



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 21.1 km

III PÓLMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-20

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_km 5km | 10_km 10km | 15_km 15km | 19_km 19.2km | 20_km 19.9km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------|-----------|------|-------------|-------------|---------------|---------------|-----------------|-----------------|----------------------|-----------------------|----------------------|--------------|-----------------|
| 1 | NAGIRNIAK Natalia | 496 | LKB RUDNIK | K-20 | 1 | 00:00:02 | 00:18:44 | 00:37:48 | 00:56:53 | 01:14:37 | 01:17:58 | 01:23:50.25 | 01:23:52.30 | | 3:58 | 15.1 (100%) |
| 2 | SAP Karolina | 355 | NR GLIWICE | K-20 | 2 | 00:00:07 | 00:20:54 | 00:42:15 | 01:04:05 | 01:23:09 | 01:26:36 | 01:32:27.80 | 01:32:34.95 | +00:08:37 (9.3%) | 4:22 | 13.7 (90.7%) |
| 3 | HILASZEK Agata | 124 | NIGHT RUNNERS GLIWICE | K-20 | 3 | 00:00:16 | 00:22:19 | 00:45:06 | 01:08:07 | 01:28:04 | 01:31:31 | 01:37:33.35 | 01:37:49.55 | +00:13:43 (14.1%) | 4:37 | 13 (86.1%) |
| 4 | FYSZ Karolina | 1215 | SBRT GLIWICE | K-20 | 4 | 00:00:11 | 00:22:25 | 00:45:05 | 01:07:41 | 01:27:55 | 01:31:29 | 01:37:49.65 | 01:38:01.10 | +00:13:59 (14.3%) | 4:38 | 12.9 (85.4%) |
| 5 | SZPILOWSKA Paulina | 146 | KS OLKUSZ | K-20 | 5 | 00:00:00 | 00:23:42 | 00:46:59 | 01:10:17 | 01:30:30 | 01:33:58 | 01:40:10.20 | 01:40:10.20 | +00:16:19 (16.3%) | 4:44 | 12.6 (83.4%) |
| 6 | BIAŁOŃCZYK Joanna | 876 | | K-20 | 6 | 00:00:30 | 00:24:06 | 00:48:37 | 01:13:04 | 01:34:05 | 01:37:51 | 01:44:02.75 | 01:44:33.00 | +00:20:12 (19.4%) | 4:55 | 12.2 (80.8%) |
| 7 | MATERZOK Aleksandra | 388 | FUTURE PROCESSING RUNNING TEAM | K-20 | 7 | 00:00:13 | 00:23:21 | 00:47:58 | 01:13:09 | | 01:39:48 | 01:46:53.60 | 01:47:07.50 | +00:23:03 (21.6%) | 5:03 | 11.8 (78.1%) |
| 8 | PIETRAS Sylwia | 463 | MIECHOWICKA GRUPA BIEGOWA | K-20 | 8 | 00:00:23 | 00:25:47 | 00:50:10 | 01:15:05 | 01:36:41 | 01:40:37 | 01:47:34.50 | 01:47:57.90 | +00:23:44 (22.1%) | 5:05 | 11.8 (78.1%) |
| 9 | BŁAŻYTKO Monika | 31 | BIEGAJ Z TRENERAMI GLIWICE | K-20 | 9 | 00:00:12 | 00:23:33 | 00:47:25 | 01:12:41 | 01:36:01 | 01:40:23 | 01:48:27.30 | 01:48:39.65 | +00:24:37 (22.7%) | 5:08 | 11.7 (77.5%) |
| 10 | PIECUCH Agnieszka | 1217 | SBRT GLIWICE | K-20 | 10 | 00:00:20 | 00:25:54 | 00:51:23 | 01:16:47 | 01:38:28 | 01:42:14 | 01:49:02.25 | 01:49:22.85 | +00:25:12 (23.1%) | 5:10 | 11.6 (76.8%) |
