



III PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

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	MIELCZAREK Aleksandra	928	STS BIEGATON MIKOŁÓW	K-40	1	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00	01:36:41	01:42:59.15	01:43:11.65		4:52	12.3 (100%)
2	HANKE Dominika	367		K-40	2	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55	01:36:44	01:43:12.15	01:43:54.65	+00:00:13 (0.2%)	4:53	12.3 (100%)
3	ŻUKOWSKA Anna	862	ATHLETICS NYSA	K-40	3	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40	01:38:32	01:45:23.25	01:46:46.20	+00:02:24 (2.3%)	4:59	12 (97.6%)
4	BLASZKE Beata	158	NIGHT RUNNERS GLIWICE	K-40	4	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09	01:40:06	01:47:02.80	01:47:17.95	+00:04:03 (3.8%)	5:04	11.8 (95.9%)
5	MAJEWSKA Gizela	24	BIEGAJ Z TRENERAMI FC24	K-40	5	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37	01:41:31	01:48:17.35	01:49:01.95	+00:05:18 (4.9%)	5:07	11.7 (95.1%)
6	CZAUDERNA Klaudia	178	OCHAJORUN&FRIENDS	K-40	6	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53	01:41:50	01:48:49.60	01:49:46.95	+00:05:50 (5.4%)	5:09	11.6 (94.3%)
7	RYZIŃSKA Aneta	150	AMATOR	K-40	7	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39	01:42:27	01:48:54.85	01:50:35.40	+00:05:55 (5.4%)	5:09	11.6 (94.3%)
8	GRABOWSKA Joanna	1164		K-40	8	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56	01:49:02.55	01:49:41.60	+00:06:03 (5.6%)	5:10	11.6 (94.3%)
9	CZARNIK-PECIAK Aleksandra	198	BRAK	K-40	9	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14	01:43:19	01:50:27.65	01:50:31.80	+00:07:28 (6.8%)	5:14	11.5 (93.5%)
10	KONIK Sylwia	369	KONIKI TEAM	K-40	10	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53	01:43:09	01:50:37.85	01:51:14.55	+00:07:38 (6.9%)	5:14	11.4 (92.7%)
11	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	11	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50	01:43:57	01:50:59.60	01:51:16.95	+00:08:00 (7.2%)	5:15	11.4 (92.7%)
12	GOLEC Aleksandra	212	PTTK ŻYWIEC	K-40	12	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52	01:44:55	01:51:56.20	01:52:33.70	+00:08:57 (8.0%)	5:18	11.3 (91.9%)
13	DELEWSKA Dorota	735	NIGHT RUNNERS ZABRZE	K-40	13	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51	01:44:58	01:52:08.20	01:52:55.35	+00:09:09 (8.2%)	5:18	11.3 (91.9%)
14	NANCKA Brygida	406		K-40	14	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43	01:47:02	01:54:07.55	01:54:31.10	+00:11:08 (9.8%)	5:24	11.1 (90.2%)
15	MATUSIK-SKALSKA Renata	966		K-40	15	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27	01:48:46	01:56:13.40	01:57:14.15	+00:13:14 (11.4%)	5:30	10.9 (88.6%)

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	OLESIŃSKA Joanna	372		K-40	16	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56	01:49:13	01:56:43.85	01:57:12.75	+00:13:44 (11.8%)	5:31	10.8 (87.8%)
17	HORDZIEJEWICZ-KARASIŃSKA Ewa	816	PURE FIRE BYTOM	K-40	17	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37	01:49:56	01:57:07.80	01:58:05.15	+00:14:08 (12.1%)	5:33	10.8 (87.8%)
18	KUCZMA Joanna	162		K-40	18	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59	01:57:21.10	01:58:03.55	+00:14:21 (12.2%)	5:33	10.8 (87.8%)
19	ŻUCHOWSKA Aneta	834		K-40	19	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42	01:57:36.20	01:59:10.60	+00:14:37 (12.4%)	5:34	10.8 (87.8%)
