



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

III PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

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	GORTEL-MACIUK Agnieszka	1506	NIEWYMIĘKACZE	K-30	1	00:00:02	00:17:54	00:35:54	00:54:05	01:10:05	01:12:57	01:17:55.35	01:17:57.55		3:41	16.2 (100%)
2	KUCHARSKA Ewa	1310		K-30	2	00:00:01	00:18:54	00:38:01	00:56:43	01:12:55	01:15:49	01:20:51.95	01:20:53.85	+00:02:56 (3.6%)	3:49	15.7 (96.9%)
3	SZECÓWKA Aneta	687		K-30	3	00:00:06	00:19:38	00:39:56	01:00:11	01:17:55	01:21:04	01:26:42.85	01:26:49.00	+00:08:47 (10.1%)	4:06	14.6 (90.1%)
4	WYLEŻAŁEK Alina	438	NIGHT RUNNERS GLIWICE	K-30	4	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09	01:23:18	01:29:02.85	01:29:09.65	+00:11:07 (12.5%)	4:13	14.2 (87.7%)
5	KOCZUR Tamara	1085		K-30	5	00:00:06	00:20:25	00:41:29	01:02:39	01:21:07	01:24:26	01:30:27.45	01:30:33.55	+00:12:32 (13.9%)	4:17	14 (86.4%)
6	CHRZANOWSKA Barbara	1285	ZDZIERAJ KAPCIE WWW.AGATSU.PL	K-30	6	00:00:07	00:22:37	00:45:36	01:08:48	01:29:11	01:32:51	01:39:14.95	01:39:22.35	+00:21:19 (21.5%)	4:42	12.8 (79.0%)
7	POPIEL- KRUK Aleksandra	1209	SBRT GLIWICE	K-30	7	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20	01:33:56	01:40:06.20	01:40:22.15	+00:22:10 (22.2%)	4:44	12.6 (77.8%)
8	BOCHEŃSKA Agnieszka	91	SBRT GLIWICE	K-30	8	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37	01:38:27	01:45:08.15	01:45:24.05	+00:27:12 (25.9%)	4:59	12 (74.1%)
9	NASIENIAK- CZECH Anna	766		K-30	9	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18	01:39:04	01:45:18.70	01:45:46.35	+00:27:23 (26.0%)	4:59	12 (74.1%)
10	CHWAŁ Magdalena	573		K-30	10	00:00:25	00:25:24	00:50:35	01:15:24	01:36:29	01:40:13	01:46:23.85	01:46:48.95	+00:28:28 (26.8%)	5:02	11.9 (73.5%)
11	BARTECKA Sabina	853	HRMAX ŻORY	K-30	11	00:00:24	00:24:35	00:49:48	01:15:02	01:36:35	01:40:20	01:47:05.15	01:47:29.70	+00:29:09 (27.2%)	5:04	11.8 (72.8%)
12	KARŁOWSKA Katarzyna	528		K-30	12	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35	01:40:27	01:47:28.70	01:48:05.40	+00:29:33 (27.5%)	5:05	11.8 (72.8%)
13	CHODAWSKA Dorota	790	OPEL ACTIVE TEAM	K-30	13	00:00:42	00:25:28	00:50:30	01:15:35	01:37:34	01:41:22	01:47:54.40	01:48:36.90	+00:29:59 (27.8%)	5:06	11.7 (72.2%)
14	KONOPACKA- BESSA Magdalena	1267		K-30	14	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57	01:41:07	01:48:32.00	01:48:45.45	+00:30:36 (28.2%)	5:08	11.7 (72.2%)
15	JAGŁA Aleksandra	798		K-30	15	00:00:53	00:24:37	00:49:32	01:15:04	01:37:35	01:41:39	01:48:50.35	01:49:43.45	+00:30:55 (28.4%)	5:09	11.6 (71.6%)