| 11 | MACEŁAJTIS Elżbieta | 105 | | K-20 | 11 | 00:01:12 | 00:25:56 | 00:50:55 | 01:16:18 | 01:38:25 | 01:42:22 | 01:49:06.15 | 01:50:19.05 | +00:25:15 (23.2%) | 5:10 | 11.6 (76.8%) |
| 12 | SŁOMIAN Marcelina | 1011 | | K-20 | 12 | 00:00:26 | 00:25:32 | 00:51:24 | 01:17:18 | 01:39:49 | 01:43:45 | 01:50:41.65 | 01:51:07.90 | +00:26:51 (24.3%) | 5:14 | 11.4 (75.5%) |
| 13 | CANIBOŁ Anna | 444 | | K-20 | 13 | 00:00:42 | 00:25:45 | 00:51:46 | 01:17:25 | 01:40:17 | 01:44:26 | 01:51:01.10 | 01:51:43.95 | +00:27:10 (24.5%) | 5:15 | 11.4 (75.5%) |
| 14 | KALUS Marta | 1060 | | K-20 | 14 | 00:01:17 | 00:27:00 | 00:53:09 | 01:18:33 | 01:41:33 | 01:45:29 | 01:51:48.15 | 01:53:05.95 | +00:27:57 (25.0%) | 5:17 | 11.3 (74.8%) |
| 15 | SPODZIEJA Aleksandra | 137 | | K-20 | 15 | 00:01:03 | 00:28:12 | 00:55:09 | 01:20:46 | 01:43:04 | 01:47:12 | 01:54:06.10 | 01:55:09.20 | +00:30:15 (26.5%) | 5:24 | 11.1 (73.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_km | 10_km | 15_km | 19_km | 20_km | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-------------------------|-----------|------|-------------|----------|----------|----------|----------|----------|-------------|-------------|----------------------|--------------|-----------------|
| | | | | | | | 5km | 10km | 15km | 19.2km | 19.9km | 21.1km | 21.1km | | | |
| 16 | WARECKA Agata | 697 | | K-20 | 16 | 00:01:23 | 00:27:20 | 00:55:10 | 01:21:15 | 01:44:05 | 01:48:06 | 01:55:06.60 | 01:56:30.20 | +00:31:16 (27.2%) | 5:27 | 11 (72.8%) |
| 17 | GABOR Katarzyna | 1235 | | K-20 | 17 | 00:01:20 | 00:27:37 | 00:55:00 | 01:21:30 | 01:44:11 | 01:48:16 | 01:55:16.65 | 01:56:37.25 | +00:31:26 (27.3%) | 5:27 | 11 (72.8%) |
| 18 | HOMA Dorota | 551 | | K-20 | 18 | 00:01:36 | 00:26:25 | 00:53:13 | 01:20:03 | 01:43:50 | 01:48:09 | 01:55:47.80 | 01:57:24.50 | +00:31:57 (27.6%) | 5:29 | 10.9 (72.2%) |
| 19 | MILIK Dagmara | 986 | | K-20 | 19 | 00:00:50 | 00:26:20 | 00:52:59 | 01:20:06 | 01:44:26 | 01:48:42 | 01:56:13.45 | 01:57:04.05 | +00:32:23 (27.9%) | 5:30 | 10.9 (72.2%) |
| 20 | LAMPA Alicja | 84 | NIGHT RUNNERS GLIWICE | K-20 | 20 | 00:00:26 | 00:26:20 | 00:53:56 | 01:21:46 | 01:45:58 | 01:50:10 | 01:57:16.10 | 01:57:42.20 | +00:33:25 (28.5%) | 5:33 | 10.8 (71.5%) |
| 21 | KOCIELSKA Anna | 810 | AKMB PĘDZIWIATR GLIWICE | K-20 | 21 | 00:00:28 | 00:26:12 | 00:53:24 | 01:20:56 | 01:45:36 | 01:49:56 | 01:57:46.45 | 01:58:15.00 | +00:33:56 (28.8%) | 5:34 | 10.7 (70.9%) |
