



# 10 KM ATEST PZLA GLIWICKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**Miejsce:** Gliwice  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JOANNA Olchawa	1503		K-40	1	00:00:04	00:41:33.45	00:41:37.85		4:09	14.4
2	ADAMCZYK-NOWAK Beata	1327	MIECHOWICKA GRUPA BIEGOWA	K-40	2	00:00:15	00:41:34.70	00:41:49.95	+00:00:01	4:09	14.4
3	OLESIŃSKA Joanna	1322		K-40	3	00:00:48	00:52:34.95	00:53:23.35	+00:11:01	5:15	11.4
4	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:12:07	5:22	11.2
5	SZARZYŃSKA-GRYCHNIK Jola	1489		K-40	5	00:01:08	00:53:58.30	00:55:06.35	+00:12:24	5:23	11.1
6	SANOCKA Dorota	1342		K-40	6	00:02:02	00:54:28.60	00:56:31.30	+00:12:55	5:26	11
7	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:13:42	5:31	10.9
8	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:13:51	5:32	10.8
9	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:13:56	5:33	10.8
10	PETEJA-ĆWIK Aleksandra	1495		K-40	10	00:00:50	00:56:03.25	00:56:54.05	+00:14:29	5:36	10.7
11	LESISZ Katarzyna	1438		K-40	11	00:01:33	00:56:08.75	00:57:41.95	+00:14:35	5:36	10.7
12	POLEWKA Beata	1531	UKS KONIETA S-A	K-40	12	00:01:19	00:56:08.90	00:57:28.15	+00:14:35	5:36	10.7
13	HELHLMANN Beata	1512		K-40	13	00:01:23	00:56:18.25	00:57:42.10	+00:14:44	5:37	10.7
14	BORKOWSKA Sonia	1403	3 WATERS	K-40	14	00:00:23	00:56:24.55	00:56:47.90	+00:14:51	5:38	10.6
15	CZERNIAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:15:03	5:39	10.6
16	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:15:08	5:40	10.6
17	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:17:07	5:52	10.2
18	FRYDA Aneta	1592		K-40	18	00:01:44	01:01:30.30	01:03:14.95	+00:19:56	6:09	9.8
19	GORAJ-ZAJĄC Aleksandra	1515	NIGHT RUNNERS GLIWICE	K-40	19	00:00:47	01:01:40.25	01:02:27.75	+00:20:06	6:10	9.7
20	JANOWSKA-CHWALISZEWSKA Agnieszka	1394	NIGHT RUNNERS GLIWICE	K-40	20	00:01:44	01:03:31.50	01:05:16.20	+00:21:58	6:21	9.4
21	MISIEK Jolanta	1446		K-40	21	00:00:53	01:05:00.25	01:05:54.20	+00:23:26	6:30	9.2
22	POGORZELSKA-KLIKS Agata	1382	UNISONO	K-40	22	00:02:05	01:05:48.40	01:07:53.95	+00:24:14	6:34	9.1
23	HRYSZKIEWICZ Barbara	1385	AKMB PĘDZIWIATR GLIWICE	K-40	23	00:02:05	01:06:09.90	01:08:15.35	+00:24:36	6:37	9.1
24	STOLARZ Agnieszka	1353	NIGHT RUNNERS GLIWICE	K-40	24	00:00:49	01:06:23.10	01:07:12.80	+00:24:49	6:38	9
25	LISOWSKA Barbara	1478		K-40	25	00:01:26	01:07:12.35	01:08:38.35	+00:25:38	6:43	8.9
26	DUDZICZ Barbara	1597	PKO BP	K-40	26	00:00:46	01:09:23.45	01:10:10.40	+00:27:50	6:56	8.6
27	WYSOCKA Magdalena	1308	ETE RUN	K-40	27	00:02:20	01:15:25.15	01:17:45.65	+00:33:51	7:32	8

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28	<b>PANKIEWICZ Katarzyna</b>	<b>1498</b>	GRUPA CMYKI	K-40	28	00:02:13	<b>01:17:24.65</b>	<b>01:19:38.35</b>	+00:35:51	7:44	7.8
29	<b>TOMCZAK Małgorzata</b>	<b>1536</b>		K-40	29	00:00:20	<b>01:33:54.40</b>	<b>01:34:14.90</b>	+00:52:20	9:23	6.4
30	<b>KOWALCZYK Anna</b>	<b>1338</b>	HIRSCHVOGEL	K-40	30	00:00:13	<b>01:38:58.35</b>	<b>01:39:11.80</b>	+00:57:24	9:53	6.1

Znaleziono 30 wynik(ów)