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	LASICZ Aleksandra	702	ALEKSANDRA K. LASICZ	K-30	16	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38	01:42:32	01:48:59.75	01:49:53.85	+00:31:04 (28.5%)	5:09	11.6 (71.6%)
17	LEWICKA Justyna	235	AKMB PĘDZIWIATR GLIWICE	K-30	17	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55	01:42:00	01:49:07.35	01:49:19.35	+00:31:12 (28.6%)	5:10	11.6 (71.6%)
18	SKÓRA Aneta	1268	NIGHT RUNNERS GLIWICE	K-30	18	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54	01:42:44	01:49:37.25	01:49:55.75	+00:31:41 (28.9%)	5:11	11.5 (71.0%)
19	NIŻNIKIEWICZ Elżbieta	578		K-30	19	00:00:10	00:24:53	00:50:04	01:15:49	01:38:44	01:42:45	01:49:42.00	01:49:52.10	+00:31:46 (29.0%)	5:11	11.5 (71.0%)
20	SMOLARCZYK Agnieszka	314		K-30	20	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33	01:42:43	01:50:03.90	01:50:56.95	+00:32:08 (29.2%)	5:12	11.5 (71.0%)
21	BŁOŃSKA Monika	692		K-30	21	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06	01:43:58	01:50:22.95	01:51:59.20	+00:32:27 (29.4%)	5:13	11.5 (71.0%)
22	PUDLO Hanna	945		K-30	22	00:00:49	00:25:14	00:50:22	01:15:32	01:38:35	01:42:49	01:50:25.35	01:51:15.15	+00:32:30 (29.4%)	5:14	11.5 (71.0%)
23	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	23	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45	01:43:52	01:50:56.25	01:51:24.50	+00:33:00 (29.8%)	5:15	11.4 (70.4%)
24	SKACZKOWSKA Barbara	863	POLSKI KLUB MTB	K-30	24	00:00:32	00:25:11	00:50:57	01:16:45	01:39:57	01:44:15	01:51:17.80	01:51:49.95	+00:33:22 (30.0%)	5:16	11.4 (70.4%)
25	DYCHA Eliza	33		K-30	25	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37	01:44:37	01:51:31.00	01:52:20.30	+00:33:35 (30.1%)	5:17	11.4 (70.4%)
26	JANKOWSKA Justyna	1059		K-30	26	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20	01:45:27	01:52:36.75	01:52:55.10	+00:34:41 (30.8%)	5:20	11.2 (69.1%)
27	POPŁAWSKA-WAL Agata	1120	OPEL ACTIVE TEAM	K-30	27	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19	01:45:33	01:52:37.95	01:53:13.60	+00:34:42 (30.8%)	5:20	11.2 (69.1%)
28	WOLAŃCZYK Kamila	1149		K-30	28	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37	01:46:40	01:53:54.50	01:54:42.60	+00:35:59 (31.6%)	5:23	11.1 (68.5%)
29	RUPNIK Asia	188		K-30	29	00:00:22	00:25:43	00:51:32	01:17:33	01:42:05	01:46:32	01:53:59.75	01:54:21.90	+00:36:04 (31.6%)	5:24	11.1 (68.5%)
30	SZOTA Magdalena	1091		K-30	30	00:00:24	00:26:30	00:53:15	01:19:42	01:42:58	01:47:05	01:54:09.20	01:54:34.00	+00:36:13 (31.7%)	5:24	11.1 (68.5%)
31	WILCZEK Małgorzata	596	ISTA BIEGAMY	K-30	31	00:00:28	00:25:54	00:52:42	01:19:04	01:42:30	01:46:42	01:54:12.45	01:54:41.10	+00:36:17 (31.8%)	5:24	11.1 (68.5%)
