



III PÓŁMARATON GLIWICKI

B4SPORT

Organiser: Fundacja Bieg Rzeźnika
Date: 2016-10-23
Place: Gliwice
Distance: 21.1 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Mieszkanki Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	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		4:13	14.2 (100%)
2	SAP Karolina	355	NR GLIWICE	K-20	2	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09	01:26:36	01:32:27.80	01:32:34.95	+00:03:24 (3.7%)	4:22	13.7 (96.5%)
3	HILASZEK Agata	124	NIGHT RUNNERS GLIWICE	K-20	3	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04	01:31:31	01:37:33.35	01:37:49.55	+00:08:30 (8.7%)	4:37	13 (91.5%)
4	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	+00:11:03 (11.0%)	4:44	12.6 (88.7%)
5	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	+00:16:05 (15.3%)	4:59	12 (84.5%)
6	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	+00:16:15 (15.4%)	4:59	12 (84.5%)
7	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	+00:17:59 (16.8%)	5:04	11.8 (83.1%)
8	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	+00:18:25 (17.1%)	5:05	11.8 (83.1%)
9	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	+00:19:29 (18.0%)	5:08	11.7 (82.4%)
10	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	+00:19:46 (18.2%)	5:09	11.6 (81.7%)
11	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	+00:19:56 (18.3%)	5:09	11.6 (81.7%)
12	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	+00:19:59 (18.3%)	5:10	11.6 (81.7%)
13	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	+00:20:04 (18.4%)	5:10	11.6 (81.7%)
14	JANTAS Dominika	300		K-16	2	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48	01:42:07	01:49:28.95	01:49:46.90	+00:20:26 (18.7%)	5:11	11.6 (81.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												21.1km	21.1km			
15	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	+00:20:34 (18.8%)	5:11	11.5 (81.0%)
16	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	+00:21:01 (19.1%)	5:12	11.5 (81.0%)
17	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	+00:21:20 (19.3%)	5:13	11.5 (81.0%)
18	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	+00:21:35 (19.5%)	5:14	11.4 (80.3%)
19	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	3	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44	01:43:53	01:50:46.55	01:51:07.30	+00:21:43 (19.6%)	5:15	11.4 (80.3%)
20	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	+00:21:53 (19.7%)	5:15	11.4 (80.3%)
21	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	+00:21:56 (19.8%)	5:15	11.4 (80.3%)
22	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	+00:22:28 (20.1%)	5:17	11.4 (80.3%)
23	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	+00:23:33 (20.9%)	5:20	11.2 (78.9%)
24	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	+00:23:35 (20.9%)	5:20	11.2 (78.9%)
25	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	+00:24:51 (21.8%)	5:23	11.1 (78.2%)
26	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	+00:25:41 (22.4%)	5:26	11 (77.5%)
27	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	+00:25:54 (22.5%)	5:26	11 (77.5%)
28	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	+00:25:58 (22.6%)	5:27	11 (77.5%)
29	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	+00:26:02 (22.6%)	5:27	11 (77.5%)
30	WARECKA Agata	697		K-20	16	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05	01:48:06	01:55:06.60	01:56:30.20	+00:26:03 (22.6%)	5:27	11 (77.5%)
31	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	+00:26:18 (22.8%)	5:28	11 (77.5%)
32	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	+00:26:22 (22.9%)	5:28	11 (77.5%)
33	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	+00:26:24 (22.9%)	5:28	11 (77.5%)
34	HOMA Dorota	551		K-20	18	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50	01:48:09	01:55:47.80	01:57:24.50	+00:26:44 (23.1%)	5:29	10.9 (76.8%)
35	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	+00:27:23 (23.5%)	5:31	10.9 (76.8%)
36	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	+00:27:45 (23.8%)	5:32	10.8 (76.1%)

