



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

II PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

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	SAP Karolina	959	NIGHT RUNNERS	K-20	3	00:00:15	00:21:46	00:43:54	01:05:59	01:28:42	01:33:35.10	01:33:50.35		4:26	13.5 (100%)
2	ZAPART Aleksandra	615	STARY HANGAR	K-20	5	00:00:14	00:23:14	00:46:09	01:09:09	01:32:34	01:37:33.85	01:37:48.50	+00:03:58 (4.1%)	4:37	13 (96.3%)
3	WYLEŻAŁEK Alina	174		K-20	6	00:00:18	00:23:19	00:47:00	01:10:25	01:33:28	01:38:15.05	01:38:33.85	+00:04:39 (4.7%)	4:39	12.9 (95.6%)
4	KONOPACKA BESSA Magdalena	77	FILOMATA	K-20	8	00:00:13	00:23:23	00:47:05	01:10:30	01:34:02	01:39:09.70	01:39:23.15	+00:05:34 (5.6%)	4:41	12.8 (94.8%)
5	POPIEL-KRUK Aleksandra	279		K-30	8	00:00:20	00:23:20	00:46:57	01:10:34	01:35:18	01:40:30.55	01:40:51.10	+00:06:55 (6.9%)	4:45	12.6 (93.3%)
6	WALASZCZYK Anna	543	EVENT 360 RUNNING TEAM	K-30	9	00:00:53	00:24:00	00:47:51	01:11:32	01:35:37	01:40:41.45	01:41:35.05	+00:07:06 (7.1%)	4:46	12.6 (93.3%)
7	LASKOWSKA Katarzyna	346	BIEGAJ Z TRENERAMI FC 24 GLIWICE	K-30	10	00:00:31	00:23:13	00:46:48	01:10:34	01:35:40	01:40:57.20	01:41:28.75	+00:07:22 (7.3%)	4:47	12.5 (92.6%)
8	FIGIEL Ewa	620		K-40	2	00:00:03	00:23:37	00:47:50	01:12:13	01:36:57	01:42:11.00	01:42:14.85	+00:08:35 (8.4%)	4:50	12.4 (91.9%)
9	BŁĄŻYTKO Monika	214	BIEGAJ Z TRENERAMI	K-20	11	00:00:32	00:23:13	00:46:47	01:10:36	01:36:38	01:42:39.40	01:43:11.60	+00:09:04 (8.8%)	4:51	12.3 (91.1%)
10	GRZEGORCZYK Ewelina	127		K-30	14	00:00:15	00:23:01	00:47:22	01:13:36	01:41:46	01:47:47.25	01:48:02.70	+00:14:12 (13.2%)	5:06	11.7 (86.7%)
11	BOCHEŃSKA Agnieszka	207	AMATOR	K-30	15	00:00:17	00:26:02	00:50:58	01:16:22	01:42:19	01:47:54.45	01:48:11.65	+00:14:19 (13.3%)	5:06	11.7 (86.7%)
12	KARŁOWSKA Katarzyna	749		K-20	17	00:00:33	00:25:18	00:50:29	01:16:07	01:42:38	01:48:18.30	01:48:51.45	+00:14:43 (13.6%)	5:07	11.7 (86.7%)
13	BLASZKE Beata	303	NIGHT RUNNERS	K-40	4	00:00:47	00:26:49	00:52:34	01:18:21	01:44:10	01:49:37.55	01:50:24.70	+00:16:02 (14.6%)	5:11	11.5 (85.2%)
14	RYZIŃSKA Aneta	143		K-40	5	00:00:28	00:26:31	00:52:44	01:18:57	01:45:26	01:50:57.00	01:51:25.95	+00:17:21 (15.7%)	5:15	11.4 (84.4%)

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			
15	LAMPA Alicja	95	NIGHT RUNNERS GLIWICE	K-20	20	00:01:07	00:26:27	00:52:19	01:18:42	01:45:27	01:51:14.75	01:52:21.75	+00:17:39 (15.9%)	5:16	11.4 (84.4%)
