



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

## II PÓŁMARATON GLIWICKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K-40

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>LEWICKA Elżbieta</b>	<b>503</b>	NIEZRZESZONA	K-40	1	00:00:06	00:21:48	00:43:38	01:05:10	01:26:38	<b>01:30:59.55</b>	<b>01:31:05.60</b>		4:18	13.9 (100%)
2	<b>FIGIEL Ewa</b>	<b>620</b>		K-40	2	00:00:03	00:23:37	00:47:50	01:12:13	01:36:57	<b>01:42:11.00</b>	<b>01:42:14.85</b>	+00:11:11 (11.0%)	4:50	12.4 (89.2%)
3	<b>KOCIOK Gabriela</b>	<b>205</b>		K-40	3	00:00:52	00:26:11	00:51:56	01:17:43	01:43:41	<b>01:49:11.50</b>	<b>01:50:04.40</b>	+00:18:11 (16.7%)	5:10	11.6 (83.5%)
4	<b>BLASZKE Beata</b>	<b>303</b>	NIGHT RUNNERS	K-40	4	00:00:47	00:26:49	00:52:34	01:18:21	01:44:10	<b>01:49:37.55</b>	<b>01:50:24.70</b>	+00:18:38 (17.0%)	5:11	11.5 (82.7%)
5	<b>RYZIŃSKA Aneta</b>	<b>143</b>		K-40	5	00:00:28	00:26:31	00:52:44	01:18:57	01:45:26	<b>01:50:57.00</b>	<b>01:51:25.95</b>	+00:19:57 (18.0%)	5:15	11.4 (82.0%)
6	<b>GORCZEWSKA Renata</b>	<b>58</b>		K-40	6	00:01:10	00:26:22	00:52:22	01:18:44	01:45:23	<b>01:51:07.00</b>	<b>01:52:17.90</b>	+00:20:07 (18.1%)	5:15	11.4 (82.0%)
7	<b>GRUSZKA Małgorzata</b>	<b>68</b>	RYSIE	K-40	7	00:01:50	00:26:26	00:52:10	01:18:27	01:45:54	<b>01:51:31.30</b>	<b>01:53:21.95</b>	+00:20:31 (18.4%)	5:17	11.4 (82.0%)
8	<b>KUCZMA Joanna</b>	<b>533</b>		K-40	8	00:01:00	00:26:35	00:52:55	01:19:01	01:46:54	<b>01:52:59.35</b>	<b>01:54:00.05</b>	+00:21:59 (19.5%)	5:21	11.2 (80.6%)
9	<b>SOKÓŁ Dorota</b>	<b>926</b>	BIEGACZE CSR	K-40	9	00:00:40	00:26:28	00:53:05	01:20:35	01:49:13	<b>01:54:54.75</b>	<b>01:55:35.45</b>	+00:23:55 (20.8%)	5:26	11 (79.1%)
10	<b>CZAUDERNA Klaudia</b>	<b>258</b>	ETERUN	K-40	10	00:02:07	00:26:49	00:53:08	01:21:02	01:49:03	<b>01:55:06.70</b>	<b>01:57:13.80</b>	+00:24:07 (21.0%)	5:27	11 (79.1%)
11	<b>CZARNIK-PECIAK Aleksandra</b>	<b>801</b>		K-40	11	00:00:30	00:26:47	00:53:31	01:20:49	01:49:33	<b>01:55:41.75</b>	<b>01:56:11.75</b>	+00:24:42 (21.4%)	5:28	10.9 (78.4%)
12	<b>GABRYŚ Jola</b>	<b>1285</b>	NIGHT RUNNERS GLIWICE	K-40	12	00:00:18	00:26:01	00:53:04	01:20:50	01:50:06	<b>01:56:03.35</b>	<b>01:56:21.60</b>	+00:25:03 (21.6%)	5:30	10.9 (78.4%)
