



III PÓŁMARATON GLIWICKI

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Fundacja Bieg Rzeźnika
2016-10-23
Gliwice
21.1 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Punkt pomiarowy: 19,9 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
1	MIELCZAREK Aleksandra	928	STS BIEGATON MIKOŁÓW	K-40	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00	01:36:41
2	HANKE Dominika	367		K-40	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55	01:36:44
3	ŻUKOWSKA Anna	862	ATHLETICS NYSA	K-40	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40	01:38:32
4	BLASZKE Beata	158	NIGHT RUNNERS GLIWICE	K-40	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09	01:40:06
5	MAJEWSKA Gizela	24	BIEGAJ Z TRENERAMI FC24	K-40	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37	01:41:31
6	CZAUDERNA Klaudia	178	OCHAJORUN&FRIENDS	K-40	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53	01:41:50
7	GRABOWSKA Joanna	1164		K-40	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56
8	RYZIŃSKA Aneta	150	AMATOR	K-40	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39	01:42:27
9	KONIK Sylwia	369	KONIKI TEAM	K-40	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53	01:43:09
10	CZARNIK-PECIAK Aleksandra	198	BRAK	K-40	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14	01:43:19
11	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50	01:43:57
12	GOLEC Aleksandra	212	PTTK ŻYWIEC	K-40	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52	01:44:55
13	DELEWSKA Dorota	735	NIGHT RUNNERS ZABRZE	K-40	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51	01:44:58
14	NANCKA Brygida	406		K-40	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43	01:47:02
15	MATUSIK-SKALSKA Renata	966		K-40	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27	01:48:46
16	OLESIŃSKA Joanna	372		K-40	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56	01:49:13
17	HORDZIEJEWICZ-KARASIŃSKA Ewa	816	PURE FIRE BYTOM	K-40	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37	01:49:56
18	KUCZMA Joanna	162		K-40	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59
19	BIAŁY Dagmara	996		K-40	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56	01:50:15
20	ŻUCHOWSKA Aneta	834		K-40	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42
21	PAWLIK Agnieszka	193	ATHLETICS NYSA	K-40	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32	01:50:53
22	KOWALCZYK Anna	814	HIRSCHVOGEL COMPONENTS POLAND	K-40	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59	01:51:18
23	KOWALCZYK Bożena	1044		K-40	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26	01:51:54
24	MELCHER Ewa	950		K-40	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02	01:52:13
25	KAISER-CHROMIK Beata	258		K-40	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43	01:52:54
26	LERCH Dagmara	1126		K-40	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36	01:53:19
27	CZERNIAK Żaneta	249		K-40	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58
28	PORĘBA Gabriela	554		K-40	00:01:41	00:28:48	00:57:20	01:25:11		01:54:13

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
29	SANOCKA Dorota	331		K-40	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44	01:55:12
30	KAROLCZAK Joanna	791		K-40	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14	01:55:15
31	BRZEZIŃSKA Teresa	251	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21
32	LESZCZYŃSKA Małgorzata	189	STEP-DANCE RUN	K-40	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30
33	JACHYMSKA Katarzyna	1290	MOMO RESTAURANT & COCKTAIL BAR	K-40	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18	01:55:48
34	RYCHLEWSKA Kasia	279	KATE & KATE	K-40	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08	01:55:49
35	KRÓL Krystyna	478	RAJSPOORT ACTIVE	K-40	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18	01:56:00
36	DOMARADZKA Ewa	306		K-40	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08	01:56:03
37	HANKE Klaudia	815		K-40	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36	01:56:28
38	GLINIANY Małgorzata	1083	ZABIEGANA RODZINKA	K-40	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03	01:56:35
39	BUCHAL Katarzyna	783		K-40	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28	01:57:08
40	GABRYŚ Jola	1300	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37
41	SYGUŁA Katarzyna	647	KB MCKIS JAWORZNO	K-40	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57	01:57:38
42	STOKŁOSA Magdalena	223		K-40	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50
43	MAKSYMIOUK- KONOPKA Ewa	557		K-40	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38
44	CYWIŃSKA Elżbieta	1010		K-40	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57	01:59:36
45	SOSIN Sylwia	201	BIEGŃĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10	01:59:52
46	SAP Alina	362	NR GLIWICE	K-40	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57
47	CHOJOWSKA Edyta	153		K-40	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47	02:00:31
48	KOŻUCH Agnieszka	139	1975	K-40	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07	02:00:37
49	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06	02:00:56
50	CZAPEK Anna	310	NIGHT RUNNERS GLIWICE	K-40	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05
51	ONAK Izabela	1134	OCHAJORUN & FRIENDS	K-40	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25
52	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46
53	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46
54	DĘBSKA Joanna		NIGHT RUNNERS GLIWICE	K-40	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50
55	WESTER Halina	1274	NIGHT RUNNERS	K-40	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55
56	SZOŁTYSEK Beata	1282	OCHAJORUN & FRIENDS	K-40	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09	02:02:02
57	WILSZ Ewa	26	UNISONO	K-40	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15	02:02:03
58	ĆWIOK Barbara	806	UNISONO	K-40	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16	02:02:06
59	MAZUR Ewelina	102		K-40	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27
60	SKORUPA Agnieszka	391	RUN AND FUN	K-40	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54
61	NAWROT Bożena	804		K-40	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54
62	SOKÓŁ-OLEŚ Ewelina	656	RUNTEAM PAWŁOWICE	K-40	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01	02:03:39
63	KONIECZKA Katarzyna	455	MIECHOWICKA GRUPA BIEGOWA	K-40	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20	02:05:13
64	STALICA Marzena	468		K-40	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34	02:06:30
65	STOLARZ Agnieszka	976	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32
66	RECHMAN-NOWAKOWSKA Dorota	122	NIGHT RUNNERS	K-40	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38
67	BUKSINSKA Iwona	272		K-40	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50	02:07:09
68	BOŚ Iwona	690	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19	02:07:14
69	RÓŻYC Barbara	366	NIGHT RUNNERS ZABRZE	K-40	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31	02:07:31
70	STĘPIEŃ-KUCHNIA Anna	910	TS REGLE SZKLARSKA PORĘBA	K-40	00:01:10	00:30:59	01:02:33	01:35:19	02:05:00	02:09:54
71	WALIGÓRA Aleksandra	770	BBL KĘDZIERZYN-KOŻLE	K-40	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45	02:09:55
72	LEDWOŃ Aneta	88	NIGHT RUNNERS GLIWICE	K-40	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38
73	BATEJKO Beata	417		K-40	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33	02:11:08

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
74	DOROTA Jola	1503	RUN RUN OLESZYCE	K-40	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31
75	STĘPKA Daria	1253	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32
76	DOBAJ Katarzyna	1246	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32
77	CZAPKIEWICZ Gosia	1201	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37	02:11:32
78	ZUWAŁA Anna	1167	RAGNAR TEAM	K-40	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14	02:11:56
79	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25
80	GROSS Teresa	231	UNISONO	K-40	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14	02:25:54

Znaleziono 80 wynik(ów)