



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 Open

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	GOLBA Kasia	2543	1SECOND TEAM	K-20	1	00:00:02	00:16:52	00:23:55	00:41:22.65	00:41:25.30		4:08	14.5 (100%)
2	LEWICKA Elżbieta	2149	NIEZRZESZONA	K-40	1	00:00:02	00:17:24	00:24:19	00:41:43.75	00:41:46.20	+00:00:21 (0.8%)	4:10	14.4 (99.3%)
3	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	+00:02:24 (5.5%)	4:22	13.7 (94.5%)
4	GAWLIK Sandra	2187		K-30	2	00:00:02	00:18:42	00:26:20	00:45:32.20	00:45:34.85	+00:04:09 (9.1%)	4:33	13.2 (91.0%)
5	NENKO Barbara	2378	AUGUSTEAM	K-30	3	00:00:12	00:19:06	00:26:43	00:46:20.00	00:46:32.05	+00:04:57 (10.7%)	4:38	12.9 (89.0%)
6	PIECUCH Agnieszka	2250		K-30	4	00:00:14	00:19:22	00:26:58	00:46:27.35	00:46:41.90	+00:05:04 (10.9%)	4:38	12.9 (89.0%)
7	HERMAN Anna	2166	RUNONLINE TEAM	K-40	2	00:00:00			00:48:28.00	00:48:28.00	+00:07:05 (14.6%)	4:50	12.4 (85.5%)
8	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	+00:08:00 (16.2%)	4:56	12.1 (83.4%)
9	SKUPIEŃ Małgorzata	2122	ETISOFT RUNNING TEAM	K-20	2	00:00:42	00:21:07	00:29:09	00:49:12.75	00:49:54.95	+00:07:50 (15.9%)	4:55	12.2 (84.1%)
10	PASECKA Sylwia	2333		K-40	4	00:00:21	00:20:47	00:29:05	00:49:48.15	00:50:09.55	+00:08:25 (16.9%)	4:58	12 (82.8%)
11	FRAŃCZYK Małgorzata	2213		K-40	3	00:00:48	00:20:24	00:28:30	00:49:25.00	00:50:13.05	+00:08:02 (16.3%)	4:56	12.1 (83.4%)
12	PIKUL Wiktoria	2177		K-18	1	00:00:28	00:21:18	00:29:39	00:50:17.60	00:50:45.60	+00:08:54 (17.7%)	5:01	11.9 (82.1%)
13	ZIOMEK Katarzyna	2137		K-30	6	00:00:51	00:20:40	00:29:08	00:50:46.50	00:51:37.65	+00:09:23 (18.5%)	5:04	11.8 (81.4%)
14	ŻOŁĄDŹ Marlena	2264		K-20	3	00:01:06	00:21:47	00:30:13	00:50:37.35	00:51:43.50	+00:09:14 (18.3%)	5:03	11.9 (82.1%)

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
15	SZCZYRBA Agnieszka	2190		K-20	5	00:00:46	00:20:59	00:29:22	00:51:00.95	00:51:47.00	+00:09:38 (18.9%)	5:06	11.8 (81.4%)
16	WIŚNIEWSKA Dominika	2462		K-20	4	00:01:25	00:21:16	00:29:34	00:50:37.85	00:52:02.85	+00:09:15 (18.3%)	5:03	11.9 (82.1%)
17	RUBIN Katarzyna	2487		K-20	6	00:00:36	00:21:16	00:29:41	00:51:36.80	00:52:13.20	+00:10:14 (19.8%)	5:09	11.6 (80.0%)
18	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	+00:10:39 (20.5%)	5:12	11.5 (79.3%)
19	BRODALA Agnieszka	2245		K-30	10	00:00:21	00:22:03	00:30:45	00:52:43.45	00:53:05.00	+00:11:20 (21.5%)	5:16	11.4 (78.6%)
20	PLOCH Karolina	2154		K-30	8	00:01:11	00:21:50	00:30:22	00:52:19.65	00:53:31.30	+00:10:57 (20.9%)	5:14	11.5 (79.3%)
21	EICHHOF Joanna	2030		K-40	5	00:01:12	00:21:52	00:30:30	00:52:33.55	00:53:46.20	+00:11:10 (21.3%)	5:15	11.4 (78.6%)