13	<b>BATEJKO Beata</b>	<b>257</b>	CHORZOWSKIE CENTRUM SZTUK I SPORTÓW WALKI	K-40	13	00:01:29	00:26:10	00:52:38	01:20:33	01:49:53	<b>01:56:10.60</b>	<b>01:57:40.10</b>	+00:25:11 (21.7%)	5:30	10.9 (78.4%)
14	<b>BOGUCKA Joanna</b>	<b>979</b>	NIGHT RUNNERS GLIWICE	K-40	14	00:01:02	00:27:18	00:54:21	01:22:02	01:50:27	<b>01:56:27.75</b>	<b>01:57:29.85</b>	+00:25:28 (21.9%)	5:31	10.9 (78.4%)
15	<b>SAP Alina</b>	<b>958</b>	NIGHT RUNNERS	K-40	15	00:01:01	00:27:19	00:54:22	01:22:03	01:50:25	<b>01:56:28.35</b>	<b>01:57:29.60</b>	+00:25:28 (21.9%)	5:31	10.9 (78.4%)

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			
16	<b>DOMARADZKA Ewa</b>	<b>441</b>		K-40	16	00:00:44	00:26:42	00:54:20	01:21:42	01:50:32	<b>01:56:35.30</b>	<b>01:57:19.30</b>	+00:25:35 (22.0%)	5:31	10.9 (78.4%)
17	<b>SKORUPA Agnieszka</b>	<b>771</b>	MALA PANA	K-40	17	00:01:40	00:27:54	00:55:28	01:22:54	01:50:47	<b>01:56:44.20</b>	<b>01:58:24.80</b>	+00:25:44 (22.1%)	5:31	10.8 (77.7%)
18	<b>NANCKA Brygida</b>	<b>455</b>		K-40	18	00:01:19	00:27:41	00:55:07	01:22:49	01:51:03	<b>01:56:44.90</b>	<b>01:58:03.95</b>	+00:25:45 (22.1%)	5:31	10.8 (77.7%)
19	<b>FEODORÓW Małgorzata</b>	<b>529</b>		K-40	19	00:00:54	00:27:34	00:54:39	01:22:26	01:51:14	<b>01:57:31.55</b>	<b>01:58:26.25</b>	+00:26:32 (22.6%)	5:34	10.8 (77.7%)
20	<b>MAJEWSKA Guzel</b>	<b>1028</b>	BIEGAJ Z TRENERAMI	K-40	20	00:00:43	00:27:11	00:53:18	01:20:36	01:52:01	<b>01:58:30.90</b>	<b>01:59:13.95</b>	+00:27:31 (23.2%)	5:36	10.7 (77.0%)
21	<b>PAWLIK Agnieszka</b>	<b>379</b>		K-40	21	00:01:13	00:27:33	00:55:24	01:23:57	01:52:44	<b>01:58:44.70</b>	<b>01:59:57.75</b>	+00:27:45 (23.4%)	5:37	10.7 (77.0%)
22	<b>PROKOPCZYK Anna</b>	<b>446</b>	BBL GRÓJEC	K-40	22	00:02:06	00:28:11	00:56:09	01:24:56	01:52:54	<b>01:58:48.45</b>	<b>02:00:55.35</b>	+00:27:48 (23.4%)	5:37	10.7 (77.0%)
23	<b>ROZWADOWSKA Grażyna</b>	<b>923</b>		K-40	23	00:01:50	00:28:04	00:55:50	01:24:02	01:52:58	<b>01:59:13.75</b>	<b>02:01:04.00</b>	+00:28:14 (23.7%)	5:39	10.6 (76.3%)
24	<b>HANKE Klaudia</b>	<b>1068</b>		K-40	24	00:00:12	00:27:48	00:55:58	01:24:04	01:53:27	<b>01:59:45.80</b>	<b>01:59:58.10</b>	+00:28:46 (24.0%)	5:40	10.6 (76.3%)
