAK Justyna	1313		K-40	32	00:00:00			01:03:33.00	01:03:33.00	+00:22:19 (35.1%)	6:03	9.9 (64.7%)
77	TYRNA Gabriela	1464		K-30	35	00:00:15	00:30:01	01:00:59	01:03:20.20	01:03:35.95	+00:22:06 (34.9%)	6:01	9.9 (64.7%)
78	PASIEKA Danuta	1254		K-50	2	00:01:24	00:29:50	00:59:59	01:02:12.95	01:03:37.85	+00:20:59 (33.7%)	5:55	10.1 (66.0%)
79	BRZEZIŃSKA Teresa	1471		K-40	31	00:00:24	00:29:59	01:01:06	01:03:24.40	01:03:48.80	+00:22:10 (35.0%)	6:02	9.9 (64.7%)
80	RUSIELEWICZ Agnieszka	1300	MOMO RESTAURANT & COCKTAIL BAR	K-20	14	00:00:23	00:30:30	01:01:13	01:03:35.70	01:03:58.70	+00:22:21 (35.2%)	6:03	9.9 (64.7%)
81	GRZYŚKA Katarzyna	1101	SMOCZY GANG	K-30	32	00:01:37	00:29:05	01:00:03	01:02:27.95	01:04:05.10	+00:21:14 (34.0%)	5:56	10.1 (66.0%)
82	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	+00:22:05 (34.9%)	6:01	9.9 (64.7%)
83	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	+00:22:05 (34.9%)	6:01	9.9 (64.7%)

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
84	ORLIK Zdzisława	1238	AKMB PĘDZIWIATR GLIWICE	K-50	3	00:01:09	00:30:36	01:00:52	01:03:06.85	01:04:15.95	+00:21:52 (34.7%)	6:00	10 (65.4%)
85	MĘTLAK Małgosia	1516		K-18	2	00:00:40	00:29:30	01:01:34	01:03:46.20	01:04:27.00	+00:22:32 (35.3%)	6:04	9.9 (64.7%)
86	ZASADZIŃSKA Angelika	1403	FUCHS OIL TEAM	K-20	13	00:01:21	00:29:57	01:00:47	01:03:12.40	01:04:33.90	+00:21:58 (34.8%)	6:01	10 (65.4%)
87	ZASZYK Monika	1459		K-40	33	00:00:58	00:30:42	01:01:25	01:03:37.00	01:04:35.35	+00:22:23 (35.2%)	6:03	9.9 (64.7%)
88	FABIAN Katarzyna	1068		K-30	36	00:01:14	00:29:32	01:00:56	01:03:21.45	01:04:36.40	+00:22:07 (34.9%)	6:02	9.9 (64.7%)
89	DROŹDŹ Alicja	1055		K-30	33	00:01:31	00:29:10	01:00:37	01:03:11.05	01:04:42.75	+00:21:57 (34.7%)	6:01	10 (65.4%)
90	BARTAS Agnieszka	24	ISTA BIEGAMY	K-30	39	00:00:32	00:29:55	01:01:57	01:04:14.15	01:04:46.40	+00:23:00 (35.8%)	6:07	9.8 (64.1%)
91	PASELLA Weronika	1253		K-20	17	00:00:36	00:30:03	01:01:52	01:04:15.30	01:04:52.20	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
92	MYCEK Anna	1218		K-20	16	00:00:37	00:30:02	01:01:51	01:04:15.15	01:04:52.25	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
93	SOSADA Nicol	1332	ISTA BIEGAMY	K-20	18	00:00:31	00:29:51	01:02:09	01:04:21.30	01:04:52.60	+00:23:07 (35.9%)	6:07	9.8 (64.1%)
94	EISLER Anna	1066	SKLEPBIKER.PL	K-30	38	00:01:24	00:30:23	01:01:08	01:03:36.95	01:05:01.35	+00:22:23 (35.2%)	6:03	9.9 (64.7%)
