



**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

## II PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>CHESANG Dorcus</b>	<b>1217</b>	SKKS DORCUS SPORT	K-20	1	00:00:03	00:18:14	00:37:08	00:56:19	01:15:46	<b>01:20:04.75</b>	<b>01:20:08.25</b>		3:47	15.8 (100%)
2	<b>NAGIRNIAK Natalia</b>	<b>1132</b>		K-20	2	00:00:03	00:19:21	00:39:02	00:58:57	01:18:31	<b>01:22:47.85</b>	<b>01:22:51.35</b>	+00:02:43 (3.3%)	3:55	15.3 (96.8%)
3	<b>SAP Karolina</b>	<b>959</b>	NIGHT RUNNERS	K-20	3	00:00:15	00:21:46	00:43:54	01:05:59	01:28:42	<b>01:33:35.10</b>	<b>01:33:50.35</b>	+00:13:30 (14.4%)	4:26	13.5 (85.4%)
4	<b>ARTER-KRZYŻEK Angelika</b>	<b>1054</b>	AKN ADWOKACI TEAM	K-20	4	00:00:06	00:21:13	00:43:38	01:06:30	01:30:08	<b>01:35:04.25</b>	<b>01:35:10.75</b>	+00:14:59 (15.8%)	4:30	13.3 (84.2%)
5	<b>ZAPART Aleksandra</b>	<b>615</b>	STARY HANGAR	K-20	5	00:00:14	00:23:14	00:46:09	01:09:09	01:32:34	<b>01:37:33.85</b>	<b>01:37:48.50</b>	+00:17:29 (17.9%)	4:37	13 (82.3%)
6	<b>WYLEŻAŁEK Alina</b>	<b>174</b>		K-20	6	00:00:18	00:23:19	00:47:00	01:10:25	01:33:28	<b>01:38:15.05</b>	<b>01:38:33.85</b>	+00:18:10 (18.5%)	4:39	12.9 (81.6%)
7	<b>FYSZ Karolina</b>	<b>1112</b>	SKLEPBIEGACZA.PL GLIWICE TEAM	K-20	7	00:00:18	00:23:16	00:46:59	01:10:24	01:33:58	<b>01:39:02.25</b>	<b>01:39:20.50</b>	+00:18:57 (19.1%)	4:41	12.8 (81.0%)
8	<b>KONOPACKA BESSA Magdalena</b>	<b>77</b>	FILOMATA	K-20	8	00:00:13	00:23:23	00:47:05	01:10:30	01:34:02	<b>01:39:09.70</b>	<b>01:39:23.15</b>	+00:19:04 (19.2%)	4:41	12.8 (81.0%)
9	<b>CYGAN Katarzyna</b>	<b>1292</b>	PACEMAKER	K-20	9	00:00:18	00:23:16	00:46:59	01:10:25	01:33:53	<b>01:39:41.00</b>	<b>01:39:59.30</b>	+00:19:36 (19.7%)	4:43	12.7 (80.4%)
10	<b>HAGEN Marta</b>	<b>161</b>	DOGOŃ GRODZISK MAZOWIECKI	K-20	10	00:00:07	00:22:44	00:46:26	01:10:27	01:36:07	<b>01:41:41.90</b>	<b>01:41:49.45</b>	+00:21:37 (21.3%)	4:49	12.4 (78.5%)
11	<b>BŁAŻYTKO Monika</b>	<b>214</b>	BIEGAJ Z TRENERAMI	K-20	11	00:00:32	00:23:13	00:46:47	01:10:36	01:36:38	<b>01:42:39.40</b>	<b>01:43:11.60</b>	+00:22:34 (22.0%)	4:51	12.3 (77.8%)
12	<b>SŁOMIAN Marcelina</b>	<b>113</b>		K-20	12	00:00:21	00:23:32	00:47:35	01:12:49	01:39:14	<b>01:44:31.90</b>	<b>01:44:53.25</b>	+00:24:27 (23.4%)	4:57	12.1 (76.6%)