20	BIAŁY Dagmara	996		K-40	20	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56	01:50:15	01:57:58.35	01:59:44.90	+00:14:59 (12.7%)	5:35	10.7 (87.0%)
21	PAWLIK Agnieszka	193	ATHLETICS NYSA	K-40	21	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32	01:50:53	01:58:31.55	01:59:54.80	+00:15:32 (13.1%)	5:37	10.7 (87.0%)
22	KOWALCZYK Anna	814	HIRSCHVOGEL COMPONENTS POLAND	K-40	22	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59	01:51:18	01:58:40.85	01:59:34.45	+00:15:41 (13.2%)	5:37	10.7 (87.0%)
23	MELCHER Ewa	950		K-40	23	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02	01:52:13	01:59:26.85	02:01:01.55	+00:16:27 (13.8%)	5:39	10.6 (86.2%)
24	KOWALCZYK Bożena	1044		K-40	24	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26	01:51:54	01:59:29.55	02:01:12.60	+00:16:30 (13.8%)	5:39	10.6 (86.2%)
25	KAISER-CHROMIK Beata	258		K-40	25	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43	01:52:54	02:00:07.30	02:00:39.90	+00:17:08 (14.3%)	5:41	10.5 (85.4%)
26	LERCH Dagmara	1126		K-40	26	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36	01:53:19	02:00:59.60	02:01:40.15	+00:18:00 (14.9%)	5:44	10.5 (85.4%)
27	PORĘBA Gabriela	554		K-40	27	00:01:41	00:28:48	00:57:20	01:25:11		01:54:13	02:02:05.20	02:03:46.55	+00:19:06 (15.6%)	5:47	10.4 (84.6%)
28	CZERNIAK Żaneta	249		K-40	28	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58	02:02:10.50	02:03:43.60	+00:19:11 (15.7%)	5:47	10.4 (84.6%)
29	SANOCKA Dorota	331		K-40	29	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44	01:55:12	02:02:51.50	02:03:54.75	+00:19:52 (16.2%)	5:49	10.3 (83.7%)
30	KAROLCZAK Joanna	791		K-40	30	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14	01:55:15	02:03:05.60	02:03:33.95	+00:20:06 (16.3%)	5:50	10.3 (83.7%)
31	JACHYMSKA Katarzyna	1290	MOMO RESTAURANT & COCKTAIL BAR	K-40	31	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18	01:55:48	02:03:29.05	02:04:02.55	+00:20:29 (16.6%)	5:51	10.3 (83.7%)
32	LESZCZYŃSKA Małgorzata	189	STEP-DANCE RUN	K-40	32	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30	02:03:31.80	02:04:23.05	+00:20:32 (16.6%)	5:51	10.2 (82.9%)
33	BRZEZIŃSKA Teresa	251	NIGHT RUNNERS GLIWICE	K-40	33	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21	02:03:34.00	02:04:03.60	+00:20:34 (16.7%)	5:51	10.2 (82.9%)
34	RYCHLEWSKA Kasia	279	KATE & KATE	K-40	34	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08	01:55:49	02:04:05.60	02:05:12.65	+00:21:06 (17.0%)	5:52	10.2 (82.9%)
35	KRÓL Krystyna	478	RAJSPOORT ACTIVE	K-40	35	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18	01:56:00	02:04:09.90	02:05:22.85	+00:21:10 (17.1%)	5:53	10.2 (82.9%)
36	DOMARADZKA Ewa	306		K-40	36	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08	01:56:03	02:04:25.60	02:04:50.90	+00:21:26 (17.2%)	5:53	10.2 (82.9%)
37	GLINIANY Małgorzata	1083	ZABIEGANA RODZINKA	K-40	37	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03	01:56:35	02:04:42.45	02:06:11.15	+00:21:43 (17.4%)	5:54	10.2 (82.9%)
38	STOKŁOSA Magdalena	223		K-40	38	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50	02:05:15.90	02:06:27.55	+00:22:16 (17.8%)	5:56	10.1 (82.1%)

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			
39	SYGUŁA Katarzyna	647	KB MCKIS JAWORZNO	K-40	39	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57	01:57:38	02:05:17.50	02:06:33.10	+00:22:18 (17.8%)	5:56	10.1 (82.1%)
40	GABRYŚ Jola	1300	NIGHT RUNNERS GLIWICE	K-40	40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37	02:05:17.80	02:05:47.55	+00:22:18 (17.8%)	5:56	10.1 (82.1%)