25	<b>SZCZURASZEK Anna</b>	<b>606</b>		K-40	25	00:01:44	00:27:56	00:55:53	01:24:22	01:54:31	<b>02:01:01.60</b>	<b>02:02:46.00</b>	+00:30:02 (24.8%)	5:44	10.5 (75.5%)
26	<b>SYGUŁA Katarzyna</b>	<b>785</b>	KB MCKIS JAWORZNO	K-40	26	00:01:43	00:28:02	00:56:03	01:25:23	01:55:33	<b>02:01:37.35</b>	<b>02:03:20.95</b>	+00:30:37 (25.2%)	5:45	10.4 (74.8%)
27	<b>ROGACKA-RZEPKA Maria</b>	<b>860</b>	SBD ENERGETYK RYBNIK	K-40	27	00:01:20	00:28:22	00:56:50	01:25:20	01:55:31	<b>02:01:49.70</b>	<b>02:03:10.55</b>	+00:30:50 (25.3%)	5:46	10.4 (74.8%)
28	<b>WESTER Halina</b>	<b>1113</b>		K-40	28	00:00:47	00:28:01	00:56:35	01:25:52	01:56:22	<b>02:03:00.65</b>	<b>02:03:48.30</b>	+00:32:01 (26.0%)	5:49	10.3 (74.1%)
29	<b>KOŻUCH Agnieszka</b>	<b>289</b>		K-40	29	00:00:54	00:28:43	00:57:33	01:26:52	01:57:14	<b>02:03:27.10</b>	<b>02:04:21.85</b>	+00:32:27 (26.3%)	5:51	10.3 (74.1%)
30	<b>MEDWID Iwona</b>	<b>472</b>		K-40	30	00:01:51	00:28:09	00:56:51	01:25:51	01:57:12	<b>02:04:07.65</b>	<b>02:05:59.05</b>	+00:33:08 (26.7%)	5:52	10.2 (73.4%)
31	<b>POLISZUK Małgorzata</b>	<b>852</b>		K-40	31	00:00:58	00:28:59	00:58:06	01:28:09	01:58:32	<b>02:05:09.00</b>	<b>02:06:07.65</b>	+00:34:09 (27.3%)	5:55	10.1 (72.7%)
32	<b>BUCHAL Katarzyna</b>	<b>582</b>		K-40	32	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	<b>02:05:32.65</b>	<b>02:07:10.70</b>	+00:34:33 (27.5%)	5:56	10.1 (72.7%)
33	<b>ŚLEMP Bernadetta</b>	<b>659</b>		K-40	33	00:01:21	00:29:19	00:58:30	01:28:29	01:59:37	<b>02:06:08.10</b>	<b>02:07:29.40</b>	+00:35:08 (27.9%)	5:58	10 (71.9%)
34	<b>GOŁĘBIEWSKA Aleksandra</b>	<b>1263</b>	BIEGAJ Z TRENERAMI	K-40	34	00:00:43	00:28:27	00:57:29	01:28:09	02:00:44	<b>02:07:35.75</b>	<b>02:08:18.95</b>	+00:36:36 (28.7%)	6:02	9.9 (71.2%)
35	<b>CHOJOWSKA Edyta</b>	<b>260</b>		K-40	35	00:01:55	00:30:14	01:00:08	01:30:27	02:01:10	<b>02:07:39.40</b>	<b>02:09:34.60</b>	+00:36:39 (28.7%)	6:02	9.9 (71.2%)
36	<b>CZERNIEWICZ Anna</b>	<b>268</b>		K-40	36	00:01:45	00:30:23	01:00:26	01:31:11	02:01:58	<b>02:07:45.30</b>	<b>02:09:31.25</b>	+00:36:45 (28.8%)	6:03	9.9 (71.2%)