22	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	+00:11:50 (22.3%)	5:19	11.3 (77.9%)
23	KOLOSKA Karina	2258		K-20	7	00:00:13	00:21:52	00:30:51	00:53:51.60	00:54:04.75	+00:12:28 (23.2%)	5:23	11.1 (76.6%)
24	GAJDA Katarzyna	2339	TAKENAKA	K-20	8	00:00:14	00:22:26	00:31:19	00:53:52.15	00:54:07.00	+00:12:29 (23.2%)	5:23	11.1 (76.6%)
25	SKUPIEŃ Izabela	2528		K-30	11	00:00:36	00:21:39	00:30:44	00:54:00.00	00:54:36.85	+00:12:37 (23.4%)	5:24	11.1 (76.6%)
26	TUCHOWSKA Anna	2529		K-30	9	00:02:12	00:22:18	00:30:46	00:52:25.35	00:54:38.30	+00:11:02 (21.1%)	5:14	11.4 (78.6%)
27	RACZEK Magdalena	2193		K-30	12	00:00:30	00:23:01	00:31:59	00:54:10.95	00:54:41.85	+00:12:48 (23.6%)	5:25	11.1 (76.6%)
28	WIĘCZKOWSKA Milena	2521		K-20	10	00:00:15	00:21:59	00:31:11	00:54:33.55	00:54:49.00	+00:13:10 (24.2%)	5:27	11 (75.9%)
29	STAROŃ Jagoda	2161		K-20	9	00:00:53	00:23:00	00:31:57	00:54:03.90	00:54:57.35	+00:12:41 (23.5%)	5:24	11.1 (76.6%)
30	PAWŁOWSKA-GULDZIŃSKA Magdalena	2417		K-40	7	00:01:47	00:22:43	00:31:19	00:53:37.50	00:55:24.60	+00:12:14 (22.8%)	5:21	11.2 (77.2%)
31	PIETRUCHA-TOMA Ewa	2434		K-50	1	00:00:58	00:22:24	00:31:31	00:54:34.95	00:55:33.45	+00:13:12 (24.2%)	5:27	11 (75.9%)
32	MAZALIK Jadwiga	2091		K-30	13	00:00:54	00:22:22	00:31:33	00:54:39.30	00:55:34.00	+00:13:16 (24.3%)	5:28	11 (75.9%)
33	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	+00:14:05 (25.4%)	5:32	10.8 (74.5%)
34	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI	K-30	17	00:00:00		00:33:29	00:55:56.60	00:55:56.60	+00:14:33 (26.0%)	5:35	10.7 (73.8%)
35	ŁAJSZCZAK - GAJDA Dorota	2174		K-40	8	00:02:00	00:22:19	00:31:19	00:54:01.40	00:56:01.45	+00:12:38 (23.4%)	5:24	11.1 (76.6%)
36	MICHALAK Agnieszka	2515		K-30	16	00:00:15	00:22:37	00:31:53	00:55:46.85	00:56:02.20	+00:14:24 (25.8%)	5:34	10.8 (74.5%)
37	PIOTROWSKA Małgorzata	2131		K-20	11	00:00:53	00:23:00	00:32:02	00:55:21.95	00:56:15.30	+00:13:59 (25.3%)	5:32	10.8 (74.5%)

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
38	MUSKIETORZ Katarzyna	2033		K-20	15	00:00:27	00:24:00	00:33:29	00:56:23.30	00:56:50.50	+00:15:00 (26.6%)	5:38	10.6 (73.1%)
39	TARNOWSKA Edyta	2151		K-20	16	00:00:23	00:23:01	00:32:28	00:56:54.85	00:57:18.65	+00:15:32 (27.3%)	5:41	10.5 (72.4%)
40	HERDUŚ Lucyna	2237		K-30	18	00:01:36	00:23:16	00:32:21	00:55:58.25	00:57:34.95	+00:14:35 (26.1%)	5:35	10.7 (73.8%)
41	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	+00:14:12 (25.6%)	5:33	10.8 (74.5%)
42	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	+00:15:16 (27.0%)	5:40	10.6 (73.1%)
43	BEMŚ Emilia	2185		K-20	12	00:01:44	00:24:04	00:33:11	00:56:06.10	00:57:50.85	+00:14:43 (26.2%)	5:36	10.7 (73.8%)