32	GOGOLIN Anna	1107		K-30	32	00:01:19	00:26:59	00:53:38	01:20:17	01:43:11	01:47:10	01:54:14.15	01:55:33.70	+00:36:18 (31.8%)	5:24	11.1 (68.5%)
33	RACZEK Magdalena	649		K-30	33	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17	01:47:30	01:54:44.15	01:55:13.85	+00:36:48 (32.1%)	5:26	11 (67.9%)
34	CHOJCAN Beata	1228	RYBNICKA GRUPA BIEGOWA PEDZIMY RAZEM	K-30	34	00:00:24	00:26:49	00:53:38	01:20:32	01:44:00	01:47:59	01:54:56.35	01:55:21.15	+00:37:01 (32.2%)	5:26	11 (67.9%)
35	KONOPKA Agnieszka	68		K-30	35	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53	01:47:13	01:54:57.65	01:56:21.75	+00:37:02 (32.2%)	5:26	11 (67.9%)
36	GRODZKA-SZKÓŁKA Ewa	895		K-30	36	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51	01:47:15	01:55:01.40	01:55:46.15	+00:37:06 (32.3%)	5:27	11 (67.9%)
37	WALASZCZYK Anna	451	RUN & FUN	K-30	37	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38	01:47:10	01:55:05.65	01:55:22.70	+00:37:10 (32.3%)	5:27	11 (67.9%)
38	KARNIA Agnieszka	617	SBRT	K-30	38	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22	01:47:39	01:55:21.65	01:56:00.75	+00:37:26 (32.5%)	5:28	11 (67.9%)
39	GŁOWACKA Małgorzata	728	NOWOSOLSKA GRUPA BIEGOWA	K-30	39	00:00:48	00:26:30	00:52:45	01:19:22	01:43:25	01:47:47	01:55:22.25	01:56:11.15	+00:37:26 (32.5%)	5:28	11 (67.9%)

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			
40	GERLE Anna	287		K-30	40	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27	01:48:01	01:55:25.80	01:56:01.50	+00:37:30 (32.5%)	5:28	11 (67.9%)
41	ŻOŁNOWSKA Anna	427		K-30	41	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58	01:47:36	01:55:27.65	01:56:51.40	+00:37:32 (32.5%)	5:28	11 (67.9%)
42	MAJ-DZIUBAŃSKA Izabela	1239	PYSKOWICE	K-30	42	00:00:42	00:24:34	00:49:28	01:16:09	01:43:36	01:48:16	01:56:06.95	01:56:49.15	+00:38:11 (32.9%)	5:30	10.9 (67.3%)
43	BZOWSKA Aleksandra	86	NIGHT RUNNERS GLIWICE	K-30	43	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23	01:48:51	01:56:26.65	01:57:10.90	+00:38:31 (33.1%)	5:31	10.9 (67.3%)
44	BDZIONEK Jolanta	958		K-30	44	00:01:36	00:27:29	00:54:37	01:21:47	01:45:22	01:49:36	01:56:46.00	01:58:22.95	+00:38:50 (33.3%)	5:32	10.8 (66.7%)
45	SZOŁTYSEK - GRZESIKIEWICZ Anna	425	TORCIDA GLIWICE	K-30	45	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17	01:50:25	01:56:48.50	01:57:19.35	+00:38:53 (33.3%)	5:32	10.8 (66.7%)
46	KOZMINCZUK-MARKULAK Agnieszka	1101		K-30	46	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26	01:49:15	01:56:50.85	01:57:23.25	+00:38:55 (33.3%)	5:32	10.8 (66.7%)
47	PRACKA Danuta	377		K-30	47	00:01:33	00:27:02	00:54:27	01:22:04		01:50:25	01:57:34.35	01:59:08.00	+00:39:39 (33.7%)	5:34	10.8 (66.7%)
