



III PÓŁMARATON GLIWICKI

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Punkt pomiarowy: 19,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
1	GORTEL-MACIUK Agnieszka	1506	NIEWYMIĘKACZE	K-30	00:00:02	00:17:54	00:35:54	00:54:05	01:10:05
2	KUCHARSKA Ewa	1310		K-30	00:00:01	00:18:54	00:38:01	00:56:43	01:12:55
3	NAGIRNIAK Natalia	496	LKB RUDNIK	K-20	00:00:02	00:18:44	00:37:48	00:56:53	01:14:37
4	SZECÓWKA Aneta	687		K-30	00:00:06	00:19:38	00:39:56	01:00:11	01:17:55
5	WYLEŻAŁEK Alina	438	NIGHT RUNNERS GLIWICE	K-30	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09
6	KOCZUR Tamara	1085		K-30	00:00:06	00:20:25	00:41:29	01:02:39	01:21:07
7	SAP Karolina	355	NR GLIWICE	K-20	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09
8	FYSZ Karolina	1215	SBRT GLIWICE	K-20	00:00:11	00:22:25	00:45:05	01:07:41	01:27:55
9	HILASZEK Agata	124	NIGHT RUNNERS GLIWICE	K-20	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04
10	CHRZANOWSKA Barbara	1285	ZDZIERAJ KAPCIE WWW.AGATSU.PL	K-30	00:00:07	00:22:37	00:45:36	01:08:48	01:29:11
11	KOCZAR Paulina	368		K-16	00:00:42	00:23:02	00:46:18	01:09:36	01:29:55
12	POPIEL- KRUK Aleksandra	1209	SBRT GLIWICE	K-30	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20
13	SZPILOWSKA Paulina	146	KS OLKUSZ	K-20	00:00:00	00:23:42	00:46:59	01:10:17	01:30:30
14	HANKE Dominika	367		K-40	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55
15	MIELCZAREK Aleksandra	928	STS BIEGATON MIKOŁÓW	K-40	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00
16	BIĄŁOŃCZYK Joanna	876		K-20	00:00:30	00:24:06	00:48:37	01:13:04	01:34:05
17	BOCHEŃSKA Agnieszka	91	SBRT GLIWICE	K-30	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37
18	ŻUKOWSKA Anna	862	ATHLETICS NYSA	K-40	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40
19	NASIENIAK-CZECH Anna	766		K-30	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18
20	BŁAŻYTKO Monika	31	BIEGAJ Z TRENERAMI GLIWICE	K-20	00:00:12	00:23:33	00:47:25	01:12:41	01:36:01
21	BLASZKE Beata	158	NIGHT RUNNERS GLIWICE	K-40	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09
22	CHWAŁ Magdalena	573		K-30	00:00:25	00:25:24	00:50:35	01:15:24	01:36:29
23	BARTECKA Sabina	853	HRMAX ŻORY	K-30	00:00:24	00:24:35	00:49:48	01:15:02	01:36:35
24	KARŁOWSKA Katarzyna	528		K-30	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35
25	PIETRAS Sylwia	463	MIECHOWICKA GRUPA BIEGOWA	K-20	00:00:23	00:25:47	00:50:10	01:15:05	01:36:41
26	KONOPACKA-BESSA Magdalena	1267		K-30	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57
27	CHODAWSKA Dorota	790	OPEL ACTIVE TEAM	K-30	00:00:42	00:25:28	00:50:30	01:15:35	01:37:34
28	JAGŁA Aleksandra	798		K-30	00:00:53	00:24:37	00:49:32	01:15:04	01:37:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
29	MAJEWSKA Gizela	24	BIEGAJ Z TRENERAMI FC24	K-40	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37
30	GRABOWSKA Joanna	1164		K-40	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45
31	JANTAS Dominika	300		K-16	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48
32	CZAUDERNA Klaudia	178	OCHAJORUN&FRIENDS	K-40	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53
33	LEWICKA Justyna	235	AKMB PĘDZIWIATR GLIWICE	K-30	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55
34	MACEŁAJTIS Elżbieta	105		K-20	00:01:12	00:25:56	00:50:55	01:16:18	01:38:25
35	PIECUCH Agnieszka	1217	SBRT GLIWICE	K-20	00:00:20	00:25:54	00:51:23	01:16:47	01:38:28
36	SMOLARCZYK Agnieszka	314		K-30	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33
37	PUDLO Hanna	945		K-30	00:00:49	00:25:14	00:50:22	01:15:32	01:38:35
38	LASICZ Aleksandra	702	ALEKSANDRA K. LASICZ	K-30	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38