44	GLAPIAK Aleksandra	2311		K-30	21	00:00:48	00:23:40	00:33:08	00:57:02.80	00:57:51.05	+00:15:40 (27.5%)	5:42	10.5 (72.4%)
45	PUTOWSKA Natalia	2180		K-20	13	00:01:45	00:24:03	00:33:10	00:56:06.95	00:57:52.10	+00:14:44 (26.3%)	5:36	10.7 (73.8%)
46	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	+00:14:36 (26.1%)	5:35	10.7 (73.8%)
47	GILLNER Klaudia	2035		K-20	14	00:01:36	00:23:25	00:32:40	00:56:22.75	00:57:59.10	+00:15:00 (26.6%)	5:38	10.6 (73.1%)
48	MICHALSKA Natalia	2182	ABM	K-18	2	00:01:27	00:23:06	00:32:37	00:56:36.65	00:58:03.95	+00:15:14 (26.9%)	5:39	10.6 (73.1%)
49	FRANIELCZYK Marta	2499		K-30	24	00:00:00		00:33:46	00:58:08.60	00:58:08.60	+00:16:45 (28.8%)	5:48	10.3 (71.0%)
50	MIŚKIEWICZ Lucyna	2341		K-50	2	00:01:00	00:24:03	00:33:32	00:57:12.25	00:58:13.00	+00:15:49 (27.7%)	5:43	10.5 (72.4%)
51	WANDEL Ewa	2092		K-20	19	00:00:34	00:23:55	00:33:23	00:57:50.20	00:58:25.00	+00:16:27 (28.5%)	5:47	10.4 (71.7%)
52	OŻÓG Claudia	680		K-20	20	00:00:22	00:23:01	00:32:58	00:58:10.95	00:58:33.45	+00:16:48 (28.9%)	5:49	10.3 (71.0%)
53	ŚMIGIEL Magdalena	2192		K-20	18	00:01:05	00:22:57	00:33:08	00:57:40.05	00:58:45.05	+00:16:17 (28.2%)	5:46	10.4 (71.7%)
54	TARTANUS-ORYSZCZAK Marta	2365		K-30	22	00:01:18	00:23:39	00:33:07	00:57:30.65	00:58:49.15	+00:16:08 (28.1%)	5:45	10.4 (71.7%)
55	IWAN Anita	2545		K-20	17	00:01:24	00:24:02	00:33:28	00:57:27.65	00:58:52.55	+00:16:05 (28.0%)	5:44	10.4 (71.7%)
56	WOJTOWICZ Karolina	2325		K-30	26	00:00:40	00:23:35	00:33:12	00:58:16.80	00:58:57.55	+00:16:54 (29.0%)	5:49	10.3 (71.0%)
57	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	+00:17:28 (29.7%)	5:53	10.2 (70.3%)
58	BEHOUNEK Małgorzata	2452	TG SOKÓŁ ZAKOPANE	K-50	3	00:00:39	00:23:53	00:33:40	00:58:42.15	00:59:21.55	+00:17:19 (29.5%)	5:52	10.2 (70.3%)
59	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	+00:16:05 (28.0%)	5:44	10.4 (71.7%)
60	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	+00:17:41 (29.9%)	5:54	10.2 (70.3%)

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61	CICHY Agnieszka	2386		K-30	23	00:01:50	00:23:59	00:33:25	00:57:38.45	00:59:29.20	+00:16:15 (28.2%)	5:45	10.4 (71.7%)
62	DRABEK Agnieszka	2317		K-30	27	00:01:04	00:24:01	00:33:38	00:58:26.65	00:59:30.85	+00:17:04 (29.2%)	5:50	10.3 (71.0%)
63	ŻUREK Nela	2276	HIRERIGHT RUNNING TEAM	K-20	21	00:01:39	00:24:03	00:33:31	00:58:11.25	00:59:50.45	+00:16:48 (28.9%)	5:49	10.3 (71.0%)
64	PAWLUS - DUSIK Beata	2337		K-30	25	00:01:41	00:24:41	00:34:04	00:58:09.45	00:59:51.40	+00:16:46 (28.9%)	5:49	10.3 (71.0%)
65	SKORUPA Magdalena	2344		K-20	22	00:01:50	00:24:07	00:33:41	00:58:12.25	01:00:02.90	+00:16:49 (28.9%)	5:49	10.3 (71.0%)
66	KUWIK Klaudia	2293	PROPOINT	K-20	28	00:00:31	00:24:55	00:34:55	00:59:46.00	01:00:17.10	+00:18:23 (30.8%)	5:58	10 (69.0%)
