



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

## II PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
1	<b>OLIJNYK Switlana</b>	<b>1205</b>	KS ICE MAT TEAM OSTRÓW WLKP.	K-30	1	00:00:03	00:19:12	00:38:29	00:57:57	01:17:56	<b>01:22:25.45</b>	<b>01:22:28.75</b>		3:54	15.4 (100%)
2	<b>WŁODARCZYK Patrycja</b>	<b>1233</b>	JKLA JAWOR	K-30	2	00:00:03	00:19:12	00:38:53	00:58:36	01:18:52	<b>01:23:25.00</b>	<b>01:23:28.00</b>	+00:00:59 (1.2%)	3:57	15.2 (98.7%)
3	<b>DŁUGOSZ Agata</b>	<b>560</b>	BIEGAM Z PASJĄ	K-30	3	00:00:08	00:21:16	00:42:34	01:03:49	01:25:22	<b>01:29:46.60</b>	<b>01:29:55.55</b>	+00:07:21 (8.2%)	4:15	14.1 (91.6%)
4	<b>SZECÓWKA Aneta</b>	<b>405</b>		K-30	4	00:00:14	00:20:51	00:42:00	01:03:43	01:25:17	<b>01:29:58.95</b>	<b>01:30:13.75</b>	+00:07:33 (8.4%)	4:15	14.1 (91.6%)
5	<b>ĆWIK Iwona</b>	<b>677</b>		K-30	5	00:00:08	00:21:01	00:42:41	01:05:18	01:27:56	<b>01:32:45.25</b>	<b>01:32:53.45</b>	+00:10:19 (11.1%)	4:23	13.6 (88.3%)
6	<b>MARGOS Dominika</b>	<b>227</b>		K-30	6	00:00:10	00:22:45	00:45:40	01:09:01	01:32:58	<b>01:38:06.35</b>	<b>01:38:16.60</b>	+00:15:40 (16.0%)	4:38	12.9 (83.8%)
7	<b>LORENC Agnieszka</b>	<b>786</b>	ZBROJOWNIA SULECHÓW	K-30	7	00:00:15	00:23:21	00:47:03	01:10:27	01:34:08	<b>01:39:18.40</b>	<b>01:39:33.65</b>	+00:16:52 (17.0%)	4:42	12.7 (82.5%)
8	<b>POPIEL-KRUK Aleksandra</b>	<b>279</b>		K-30	8	00:00:20	00:23:20	00:46:57	01:10:34	01:35:18	<b>01:40:30.55</b>	<b>01:40:51.10</b>	+00:18:05 (18.0%)	4:45	12.6 (81.8%)
9	<b>WALASZCZYK Anna</b>	<b>543</b>	EVENT 360 RUNNING TEAM	K-30	9	00:00:53	00:24:00	00:47:51	01:11:32	01:35:37	<b>01:40:41.45</b>	<b>01:41:35.05</b>	+00:18:16 (18.1%)	4:46	12.6 (81.8%)
10	<b>LASKOWSKA Katarzyna</b>	<b>346</b>	BIEGAJ Z TRENERAMI FC 24 GLIWICE	K-30	10	00:00:31	00:23:13	00:46:48	01:10:34	01:35:40	<b>01:40:57.20</b>	<b>01:41:28.75</b>	+00:18:31 (18.4%)	4:47	12.5 (81.2%)
11	<b>GUZOWSKA Edyta</b>	<b>955</b>	NADAKTYWNI	K-30	11	00:00:24	00:23:30	00:47:20	01:11:34	01:36:11	<b>01:41:37.65</b>	<b>01:42:01.80</b>	+00:19:12 (18.9%)	4:48	12.5 (81.2%)
12	<b>CHMIELOWSKA-ZIĘBA Iwona</b>	<b>669</b>		K-30	12	00:00:21	00:25:11	00:50:04	01:14:36	01:39:18	<b>01:44:47.35</b>	<b>01:45:08.75</b>	+00:22:21 (21.3%)	4:57	12.1 (78.6%)
13	<b>MEDWID Katarzyna</b>	<b>471</b>		K-30	13	00:01:51	00:24:08	00:48:13	01:12:57	01:39:30	<b>01:45:08.55</b>	<b>01:46:59.80</b>	+00:22:43 (21.6%)	4:58	12 (77.9%)
14	<b>GRZEGORCZYK Ewelina</b>	<b>127</b>		K-30	14	00:00:15	00:23:01	00:47:22	01:13:36	01:41:46	<b>01:47:47.25</b>	<b>01:48:02.70</b>	+00:25:21 (23.5%)	5:06	11.7 (76.0%)
15	<b>BOCHEŃSKA Agnieszka</b>	<b>207</b>	AMATOR	K-30	15	00:00:17	00:26:02	00:50:58	01:16:22	01:42:19	<b>01:47:54.45</b>	<b>01:48:11.65</b>	+00:25:29 (23.6%)	5:06	11.7 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
