



IV PÓŁMARATON GLIWICKI

B4SPORT

Event: Półmaraton Gliwicki 2017
Organiser: Fundacja Bieg Rzeźnika
Date: 2017-10-22
Place: Gliwice
Distance: 21.1 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	KUZYK Agnieszka	792	WKB META LUBLINIEC	K-40	1	00:00:01	00:19:43	00:38:57	00:59:34	01:25:09.85	01:25:11.55		4:02	14.9 (100%)
2	LASKOWSKA Katarzyna	265	BIEGAJ Z TRENERAMI GLIWICE	K-40	2	00:00:12	00:22:16	00:43:55	01:06:30	01:34:02.60	01:34:14.80	+00:08:52 (9.4%)	4:27	13.5 (90.6%)
3	SZEWczyk Urszula	1148	AUGUSTEAM	K-40	3	00:00:13	00:22:31	00:44:49	01:08:32	01:37:34.50	01:37:48.35	+00:12:24 (12.7%)	4:37	13 (87.2%)
4	FIGIEL Ewa	363		K-40	4	00:00:47	00:24:49	00:49:02	01:14:34	01:45:30.60	01:46:18.55	+00:20:20 (19.3%)	5:00	12 (80.5%)
5	RYZIŃSKA Aneta	25		K-40	5	00:00:10	00:25:12	00:49:39	01:15:35	01:47:21.45	01:47:31.85	+00:22:11 (20.7%)	5:05	11.8 (79.2%)
6	CZAUDERNA Klaudia	462	OCHAJORUN & FRIENDS	K-40	6	00:01:10	00:25:22	00:49:36	01:15:30	01:47:41.75	01:48:52.35	+00:22:31 (20.9%)	5:06	11.8 (79.2%)
7	LASICZ Aleksandra	753		K-40	7	00:00:59	00:26:25	00:51:35	01:17:38	01:48:08.60	01:49:08.55	+00:22:58 (21.2%)	5:07	11.7 (78.5%)
8	GRABOWSKA Joanna	1070		K-40	8	00:00:49	00:24:19	00:48:42	01:15:27	01:48:49.25	01:49:38.25	+00:23:39 (21.7%)	5:09	11.6 (77.9%)
9	PILCH-NANOWSKA Agnieszka	434		K-40	9	00:00:57	00:25:50	00:50:54	01:17:16	01:49:03.10	01:50:00.85	+00:23:53 (21.9%)	5:10	11.6 (77.9%)
10	GRACH Aleksandra	125	RUN AND FUN TEAM	K-40	10	00:00:45	00:25:00	00:49:44	01:16:30	01:49:20.30	01:50:05.70	+00:24:10 (22.1%)	5:10	11.6 (77.9%)
11	WÓJCIK Katarzyna	1233		K-40	11	00:00:59	00:26:11	00:51:00	01:17:15	01:49:31.85	01:50:31.30	+00:24:22 (22.2%)	5:11	11.6 (77.9%)
12	BRZOZOWSKA Teresa	399	KB MCKIS JAWORZNO	K-40	12	00:00:40	00:26:13	00:51:12	01:17:37	01:49:38.75	01:50:19.70	+00:24:28 (22.3%)	5:11	11.5 (77.2%)
13	KLEPACKA-GANCARZ Barbara	486	MUSTANGI GLIWICE	K-40	13	00:00:11	00:25:09	00:50:27	01:17:29	01:49:52.75	01:50:03.75	+00:24:42 (22.5%)	5:12	11.5 (77.2%)
14	DANIELIK-SŁODKOWSKA Sylwia	380		K-40	14	00:01:19	00:25:40	00:50:57	01:18:04	01:50:58.05	01:52:18.00	+00:25:48 (23.3%)	5:15	11.4 (76.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net	Czas	Gap	Pace min/km	Pace km/h
										time 21.1km	brutto 21.1km			
15	SPANDEL-PIWOWAR Izabela	843	EASY RUN	K-40	15	00:01:12	00:26:30	00:51:50	01:18:53	01:51:17.50	01:52:29.60	+00:26:07 (23.5%)	5:16	11.4 (76.5%)
16	NASIENIAK-CZECH Anna	990		K-40	16	00:00:21	00:26:41	00:51:59	01:18:12	01:51:19.05	01:51:41.00	+00:26:09 (23.5%)	5:16	11.4 (76.5%)
17	MAZUR Sylwia	410	INIEMASLABYCH.PL	K-40	17	00:01:06	00:26:00	00:51:25	01:18:10	01:52:41.15	01:53:47.55	+00:27:31 (24.4%)	5:20	11.2 (75.2%)
