



# III PÓŁMARATON GLIWICKI

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

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	WYLEŻAŁEK Alina	438	NIGHT RUNNERS GLIWICE	K-30	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09	01:23:18
2	SAP Karolina	355	NR GLIWICE	K-20	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09	01:26:36
3	HILASZEK Agata	124	NIGHT RUNNERS GLIWICE	K-20	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04	01:31:31
4	POPIEL- KRUK Aleksandra	1209	SBRT GLIWICE	K-30	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20	01:33:56
5	BOCHEŃSKA Agnieszka	91	SBRT GLIWICE	K-30	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37	01:38:27
6	NASIENIAK-CZECH Anna	766		K-30	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18	01:39:04
7	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
8	KARŁOWSKA Katarzyna	528		K-30	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35	01:40:27
9	KONOPACKA-BESSA Magdalena	1267		K-30	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57	01:41:07
10	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
11	GRABOWSKA Joanna	1164		K-40	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56
12	LEWICKA Justyna	235	AKMB PĘDZIWIATR GLIWICE	K-30	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55	01:42:00
13	JANTAS Dominika	300		K-16	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48	01:42:07
14	LASICZ Aleksandra	702	ALEKSANDRA K. LASICZ	K-30	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38	01:42:32
15	SMOLARCZYK Agnieszka	314		K-30	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33	01:42:43
16	SKÓRA Aneta	1268	NIGHT RUNNERS GLIWICE	K-30	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54	01:42:44
17	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
18	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45	01:43:52
19	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44	01:43:53
20	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
21	BŁOŃSKA Monika	692		K-30	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06	01:43:58
22	DYCHA Eliza	33		K-30	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37	01:44:37
23	JANKOWSKA Justyna	1059		K-30	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20	01:45:27
24	POPŁAWSKA-WAL Agata	1120	OPEL ACTIVE TEAM	K-30	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19	01:45:33
25	WOLAŃCZYK Kamila	1149		K-30	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37	01:46:40
26	WALASZCZYK Anna	451	RUN & FUN	K-30	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38	01:47:10
27	KONOPKA Agnieszka	68		K-30	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53	01:47:13
28	GRODZKA-SZKÓŁKA Ewa	895		K-30	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51	01:47:15

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	<b>RACZEK Magdalena</b>	<b>649</b>		K-30	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17	01:47:30
30	<b>ŻOŁNOWSKA Anna</b>	<b>427</b>		K-30	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58	01:47:36
31	<b>KARNIA Agnieszka</b>	<b>617</b>	SBRT	K-30	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22	01:47:39
32	<b>GERLE Anna</b>	<b>287</b>		K-30	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27	01:48:01
33	<b>WARECKA Agata</b>	<b>697</b>		K-20	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05	01:48:06
34	<b>HOMA Dorota</b>	<b>551</b>		K-20	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50	01:48:09
35	<b>BZOWSKA Aleksandra</b>	<b>86</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23	01:48:51
36	<b>KOZMINCZUK-MARKULAK Agnieszka</b>	<b>1101</b>		K-30	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26	01:49:15
37	<b>CHROBAK Ania</b>	<b>767</b>	OPEL ACTIVE TEAM	K-30	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09	01:49:42
38	<b>KOCIELSKA Anna</b>	<b>810</b>	AKMB PĘDZIWIATR GLIWICE	K-20	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36	01:49:56
39	<b>MALSKA - WYROZUMSKA Małgorzata</b>	<b>984</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40	01:49:59
40	<b>KUCZMA Joanna</b>	<b>162</b>		K-40	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59
41	<b>LAMPA Alicja</b>	<b>84</b>	NIGHT RUNNERS GLIWICE	K-20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58	01:50:10
42	<b>SZOŁTYSEK - GRZESIKIEWICZ Anna</b>	<b>425</b>	TORCIDA GLIWICE	K-30	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17	01:50:25
43	<b>ŻUCHOWSKA Aneta</b>	<b>834</b>		K-40	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42
44	<b>LIPKA Katarzyna</b>	<b>1017</b>	NIGHT RUNNERS GLIWICE	K-20	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19	01:50:44
45	<b>KULIK Katarzyna</b>	<b>462</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24	01:50:48
46	<b>TARTANUS-ORYSZCZAK Marta</b>	<b>239</b>		K-30	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23	01:50:50
47	<b>PILCH-NANOWSKA Agnieszka</b>	<b>587</b>		K-30	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41	01:51:01
48	<b>KOLASIŃSKA Monika</b>	<b>292</b>		K-20	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47	01:51:14
49	<b>PAWEŁKÓW Alicja</b>	<b>168</b>		K-20	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52	01:51:15
50	<b>ŚNIEGOWSKA Julia</b>	<b>1102</b>		K-20	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50	01:51:16
51	<b>KRZYSZKOWSKA Agnieszka</b>	<b>1211</b>	SBRT GLIWICE	K-30	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11	01:51:40
52	<b>KOPLIN Kasia</b>	<b>281</b>		K-30	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16	01:52:01
53	<b>POPIEL Adriana</b>	<b>23</b>		K-30	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42	01:52:02
54	<b>NIEGOWSKA Anna</b>	<b>94</b>	ZSO10 GLIWICE	K-50	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17
55	<b>CZERNIAK Żaneta</b>	<b>249</b>		K-40	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58
56	<b>WÓJCIAK Katarzyna</b>	<b>1229</b>		K-30	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24	01:53:59
57	<b>HANZEL Anna</b>	<b>110</b>	AKMB PĘDZIWIATR GLIWICE	K-50	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06
58	<b>SALA Nela</b>	<b>621</b>	AKTYWNE ATOMOOFKI	K-30	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48	01:54:31
59	<b>ŁĘCZNDAR Ewelina</b>	<b>998</b>		K-30	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07	01:54:44
60	<b>BULENDA Patrycja</b>	<b>351</b>		K-30	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18	01:54:54
61	<b>BRZEZIŃSKA Teresa</b>	<b>251</b>	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21
62	<b>PROKOP Elżbieta</b>	<b>546</b>		K-50	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25
63	<b>LESZCZYŃSKA Małgorzata</b>	<b>189</b>	STEP-DANCE RUN	K-40	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30
64	<b>SIEDLECKA Anna</b>	<b>400</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55	01:56:34
65	<b>GABRYŚ Jola</b>	<b>1300</b>	NIGHT RUNNERS GLIWICE	K-40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37
66	<b>ZIMOCH Beata</b>	<b>214</b>		K-30	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16	01:57:41
67	<b>STOKŁOSA Magdalena</b>	<b>223</b>		K-40	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50
68	<b>WOJTAS Magdalena</b>	<b>498</b>		K-30	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55	01:58:18
69	<b>MAKSYMIOUK- KONOPKA Ewa</b>	<b>557</b>		K-40	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38
70	<b>POSTÓŁ Karolina</b>	<b>983</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02	01:59:13
71	<b>DYLONG Natalia</b>	<b>947</b>		K-16	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57	01:59:35
72	<b>SAP Alina</b>	<b>362</b>	NR GLIWICE	K-40	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57
73	<b>FIEDOR Anna</b>	<b>107</b>		K-30	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49	02:00:11