16	POPŁAWSKA-WAL Agata	1099		K-30	22	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	01:51:26.75	01:51:57.25	+00:17:51 (16.0%)	5:16	11.4 (84.4%)
17	SKÓRA Aneta	1091	NIGHT RUNNERS GLIWICE	K-30	23	00:00:46	00:26:33	00:52:52	01:19:06	01:45:52	01:51:47.20	01:52:33.50	+00:18:12 (16.3%)	5:17	11.3 (83.7%)
18	JANTAS Dominika	1003		K-16	1	00:00:12	00:25:26	00:51:15	01:18:09	01:46:31	01:52:15.10	01:52:28.05	+00:18:40 (16.6%)	5:19	11.3 (83.7%)
19	GRACH Aleksandra	670	EVENT 360 RUNNING TEAM	K-30	25	00:01:11	00:26:19	00:52:26	01:18:46	01:46:42	01:52:29.95	01:53:41.15	+00:18:54 (16.8%)	5:19	11.3 (83.7%)
20	RACZEK Magdalena	106		K-20	24	00:01:01	00:26:22	00:52:27	01:18:51	01:46:34	01:52:35.45	01:53:36.60	+00:19:00 (16.9%)	5:20	11.2 (83.0%)
21	KUCZMA Joanna	533		K-40	8	00:01:00	00:26:35	00:52:55	01:19:01	01:46:54	01:52:59.35	01:54:00.05	+00:19:24 (17.2%)	5:21	11.2 (83.0%)
22	KONIK Sylwia	386		K-30	30	00:00:51	00:26:14	00:52:03	01:19:02	01:47:12	01:53:31.15	01:54:22.80	+00:19:56 (17.6%)	5:22	11.2 (83.0%)
23	GALMAN Iwona	737		K-30	32	00:00:18	00:26:11	00:53:07	01:19:49	01:47:36	01:53:50.50	01:54:09.15	+00:20:15 (17.8%)	5:23	11.1 (82.2%)
24	WACLAWSKA Agnieszka	255		K-30	33	00:01:04	00:25:57	00:55:06	01:22:12	01:48:58	01:54:26.95	01:55:31.70	+00:20:51 (18.2%)	5:25	11.1 (82.2%)
25	KRZYSZTOFOWICZ Monika	591		K-30	35	00:00:37	00:26:01	00:52:53	01:20:21	01:48:50	01:54:45.35	01:55:22.55	+00:21:10 (18.4%)	5:26	11 (81.5%)
26	SOKÓŁ Dorota	926	BIEGACZE CSR	K-40	9	00:00:40	00:26:28	00:53:05	01:20:35	01:49:13	01:54:54.75	01:55:35.45	+00:21:19 (18.6%)	5:26	11 (81.5%)
27	CZAUDERNA Klaudia	258	ETERUN	K-40	10	00:02:07	00:26:49	00:53:08	01:21:02	01:49:03	01:55:06.70	01:57:13.80	+00:21:31 (18.7%)	5:27	11 (81.5%)
28	KRZYSZKOWSKA Agnieszka	490	BRAK	K-30	37	00:00:23	00:26:09	00:53:06	01:20:33	01:49:15	01:55:10.60	01:55:33.65	+00:21:35 (18.7%)	5:27	11 (81.5%)
29	BARAŃSKA Celestyna	358	ACCENTURE	K-30	38	00:01:23	00:27:23	00:54:48	01:22:11	01:49:44	01:55:16.10	01:56:39.25	+00:21:41 (18.8%)	5:27	11 (81.5%)
30	BŁASZCZYK Paulina	36		K-20	29	00:01:27	00:27:17	00:54:09	01:21:27	01:49:25	01:55:23.20	01:56:50.95	+00:21:48 (18.9%)	5:28	11 (81.5%)
31	CURYŁO Maria	941		K-20	30	00:01:55	00:27:29	00:54:45	01:21:46	01:49:32	01:55:28.30	01:57:23.30	+00:21:53 (19.0%)	5:28	11 (81.5%)
32	ŻÓŁNOWSKA Anna	553		K-30	40	00:02:02	00:26:28	00:52:25	01:19:45	01:49:37	01:55:52.50	01:57:55.10	+00:22:17 (19.2%)	5:29	10.9 (80.7%)