16	<b>PIETRAS Magdalena</b>	<b>997</b>	BIEGAM BO LUBIĘ CZĘSTOCHOWA	K-30	16	00:00:57	00:26:18	00:51:51	01:17:26	01:43:00	<b>01:48:28.95</b>	<b>01:49:26.10</b>	+00:26:03 (24.0%)	5:08	11.7 (76.0%)
17	<b>KNAFEL-LESZCZYŃSKA Agata</b>	<b>1299</b>	STRZELIŃSKI KLUB BIEGACZA	K-30	17	00:01:05	00:26:07	00:51:43	01:17:42	01:43:58	<b>01:49:28.35</b>	<b>01:50:33.75</b>	+00:27:02 (24.7%)	5:11	11.6 (75.3%)
18	<b>JURKIEWICZ Agnieszka</b>	<b>1283</b>		K-30	18	00:00:44	00:25:34	00:51:04	01:17:22	01:44:27	<b>01:50:08.70</b>	<b>01:50:53.55</b>	+00:27:43 (25.2%)	5:13	11.5 (74.7%)
19	<b>KUMASZKA Anna</b>	<b>809</b>	ZABIEGANI TEAM	K-30	19	00:00:00					<b>01:50:16.00</b>	<b>01:50:16.00</b>	+00:27:50 (25.3%)	5:13	11.5 (74.7%)
20	<b>NOWAKOWSKA Beata</b>	<b>444</b>		K-30	20	00:01:52	00:26:23	00:52:33	01:18:48	01:45:14	<b>01:50:34.50</b>	<b>01:52:26.95</b>	+00:28:09 (25.5%)	5:14	11.5 (74.7%)
21	<b>OSEŁKA Magdalena</b>	<b>611</b>		K-30	21	00:01:12	00:26:28	00:52:44	01:18:59	01:45:46	<b>01:51:25.35</b>	<b>01:52:37.45</b>	+00:28:59 (26.0%)	5:16	11.4 (74.0%)
22	<b>POPŁAWSKA-WAL Agata</b>	<b>1099</b>		K-30	22	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	<b>01:51:26.75</b>	<b>01:51:57.25</b>	+00:29:01 (26.0%)	5:16	11.4 (74.0%)
23	<b>SKÓRA Aneta</b>	<b>1091</b>	NIGHT RUNNERS GLIWICE	K-30	23	00:00:46	00:26:33	00:52:52	01:19:06	01:45:52	<b>01:51:47.20</b>	<b>01:52:33.50</b>	+00:29:21 (26.3%)	5:17	11.3 (73.4%)
24	<b>PRUSOWSKA-BRZÓZKA Joanna</b>	<b>3</b>	RYBICKA GRUPA BIEGOWA	K-30	24	00:02:00	00:27:06	00:53:12	01:19:35	01:46:34	<b>01:52:13.10</b>	<b>01:54:13.65</b>	+00:29:47 (26.6%)	5:19	11.3 (73.4%)
25	<b>GRACH Aleksandra</b>	<b>670</b>	EVENT 360 RUNNING TEAM	K-30	25	00:01:11	00:26:19	00:52:26	01:18:46	01:46:42	<b>01:52:29.95</b>	<b>01:53:41.15</b>	+00:30:04 (26.7%)	5:19	11.3 (73.4%)
26	<b>JURASZCZYK Katarzyna</b>	<b>86</b>	FEBYS RUN TEAM	K-30	26	00:01:32	00:26:57	00:53:14	01:19:55	01:47:02	<b>01:52:31.20</b>	<b>01:54:03.65</b>	+00:30:05 (26.7%)	5:19	11.3 (73.4%)
27	<b>RUPNIK Joanna</b>	<b>43</b>		K-30	27	00:01:06	00:26:51	00:52:54	01:19:03	01:46:44	<b>01:52:40.45</b>	<b>01:53:47.30</b>	+00:30:15 (26.8%)	5:20	11.2 (72.7%)
28	<b>GOC Aleksandra</b>	<b>1279</b>		K-30	28	00:00:30	00:26:20	00:53:02	01:19:44	01:47:07	<b>01:52:47.75</b>	<b>01:53:18.45</b>	+00:30:22 (26.9%)	5:20	11.2 (72.7%)
29	<b>JANUS Monika</b>	<b>1085</b>	SZCZAWNO RUN	K-30	29	00:00:46	00:26:28	00:52:55	01:19:17	01:47:06	<b>01:52:58.50</b>	<b>01:53:45.35</b>	+00:30:33 (27.0%)	5:21	11.2 (72.7%)
30	<b>KONIK Sylwia</b>	<b>386</b>		K-30	30	00:00:51	00:26:14	00:52:03	01:19:02	01:47:12	<b>01:53:31.15</b>	<b>01:54:22.80</b>	+00:31:05 (27.4%)	5:22	11.2 (72.7%)
31	<b>NIŻNIKIEWICZ Elżbieta</b>	<b>297</b>		K-30	31	00:00:15	00:26:44	00:54:03	01:21:17	01:48:07	<b>01:53:40.20</b>	<b>01:53:55.75</b>	+00:31:14 (27.5%)	5:23	11.1 (72.1%)
