



IV PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 21.1 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	POTERIUK Vita	1247	LKB RUDNIK	K-30	1	00:00:01	00:19:22	00:38:22	00:58:15	01:22:35.20	01:22:36.70		3:54	15.3 (100%)
2	KUCHARSKA Ewa	1240	CA AKTYWNI	K-30	2	00:00:01	00:19:40	00:38:50	00:58:59	01:23:35.60	01:23:37.00	+00:01:00 (1.2%)	3:57	15.1 (98.7%)
3	SZECÓWKA Aneta	949		K-30	3	00:00:04	00:19:40	00:39:15	01:00:14	01:25:36.30	01:25:40.65	+00:03:01 (3.5%)	4:03	14.8 (96.7%)
4	WYLEŻAŁEK Alina	57		K-30	4	00:00:04	00:20:13	00:39:57	01:00:57	01:26:50.20	01:26:54.95	+00:04:15 (4.9%)	4:06	14.6 (95.4%)
5	ARTER-KRZYŻEK Angelika	1032	KRAKOWSKA IZBA ADWOKACKA	K-30	5	00:00:03	00:21:10	00:42:50	01:06:06	01:34:31.75	01:34:35.40	+00:11:56 (12.6%)	4:28	13.4 (87.6%)
6	JARECKA Monika	900	IMPERIUM SPORTU TEAM	K-30	6	00:00:06	00:22:43	00:44:43	01:08:02	01:36:26.75	01:36:32.80	+00:13:51 (14.4%)	4:34	13.1 (85.6%)
7	CHRZANOWSKA Barbara	1231	ZDZIERAJ KAPCIE	K-30	7	00:00:28	00:23:39	00:46:22	01:10:21	01:39:09.90	01:39:38.25	+00:16:34 (16.7%)	4:41	12.8 (83.7%)
8	LEWICKA Justyna	563	AKMB PĘDZIWIATR GLIWICE	K-30	8	00:00:12	00:23:09	00:45:48	01:10:02	01:39:15.50	01:39:28.35	+00:16:40 (16.8%)	4:42	12.8 (83.7%)
9	ŁOWICKA Magdalena	243		K-30	9	00:00:47	00:24:25	00:47:27	01:11:35	01:41:19.70	01:42:07.10	+00:18:44 (18.5%)	4:48	12.5 (81.7%)
10	KOŹMIENKO Beata	390	KB MCKIS JAWORZNO	K-30	10	00:00:31	00:24:27	00:47:58	01:12:06	01:41:21.70	01:41:53.30	+00:18:46 (18.5%)	4:48	12.5 (81.7%)
11	POPIEL-KRUK Aleksandra	1150		K-30	11	00:00:36	00:23:42	00:47:16	01:12:21	01:43:45.35	01:44:22.30	+00:21:10 (20.4%)	4:55	12.2 (79.7%)
12	LIS Monika	87		K-30	12	00:00:54	00:24:39	00:48:41	01:13:41	01:44:09.85	01:45:04.05	+00:21:34 (20.7%)	4:56	12.2 (79.7%)
13	KRÓTKI Alicja	1096	PACEMAKER	K-30	13	00:00:44	00:24:19	00:47:44	01:12:05	01:45:19.55	01:46:04.10	+00:22:44 (21.6%)	4:59	12 (78.4%)
14	TOMASZEWSKA Olga	872		K-30	14	00:00:47	00:26:29	00:51:21	01:16:34	01:46:40.85	01:47:27.85	+00:24:05 (22.6%)	5:03	11.9 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	21.1km	21.1km			
15	KULCZYK Anna	725	MUZEUM W GLIWICACH	K-30	15	00:00:51	00:24:54	00:49:20	01:15:11	01:47:06.25	01:47:57.30	+00:24:31 (22.9%)	5:04	11.8 (77.1%)
16	BOCHEŃSKA Agnieszka	1249	MOMO	K-30	16	00:00:23	00:25:15	00:49:38	01:15:41	01:47:29.60	01:47:53.00	+00:24:54 (23.2%)	5:05	11.8 (77.1%)
17	KUMOR Dagmara	734		K-30	17	00:00:58	00:26:14	00:51:01	01:16:44	01:48:24.55	01:49:22.80	+00:25:49 (23.8%)	5:08	11.7 (76.5%)
