6. PKO PÓŁMARATON GLIWICKI

GLIWICKA DYCHA

B4SPORT INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: VI PKO Półmaraton Gliwicki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-26
Miejsce: Gliwice
Dystans: 10 km

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	**LEWICKA Elżbieta**	**2279**	NIEZRZESZONA	K-40	1	00:00:01	00:20:58	00:42:56	**00:44:35.75**	**00:44:37.60**		4:14	14.1 (100%)
2	**LANGE Beata**	**2637**	BP RUNNING TEAM	K-40	2	00:00:12	00:22:45	00:44:37	**00:46:11.05**	**00:46:23.05**	+00:01:35 (3.4%)	4:23	13.6 (96.5%)
3	**DYRCZ Anna**	**2095**		K-40	3	00:00:15	00:22:37	00:45:26	**00:47:13.80**	**00:47:29.70**	+00:02:38 (5.6%)	4:29	13.3 (94.3%)
4	**WOJAKOWSKA Katarzyna**	**2584**	K&K RUN	K-40	4	00:00:03	00:23:19	00:47:46	**00:49:34.35**	**00:49:37.80**	+00:04:58 (10.0%)	4:43	12.7 (90.1%)
5	**DREWUSZEWSKA Ewa**	**2082**		K-40	5	00:00:23	00:24:01	00:48:44	**00:50:26.90**	**00:50:50.55**	+00:05:51 (11.6%)	4:48	12.5 (88.7%)
6	**SIKORA Karolina**	**2458**		K-40	6	00:00:02	00:23:18	00:48:17	**00:50:30.15**	**00:50:32.20**	+00:05:54 (11.7%)	4:48	12.5 (88.7%)
7	**GOŹDZIŃSKA Magdalena**	**2130**		K-40	7	00:00:21	00:24:56	00:49:46	**00:51:40.65**	**00:52:01.90**	+00:07:04 (13.7%)	4:55	12.2 (86.5%)
8	**WÓJCIK Anna**	**2595**		K-40	8	00:00:32	00:25:03	00:50:57	**00:52:48.95**	**00:53:21.10**	+00:08:13 (15.6%)	5:01	11.9 (84.4%)
9	**EICHHOF Joanna**	**2097**		K-40	9	00:00:36	00:25:17	00:50:57	**00:52:54.00**	**00:53:30.75**	+00:08:18 (15.7%)	5:02	11.9 (84.4%)
10	**ZIOMEK Katarzyna**	**2625**		K-40	10	00:00:17	00:24:33	00:51:07	**00:53:03.10**	**00:53:20.95**	+00:08:27 (15.9%)	5:03	11.9 (84.4%)
11	**BALIŃSKA-SANOCKA Aneta**	**2003**	DRUŻYNA JASNEJ	K-40	11	00:01:26	00:26:57	00:52:08	**00:54:01.70**	**00:55:27.85**	+00:09:25 (17.5%)	5:08	11.7 (83.0%)
12	**WÓJCIAK Katarzyna**	**2592**		K-40	12	00:00:37	00:26:45	00:52:52	**00:54:53.75**	**00:55:31.20**	+00:10:18 (18.8%)	5:13	11.5 (81.6%)
13	**CZEPIGA Bożena**	**2070**		K-40	13	00:00:10	00:25:54	00:53:55	**00:55:59.20**	**00:56:09.60**	+00:11:23 (20.3%)	5:19	11.3 (80.1%)
14	**PAUL Violetta**	**2382**	BPRT	K-40	14	00:01:14	00:27:00	00:54:02	**00:56:01.10**	**00:57:15.65**	+00:11:25 (20.4%)	5:20	11.2 (79.4%)
