



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2022-10-22
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DELEWSKA Kaja	1219		K-30	1	00:37:01.60		3:42	16.2 (100%)
2	KONIECZNA Anna	1044		K-20	1	00:37:42.60	+00:00:41 (1.8%)	3:46	15.9 (98.1%)
3	JADASZ Anna	1245	VATTENFALL IT	K-30	2	00:39:06.75	+00:02:05 (5.3%)	3:54	15.3 (94.4%)
4	LEGASZEWSKA Maria	1203		K-20	2	00:39:18.55	+00:02:16 (5.8%)	3:55	15.3 (94.4%)
5	LASKOWSKA Katarzyna	1420	INŻYNIERIA BIEGANIA TEAM	K-40	1	00:39:43.00	+00:02:41 (6.8%)	3:58	15.1 (93.2%)
6	SARDAR Katja	1419	RUN&FUN CLUB	K-20	3	00:41:33.25	+00:04:31 (10.9%)	4:09	14.4 (88.9%)
7	KASPRZAK Martyna	1454	GREEN BELT RUNNER	K-30	3	00:41:37.80	+00:04:36 (11.1%)	4:09	14.4 (88.9%)
8	MANTERYŚ Danuta	1436	AZS AWF KRAKÓW MASTERS	K-50	1	00:41:59.60	+00:04:58 (11.8%)	4:11	14.3 (88.3%)
9	LEŚNIAK Matylda	1412	ŚLĄSKA SIEĆ METROPOLITALNA GLIWICE	K-20	4	00:43:16.70	+00:06:15 (14.4%)	4:19	13.9 (85.8%)
10	ZENOWICZ Kinga	1127	ATHLETICS NYSA	K-20	5	00:43:29.85	+00:06:28 (14.9%)	4:20	13.8 (85.2%)
11	MAZIAREK Adela	1165		K-40	2	00:44:16.70	+00:07:15 (16.4%)	4:25	13.6 (84.0%)
12	SZOŁTYSEK-GRZESIKIEWICZ Anna	1037		K-40	3	00:45:34.55	+00:08:32 (18.8%)	4:33	13.2 (81.5%)
13	DZIUBEK Monika	1223	W POGONI ZA DUCHEM	K-40	4	00:45:35.00	+00:08:33 (18.8%)	4:33	13.2 (81.5%)
14	GROCHOWSKA Anna	1480		K-30	4	00:46:03.55	+00:09:01 (19.6%)	4:36	13 (80.2%)
15	MACHALICA Agnieszka	1209		K-30	5	00:46:06.50	+00:09:04 (19.7%)	4:36	13 (80.2%)
16	KLOZA Iwona	1116		K-40	5	00:46:06.95	+00:09:05 (19.7%)	4:36	13 (80.2%)
17	POGODA Kinga	1409	UKS KOMETA - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O. O.	K-20	6	00:47:18.80	+00:10:17 (21.7%)	4:43	12.7 (78.4%)
18	ĆWIKŁA Sandra	1210		K-30	6	00:47:45.05	+00:10:43 (22.5%)	4:46	12.6 (77.8%)
19	PIETRAS Sylwia	1217	MIECHOWICKA GRUPA BIEGOWA	K-30	7	00:48:02.85	+00:11:01 (22.9%)	4:48	12.5 (77.2%)
20	STRÓŻIK Barbara	1024	JJ RUNNERS TEAM	K-20	7	00:48:18.75	+00:11:17 (23.4%)	4:49	12.4 (76.5%)
21	PELAN Katarzyna	1167		K-30	8	00:48:18.95	+00:11:17 (23.4%)	4:49	12.4 (76.5%)
22	BAJSAROWICZ Marta	1385		K-30	9	00:48:31.35	+00:11:29 (23.7%)	4:51	12.4 (76.5%)
23	LAMPA Alicja	1471		K-30	10	00:49:02.60	+00:12:01 (24.5%)	4:54	12.2 (75.3%)
24	ZAPOTOCZNA Renata	1199		K-40	6	00:49:10.05	+00:12:08 (24.7%)	4:55	12.2 (75.3%)
25	WOJAKOWSKA Katarzyna	1458	MOMO RUNNING TEAM	K-40	7	00:49:17.55	+00:12:15 (24.9%)	4:55	12.2 (75.3%)
26	WÓJCIK Anna	1328		K-40	8	00:49:39.45	+00:12:37 (25.4%)	4:57	12.1 (74.7%)