18	DĄBROWSKA Halina	1242	ŚWIDNICKA GRUPA BIEGOWA	K-30	18	00:01:06	00:25:11	00:50:33	01:17:30	01:49:17.40	01:50:23.50	+00:26:42 (24.4%)	5:10	11.6 (75.8%)
19	POPŁAWSKA-WAL Agata	1103	OPEL ACTIVE TEAM	K-30	19	00:00:59	00:26:10	00:51:02	01:17:33	01:49:39.00	01:50:38.75	+00:27:03 (24.7%)	5:11	11.5 (75.2%)
20	KOPLIN Kasia	45	FRAZOCHY	K-30	20	00:01:25	00:25:22	00:50:06	01:16:48	01:49:57.10	01:51:22.15	+00:27:21 (24.9%)	5:12	11.5 (75.2%)
21	WALCZAK Dorota	881		K-30	21	00:01:09	00:26:29	00:51:34	01:18:01	01:50:15.85	01:51:25.10	+00:27:40 (25.1%)	5:13	11.5 (75.2%)
22	NIŻNIKIEWICZ Elżbieta	683		K-30	22	00:01:16	00:25:51	00:51:14	01:18:08	01:50:44.70	01:52:00.95	+00:28:09 (25.4%)	5:14	11.4 (74.5%)
23	SZOŁTYSEK-GRZESIKIEWICZ Anna	317	TORCIDA GLIWICE	K-30	23	00:01:01	00:26:25	00:51:26	01:18:03	01:50:52.10	01:51:53.75	+00:28:16 (25.5%)	5:15	11.4 (74.5%)
24	GROCHOWSKA Anna	493		K-30	24	00:01:44	00:26:24	00:52:10	01:18:56	01:51:00.90	01:52:45.70	+00:28:25 (25.6%)	5:15	11.4 (74.5%)
25	WOJTAS Magdalena	1226		K-30	25	00:00:35	00:26:13	00:51:13	01:18:02	01:51:13.80	01:51:48.80	+00:28:38 (25.8%)	5:16	11.4 (74.5%)
26	MADZIARSKA Monika	364	MARZENIA GÓRSKIE	K-30	26	00:01:10	00:26:23	00:51:48	01:18:49	01:51:22.95	01:52:33.60	+00:28:47 (25.9%)	5:16	11.4 (74.5%)
27	PAŁYGA Agnieszka	194	FUTURE PROCESSING RUNNING TEAM	K-30	27	00:01:16	00:27:18	00:53:10	01:19:17	01:51:50.05	01:53:06.35	+00:29:14 (26.2%)	5:18	11.3 (73.9%)
28	KOWALSKA Barbara	936		K-30	28	00:01:57	00:26:23	00:52:00	01:18:56	01:51:51.00	01:53:48.55	+00:29:15 (26.2%)	5:18	11.3 (73.9%)
29	WOJAKOWSKA Katarzyna	324	K&K RUN	K-30	29	00:01:04	00:25:55	00:51:03	01:18:18	01:52:11.75	01:53:15.95	+00:29:36 (26.4%)	5:19	11.3 (73.9%)
30	SKÓRA Aneta	783	NIGHT RUNNERS GLIWICE	K-30	30	00:01:44	00:26:24	00:52:10	01:19:24	01:52:56.85	01:54:41.60	+00:30:21 (26.9%)	5:21	11.2 (73.2%)
31	WOLAŃCZYK Kamila	703		K-30	31	00:00:03	00:25:28	00:51:25	01:19:37	01:53:59.90	01:54:03.30	+00:31:24 (27.6%)	5:24	11.1 (72.5%)
32	KĄCKA - CICHY Ewa	667	PARKUN CHRZANÓW	K-30	32	00:00:48	00:25:48	00:51:08	01:18:48	01:54:02.75	01:54:51.60	+00:31:27 (27.6%)	5:24	11.1 (72.5%)
33	ŁATAK - SKRABUT Barbara	349	MUSTANGI	K-30	33	00:01:28	00:26:29	00:52:10	01:19:54	01:54:23.75	01:55:52.65	+00:31:48 (27.8%)	5:25	11.1 (72.5%)
34	FIT Olga	861	HIRERIGHT RUNNING TEAM	K-30	34	00:01:32	00:26:18	00:52:25	01:20:39	01:54:24.05	01:55:56.75	+00:31:48 (27.8%)	5:25	11.1 (72.5%)