15	**SANOCKA Dorota**	**2452**	DRUŻYNA JASNEJ	K-40	15	00:01:26	00:26:59	00:54:03	**00:56:03.00**	**00:57:29.25**	+00:11:27 (20.4%)	5:20	11.2 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
16	**SZASTOK Katarzyna**	**2509**		K-40	16	00:00:57	00:28:08	00:55:14	**00:57:11.25**	**00:58:09.05**	+00:12:35 (22.0%)	5:26	11 (78.0%)
17	**ROSAK-SZYROCKA Asia**	**2436**	MIELEWCZYK RUNNING TEAM	K-40	17	00:00:27	00:27:34	00:56:10	**00:58:04.65**	**00:58:31.70**	+00:13:28 (23.2%)	5:31	10.8 (76.6%)
18	**BOSAKOWSKA Ela**	**2031**		K-40	18	00:00:13	00:25:47	00:56:08	**00:58:13.75**	**00:58:27.00**	+00:13:38 (23.4%)	5:32	10.8 (76.6%)
19	**MARKER-DZIUBOSZ Agnieszka**	**2312**		K-40	19	00:00:40	00:27:16	00:56:14	**00:58:25.25**	**00:59:05.75**	+00:13:49 (23.7%)	5:33	10.8 (76.6%)
20	**JAROŃ Katarzyna**	**2173**		K-40	20	00:01:11	00:27:30	00:56:33	**00:58:31.80**	**00:59:42.95**	+00:13:56 (23.8%)	5:34	10.8 (76.6%)
21	**OKOŃ Monika**	**2357**		K-40	21	00:00:40	00:28:38	00:56:32	**00:58:40.10**	**00:59:20.85**	+00:14:04 (24.0%)	5:35	10.7 (75.9%)
22	**KOTLARSKA Anna**	**2227**		K-40	22	00:01:10	00:29:55	00:57:15	**00:59:13.55**	**01:00:24.30**	+00:14:37 (24.7%)	5:38	10.6 (75.2%)
23	**POLEWKA Beata**	**3138**	UKS KOMETA GLIWICE	K-40	23	00:00:39	00:28:10	00:57:18	**00:59:23.20**	**01:00:02.70**	+00:14:47 (24.9%)	5:39	10.6 (75.2%)
23	**SIODŁAK-BLACHNIO Justyna**	**2461**		K-40	24	00:00:29	00:27:33	00:57:26	**00:59:33.40**	**01:00:02.70**	+00:14:57 (25.1%)	5:40	10.6 (75.2%)
25	**SOBOLEWSKA Stefania**	**2483**		K-40	25	00:01:07	00:28:26	00:57:52	**01:00:00.25**	**01:01:07.90**	+00:15:24 (25.7%)	5:42	10.5 (74.5%)
26	**KOŚLACZ Katarzyna**	**2226**		K-40	26	00:01:36	00:29:27	00:58:09	**01:00:12.95**	**01:01:49.30**	+00:15:37 (25.9%)	5:44	10.5 (74.5%)
27	**STROJEK Agnieszka**	**2500**		K-40	27	00:01:11	00:29:03	00:58:20	**01:00:26.95**	**01:01:38.40**	+00:15:51 (26.2%)	5:45	10.4 (73.8%)
28	**SAMOL Iwona**	**2449**		K-40	28	00:00:54	00:28:50	00:58:22	**01:00:29.00**	**01:01:23.90**	+00:15:53 (26.3%)	5:45	10.4 (73.8%)
29	**BRZEZIŃSKA Teresa**	**2040**	NIGHT RUNNERS GLIWICE	K-40	29	00:00:30	00:28:33	00:58:36	**01:00:43.25**	**01:01:14.05**	+00:16:07 (26.6%)	5:47	10.4 (73.8%)
30	**PROKOP Iwona**	**2414**	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	30	00:00:37	00:29:03	00:58:31	**01:00:43.50**	**01:01:21.35**	+00:16:07 (26.6%)	5:47	10.4 (73.8%)