41	BUCHAL Katarzyna	783		K-40	41	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28	01:57:08	02:05:35.45	02:06:35.75	+00:22:36 (18.0%)	5:57	10.1 (82.1%)
42	HANKE Klaudia	815		K-40	42	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36	01:56:28	02:05:52.15	02:06:00.35	+00:22:53 (18.2%)	5:57	10.1 (82.1%)
43	MAKSYMIUK-KONOPKA Ewa	557		K-40	43	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38	02:06:30.60	02:07:57.10	+00:23:31 (18.6%)	5:59	10 (81.3%)
44	CYWIŃSKA Elżbieta	1010		K-40	44	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57	01:59:36	02:07:29.50	02:08:27.50	+00:24:30 (19.2%)	6:02	9.9 (80.5%)
45	SAP Alina	362	NR GLIWICE	K-40	45	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57	02:08:01.55	02:08:52.20	+00:25:02 (19.6%)	6:04	9.9 (80.5%)
46	CHOJOWSKA Edyta	153		K-40	46	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47	02:00:31	02:08:11.95	02:09:13.25	+00:25:12 (19.7%)	6:04	9.9 (80.5%)
47	SOSIN Sylwia	201	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	47	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10	01:59:52	02:08:16.90	02:09:37.25	+00:25:17 (19.7%)	6:04	9.9 (80.5%)
48	KOŻUCH Agnieszka	139	1975	K-40	48	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07	02:00:37	02:08:17.80	02:09:19.35	+00:25:18 (19.7%)	6:04	9.9 (80.5%)
49	CZAPEK Anna	310	NIGHT RUNNERS GLIWICE	K-40	49	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05	02:08:33.15	02:09:06.75	+00:25:34 (19.9%)	6:05	9.8 (79.7%)
50	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	50	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06	02:00:56	02:09:18.70	02:09:59.65	+00:26:19 (20.4%)	6:07	9.8 (79.7%)
51	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	51	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46	02:09:29.10	02:10:20.50	+00:26:29 (20.5%)	6:08	9.8 (79.7%)
52	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	52	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46	02:09:29.30	02:10:20.35	+00:26:30 (20.5%)	6:08	9.8 (79.7%)
53	ONAK Izabela	1134	OCHAJORUN & FRIENDS	K-40	53	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25	02:09:50.55	02:11:04.35	+00:26:51 (20.7%)	6:09	9.7 (78.9%)
54	WILSZ Ewa	26	UNISONO	K-40	54	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15	02:02:03	02:10:15.10	02:11:21.40	+00:27:15 (20.9%)	6:10	9.7 (78.9%)
55	DĘBSKA Joanna		NIGHT RUNNERS GLIWICE	K-40	55	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50	02:10:26.00	02:11:16.30	+00:27:26 (21.0%)	6:10	9.7 (78.9%)
56	WESTER Halina	1274	NIGHT RUNNERS	K-40	56	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55	02:10:30.00	02:11:04.25	+00:27:30 (21.1%)	6:11	9.7 (78.9%)
57	ĆWIOK Barbara	806	UNISONO	K-40	57	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16	02:02:06	02:10:39.75	02:11:46.35	+00:27:40 (21.2%)	6:11	9.7 (78.9%)
58	SZOŁTYSEK Beata	1282	OCHAJORUN & FRIENDS	K-40	58	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09	02:02:02	02:10:48.75	02:11:18.70	+00:27:49 (21.3%)	6:11	9.7 (78.9%)
59	MAZUR Ewelina	102		K-40	59	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27	02:11:09.90	02:12:07.30	+00:28:10 (21.5%)	6:12	9.7 (78.9%)
60	SKORUPA Agnieszka	391	RUN AND FUN	K-40	60	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:13.90	02:12:12.95	+00:28:14 (21.5%)	6:13	9.6 (78.0%)