27	LUKOSZEK Weronika	1029		K-20	8	00:50:05.30	+00:13:03 (26.1%)	5:00	12 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	SKUPIEŃ Małgorzata	1085	ETISOFT RUNNINGTEAM	K-30	11	00:50:10.60	+00:13:09 (26.2%)	5:01	12 (74.1%)
29	KWIECIEŃ Małgorzata	1099		K-20	9	00:50:15.40	+00:13:13 (26.3%)	5:01	11.9 (73.5%)
30	KOMANDER Katarzyna	1192	JOMAR RUNNERS	K-20	10	00:50:17.25	+00:13:15 (26.4%)	5:01	11.9 (73.5%)
31	STABLA Ksenia	1374	AKTYWNI LYSKI	K-40	9	00:50:34.90	+00:13:33 (26.8%)	5:03	11.9 (73.5%)
32	SUBIK Edyta	1089		K-30	12	00:50:52.20	+00:13:50 (27.2%)	5:05	11.8 (72.8%)
33	STAJNO Magdalena	1346		K-40	10	00:51:24.45	+00:14:22 (28.0%)	5:08	11.7 (72.2%)
34	BADURA Karina	1297		K-30	13	00:51:25.85	+00:14:24 (28.0%)	5:08	11.7 (72.2%)
35	MACH Katarzyna	1421		K-30	14	00:51:30.65	+00:14:29 (28.1%)	5:09	11.7 (72.2%)
36	HOMA Dorota	1149		K-30	15	00:51:32.50	+00:14:30 (28.2%)	5:09	11.6 (71.6%)
37	SADOWNICZYK Agnieszka	1087		K-30	16	00:51:40.35	+00:14:38 (28.3%)	5:10	11.6 (71.6%)
38	TOMAL Anna	1091	BOJKÓW BIEGA	K-30	17	00:51:43.80	+00:14:42 (28.4%)	5:10	11.6 (71.6%)
39	GEC Monika	1263		K-40	11	00:51:52.05	+00:14:50 (28.6%)	5:11	11.6 (71.6%)
40	SZYSLER Alicja	1440		K-30	18	00:52:03.10	+00:15:01 (28.9%)	5:12	11.5 (71.0%)
41	ŻOŁNOWSKA Karolina	1369		K-20	11	00:52:47.65	+00:15:46 (29.9%)	5:16	11.4 (70.4%)
42	FARA Marta	1104	7PRO TEAM	K-30	19	00:52:51.20	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
43	BLOMA-WOJCIECHOWSKA Żaneta	1271		K-40	12	00:53:04.50	+00:16:02 (30.2%)	5:18	11.3 (69.8%)
44	DRAGON Karolina	1254	DRAGON TEAM	K-30	20	00:53:07.25	+00:16:05 (30.3%)	5:18	11.3 (69.8%)
45	SZWAJKOSZ Magdalena	1137		K-30	21	00:53:18.15	+00:16:16 (30.5%)	5:19	11.3 (69.8%)
46	PUTOWSKA Natalia	1214		K-30	22	00:53:18.35	+00:16:16 (30.5%)	5:19	11.3 (69.8%)
47	KACZMARCZYK Dorota	1491	AZS AWF KRAKÓW MASTERS	K-40	13	00:53:21.70	+00:16:20 (30.6%)	5:20	11.2 (69.1%)
48	KRASZEWSKA Renata	1441	AZS AWF KRAKÓW MASTERS	K-50	2	00:53:22.00	+00:16:20 (30.6%)	5:20	11.2 (69.1%)
49	PIEKARZ Małgorzata	1215	DRUŻYNA JEDYNKI	K-30	23	00:53:23.20	+00:16:21 (30.6%)	5:20	11.2 (69.1%)
50	FRANKIEWICZ Małgorzata	1034		K-40	14	00:53:33.50	+00:16:31 (30.9%)	5:21	11.2 (69.1%)
51	SALA Nela	1451		K-30	24	00:53:35.50	+00:16:33 (30.9%)	5:21	11.2 (69.1%)
52	PIETROŃ Beata	1382		K-50	3	00:53:45.60	+00:16:44 (31.1%)	5:22	11.2 (69.1%)
53	SPYRA Kasia	1358	4K P.K.S. SPYROWKA	K-30	25	00:53:47.45	+00:16:45 (31.2%)	5:22	11.2 (69.1%)