| 22 | LIPKA Katarzyna | 1017 | NIGHT RUNNERS GLIWICE | K-20 | 22 | 00:00:37 | 00:27:38 | 00:55:14 | 01:22:07 | 01:46:19 | 01:50:44 | 01:57:59.50 | 01:58:37.35 | +00:34:09 (28.9%) | 5:35 | 10.7 (70.9%) |
| 23 | KOLASIŃSKA Monika | 292 | | K-20 | 23 | 00:00:11 | 00:26:55 | 00:55:06 | 01:22:09 | 01:46:47 | 01:51:14 | 01:58:12.30 | 01:58:24.15 | +00:34:22 (29.1%) | 5:36 | 10.7 (70.9%) |
| 24 | ŚNIEGOWSKA Julia | 1102 | | K-20 | 24 | 00:00:26 | 00:26:49 | 00:54:17 | 01:22:07 | 01:46:50 | 01:51:16 | 01:58:40.00 | 01:59:06.80 | +00:34:49 (29.4%) | 5:37 | 10.7 (70.9%) |
| 25 | RADECKA Paulina | 167 | | K-20 | 25 | 00:00:43 | 00:27:54 | 00:55:21 | 01:22:44 | 01:46:51 | 01:51:14 | 01:58:51.10 | 01:59:34.65 | +00:35:00 (29.5%) | 5:37 | 10.7 (70.9%) |
| 26 | PAWEŁKÓW Alicja | 168 | | K-20 | 26 | 00:00:43 | 00:27:54 | 00:55:21 | 01:22:45 | 01:46:52 | 01:51:15 | 01:58:51.30 | 01:59:34.85 | +00:35:01 (29.5%) | 5:37 | 10.7 (70.9%) |
| 27 | KANIGOWSKA Kaja | 1058 | | K-20 | 27 | 00:01:18 | 00:27:02 | 00:54:41 | 01:22:18 | 01:47:10 | 01:52:04 | 01:59:54.25 | 02:01:12.35 | +00:36:04 (30.1%) | 5:40 | 10.6 (70.2%) |
| 28 | BAK Magdalena | 1048 | | K-20 | 28 | 00:01:14 | 00:28:20 | 00:56:25 | 01:24:23 | 01:48:24 | 01:52:54 | 02:00:01.80 | 02:01:16.45 | +00:36:11 (30.2%) | 5:41 | 10.5 (69.5%) |
| 29 | BOROWICZ Roksana | 776 | NIGHT RUNNERS GLIWICE | K-20 | 29 | 00:00:30 | 00:27:59 | 00:56:30 | 01:25:10 | 01:50:18 | 01:54:34 | 02:01:42.20 | 02:02:12.75 | +00:37:51 (31.1%) | 5:46 | 10.4 (68.9%) |
| 30 | KOCÓJ Dominika | 534 | NIGHT RUNNER'S GLIWICE | K-20 | 30 | 00:00:29 | 00:28:00 | 00:56:56 | 01:26:15 | 01:51:58 | 01:56:36 | 02:04:18.10 | 02:04:47.25 | +00:40:27 (32.6%) | 5:53 | 10.2 (67.5%) |
| 31 | HARAZIN Anna | 142 | | K-20 | 31 | 00:00:57 | 00:28:30 | 00:57:41 | 01:26:25 | 01:52:28 | 01:57:05 | 02:04:53.45 | 02:05:50.70 | +00:41:03 (32.9%) | 5:55 | 10.1 (66.9%) |
| 32 | KRZAK Wioleta | 675 | | K-20 | 32 | 00:00:55 | 00:26:29 | 00:54:31 | 01:25:02 | 01:52:36 | 01:57:23 | 02:05:28.75 | 02:06:24.30 | +00:41:38 (33.2%) | 5:56 | 10.1 (66.9%) |
| 33 | DZIERŻANOWSKA Blanka | 654 | NIGHT RUNNERS ZABRZE | K-20 | 33 | 00:00:46 | 00:27:21 | 00:56:39 | 01:26:21 | 01:54:22 | 01:59:15 | 02:07:52.25 | 02:08:39.10 | +00:44:02 (34.4%) | 6:03 | 9.9 (65.6%) |
| 34 | BIĄŁOŻYT Agata | 873 | | K-20 | 34 | 00:01:32 | 00:29:56 | 01:00:23 | 01:30:24 | 01:55:48 | 02:00:14 | 02:08:13.45 | 02:09:46.00 | +00:44:23 (34.6%) | 6:04 | 9.9 (65.6%) |