31	**FABIAN Katarzyna**	**2098**		K-40	31	00:01:35	00:29:04	00:58:35	**01:01:04.80**	**01:02:40.75**	+00:16:29 (27.0%)	5:49	10.3 (73.0%)
32	**WLACH Anna**	**2581**		K-40	32	00:01:44	00:30:11	00:59:16	**01:01:05.50**	**01:02:49.65**	+00:16:29 (27.0%)	5:49	10.3 (73.0%)
33	**SLUZALEK Małgorzata**	**2474**		K-40	33	00:00:45	00:28:42	00:59:17	**01:01:30.55**	**01:02:15.90**	+00:16:54 (27.5%)	5:51	10.2 (72.3%)
34	**WRÓBLEWSKA Magdalena**	**2689**		K-40	34	00:00:37	00:28:54	00:59:53	**01:02:07.65**	**01:02:45.40**	+00:17:31 (28.2%)	5:55	10.1 (71.6%)
35	**MISZCZAK Kasia**	**2328**	EKIPA NA KIJACH	K-40	35	00:01:19	00:28:54	01:00:09	**01:02:17.45**	**01:03:36.70**	+00:17:41 (28.4%)	5:55	10.1 (71.6%)
36	**MICZKA Justyna**	**2321**		K-40	36	00:01:11	00:28:38	00:59:54	**01:02:29.20**	**01:03:40.75**	+00:17:53 (28.6%)	5:57	10.1 (71.6%)
37	**MAZUR Magda**	**2315**		K-40	37	00:00:13	00:28:56	01:00:11	**01:02:38.65**	**01:02:52.50**	+00:18:02 (28.8%)	5:58	10.1 (71.6%)
38	**SKÓRA Joanna**	**2467**		K-40	38	00:01:11	00:28:59	01:00:14	**01:02:46.50**	**01:03:58.25**	+00:18:10 (29.0%)	5:58	10 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
39	**PANKIEWICZ Katarzyna**	**2379**		K-40	39	00:00:58	00:29:31	01:00:38	**01:02:56.25**	**01:03:54.25**	+00:18:20 (29.1%)	5:59	10 (70.9%)
40	**OSTROWSKA Anna**	**2647**		K-40	40	00:01:22	00:29:40	01:00:49	**01:02:59.00**	**01:04:21.95**	+00:18:23 (29.2%)	5:59	10 (70.9%)
41	**GAJEWSKA Izabela**	**2113**	FRELKA	K-40	41	00:00:32	00:29:59	01:01:41	**01:04:03.65**	**01:04:36.40**	+00:19:27 (30.4%)	6:06	9.8 (69.5%)
42	**MALEŃKA Jolanta**	**2304**	OAT	K-40	42	00:00:19	00:29:53	01:01:58	**01:04:20.75**	**01:04:40.50**	+00:19:45 (30.7%)	6:07	9.8 (69.5%)
43	**CHĘCIŃSKA Agnieszka**	**2049**		K-40	43	00:01:30	00:30:15	01:02:08	**01:04:23.80**	**01:05:54.30**	+00:19:48 (30.7%)	6:08	9.8 (69.5%)
44	**BOMASTYK Beata**	**2653**		K-40	44	00:01:33	00:31:13	01:02:25	**01:04:45.60**	**01:06:19.20**	+00:20:09 (31.1%)	6:10	9.7 (68.8%)
45	**STACHOWSKA Aleksandra**	**2489**		K-40	45	00:00:41	00:29:47	01:02:42	**01:05:00.60**	**01:05:42.05**	+00:20:24 (31.4%)	6:11	9.7 (68.8%)
46	**KRYCZAŁO Paulina**	**2247**		K-40	46	00:01:23	00:30:56	01:02:34	**01:05:11.50**	**01:06:34.95**	+00:20:35 (31.6%)	6:12	9.7 (68.8%)