67	SMOLIŃSKA Ilona	2343		K-40	10	00:01:50	00:24:07	00:33:41	00:58:29.85	01:00:20.25	+00:17:07 (29.3%)	5:51	10.3 (71.0%)
68	BOCHNAK Aleksandra	2156		K-20	27	00:00:38	00:24:27	00:34:29	00:59:42.45	01:00:21.35	+00:18:19 (30.7%)	5:58	10 (69.0%)
69	CZERWIŃSKA Anna	2508		K-30	35	00:00:22	00:25:11	00:35:08	01:00:05.40	01:00:27.90	+00:18:42 (31.1%)	6:00	10 (69.0%)
70	BUKSIŃSKA Iwona	2501		K-40	11	00:00:56	00:23:43	00:33:45	00:59:33.75	01:00:30.15	+00:18:11 (30.5%)	5:57	10.1 (69.7%)
71	LUKOSZEK Weronika	2034	STEP-DANCE	K-20	25	00:02:01	00:24:29	00:34:14	00:58:29.15	01:00:30.45	+00:17:06 (29.3%)	5:50	10.3 (71.0%)
72	MULARCZYK Teresa	2301	BIEGNIJ LOLA, BIEGNIJ	K-60	1	00:00:40	00:24:14	00:34:00	00:59:52.60	01:00:32.80	+00:18:29 (30.9%)	5:59	10 (69.0%)
73	BALCER Weronika	2318		K-20	24	00:02:09	00:23:43	00:33:18	00:58:26.60	01:00:36.15	+00:17:03 (29.2%)	5:50	10.3 (71.0%)
74	KRZOS Dominika	2436		K-20	23	00:02:20	00:24:24	00:33:51	00:58:20.15	01:00:40.75	+00:16:57 (29.1%)	5:50	10.3 (71.0%)
75	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	+00:18:14 (30.6%)	5:57	10.1 (69.7%)
76	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	+00:17:56 (30.2%)	5:55	10.1 (69.7%)
77	OKOŃ Monika	2107		K-30	34	00:00:57	00:24:53	00:34:38	00:59:55.30	01:00:52.85	+00:18:32 (30.9%)	5:59	10 (69.0%)
78	ORZECHOWSKA Natalia	2534		K-30	40	00:00:32	00:25:02	00:35:10	01:00:21.65	01:00:53.75	+00:18:59 (31.4%)	6:02	9.9 (68.3%)
79	MIECZNIKOWSKI Agnieszka	2162		K-40	15	00:01:06	00:24:19	00:34:28	01:00:00.25	01:01:06.65	+00:18:37 (31.0%)	6:00	10 (69.0%)
80	MAZURCZAK Diana	2247		K-20	30	00:01:09	00:24:58	00:35:01	00:59:58.70	01:01:08.40	+00:18:36 (31.0%)	5:59	10 (69.0%)
81	WYCIŚLIK Wioleta	2168		K-30	32	00:01:35	00:25:12	00:34:53	00:59:33.75	01:01:09.45	+00:18:11 (30.5%)	5:57	10.1 (69.7%)
82	BRZÓZKA Patrycja	2490		K-20	26	00:02:09	00:24:52	00:34:32	00:59:02.30	01:01:12.00	+00:17:39 (29.9%)	5:54	10.2 (70.3%)
83	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	+00:18:32 (31.0%)	5:59	10 (69.0%)

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84	LATA Beata	2128		K-40	14	00:01:29	00:25:27	00:35:26	00:59:55.75	01:01:25.70	+00:18:33 (31.0%)	5:59	10 (69.0%)
85	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	+00:18:10 (30.5%)	5:57	10.1 (69.7%)
86	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	+00:18:32 (30.9%)	5:59	10 (69.0%)
87	SIKORSKA Katarzyna	2133		K-30	37	00:01:14	00:24:37	00:34:44	01:00:15.70	01:01:30.25	+00:18:53 (31.3%)	6:01	10 (69.0%)
88	KOLASIŃSKA Monika	2075		K-20	29	00:01:53	00:24:31	00:34:31	00:59:46.40	01:01:39.65	+00:18:23 (30.8%)	5:58	10 (69.0%)