39	RYZIŃSKA Aneta	150	AMATOR	K-40	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39
40	NIŻNIKIEWICZ Elżbieta	578		K-30	00:00:10	00:24:53	00:50:04	01:15:49	01:38:44
41	KONIK Sylwia	369	KONIKI TEAM	K-40	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53
42	SKÓRA Aneta	1268	NIGHT RUNNERS GLIWICE	K-30	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54
43	CZARNIK-PECIAK Aleksandra	198	BRAK	K-40	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14
44	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44
45	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45
46	SŁOMIAN Marcelina	1011		K-20	00:00:26	00:25:32	00:51:24	01:17:18	01:39:49
47	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50
48	SKACZKOWSKA Barbara	863	POLSKI KLUB MTB	K-30	00:00:32	00:25:11	00:50:57	01:16:45	01:39:57
49	BŁOŃSKA Monika	692		K-30	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06
50	CANIBOŁ Anna	444		K-20	00:00:42	00:25:45	00:51:46	01:17:25	01:40:17
51	DYCHA Eliza	33		K-30	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37
52	DELEWSKA Dorota	735	NIGHT RUNNERS ZABRZE	K-40	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51
53	GOLEC Aleksandra	212	PTTK ŻYWIEC	K-40	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52
54	POPŁAWSKA-WAL Agata	1120	OPEL ACTIVE TEAM	K-30	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19
55	JANKOWSKA Justyna	1059		K-30	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20
56	KALUS Marta	1060		K-20	00:01:17	00:27:00	00:53:09	01:18:33	01:41:33
57	RUPNIK Asia	188		K-30	00:00:22	00:25:43	00:51:32	01:17:33	01:42:05
58	WILCZEK Małgorzata	596	ISTA BIEGAMY	K-30	00:00:28	00:25:54	00:52:42	01:19:04	01:42:30
59	WOLAŃCZYK Kamila	1149		K-30	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37
60	WALASZCZYK Anna	451	RUN & FUN	K-30	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38
61	NANCKA Brygida	406		K-40	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43
62	GRODZKA-SZKÓŁKA Ewa	895		K-30	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51
63	KONOPKA Agnieszka	68		K-30	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53
64	SZOTA Magdalena	1091		K-30	00:00:24	00:26:30	00:53:15	01:19:42	01:42:58
65	ŻOŁNOWSKA Anna	427		K-30	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58
66	SPODZIEJA Aleksandra	137		K-20	00:01:03	00:28:12	00:55:09	01:20:46	01:43:04
67	GOGOLIN Anna	1107		K-30	00:01:19	00:26:59	00:53:38	01:20:17	01:43:11
68	RACZEK Magdalena	649		K-30	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17
69	KARNIA Agnieszka	617	SBRT	K-30	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22
70	GŁOWACKA Małgorzata	728	NOWOSOLSKA GRUPA BIEGOWA	K-30	00:00:48	00:26:30	00:52:45	01:19:22	01:43:25
71	GERLE Anna	287		K-30	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27
72	MAJ-DZIUBAŃSKA Izabela	1239	PYSKOWICE	K-30	00:00:42	00:24:34	00:49:28	01:16:09	01:43:36
73	HOMA Dorota	551		K-20	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50

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74	CHOJCAN Beata	1228	RYBNICKA GRUPA BIEGOWA PEDZIMY RAZEM	K-30	00:00:24	00:26:49	00:53:38	01:20:32	01:44:00
75	WARECKA Agata	697		K-20	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05
76	GABOR Katarzyna	1235		K-20	00:01:20	00:27:37	00:55:00	01:21:30	01:44:11
77	BZOWSKA Aleksandra	86	NIGHT RUNNERS GLIWICE	K-30	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23
78	KOZMINCZUK-MARKULAK Agnieszka	1101		K-30	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26
79	MILIK Dagmara	986		K-20	00:00:50	00:26:20	00:52:59	01:20:06	01:44:26
80	MATUSIK-SKALSKA Renata	966		K-40	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27