32	<b>GALMAN Iwona</b>	<b>737</b>		K-30	32	00:00:18	00:26:11	00:53:07	01:19:49	01:47:36	<b>01:53:50.50</b>	<b>01:54:09.15</b>	+00:31:25 (27.6%)	5:23	11.1 (72.1%)
33	<b>WACLAWSKA Agnieszka</b>	<b>255</b>		K-30	33	00:01:04	00:25:57	00:55:06	01:22:12	01:48:58	<b>01:54:26.95</b>	<b>01:55:31.70</b>	+00:32:01 (28.0%)	5:25	11.1 (72.1%)
34	<b>KURC Iwona</b>	<b>763</b>	RAJSPOORT ACTIVE ANTON TEAM	K-30	34	00:00:40	00:26:50	00:53:19	01:19:55	01:48:21	<b>01:54:42.50</b>	<b>01:55:23.15</b>	+00:32:17 (28.1%)	5:26	11 (71.4%)
35	<b>KRZYSZTOFOWICZ Monika</b>	<b>591</b>		K-30	35	00:00:37	00:26:01	00:52:53	01:20:21	01:48:50	<b>01:54:45.35</b>	<b>01:55:22.55</b>	+00:32:19 (28.2%)	5:26	11 (71.4%)
36	<b>PAWLAK Katarzyna</b>	<b>360</b>	RADIO WROCŁAW	K-30	36	00:00:31	00:26:29	00:53:28	01:21:23	01:49:22	<b>01:55:06.30</b>	<b>01:55:37.85</b>	+00:32:40 (28.4%)	5:27	11 (71.4%)
37	<b>KRZYSZKOWSKA Agnieszka</b>	<b>490</b>	BRAK	K-30	37	00:00:23	00:26:09	00:53:06	01:20:33	01:49:15	<b>01:55:10.60</b>	<b>01:55:33.65</b>	+00:32:45 (28.4%)	5:27	11 (71.4%)
38	<b>BARAŃSKA Celestyna</b>	<b>358</b>	ACCENTURE	K-30	38	00:01:23	00:27:23	00:54:48	01:22:11	01:49:44	<b>01:55:16.10</b>	<b>01:56:39.25</b>	+00:32:50 (28.5%)	5:27	11 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km	21.1km				
39	<b>GOŁĄBEK Agnieszka</b>	<b>1002</b>	BBL MIKOŁÓW	K-30	39	00:01:19	00:25:51	00:52:34	01:20:07	01:49:17	<b>01:55:25.55</b>	<b>01:56:44.75</b>	+00:33:00 (28.6%)	5:28	11 (71.4%)
40	<b>ŻÓŁNOWSKA Anna</b>	<b>553</b>		K-30	40	00:02:02	00:26:28	00:52:25	01:19:45	01:49:37	<b>01:55:52.50</b>	<b>01:57:55.10</b>	+00:33:27 (28.9%)	5:29	10.9 (70.8%)
41	<b>CHOJCAN Beata</b>	<b>128</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	41	00:01:59	00:27:11	00:54:13	01:22:05	01:50:14	<b>01:55:56.85</b>	<b>01:57:56.60</b>	+00:33:31 (28.9%)	5:29	10.9 (70.8%)
42	<b>KSIĘŻYK Anna</b>	<b>486</b>		K-30	42	00:00:54	00:27:22	00:54:51	01:22:08	01:50:00	<b>01:56:04.70</b>	<b>01:56:58.90</b>	+00:33:39 (29.0%)	5:30	10.9 (70.8%)
43	<b>KONOPKA Agnieszka</b>	<b>80</b>		K-30	43	00:00:41	00:26:56	00:53:39	01:20:49	01:50:03	<b>01:56:12.70</b>	<b>01:56:53.70</b>	+00:33:47 (29.1%)	5:30	10.9 (70.8%)
44	<b>WIELOCH Gabriela</b>	<b>423</b>	LEWIN BIEGA	K-30	44	00:02:01	00:28:10	00:55:16	01:22:58	01:50:34	<b>01:56:18.45</b>	<b>01:58:20.15</b>	+00:33:53 (29.1%)	5:30	10.9 (70.8%)
45	<b>TYLMAN-MADEJCZYK Marta</b>	<b>262</b>	MTM	K-30	45	00:00:43	00:27:41	00:54:35	01:21:46	01:50:22	<b>01:56:28.90</b>	<b>01:57:11.95</b>	+00:34:03 (29.2%)	5:31	10.9 (70.8%)
46	<b>POPIEL Adriana</b>	<b>368</b>	NIGHT RUNNERS GLIWICE	K-30	46	00:01:00	00:27:40	00:55:14	01:22:44	01:50:36	<b>01:56:45.00</b>	<b>01:57:45.30</b>	+00:34:19 (29.4%)	5:31	10.8 (70.1%)