33	GABRYŚ Jola	1285	NIGHT RUNNERS GLIWICE	K-40	12	00:00:18	00:26:01	00:53:04	01:20:50	01:50:06	01:56:03.35	01:56:21.60	+00:22:28 (19.4%)	5:30	10.9 (80.7%)
34	KONOPKA Agnieszka	80		K-30	43	00:00:41	00:26:56	00:53:39	01:20:49	01:50:03	01:56:12.70	01:56:53.70	+00:22:37 (19.5%)	5:30	10.9 (80.7%)
35	BOGUCKA Joanna	979	NIGHT RUNNERS GLIWICE	K-40	14	00:01:02	00:27:18	00:54:21	01:22:02	01:50:27	01:56:27.75	01:57:29.85	+00:22:52 (19.6%)	5:31	10.9 (80.7%)
36	SAP Alina	958	NIGHT RUNNERS	K-40	15	00:01:01	00:27:19	00:54:22	01:22:03	01:50:25	01:56:28.35	01:57:29.60	+00:22:53 (19.7%)	5:31	10.9 (80.7%)
37	TYLMAN-MADEJCZYK Marta	262	MTM	K-30	45	00:00:43	00:27:41	00:54:35	01:21:46	01:50:22	01:56:28.90	01:57:11.95	+00:22:53 (19.7%)	5:31	10.9 (80.7%)

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	DOMARADZKA Ewa	441		K-40	16	00:00:44	00:26:42	00:54:20	01:21:42	01:50:32	01:56:35.30	01:57:19.30	+00:23:00 (19.7%)	5:31	10.9 (80.7%)
39	POPIEL Adriana	368	NIGHT RUNNERS GLIWICE	K-30	46	00:01:00	00:27:40	00:55:14	01:22:44	01:50:36	01:56:45.00	01:57:45.30	+00:23:09 (19.8%)	5:31	10.8 (80.0%)
40	CYGAN Agata	839		K-20	33	00:01:22	00:28:43	00:56:32	01:23:46	01:51:54	01:57:37.55	01:59:00.00	+00:24:02 (20.4%)	5:34	10.8 (80.0%)
41	CZARNECKA Aneta	706		K-20	34	00:00:46	00:27:14	00:54:49	01:22:58	01:51:18	01:57:41.20	01:58:27.25	+00:24:06 (20.5%)	5:34	10.8 (80.0%)
42	DYCHA Eliza	163		K-30	50	00:01:12	00:27:08	00:54:46	01:23:05	01:52:09	01:58:06.85	01:59:19.65	+00:24:31 (20.8%)	5:35	10.7 (79.3%)
43	HILASZEK Agata	674		K-20	37	00:01:24	00:28:00	00:56:22	01:24:59	01:52:35	01:58:14.20	01:59:39.10	+00:24:39 (20.8%)	5:36	10.7 (79.3%)
44	WARCZYŃSKA Beata	575		K-30	52	00:01:33	00:28:51	00:56:29	01:24:23	01:52:40	01:58:28.55	02:00:02.15	+00:24:53 (21.0%)	5:36	10.7 (79.3%)
45	KEMONA Dorota	969		K-30	53	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	01:58:34.25	01:59:38.40	+00:24:59 (21.1%)	5:37	10.7 (79.3%)
46	SALA Nela	476		K-20	38	00:01:19	00:27:22	00:55:14	01:23:50	01:52:30	01:58:38.30	01:59:58.05	+00:25:03 (21.1%)	5:37	10.7 (79.3%)
47	GDULA Teodozja	269		K-60	1	00:01:29	00:28:15	00:55:53	01:23:42	01:52:29	01:58:41.05	02:00:10.35	+00:25:05 (21.1%)	5:37	10.7 (79.3%)
48	MERCIK Marta	1034		K-20	39	00:00:38	00:28:24	00:56:30	01:24:24	01:52:42	01:58:42.35	01:59:21.00	+00:25:07 (21.2%)	5:37	10.7 (79.3%)