89	WOLANIN Patrycja	2440		K-20	32	00:00:59	00:25:45	00:35:43	01:00:43.70	01:01:43.05	+00:19:21 (31.9%)	6:04	9.9 (68.3%)
90	PIENIAK Karolina	2078		K-20	35	00:00:38	00:25:46	00:36:02	01:01:07.95	01:01:46.10	+00:19:45 (32.3%)	6:06	9.8 (67.6%)
91	WIELAWIŃSKA Halina	2542		K-30	41	00:01:30	00:24:45	00:34:49	01:00:23.70	01:01:53.75	+00:19:01 (31.5%)	6:02	9.9 (68.3%)
92	SKWARA Katarzyna	2095	HIRSCHVOGEL	K-30	42	00:01:29	00:24:53	00:34:57	01:00:29.50	01:01:58.90	+00:19:06 (31.6%)	6:02	9.9 (68.3%)
93	ORZAŻEWSKA Elżbieta	2104		K-50	4	00:01:41	00:24:39	00:34:34	01:00:18.85	01:02:00.35	+00:18:56 (31.4%)	6:01	9.9 (68.3%)
94	KOENIGSHAUS Anna	2060		K-30	38	00:01:47	00:25:17	00:35:19	01:00:19.05	01:02:06.40	+00:18:56 (31.4%)	6:01	9.9 (68.3%)
95	GRZYŚKA Katarzyna	2340		K-30	39	00:01:50	00:24:33	00:34:37	01:00:19.65	01:02:10.35	+00:18:57 (31.4%)	6:02	9.9 (68.3%)
95	ŻURAWIECKA Anna	2474		K-20	31	00:01:50	00:25:04	00:35:05	01:00:19.85	01:02:10.35	+00:18:57 (31.4%)	6:02	9.9 (68.3%)
97	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	+00:18:52 (31.3%)	6:01	10 (69.0%)
98	ZGRZYBŁOWSKA Weronika	2423		K-30	45	00:01:07	00:25:54	00:35:53	01:01:06.50	01:02:13.50	+00:19:43 (32.3%)	6:06	9.8 (67.6%)
99	PIETRZYK Małgorzata	2273		K-20	34	00:01:09	00:26:00	00:36:26	01:01:03.90	01:02:13.75	+00:19:41 (32.2%)	6:06	9.8 (67.6%)
100	SZULC Joanna	2038		K-18	3	00:00:28	00:26:15	00:36:26	01:01:46.85	01:02:14.85	+00:20:24 (33.0%)	6:10	9.7 (66.9%)
101	PAWEŁEK Barbara	2148		K-30	43	00:01:49	00:25:31	00:35:34	01:00:31.50	01:02:20.90	+00:19:08 (31.6%)	6:03	9.9 (68.3%)
102	BINASIK Agnieszka	2101		K-40	16	00:01:43	00:25:55	00:35:48	01:00:50.25	01:02:33.85	+00:19:27 (32.0%)	6:05	9.9 (68.3%)
103	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	+00:19:36 (32.2%)	6:05	9.8 (67.6%)
104	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	+00:21:02 (33.7%)	6:14	9.6 (66.2%)
105	RUSIELEWICZ Agnieszka	2486		K-20	33	00:02:20	00:25:44	00:35:40	01:00:54.70	01:03:14.70	+00:19:32 (32.1%)	6:05	9.9 (68.3%)
106	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	+00:20:55 (33.6%)	6:13	9.6 (66.2%)

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
107	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	+00:20:31 (33.1%)	6:11	9.7 (66.9%)
108	ANTOS Angelika	2123	HIRSCHVOGEL	K-20	36	00:01:34	00:25:14	00:35:28	01:02:14.20	01:03:48.85	+00:20:51 (33.5%)	6:13	9.6 (66.2%)
109	BIŃKOWSKA Justyna	2188		K-30	46	00:01:59	00:25:01	00:35:16	01:02:06.50	01:04:06.25	+00:20:43 (33.4%)	6:12	9.7 (66.9%)
110	SOBOLEWSKA Stefania	2347		K-40	18	00:01:54	00:26:03	00:36:24	01:02:15.65	01:04:10.20	+00:20:53 (33.5%)	6:13	9.6 (66.2%)
111	PORWOLIK Bożena	2450		K-40	19	00:01:49	00:25:13	00:35:39	01:02:27.55	01:04:17.15	+00:21:04 (33.8%)	6:14	9.6 (66.2%)