48	CHROBAK Ania	767	OPEL ACTIVE TEAM	K-30	48	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09	01:49:42	01:57:45.45	01:59:16.15	+00:39:50 (33.8%)	5:34	10.8 (66.7%)
49	MALSKA - WYROZUMSKA Małgorzata	984	NIGHT RUNNERS GLIWICE	K-30	49	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40	01:49:59	01:57:45.70	01:58:04.80	+00:39:50 (33.8%)	5:34	10.8 (66.7%)
50	KULIK Katarzyna	462	NIGHT RUNNERS GLIWICE	K-30	50	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24	01:50:48	01:58:25.95	01:58:45.50	+00:40:30 (34.2%)	5:36	10.7 (66.0%)
51	PILCH-NANOWSKA Agnieszka	587		K-30	51	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41	01:51:01	01:58:33.85	01:59:51.40	+00:40:38 (34.3%)	5:37	10.7 (66.0%)
52	TARTANUS-ORYSZCZAK Marta	239		K-30	52	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23	01:50:50	01:58:34.45	01:59:56.05	+00:40:39 (34.3%)	5:37	10.7 (66.0%)
53	TYLMAN-MADEJCZYK Marta	1	MTM	K-30	53	00:01:40	00:27:44	00:54:54	01:22:08	01:46:44	01:51:04	01:58:43.60	02:00:24.35	+00:40:48 (34.4%)	5:37	10.7 (66.0%)
54	KRZYSZKOWSKA Agnieszka	1211	SBRT GLIWICE	K-30	54	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11	01:51:40	01:59:17.15	01:59:48.65	+00:41:21 (34.7%)	5:39	10.6 (65.4%)
55	POPIEL Adriana	23		K-30	55	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42	01:52:02	01:59:29.15	02:00:34.30	+00:41:33 (34.8%)	5:39	10.6 (65.4%)
56	PECIAK Kamila	606		K-30	56	00:00:31	00:26:04	00:54:04	01:22:34	01:48:13	01:52:37	02:00:12.10	02:00:43.65	+00:42:16 (35.2%)	5:41	10.5 (64.8%)
57	KOPLIN Kasia	281		K-30	57	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16	01:52:01	02:00:20.05	02:00:37.50	+00:42:24 (35.2%)	5:42	10.5 (64.8%)
58	STUDNICKA Katarzyna	1038		K-30	58	00:01:41	00:27:22	00:54:51	01:23:16	01:48:41	01:53:12	02:01:00.70	02:02:42.15	+00:43:05 (35.6%)	5:44	10.5 (64.8%)
59	MULARCZYK Agnieszka	888		K-30	59	00:00:51	00:27:27	00:55:30	01:24:45	01:50:00	01:54:18	02:01:16.70	02:02:07.75	+00:43:21 (35.7%)	5:44	10.4 (64.2%)
60	ŁAGOSZ Kasia	1509	CA AKTYWNI / BROKER	K-30	60	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.30	02:01:56.25	+00:43:29 (35.8%)	5:45	10.4 (64.2%)

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			
61	GÓRNY Magdalena	1511	CA AKTYWNI	K-30	61	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.75	02:01:56.50	+00:43:30 (35.8%)	5:45	10.4 (64.2%)
62	BALIŃSKA-SANOCKA Aneta	334		K-30	62	00:01:01	00:28:03	00:55:56	01:25:21	01:50:00	01:54:15	02:01:34.30	02:02:35.80	+00:43:38 (35.9%)	5:45	10.4 (64.2%)
63	CEGIELSKA Dorota	977		K-30	63	00:00:42	00:27:44	00:55:54	01:24:14	01:49:39	01:53:54	02:01:34.60	02:02:16.65	+00:43:39 (35.9%)	5:45	10.4 (64.2%)