35	MULARCZYK Agnieszka	1033		K-30	35	00:00:51	00:26:03	00:52:06	01:20:26	01:54:47.65	01:55:39.30	+00:32:12 (28.1%)	5:26	11 (71.9%)
36	KOCIELSKA Anna	661	AKMB PĘDZIWIATR GLIWICE	K-30	36	00:01:08	00:26:38	00:52:42	01:20:48	01:55:00.90	01:56:09.00	+00:32:25 (28.2%)	5:27	11 (71.9%)
37	SALA Nela	691		K-30	37	00:00:45	00:26:47	00:52:58	01:20:38	01:55:24.95	01:56:10.00	+00:32:49 (28.4%)	5:28	11 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	21.1km	21.1km			
38	MUSZYŃSKA Ewa	559	FIZJOFUNK	K-30	38	00:00:45	00:27:37	00:54:16	01:21:56	01:55:30.70	01:56:15.95	+00:32:55 (28.5%)	5:28	11 (71.9%)
39	KRZYSZKOWSKA Agnieszka	65		K-30	39	00:00:46	00:26:40	00:53:35	01:21:56	01:56:09.40	01:56:55.60	+00:33:34 (28.9%)	5:30	10.9 (71.2%)
40	ŚLIWIŃSKA Alicja	102	NIGHT RUNNER GLIWICE	K-30	40	00:01:09	00:28:01	00:54:58	01:23:18	01:57:14.85	01:58:23.90	+00:34:39 (29.6%)	5:33	10.8 (70.6%)
41	POPIEL Adriana	50		K-30	41	00:01:05	00:27:47	00:54:39	01:22:57	01:57:25.75	01:58:31.20	+00:34:50 (29.7%)	5:33	10.8 (70.6%)
42	TYLMAN-MADEJCZYK Marta	53	MTM IB TEAM	K-30	42	00:01:18	00:28:10	00:54:44	01:22:59	01:57:32.10	01:58:50.15	+00:34:56 (29.7%)	5:34	10.8 (70.6%)
43	CHODAWSKA Dorota	731	OPEL ACTIVE TEAM	K-30	43	00:01:21	00:28:04	00:55:23	01:23:42	01:57:54.00	01:59:15.45	+00:35:18 (30.0%)	5:35	10.7 (69.9%)
44	WÓJCIK Anna	935		K-30	44	00:00:49	00:28:09	00:55:43	01:24:04	01:57:59.45	01:58:49.05	+00:35:24 (30.0%)	5:35	10.7 (69.9%)
45	HERUD Magdalena	996	EKO-OKNA RUNNERS	K-30	45	00:01:23	00:28:30	00:55:42	01:24:10	01:58:27.00	01:59:50.60	+00:35:51 (30.3%)	5:36	10.7 (69.9%)
46	PUKAS-STĘCLIK Karolina	428		K-30	46	00:01:09	00:28:55	00:56:37	01:24:52	01:58:30.85	01:59:40.55	+00:35:55 (30.3%)	5:37	10.7 (69.9%)
47	WIDURSKA Magdalena	941		K-30	47	00:01:52	00:28:31	00:55:51	01:24:15	01:58:34.90	02:00:27.55	+00:35:59 (30.4%)	5:37	10.7 (69.9%)
48	KONOPKA Agnieszka	235		K-30	48	00:00:56	00:27:40	00:54:24	01:22:58	01:59:06.10	02:00:02.85	+00:36:30 (30.7%)	5:38	10.6 (69.3%)
49	DEMBOWSKA Bożena	771		K-30	49	00:01:51	00:28:54	00:57:17	01:25:56	01:59:15.80	02:01:07.05	+00:36:40 (30.8%)	5:39	10.6 (69.3%)
50	WŁOSZCZYŃSKA Ewa	103	IB TEAM	K-30	50	00:01:17	00:28:42	00:55:46	01:24:40	01:59:17.25	02:00:34.95	+00:36:42 (30.8%)	5:39	10.6 (69.3%)
51	PUCHAŁA Ewelina	1086	PACEMAKER	K-30	51	00:01:17	00:28:08	00:55:46	01:23:52	01:59:54.10	02:01:11.15	+00:37:18 (31.1%)	5:40	10.6 (69.3%)
52	JANICKA Dagna	632	DREAM TEAM	K-30	52	00:01:24	00:28:10	00:55:35	01:24:50	02:00:38.80	02:02:03.25	+00:38:03 (31.5%)	5:43	10.5 (68.6%)