49	TETLAK - TRACZ Barbara	574		K-30	56	00:01:33	00:28:50	00:56:30	01:24:26	01:52:40	01:58:49.75	02:00:23.55	+00:25:14 (21.2%)	5:37	10.7 (79.3%)
50	ROZWADOWSKA Grażyna	923		K-40	23	00:01:50	00:28:04	00:55:50	01:24:02	01:52:58	01:59:13.75	02:01:04.00	+00:25:38 (21.5%)	5:39	10.6 (78.5%)
51	TEIXEIRA Alice	1294		K-20	42	00:01:29	00:28:14	00:56:35	01:25:11	01:53:21	01:59:17.35	02:00:46.40	+00:25:42 (21.5%)	5:39	10.6 (78.5%)
52	ZIMOCH Beata	635		K-30	61	00:00:31	00:28:15	00:56:33	01:25:48	01:54:44	02:00:32.90	02:01:04.75	+00:26:57 (22.4%)	5:42	10.5 (77.8%)
53	SMOLEŃ Magdalena	502		K-30	62	00:01:33	00:29:14	00:58:30	01:27:09	01:55:04	02:01:00.20	02:02:33.55	+00:27:25 (22.7%)	5:44	10.5 (77.8%)
54	ROGACKA-RZEPKA Maria	860	SBD ENERGETYK RYBNIK	K-40	27	00:01:20	00:28:22	00:56:50	01:25:20	01:55:31	02:01:49.70	02:03:10.55	+00:28:14 (23.2%)	5:46	10.4 (77.0%)
55	HUREC Justyna	684	TRIVITAL	K-20	47	00:01:06	00:27:36	00:55:17	01:24:19	01:56:05	02:02:50.65	02:03:56.85	+00:29:15 (23.8%)	5:49	10.3 (76.3%)
56	BUDZIŃSKA Ania	571		K-30	70	00:00:51	00:26:48	00:54:20	01:24:18	01:56:08	02:02:58.30	02:03:49.70	+00:29:23 (23.9%)	5:49	10.3 (76.3%)
57	WESTER Halina	1113		K-40	28	00:00:47	00:28:01	00:56:35	01:25:52	01:56:22	02:03:00.65	02:03:48.30	+00:29:25 (23.9%)	5:49	10.3 (76.3%)
58	HANZEL Anna	193		K-50	3	00:01:20	00:28:13	00:56:40	01:26:06	01:57:26	02:03:51.55	02:05:12.25	+00:30:16 (24.4%)	5:52	10.2 (75.6%)
59	KIONKA Katarzyna	327		K-20	50	00:01:28	00:28:01	00:56:57	01:26:29	01:57:50	02:04:14.85	02:05:43.25	+00:30:39 (24.7%)	5:53	10.2 (75.6%)
60	POLISZUK Małgorzata	852		K-40	31	00:00:58	00:28:59	00:58:06	01:28:09	01:58:32	02:05:09.00	02:06:07.65	+00:31:33 (25.2%)	5:55	10.1 (74.8%)

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			
61	BUCHAL Katarzyna	582		K-40	32	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	02:05:32.65	02:07:10.70	+00:31:57 (25.5%)	5:56	10.1 (74.8%)
62	ŚNIEGOWSKA Marta	518		K-20	51	00:01:21	00:27:05	00:55:21	01:25:58	01:58:56	02:05:40.40	02:07:02.30	+00:32:05 (25.5%)	5:57	10.1 (74.8%)
63	LEŚNIAK Ewa	931		K-30	74	00:01:42	00:28:37	00:56:45	01:26:14	01:59:07	02:06:03.15	02:07:45.15	+00:32:28 (25.8%)	5:58	10 (74.1%)
64	SIKORSKA Katarzyna	73	BIEGAJ Z TRENERAMI	K-30	77	00:01:02	00:27:18	00:56:30	01:26:48	01:59:35	02:06:41.95	02:07:44.55	+00:33:06 (26.1%)	6:00	10 (74.1%)
65	TARTANUS-ORYSZCZAK Marta	661		K-30	78	00:01:35	00:30:06	01:00:31	01:30:11	02:00:26	02:06:44.70	02:08:20.05	+00:33:09 (26.2%)	6:00	10 (74.1%)