47	<b>STOCHLA Małgorzata</b>	<b>1142</b>		K-30	47	00:00:55	00:27:33	00:54:37	01:22:24	01:50:53	<b>01:56:57.70</b>	<b>01:57:52.75</b>	+00:34:32 (29.5%)	5:32	10.8 (70.1%)
48	<b>KULIK Katarzyna</b>	<b>402</b>		K-30	48	00:00:57	00:27:38	00:54:39	01:22:08	01:51:00	<b>01:57:17.50</b>	<b>01:58:15.25</b>	+00:34:52 (29.7%)	5:33	10.8 (70.1%)
49	<b>DOMINIK Monika</b>	<b>799</b>		K-30	49	00:01:17	00:27:27	00:54:58	01:22:49	01:51:27	<b>01:57:42.25</b>	<b>01:58:59.90</b>	+00:35:16 (30.0%)	5:34	10.8 (70.1%)
50	<b>DYCHA Eliza</b>	<b>163</b>		K-30	50	00:01:12	00:27:08	00:54:46	01:23:05	01:52:09	<b>01:58:06.85</b>	<b>01:59:19.65</b>	+00:35:41 (30.2%)	5:35	10.7 (69.5%)
51	<b>MATERLA Julita</b>	<b>231</b>		K-30	51	00:01:43	00:27:33	00:55:11	01:23:15	01:52:28	<b>01:58:12.90</b>	<b>01:59:56.75</b>	+00:35:47 (30.3%)	5:36	10.7 (69.5%)
52	<b>WARCZYŃSKA Beata</b>	<b>575</b>		K-30	52	00:01:33	00:28:51	00:56:29	01:24:23	01:52:40	<b>01:58:28.55</b>	<b>02:00:02.15</b>	+00:36:03 (30.4%)	5:36	10.7 (69.5%)
53	<b>KEMONA Dorota</b>	<b>969</b>		K-30	53	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	<b>01:58:34.25</b>	<b>01:59:38.40</b>	+00:36:08 (30.5%)	5:37	10.7 (69.5%)
54	<b>SAMUELSKA Ewelina</b>	<b>1153</b>	RGB	K-30	54	00:01:57	00:27:11	00:54:15	01:22:06	01:52:14	<b>01:58:47.45</b>	<b>02:00:44.75</b>	+00:36:22 (30.6%)	5:37	10.7 (69.5%)
55	<b>KOCHANEK - STOLARCZYK Anna</b>	<b>562</b>		K-30	55	00:01:34	00:28:49	00:56:29	01:24:25	01:52:39	<b>01:58:48.75</b>	<b>02:00:23.50</b>	+00:36:23 (30.6%)	5:37	10.7 (69.5%)
56	<b>TETLAK - TRACZ Barbara</b>	<b>574</b>		K-30	56	00:01:33	00:28:50	00:56:30	01:24:26	01:52:40	<b>01:58:49.75</b>	<b>02:00:23.55</b>	+00:36:24 (30.6%)	5:37	10.7 (69.5%)
57	<b>WARMINSKA Anna</b>	<b>314</b>	ANTON TEAM	K-30	57	00:00:36	00:27:53	00:56:13	01:24:19	01:53:30	<b>01:59:11.90</b>	<b>01:59:48.50</b>	+00:36:46 (30.9%)	5:38	10.6 (68.8%)
58	<b>PREJS Beata Marta</b>	<b>1089</b>	NIGHT RUNNERS ŚLĄSK	K-30	58	00:01:17	00:28:43	00:57:30	01:25:20	01:53:36	<b>02:00:21.00</b>	<b>02:01:38.85</b>	+00:37:55 (31.5%)	5:42	10.5 (68.2%)
59	<b>KASIŃSKA Ewa</b>	<b>296</b>	BBL GRÓJEC	K-30	59	00:02:05	00:28:10	00:56:13	01:25:02	01:54:18	<b>02:00:28.70</b>	<b>02:02:33.70</b>	+00:38:03 (31.6%)	5:42	10.5 (68.2%)
60	<b>MAJEWSKA Kinga</b>	<b>291</b>	BBL GRÓJEC	K-30	60	00:02:04	00:28:10	00:56:10	01:24:57	01:54:17	<b>02:00:29.40</b>	<b>02:02:34.05</b>	+00:38:03 (31.6%)	5:42	10.5 (68.2%)
61	<b>ZIMOCH Beata</b>	<b>635</b>		K-30	61	00:00:31	00:28:15	00:56:33	01:25:48	01:54:44	<b>02:00:32.90</b>	<b>02:01:04.75</b>	+00:38:07 (31.6%)	5:42	10.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
62	<b>SMOLEŃ Magdalena</b>	<b>502</b>		K-30	62	00:01:33	00:29:14	00:58:30	01:27:09	01:55:04	<b>02:01:00.20</b>	<b>02:02:33.55</b>	+00:38:34 (31.9%)	5:44	10.5 (68.2%)