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	<b>STERNAL Marta</b>	<b>951</b>		K-20	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10	02:01:00
75	<b>CZAPEK Anna</b>	<b>310</b>	NIGHT RUNNERS GLIWICE	K-40	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05
76	<b>JUSZCZAK Kalina</b>	<b>181</b>		K-20	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27	02:01:15
77	<b>ONAK Izabela</b>	<b>1134</b>	OCHAJORUN & FRIENDS	K-40	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25
78	<b>KROCZEK Liliana</b>	<b>1269</b>	NIGHT RUNNER'S GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46
79	<b>PAUL Violetta</b>	<b>119</b>	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46
80	<b>DĘBSKA Joanna</b>		NIGHT RUNNERS GLIWICE	K-40	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50
81	<b>BŁASZCZYK Paulina</b>	<b>37</b>		K-30	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48	02:01:54
82	<b>WESTER Halina</b>	<b>1274</b>	NIGHT RUNNERS	K-40	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55
83	<b>JANGROT Dominika</b>	<b>1081</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22	02:02:25
84	<b>MAZUR Ewelina</b>	<b>102</b>		K-40	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27
85	<b>STANGEL Dorota</b>	<b>1262</b>		K-30	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54	02:02:33
86	<b>MACKIEWICZ Katarzyna</b>	<b>308</b>		K-50	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39
87	<b>STOLARZ Agnieszka</b>	<b>976</b>	NIGHT RUNNERS GLIWICE	K-40	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32
88	<b>RECHMAN-NOWAKOWSKA Dorota</b>	<b>122</b>	NIGHT RUNNERS	K-40	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38
89	<b>BIERNACKA Agnieszka</b>	<b>623</b>		K-30	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00	02:06:44
90	<b>KLEJNOWSKA Katarzyna</b>	<b>903</b>		K-20	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19	02:07:09
91	<b>WOJTAS - WÓJCIK Justyna</b>	<b>511</b>		K-20	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13	02:08:02
92	<b>WIRA Agnieszka</b>	<b>1161</b>	NIGHT RUNNERS GLIWICE	K-20	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01	02:08:02
93	<b>MAĆZKA Krystyna</b>	<b>988</b>		K-60	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05	02:08:03
94	<b>DYLONG Mariola</b>	<b>266</b>		K-16	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45	02:08:26
95	<b>CESARZ Alicja</b>	<b>553</b>		K-30	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32	02:09:50
96	<b>CIOMEK Marta</b>	<b>99</b>	SBRT	K-20	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43	02:09:52
97	<b>LEDWOŃ Aneta</b>	<b>88</b>	NIGHT RUNNERS GLIWICE	K-40	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38
98	<b>BOGACZ Jadwiga</b>	<b>482</b>	JAGODA TEAM	K-30	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26	02:10:38
99	<b>DYRAGA Barbara</b>	<b>204</b>	NIEZRZESZONA	K-30	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44	02:11:56
100	<b>NOWAK-BODUCH Joanna</b>	<b>1259</b>	NIGHT RUNNERS	K-50	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00
101	<b>ŚCISŁOWICZ Natalia</b>	<b>989</b>		K-30	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01	02:13:45
102	<b>STAŃCZYK Paulina</b>	<b>1275</b>		K-20	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49	02:15:24
103	<b>WŁOSZCZYŃSKA Ewa</b>	<b>329</b>		K-30	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25	02:17:30
104	<b>GRUBICH Irena</b>	<b>526</b>		K-60	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10	02:17:35
105	<b>BUCHALIK Katarzyna</b>	<b>513</b>		K-20	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34	02:19:04
106	<b>REITER Hanna</b>	<b>363</b>	BIEGAMY Z SERCEM	K-40	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25
106	<b>BOGDANOWICZ Maja</b>	<b>304</b>		K-30	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36	02:20:26
108	<b>ZAWISZA Joanna</b>	<b>106</b>		K-20	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37	02:21:00
109	<b>DYDYCZ Marta</b>	<b>652</b>	AKMB PĘDZIWIATR GLIWICE	K-20	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22	02:32:23
110	<b>NIESLER Magdalena</b>	<b>338</b>	NIGHT RUNNERS GLIWICE	K-30	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42	

Znaleziono 110 wynik(ów)