64	JANIK Basia	615		K-30	64	00:01:41	00:26:57	00:54:44	01:23:12	01:49:17	01:54:08	02:02:05.80	02:03:46.80	+00:44:10 (36.2%)	5:47	10.4 (64.2%)
65	WÓJCIAK Katarzyna	1229		K-30	65	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24	01:53:59	02:02:10.45	02:03:44.00	+00:44:15 (36.2%)	5:47	10.4 (64.2%)
66	BULENDA Patrycja	351		K-30	66	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18	01:54:54	02:02:10.80	02:02:26.70	+00:44:15 (36.2%)	5:47	10.4 (64.2%)
67	SALA Nela	621	AKTYWNE ATOMOOFKI	K-30	67	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48	01:54:31	02:02:32.20	02:04:09.05	+00:44:36 (36.4%)	5:48	10.3 (63.6%)
68	ŁĘCZJAR Ewelina	998		K-30	68	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07	01:54:44	02:02:32.90	02:03:48.55	+00:44:37 (36.4%)	5:48	10.3 (63.6%)
69	MUZA Karolina	126		K-30	69	00:00:52	00:29:25	00:57:46	01:25:31	01:50:17	01:54:50	02:03:00.20	02:03:52.35	+00:45:04 (36.7%)	5:49	10.3 (63.6%)
70	SZAMPERA Agnieszka	771	RUN AND FUN TEAM	K-30	70	00:00:43	00:27:06	00:55:10	01:23:33	01:50:26	01:55:02	02:03:31.00	02:04:14.20	+00:45:35 (36.9%)	5:51	10.2 (63.0%)
71	WITCZAK Dagmara	1144		K-30	71	00:01:23	00:28:24	00:57:29	01:27:01	01:51:50	01:56:23	02:04:17.45	02:05:40.70	+00:46:22 (37.3%)	5:53	10.2 (63.0%)
72	SIEDLECKA Anna	400	NIGHT RUNNERS GLIWICE	K-30	72	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55	01:56:34	02:04:53.90	02:05:28.15	+00:46:58 (37.6%)	5:55	10.1 (62.3%)
73	WIEDERMANN Anita	1308		K-30	73	00:00:44	00:27:46	00:56:49	01:26:13	01:52:28	01:56:57	02:05:05.75	02:05:50.20	+00:47:10 (37.7%)	5:55	10.1 (62.3%)
74	ŻBEL Anna	1129		K-30	74	00:00:28	00:28:02	00:56:29	01:25:54	01:52:37	01:57:26	02:05:12.90	02:05:41.35	+00:47:17 (37.8%)	5:56	10.1 (62.3%)
75	GOŁOFIT Aneta	570		K-30	75	00:00:45	00:28:44	00:58:10	01:27:43	01:53:13	01:57:38	02:05:18.35	02:06:04.30	+00:47:23 (37.8%)	5:56	10.1 (62.3%)
76	UCIŃSKA Anna	1080		K-30	76	00:00:58	00:28:21	00:59:09	01:28:22	01:53:17	01:58:15	02:06:18.95	02:07:17.75	+00:48:23 (38.3%)	5:59	10 (61.7%)
77	WINICKA Daria	710	AMATOR	K-30	77	00:00:50	00:27:49	00:56:45	01:26:19	01:53:15	01:58:06	02:06:23.80	02:07:14.75	+00:48:28 (38.4%)	5:59	10 (61.7%)
78	KNAPIK Karolina	1174		K-30	78	00:01:46	00:28:55	00:57:42	01:26:47	01:53:30	01:58:14	02:06:28.05	02:08:14.10	+00:48:32 (38.4%)	5:59	10 (61.7%)
79	ZIMOCH Beata	214		K-30	79	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16	01:57:41	02:06:35.65	02:06:48.60	+00:48:40 (38.4%)	6:00	10 (61.7%)
80	KOWALCZYK Katarzyna	739	RUN AND FUN	K-30	80	00:00:44	00:27:28	00:55:16	01:25:14	01:53:41	01:58:30	02:06:36.30	02:07:20.35	+00:48:40 (38.5%)	6:00	10 (61.7%)
81	PUŁTORAK Roksana	1504		K-30	81	00:01:48	00:28:55	00:57:53	01:26:52	01:53:27	01:58:25	02:07:00.10	02:08:48.70	+00:49:04 (38.6%)	6:01	10 (61.7%)