13	<b>OBIDOWICZ Agata</b>	<b>716</b>	SUFFOLK TRAIL RUNNERS	K-20	13	00:00:06	00:22:23	00:46:06	01:11:16	01:39:59	<b>01:45:47.50</b>	<b>01:45:53.70</b>	+00:25:42 (24.3%)	5:00	12 (75.9%)
14	<b>BODNAR Agnieszka</b>	<b>902</b>		K-20	14	00:01:09	00:25:35	00:51:01	01:16:24	01:42:07	<b>01:47:34.10</b>	<b>01:48:43.60</b>	+00:27:29 (25.6%)	5:05	11.8 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
15	<b>LESZKO Wioleta</b>	<b>991</b>		K-20	15	00:00:52	00:24:37	00:49:03	01:14:27	01:41:53	<b>01:47:38.60</b>	<b>01:48:30.80</b>	+00:27:33 (25.6%)	5:06	11.8 (74.7%)
16	<b>MATERZOK Aleksandra</b>	<b>705</b>	FUTURE PROCESSING RUNNING TEAM	K-20	16	00:01:08	00:24:34	00:49:19	01:15:02	01:42:26	<b>01:48:15.35</b>	<b>01:49:24.30</b>	+00:28:10 (26.0%)	5:07	11.7 (74.1%)
17	<b>KARŁOWSKA Katarzyna</b>	<b>749</b>		K-20	17	00:00:33	00:25:18	00:50:29	01:16:07	01:42:38	<b>01:48:18.30</b>	<b>01:48:51.45</b>	+00:28:13 (26.1%)	5:07	11.7 (74.1%)
18	<b>MICHEWICZ Małgorzata</b>	<b>732</b>		K-20	18	00:01:51	00:26:16	00:52:03	01:17:40	01:43:34	<b>01:49:00.80</b>	<b>01:50:52.15</b>	+00:28:56 (26.5%)	5:10	11.6 (73.4%)
19	<b>PILCH Zofia</b>	<b>701</b>		K-20	19	00:01:21	00:26:00	00:51:02	01:17:15	01:44:07	<b>01:49:33.75</b>	<b>01:50:55.65</b>	+00:29:29 (26.9%)	5:11	11.6 (73.4%)
20	<b>LAMPA Alicja</b>	<b>95</b>	NIGHT RUNNERS GLIWICE	K-20	20	00:01:07	00:26:27	00:52:19	01:18:42	01:45:27	<b>01:51:14.75</b>	<b>01:52:21.75</b>	+00:31:10 (28.0%)	5:16	11.4 (72.2%)
21	<b>AMBICKA Jadzia</b>	<b>1049</b>		K-20	21	00:02:24	00:25:32	00:51:07	01:17:59	01:45:43	<b>01:51:46.40</b>	<b>01:54:11.30</b>	+00:31:41 (28.4%)	5:17	11.3 (71.5%)
22	<b>SUCHECKA Lucyna</b>	<b>19</b>	FAST FOOT OPOLE	K-20	22	00:01:29	00:25:30	00:51:27	01:18:03	01:45:49	<b>01:51:49.85</b>	<b>01:53:19.35</b>	+00:31:45 (28.4%)	5:18	11.3 (71.5%)
23	<b>SPODZIEJA Aleksandra</b>	<b>316</b>	UKS MANTA KOCHŁOWICE	K-20	23	00:00:54	00:26:36	00:52:23	01:18:49	01:45:55	<b>01:52:00.85</b>	<b>01:52:55.25</b>	+00:31:56 (28.5%)	5:18	11.3 (71.5%)
24	<b>RACZEK Magdalena</b>	<b>106</b>		K-20	24	00:01:01	00:26:22	00:52:27	01:18:51	01:46:34	<b>01:52:35.45</b>	<b>01:53:36.60</b>	+00:32:30 (28.9%)	5:20	11.2 (70.9%)