95	STASIAK Renata	1456		K-40	34	00:01:05	00:30:41	01:01:40	01:03:56.55	01:05:02.20	+00:22:42 (35.5%)	6:05	9.9 (64.7%)
96	KOCUREK Agnieszka	1141		K-40	35	00:00:52	00:31:35	01:02:00	01:04:09.65	01:05:02.30	+00:22:55 (35.7%)	6:06	9.8 (64.1%)
97	BRZÓZKA Patrycja	1033	MOMO RESTAURANT & COCKTAIL BAR	K-20	15	00:01:02	00:29:12	01:01:59	01:04:14.35	01:05:16.35	+00:23:00 (35.8%)	6:07	9.8 (64.1%)
98	TOLL Katarzyna	1360		K-40	36	00:01:01	00:30:13	01:02:00	01:04:15.00	01:05:16.40	+00:23:01 (35.8%)	6:07	9.8 (64.1%)
99	KORUS Karina	340	CIDRY LOTAJOM	K-30	37	00:01:45	00:30:45	01:01:18	01:03:35.70	01:05:20.75	+00:22:21 (35.2%)	6:03	9.9 (64.7%)
100	CHOLEWA Magdalena	1491		K-40	38	00:00:27	00:29:58	01:02:41	01:05:10.55	01:05:38.20	+00:23:56 (36.7%)	6:12	9.7 (63.4%)
101	ZIMNY Joanna	1406		K-30	40	00:01:03	00:31:13	01:02:20	01:04:40.85	01:05:44.05	+00:23:26 (36.3%)	6:09	9.7 (63.4%)
102	BARANOWSKA Ewa	1016		K-30	41	00:01:05	00:30:33	01:02:17	01:04:44.15	01:05:50.00	+00:23:30 (36.3%)	6:10	9.7 (63.4%)
103	WALTER Agnieszka	1372		K-40	40	00:00:55	00:31:31	01:02:56	01:05:16.10	01:06:11.95	+00:24:02 (36.8%)	6:12	9.7 (63.4%)
104	DWORNICZAK Iwona	1061		K-50	4	00:01:34	00:30:43	01:02:14	01:04:43.95	01:06:18.15	+00:23:30 (36.3%)	6:09	9.7 (63.4%)
105	JAKBIK Ola	1114	BULLULA TEAM	K-30	42	00:01:05	00:30:27	01:02:55	01:05:15.95	01:06:21.45	+00:24:02 (36.8%)	6:12	9.7 (63.4%)
106	PROKWITE Martyna	1281		K-30	43	00:01:08	00:30:41	01:02:50	01:05:16.10	01:06:24.90	+00:24:02 (36.8%)	6:12	9.7 (63.4%)

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
107	PORĘBA Gabriela	583		K-40	37	00:01:25	00:30:44	01:02:31	01:04:59.80	01:06:25.50	+00:23:45 (36.6%)	6:11	9.7 (63.4%)
108	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	+00:23:58 (36.8%)	6:12	9.7 (63.4%)
109	LIPOWSKA Barbara	1187		K-50	6	00:00:36	00:30:44	01:03:32	01:06:03.75	01:06:39.75	+00:24:49 (37.6%)	6:17	9.5 (62.1%)
110	PEDOWSKA Bozena	555		K-50	5	00:01:28	00:31:09	01:02:54	01:05:18.90	01:06:47.05	+00:24:05 (36.9%)	6:13	9.6 (62.7%)
111	NAWOJSKA Barbara	1476		K-40	41	00:00:59	00:30:46	01:03:25	01:05:51.80	01:06:51.60	+00:24:37 (37.4%)	6:16	9.6 (62.7%)
112	KUBIAK Celina	1486		K-40	42	00:00:43	00:31:39	01:04:05	01:06:26.85	01:07:10.00	+00:25:12 (37.9%)	6:19	9.5 (62.1%)
113	GOŁĘBIEWSKA Aleksandra	1090		K-50	7	00:01:03	00:31:34	01:03:50	01:06:06.75	01:07:10.15	+00:24:52 (37.6%)	6:17	9.5 (62.1%)
114	MICHAŁUSZEK Dorota	1210	BIEG - UNKA	K-30	44	00:01:43	00:31:43	01:03:15	01:05:36.65	01:07:20.10	+00:24:22 (37.2%)	6:14	9.6 (62.7%)