| 35 | HRYSZKO Jagoda | 1172 | | K-20 | 35 | 00:01:34 | 00:29:32 | 01:00:39 | 01:31:21 | 01:57:03 | 02:01:30 | 02:08:45.60 | 02:10:19.85 | +00:44:55 (34.9%) | 6:06 | 9.8 (64.9%) |
| 36 | STERNAL Marta | 951 | | K-20 | 36 | 00:01:31 | 00:28:07 | 00:58:13 | 01:28:09 | 01:56:10 | 02:01:00 | 02:09:31.90 | 02:11:03.45 | +00:45:41 (35.3%) | 6:08 | 9.8 (64.9%) |
| 37 | JUSZCZAK Kalina | 181 | | K-20 | 37 | 00:00:47 | 00:28:47 | 00:59:04 | 01:29:38 | 01:56:27 | 02:01:15 | 02:09:38.90 | 02:10:26.35 | +00:45:48 (35.3%) | 6:08 | 9.8 (64.9%) |
| 38 | ULIASZ Natalia | 980 | | K-20 | 38 | 00:00:34 | 00:28:23 | 00:58:13 | 01:28:40 | 01:56:24 | 02:01:05 | 02:09:41.80 | 02:10:15.85 | +00:45:51 (35.4%) | 6:08 | 9.8 (64.9%) |
| 39 | BIGAJ Agnieszka | 347 | | K-20 | 39 | 00:01:04 | 00:29:54 | 01:00:42 | 01:30:51 | | 02:01:48 | 02:09:46.80 | 02:10:51.00 | +00:45:56 (35.4%) | 6:09 | 9.8 (64.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_km 5km | 10_km 10km | 15_km 15km | 19_km 19.2km | 20_km 19.9km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------|-----------|------|-------------|-------------|---------------|---------------|-----------------|-----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 40 | WOŁCZYK Aldona | 881 | | K-20 | 40 | 00:00:54 | 00:28:29 | 00:57:42 | 01:28:19 | 01:56:07 | 02:01:15 | 02:09:57.65 | 02:10:52.55 | +00:46:07 (35.5%) | 6:09 | 9.7 (64.2%) |
| 41 | RATAJ Adrianna | 825 | 1992 | K-20 | 41 | 00:00:18 | 00:28:22 | 00:57:34 | 01:27:49 | 01:56:37 | 02:01:26 | 02:10:08.75 | 02:10:26.90 | +00:46:18 (35.6%) | 6:10 | 9.7 (64.2%) |
| 41 | SALICKA Izabela | 1143 | PURE FIRE TEAM | K-20 | 42 | 00:00:17 | 00:28:23 | 00:57:35 | 01:27:50 | 01:56:38 | 02:01:28 | 02:10:08.95 | 02:10:26.90 | +00:46:18 (35.6%) | 6:10 | 9.7 (64.2%) |
| 43 | MURDZEK Aleksandra | 997 | PURE FIRE BYTOM | K-20 | 43 | 00:00:57 | 00:28:55 | 00:58:53 | 01:29:20 | 01:56:33 | 02:01:33 | 02:10:16.15 | 02:11:13.70 | +00:46:25 (35.6%) | 6:10 | 9.7 (64.2%) |
| 44 | HRISTOVA-KOSOBUDZKA Daria | 1097 | SPOT PSZCZYNA | K-20 | 44 | 00:01:21 | 00:29:34 | 00:59:52 | 01:29:52 | 01:57:02 | 02:02:00 | 02:10:42.90 | 02:12:04.20 | +00:46:52 (35.9%) | 6:11 | 9.7 (64.2%) |
| 45 | STANIK Sonia | 765 | | K-20 | 45 | 00:00:59 | 00:27:20 | 00:57:34 | 01:28:36 | 01:57:22 | 02:03:14 | 02:11:57.75 | 02:12:57.60 | +00:48:07 (36.5%) | 6:15 | 9.6 (63.6%) |
| 46 | WÓJTOWICZ Liza | 514 | | K-20 | 46 | 00:01:51 | 00:30:56 | 01:03:22 | 01:35:38 | 02:01:45 | 02:06:05 | 02:13:09.60 | 02:15:00.70 | +00:49:19 (37.0%) | 6:18 | 9.5 (62.9%) |