37	<b>PISKORZ Daria</b>	<b>947</b>	DRUŻYNA SZPIKU SITECH	K-40	37	00:01:12	00:28:40	00:59:17	01:30:06	02:02:58	<b>02:09:52.75</b>	<b>02:11:05.40</b>	+00:38:53 (29.9%)	6:09	9.7 (69.8%)
38	<b>TURKO Katarzyna</b>	<b>1231</b>	PKO BP	K-40	38	00:01:45	00:29:11	00:59:20	01:30:33	02:04:18	<b>02:10:55.15</b>	<b>02:12:40.30</b>	+00:39:55 (30.5%)	6:12	9.7 (69.8%)
39	<b>MIŚKIEWICZ Lucyna</b>	<b>187</b>		K-40	39	00:01:46	00:30:49	01:01:33	01:32:58	02:05:20	<b>02:11:47.15</b>	<b>02:13:33.60</b>	+00:40:47 (31.0%)	6:14	9.6 (69.1%)

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					
40	<b>PASEK Anna</b>	<b>192</b>	PIELUCHORUNTEAM	K-40	40	00:00:58	00:28:41	00:58:07	01:31:31	02:05:14	<b>02:12:17.35</b>	<b>02:13:15.95</b>	+00:41:17 (31.2%)	6:16	9.6 (69.1%)
41	<b>WILSZ Ewa</b>	<b>656</b>		K-40	41	00:02:02	00:30:34	01:02:05	01:33:36	02:06:04	<b>02:12:49.20</b>	<b>02:14:51.95</b>	+00:41:49 (31.5%)	6:17	9.5 (68.3%)
42	<b>PIĘTERA Agnieszka</b>	<b>754</b>		K-40	42	00:01:40	00:30:46	01:01:38	01:33:21	02:06:05	<b>02:13:04.70</b>	<b>02:14:44.95</b>	+00:42:05 (31.6%)	6:18	9.5 (68.3%)
43	<b>OPANOWSKA Anna</b>	<b>145</b>		K-40	43	00:01:18	00:28:43	01:00:00	01:32:16	02:06:35	<b>02:13:27.35</b>	<b>02:14:45.95</b>	+00:42:27 (31.8%)	6:19	9.5 (68.3%)
44	<b>BOŚ Iwona</b>	<b>390</b>	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	44	00:00:27	00:29:55	01:01:34	01:33:51	02:07:17	<b>02:14:09.10</b>	<b>02:14:36.25</b>	+00:43:09 (32.2%)	6:21	9.4 (67.6%)
45	<b>KOSIOR Bożena</b>	<b>826</b>	BRAK	K-40	45	00:00:17	00:27:48	00:56:53	01:29:46	02:06:40	<b>02:14:31.50</b>	<b>02:14:48.50</b>	+00:43:31 (32.4%)	6:22	9.4 (67.6%)
46	<b>NIEGOWSKA Anna</b>	<b>108</b>		K-40	46	00:00:48	00:30:22	01:01:35	01:34:01	02:08:15	<b>02:15:21.50</b>	<b>02:16:09.85</b>	+00:44:21 (32.8%)	6:24	9.4 (67.6%)
47	<b>GROSS Teresa</b>	<b>646</b>	UNISONO	K-40	47	00:02:02	00:30:34	01:02:06	01:33:36	02:07:16	<b>02:15:21.90</b>	<b>02:17:24.75</b>	+00:44:22 (32.8%)	6:24	9.4 (67.6%)
48	<b>PAUL Violetta</b>	<b>185</b>	NIGHT RUNNERS GLIWICE	K-40	48	00:00:48	00:31:46	01:03:30	01:36:00	02:09:07	<b>02:15:42.80</b>	<b>02:16:31.55</b>	+00:44:43 (33.0%)	6:25	9.3 (66.9%)