63	<b>MUSIOŁ Helena</b>	<b>90</b>		K-30	63	00:01:02	00:27:32	00:56:02	01:25:16	01:54:52	<b>02:01:36.45</b>	<b>02:02:39.05</b>	+00:39:11 (32.2%)	5:45	10.4 (67.5%)
64	<b>CAPEK Katarzyna</b>	<b>1206</b>		K-30	64	00:00:45	00:28:40	00:56:58	01:25:43	01:55:11	<b>02:01:44.80</b>	<b>02:02:30.20</b>	+00:39:19 (32.3%)	5:46	10.4 (67.5%)
65	<b>FARON Agnieszka</b>	<b>1221</b>	NORAFSPORT	K-30	65	00:00:21	00:23:59	00:48:29	01:13:32	01:55:41	<b>02:01:46.00</b>	<b>02:02:07.45</b>	+00:39:20 (32.3%)	5:46	10.4 (67.5%)
66	<b>PRACKA Danuta</b>	<b>525</b>	BRAK	K-30	66	00:01:49	00:27:36	00:55:56	01:24:52	01:55:42	<b>02:02:02.10</b>	<b>02:03:51.50</b>	+00:39:36 (32.5%)	5:47	10.4 (67.5%)
67	<b>REPLIŃSKA Edyta</b>	<b>20</b>	BIEGAM, BO LUBIĘ JEŚĆ	K-30	67	00:01:22	00:28:44	00:57:27	01:26:40	01:56:09	<b>02:02:30.70</b>	<b>02:03:53.35</b>	+00:40:05 (32.7%)	5:48	10.3 (66.9%)
68	<b>DĄBROWSKA Halina</b>	<b>746</b>		K-30	68	00:01:54	00:28:03	00:56:39	01:26:05	01:56:21	<b>02:02:55.60</b>	<b>02:04:50.55</b>	+00:40:30 (32.9%)	5:49	10.3 (66.9%)
69	<b>WILCZEK Małgorzata</b>	<b>323</b>		K-30	69	00:01:59	00:28:51	00:58:10	01:27:52	01:57:07	<b>02:02:57.55</b>	<b>02:04:57.25</b>	+00:40:32 (33.0%)	5:49	10.3 (66.9%)
70	<b>BUDZIŃSKA Ania</b>	<b>571</b>		K-30	70	00:00:51	00:26:48	00:54:20	01:24:18	01:56:08	<b>02:02:58.30</b>	<b>02:03:49.70</b>	+00:40:32 (33.0%)	5:49	10.3 (66.9%)
71	<b>GRUCA Aleksandra</b>	<b>970</b>		K-30	71	00:01:24	00:30:20	01:00:24	01:29:16	01:58:27	<b>02:04:21.25</b>	<b>02:05:45.70</b>	+00:41:55 (33.7%)	5:53	10.2 (66.2%)
72	<b>MATUSIAK Anna</b>	<b>494</b>	RAJSPOORT ACTIVE ANTON TEAM	K-30	72	00:01:05	00:28:31	00:56:57	01:26:33	01:58:44	<b>02:05:22.40</b>	<b>02:06:28.05</b>	+00:42:56 (34.3%)	5:56	10.1 (65.6%)
73	<b>SZAŁACIŃSKA Marta</b>	<b>60</b>	TRIBITION TEAM	K-30	73	00:01:11	00:27:59	00:56:34	01:25:57	01:58:36	<b>02:05:32.30</b>	<b>02:06:43.35</b>	+00:43:06 (34.3%)	5:56	10.1 (65.6%)
74	<b>LEŚNIAK Ewa</b>	<b>931</b>		K-30	74	00:01:42	00:28:37	00:56:45	01:26:14	01:59:07	<b>02:06:03.15</b>	<b>02:07:45.15</b>	+00:43:37 (34.6%)	5:58	10 (64.9%)
75	<b>FRĄCKOWIAK Marzena</b>	<b>1141</b>		K-30	75	00:00:33	00:29:14	00:58:31	01:28:38	01:59:45	<b>02:06:20.40</b>	<b>02:06:53.50</b>	+00:43:54 (34.8%)	5:59	10 (64.9%)
76	<b>SOBIESKA Aleksandra</b>	<b>759</b>		K-30	76	00:00:34	00:28:37	00:57:56	01:28:03	01:59:38	<b>02:06:30.35</b>	<b>02:07:05.15</b>	+00:44:04 (34.8%)	5:59	10 (64.9%)
77	<b>SIKORSKA Katarzyna</b>	<b>73</b>	BIEGAJ Z TRENERAMI	K-30	77	00:01:02	00:27:18	00:56:30	01:26:48	01:59:35	<b>02:06:41.95</b>	<b>02:07:44.55</b>	+00:44:16 (34.9%)	6:00	10 (64.9%)
78	<b>TARTANUS- ORYSZCZAK Marta</b>	<b>661</b>		K-30	78	00:01:35	00:30:06	01:00:31	01:30:11	02:00:26	<b>02:06:44.70</b>	<b>02:08:20.05</b>	+00:44:19 (35.0%)	6:00	10 (64.9%)