47	**BAL-BURZAWA Renata**	**2639**	HIRSCHVOGEL	K-40	47	00:00:17	00:33:03	01:03:26	**01:05:43.75**	**01:06:01.40**	+00:21:08 (32.2%)	6:15	9.6 (68.1%)
48	**KAPTACZ Magdalena**	**2198**		K-40	48	00:01:02	00:30:30	01:03:25	**01:05:47.20**	**01:06:49.20**	+00:21:11 (32.2%)	6:15	9.6 (68.1%)
49	**CHOLEWA Magdalena**	**2052**		K-40	49	00:00:22	00:30:38	01:03:53	**01:06:22.30**	**01:06:44.80**	+00:21:46 (32.8%)	6:19	9.5 (67.4%)
50	**KACZMAREK Katarzyna**	**2187**	SRTG GLIWICE	K-40	50	00:00:19	00:35:33	01:04:30	**01:06:27.95**	**01:06:47.55**	+00:21:52 (32.9%)	6:19	9.5 (67.4%)
51	**KRYSKA Aleksandra**	**2248**		K-40	51	00:01:24	00:31:44	01:04:26	**01:06:49.55**	**01:08:14.30**	+00:22:13 (33.3%)	6:21	9.4 (66.7%)
52	**TIMOFIEJCZUK Anna**	**2660**		K-40	52	00:01:20	00:32:30	01:04:59	**01:07:22.15**	**01:08:42.90**	+00:22:46 (33.8%)	6:24	9.4 (66.7%)
53	**MAJ Małgorzata**	**2301**	MOSTOSTAL ZABRZE UNITED	K-40	53	00:00:57	00:32:31	01:05:48	**01:08:09.95**	**01:09:07.60**	+00:23:34 (34.6%)	6:29	9.2 (65.2%)
54	**ZAJĄC Ewa**	**2605**	RCU UBEZPIECZENIA CIESZANÓW	K-40	54	00:01:50	00:31:59	01:05:55	**01:08:21.90**	**01:10:12.65**	+00:23:46 (34.8%)	6:30	9.2 (65.2%)
55	**LITWIN-BUCKA Dorota**	**2285**		K-40	55	00:02:08	00:32:38	01:06:02	**01:08:34.35**	**01:10:42.80**	+00:23:58 (35.0%)	6:31	9.2 (65.2%)
56	**MIGDAŁ Iwona**	**2324**		K-40	56	00:01:57	00:32:10	01:06:15	**01:08:50.50**	**01:10:48.25**	+00:24:14 (35.2%)	6:33	9.2 (65.2%)
57	**REWERS Marzena**	**2427**		K-40	57	00:00:35	00:32:09	01:06:29	**01:09:05.10**	**01:09:40.85**	+00:24:29 (35.4%)	6:34	9.1 (64.5%)
58	**KAŹMIERCZAK-BAŁATA Anna**	**2201**		K-40	58	00:00:43	00:33:07	01:06:52	**01:09:23.10**	**01:10:06.70**	+00:24:47 (35.7%)	6:36	9.1 (64.5%)
59	**OSOWSKA Katarzyna**	**2693**		K-40	59	00:02:05	00:32:18	01:06:51	**01:09:37.20**	**01:11:42.70**	+00:25:01 (35.9%)	6:37	9 (63.8%)
60	**KUCZERA-KULAGA Magdalenakulaga**	**2253**		K-40	60	00:01:51	00:32:35	01:06:58	**01:09:43.90**	**01:11:35.60**	+00:25:08 (36.0%)	6:38	9 (63.8%)
61	**WILCZEK Magdalena**	**2574**	FLUOR	K-40	61	00:01:41	00:32:11	01:07:47	**01:10:13.55**	**01:11:55.10**	+00:25:37 (36.5%)	6:41	9 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
62	**GROSS Teresa**	**2141**		K-40	62	00:01:52	00:33:21	01:08:57	**01:11:21.30**	**01:13:14.05**	+00:26:45 (37.5%)	6:47	8.8 (62.4%)