112	SIKORA Anna	2208		K-20	37	00:01:02	00:26:30	00:37:01	01:03:21.35	01:04:23.35	+00:21:58 (34.7%)	6:20	9.5 (65.5%)
113	KUKUCZKA Ewa	2146		K-30	55	00:01:09	00:25:05	00:35:38	01:03:15.95	01:04:25.05	+00:21:53 (34.6%)	6:19	9.5 (65.5%)
113	MUSZALSKA Bożena	2415		K-30	56	00:00:40	00:26:10	00:36:46	01:03:44.75	01:04:25.05	+00:22:22 (35.1%)	6:22	9.4 (64.8%)
113	KOPEĆ-WÓJCIK Monika	2138		K-20	38	00:01:02	00:26:29	00:37:01	01:03:23.05	01:04:25.05	+00:22:00 (34.7%)	6:20	9.5 (65.5%)
116	DWORNICZAK Iwona	2219		K-50	5	00:01:50	00:25:10	00:35:40	01:02:45.15	01:04:35.95	+00:21:22 (34.1%)	6:16	9.6 (66.2%)
117	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	+00:21:22 (34.1%)	6:16	9.6 (66.2%)
118	SKRZYPEK Marta	2191		K-30	53	00:01:41	00:25:11	00:35:04	01:03:02.25	01:04:43.35	+00:21:39 (34.4%)	6:18	9.5 (65.5%)
119	KOMHR Anna	2541		K-30	51	00:01:58	00:26:07	00:36:40	01:02:49.30	01:04:47.50	+00:21:26 (34.1%)	6:16	9.6 (66.2%)
120	MALEŃKA Jolanta	2448		K-30	57	00:01:03	00:24:57	00:35:42	01:03:48.00	01:04:51.45	+00:22:25 (35.1%)	6:22	9.4 (64.8%)
121	SZOŁTYSIK Marta	2453		K-30	54	00:01:46	00:25:51	00:36:38	01:03:05.60	01:04:52.45	+00:21:42 (34.4%)	6:18	9.5 (65.5%)
122	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	+00:21:12 (33.9%)	6:15	9.6 (66.2%)
123	PROCEK Katarzyna	2144		K-40	20	00:01:27	00:25:24	00:36:16	01:03:42.70	01:05:09.90	+00:22:20 (35.1%)	6:22	9.4 (64.8%)
124	PANKIEWICZ Katarzyna	2260	GRUPACMYKI	K-40	21	00:01:06	00:25:39	00:36:18	01:04:07.40	01:05:14.30	+00:22:44 (35.5%)	6:24	9.4 (64.8%)
125	OKOŃ Elżbieta	2058		K-30	59	00:00:57	00:25:21	00:36:28	01:04:18.15	01:05:15.25	+00:22:55 (35.7%)	6:25	9.3 (64.1%)
126	HOLETZKE Dorota	2425		K-30	58	00:01:12	00:25:21	00:36:23	01:04:08.25	01:05:20.40	+00:22:45 (35.5%)	6:24	9.4 (64.8%)
127	KEMPKA Izabela	2373		K-20	40	00:01:22	00:26:16	00:36:59	01:04:02.60	01:05:25.40	+00:22:39 (35.4%)	6:24	9.4 (64.8%)
128	ZIMNY Joanna	2022		K-30	52	00:02:39	00:26:34	00:36:40	01:02:51.85	01:05:31.30	+00:21:29 (34.2%)	6:17	9.5 (65.5%)
129	PE Magdalena	2411		K-30	63	00:00:29	00:26:05	00:37:16	01:05:14.80	01:05:44.15	+00:23:52 (36.6%)	6:31	9.2 (63.4%)

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
130	SKOWRON Mirosława	2209		K-40	22	00:01:21	00:25:54	00:36:45	01:04:23.05	01:05:44.25	+00:23:00 (35.7%)	6:26	9.3 (64.1%)
131	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	+00:24:33 (37.2%)	6:35	9.1 (62.8%)
132	BARTKOWSKA Monika	2253		K-30	62	00:01:08	00:27:06	00:38:06	01:04:57.15	01:06:05.55	+00:23:34 (36.3%)	6:29	9.2 (63.4%)
133	GÓRA Grażyna	2026		K-30	65	00:00:08	00:25:43	00:36:46	01:06:03.85	01:06:11.90	+00:24:41 (37.4%)	6:36	9.1 (62.8%)