79	<b>PRZYBYSZ Magdalena</b>	<b>840</b>		K-30	79	00:01:35	00:29:29	00:59:08	01:28:58	02:00:20	<b>02:06:57.90</b>	<b>02:08:33.00</b>	+00:44:32 (35.1%)	6:01	10 (64.9%)
80	<b>PEREK Justyna</b>	<b>118</b>	GTT - INTER PROJEKT	K-30	80	00:01:46	00:30:22	01:00:25	01:31:10	02:01:57	<b>02:07:45.25</b>	<b>02:09:31.25</b>	+00:45:19 (35.5%)	6:03	9.9 (64.3%)
81	<b>LEWANDOWICZ Monika</b>	<b>1266</b>	NR GLIWICE	K-30	81	00:00:33	00:28:07	00:56:48	01:26:42	02:00:54	<b>02:07:45.40</b>	<b>02:08:19.05</b>	+00:45:19 (35.5%)	6:03	9.9 (64.3%)
82	<b>FIEDOR Anna</b>	<b>603</b>		K-30	82	00:01:45	00:30:23	01:00:26	01:30:16	02:01:57	<b>02:08:14.65</b>	<b>02:10:00.50</b>	+00:45:49 (35.7%)	6:04	9.9 (64.3%)
83	<b>PORĘBSKA Monika</b>	<b>721</b>		K-30	83	00:01:32	00:29:09	00:59:21	01:30:21	02:01:42	<b>02:08:30.80</b>	<b>02:10:03.35</b>	+00:46:05 (35.9%)	6:05	9.9 (64.3%)
84	<b>GERLE Anna</b>	<b>147</b>		K-30	84	00:00:46	00:28:38	00:58:02	01:27:50	02:03:16	<b>02:10:55.25</b>	<b>02:11:41.70</b>	+00:48:29 (37.0%)	6:12	9.7 (63.0%)
85	<b>BAL-BURZAWA Renata</b>	<b>1349</b>	HIRSCHVOGEL	K-30	85	00:00:10	00:26:58	00:57:43	01:28:46	02:03:17	<b>02:11:09.65</b>	<b>02:11:20.00</b>	+00:48:44 (37.2%)	6:12	9.7 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km	21.1km				
86	<b>BIER Agnieszka</b>	<b>811</b>		K-30	86	00:02:06	00:30:02	01:00:41	01:31:39	02:04:24	<b>02:11:16.15</b>	<b>02:13:22.30</b>	+00:48:50 (37.2%)	6:13	9.6 (62.3%)
87	<b>LEWANDOWSKA Magdalena</b>	<b>531</b>	RUNNERS HIGH	K-30	87	00:00:30	00:29:12	00:59:27	01:30:47	02:04:05	<b>02:11:25.20</b>	<b>02:11:55.60</b>	+00:48:59 (37.3%)	6:13	9.6 (62.3%)
88	<b>ZDEB Barbara</b>	<b>370</b>	NIGHT RUNNERS ZABRZE	K-30	88	00:02:00	00:30:50	01:02:08	01:33:36	02:05:06	<b>02:11:51.50</b>	<b>02:13:51.65</b>	+00:49:26 (37.5%)	6:14	9.6 (62.3%)
89	<b>CICHY Agnieszka</b>	<b>559</b>		K-30	89	00:01:26	00:29:38	01:00:57	01:32:37	02:05:00	<b>02:11:58.05</b>	<b>02:13:24.85</b>	+00:49:32 (37.5%)	6:15	9.6 (62.3%)
90	<b>LAMPART Marta</b>	<b>658</b>	NIGHT RUNNERS	K-30	90	00:00:45	00:29:10	00:59:47	01:31:35	02:05:50	<b>02:12:29.65</b>	<b>02:13:15.25</b>	+00:50:04 (37.8%)	6:16	9.6 (62.3%)
91	<b>WALCZYŃSKA Karolina</b>	<b>1261</b>		K-30	91	00:00:53	00:29:07	00:58:37	01:31:40	02:05:35	<b>02:12:38.70</b>	<b>02:13:31.75</b>	+00:50:13 (37.9%)	6:17	9.5 (61.7%)
92	<b>GAJDA Małgorzata</b>	<b>653</b>		K-30	92	00:00:55	00:28:57	00:58:53	01:30:15	02:04:57	<b>02:12:57.90</b>	<b>02:13:53.80</b>	+00:50:32 (38.0%)	6:18	9.5 (61.7%)
93	<b>DUDEK Marzena</b>	<b>869</b>		K-30	93	00:02:13	00:31:05	01:03:27	01:35:14	02:06:51	<b>02:12:59.80</b>	<b>02:15:13.35</b>	+00:50:34 (38.0%)	6:18	9.5 (61.7%)
94	<b>JANKOWSKA Anna</b>	<b>963</b>		K-30	94	00:01:34	00:28:50	00:57:17	01:28:47	02:05:23	<b>02:13:12.30</b>	<b>02:14:46.75</b>	+00:50:46 (38.1%)	6:18	9.5 (61.7%)