18	STACHERA Agnieszka	1087		K-40	18	00:01:05	00:26:20	00:51:56	01:19:07	01:52:48.90	01:53:54.50	+00:27:39 (24.5%)	5:20	11.2 (75.2%)
19	CZARNIK-PECIAK Aleksandra	184	BRAK	K-40	19	00:00:31	00:26:03	00:51:44	01:19:17	01:52:53.55	01:53:24.80	+00:27:43 (24.6%)	5:20	11.2 (75.2%)
20	OLESIŃSKA Joanna	298		K-40	20	00:00:12	00:27:38	00:54:04	01:21:51	01:56:09.65	01:56:21.80	+00:30:59 (26.7%)	5:30	10.9 (73.2%)
21	MORITZ-PIĄTEK Kasia	67		K-40	21	00:01:05	00:27:04	00:53:23	01:21:46	01:56:40.30	01:57:46.05	+00:31:30 (27.0%)	5:31	10.8 (72.5%)
22	KUCZMA Joanna	433		K-40	22	00:01:00	00:27:33	00:54:26	01:22:30	01:56:42.30	01:57:43.25	+00:31:32 (27.0%)	5:31	10.8 (72.5%)
23	NANCKA Brygida	204		K-40	23	00:00:50	00:27:11	00:53:41	01:21:45	01:56:49.75	01:57:40.20	+00:31:39 (27.1%)	5:32	10.8 (72.5%)
24	BALIŃSKA-SANOCKA Aneta	208		K-40	24	00:01:22	00:28:46	00:56:27	01:25:32	01:58:08.50	01:59:31.45	+00:32:58 (27.9%)	5:35	10.7 (71.8%)
25	KROCZEK Liliana	452	KNIGHT RUNNERS GLIWICE	K-40	25	00:01:15	00:28:10	00:55:45	01:23:56	01:58:45.50	02:00:01.45	+00:33:35 (28.3%)	5:37	10.7 (71.8%)
26	DRZEWIECKA Julita	733	KGB	K-40	26	00:01:24	00:26:56	00:54:01	01:22:53	01:58:54.10	02:00:18.95	+00:33:44 (28.4%)	5:38	10.6 (71.1%)
27	LESISZ Katarzyna	920		K-40	27	00:00:49	00:28:09	00:55:43	01:24:04	01:58:54.90	01:59:44.25	+00:33:45 (28.4%)	5:38	10.6 (71.1%)
28	SZCZYPKA Marianna	885		K-40	28	00:01:05	00:28:34	00:56:10	01:24:37	01:59:28.10	02:00:34.00	+00:34:18 (28.7%)	5:39	10.6 (71.1%)
29	MAKOSZ Barbara	105	RUNTEAM PAWŁOWICE	K-40	29	00:02:01	00:28:17	00:55:11	01:24:15	01:59:29.10	02:01:30.80	+00:34:19 (28.7%)	5:39	10.6 (71.1%)
30	KOWALCZYK Anna	567	HIRSCHVOGEL	K-40	30	00:01:28	00:28:46	00:56:10	01:24:44	01:59:29.35	02:00:57.85	+00:34:19 (28.7%)	5:39	10.6 (71.1%)
31	KOŻUCH Agnieszka	940	LECYMY DURŚ	K-40	31	00:01:52	00:28:31	00:55:51	01:24:15	01:59:32.35	02:01:24.60	+00:34:22 (28.8%)	5:39	10.6 (71.1%)
32	SANOCKA Dorota	286		K-40	32	00:01:23	00:28:45	00:56:25	01:25:32	02:00:04.45	02:01:27.85	+00:34:54 (29.1%)	5:41	10.5 (70.5%)
33	BATEJKO Beata	164	BEETEAM	K-40	33	00:00:50	00:27:41	00:55:23	01:24:23	02:00:37.15	02:01:27.55	+00:35:27 (29.4%)	5:42	10.5 (70.5%)
34	NAWROT Agnieszka	1133		K-40	34	00:00:17	00:27:27	00:54:07	01:22:56	02:00:37.45	02:00:55.05	+00:35:27 (29.4%)	5:43	10.5 (70.5%)
35	KWIATKOWSKA Katarzyna	72		K-40	35	00:00:46	00:28:01	00:55:44	01:25:19	02:01:30.45	02:02:16.45	+00:36:20 (29.9%)	5:45	10.4 (69.8%)
36	SYGUŁA Katarzyna	132	KB MCKIS JAWORZNO	K-40	36	00:00:41	00:27:53	00:55:59	01:25:31	02:01:47.60	02:02:29.55	+00:36:37 (30.1%)	5:46	10.4 (69.8%)
37	MAKSYMIUK- KONOPKA Ewa	226		K-40	37	00:00:36	00:27:39	00:54:48	01:24:36	02:01:59.20	02:02:35.30	+00:36:49 (30.2%)	5:46	10.4 (69.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										21.1km	21.1km			
