



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

10 KM ATEST PZLA GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20		4:41	12.8
2	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:01:08	4:48	12.5
3	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:02:40	4:57	12.1
4	PIKUL Wiktoria	1402	GRUPA KOLARSKA GLIWICE BIKE ATELIER	Mieszkanki Gliwic	1	00:00:39	00:51:18.75	00:51:58.40	+00:04:25	5:07	11.7
5	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:05:19	5:13	11.5
6	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:05:50	5:16	11.4
7	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:05:57	5:17	11.4
8	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:06:46	5:22	11.2
9	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:07:05	5:24	11.1
10	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:07:56	5:29	10.9
11	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:08:22	5:31	10.9
12	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:08:30	5:32	10.8
13	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:08:36	5:33	10.8
14	POLEWKA Beata	1531	UKS KONIETA S-A	K-40	12	00:01:19	00:56:08.90	00:57:28.15	+00:09:15	5:36	10.7
15	WÓJCIAK Katarzyna	1363		K-30	12	00:01:49	00:56:36.90	00:58:26.75	+00:09:43	5:39	10.6
16	CZERNIAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:09:43	5:39	10.6
17	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:09:48	5:40	10.6
18	ZBOROWSKA Domika	1339	ISTA BIEGAMY	K-30	13	00:02:03	00:57:27.60	00:59:30.60	+00:10:33	5:44	10.4
19	BOBA Alicja	532	WPR MAMRE	K-30	14	00:01:39	00:57:41.40	00:59:21.35	+00:10:47	5:46	10.4
20	LASKOWSKA Anna	1407	KATA GURUMA	K-30	16	00:01:47	00:58:20.05	01:00:07.10	+00:11:26	5:50	10.3
21	POSTOŁ Karolina	1518	NIGHT RUNNERS GLIWICE	K-30	17	00:00:46	00:58:24.70	00:59:11.65	+00:11:30	5:50	10.3
22	KOPCIK Joanna	1471		K-30	18	00:01:33	00:58:26.40	00:59:59.45	+00:11:32	5:50	10.3
23	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:11:47	5:52	10.2
23	DYWAN Klaudia	1452		K-16	2	00:00:09	00:58:41.50	00:58:50.85	+00:11:47	5:52	10.2
25	DRAGON Karolina	1466	NIGHT RUNNERS GLIWICE	K-30	21	00:01:41	00:59:02.55	01:00:44.40	+00:12:08	5:54	10.2
26	BROŻEK Anna	1383		K-30	23	00:01:07	00:59:17.95	01:00:25.35	+00:12:24	5:55	10.1
27	NOWAK-BODUCH Joanna	1548		K-50	3	00:00:22	01:00:00.85	01:00:23.75	+00:13:07	6:00	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	FRYDA Aneta	1592		K-40	18	00:01:44	01:01:30.30	01:03:14.95	+00:14:36	6:09	9.8
29	GORAJ-ZAJĄC Aleksandra	1515	NIGHT RUNNERS GLIWICE	K-40	19	00:00:47	01:01:40.25	01:02:27.75	+00:14:46	6:10	9.7
30	WÓJCIK Anna	1428		K-30	25	00:01:33	01:02:49.75	01:04:22.85	+00:15:56	6:16	9.6
31	MAZURKIEWICZ Agnieszka	1558	WARSAW MASTERS TEAM	K-30	26	00:01:45	01:03:21.20	01:05:06.85	+00:16:27	6:20	9.5
32	CZERNIAK Celina	1469		K-30	27	00:01:45	01:03:21.30	01:05:07.15	+00:16:27	6:20	9.5
33	JUSZCZAK Ewa	1392		K-50	5	00:00:26	01:03:25.65	01:03:51.80	+00:16:31	6:20	9.5
34	JANOWSKA-CHWALISZEWSKA Agnieszka	1394	NIGHT RUNNERS GLIWICE	K-40	20	00:01:44	01:03:31.50	01:05:16.20	+00:16:37	6:21	9.4
35	MUCHA-KUŚ Karolina	1522		K-30	30	00:01:59	01:04:30.75	01:06:30.15	+00:17:37	6:27	9.3
36	STOLARZ Agnieszka	1353	NIGHT RUNNERS GLIWICE	K-40	24	00:00:49	01:06:23.10	01:07:12.80	+00:19:29	6:38	9
37	KOBIERSKA Anna	1355		K-20	7	00:01:55	01:06:24.00	01:08:19.80	+00:19:30	6:38	9
38	KUPIS Katarzyna	1485	KUŁĄTY ART TEAM	K-20	8	00:01:09	01:06:37.40	01:07:46.60	+00:19:43	6:39	9
39	JANOSZEK Małgorzata	1435		K-30	33	00:00:27	01:06:49.90	01:07:17.30	+00:19:56	6:41	9
40	RAŁ Zdzisława	1444		K-60	1	00:00:28	01:06:50.15	01:07:18.45	+00:19:56	6:41	9
41	OTOROWSKA Aleksandra	1412		K-30	36	00:00:34	01:07:58.35	01:08:32.55	+00:21:04	6:47	8.8
42	BLUSZCZ Marta	1539		K-30	37	00:01:24	01:08:01.10	01:09:25.55	+00:21:07	6:48	8.8
43	LUTOGNIIEWSKA Dorota	1315	BIPROHUT	K-20	9	00:01:55	01:09:02.05	01:10:57.80	+00:22:08	6:54	8.7
44	KOTLIŃSKA Natalia	1329		K-20	10	00:00:57	01:09:04.80	01:10:02.60	+00:22:11	6:54	8.7
45	DUDZICZ Barbara	1597	PKO BP	K-40	26	00:00:46	01:09:23.45	01:10:10.40	+00:22:29	6:56	8.6
46	HOMIŃSKA Krystyna	1551	PKO BP	K-50	6	00:00:18	01:11:03.55	01:11:22.50	+00:24:09	7:06	8.4
47	BOCZAROWSKA Barbara	1482	EXPERT TRAVEL	K-30	43	00:00:26	01:13:51.80	01:14:18.30	+00:26:58	7:23	8.1
48	SZOKA Ewa	1409	NIGHT RUNNER GLIWICE	K-30	44	00:01:43	01:14:09.80	01:15:53.30	+00:27:16	7:25	8.1
49	VEGA ZUMETA Brygida	1396	PADŁ NA RYJ TEAM	K-30	45	00:01:49	01:17:03.00	01:18:52.95	+00:30:09	7:42	7.8
50	PANKIEWICZ Katarzyna	1498	GRUPA CMYKI	K-40	28	00:02:13	01:17:24.65	01:19:38.35	+00:30:30	7:44	7.8
51	FRĄC Elżbieta	1314	NIGHT RUNNERS GLIWICE	K-30	46	00:00:47	01:17:42.50	01:18:29.80	+00:30:48	7:46	7.7
52	IZYDORCZYK Agnieszka	1337	HIRSCHVOGEL	K-30	47	00:00:13			+01:07:47	23:57	2.5

Znaleziono 52 wynik(ów)