53	KOŁODZIEJCZYK Karolina	386	GMINA STRZELCE OPOLSKIE	K-30	53	00:01:28	00:29:42	00:58:16	01:27:04	02:00:40.80	02:02:09.05	+00:38:05 (31.6%)	5:43	10.5 (68.6%)
54	BZOWSKA Aleksandra	41	NIGHT RUNNERS	K-30	54	00:01:25	00:29:42	00:56:34	01:25:46	02:00:47.15	02:02:12.45	+00:38:11 (31.6%)	5:43	10.5 (68.6%)
55	BARTAS Agnieszka	500	ISTA BIEG A MY	K-30	55	00:01:48	00:28:14	00:55:26	01:25:09	02:01:20.35	02:03:08.80	+00:38:45 (31.9%)	5:45	10.4 (68.0%)
56	CESARZ Alicja	597		K-30	56	00:01:13	00:28:48	00:56:35	01:25:40	02:01:35.30	02:02:48.35	+00:39:00 (32.1%)	5:45	10.4 (68.0%)
57	BARWICKA-KISIEL Sabina	1028		K-30	57	00:01:29	00:28:26	00:56:40	01:26:32	02:01:58.95	02:03:28.55	+00:39:23 (32.3%)	5:46	10.4 (68.0%)
58	WYSZYŃSKA Karina	895	DAR-BUD TEAM	K-30	58	00:01:23	00:28:36	00:56:11	01:26:16	02:02:24.70	02:03:48.00	+00:39:49 (32.5%)	5:48	10.3 (67.3%)
59	ZIĘBA Anna	1013	DAR BUD-TEAM	K-30	59	00:01:24	00:28:37	00:56:17	01:26:16	02:02:50.15	02:04:14.60	+00:40:14 (32.8%)	5:49	10.3 (67.3%)
60	STYCZEŃ Justyna	805		K-30	60	00:01:24	00:28:09	00:55:36	01:26:17	02:02:59.75	02:04:24.30	+00:40:24 (32.9%)	5:49	10.3 (67.3%)

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							5km	10km	15km	21.1km	21.1km			
61	ZAMOJSKA Iwona	828	MIECHOWICKA GRUPA BIEGOWA	K-30	61	00:01:39	00:27:47	00:55:08	01:25:19	02:03:02.00	02:04:41.85	+00:40:26 (32.9%)	5:49	10.3 (67.3%)
62	STYGIENKO Małgorzata	814		K-30	62	00:01:44	00:29:03	00:56:29	01:25:51	02:03:03.35	02:04:47.60	+00:40:28 (32.9%)	5:49	10.3 (67.3%)
63	LACH Iwona	772	NIGHT RUNNERS PYSKOWICE	K-30	63	00:02:07	00:28:41	00:57:07	01:26:57	02:03:24.15	02:05:31.15	+00:40:48 (33.1%)	5:50	10.3 (67.3%)
64	MALSKA-WYROZUMSKA Małgorzata	178		K-30	64	00:01:44	00:28:12	00:55:58	01:26:14	02:04:07.35	02:05:51.40	+00:41:32 (33.5%)	5:52	10.2 (66.7%)
65	KOSAKOWSKA Elżbieta	323	SPARTA DĄBROWA GÓRNICZA	K-30	65	00:01:17	00:28:20	00:57:07	01:27:37	02:04:15.70	02:05:33.40	+00:41:40 (33.5%)	5:53	10.2 (66.7%)
66	TETLAK TEACZ Barbara	913		K-30	66	00:01:45	00:28:59	00:56:58	01:26:19	02:04:26.00	02:06:11.95	+00:41:50 (33.6%)	5:53	10.2 (66.7%)
67	SMIESZKOŁ-BRYKOWSKA Sonia	443	RUN AND FUN	K-30	67	00:01:31	00:29:08	00:57:24	01:27:18	02:05:09.75	02:06:41.15	+00:42:34 (34.0%)	5:55	10.1 (66.0%)
68	MUSIAŁ Bożena	921		K-30	68	00:00:50	00:28:07	00:55:43	01:25:08	02:05:51.50	02:06:41.65	+00:43:16 (34.4%)	5:57	10.1 (66.0%)
69	KNEBEL Patrycja	919		K-30	69	00:00:48	00:28:09	00:55:45	01:25:10	02:05:51.85	02:06:40.60	+00:43:16 (34.4%)	5:57	10.1 (66.0%)