66	PRZYBYSZ Magdalena	840		K-30	79	00:01:35	00:29:29	00:59:08	01:28:58	02:00:20	02:06:57.90	02:08:33.00	+00:33:22 (26.3%)	6:01	10 (74.1%)
67	MARCINEK Ewa	1067		K-50	4	00:02:00	00:29:29	00:59:20	01:29:56	02:00:31	02:07:27.10	02:09:27.95	+00:33:52 (26.6%)	6:02	9.9 (73.3%)
68	GOŁĘBIEWSKA Aleksandra	1263	BIEGAJ Z TRENERAMI	K-40	34	00:00:43	00:28:27	00:57:29	01:28:09	02:00:44	02:07:35.75	02:08:18.95	+00:34:00 (26.7%)	6:02	9.9 (73.3%)
69	PEREK Justyna	118	GTT - INTER PROJEKT	K-30	80	00:01:46	00:30:22	01:00:25	01:31:10	02:01:57	02:07:45.25	02:09:31.25	+00:34:10 (26.7%)	6:03	9.9 (73.3%)
70	LEWANDOWICZ Monika	1266	NR GLIWICE	K-30	81	00:00:33	00:28:07	00:56:48	01:26:42	02:00:54	02:07:45.40	02:08:19.05	+00:34:10 (26.7%)	6:03	9.9 (73.3%)
71	BAJOROWICZ Paulina	1013		K-20	53	00:01:38	00:27:36	00:56:32	01:27:22	02:00:56	02:07:48.95	02:09:27.25	+00:34:13 (26.8%)	6:03	9.9 (73.3%)
72	FIEDOR Anna	603		K-30	82	00:01:45	00:30:23	01:00:26	01:30:16	02:01:57	02:08:14.65	02:10:00.50	+00:34:39 (27.0%)	6:04	9.9 (73.3%)
73	GERLE Anna	147		K-30	84	00:00:46	00:28:38	00:58:02	01:27:50	02:03:16	02:10:55.25	02:11:41.70	+00:37:20 (28.5%)	6:12	9.7 (71.9%)
74	ORLIK Zdzisława	256	AKMB 'PĘDZIWIATR' GLIWICE	K-50	5	00:01:58	00:30:27	01:01:02	01:32:39	02:04:34	02:11:12.70	02:13:11.65	+00:37:37 (28.7%)	6:13	9.6 (71.1%)
75	BIER Agnieszka	811		K-30	86	00:02:06	00:30:02	01:00:41	01:31:39	02:04:24	02:11:16.15	02:13:22.30	+00:37:41 (28.7%)	6:13	9.6 (71.1%)
76	LEWANDOWSKA Magdalena	531	RUNNERS HIGH	K-30	87	00:00:30	00:29:12	00:59:27	01:30:47	02:04:05	02:11:25.20	02:11:55.60	+00:37:50 (28.8%)	6:13	9.6 (71.1%)
77	ZAGASKA Linda	244		K-20	56	00:01:22	00:30:05	01:01:00	01:32:10	02:04:54	02:11:41.95	02:13:04.15	+00:38:06 (28.9%)	6:14	9.6 (71.1%)
78	WOLIŃSKA Anna	1275		K-20	57	00:01:30	00:30:04	01:01:18	01:32:25	02:04:50	02:11:52.15	02:13:23.05	+00:38:17 (29.0%)	6:15	9.6 (71.1%)
79	JUSZCZAK Kalina	856		K-20	58	00:00:57	00:31:41	01:02:25	01:33:16	02:05:26	02:12:13.50	02:13:11.45	+00:38:38 (29.2%)	6:16	9.6 (71.1%)
80	PASEK Anna	192	PIELUCHORUNTEAM	K-40	40	00:00:58	00:28:41	00:58:07	01:31:31	02:05:14	02:12:17.35	02:13:15.95	+00:38:42 (29.3%)	6:16	9.6 (71.1%)
81	DUDEK Marzena	869		K-30	93	00:02:13	00:31:05	01:03:27	01:35:14	02:06:51	02:12:59.80	02:15:13.35	+00:39:24 (29.6%)	6:18	9.5 (70.4%)