82	POSTÓŁ Karolina	983	NIGHT RUNNERS GLIWICE	K-30	82	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02	01:59:13	02:07:25.85	02:07:55.70	+00:49:30 (38.9%)	6:02	9.9 (61.1%)
83	BARAN Michalina	1139		K-30	83	00:00:21	00:28:13	00:57:03	01:26:48	01:54:06	01:58:57	02:07:27.75	02:07:49.00	+00:49:32 (38.9%)	6:02	9.9 (61.1%)
84	FIEDOR Anna	107		K-30	84	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49	02:00:11	02:07:38.10	02:09:04.75	+00:49:42 (38.9%)	6:02	9.9 (61.1%)
85	WOJTAS Magdalena	498		K-30	85	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55	01:58:18	02:07:55.10	02:09:31.65	+00:49:59 (39.1%)	6:03	9.9 (61.1%)

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			
86	CHMIELEWSKA Anna	144		K-30	86	00:01:01	00:29:21	00:59:32	01:29:22	01:56:06	02:00:37	02:08:13.80	02:09:15.20	+00:50:18 (39.2%)	6:04	9.9 (61.1%)
87	NIESLER Magdalena	338	NIGHT RUNNERS GLIWICE	K-30	87	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42		02:08:33.10	02:09:10.95	+00:50:37 (39.4%)	6:05	9.8 (60.5%)
88	BUDZIŃSKA Ania	567		K-30	88	00:01:12	00:27:29	00:56:45	01:27:17		02:00:19	02:08:59.00	02:10:11.30	+00:51:03 (39.6%)	6:06	9.8 (60.5%)
89	CICHY Agnieszka	408		K-30	89	00:01:20	00:29:14	00:59:41	01:29:38	01:56:32	02:01:20	02:09:33.50	02:10:53.60	+00:51:38 (39.9%)	6:08	9.8 (60.5%)
90	GÓRECKA Anna	474		K-30	90	00:00:31	00:27:45	00:57:59	01:28:18	01:56:26	02:01:19	02:09:37.50	02:10:09.15	+00:51:42 (39.9%)	6:08	9.8 (60.5%)
91	PREJS Beata	1224	NIGHT RUNNER'S	K-30	91	00:00:49	00:30:02	01:00:23	01:30:22	01:56:25	02:01:12	02:09:39.10	02:10:28.90	+00:51:43 (39.9%)	6:08	9.8 (60.5%)
92	GORELL Bogumiła	446		K-30	92	00:00:53	00:30:11	01:00:47	01:30:55	01:57:14	02:02:04	02:09:48.60	02:10:41.60	+00:51:53 (40.0%)	6:09	9.8 (60.5%)
93	FURMAN Agnieszka	1140	OCHAJO RUN&FRIENDS	K-30	93	00:01:15	00:30:20	01:00:21	01:30:06	01:56:42	02:01:23	02:09:51.65	02:11:06.70	+00:51:56 (40.0%)	6:09	9.7 (59.9%)
94	KRASZKIEWICZ Marta	969	NASNIEDOGONIAT	K-30	94	00:00:51	00:29:59	01:00:08	01:30:19	01:56:57	02:01:35	02:09:52.45	02:10:43.80	+00:51:57 (40.0%)	6:09	9.7 (59.9%)
95	MUSIOŁ Małgorzata	395		K-30	95	00:00:46	00:28:37	00:57:49	01:28:26	01:56:43	02:01:37	02:10:09.20	02:10:55.85	+00:52:13 (40.1%)	6:10	9.7 (59.9%)
96	SZCZEŚNIAK Barbara	580		K-30	96	00:00:50	00:29:44	01:00:10	01:30:06	01:56:52	02:01:50	02:10:26.15	02:11:16.45	+00:52:30 (40.3%)	6:10	9.7 (59.9%)
97	STANGEL Dorota	1262		K-30	97	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54	02:02:33	02:10:45.85	02:12:01.90	+00:52:50 (40.4%)	6:11	9.7 (59.9%)