81	OLESIŃSKA Joanna	372		K-40	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56
82	CHROBAK Ania	767	OPEL ACTIVE TEAM	K-30	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09
83	BDZIONEK Jolanta	958		K-30	00:01:36	00:27:29	00:54:37	01:21:47	01:45:22
84	KOCIELSKA Anna	810	AKMB PĘDZIWIATR GLIWICE	K-20	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36
85	HORDZIEJEWICZ-KARASIŃSKA Ewa	816	PURE FIRE BYTOM	K-40	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37
86	MALSKA - WYROZUMSKA Małgorzata	984	NIGHT RUNNERS GLIWICE	K-30	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40
87	KUCZMA Joanna	162		K-40	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49
88	BIĄŁY Dagmara	996		K-40	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56
89	LAMPA Alicja	84	NIGHT RUNNERS GLIWICE	K-20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58
90	SZOŁTYSEK - GRZESIKIEWICZ Anna	425	TORCIDA GLIWICE	K-30	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17
91	LIPKA Katarzyna	1017	NIGHT RUNNERS GLIWICE	K-20	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19
92	TARTANUS-ORYSZCZAK Marta	239		K-30	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23
93	KULIK Katarzyna	462	NIGHT RUNNERS GLIWICE	K-30	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24
94	PAWLIK Agnieszka	193	ATHLETICS NYSA	K-40	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32
95	PILCH-NANOWSKA Agnieszka	587		K-30	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41
96	TYLMAN-MADEJCZYK Marta	1	MTM	K-30	00:01:40	00:27:44	00:54:54	01:22:08	01:46:44
97	KOLASIŃSKA Monika	292		K-20	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47
98	ŻUCHOWSKA Aneta	834		K-40	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47
99	ŚNIEGOWSKA Julia	1102		K-20	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50
100	RADECKA Paulina	167		K-20	00:00:43	00:27:54	00:55:21	01:22:44	01:46:51
101	PAWEŁKÓW Alicja	168		K-20	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52
102	KOWALCZYK Anna	814	HIRSCHVOGEL COMPONENTS POLAND	K-40	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59
103	KANIGOWSKA Kaja	1058		K-20	00:01:18	00:27:02	00:54:41	01:22:18	01:47:10
104	KRZYSZKOWSKA Agnieszka	1211	SBRT GLIWICE	K-30	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11
105	KOPLIN Kasia	281		K-30	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16
106	GÓRNY Magdalena	1511	CA AKTYWNI	K-30	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17
107	ŁAGOSZ Kasia	1509	CA AKTYWNI / BROKER	K-30	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17
108	KOWALCZYK Bożena	1044		K-40	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26
109	POPIEL Adriana	23		K-30	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42
110	NIEGOWSKA Anna	94	ZSO10 GLIWICE	K-50	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48
111	MELCHER Ewa	950		K-40	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02
112	PECIAK Kamila	606		K-30	00:00:31	00:26:04	00:54:04	01:22:34	01:48:13
113	BAK Magdalena	1048		K-20	00:01:14	00:28:20	00:56:25	01:24:23	01:48:24
114	LERCH Dagmara	1126		K-40	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36
115	STUDNICKA Katarzyna	1038		K-30	00:01:41	00:27:22	00:54:51	01:23:16	01:48:41
116	NIESLER Magdalena	338	NIGHT RUNNERS GLIWICE	K-30	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42
117	KAISER-CHROMIK Beata	258		K-40	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43
118	JANIK Basia	615		K-30	00:01:41	00:26:57	00:54:44	01:23:12	01:49:17

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119	CZERNIAK Żaneta	249		K-40	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23