54	KLUCZNIOK Katarzyna	1357	4K PKS	K-30	26	00:53:51.90	+00:16:50 (31.3%)	5:23	11.1 (68.5%)
55	KRAJEWSKA Katarzyna	1076	BOJKÓW BIEGA	K-30	27	00:54:06.90	+00:17:05 (31.6%)	5:24	11.1 (68.5%)
56	NOWAKOWSKA-TRZASKA Joanna	1425	CROSSFIT HELLWOOD	K-40	15	00:54:14.65	+00:17:13 (31.7%)	5:25	11.1 (68.5%)
57	BEMŚ Emilia	1191	KS SOŚNICA	K-30	28	00:54:30.80	+00:17:29 (32.1%)	5:27	11 (67.9%)
58	WYCISK Dagmara	1373		K-30	29	00:54:42.55	+00:17:40 (32.3%)	5:28	11 (67.9%)
59	KUCHTA Katarzyna	1286	NIGHT RUNNERS PYSKOWICE	K-30	30	00:54:43.10	+00:17:41 (32.3%)	5:28	11 (67.9%)
60	DRABIK Joanna	1349	STELLANTIS ACTIVE TEAM	K-40	16	00:54:45.55	+00:17:43 (32.4%)	5:28	11 (67.9%)
61	NEUMANN Monika	1060		K-30	31	00:54:49.30	+00:17:47 (32.5%)	5:28	10.9 (67.3%)
62	ZIĘBA Sabina	1153		K-40	17	00:55:02.50	+00:18:00 (32.7%)	5:30	10.9 (67.3%)
63	NIESLER Magdalena	1445		K-30	32	00:55:08.70	+00:18:07 (32.9%)	5:30	10.9 (67.3%)
64	SKOWRON Mirosława	1247		K-40	18	00:55:15.70	+00:18:14 (33.0%)	5:31	10.9 (67.3%)
65	MAJ Małgorzata	1266		K-40	19	00:55:27.75	+00:18:26 (33.2%)	5:32	10.8 (66.7%)
66	WIŚNIEWSKA Beata	1432		K-30	33	00:55:43.40	+00:18:41 (33.6%)	5:34	10.8 (66.7%)
67	KUPIBIDA Bogusława	1340	SILESIA NORDIC TEAM	K-60	1	00:55:57.85	+00:18:56 (33.8%)	5:35	10.7 (66.0%)
68	ZAKLIŃSKA Katarzyna	1301		K-40	20	00:55:59.45	+00:18:57 (33.9%)	5:35	10.7 (66.0%)
69	KUNOWSKA Małgorzata	1175		K-30	34	00:55:59.50	+00:18:57 (33.9%)	5:35	10.7 (66.0%)
70	STACHOWSKA Marta	1218	ZABIEGANI IMIELIN	K-30	35	00:56:04.90	+00:19:03 (34.0%)	5:36	10.7 (66.0%)
71	GRZEGORCZYK Monika	1134	#HUTATEAM	K-40	21	00:56:06.65	+00:19:05 (34.0%)	5:36	10.7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	GŁADYSZ Aneta	1111		K-40	22	00:56:08.50	+00:19:06 (34.0%)	5:36	10.7 (66.0%)
73	BURZAK Justyna	1376	BALASANA JOGA	K-30	36	00:56:10.90	+00:19:09 (34.1%)	5:37	10.7 (66.0%)
74	CHOLEWA Magdalena	1138	-	K-40	23	00:56:11.00	+00:19:09 (34.1%)	5:37	10.7 (66.0%)
75	WIERCIŃSKA Aneta	1058		K-30	37	00:56:51.10	+00:19:49 (34.9%)	5:41	10.6 (65.4%)
76	NOWAK Anna	1282	KLUB BIEGACZY JYSK	K-30	38	00:57:00.70	+00:19:59 (35.1%)	5:42	10.5 (64.8%)
77	PĘDZIK Agnieszka	1098	#HUTATEAM . NIGHT RUNNERS PYSKOWICE	K-30	39	00:57:09.90	+00:20:08 (35.2%)	5:42	10.5 (64.8%)
78	SAŁAPATEK Katarzyna	1094		K-30	40	00:57:12.50	+00:20:10 (35.3%)	5:43	10.5 (64.8%)
79	STOLARZ Agnieszka	1182		K-40	24	00:57:13.20	+00:20:11 (35.3%)	5:43	10.5 (64.8%)