115	MICHALIK Natalia	1205		K-20	19	00:00:44	00:30:32	01:04:14	01:06:37.75	01:07:21.75	+00:25:23 (38.1%)	6:20	9.5 (62.1%)
116	NOWAKOWSKA-TRZASKA Joanna	1228		K-30	46	00:00:44	00:30:31	01:04:14	01:06:39.40	01:07:23.55	+00:25:25 (38.1%)	6:20	9.5 (62.1%)
117	WOSZCZYNA Ewelina	1390		K-30	45	00:01:32	00:30:52	01:03:41	01:06:05.15	01:07:37.70	+00:24:51 (37.6%)	6:17	9.5 (62.1%)
118	JOOSTBERENS Aleksandra	1122	FLUOR	K-20	20	00:00:43	00:31:01	01:04:27	01:06:56.30	01:07:39.45	+00:25:42 (38.4%)	6:22	9.4 (61.4%)
119	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	+00:25:26 (38.2%)	6:20	9.5 (62.1%)
120	KRZYŻANOWSKA Aleksandra	1171		K-40	45	00:01:01	00:31:20	01:04:26	01:06:56.15	01:07:57.95	+00:25:42 (38.4%)	6:22	9.4 (61.4%)
121	FAMUŁA Anna	1069	FAMUŁA TEAM	K-20	21	00:00:37	00:31:53	01:04:50	01:07:25.55	01:08:03.25	+00:26:11 (38.8%)	6:25	9.3 (60.8%)
122	BRIANSKA-KORDECKA Aleksandra	1460	BALENA MORADA	K-30	53	00:00:14	00:30:34	01:05:14	01:07:51.25	01:08:05.50	+00:26:37 (39.2%)	6:27	9.3 (60.8%)
122	KUCZERA-KULAGA Magdalenakulaga	1176		K-40	49	00:00:14	00:30:34	01:05:14	01:07:51.20	01:08:05.50	+00:26:37 (39.2%)	6:27	9.3 (60.8%)
124	CZARNECKA Marta	1044		K-30	48	00:01:04	00:30:50	01:04:31	01:07:05.40	01:08:09.70	+00:25:51 (38.5%)	6:23	9.4 (61.4%)
125	PROCEK Katarzyna	1508		K-40	47	00:00:51	00:30:47	01:04:50	01:07:20.60	01:08:11.90	+00:26:06 (38.8%)	6:24	9.4 (61.4%)
126	BOREK Jadwiga	1424	ACTIV EAGLES PRO	K-30	50	00:00:35	00:31:54	01:05:16	01:07:37.45	01:08:12.70	+00:26:23 (39.0%)	6:26	9.3 (60.8%)
127	ŻYDEK Małgorzata	1415	ACTIV EAGLES PRO	K-30	51	00:00:34	00:31:55	01:05:17	01:07:38.05	01:08:12.95	+00:26:24 (39.0%)	6:26	9.3 (60.8%)
128	ADAMUS Anna	1012		K-40	46	00:01:13	00:31:45	01:04:32	01:07:00.25	01:08:13.60	+00:25:46 (38.5%)	6:22	9.4 (61.4%)
129	STRUG Gosia	1340		K-40	44	00:01:26	00:31:31	01:04:21	01:06:47.95	01:08:14.20	+00:25:34 (38.3%)	6:21	9.4 (61.4%)

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
130	MIGURSKI Daria	1214	FUCHS OIL TEAM	K-30	47	00:01:23	00:31:41	01:04:35	01:06:59.80	01:08:23.75	+00:25:45 (38.5%)	6:22	9.4 (61.4%)
131	JUSZCZAK Ewa	1125		K-50	8	00:00:58	00:30:58	01:05:09	01:07:28.30	01:08:26.65	+00:26:14 (38.9%)	6:25	9.3 (60.8%)
132	KUKUCZKA Ewa	1178		K-30	49	00:01:11	00:30:37	01:04:53	01:07:18.15	01:08:30.10	+00:26:04 (38.7%)	6:24	9.4 (61.4%)
133	PILAREK Monika	1433		K-18	3	00:00:25	00:32:01	01:05:35	01:08:07.35	01:08:33.30	+00:26:53 (39.5%)	6:29	9.2 (60.1%)