120	WÓJCIAK Katarzyna	1229		K-30	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24
121	HANZEL Anna	110	AKMB PĘDZIWIATR GLIWICE	K-50	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30
122	CEGIELSKA Dorota	977		K-30	00:00:42	00:27:44	00:55:54	01:24:14	01:49:39
123	SALA Nela	621	AKTYWNE ATOMOOFKI	K-30	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48
124	MULARCZYK Agnieszka	888		K-30	00:00:51	00:27:27	00:55:30	01:24:45	01:50:00
125	BALIŃSKA-SANOCKA Aneta	334		K-30	00:01:01	00:28:03	00:55:56	01:25:21	01:50:00
126	ŁĘCZJAR Ewelina	998		K-30	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07
127	KAROLCZAK Joanna	791		K-40	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14
128	MUZA Karolina	126		K-30	00:00:52	00:29:25	00:57:46	01:25:31	01:50:17
129	BULENDA Patrycja	351		K-30	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18
130	BOROWICZ Roksana	776	NIGHT RUNNERS GLIWICE	K-20	00:00:30	00:27:59	00:56:30	01:25:10	01:50:18
131	SZAMPERA Agnieszka	771	RUN AND FUN TEAM	K-30	00:00:43	00:27:06	00:55:10	01:23:33	01:50:26
132	LESZCZYŃSKA Małgorzata	189	STEP-DANCE RUN	K-40	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40
133	SANOCKA Dorota	331		K-40	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44
134	BRZEZIŃSKA Teresa	251	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46
135	PROKOP Elżbieta	546		K-50	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55
136	DOMARADZKA Ewa	306		K-40	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08
137	RYCHLEWSKA Kasia	279	KATE & KATE	K-40	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08
138	JACHYMSKA Katarzyna	1290	MOMO RESTAURANT & COCKTAIL BAR	K-40	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18
139	KRÓL Krystyna	478	RAJSPOORT ACTIVE	K-40	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18
140	HANKE Klaudia	815		K-40	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36
141	WITCZAK Dagmara	1144		K-30	00:01:23	00:28:24	00:57:29	01:27:01	01:51:50
142	SIEDLECKA Anna	400	NIGHT RUNNERS GLIWICE	K-30	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55
143	KOCÓJ Dominika	534	NIGHT RUNNER'S GLIWICE	K-20	00:00:29	00:28:00	00:56:56	01:26:15	01:51:58
144	GLINIANY Małgorzata	1083	ZABIEGANA RODZINKA	K-40	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03
145	ZIMOCH Beata	214		K-30	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16
146	WIEDERMANN Anita	1308		K-30	00:00:44	00:27:46	00:56:49	01:26:13	01:52:28
147	HARAZIN Anna	142		K-20	00:00:57	00:28:30	00:57:41	01:26:25	01:52:28
148	BUCHAL Katarzyna	783		K-40	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28
149	KRZAK Wioleta	675		K-20	00:00:55	00:26:29	00:54:31	01:25:02	01:52:36
150	ŻBEL Anna	1129		K-30	00:00:28	00:28:02	00:56:29	01:25:54	01:52:37
151	WOJTAS Magdalena	498		K-30	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55
152	SYGUŁA Katarzyna	647	KB MCKIS JAWORZNO	K-40	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57
153	GOŁOFIT Aneta	570		K-30	00:00:45	00:28:44	00:58:10	01:27:43	01:53:13
154	WINICKA Daria	710	AMATOR	K-30	00:00:50	00:27:49	00:56:45	01:26:19	01:53:15
155	STOKŁOSA Magdalena	223		K-40	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16
156	UCIŃSKA Anna	1080		K-30	00:00:58	00:28:21	00:59:09	01:28:22	01:53:17
157	GABRYŚ Jola	1300	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21
158	PUŁTORAK Roksana	1504		K-30	00:01:48	00:28:55	00:57:53	01:26:52	01:53:27
159	KNAPIK Karolina	1174		K-30	00:01:46	00:28:55	00:57:42	01:26:47	01:53:30
160	KOWALCZYK Katarzyna	739	RUN AND FUN	K-30	00:00:44	00:27:28	00:55:16	01:25:14	01:53:41
161	MAKSYMIOUK- KONOPKA Ewa	557		K-40	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58