82	OPANOWSKA Anna	145		K-40	43	00:01:18	00:28:43	01:00:00	01:32:16	02:06:35	02:13:27.35	02:14:45.95	+00:39:52 (29.9%)	6:19	9.5 (70.4%)
83	CIOMEK Marta	552		K-20	61	00:00:26	00:29:04	00:59:40	01:31:32	02:06:52	02:14:17.65	02:14:44.25	+00:40:42 (30.3%)	6:21	9.4 (69.6%)

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			
84	MACKIEWICZ Katarzyna	411		K-50	6	00:01:54	00:30:51	01:02:19	01:33:49	02:07:15	02:14:19.20	02:16:14.00	+00:40:44 (30.3%)	6:21	9.4 (69.6%)
85	CZOSNOWSKA Anna	715	CZOSTEAM	K-30	98	00:01:44	00:30:53	01:02:27	01:33:54	02:07:23	02:14:31.00	02:16:15.95	+00:40:55 (30.4%)	6:22	9.4 (69.6%)
86	KOSIOR Bożena	826	BRAK	K-40	45	00:00:17	00:27:48	00:56:53	01:29:46	02:06:40	02:14:31.50	02:14:48.50	+00:40:56 (30.4%)	6:22	9.4 (69.6%)
87	LEWICKA Beata	189	NIGHT RUNNERS GLIWICE	K-30	100	00:01:41	00:30:53	01:02:37	01:35:07	02:08:16	02:14:54.05	02:16:35.35	+00:41:18 (30.6%)	6:23	9.4 (69.6%)
88	MAKSYMIUK-KONOPKA Ewa	334		K-30	101	00:01:24	00:31:30	01:03:27	01:34:54	02:08:28	02:15:06.05	02:16:30.80	+00:41:30 (30.7%)	6:24	9.4 (69.6%)
89	NIEGOWSKA Anna	108		K-40	46	00:00:48	00:30:22	01:01:35	01:34:01	02:08:15	02:15:21.50	02:16:09.85	+00:41:46 (30.9%)	6:24	9.4 (69.6%)
90	JAROSZ Katarzyna	616		K-30	102	00:02:02	00:31:26	01:03:34	01:36:06	02:08:51	02:15:30.90	02:17:33.00	+00:41:55 (30.9%)	6:25	9.3 (68.9%)
91	PAUL Violetta	185	NIGHT RUNNERS GLIWICE	K-40	48	00:00:48	00:31:46	01:03:30	01:36:00	02:09:07	02:15:42.80	02:16:31.55	+00:42:07 (31.0%)	6:25	9.3 (68.9%)
92	BRZEZIŃSKA Teresa	136	NIGHT RUNNERS GLIWICE	K-30	107	00:00:49	00:30:13	01:01:17	01:34:04	02:09:06	02:15:56.30	02:16:45.35	+00:42:21 (31.2%)	6:26	9.3 (68.9%)
93	RECHMAN-NOWAKOWSKA Dorota	273		K-40	49	00:01:09	00:30:30	01:03:00	01:35:20	02:09:01	02:16:06.50	02:17:16.05	+00:42:31 (31.2%)	6:27	9.3 (68.9%)
94	JENDRZYCA-CZAPLA Magdalena	64		K-30	109	00:00:58	00:30:05	01:01:58	01:34:39	02:08:56	02:16:18.90	02:17:17.85	+00:42:43 (31.3%)	6:27	9.3 (68.9%)
95	LIPOWSKA Barbara	592		K-50	7	00:01:55	00:31:15	01:03:09	01:36:30	02:11:19	02:18:21.35	02:20:16.80	+00:44:46 (32.4%)	6:33	9.2 (68.1%)
96	LESZCZYŃSKA Małgorzata	577		K-40	52	00:00:36	00:28:02	00:59:25	01:33:42	02:11:02	02:18:34.15	02:19:10.80	+00:44:59 (32.5%)	6:34	9.1 (67.4%)
97	ZIEMBIŃSKA-BUCZYŃSKA Aleksandra	1523		K-30	113	00:01:39	00:30:59	01:02:41	01:35:14	02:11:09	02:18:34.35	02:20:13.45	+00:44:59 (32.5%)	6:34	9.1 (67.4%)
98	RUDNER Ula	461	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	02:19:20.75	02:19:52.50	+00:45:45 (32.8%)	6:36	9.1 (67.4%)