63	**HRYSZKIEWICZ Barbara**	**2163**	FIS-SST TEAM	K-40	63	00:01:52	00:33:21	01:08:57	**01:11:22.90**	**01:13:15.55**	+00:26:47 (37.5%)	6:47	8.8 (62.4%)
64	**CHWALISZEWSKA Agnieszka**	**107**		K-40	64	00:00:51	00:32:57	01:08:57	**01:11:38.60**	**01:12:29.90**	+00:27:02 (37.8%)	6:49	8.8 (62.4%)
65	**KLAJMON Joanna**	**2207**		K-40	65	00:01:56	00:33:33	01:09:00	**01:11:40.75**	**01:13:36.90**	+00:27:05 (37.8%)	6:49	8.8 (62.4%)
66	**STUCHLIK Izabela**	**2504**		K-40	66	00:00:38	00:33:45	01:08:53	**01:11:42.00**	**01:12:20.90**	+00:27:06 (37.8%)	6:49	8.8 (62.4%)
67	**SUPIŃSKA Beata**	**2508**	ELZAB ACTIVE TEAM	K-40	67	00:00:05	00:32:42	01:07:38	**01:11:50.00**	**01:11:55.75**	+00:27:14 (37.9%)	6:50	8.8 (62.4%)
68	**RAŁ Zdzisława**	**2422**		K-40	68	00:01:10	00:32:38	01:08:57	**01:11:57.45**	**01:13:08.20**	+00:27:21 (38.0%)	6:51	8.8 (62.4%)
69	**KOCHANEK Aleksandra**	**388**		K-40	69	00:02:03	00:36:12	01:10:04	**01:12:32.10**	**01:14:35.85**	+00:27:56 (38.5%)	6:54	8.7 (61.7%)
70	**KOŃCZAK ŁABAS Magdalena**	**2223**	HURAGAN LIGOTA	K-40	70	00:01:05	00:35:51	01:10:02	**01:12:41.35**	**01:13:46.35**	+00:28:05 (38.6%)	6:55	8.7 (61.7%)
71	**FRANCZYK Kinga**	**2108**		K-40	71	00:02:00	00:33:49	01:12:51	**01:15:54.65**	**01:17:55.60**	+00:31:18 (41.3%)	7:13	8.3 (58.9%)
72	**JAKSIK Monika**	**2167**		K-40	72	00:02:00	00:33:48	01:12:51	**01:15:54.95**	**01:17:55.65**	+00:31:19 (41.3%)	7:13	8.3 (58.9%)
73	**ROGÓŻ Sonia**	**2430**		K-40	73	00:01:57	00:34:44	01:12:57	**01:16:05.15**	**01:18:03.00**	+00:31:29 (41.4%)	7:14	8.3 (58.9%)
74	**ZIOŁKOWSKA Basia**	**2624**	LARMO TEAM	K-40	74	00:02:04	00:34:08	01:13:21	**01:16:10.45**	**01:18:15.40**	+00:31:34 (41.5%)	7:15	8.3 (58.9%)
75	**GORAJ-ZAJĄC Aleksandra**	**2699**	NIGHT RUNNERS GLIWICE	K-40	75	00:00:06	00:38:09	01:17:45	**01:20:32.75**	**01:20:38.80**	+00:35:57 (44.6%)	7:40	7.8 (55.3%)
76	**URBANIAK Anna**	**2557**		K-40	76	00:01:10	00:38:36	01:19:36	**01:22:38.80**	**01:23:49.45**	+00:38:03 (46.0%)	7:52	7.6 (53.9%)
77	**ŻOCHOWSKA Liliana**	**3128**		K-40	77	00:00:00	00:41:58		**01:36:18.00**	**01:36:18.00**	+00:51:42 (53.7%)	9:10	6.5 (46.1%)
78	**REITER Hanna**	**2424**	SLOW JOGGING GLIWICE	K-40	78	00:01:55	00:46:22	01:34:20	**01:37:56.95**	**01:39:52.20**	+00:53:21 (54.5%)	9:19	6.4 (45.4%)

Znaleziono 78 wynik(ów)