80	SIKORA Agnieszka	1341		K-40	25	00:57:17.05	+00:20:15 (35.4%)	5:43	10.5 (64.8%)
81	PAJOR Izabela	1387		K-30	41	00:57:26.80	+00:20:25 (35.5%)	5:44	10.4 (64.2%)
82	WYSOCKA Aga	1112		K-20	12	00:57:39.40	+00:20:37 (35.8%)	5:45	10.4 (64.2%)
83	WOLAŃSKA Magdalena	1336		K-40	26	00:57:44.70	+00:20:43 (35.9%)	5:46	10.4 (64.2%)
84	WOJTUKIEWICZ Justyna	1296		K-30	42	00:57:50.90	+00:20:49 (36.0%)	5:47	10.4 (64.2%)
85	MĄCZKA Krystyna	1452		K-60	2	00:57:54.35	+00:20:52 (36.1%)	5:47	10.4 (64.2%)
86	DRABEK Agnieszka	1128		K-30	43	00:58:09.75	+00:21:08 (36.3%)	5:48	10.3 (63.6%)
87	CEBULA Beata	1437		K-40	27	00:58:14.15	+00:21:12 (36.4%)	5:49	10.3 (63.6%)
88	SOSADA Nicol	1246	ISTA BIEGAMY	K-20	13	00:58:16.30	+00:21:14 (36.5%)	5:49	10.3 (63.6%)
89	SIEDLECKA Anna	1377		K-30	44	00:58:17.90	+00:21:16 (36.5%)	5:49	10.3 (63.6%)
90	STEPOWANY Marta	1274	BÓJKOW BIEGA	K-30	45	00:58:29.80	+00:21:28 (36.7%)	5:50	10.3 (63.6%)
91	MISZCZYSZYN Marta	1077	BOJKÓW BIEGA	K-30	46	00:58:36.40	+00:21:34 (36.8%)	5:51	10.2 (63.0%)
92	STELMASZCZYK Iwona	1244	NIEZRZESZONY	K-40	28	00:58:36.75	+00:21:35 (36.8%)	5:51	10.2 (63.0%)
93	NANCKA Brygida	1220		K-50	4	00:58:39.00	+00:21:37 (36.9%)	5:51	10.2 (63.0%)
94	SZEWC Renata	1132	#HUTATEAM	K-40	29	00:58:40.55	+00:21:38 (36.9%)	5:52	10.2 (63.0%)
95	STERNICZUK Anna	1249		K-30	47	00:58:43.65	+00:21:42 (37.0%)	5:52	10.2 (63.0%)
96	JEFIMIK Paulina	1198		K-30	48	00:58:45.35	+00:21:43 (37.0%)	5:52	10.2 (63.0%)
97	WIELGUS Agnieszka	1476		K-40	30	00:58:52.10	+00:21:50 (37.1%)	5:53	10.2 (63.0%)
98	SKURA Aleksandra	1141	FLUOR	K-20	14	00:58:58.40	+00:21:56 (37.2%)	5:53	10.2 (63.0%)
99	MUSIALIK Karolina	1354		K-20	15	00:59:09.10	+00:22:07 (37.4%)	5:54	10.1 (62.3%)
100	OSOWSKA Katarzyna	1083		K-40	31	00:59:10.45	+00:22:08 (37.4%)	5:55	10.1 (62.3%)
101	HUZIOR Ela	1438	ELABIEGA	K-50	5	00:59:16.80	+00:22:15 (37.5%)	5:55	10.1 (62.3%)
102	SKWARA Katarzyna	1096	HIRSCHVOGEL	K-40	32	00:59:29.05	+00:22:27 (37.8%)	5:56	10.1 (62.3%)
103	ŚLUSARSKA Sylwia	1416		K-30	49	00:59:33.35	+00:22:31 (37.8%)	5:57	10.1 (62.3%)
104	PANENKA Małgorzata	1404	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-40	33	00:59:34.95	+00:22:33 (37.9%)	5:57	10.1 (62.3%)
105	CHMELIK Katarzyna	1072		K-20	16	00:59:37.85	+00:22:36 (37.9%)	5:57	10.1 (62.3%)
106	GIERCZYCKA Natalia	1334	CHRZĄSZCZE CHRABĄSZCZE DZIKI	K-30	50	00:59:51.35	+00:22:49 (38.1%)	5:59	10 (61.7%)
106	WESOŁY-JAKUBCZYK Ewa	1417		K-30	50	00:59:51.35	+00:22:49 (38.1%)	5:59	10 (61.7%)