134	KLOC Izabela	1136	FLUOR	K-30	54	00:00:58	00:31:35	01:05:19	01:07:53.30	01:08:51.40	+00:26:39 (39.3%)	6:27	9.3 (60.8%)
135	POLUS-WŁODARZ Iwona	1276		K-40	48	00:01:11	00:32:14	01:05:20	01:07:42.80	01:08:54.45	+00:26:28 (39.1%)	6:26	9.3 (60.8%)
136	LEWICKA Beata	1498		K-30	52	00:01:19	00:31:48	01:05:24	01:07:43.75	01:09:03.45	+00:26:29 (39.1%)	6:27	9.3 (60.8%)
137	PACUŁA Tatiana	1245	PĘDZIWIATR GLIWICE	K-50	9	00:01:37	00:32:03	01:05:18	01:07:42.20	01:09:19.40	+00:26:28 (39.1%)	6:26	9.3 (60.8%)
138	DZIUBKA Julia	1064		K-20	22	00:01:07	00:33:33	01:06:16	01:08:18.90	01:09:26.85	+00:27:05 (39.6%)	6:30	9.2 (60.1%)
139	MATUSZEWSKA Monika	455		K-40	51	00:00:29	00:32:27	01:06:21	01:08:57.80	01:09:27.70	+00:27:43 (40.2%)	6:34	9.1 (59.5%)
140	PAWLARCZYK Karolina	1255		K-20	23	00:01:05	00:32:50	01:06:13	01:08:23.40	01:09:29.35	+00:27:09 (39.7%)	6:30	9.2 (60.1%)
141	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	+00:27:37 (40.1%)	6:33	9.1 (59.5%)
142	OLESIŃSKA Ewa	1236	FLUOR	K-40	52	00:00:40	00:31:56	01:06:18	01:09:01.70	01:09:41.90	+00:27:47 (40.3%)	6:34	9.1 (59.5%)
143	PIENIAK Karolina	1260		K-20	24	00:01:12	00:32:17	01:06:05	01:08:31.60	01:09:43.70	+00:27:17 (39.8%)	6:31	9.2 (60.1%)
144	SZUMIATA Milena	1351		K-20	25	00:01:11	00:32:18	01:06:06	01:08:32.10	01:09:43.90	+00:27:18 (39.8%)	6:31	9.2 (60.1%)
145	PIOTROWSKA Anna	1265		K-20	26	00:01:22	00:33:46	01:06:32	01:08:39.35	01:10:01.55	+00:27:25 (39.9%)	6:32	9.2 (60.1%)
146	ROLNIK Joanna	1470		K-30	55	00:01:24	00:32:24	01:06:04	01:08:44.20	01:10:08.45	+00:27:30 (40.0%)	6:32	9.2 (60.1%)
147	TOMASZEWSKA Mirosława	1362	MOMO RESTAURANT & COCKTAIL BAR	K-30	58	00:00:23	00:31:12	01:07:05	01:09:49.15	01:10:12.15	+00:28:35 (40.9%)	6:38	9 (58.8%)
148	PANKIEWICZ Katarzyna	1250		K-40	54	00:00:45	00:31:07	01:07:12	01:10:01.10	01:10:46.35	+00:28:47 (41.1%)	6:40	9 (58.8%)
149	SKRZYPEK Marta	1319	GOOD TIME SPORT	K-30	56	00:01:26	00:32:37	01:06:43	01:09:21.35	01:10:47.80	+00:28:07 (40.6%)	6:36	9.1 (59.5%)
149	PLESZCZYŃSKA Iwona	1270		K-30	59	00:00:19	00:30:50	01:07:50	01:10:27.95	01:10:47.80	+00:29:14 (41.5%)	6:42	8.9 (58.2%)
151	KOCHANEK Aleksandra	1140		K-40	53	00:01:22	00:33:18	01:07:17	01:09:46.20	01:11:09.05	+00:28:32 (40.9%)	6:38	9 (58.8%)
152	KOCZY-ŁUSIAK Sylwia	1144	WATAHA TEAM	K-30	57	00:01:42	00:33:05	01:07:22	01:09:46.05	01:11:28.80	+00:28:32 (40.9%)	6:38	9 (58.8%)

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