Place	Participant	Number	Club	Category	MCat	Start time						Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	21.1km	21.1km			
37	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	+00:27:48 (23.8%)	5:32	10.8 (76.1%)
38	LAMPA Alicja	84	NIGHT RUNNERS GLIWICE	K-20	20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58	01:50:10	01:57:16.10	01:57:42.20	+00:28:13 (24.1%)	5:33	10.8 (76.1%)
39	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	+00:28:18 (24.1%)	5:33	10.8 (76.1%)
40	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	+00:28:33 (24.3%)	5:34	10.8 (76.1%)
41	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	+00:28:42 (24.4%)	5:34	10.8 (76.1%)
42	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	+00:28:42 (24.4%)	5:34	10.8 (76.1%)
43	KOCIELSKA Anna	810	AKMB PĘDZIWIATR GLIWICE	K-20	21	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36	01:49:56	01:57:46.45	01:58:15.00	+00:28:43 (24.4%)	5:34	10.7 (75.4%)
44	LIPKA Katarzyna	1017	NIGHT RUNNERS GLIWICE	K-20	22	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19	01:50:44	01:57:59.50	01:58:37.35	+00:28:56 (24.5%)	5:35	10.7 (75.4%)
45	KOLASIŃSKA Monika	292		K-20	23	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47	01:51:14	01:58:12.30	01:58:24.15	+00:29:09 (24.7%)	5:36	10.7 (75.4%)
46	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	+00:29:23 (24.8%)	5:36	10.7 (75.4%)
47	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	+00:29:31 (24.9%)	5:37	10.7 (75.4%)
48	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	+00:29:31 (24.9%)	5:37	10.7 (75.4%)
49	ŚNIEGOWSKA Julia	1102		K-20	24	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50	01:51:16	01:58:40.00	01:59:06.80	+00:29:37 (25.0%)	5:37	10.7 (75.4%)
50	PAWEŁKÓW Alicja	168		K-20	26	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52	01:51:15	01:58:51.30	01:59:34.85	+00:29:48 (25.1%)	5:37	10.7 (75.4%)
51	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	+00:30:14 (25.3%)	5:39	10.6 (74.6%)
52	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	+00:30:26 (25.5%)	5:39	10.6 (74.6%)
53	NIEGOWSKA Anna	94	ZSO10 GLIWICE	K-50	1	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17	02:00:09.90	02:01:37.65	+00:31:07 (25.9%)	5:41	10.5 (73.9%)
54	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	+00:31:17 (26.0%)	5:42	10.5 (73.9%)
55	HANZEL Anna	110	AKMB PĘDZIWIATR GLIWICE	K-50	2	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06	02:01:42.55	02:02:23.65	+00:32:39 (26.8%)	5:46	10.4 (73.2%)
56	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	+00:33:07 (27.1%)	5:47	10.4 (73.2%)
57	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	+00:33:07 (27.1%)	5:47	10.4 (73.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												21.1km	21.1km			
58	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	+00:33:07 (27.1%)	5:47	10.4 (73.2%)
59	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	+00:33:29 (27.3%)	5:48	10.3 (72.5%)
60	ŁĘCZNAR 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	+00:33:30 (27.3%)	5:48	10.3 (72.5%)
61	PROKOP Elżbieta	546		K-50	3	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25	02:03:05.75	02:04:02.50	+00:34:02 (27.7%)	5:50	10.3 (72.5%)
62	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	+00:34:28 (27.9%)	5:51	10.2 (71.8%)
63	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	+00:34:31 (27.9%)	5:51	10.2 (71.8%)
64	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	+00:35:51 (28.7%)	5:55	10.1 (71.1%)
65	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	+00:36:13 (28.9%)	5:56	10.1 (71.1%)
66	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	+00:36:14 (28.9%)	5:56	10.1 (71.1%)
67	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	+00:37:27 (29.6%)	5:59	10 (70.4%)
68	ZIMOCZ 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	+00:37:32 (29.7%)	6:00	10 (70.4%)
69	DYLONG Natalia	947		K-16	4	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57	01:59:35	02:07:08.60	02:07:52.95	+00:38:05 (30.0%)	6:01	10 (70.4%)
70	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	+00:38:23 (30.1%)	6:02	9.9 (69.7%)
71	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	+00:38:35 (30.2%)	6:02	9.9 (69.7%)
72	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	+00:38:52 (30.4%)	6:03	9.9 (69.7%)
73	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	+00:38:58 (30.4%)	6:04	9.9 (69.7%)
74	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	+00:39:30 (30.7%)	6:05	9.8 (69.0%)