95	<b>ŁAGOSZ Katarzyna</b>	<b>1140</b>		K-30	95	00:01:43	00:31:09	01:02:26	01:34:13	02:05:24	<b>02:13:30.45</b>	<b>02:15:13.65</b>	+00:51:05 (38.3%)	6:19	9.5 (61.7%)
96	<b>GORZELANY Ewa</b>	<b>547</b>	WISLAŃSKA AKADEMIA BIEGOWA	K-30	96	00:00:27	00:29:55	01:01:34	01:33:52	02:07:17	<b>02:14:08.60</b>	<b>02:14:36.35</b>	+00:51:43 (38.6%)	6:21	9.4 (61.0%)
97	<b>WITCZAK Dagmara</b>	<b>1035</b>	ZADYSZKA	K-30	97	00:00:16	00:29:56	01:00:45	01:32:49	02:06:58	<b>02:14:10.20</b>	<b>02:14:26.65</b>	+00:51:44 (38.6%)	6:21	9.4 (61.0%)
98	<b>CZOSNOWSKA Anna</b>	<b>715</b>	CZOSTEAM	K-30	98	00:01:44	00:30:53	01:02:27	01:33:54	02:07:23	<b>02:14:31.00</b>	<b>02:16:15.95</b>	+00:52:05 (38.7%)	6:22	9.4 (61.0%)
99	<b>KAMIŃSKA-KORZENIOWSKA Joanna</b>	<b>663</b>		K-30	99	00:01:30	00:29:53	01:01:29	01:33:12	02:07:31	<b>02:14:34.75</b>	<b>02:16:04.90</b>	+00:52:09 (38.8%)	6:22	9.4 (61.0%)
100	<b>LEWICKA Beata</b>	<b>189</b>	NIGHT RUNNERS GLIWICE	K-30	100	00:01:41	00:30:53	01:02:37	01:35:07	02:08:16	<b>02:14:54.05</b>	<b>02:16:35.35</b>	+00:52:28 (38.9%)	6:23	9.4 (61.0%)
101	<b>MAKSYMIUK-KONOPKA Ewa</b>	<b>334</b>		K-30	101	00:01:24	00:31:30	01:03:27	01:34:54	02:08:28	<b>02:15:06.05</b>	<b>02:16:30.80</b>	+00:52:40 (39.0%)	6:24	9.4 (61.0%)
102	<b>JAROSZ Katarzyna</b>	<b>616</b>		K-30	102	00:02:02	00:31:26	01:03:34	01:36:06	02:08:51	<b>02:15:30.90</b>	<b>02:17:33.00</b>	+00:53:05 (39.2%)	6:25	9.3 (60.4%)
103	<b>PECYNA Katarzyna</b>	<b>1138</b>		K-30	103	00:01:43	00:31:10	01:02:28	01:34:27	02:08:26	<b>02:15:31.50</b>	<b>02:17:14.85</b>	+00:53:06 (39.2%)	6:25	9.3 (60.4%)
104	<b>DROZD Ola</b>	<b>944</b>	DREAM RUN	K-30	104	00:01:10	00:31:51	01:02:54	01:34:46	02:08:35	<b>02:15:39.90</b>	<b>02:16:50.55</b>	+00:53:14 (39.2%)	6:25	9.3 (60.4%)
105	<b>DANIELEWSKA Anna</b>	<b>605</b>		K-30	105	00:01:45	00:30:45	01:02:00	01:34:19	02:08:25	<b>02:15:44.65</b>	<b>02:17:30.20</b>	+00:53:19 (39.3%)	6:26	9.3 (60.4%)
106	<b>GRZYŚKA Katarzyna</b>	<b>554</b>		K-30	106	00:01:27	00:29:36	01:00:56	01:32:51	02:08:35	<b>02:15:46.00</b>	<b>02:17:13.00</b>	+00:53:20 (39.3%)	6:26	9.3 (60.4%)
107	<b>BRZEZIŃSKA Teresa</b>	<b>136</b>	NIGHT RUNNERS GLIWICE	K-30	107	00:00:49	00:30:13	01:01:17	01:34:04	02:09:06	<b>02:15:56.30</b>	<b>02:16:45.35</b>	+00:53:30 (39.4%)	6:26	9.3 (60.4%)
108	<b>WINICKA Daria</b>	<b>935</b>	AMATOR	K-30	108	00:01:41	00:29:39	01:01:04	01:34:05	02:08:40	<b>02:16:12.55</b>	<b>02:17:54.40</b>	+00:53:47 (39.5%)	6:27	9.3 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
109	<b>JENDRZYCA-CZAPLA Magdalena</b>	<b>64</b>		K-30	109	00:00:58	00:30:05	01:01:58	01:34:39	02:08:56	<b>02:16:18.90</b>	<b>02:17:17.85</b>	+00:53:53 (39.5%)	6:27	9.3 (60.4%)