153	SIERAKOWSKA Anna	1308	FUCHS OIL TEAM	K-30	60	00:01:24	00:32:04	01:08:12	01:10:42.35	01:12:06.70	+00:29:28 (41.7%)	6:44	8.9 (58.2%)
154	JACHYMOWSKA Dominika	1112		K-30	61	00:01:36	00:33:07	01:08:23	01:10:45.65	01:12:22.60	+00:29:31 (41.7%)	6:44	8.9 (58.2%)
155	WYPYCH - ŚLUSARSKA Agata	1393		K-30	62	00:01:30	00:32:53	01:08:20	01:10:56.10	01:12:26.65	+00:29:42 (41.9%)	6:45	8.9 (58.2%)
156	WINIARSKA Aleksandra	1431		K-18	4	00:00:10	00:32:14	01:09:46	01:12:29.00	01:12:39.30	+00:31:15 (43.1%)	6:54	8.7 (56.9%)
157	BISZ Magdalena	1446		K-20	27	00:01:02	00:33:20	01:09:09	01:11:50.50	01:12:52.50	+00:30:36 (42.6%)	6:50	8.8 (57.5%)
158	NOWAK Ewa	1226		K-40	56	00:00:45	00:33:05	01:09:56	01:12:23.70	01:13:08.85	+00:31:09 (43.0%)	6:53	8.7 (56.9%)
159	KOCYAN Małgorzata	1143	BIEGAJ Z TRENERAMI	K-50	10	00:01:35	00:33:03	01:08:54	01:11:35.75	01:13:11.70	+00:30:21 (42.4%)	6:49	8.8 (57.5%)
160	RAŁ Zdzisława	1290	INDYWIDUALNIE	K-60	2	00:01:03	00:33:19	01:09:33	01:12:21.85	01:13:25.15	+00:31:07 (43.0%)	6:53	8.7 (56.9%)
161	ZAKLIŃSKA Katarzyna	1401	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	01:11:49.25	01:13:34.75	+00:30:35 (42.6%)	6:50	8.8 (57.5%)
162	ŁUKASZEWSKA Justyna	1189	STEP DANCE	K-30	64	00:00:31	00:33:49	01:10:50	01:13:15.05	01:13:47.00	+00:32:01 (43.7%)	6:58	8.6 (56.2%)
163	PŁACHTA Sylwia	1482		K-30	63	00:01:34	00:33:43	01:09:32	01:12:16.70	01:13:51.45	+00:31:02 (43.0%)	6:53	8.7 (56.9%)
164	WIANKOWSKA Elizabeth	1499		K-50	11	00:00:13	00:33:42	01:11:00	01:13:41.00	01:13:54.90	+00:32:27 (44.0%)	7:01	8.6 (56.2%)
165	SZYDŁAK Iwona	1355		K-40	57	00:01:30	00:33:23	01:10:40	01:13:06.40	01:14:37.00	+00:31:52 (43.6%)	6:57	8.6 (56.2%)
166	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	+00:32:20 (44.0%)	7:00	8.6 (56.2%)
167	GORAJ ZAJĄC Aleksandra	1500		K-40	59	00:00:06	00:35:29	01:12:50	01:15:22.05	01:15:28.70	+00:34:08 (45.3%)	7:10	8.4 (54.9%)
168	JÓZEFczyk Katarzyna	1123	ISTA BIEGAMY	K-30	65	00:01:24	00:34:19	01:12:18	01:15:03.10	01:16:27.70	+00:33:49 (45.1%)	7:08	8.4 (54.9%)
169	RUTKA Wiola	1301		K-30	66	00:00:26	00:35:31	01:13:23	01:16:08.65	01:16:35.00	+00:34:54 (45.9%)	7:15	8.3 (54.2%)
170	GORZKOWSKA Małgorzata	1093		K-20	29	00:01:22	00:34:52	01:12:39	01:15:19.55	01:16:42.30	+00:34:05 (45.3%)	7:10	8.4 (54.9%)
171	TRZASKALIK Aleksandra	1366		K-20	28	00:01:23	00:34:51	01:12:38	01:15:19.05	01:16:42.40	+00:34:05 (45.3%)	7:10	8.4 (54.9%)
172	RACZKOWSKA Maja	1288		K-18	5	00:00:17	00:36:31	01:14:10	01:16:34.75	01:16:52.05	+00:35:20 (46.2%)	7:17	8.2 (53.6%)