108	KOTLARSKA Anna	1080		K-40	34	00:59:55.95	+00:22:54 (38.2%)	5:59	10 (61.7%)
109	GLINKA Marta	1384		K-30	52	00:59:59.15	+00:22:57 (38.3%)	5:59	10 (61.7%)
110	MOSLER Klaudia	1105		K-30	53	01:00:03.65	+00:23:02 (38.4%)	6:00	10 (61.7%)
111	KRUPA Beata	1173		K-50	6	01:00:10.95	+00:23:09 (38.5%)	6:01	10 (61.7%)
112	DOBOSZ Alicja	1360	MOCNA EKIPA	K-20	17	01:00:17.80	+00:23:16 (38.6%)	6:01	10 (61.7%)
113	DOBIAS Katarzyna	1017		K-30	54	01:00:21.10	+00:23:19 (38.6%)	6:02	9.9 (61.1%)
114	TOWAREK Agnieszka	1051		K-40	35	01:00:43.80	+00:23:42 (39.0%)	6:04	9.9 (61.1%)
115	KAWECKA-KUŹDŻAŁ Agnieszka	1258		K-40	36	01:00:50.65	+00:23:49 (39.1%)	6:05	9.9 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						10km	Różn		
116	TWAROWSKA Celina	1277	ETISOFT RUNNING TEAM	K-30	55	01:01:03.20	+00:24:01 (39.4%)	6:06	9.8 (60.5%)
117	MARKOWICZ Magdalena	1054	BOJKÓW BIEGA	K-30	56	01:01:25.65	+00:24:24 (39.7%)	6:08	9.8 (60.5%)
118	SZUMSKA Anna	1424		K-30	57	01:01:36.70	+00:24:35 (39.9%)	6:09	9.7 (59.9%)
119	SZTECHMILER Ewa	1285	PRZERYCIE GARDENS	K-30	58	01:01:38.15	+00:24:36 (39.9%)	6:09	9.7 (59.9%)
120	ROŻEK Mariola	1110	#HUTATEAM	K-40	37	01:02:03.35	+00:25:01 (40.3%)	6:12	9.7 (59.9%)
121	MICHALSKA-WOJTUŃ Anna	1402	DECATHLON GLIWICE	K-40	38	01:02:15.80	+00:25:14 (40.5%)	6:13	9.6 (59.3%)
122	MICZKA Justyna	1344		K-40	39	01:02:20.85	+00:25:19 (40.6%)	6:14	9.6 (59.3%)
123	GOSTOMCZYK Karolina	1303		K-20	18	01:02:24.70	+00:25:23 (40.7%)	6:14	9.6 (59.3%)
124	ORZECHOWSKA Katarzyna	1129		K-20	19	01:02:31.80	+00:25:30 (40.8%)	6:15	9.6 (59.3%)
125	HAWRANEK Anna	1239		K-40	40	01:02:44.40	+00:25:42 (41.0%)	6:16	9.6 (59.3%)
126	OPANOWSKA Anna	1109		K-40	41	01:02:47.45	+00:25:45 (41.0%)	6:16	9.6 (59.3%)
127	FRANCZYK Kinga	1066	FUNDACJA TOŚKA I PRZYJACIELE	K-40	42	01:02:58.55	+00:25:56 (41.2%)	6:17	9.5 (58.6%)
128	PODSTUFKA Natalia	1150		K-30	59	01:03:04.35	+00:26:02 (41.3%)	6:18	9.5 (58.6%)
129	DUDZICZ Barbara	1009		K-40	43	01:03:21.15	+00:26:19 (41.6%)	6:20	9.5 (58.6%)
130	BAJSAROWICZ Justyna	1253		K-30	60	01:03:31.80	+00:26:30 (41.7%)	6:21	9.4 (58.0%)
131	LURÓT Anna	1414		K-30	61	01:03:40.95	+00:26:39 (41.9%)	6:22	9.4 (58.0%)
132	ORDYŃSKA Agnieszka	1299		K-40	44	01:03:43.80	+00:26:42 (41.9%)	6:22	9.4 (58.0%)
133	GÓRNICKA Karina	1010	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-30	62	01:04:04.55	+00:27:02 (42.2%)	6:24	9.4 (58.0%)
134	GÓRECKA-WRÓBEL Jolanta	1390		K-40	45	01:04:26.35	+00:27:24 (42.5%)	6:26	9.3 (57.4%)