110	<b>WINKLER Aleksandra</b>	<b>94</b>	BIEGAM, BO LUBIĘ JEŚC...	K-30	110	00:01:23	00:30:40	01:02:21	01:34:41	02:09:07	<b>02:16:34.05</b>	<b>02:17:57.20</b>	+00:54:08 (39.6%)	6:28	9.3 (60.4%)
111	<b>SALONI Kasia</b>	<b>753</b>		K-30	111	00:01:40	00:30:46	01:02:09	01:34:47	02:11:19	<b>02:18:18.10</b>	<b>02:19:58.95</b>	+00:55:52 (40.4%)	6:33	9.2 (59.7%)
112	<b>MULARCZYK Agnieszka</b>	<b>1050</b>	VICTORIA ZAWIERCIE	K-30	112	00:00:36	00:28:01	00:59:25	01:33:42	02:11:02	<b>02:18:34.20</b>	<b>02:19:10.80</b>	+00:56:08 (40.5%)	6:34	9.1 (59.1%)
113	<b>ZIEMBIŃSKA-BUCZYŃSKA Aleksandra</b>	<b>1523</b>		K-30	113	00:01:39	00:30:59	01:02:41	01:35:14	02:11:09	<b>02:18:34.35</b>	<b>02:20:13.45</b>	+00:56:08 (40.5%)	6:34	9.1 (59.1%)
114	<b>JĘDRYCHA Bożena</b>	<b>831</b>		K-30	114	00:01:58	00:33:47	01:07:04	01:40:06	02:12:44	<b>02:19:37.85</b>	<b>02:21:36.30</b>	+00:57:12 (41.0%)	6:37	9.1 (59.1%)
115	<b>DUDEK Katarzyna</b>	<b>492</b>		K-30	115	00:01:54	00:31:37	01:04:59	01:38:24	02:13:25	<b>02:20:40.10</b>	<b>02:22:34.55</b>	+00:58:14 (41.4%)	6:40	9 (58.4%)
116	<b>MIELCZAREK Ilona</b>	<b>178</b>	RYSIE	K-30	116	00:01:50	00:31:57	01:05:03	01:38:29	02:13:30	<b>02:20:55.80</b>	<b>02:22:46.40</b>	+00:58:30 (41.5%)	6:40	9 (58.4%)
117	<b>SABATOWSKA Magda</b>	<b>595</b>		K-30	117	00:01:27	00:31:35	01:05:00	01:39:01	02:13:29	<b>02:21:25.00</b>	<b>02:22:52.45</b>	+00:58:59 (41.7%)	6:42	9 (58.4%)
118	<b>BORYGA Joanna K</b>	<b>639</b>		K-30	118	00:02:01	00:29:54	01:01:25	01:35:31	02:13:29	<b>02:21:40.45</b>	<b>02:23:42.10</b>	+00:59:15 (41.8%)	6:42	8.9 (57.8%)
119	<b>FLOREK Anna</b>	<b>470</b>		K-30	119	00:02:12	00:33:34	01:06:51	01:39:54	02:15:24	<b>02:23:00.45</b>	<b>02:25:13.15</b>	+01:00:35 (42.4%)	6:46	8.9 (57.8%)
120	<b>ODZIOMEK Alicja</b>	<b>213</b>		K-30	120	00:00:33	00:31:50	01:04:11	01:37:58	02:15:39	<b>02:23:28.40</b>	<b>02:24:01.85</b>	+01:01:02 (42.6%)	6:47	8.8 (57.1%)
121	<b>MIERZWIŃSKA Katarzyna</b>	<b>1259</b>		K-30	121	00:02:00	00:32:26	01:06:22	01:42:28	02:17:00	<b>02:23:41.45</b>	<b>02:25:42.30</b>	+01:01:16 (42.6%)	6:48	8.8 (57.1%)
122	<b>WASILEWSKA Aleksandra</b>	<b>1006</b>		K-30	122	00:01:38	00:31:26	01:04:12	01:37:54	02:15:12	<b>02:23:50.10</b>	<b>02:25:28.35</b>	+01:01:24 (42.7%)	6:49	8.8 (57.1%)
123	<b>ULIASZ Anna</b>	<b>817</b>		K-30	123	00:00:33	00:29:59	01:04:17	01:39:01	02:18:04	<b>02:26:47.65</b>	<b>02:27:20.70</b>	+01:04:22 (43.9%)	6:57	8.6 (55.8%)
124	<b>SKUBIS Barbara</b>	<b>81</b>	NIGHT RUNNERS GLIWICE	K-30	124	00:01:55	00:33:41	01:08:32	01:44:33	02:21:50	<b>02:29:10.55</b>	<b>02:31:06.30</b>	+01:06:45 (44.7%)	7:04	8.5 (55.2%)
125	<b>STOKŁOSA Magdalena</b>	<b>219</b>		K-30	125	00:01:42	00:33:50	01:08:17	01:44:27	02:22:05	<b>02:30:01.40</b>	<b>02:31:43.80</b>	+01:07:35 (45.1%)	7:06	8.4 (54.5%)

Znaleziono 125 wynik(ów)