25	<b>PIETRUCZUK Daria</b>	<b>373</b>	PRO-RUN WROCŁAW	K-20	25	00:01:09	00:25:36	00:51:37	01:18:58	01:46:58	<b>01:53:02.30</b>	<b>01:54:11.60</b>	+00:32:57 (29.2%)	5:21	11.2 (70.9%)
26	<b>DANEK Maria</b>	<b>54</b>	10 BLOG	K-20	26	00:00:13	00:26:05	00:53:06	01:20:48	01:48:03	<b>01:53:33.45</b>	<b>01:53:46.55</b>	+00:33:28 (29.5%)	5:22	11.1 (70.3%)
27	<b>KORPAK Marta</b>	<b>880</b>	MOTIVATO.PL	K-20	27	00:00:37	00:27:24	00:54:07	01:20:54	01:47:57	<b>01:53:44.10</b>	<b>01:54:21.90</b>	+00:33:39 (29.6%)	5:23	11.1 (70.3%)
28	<b>KUCZYŃSKA Kinga</b>	<b>816</b>		K-20	28	00:00:40	00:26:50	00:53:19	01:19:55	01:48:22	<b>01:54:42.60</b>	<b>01:55:23.35</b>	+00:34:37 (30.2%)	5:26	11 (69.6%)
29	<b>BŁASZCZYK Paulina</b>	<b>36</b>		K-20	29	00:01:27	00:27:17	00:54:09	01:21:27	01:49:25	<b>01:55:23.20</b>	<b>01:56:50.95</b>	+00:35:18 (30.6%)	5:28	11 (69.6%)
30	<b>CURYŁO Maria</b>	<b>941</b>		K-20	30	00:01:55	00:27:29	00:54:45	01:21:46	01:49:32	<b>01:55:28.30</b>	<b>01:57:23.30</b>	+00:35:23 (30.7%)	5:28	11 (69.6%)
31	<b>SERWACZAK Joanna</b>	<b>33</b>	BIEGAMY Z SERCEM.PL	K-20	31	00:01:07	00:27:29	00:54:36	01:21:52	01:49:33	<b>01:55:35.50</b>	<b>01:56:43.15</b>	+00:35:30 (30.7%)	5:28	11 (69.6%)
32	<b>WAWRZYNIAK Magdalena</b>	<b>480</b>	10 BLOG OPOLE	K-20	32	00:00:44	00:27:14	00:55:05	01:23:09	01:50:49	<b>01:56:40.15</b>	<b>01:57:24.40</b>	+00:36:35 (31.4%)	5:31	10.9 (69.0%)
33	<b>CYGAN Agata</b>	<b>839</b>		K-20	33	00:01:22	00:28:43	00:56:32	01:23:46	01:51:54	<b>01:57:37.55</b>	<b>01:59:00.00</b>	+00:37:32 (31.9%)	5:34	10.8 (68.4%)
34	<b>CZARNECKA Aneta</b>	<b>706</b>		K-20	34	00:00:46	00:27:14	00:54:49	01:22:58	01:51:18	<b>01:57:41.20</b>	<b>01:58:27.25</b>	+00:37:36 (32.0%)	5:34	10.8 (68.4%)
35	<b>BIAŁOŻYT Ewa</b>	<b>1055</b>		K-20	35	00:02:16	00:28:46	00:56:31	01:24:03	01:52:01	<b>01:58:13.10</b>	<b>02:00:29.75</b>	+00:38:08 (32.3%)	5:36	10.7 (67.7%)
36	<b>BIAŁOŻYT Agata</b>	<b>1056</b>		K-20	36	00:02:16	00:28:41	00:56:30	01:24:04	01:52:01	<b>01:58:13.40</b>	<b>02:00:29.65</b>	+00:38:08 (32.3%)	5:36	10.7 (67.7%)
37	<b>HILASZEK Agata</b>	<b>674</b>		K-20	37	00:01:24	00:28:00	00:56:22	01:24:59	01:52:35	<b>01:58:14.20</b>	<b>01:59:39.10</b>	+00:38:09 (32.3%)	5:36	10.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