49	<b>RECHMAN-NOWAKOWSKA Dorota</b>	<b>273</b>		K-40	49	00:01:09	00:30:30	01:03:00	01:35:20	02:09:01	<b>02:16:06.50</b>	<b>02:17:16.05</b>	+00:45:06 (33.1%)	6:27	9.3 (66.9%)
50	<b>CHYB Natasza</b>	<b>24</b>		K-40	50	00:02:06	00:32:35	01:04:47	01:37:15	02:10:01	<b>02:16:39.90</b>	<b>02:18:46.85</b>	+00:45:40 (33.4%)	6:28	9.3 (66.9%)
51	<b>RÓŻYC Barbara</b>	<b>306</b>	NIGHT RUNNERS ZABRZE	K-40	51	00:01:29	00:30:40	01:02:37	01:34:44	02:10:31	<b>02:17:41.05</b>	<b>02:19:10.80</b>	+00:46:41 (33.9%)	6:31	9.2 (66.2%)
51	<b>LESZCZYŃSKA Małgorzata</b>	<b>577</b>		K-40	52	00:00:36	00:28:02	00:59:25	01:33:42	02:11:02	<b>02:18:34.15</b>	<b>02:19:10.80</b>	+00:47:34 (34.3%)	6:34	9.1 (65.5%)
53	<b>TUL Małgorzata</b>	<b>132</b>	DRUŻYNA SZPIKU	K-40	53	00:01:48	00:30:13	01:01:32	01:35:38	02:12:45	<b>02:20:31.10</b>	<b>02:22:19.60</b>	+00:49:31 (35.2%)	6:39	9 (64.7%)
54	<b>BIENIEK Beata</b>	<b>1258</b>		K-40	54	00:02:00	00:32:26	01:06:21	01:42:28	02:17:00	<b>02:23:41.65</b>	<b>02:25:42.25</b>	+00:52:42 (36.7%)	6:48	8.8 (63.3%)
55	<b>ZAPOTOCZNA Renata</b>	<b>859</b>		K-40	55	00:02:18	00:29:25	01:01:59	01:36:32	02:15:43	<b>02:24:22.25</b>	<b>02:26:40.95</b>	+00:53:22 (37.0%)	6:50	8.8 (63.3%)
56	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>607</b>		K-40	56	00:01:28	00:31:36	01:05:01	01:40:07	02:18:55	<b>02:27:15.95</b>	<b>02:28:44.00</b>	+00:56:16 (38.2%)	6:58	8.6 (61.9%)
57	<b>WIERZBICKA Aleksandra</b>	<b>1044</b>	HR MAX ŻORY	K-40	57	00:01:42	00:32:26	01:07:22	01:43:49	02:22:17	<b>02:30:23.20</b>	<b>02:32:06.10</b>	+00:59:23 (39.5%)	7:07	8.4 (60.4%)
58	<b>PYTEL Klaudia</b>	<b>317</b>	NIGHT RUNNERS ZABRZE	K-40	58	00:02:00	00:34:25	01:10:51	01:48:33	02:27:54	<b>02:35:49.40</b>	<b>02:37:49.70</b>	+01:04:49 (41.6%)	7:23	8.1 (58.3%)
59	<b>GLIŃSKA Agnieszka</b>	<b>1280</b>	NIGHT RUNNERS	K-40	59	00:01:42	00:34:06	01:09:57	01:48:42	02:30:23	<b>02:38:42.15</b>	<b>02:40:24.75</b>	+01:07:42 (42.7%)	7:31	8 (57.6%)
60	<b>USZYŃSKA Aldona</b>	<b>254</b>	OTK / NR GLIWICE	K-40	60	00:00:21	00:23:13	00:46:53	01:11:55				+00:06:45	4:47	12.5 (89.9%)
61	<b>TRZEJA ZDANOWSKA Dorota</b>	<b>557</b>	URODZENI BIEGACZE	K-40	61	00:00:21	00:23:52	00:47:46					+00:04:07	4:46	12.6 (90.6%)

