



## III PÓŁMARATON GLIWICKI

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-50

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	<b>NEGOWSKA Anna</b>	<b>94</b>	ZSO10 GLIWICE	K-50	1	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17	<b>02:00:09.90</b>	<b>02:01:37.65</b>		5:41	10.5 (100%)
2	<b>HANZEL Anna</b>	<b>110</b>	AKMB PĘDZIWIATR GLIWICE	K-50	2	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06	<b>02:01:42.55</b>	<b>02:02:23.65</b>	+00:01:32 (1.3%)	5:46	10.4 (99.0%)
3	<b>PROKOP Elżbieta</b>	<b>546</b>		K-50	3	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25	<b>02:03:05.75</b>	<b>02:04:02.50</b>	+00:02:55 (2.4%)	5:50	10.3 (98.1%)
4	<b>KĘDZIOR Wiesława</b>	<b>961</b>	NAS NIE DOGONIAT	K-50	4	00:00:48	00:30:01	01:00:10	01:30:21	01:56:17	02:00:48	<b>02:08:46.30</b>	<b>02:09:34.65</b>	+00:08:36 (6.7%)	6:06	9.8 (93.3%)
5	<b>MACKIEWICZ Katarzyna</b>	<b>308</b>		K-50	5	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39	<b>02:13:07.05</b>	<b>02:13:47.60</b>	+00:12:57 (9.7%)	6:18	9.5 (90.5%)
6	<b>MULARCZYK Teresa</b>	<b>409</b>	BIEGAM,	K-50	6	00:00:57	00:29:33	01:00:01	01:32:05	02:01:40	02:06:50	<b>02:16:04.15</b>	<b>02:17:01.95</b>	+00:15:54 (11.7%)	6:26	9.3 (88.6%)
7	<b>MIŚKIEWICZ Lucyna</b>	<b>1148</b>		K-50	7	00:01:22	00:31:41	01:03:50	01:36:04	02:05:41	02:10:34	<b>02:19:46.70</b>	<b>02:21:09.65</b>	+00:19:36 (14.0%)	6:37	9.1 (86.7%)
8	<b>NOWAK-BODUCH Joanna</b>	<b>1259</b>	NIGHT RUNNERS	K-50	8	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00	<b>02:24:28.90</b>	<b>02:25:22.80</b>	+00:24:19 (16.8%)	6:50	8.8 (83.8%)
9	<b>RUDNICKA Maria</b>	<b>803</b>	BBL KĘDZIERZYN-KOŻŁE	K-50	9	00:01:18	00:34:03	01:10:29	01:46:51	02:21:20	02:27:08	<b>02:37:14.70</b>	<b>02:38:33.15</b>	+00:37:04 (23.6%)	7:27	8.1 (77.1%)

Znaleziono 9 wynik(ów)