75	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	+00:39:30 (30.7%)	6:05	9.8 (69.0%)
76	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	+00:40:26 (31.2%)	6:08	9.8 (69.0%)
77	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	+00:40:26 (31.2%)	6:08	9.8 (69.0%)
78	STERNAL Marta	951		K-20	36	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10	02:01:00	02:09:31.90	02:11:03.45	+00:40:29 (31.3%)	6:08	9.8 (69.0%)
79	JUSZCZAK Kalina	181		K-20	37	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27	02:01:15	02:09:38.90	02:10:26.35	+00:40:36 (31.3%)	6:08	9.8 (69.0%)
80	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	+00:40:47 (31.4%)	6:09	9.7 (68.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												21.1km	21.1km			
81	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	+00:41:23 (31.7%)	6:10	9.7 (68.3%)
82	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	+00:41:27 (31.8%)	6:11	9.7 (68.3%)
83	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	+00:41:43 (31.9%)	6:11	9.7 (68.3%)
84	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	+00:41:46 (31.9%)	6:11	9.7 (68.3%)
85	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	+00:42:07 (32.1%)	6:12	9.7 (68.3%)
86	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	+00:42:09 (32.1%)	6:13	9.6 (67.6%)
87	MACKIEWICZ Katarzyna	308		K-50	5	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39	02:13:07.05	02:13:47.60	+00:44:04 (33.1%)	6:18	9.5 (66.9%)
88	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	+00:45:59 (34.1%)	6:23	9.4 (66.2%)
89	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	+00:46:13 (34.2%)	6:24	9.4 (66.2%)
90	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	+00:46:18 (34.2%)	6:24	9.4 (66.2%)
91	KLEJNOWSKA Katarzyna	903		K-20	49	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19	02:07:09	02:15:35.70	02:16:54.30	+00:46:32 (34.3%)	6:25	9.3 (65.5%)
92	MĄCZKA Krystyna	988		K-60	1	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05	02:08:03	02:16:50.25	02:17:44.40	+00:47:47 (34.9%)	6:29	9.3 (65.5%)
93	WOJTAS - WÓJCIK Justyna	511		K-20	51	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13	02:08:02	02:17:03.85	02:18:03.15	+00:48:01 (35.0%)	6:29	9.2 (64.8%)
94	WIRA Agnieszka	1161	NIGHT RUNNERS GLIWICE	K-20	52	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01	02:08:02	02:17:06.75	02:18:56.75	+00:48:03 (35.1%)	6:29	9.2 (64.8%)
95	DYLONG Mariola	266		K-16	5	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45	02:08:26	02:18:31.25	02:18:57.60	+00:49:28 (35.7%)	6:33	9.1 (64.1%)
96	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	+00:50:16 (36.1%)	6:36	9.1 (64.1%)
97	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	+00:50:58 (36.4%)	6:38	9 (63.4%)
98	CIOMEK Marta	99	SBRT	K-20	54	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43	02:09:52	02:20:03.40	02:20:47.10	+00:51:00 (36.4%)	6:38	9 (63.4%)
99	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	+00:51:34 (36.7%)	6:39	9 (63.4%)
100	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	+00:51:58 (36.9%)	6:40	9 (63.4%)
101	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	+00:54:35 (38.0%)	6:48	8.8 (62.0%)
102	NOWAK-BODUCH Joanna	1259	NIGHT RUNNERS	K-50	8	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00	02:24:28.90	02:25:22.80	+00:55:26 (38.4%)	6:50	8.8 (62.0%)
103	STAŃCZYK Paulina	1275		K-20	55	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49	02:15:24	02:25:26.40	02:27:12.95	+00:56:23 (38.8%)	6:53	8.7 (61.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
104	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	+00:56:56 (39.0%)	6:55	8.7 (61.3%)
105	GRUBICH Irena	526		K-60	2	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10	02:17:35	02:28:42.75	02:28:45.50	+00:59:39 (40.1%)	7:02	8.5 (59.9%)
106	ZAWISZA Joanna	106		K-20	56	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37	02:21:00	02:29:54.60	02:31:15.80	+01:00:51 (40.6%)	7:06	8.4 (59.2%)
107	BUCHALIK Katarzyna	513		K-20	57	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34	02:19:04	02:30:14.65	02:31:37.55	+01:01:11 (40.7%)	7:07	8.4 (59.2%)
108	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	+01:01:44 (40.9%)	7:08	8.4 (59.2%)
108	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	+01:01:45 (41.0%)	7:08	8.4 (59.2%)
110	DYDYCZ Marta	652	AKMB PĘDZIWIATR GLIWICE	K-20	59	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22	02:32:23	02:44:08.00	02:44:27.55	+01:15:05 (45.7%)	7:46	7.7 (54.2%)

Total 110 results.