134	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	+00:23:26 (36.2%)	6:28	9.3 (64.1%)
135	RUŁKA Marta	2072		K-20	41	00:02:06	00:26:37	00:37:03	01:04:20.00	01:06:26.15	+00:22:57 (35.7%)	6:26	9.3 (64.1%)
136	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	+00:24:11 (36.9%)	6:33	9.1 (62.8%)
137	DUDZICZ Anna	2065		K-50	6	00:01:25	00:26:42	00:37:16	01:05:16.95	01:06:42.25	+00:23:54 (36.6%)	6:31	9.2 (63.4%)
138	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	+00:23:07 (35.8%)	6:27	9.3 (64.1%)
139	BĄCZEK Patrycja	2324		K-20	39	00:02:57	00:26:16	00:36:57	01:04:00.20	01:06:57.25	+00:22:37 (35.4%)	6:24	9.4 (64.8%)
140	BREGUŁA Anna	2322		K-40	24	00:01:28	00:25:04	00:35:35	01:05:58.90	01:07:27.25	+00:24:36 (37.3%)	6:35	9.1 (62.8%)
141	KOZACZKIEWICZ Helena	2028	FC KNURÓW - COMBAT 56	K-60	2	00:00:41	00:27:00	00:38:20	01:07:29.05	01:08:10.15	+00:26:06 (38.7%)	6:44	8.9 (61.4%)
142	MICHALIK Natalia	2088		K-20	43	00:01:46	00:25:20	00:36:47	01:06:38.85	01:08:25.15	+00:25:16 (37.9%)	6:39	9 (62.1%)
143	JOOSTBERENS Aleksandra	2392	FLUOR SA	K-20	42	00:01:54	00:27:20	00:38:46	01:06:36.50	01:08:31.45	+00:25:13 (37.9%)	6:39	9 (62.1%)
144	LEWANDOWSKA-STACHOWIAK Justyna	2183		K-40	26	00:01:35	00:26:52	00:38:10	01:07:02.50	01:08:37.75	+00:25:39 (38.3%)	6:42	9 (62.1%)
145	WNĘK Agnieszka	2248		K-30	66	00:01:41	00:26:44	00:38:11	01:06:59.60	01:08:41.25	+00:25:36 (38.2%)	6:42	9 (62.1%)
146	DZIEMIAŃCZUK Monika	2316		K-40	25	00:02:31	00:27:19	00:38:36	01:06:35.10	01:09:06.30	+00:25:12 (37.9%)	6:39	9 (62.1%)
147	KAŻMIERCZAK-TKACZ Ewa	2395	BBL GŁUCHOŁĄZY	K-40	30	00:00:22	00:28:06	00:39:45	01:09:22.30	01:09:44.65	+00:27:59 (40.4%)	6:56	8.6 (59.3%)
148	TRZASKALIK Aleksandra	2120		K-20	44	00:02:11	00:28:46	00:39:54	01:07:44.90	01:09:55.95	+00:26:22 (38.9%)	6:46	8.9 (61.4%)
149	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	+00:26:42 (39.2%)	6:48	8.8 (60.7%)
150	PAJĄK Aleksandra	2345		K-40	33	00:00:05	00:27:22	00:39:07	01:10:06.60	01:10:11.65	+00:28:43 (41.0%)	7:00	8.6 (59.3%)
151	CHOMIAK Agata	2530		K-40	32	00:00:05	00:27:37	00:39:24	01:10:06.30	01:10:11.85	+00:28:43 (41.0%)	7:00	8.6 (59.3%)
152	STRUG Małgorzata	2489		K-40	27	00:02:18	00:27:31	00:38:56	01:07:55.20	01:10:13.60	+00:26:32 (39.1%)	6:47	8.8 (60.7%)

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
153	JANOSZKA Izabela	2125	HIRSCHVOGEL	K-20	45	00:01:29	00:26:21	00:37:59	01:08:45.60	01:10:15.00	+00:27:22 (39.8%)	6:52	8.7 (60.0%)
154	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	+00:27:59 (40.3%)	6:56	8.6 (59.3%)
155	DZIEKAN Kasia	2197	ANTONTEAM	K-30	68	00:01:40	00:28:54	00:40:29	01:08:53.55	01:10:34.20	+00:27:30 (39.9%)	6:53	8.7 (60.0%)