| 47 | SKĄPSKA Joanna | 688 | | K-20 | 47 | 00:00:57 | 00:32:37 | 01:04:01 | 01:34:46 | 02:00:55 | 02:05:39 | 02:13:10.25 | 02:14:07.75 | +00:49:20 (37.0%) | 6:18 | 9.5 (62.9%) |
| 48 | KOWALSKA Natalia | 219 | NIGHT RUNNERS GLIWICE | K-20 | 48 | 00:01:39 | 00:30:56 | 01:02:21 | 01:34:34 | 02:02:14 | 02:07:20 | 02:15:22.45 | 02:17:01.65 | +00:51:32 (38.1%) | 6:24 | 9.4 (62.3%) |
| 49 | KLEJNOWSKA Katarzyna | 903 | | K-20 | 49 | 00:01:18 | 00:30:24 | 01:01:56 | 01:33:26 | 02:02:19 | 02:07:09 | 02:15:35.70 | 02:16:54.30 | +00:51:45 (38.2%) | 6:25 | 9.3 (61.6%) |
| 50 | BALICZ Agnieszka | 148 | | K-20 | 50 | 00:00:55 | 00:30:16 | 01:01:06 | 01:33:38 | 02:02:36 | 02:07:23 | 02:16:12.85 | 02:17:08.50 | +00:52:22 (38.5%) | 6:27 | 9.3 (61.6%) |
| 51 | WOJTAS - WÓJCIK Justyna | 511 | | K-20 | 51 | 00:00:59 | 00:29:15 | 01:00:20 | 01:31:43 | 02:02:13 | 02:08:02 | 02:17:03.85 | 02:18:03.15 | +00:53:13 (38.8%) | 6:29 | 9.2 (60.9%) |
| 52 | WIRA Agnieszka | 1161 | NIGHT RUNNERS GLIWICE | K-20 | 52 | 00:01:50 | 00:29:09 | 00:59:55 | 01:32:12 | 02:03:01 | 02:08:02 | 02:17:06.75 | 02:18:56.75 | +00:53:16 (38.9%) | 6:29 | 9.2 (60.9%) |
| 53 | MALCHERCZYK Anna | 866 | | K-20 | 53 | 00:01:45 | 00:30:42 | 01:02:13 | 01:34:07 | 02:04:42 | 02:10:20 | 02:19:51.65 | 02:21:36.90 | +00:56:01 (40.1%) | 6:37 | 9.1 (60.3%) |
| 54 | CIOMEK Marta | 99 | SBRT | K-20 | 54 | 00:00:43 | 00:28:19 | 00:59:29 | 01:32:12 | 02:03:43 | 02:09:52 | 02:20:03.40 | 02:20:47.10 | +00:56:13 (40.1%) | 6:38 | 9 (59.6%) |
| 55 | STAŃCZYK Paulina | 1275 | | K-20 | 55 | 00:01:46 | 00:30:33 | 01:03:18 | 01:38:10 | 02:09:49 | 02:15:24 | 02:25:26.40 | 02:27:12.95 | +01:01:36 (42.4%) | 6:53 | 8.7 (57.6%) |
| 56 | ZAWISZA Joanna | 106 | | K-20 | 56 | 00:01:21 | 00:35:20 | 01:10:15 | 01:45:09 | 02:15:37 | 02:21:00 | 02:29:54.60 | 02:31:15.80 | +01:06:04 (44.1%) | 7:06 | 8.4 (55.6%) |
| 57 | BUCHALIK Katarzyna | 513 | | K-20 | 57 | 00:01:22 | 00:32:21 | 01:06:03 | 01:39:53 | 02:12:34 | 02:19:04 | 02:30:14.65 | 02:31:37.55 | +01:06:24 (44.2%) | 7:07 | 8.4 (55.6%) |
| 58 | ZAWADA Ewa | 77 | NIGHT RUNNERS | K-20 | 58 | 00:01:51 | 00:36:29 | 01:13:27 | 01:47:45 | 02:21:56 | 02:27:27 | 02:38:05.30 | 02:39:57.20 | +01:14:15 (47.0%) | 7:29 | 8 (53.0%) |
| 59 | DYDYCZ Marta | 652 | AKMB PĘDZIWIATR GLIWICE | K-20 | 59 | 00:00:19 | 00:30:11 | 01:04:45 | 01:47:04 | 02:25:22 | 02:32:23 | 02:44:08.00 | 02:44:27.55 | +01:20:17 (48.9%) | 7:46 | 7.7 (51.0%) |

Znaleziono 59 wynik(ów)