98	BŁASZCZYK Paulina	37		K-30	98	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48	02:01:54	02:10:48.85	02:11:47.60	+00:52:53 (40.4%)	6:11	9.7 (59.9%)
99	GORUS Anna	113	NIGHT RUNNERS ZABRZE	K-30	99	00:01:52	00:31:35	01:01:55	01:31:26	01:58:28	02:03:00	02:10:49.10	02:12:41.25	+00:52:53 (40.4%)	6:11	9.7 (59.9%)
100	JANGROT Dominika	1081	NIGHT RUNNERS GLIWICE	K-30	100	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22	02:02:25	02:11:12.55	02:12:02.60	+00:53:17 (40.6%)	6:13	9.6 (59.3%)
101	DĄBROWSKA Halina	1130	BIEGOWA ŚWIDNICA	K-30	101	00:00:45	00:29:01	00:59:37	01:31:06	01:58:42	02:03:35	02:12:07.25	02:12:52.35	+00:54:11 (41.0%)	6:15	9.6 (59.3%)
102	ZAMOJSKA Iwona	797	MIECHOWICKA GRUPA BIEGOWA	K-30	102	00:00:41	00:28:01	00:57:04	01:29:31	02:00:33	02:05:26	02:13:55.80	02:14:37.20	+00:56:00 (41.8%)	6:20	9.5 (58.6%)
103	SMIESZKOŁ-BRYKOWSKA Sonia	501	RUN AND FUN TEAM	K-30	103	00:00:57	00:29:55	01:00:15	01:30:15	01:58:42	02:04:34	02:14:49.30	02:15:46.65	+00:56:53 (42.2%)	6:23	9.4 (58.0%)
104	BIERNACKA Agnieszka	623		K-30	104	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00	02:06:44	02:15:02.20	02:16:21.90	+00:57:06 (42.3%)	6:23	9.4 (58.0%)
105	PIKULSKA Beata	104	NIGHT RUNNERS	K-30	105	00:01:37	00:30:46	01:02:15	01:33:43	02:01:29	02:06:38	02:15:22.00	02:16:59.75	+00:57:26 (42.4%)	6:24	9.4 (58.0%)
106	ESTKO Anna	788		K-30	106	00:01:27	00:30:56	01:02:23	01:34:01	02:01:56	02:06:57	02:15:42.40	02:17:10.05	+00:57:47 (42.6%)	6:25	9.3 (57.4%)
107	TUMIDAJEWICZ Beata	1151		K-30	107	00:01:49	00:29:10	00:59:56	01:32:13	02:03:03	02:08:03	02:17:07.50	02:18:56.75	+00:59:12 (43.2%)	6:29	9.2 (56.8%)
108	KUSZ Gosia	705		K-30	108	00:00:51	00:28:56	01:00:00	01:33:28	02:04:32	02:09:41	02:18:49.25	02:19:40.90	+01:00:53 (43.9%)	6:34	9.1 (56.2%)
109	DOGIEL Agnieszka	1109		K-30	109	00:00:53	00:30:08	01:02:46	01:36:47	02:05:30	02:10:31	02:19:08.50	02:20:01.65	+01:01:13 (44.0%)	6:35	9.1 (56.2%)

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
110	CESARZ Alicja	553		K-30	110	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32	02:09:50	02:19:18.95	02:20:56.95	+01:01:23 (44.1%)	6:36	9.1 (56.2%)
111	BOGACZ Jadwiga	482	JAGODA TEAM	K-30	111	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26	02:10:38	02:20:01.65	02:21:49.55	+01:02:06 (44.4%)	6:38	9 (55.6%)
112	DYRAGA Barbara	204	NIEZRZESZONA	K-30	112	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44	02:11:56	02:20:37.50	02:22:14.60	+01:02:42 (44.6%)	6:39	9 (55.6%)
113	RÓŻOWICZ Eliza	1188	SPARTANIE DZIECIOM	K-30	113	00:01:01	00:30:57	01:03:54	01:37:50	02:06:35	02:11:32	02:21:32.00	02:22:33.85	+01:03:36 (44.9%)	6:42	8.9 (54.9%)