156	SZKAMRUK Małgorzata	2254		K-30	69	00:01:25	00:27:44	00:39:12	01:09:33.15	01:10:58.95	+00:28:10 (40.5%)	6:57	8.6 (59.3%)
157	PEKALA Anna	2163		K-40	28	00:01:49	00:27:20	00:38:48	01:09:09.30	01:10:59.00	+00:27:46 (40.2%)	6:55	8.7 (60.0%)
158	STANISZ Małgorzata	2067		K-30	70	00:00:53	00:28:03	00:39:41	01:10:06.95	01:11:00.75	+00:28:44 (41.0%)	7:00	8.6 (59.3%)
159	POLAKOWICZ Aleksandra	2129		K-40	34	00:01:30	00:28:00	00:39:55	01:10:10.25	01:11:40.95	+00:28:47 (41.0%)	7:01	8.6 (59.3%)
160	KOCHANEK Aleksandra	2203		K-40	31	00:02:28	00:28:01	00:39:25	01:09:24.35	01:11:52.70	+00:28:01 (40.4%)	6:56	8.6 (59.3%)
161	OCHMAN Agnieszka	2451		K-40	35	00:01:44	00:28:07	00:40:05	01:10:15.40	01:11:59.60	+00:28:52 (41.1%)	7:01	8.5 (58.6%)
162	PIERNIKARCZYK Mirela	2444		K-30	71	00:01:19	00:29:20	00:41:18	01:10:58.30	01:12:17.55	+00:29:35 (41.7%)	7:05	8.5 (58.6%)
163	KONOPACKA Krystyna	2119		K-60	3	00:00:32	00:29:03	00:40:58	01:11:54.15	01:12:27.00	+00:30:31 (42.5%)	7:11	8.3 (57.2%)
164	ZIOŁKOWSKA Barbara	2223	ŚWIĘTOCHŁOWICE	K-30	72	00:01:43	00:28:27	00:40:25	01:12:09.60	01:13:52.95	+00:30:46 (42.7%)	7:12	8.3 (57.2%)
165	ZARODA Magdalena	2287		K-30	73	00:00:32	00:29:35	00:41:36	01:13:20.45	01:13:53.00	+00:31:57 (43.6%)	7:20	8.2 (56.6%)
166	TISZBIEREK Gabriela	2118		K-40	36	00:01:42	00:29:04	00:41:11	01:12:13.50	01:13:55.85	+00:30:50 (42.7%)	7:13	8.3 (57.2%)
167	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	+00:33:44 (44.9%)	7:30	8 (55.2%)
168	GORZKOWSKA Małgorzata	2111		K-20	46	00:02:11	00:29:59	00:42:02	01:14:10.40	01:16:21.70	+00:32:47 (44.2%)	7:25	8.1 (55.9%)
169	ROSPONDEK Agata	2472		K-30	75	00:01:28	00:52:10		01:16:36.35	01:18:04.95	+00:35:13 (46.0%)	7:39	7.8 (53.8%)
170	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	+00:35:06 (45.9%)	7:38	7.8 (53.8%)
171	MARCZAK Marta	2510		K-30	76	00:02:16	00:31:37	00:44:45	01:17:53.60	01:20:09.60	+00:36:30 (46.9%)	7:47	7.7 (53.1%)
172	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	+00:37:34 (47.6%)	7:53	7.6 (52.4%)
173	GROSS Magdalena	2413	UNISONO / FIS-SST TEAM	K-18	4	00:02:18	00:31:36	00:45:44	01:20:06.40	01:22:24.45	+00:38:43 (48.3%)	8:00	7.5 (51.7%)
174	JUSZCZAK Ewa	2049		K-50	7	00:00:54	00:32:54	00:48:53	01:22:24.25	01:23:18.65	+00:41:01 (49.8%)	8:14	7.3 (50.3%)
175	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	+00:43:15 (51.1%)	8:27	7.1 (49.0%)

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
176	CIESZYŃSKA Jolanta	2225	SEKCJA BIEGOWA FAMILIA	K-50	8	00:00:32	00:36:57	00:52:20	01:26:38.15	01:27:10.70	+00:45:15 (52.2%)	8:39	6.9 (47.6%)
177	CYBULSKA Weronika	2184		K-20	47	00:01:46	00:54:40	01:03:46	01:28:28.80	01:30:15.30	+00:47:06 (53.2%)	8:50	6.8 (46.9%)

Znaleziono 177 wynik(ów)