70	JACEK Alina	1175		K-30	70	00:00:17	00:27:38	00:56:09	01:27:26	02:05:56.70	02:06:14.00	+00:43:21 (34.4%)	5:58	10.1 (66.0%)
71	BŁASZCZYK Paulina	237		K-30	71	00:01:51	00:28:54	00:57:19	01:27:55	02:06:05.90	02:07:57.40	+00:43:30 (34.5%)	5:58	10 (65.4%)
72	CIEŚLA Anna	937	LECYMY DURŚ	K-30	72	00:01:52	00:28:32	00:55:51	01:26:29	02:06:13.80	02:08:06.55	+00:43:38 (34.6%)	5:58	10 (65.4%)
73	CHROBAK Kamila	246		K-30	73	00:01:23	00:29:14	00:57:31	01:28:17	02:06:19.65	02:07:43.50	+00:43:44 (34.6%)	5:59	10 (65.4%)
74	IBROM-JASIŃSKA Justyna	904	ANGEL ART STUDIO	K-30	74	00:01:26	00:28:37	00:57:10	01:28:41	02:06:45.10	02:08:11.45	+00:44:09 (34.8%)	6:00	10 (65.4%)
75	FIEDOR Anna	799		K-30	75	00:02:00	00:29:42	00:58:44	01:29:41	02:07:08.85	02:09:09.00	+00:44:33 (35.0%)	6:01	10 (65.4%)
76	PEREK Justyna	422		K-30	76	00:01:59	00:29:42	00:58:43	01:29:43	02:07:11.00	02:09:10.45	+00:44:35 (35.1%)	6:01	10 (65.4%)
77	RATAJCZYK Beata	750	SAS ZABRZE	K-30	77	00:01:30	00:29:13	00:58:03	01:28:52	02:07:17.90	02:08:47.95	+00:44:42 (35.1%)	6:01	9.9 (64.7%)
78	GRZEGORCZYK Monika	183	NIGHT RUNNERS ZABRZE	K-30	78	00:01:37	00:29:59	00:59:02	01:29:54	02:07:24.45	02:09:01.60	+00:44:49 (35.2%)	6:02	9.9 (64.7%)
79	MASTALSKA Marzena	950	OPEL ACTIVE TEAM	K-30	79	00:01:35	00:30:01	00:59:03	01:29:55	02:07:24.60	02:09:00.30	+00:44:49 (35.2%)	6:02	9.9 (64.7%)
80	KWIATKOWSKA-STOJAK Ewelina	741		K-30	80	00:01:57	00:29:42	00:58:39	01:29:54	02:07:25.55	02:09:22.85	+00:44:50 (35.2%)	6:02	9.9 (64.7%)
81	JANKOWSKA Anna	795		K-30	81	00:01:46	00:28:58	00:56:58	01:27:27	02:07:47.95	02:09:34.00	+00:45:12 (35.4%)	6:03	9.9 (64.7%)
82	GORUS Anna	403	NIGHT RUNNERS ZABRZE	K-30	82	00:01:10	00:28:09	00:59:25	01:30:21	02:07:50.35	02:09:00.60	+00:45:15 (35.4%)	6:03	9.9 (64.7%)
83	KOWALCZYK Kamila	1016		K-30	83	00:00:28	00:28:24	00:57:34	01:29:27	02:08:16.70	02:08:45.15	+00:45:41 (35.6%)	6:04	9.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	21.1km	21.1km			
84	ZIMOCH Beata	231		K-30	84	00:01:46	00:29:09	00:56:26	01:27:18	02:08:21.95	02:10:08.60	+00:45:46 (35.7%)	6:05	9.9 (64.7%)
85	BARNAS Ilona	821	PRETTYFITTYTEAM	K-30	85	00:00:43	00:28:57	00:57:57	01:29:50	02:08:27.80	02:09:11.60	+00:45:52 (35.7%)	6:05	9.9 (64.7%)
86	HAJOK Magda	831		K-30	86	00:01:39	00:28:59	00:57:55	01:28:58	02:08:54.70	02:10:34.20	+00:46:19 (35.9%)	6:06	9.8 (64.1%)
87	GÓRNY Magdalena	927	PACEMAKER	K-30	87	00:01:30	00:29:09	00:58:00	01:28:47	02:09:02.90	02:10:33.30	+00:46:27 (36.0%)	6:06	9.8 (64.1%)