162	POSTÓŁ Karolina	983	NIGHT RUNNERS GLIWICE	K-30	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02
163	BARAN Michalina	1139		K-30	00:00:21	00:28:13	00:57:03	01:26:48	01:54:06

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
164	DZIERŻANOWSKA Blanka	654	NIGHT RUNNERS ZABRZE	K-20	00:00:46	00:27:21	00:56:39	01:26:21	01:54:22
165	DYLONG Natalia	947		K-16	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57
166	CYWIŃSKA Elżbieta	1010		K-40	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57
167	SOSIN Sylwia	201	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K-40	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10
168	SAP Alina	362	NR GLIWICE	K-40	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13
169	CHOJOWSKA Edyta	153		K-40	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47
170	BIAŁOŻYT Agata	873		K-20	00:01:32	00:29:56	01:00:23	01:30:24	01:55:48
171	FIEDOR Anna	107		K-30	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49
172	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06
173	CHMIELEWSKA Anna	144		K-30	00:01:01	00:29:21	00:59:32	01:29:22	01:56:06
174	WOŁCZYK Aldona	881		K-20	00:00:54	00:28:29	00:57:42	01:28:19	01:56:07
175	KOŻUCH Agnieszka	139	1975	K-40	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07
176	STERNAL Marta	951		K-20	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10
177	KĘDZIOR Wiesława	961	NAS NIE DOGONIAT	K-50	00:00:48	00:30:01	01:00:10	01:30:21	01:56:17
178	ULIASZ Natalia	980		K-20	00:00:34	00:28:23	00:58:13	01:28:40	01:56:24
179	PREJS Beata	1224	NIGHT RUNNER'S	K-30	00:00:49	00:30:02	01:00:23	01:30:22	01:56:25
180	GÓRECKA Anna	474		K-30	00:00:31	00:27:45	00:57:59	01:28:18	01:56:26
181	JUSZCZAK Kalina	181		K-20	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27
182	CICHY Agnieszka	408		K-30	00:01:20	00:29:14	00:59:41	01:29:38	01:56:32
183	MURDZEK Aleksandra	997	PURE FIRE BYTOM	K-20	00:00:57	00:28:55	00:58:53	01:29:20	01:56:33
184	CZAPEK Anna	310	NIGHT RUNNERS GLIWICE	K-40	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36
185	RATAJ Adrianna	825	1992	K-20	00:00:18	00:28:22	00:57:34	01:27:49	01:56:37
185	SALICKA Izabela	1143	PURE FIRE TEAM	K-20	00:00:17	00:28:23	00:57:35	01:27:50	01:56:38
187	FURMAN Agnieszka	1140	OCHAJO RUN&FRIENDS	K-30	00:01:15	00:30:20	01:00:21	01:30:06	01:56:42
188	MUSIOŁ Małgorzata	395		K-30	00:00:46	00:28:37	00:57:49	01:28:26	01:56:43
189	ONAK Izabela	1134	OCHAJORUN & FRIENDS	K-40	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44
190	BŁASZCZYK Paulina	37		K-30	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48
191	SZCZEŚNIAK Barbara	580		K-30	00:00:50	00:29:44	01:00:10	01:30:06	01:56:52
192	DĘBSKA Joanna		NIGHT RUNNERS GLIWICE	K-40	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52
193	KRASZKIEWICZ Marta	969	NASNIEDOGONIAT	K-30	00:00:51	00:29:59	01:00:08	01:30:19	01:56:57
194	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58
195	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59
196	HRISTOVA-KOSOBUDZKA Daria	1097	SPOT PSZCZYNA	K-20	00:01:21	00:29:34	00:59:52	01:29:52	01:57:02
197	HRYSZKO Jagoda	1172		K-20	00:01:34	00:29:32	01:00:39	01:31:21	01:57:03
198	WESTER Halina	1274	NIGHT RUNNERS	K-40	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07
199	SZOŁTYSEK Beata	1282	OCHAJORUN & FRIENDS	K-40	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09
200	GORELL Bogumiła	446		K-30	00:00:53	00:30:11	01:00:47	01:30:55	01:57:14
201	WILSZ Ewa	26	UNISONO	K-40	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15
202	ĆWIOK Barbara	806	UNISONO	K-40	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16
203	JANGROT Dominika	1081	NIGHT RUNNERS GLIWICE	K-30	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22