99	LUKOSZEK Weronika	1116		K-16	3	00:01:31	00:30:42	01:02:18	01:34:52	02:11:50	02:19:44.45	02:21:15.65	+00:46:09 (33.0%)	6:37	9.1 (67.4%)
100	GRUBICH Irena	226		K-60	2	00:00:15	00:28:58	00:59:23	01:33:29	02:11:45	02:20:17.30	02:20:32.70	+00:46:42 (33.3%)	6:38	9 (66.7%)
101	DUDEK Katarzyna	492		K-30	115	00:01:54	00:31:37	01:04:59	01:38:24	02:13:25	02:20:40.10	02:22:34.55	+00:47:05 (33.5%)	6:40	9 (66.7%)
102	SABATOWSKA Magda	595		K-30	117	00:01:27	00:31:35	01:05:00	01:39:01	02:13:29	02:21:25.00	02:22:52.45	+00:47:49 (33.8%)	6:42	9 (66.7%)
103	FLOREK Anna	470		K-30	119	00:02:12	00:33:34	01:06:51	01:39:54	02:15:24	02:23:00.45	02:25:13.15	+00:49:25 (34.6%)	6:46	8.9 (65.9%)
104	ODZIOMEK Alicja	213		K-30	120	00:00:33	00:31:50	01:04:11	01:37:58	02:15:39	02:23:28.40	02:24:01.85	+00:49:53 (34.8%)	6:47	8.8 (65.2%)
105	MIERZWIŃSKA Katarzyna	1259		K-30	121	00:02:00	00:32:26	01:06:22	01:42:28	02:17:00	02:23:41.45	02:25:42.30	+00:50:06 (34.9%)	6:48	8.8 (65.2%)

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
106	WASILEWSKA Aleksandra	1006		K-30	122	00:01:38	00:31:26	01:04:12	01:37:54	02:15:12	02:23:50.10	02:25:28.35	+00:50:15 (34.9%)	6:49	8.8 (65.2%)
107	DYLONG Mariola	230		K-16	4	00:00:56	00:31:01	01:03:23	01:37:01	02:15:39	02:24:17.95	02:25:14.10	+00:50:42 (35.1%)	6:50	8.8 (65.2%)
108	ZAPOTOCZNA Renata	859		K-40	55	00:02:18	00:29:25	01:01:59	01:36:32	02:15:43	02:24:22.25	02:26:40.95	+00:50:47 (35.2%)	6:50	8.8 (65.2%)
109	ULIASZ Anna	817		K-30	123	00:00:33	00:29:59	01:04:17	01:39:01	02:18:04	02:26:47.65	02:27:20.70	+00:53:12 (36.2%)	6:57	8.6 (63.7%)
110	SKUBIS Barbara	81	NIGHT RUNNERS GLIWICE	K-30	124	00:01:55	00:33:41	01:08:32	01:44:33	02:21:50	02:29:10.55	02:31:06.30	+00:55:35 (37.3%)	7:04	8.5 (63.0%)
111	STOKŁOSA Magdalena	219		K-30	125	00:01:42	00:33:50	01:08:17	01:44:27	02:22:05	02:30:01.40	02:31:43.80	+00:56:26 (37.6%)	7:06	8.4 (62.2%)
112	STERNAL Marta	522		K-20	64	00:00:46	00:29:52	01:04:00	01:40:54	02:20:50	02:30:15.65	02:31:01.80	+00:56:40 (37.7%)	7:07	8.4 (62.2%)
113	USZYŃSKA Aldona	254	OTK / NR GLIWICE	K-40	60	00:00:21	00:23:13	00:46:53	01:11:55				+00:05:56	4:47	12.5 (92.6%)
114	ŻURAWIECKA Anna	1082		K-20	66	00:01:28	00:28:55	00:58:23	01:28:26				+00:22:27	5:53	10.2 (75.6%)
115	MAĆZKA Krystyna	137	OTK RZEŹNIK / RYKI	K-60	3	00:01:15									(0.0%)

Znaleziono 115 wynik(ów)