61	NAWROT Bożena	804		K-40	61	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:15.15	02:12:14.40	+00:28:16 (21.5%)	6:13	9.6 (78.0%)
62	SOKÓŁ-OLEŚ Ewelina	656	RUNTEAM PAWŁOWICE	K-40	62	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01	02:03:39	02:11:37.65	02:13:29.75	+00:28:38 (21.8%)	6:14	9.6 (78.0%)

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
63	KONIECZKA Katarzyna	455	MIECHOWICKA GRUPA BIEGOWA	K-40	63	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20	02:05:13	02:13:42.70	02:14:36.95	+00:30:43 (23.0%)	6:20	9.5 (77.2%)
64	STALICA Marzena	468		K-40	64	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34	02:06:30	02:14:59.75	02:16:24.55	+00:32:00 (23.7%)	6:23	9.4 (76.4%)
65	STOLARZ Agnieszka	976	NIGHT RUNNERS GLIWICE	K-40	65	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32	02:15:16.80	02:16:08.75	+00:32:17 (23.9%)	6:24	9.4 (76.4%)
66	BOŚ Iwona	690	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	66	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19	02:07:14	02:15:21.25	02:16:46.60	+00:32:22 (23.9%)	6:24	9.4 (76.4%)
67	RECHMAN-NOWAKOWSKA Dorota	122	NIGHT RUNNERS	K-40	67	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38	02:15:21.70	02:17:00.00	+00:32:22 (23.9%)	6:24	9.4 (76.4%)
68	RÓŻYC Barbara	366	NIGHT RUNNERS ZABRZE	K-40	68	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31	02:07:31	02:15:35.80	02:16:48.45	+00:32:36 (24.0%)	6:25	9.3 (75.6%)
69	BUKSINSKA Iwona	272		K-40	69	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50	02:07:09	02:16:00.30	02:16:49.00	+00:33:01 (24.3%)	6:26	9.3 (75.6%)
70	STĘPIEŃ-KUCHNIA Anna	910	TS REGLE SZKLARSKA PORĘBA	K-40	70	00:01:10	00:30:59	01:02:33	01:35:19	02:05:00	02:09:54	02:18:40.95	02:19:51.80	+00:35:41 (25.7%)	6:34	9.1 (74.0%)
71	WALIGÓRA Aleksandra	770	BBL KĘDZIERZYN-KOŹLE	K-40	71	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45	02:09:55	02:19:24.25	02:20:41.30	+00:36:25 (26.1%)	6:36	9.1 (74.0%)
72	LEDWOŃ Aneta	88	NIGHT RUNNERS GLIWICE	K-40	72	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38	02:21:00.95	02:22:19.00	+00:38:01 (27.0%)	6:40	9 (73.2%)
73	BATEJKO Beata	417		K-40	73	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33	02:11:08	02:21:06.55	02:22:03.45	+00:38:07 (27.0%)	6:41	9 (73.2%)
74	DOROTA Jola	1503	RUN RUN OLESZYCE	K-40	74	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.85	02:22:36.30	+00:38:33 (27.2%)	6:42	8.9 (72.4%)
75	DOBAJ Katarzyna	1246	SPARTANIE DZIECIOM	K-40	75	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.40	02:22:35.90	+00:38:34 (27.2%)	6:42	8.9 (72.4%)
76	STĘPKA Daria	1253	SPARTANIE DZIECIOM	K-40	76	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.45	02:22:36.00	+00:38:34 (27.2%)	6:42	8.9 (72.4%)
77	CZAPKIEWICZ Gosia	1201	SPARTANIE DZIECIOM	K-40	77	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37	02:11:32	02:21:34.05	02:22:37.00	+00:38:34 (27.3%)	6:42	8.9 (72.4%)
78	ZUWAŁA Anna	1167	RAGNAR TEAM	K-40	78	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14	02:11:56	02:22:14.20	02:23:43.00	+00:39:15 (27.6%)	6:44	8.9 (72.4%)
79	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	79	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25	02:30:47.65	02:32:28.80	+00:47:48 (31.7%)	7:08	8.4 (68.3%)
80	GROSS Teresa	231	UNISONO	K-40	80	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14	02:25:54	02:37:16.30	02:38:22.40	+00:54:17 (34.5%)	7:27	8.1 (65.9%)

Znaleziono 80 wynik(ów)