38	SALA Nela	476		K-20	38	00:01:19	00:27:22	00:55:14	01:23:50	01:52:30	<b>01:58:38.30</b>	<b>01:59:58.05</b>	+00:38:33 (32.5%)	5:37	10.7 (67.7%)
39	MERCIK Marta	1034		K-20	39	00:00:38	00:28:24	00:56:30	01:24:24	01:52:42	<b>01:58:42.35</b>	<b>01:59:21.00</b>	+00:38:37 (32.5%)	5:37	10.7 (67.7%)
40	KIŚLUK Elżbieta	688		K-20	40	00:00:46	00:25:53	00:52:43	01:22:46	01:52:54	<b>01:59:02.30</b>	<b>01:59:48.50</b>	+00:38:57 (32.7%)	5:38	10.6 (67.1%)
41	WIRA Agnieszka	454		K-20	41	00:01:31	00:28:03	00:56:38	01:25:06	01:52:44	<b>01:59:03.85</b>	<b>02:00:35.70</b>	+00:38:59 (32.7%)	5:38	10.6 (67.1%)
42	TEIXEIRA Alice	1294		K-20	42	00:01:29	00:28:14	00:56:35	01:25:11	01:53:21	<b>01:59:17.35</b>	<b>02:00:46.40</b>	+00:39:12 (32.9%)	5:39	10.6 (67.1%)
43	JANKOWSKA Karolina	729	RAJSPOORT ACTIVE ANTONTEAM	K-20	43	00:00:36	00:26:19	00:53:31	01:22:20	01:53:11	<b>01:59:27.65</b>	<b>02:00:03.95</b>	+00:39:22 (33.0%)	5:39	10.6 (67.1%)
44	WOŹNICA Elżbieta	263	KIELECKIBIEGACZ.PL	K-20	44	00:01:16	00:26:21	00:54:15	01:23:32	01:53:12	<b>01:59:34.95</b>	<b>02:00:51.90</b>	+00:39:30 (33.0%)	5:40	10.6 (67.1%)
45	DOMAGAŁA Grażyna	1143	NIGHT RUNNERS WROCŁAW	K-20	45	00:01:17	00:28:44	00:57:30	01:25:20	01:53:36	<b>02:00:21.25</b>	<b>02:01:39.00</b>	+00:40:16 (33.5%)	5:42	10.5 (66.5%)
46	BOROWICZ Roksana	75	NIGHT RUNNERS GLIWICE	K-20	46	00:01:01	00:28:47	00:57:09	01:25:43	01:54:50	<b>02:01:01.45</b>	<b>02:02:02.45</b>	+00:40:56 (33.8%)	5:44	10.5 (66.5%)
47	HUREC Justyna	684	TRIVITAL	K-20	47	00:01:06	00:27:36	00:55:17	01:24:19	01:56:05	<b>02:02:50.65</b>	<b>02:03:56.85</b>	+00:42:45 (34.8%)	5:49	10.3 (65.2%)
48	BADAWCZESKA Anna	1102		K-20	48	00:00:15	00:27:56	00:58:09	01:27:59	01:57:42	<b>02:04:03.10</b>	<b>02:04:18.85</b>	+00:43:58 (35.4%)	5:52	10.2 (64.6%)
49	FORBOT Dominika	714		K-20	49	00:00:38	00:26:29	00:53:56	01:24:01	01:56:51	<b>02:04:04.90</b>	<b>02:04:43.25</b>	+00:44:00 (35.5%)	5:52	10.2 (64.6%)
50	KIONKA Katarzyna	327		K-20	50	00:01:28	00:28:01	00:56:57	01:26:29	01:57:50	<b>02:04:14.85</b>	<b>02:05:43.25</b>	+00:44:10 (35.5%)	5:53	10.2 (64.6%)
51	ŚNIEGOWSKA Marta	518		K-20	51	00:01:21	00:27:05	00:55:21	01:25:58	01:58:56	<b>02:05:40.40</b>	<b>02:07:02.30</b>	+00:45:35 (36.3%)	5:57	10.1 (63.9%)
52	JAREK Dominika	972	WILK	K-20	52	00:01:04	00:28:59	00:58:04	01:28:56	02:00:21	<b>02:06:53.95</b>	<b>02:07:58.35</b>	+00:46:49 (36.9%)	6:00	10 (63.3%)