88	ŁAGOSZ Katarzyna	926	PACEMAKER	K-30	88	00:01:30	00:29:09	00:58:00	01:28:48	02:09:04.00	02:10:34.20	+00:46:28 (36.0%)	6:07	9.8 (64.1%)
89	BUDZIŃSKA Ania	319		K-30	89	00:00:13	00:27:55	00:56:54	01:29:24	02:10:05.55	02:10:19.00	+00:47:30 (36.5%)	6:09	9.7 (63.4%)
90	KAMPA Iza	586	ISTA BIEGAMY	K-30	90	00:02:07	00:31:17	01:01:53	01:32:54	02:10:37.10	02:12:44.15	+00:48:01 (36.8%)	6:11	9.7 (63.4%)
91	CIEŚLAK Sylwia	397	MUSTANGI GLIWICE	K-30	91	00:01:17	00:28:44	00:58:28	01:30:48	02:10:40.15	02:11:57.55	+00:48:04 (36.8%)	6:11	9.7 (63.4%)
92	PIETRZYK Agnieszka	1223	HUSARIA RACE TEAM	K-30	92	00:01:59	00:29:41	00:58:57	01:30:05	02:10:44.10	02:12:43.10	+00:48:08 (36.8%)	6:11	9.7 (63.4%)
93	HEJNE Agnieszka	56		K-30	93	00:01:05	00:28:30	00:57:35	01:29:27	02:11:09.15	02:12:14.15	+00:48:33 (37.0%)	6:12	9.7 (63.4%)
94	HERLICZKA Renata	837		K-30	94	00:01:30	00:30:32	01:00:34	01:32:30	02:11:10.40	02:12:41.25	+00:48:35 (37.0%)	6:13	9.7 (63.4%)
95	BROŻEK Anna	1043		K-30	95	00:00:49	00:29:36	00:59:08	01:30:46	02:12:09.50	02:12:59.15	+00:49:34 (37.5%)	6:15	9.6 (62.7%)
96	CISEK Agnieszka	571		K-30	96	00:02:06	00:31:40	01:01:15	01:33:57	02:14:10.95	02:16:17.70	+00:51:35 (38.5%)	6:21	9.4 (61.4%)
97	ESTKO Anna	607		K-30	97	00:00:49	00:31:29	01:02:32	01:35:12	02:15:29.85	02:16:19.50	+00:52:54 (39.0%)	6:25	9.3 (60.8%)
98	ZDEB Barbara	80	NIGHT RUNNERS ZABRZE	K-30	98	00:02:06	00:32:08	01:03:54	01:36:37	02:16:23.80	02:18:29.90	+00:53:48 (39.5%)	6:27	9.3 (60.8%)
99	GOŁOFIT Aneta	260		K-30	99	00:00:35	00:30:31	01:00:13	01:34:15	02:16:32.50	02:17:08.35	+00:53:57 (39.5%)	6:28	9.3 (60.8%)
100	FLOREK Anna	281		K-30	100	00:02:06	00:33:12	01:04:34	01:38:24	02:18:11.90	02:20:18.30	+00:55:36 (40.2%)	6:32	9.2 (60.1%)
101	LIS Iwona	334		K-30	101	00:01:23	00:30:40	01:01:54	01:36:12	02:18:51.30	02:20:15.15	+00:56:16 (40.5%)	6:34	9.1 (59.5%)
102	OBEIDAT Gabriela	891		K-30	102	00:01:58	00:31:28	01:03:07	01:36:40	02:19:06.75	02:21:05.45	+00:56:31 (40.6%)	6:35	9.1 (59.5%)
103	KIEŁTYKA Justyna	300		K-30	103	00:02:20	00:31:42	01:03:50	01:38:13	02:19:42.20	02:22:02.20	+00:57:07 (40.9%)	6:37	9.1 (59.5%)
103	MIŚKIEWICZ Magdalena	296	AKT WATRA	K-30	104	00:02:19	00:31:43	01:03:56	01:38:12	02:19:42.75	02:22:02.20	+00:57:07 (40.9%)	6:37	9.1 (59.5%)
105	STAŃCZYK Paulina	311	NIGHT RUNNERS GLIWICE	K-30	105	00:01:55	00:30:41	01:02:17	01:37:57	02:20:41.15	02:22:36.25	+00:58:05 (41.3%)	6:40	9 (58.8%)