173	ZIOŁKOWSKA Barbara	1407		K-30	67	00:01:39	00:34:09	01:13:25	01:16:10.35	01:17:50.10	+00:34:56 (45.9%)	7:15	8.3 (54.2%)
174	STARCZEWSKA Jolanta	690		K-30	68	00:01:00	00:35:11	01:14:26	01:17:11.95	01:18:12.55	+00:35:58 (46.6%)	7:21	8.2 (53.6%)
175	STEFAŃSKA Magdalena	1438		K-20	30	00:00:36	00:35:05	01:15:09	01:18:02.30	01:18:38.75	+00:36:48 (47.2%)	7:25	8.1 (52.9%)

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
176	KONOPACKA Krystyna	1151		K-60	3	00:00:29	00:35:46	01:15:25	01:18:12.70	01:18:42.45	+00:36:58 (47.3%)	7:26	8.1 (52.9%)
177	TUROWSKA Anna	1436		K-40	60	00:00:36	00:35:46	01:16:07	01:18:56.30	01:19:32.40	+00:37:42 (47.8%)	7:31	8 (52.3%)
178	STEFAŃSKA Beata	1437		K-50	12	00:00:36	00:35:46	01:16:06	01:18:56.00	01:19:32.50	+00:37:42 (47.8%)	7:31	8 (52.3%)
179	OSTROWSKA Justyna	1242	NIGHT RUNNERS GLIWICE	K-30	70	00:00:26	00:36:20	01:16:48	01:19:12.90	01:19:39.70	+00:37:59 (47.9%)	7:32	8 (52.3%)
180	WOJTUKIEWICZ Justyna	1387		K-30	69	00:01:27	00:37:02	01:16:02	01:18:44.15	01:20:12.05	+00:37:30 (47.6%)	7:30	8 (52.3%)
181	FRĄC 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	+00:40:14 (49.4%)	7:45	7.7 (50.3%)
182	CZENCZEK Magdalena	1046	ETISOFT RUNNING TEAM	K-30	71	00:01:37	00:39:47	01:20:57	01:23:58.60	01:25:36.40	+00:42:44 (50.9%)	7:59	7.5 (49.0%)
183	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	+00:42:44 (50.9%)	7:59	7.5 (49.0%)
184	TOMCZAK Joanna	1363	ZABIEGANI NAUCZYCIELE	K-30	72	00:00:38	00:40:02	01:24:00	01:27:08.55	01:27:47.25	+00:45:54 (52.7%)	8:18	7.2 (47.1%)
185	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	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
186	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	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
187	ADAMOWSKA Katarzyna	1011	ZABIEGANI NAUCZYCIELE	K-30	73	00:00:39	00:40:02	01:24:00	01:27:17.30	01:27:56.70	+00:46:03 (52.8%)	8:18	7.2 (47.1%)
188	NIEWDANA Anna	1224	EUVIC	K-20	32	00:00:16	00:41:37	01:26:52	01:30:36.15	01:30:52.65	+00:49:22 (54.5%)	8:37	7 (45.8%)
189	SMOLNIK Alicja	1323		K-20	31	00:01:31	00:41:42	01:26:32	01:29:46.75	01:31:18.40	+00:48:32 (54.1%)	8:33	7 (45.8%)
190	MRÓWKA Ilona	1217		K-40	65	00:01:14	00:43:12	01:28:27	01:32:01.65	01:33:15.85	+00:50:47 (55.2%)	8:45	6.8 (44.4%)
191	CIESZYŃSKA Jola	906		K-50	13	00:00:21	00:44:17	01:26:57	01:36:20.00	01:36:41.35	+00:55:06 (57.2%)	9:10	6.5 (42.5%)

Znaleziono 191 wynik(ów)