53	BAJOROWICZ Paulina	1013		K-20	53	00:01:38	00:27:36	00:56:32	01:27:22	02:00:56	<b>02:07:48.95</b>	<b>02:09:27.25</b>	+00:47:44 (37.3%)	6:03	9.9 (62.7%)
54	ŚWIATŁOŃ Małgorzata	692		K-20	54	00:00:00					<b>02:08:46.00</b>	<b>02:08:46.00</b>	+00:48:41 (37.8%)	6:06	9.8 (62.0%)
55	ZAWADA Ewa	738	NIGHT RUNNERS ZABRZE	K-20	55	00:01:39	00:30:57	01:01:43	01:32:33	02:04:44	<b>02:11:33.00</b>	<b>02:13:12.40</b>	+00:51:28 (39.1%)	6:14	9.6 (60.8%)
56	ZAGASKA Linda	244		K-20	56	00:01:22	00:30:05	01:01:00	01:32:10	02:04:54	<b>02:11:41.95</b>	<b>02:13:04.15</b>	+00:51:37 (39.2%)	6:14	9.6 (60.8%)
57	WOLIŃSKA Anna	1275		K-20	57	00:01:30	00:30:04	01:01:18	01:32:25	02:04:50	<b>02:11:52.15</b>	<b>02:13:23.05</b>	+00:51:47 (39.3%)	6:15	9.6 (60.8%)
58	JUSZCZAK Kalina	856		K-20	58	00:00:57	00:31:41	01:02:25	01:33:16	02:05:26	<b>02:12:13.50</b>	<b>02:13:11.45</b>	+00:52:08 (39.4%)	6:16	9.6 (60.8%)
59	KOWALSKA Natalia	237		K-20	59	00:02:02	00:30:05	01:01:35	01:33:45	02:06:40	<b>02:13:37.20</b>	<b>02:15:39.95</b>	+00:53:32 (40.1%)	6:19	9.5 (60.1%)
60	GÓRNY Magdalena	1139	CAAKTYWNI	K-20	60	00:01:43	00:31:10	01:02:26	01:33:53	02:05:24	<b>02:13:45.20</b>	<b>02:15:28.45</b>	+00:53:40 (40.1%)	6:20	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
61	<b>CIOMEK Marta</b>	<b>552</b>		K-20	61	00:00:26	00:29:04	00:59:40	01:31:32	02:06:52	<b>02:14:17.65</b>	<b>02:14:44.25</b>	+00:54:12 (40.4%)	6:21	9.4 (59.5%)
62	<b>RUDNER Ula</b>	<b>461</b>	A WOMAN'S PLACE IS ON TOP	K-20	62	00:00:31	00:27:43	00:58:00	01:31:13	02:10:37	<b>02:19:20.75</b>	<b>02:19:52.50</b>	+00:59:16 (42.5%)	6:36	9.1 (57.6%)
63	<b>WODARSKA Santia</b>	<b>587</b>		K-20	63	00:01:43	00:31:11	01:02:34	01:35:10	02:11:53	<b>02:19:51.35</b>	<b>02:21:34.85</b>	+00:59:46 (42.7%)	6:37	9.1 (57.6%)
64	<b>STERNAL Marta</b>	<b>522</b>		K-20	64	00:00:46	00:29:52	01:04:00	01:40:54	02:20:50	<b>02:30:15.65</b>	<b>02:31:01.80</b>	+01:10:10 (46.7%)	7:07	8.4 (53.2%)
65	<b>PUCHAŁA Ewelina</b>	<b>1293</b>	PACEMAKER	K-20	65	00:00:00	00:27:29		01:19:52				+	5:19	11.3 (71.5%)
66	<b>ŻURAWIECKA Anna</b>	<b>1082</b>		K-20	66	00:01:28	00:28:55	00:58:23	01:28:26				+00:32:07	5:53	10.2 (64.6%)

Znaleziono 66 wynik(ów)