204	STANIK Sonia	765		K-20	00:00:59	00:27:20	00:57:34	01:28:36	01:57:22
205	MAZUR Ewelina	102		K-40	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28
206	STANGEL Dorota	1262		K-30	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54
207	SKORUPA Agnieszka	391	RUN AND FUN	K-40	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56
208	NAWROT Bożena	804		K-40	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
209	GORUS Anna	113	NIGHT RUNNERS ZABRZE	K-30	00:01:52	00:31:35	01:01:55	01:31:26	01:58:28
210	DĄBROWSKA Halina	1130	BIEGOWA ŚWIDNICA	K-30	00:00:45	00:29:01	00:59:37	01:31:06	01:58:42
211	SMIESZKOŁ-BRYKOWSKA Sonia	501	RUN AND FUN TEAM	K-30	00:00:57	00:29:55	01:00:15	01:30:15	01:58:42
212	SOKÓŁ-OLEŚ Ewelina	656	RUNTEAM PAWŁOWICE	K-40	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01
213	MACKIEWICZ Katarzyna	308		K-50	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35
214	KONIECZKA Katarzyna	455	MIECHOWICKA GRUPA BIEGOWA	K-40	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20
215	ZAMOJSKA Iwona	797	MIECHOWICKA GRUPA BIEGOWA	K-30	00:00:41	00:28:01	00:57:04	01:29:31	02:00:33
216	SKĄPSKA Joanna	688		K-20	00:00:57	00:32:37	01:04:01	01:34:46	02:00:55
217	STOLARZ Agnieszka	976	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27
218	PIKULSKA Beata	104	NIGHT RUNNERS	K-30	00:01:37	00:30:46	01:02:15	01:33:43	02:01:29
219	RECHMAN-NOWAKOWSKA Dorota	122	NIGHT RUNNERS	K-40	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33
220	STALICA Marzena	468		K-40	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34
221	MULARCZYK Teresa	409	BIEGAM,	K-50	00:00:57	00:29:33	01:00:01	01:32:05	02:01:40
222	DYLONG Mariola	266		K-16	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45
223	WÓJTOWICZ Liza	514		K-20	00:01:51	00:30:56	01:03:22	01:35:38	02:01:45
224	BUKSINSKA Iwona	272		K-40	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50
225	ESTKO Anna	788		K-30	00:01:27	00:30:56	01:02:23	01:34:01	02:01:56
226	BIERNACKA Agnieszka	623		K-30	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00
227	WOJTAS - WÓJCIK Justyna	511		K-20	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13
228	KOWALSKA Natalia	219	NIGHT RUNNERS GLIWICE	K-20	00:01:39	00:30:56	01:02:21	01:34:34	02:02:14
229	KLEJNOWSKA Katarzyna	903		K-20	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19
230	BOŚ Iwona	690	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19
231	RÓŻYC Barbara	366	NIGHT RUNNERS ZABRZE	K-40	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31
232	BALICZ Agnieszka	148		K-20	00:00:55	00:30:16	01:01:06	01:33:38	02:02:36
233	WIRA Agnieszka	1161	NIGHT RUNNERS GLIWICE	K-20	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01
233	TUMIDAJEWICZ Beata	1151		K-30	00:01:49	00:29:10	00:59:56	01:32:13	02:03:03
235	MAĆZKA Krystyna	988		K-60	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05
236	CIOMEK Marta	99	SBRT	K-20	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43
237	KUSZ Gosia	705		K-30	00:00:51	00:28:56	01:00:00	01:33:28	02:04:32
238	CESARZ Alicja	553		K-30	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32
239	MALCHERCZYK Anna	866		K-20	00:01:45	00:30:42	01:02:13	01:34:07	02:04:42
240	WALIGÓRA Aleksandra	770	BBL KĘDZIERZYN-KOŻLE	K-40	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45
241	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
242	BOGACZ Jadwiga	482	JAGODA TEAM	K-30	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26
243	LEDWOŃ Aneta	88	NIGHT RUNNERS GLIWICE	K-40	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28
244	DOGIEL Agnieszka	1109		K-30	00:00:53	00:30:08	01:02:46	01:36:47	02:05:30