114	RAJCHERT Joanna	1254	SPARTANIE DZIECIOM	K-30	114	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.70	02:22:36.30	+01:03:37 (44.9%)	6:42	8.9 (54.9%)
115	BAK Katarzyna	1249	SPARTANIE DZIECIOM	K-30	115	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:33.30	02:22:35.35	+01:03:37 (45.0%)	6:42	8.9 (54.9%)
116	RAKOWSKA Katarzyna	1187	SPARTANIE DZIECIOM	K-30	116	00:01:03	00:30:56	01:03:54	01:38:34		02:11:32	02:21:33.90	02:22:36.95	+01:03:38 (45.0%)	6:42	8.9 (54.9%)
117	ŚCISŁOWICZ Natalia	989		K-30	117	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01	02:13:45	02:23:38.55	02:25:09.30	+01:05:43 (45.8%)	6:48	8.8 (54.3%)
118	MOKRZYCKA Justyna	493	BIEGAMY Z SERCEM	K-30	118	00:01:52	00:31:37	01:03:11	01:36:55	02:08:36	02:13:52	02:23:52.60	02:25:45.20	+01:05:57 (45.8%)	6:49	8.8 (54.3%)
119	SZALA Beata	191	SBD ENERGETYK RYBNIK	K-30	119	00:01:25	00:29:08	01:00:46	01:35:59	02:08:02	02:13:55	02:24:16.30	02:25:41.95	+01:06:20 (46.0%)	6:50	8.8 (54.3%)
120	KOŁODZIEJCZAK Kinga	63	ACCENTURE	K-30	120	00:01:01	00:29:28	01:01:25	01:36:04	02:08:39	02:14:41	02:24:36.70	02:25:37.85	+01:06:41 (46.1%)	6:51	8.8 (54.3%)
121	GAWLIK - RYBIŃSKA Kasia	855	EŁKA TEAM	K-30	121	00:00:48	00:30:50	01:03:16	01:37:30	02:09:26	02:15:15	02:25:15.05	02:26:03.15	+01:07:19 (46.4%)	6:53	8.7 (53.7%)
122	WŁOSZCZYŃSKA Ewa	329		K-30	122	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25	02:17:30	02:25:59.70	02:27:30.00	+01:08:04 (46.6%)	6:55	8.7 (53.7%)
123	SOJKA Anna	685		K-30	123	00:01:22	00:29:50	01:02:33	01:37:56	02:10:43	02:17:15	02:27:43.20	02:29:06.00	+01:09:47 (47.2%)	7:00	8.6 (53.1%)
124	KOCH Marta	942		K-30	124	00:01:19	00:32:21	01:06:26	01:41:27	02:12:50	02:18:21	02:28:21.10	02:29:40.90	+01:10:25 (47.5%)	7:01	8.5 (52.5%)
125	PLESZCZYŃSKA Iwona	743		K-30	125	00:01:04	00:31:36	01:04:58	01:40:23	02:13:25	02:19:03	02:29:07.35	02:30:12.05	+01:11:12 (47.7%)	7:04	8.5 (52.5%)
126	BOGDANOWICZ Maja	304		K-30	126	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36	02:20:26	02:30:48.05	02:32:28.80	+01:12:52 (48.3%)	7:08	8.4 (51.9%)
127	WALCZYŃSKA Karolina	747	NIGHT RUNNERS GLIWICE	K-30	127	00:01:30	00:35:11	01:10:04	01:45:00	02:15:28	02:20:52	02:31:29.55	02:32:59.65	+01:13:34 (48.6%)	7:10	8.4 (51.9%)
128	BIJAK Adriana	1508	NIGHT RUNNER'S	K-30	128	00:01:30	00:35:11	01:10:03	01:46:38	02:20:50	02:26:42	02:37:02.70	02:38:32.85	+01:19:07 (50.4%)	7:26	8.1 (50.0%)
129	NOWAK-KASPRZAK Anna	127		K-30	129	00:01:18	00:32:35	01:08:08	01:45:55	02:21:12	02:27:05	02:37:34.65	02:38:52.75	+01:19:39 (50.5%)	7:28	8 (49.4%)
130	PASIEKA Anna	402		K-30	130	00:01:02	00:33:15	01:10:05	01:48:35	02:25:03	02:31:21	02:42:30.90	02:43:33.40	+01:24:35 (52.1%)	7:42	7.8 (48.1%)

Znaleziono 130 wynik(ów)