135	IWASZKOWSKA Dominika	1206		K-20	20	01:04:27.25	+00:27:25 (42.6%)	6:26	9.3 (57.4%)
136	SZCZECIŃSKA Agata	1394		K-40	46	01:04:59.80	+00:27:58 (43.0%)	6:29	9.2 (56.8%)
137	ORZAŻEWSKA Elżbieta	1093		K-60	3	01:05:30.15	+00:28:28 (43.5%)	6:33	9.2 (56.8%)
138	PAJĄK Aleksandra	1172	#HUTATEAM	K-40	47	01:05:33.40	+00:28:31 (43.5%)	6:33	9.2 (56.8%)
139	RADZIKOWSKA-BUCHAŁA Magdalena	1240		K-40	48	01:05:51.10	+00:28:49 (43.8%)	6:35	9.1 (56.2%)
140	GRZESIAK Anna	1265		K-30	63	01:06:14.50	+00:29:12 (44.1%)	6:37	9.1 (56.2%)
141	JAŚNIEWICZ Sandra	1474		K-30	64	01:06:55.05	+00:29:53 (44.7%)	6:41	9 (55.6%)
142	ROMANIK Katarzyna	1293		K-20	21	01:06:56.10	+00:29:54 (44.7%)	6:41	9 (55.6%)
143	KUBICA Bożena	1022	ZABIEGANI NAUCZYCIELE	K-50	7	01:07:01.80	+00:30:00 (44.8%)	6:42	9 (55.6%)
144	JURCZYK Beata	1398		K-30	65	01:07:16.00	+00:30:14 (45.0%)	6:43	8.9 (54.9%)
145	PUDEŁKO Dominika	1329		K-30	66	01:07:59.25	+00:30:57 (45.5%)	6:47	8.8 (54.3%)
146	POLEWKA Julianna	1411	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	K-20	22	01:08:09.20	+00:31:07 (45.7%)	6:48	8.8 (54.3%)
147	KOZACZKIEWICZ Helena	1233	KB ORŁY Z KNUROWA	K-60	4	01:08:46.35	+00:31:44 (46.2%)	6:52	8.7 (53.7%)
148	TYLKOWSKA Marika	1007	POMPEJANKA TEAM	K-20	23	01:08:47.60	+00:31:46 (46.2%)	6:52	8.7 (53.7%)
149	MRÓWKA Ilona	1016		K-50	8	01:09:57.80	+00:32:56 (47.1%)	6:59	8.6 (53.1%)
150	ZASADZIŃSKA Angelika	1160	FUCHS OIL TEAM	K-30	67	01:10:52.25	+00:33:50 (47.8%)	7:05	8.5 (52.5%)
151	ZIARNIK Helena	1304	SLOW JOGGING GLIWICE	K-50	9	01:11:01.15	+00:33:59 (47.9%)	7:06	8.4 (51.9%)
152	BŁOSZYK-MAŁKOWSKA Monika	1352	LECZYMY DURŚ	K-30	68	01:11:23.20	+00:34:21 (48.1%)	7:08	8.4 (51.9%)
153	SIERAKOWSKA Anna	1154	FUCHS OIL TEAM	K-30	69	01:11:28.65	+00:34:27 (48.2%)	7:08	8.4 (51.9%)
154	DĄBROWSKA Zuzanna	1168	#HUTATEAM	K-20	24	01:13:05.45	+00:36:03 (49.3%)	7:18	8.2 (50.6%)
155	KOPER Dorota	1004		K-30	70	01:14:10.05	+00:37:08 (50.1%)	7:25	8.1 (50.0%)
156	OBWIOSŁO Joanna	1294		K-40	49	01:15:08.25	+00:38:06 (50.7%)	7:30	8 (49.4%)
157	WALENTRZAK Wioletta	1324	HUTATEAM	K-40	50	01:16:45.95	+00:39:44 (51.8%)	7:40	7.8 (48.1%)
158	WILKOŃ Aleksandra	1118	#HUTATEAM	K-20	25	01:32:03.30	+00:55:01 (59.8%)	9:12	6.5 (40.1%)
159	TUŃSKA Anna	1323	HUTATEAM	K-50	10	01:39:22.30	+01:02:20 (62.7%)	9:56	6 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
160	GABOR Aleksandra	1015		K-30	71	01:42:31.90	+01:05:30 (63.9%)	10:15	5.9 (36.4%)

Znaleziono 160 wynik(ów)