245	BATEJKO Beata	417		K-40	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33
246	MIŚKIEWICZ Lucyna	1148		K-50	00:01:22	00:31:41	01:03:50	01:36:04	02:05:41
247	ZUWAŁA Anna	1167	RAGNAR TEAM	K-40	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14
248	RÓŻOWICZ Eliza	1188	SPARTANIE DZIECIOM	K-30	00:01:01	00:30:57	01:03:54	01:37:50	02:06:35
249	BAK Katarzyna	1249	SPARTANIE DZIECIOM	K-30	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35
250	STĘPKA Daria	1253	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35
251	DOBAJ Katarzyna	1246	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35
252	RAJCHERT Joanna	1254	SPARTANIE DZIECIOM	K-30	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35
252	DOROTA Jola	1503	RUN RUN OLESZYCE	K-40	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
254	CZAPKIEWICZ Gosia	1201	SPARTANIE DZIECIOM	K-40	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37
255	NOWAK-BODUCH Joanna	1259	NIGHT RUNNERS	K-50	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42
256	DYRAGA Barbara	204	NIEZRZESZONA	K-30	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44
257	ŚCISŁOWICZ Natalia	989		K-30	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01
258	SZALA Beata	191	SBD ENERGETYK RYBNIK	K-30	00:01:25	00:29:08	01:00:46	01:35:59	02:08:02
259	MOKRZYCKA Justyna	493	BIEGAMY Z SERCEM	K-30	00:01:52	00:31:37	01:03:11	01:36:55	02:08:36
260	KOŁODZIEJCZAK Kinga	63	ACCENTURE	K-30	00:01:01	00:29:28	01:01:25	01:36:04	02:08:39
261	GAWLIK - RYBIŃSKA Kasia	855	EŁKA TEAM	K-30	00:00:48	00:30:50	01:03:16	01:37:30	02:09:26
262	STAŃCZYK Paulina	1275		K-20	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49
263	SOJKA Anna	685		K-30	00:01:22	00:29:50	01:02:33	01:37:56	02:10:43
264	GRUBICH Irena	526		K-60	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10
265	WŁOSZCZYŃSKA Ewa	329		K-30	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25
266	BUCHALIK Katarzyna	513		K-20	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34
267	KOCH Marta	942		K-30	00:01:19	00:32:21	01:06:26	01:41:27	02:12:50
268	PLESZCZYŃSKA Iwona	743		K-30	00:01:04	00:31:36	01:04:58	01:40:23	02:13:25
269	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35
269	BOGDANOWICZ Maja	304		K-30	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36
271	WALCZYŃSKA Karolina	747	NIGHT RUNNERS GLIWICE	K-30	00:01:30	00:35:11	01:10:04	01:45:00	02:15:28
272	ZAWISZA Joanna	106		K-20	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37
273	GROSS Teresa	231	UNISONO	K-40	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14
274	BIJAK Adriana	1508	NIGHT RUNNER'S	K-30	00:01:30	00:35:11	01:10:03	01:46:38	02:20:50
275	NOWAK-KASPRZAK Anna	127		K-30	00:01:18	00:32:35	01:08:08	01:45:55	02:21:12
276	RUDNICKA Maria	803	BBL KĘDZIERZYN-KOŹLE	K-50	00:01:18	00:34:03	01:10:29	01:46:51	02:21:20
277	ZAWADA Ewa	77	NIGHT RUNNERS	K-20	00:01:51	00:36:29	01:13:27	01:47:45	02:21:56
278	PASIEKA Anna	402		K-30	00:01:02	00:33:15	01:10:05	01:48:35	02:25:03
279	DYDYCZ Marta	652	AKMB PĘDZIWIATR GLIWICE	K-20	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22
280	LATOS Barbara	874	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	00:01:26	00:36:25	01:15:04	01:55:17	02:31:35
281	MATERZOK Aleksandra	388	FUTURE PROCESSING RUNNING TEAM	K-20	00:00:13	00:23:21	00:47:58	01:13:09	
282	RAKOWSKA Katarzyna	1187	SPARTANIE DZIECIOM	K-30	00:01:03	00:30:56	01:03:54	01:38:34	
283	BIGAJ Agnieszka	347		K-20	00:01:04	00:29:54	01:00:42	01:30:51	
284	BUDZIŃSKA Ania	567		K-30	00:01:12	00:27:29	00:56:45	01:27:17	
285	PRACKA Danuta	377		K-30	00:01:33	00:27:02	00:54:27	01:22:04	
286	PORĘBA Gabriela	554		K-40	00:01:41	00:28:48	00:57:20	01:25:11	

Znaleziono 286 wynik(ów)