106	BUREK Jadwiga	1235	KS KOZIOŁEK	K-30	106	00:01:41	00:32:19	01:04:33	01:38:48	02:20:41.35	02:22:22.70	+00:58:06 (41.3%)	6:40	9 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
107	PIKULSKA Beata	43	NIGHT RUNNERS	K-30	107	00:01:04	00:30:09	01:01:45	01:36:25	02:20:48.35	02:21:53.00	+00:58:13 (41.3%)	6:40	9 (58.8%)
108	MARUT Katarzyna	515	NIGHT RUNNERS GLIWICE	K-30	108	00:02:08	00:33:15	01:05:34	01:39:51	02:20:58.50	02:23:06.95	+00:58:23 (41.4%)	6:40	9 (58.8%)
109	REKUS Jolanta	475		K-30	109	00:02:07	00:32:42	01:05:32	01:39:50	02:21:00.05	02:23:07.85	+00:58:24 (41.4%)	6:40	9 (58.8%)
110	BOGDANOWICZ Maja	329		K-30	110	00:02:02	00:33:17	01:05:46	01:39:55	02:21:05.85	02:23:08.00	+00:58:30 (41.5%)	6:41	9 (58.8%)
111	JANIA Alina	479	BIEGAM BO PONIEWAŻ	K-30	111	00:02:09	00:31:19	01:03:15	01:38:10	02:21:10.60	02:23:20.10	+00:58:35 (41.5%)	6:41	9 (58.8%)
112	PALICZUK Aleksandra	709		K-30	112	00:01:08	00:32:25	01:04:47	01:39:31	02:22:08.90	02:23:17.60	+00:59:33 (41.9%)	6:44	8.9 (58.2%)
113	GAWLIK-RYBIŃSKA Kasia	257	EŁKA TEAM	K-30	113	00:01:48	00:31:30	01:02:26	01:38:59	02:23:29.80	02:25:18.35	+01:00:54 (42.4%)	6:48	8.8 (57.5%)
114	WAJMAN Katarzyna	18		K-30	114	00:02:01	00:33:20	01:05:46	01:39:59	02:23:57.15	02:25:58.35	+01:01:21 (42.6%)	6:49	8.8 (57.5%)
115	MENDEL Justyna	1049	WIELUŃ BIEGA	K-30	115	00:00:20	00:31:48	01:04:21	01:39:56	02:24:36.20	02:24:56.35	+01:02:01 (42.9%)	6:51	8.8 (57.5%)
116	GÓRSKA Agnieszka	522	NIGHT RUNNERS GLIWICE	K-30	116	00:00:32	00:31:48	01:06:14	01:41:32	02:25:49.60	02:26:21.65	+01:03:14 (43.4%)	6:54	8.7 (56.9%)
117	NOWAK-KASPRZAK Anna	643		K-30	117	00:02:07	00:32:28	01:05:03	01:41:01	02:27:18.80	02:29:26.55	+01:04:43 (43.9%)	6:58	8.6 (56.2%)
118	MŁOCEK Ewelina	1031		K-30	118	00:02:34	00:34:48	01:09:02	01:46:01	02:29:04.85	02:31:39.30	+01:06:29 (44.6%)	7:03	8.5 (55.6%)
119	MOKRZYCKA Justyna	112	BIEGAMY Z SERCEM	K-30	119	00:02:34	00:34:47	01:09:02	01:46:01	02:30:04.90	02:32:39.85	+01:07:29 (45.0%)	7:06	8.4 (54.9%)
120	RZEPKA Magdalena	38	PACEMAKER	K-30	120	00:02:32	00:34:49	01:09:03	01:46:03	02:30:06.00	02:32:38.75	+01:07:30 (45.0%)	7:06	8.4 (54.9%)
121	MAJSNEROWSKA Ewelina	376		K-30	121	00:02:32	00:34:51	01:09:06	01:46:04	02:30:06.55	02:32:39.10	+01:07:31 (45.0%)	7:06	8.4 (54.9%)
122	ŚLIWA-WROCŁAWSKA Hanna	1161	1980	K-30	122	00:02:35	00:33:31	01:06:57	01:43:52	02:30:26.40	02:33:02.05	+01:07:51 (45.1%)	7:07	8.4 (54.9%)
123	BARON Katarzyna	1221		K-30	123	00:02:27	00:34:37	01:09:08	01:46:19	02:37:12.60	02:39:39.95	+01:14:37 (47.5%)	7:27	8.1 (52.9%)

Znaleziono 123 wynik(ów)