38	ZAPOTOCZNA Renata	359		K-40	38	00:01:32	00:28:02	00:55:30	01:25:18	02:02:07.20	02:03:39.30	+00:36:57 (30.3%)	5:47	10.4 (69.8%)
39	CZERNIAK Żaneta	846		K-40	39	00:01:23	00:28:23	00:55:39	01:25:27	02:02:15.75	02:03:39.15	+00:37:05 (30.3%)	5:47	10.4 (69.8%)
40	JURASZCZYK Katarzyna	1071		K-40	40	00:01:43	00:29:07	00:57:48	01:28:19	02:03:03.80	02:04:47.75	+00:37:53 (30.8%)	5:49	10.3 (69.1%)
41	LEDWOŃ Aneta	340	NIGHT RUNNERS GLIWICE	K-40	41	00:01:11	00:28:41	00:56:47	01:26:39	02:03:57.15	02:05:08.50	+00:38:47 (31.3%)	5:52	10.2 (68.5%)
42	LEŚNIAK Ewa	331		K-40	42	00:01:46	00:29:35	00:57:53	01:27:41	02:04:06.20	02:05:52.85	+00:38:56 (31.4%)	5:52	10.2 (68.5%)
43	ZAWADA Agnieszka	525		K-40	43	00:01:27	00:27:47	00:55:18	01:25:43	02:04:29.50	02:05:56.65	+00:39:19 (31.6%)	5:53	10.2 (68.5%)
44	PIETRUCHA-WALCZY SZYN Anna	1030		K-40	44	00:00:17	00:28:17	00:56:25	01:27:12	02:04:48.40	02:05:06.05	+00:39:38 (31.8%)	5:54	10.1 (67.8%)
45	WRÓBLEWSKA Ewa	1209		K-40	45	00:02:04	00:29:54	00:58:52	01:29:42	02:05:01.75	02:07:06.40	+00:39:51 (31.9%)	5:55	10.1 (67.8%)
46	MATUSZNY Barbara	1208		K-40	46	00:02:04	00:29:54	00:58:51	01:29:42	02:05:04.95	02:07:09.45	+00:39:55 (31.9%)	5:55	10.1 (67.8%)
47	GAJDA Małgorzata	690		K-40	47	00:01:34	00:28:53	00:57:24	01:27:41	02:05:05.70	02:06:39.70	+00:39:55 (31.9%)	5:55	10.1 (67.8%)
48	KASZUBA-ŚMIEJA Małgorzata	698		K-40	48	00:01:32	00:29:07	00:57:56	01:28:46	02:06:22.95	02:07:55.35	+00:41:13 (32.6%)	5:59	10 (67.1%)
49	DYGOŃ Małgorzata	288	RUN&FUN	K-40	49	00:01:32	00:29:07	00:57:58	01:28:46	02:06:27.50	02:07:59.95	+00:41:17 (32.7%)	5:59	10 (67.1%)
50	MAZUR Ewelina	101	RUN&FUN	K-40	50	00:01:31	00:29:08	00:57:59	01:28:47	02:06:32.10	02:08:03.40	+00:41:22 (32.7%)	5:59	10 (67.1%)
51	CZERNIEWICZ Anna	423		K-40	51	00:01:59	00:29:42	00:58:44	01:29:41	02:07:10.20	02:09:09.90	+00:42:00 (33.0%)	6:01	10 (67.1%)
52	POGORZELSKA-KLIKS Agata	98	FIS-SST TEAM	K-40	52	00:02:12	00:30:29	00:58:54	01:29:32	02:07:11.85	02:09:24.25	+00:42:02 (33.0%)	6:01	10 (67.1%)
53	DELEWSKA Dorota	268	NIGHT RUNNERS ZABRZE	K-40	53	00:01:34	00:30:02	00:59:02	01:29:55	02:07:25.05	02:09:00.00	+00:42:15 (33.2%)	6:02	9.9 (66.4%)
54	SUFLETA Aneta	253		K-40	54	00:00:18	00:30:07	00:59:17	01:30:02	02:07:27.90	02:07:46.15	+00:42:18 (33.2%)	6:02	9.9 (66.4%)
55	DUDEK Marzena	250		K-40	55	00:00:18	00:30:07	00:59:17	01:30:02	02:07:34.00	02:07:52.20	+00:42:24 (33.2%)	6:02	9.9 (66.4%)
56	WILSZ Ewa	90	FIS-SST TEAM	K-40	56	00:01:54	00:30:13	00:59:47	01:30:39	02:07:52.80	02:09:46.95	+00:42:42 (33.4%)	6:03	9.9 (66.4%)
57	FILIPEK Beata	1197	KB CENTRUM	K-40	57	00:02:10	00:30:00	00:59:13	01:30:01	02:07:58.10	02:10:08.90	+00:42:48 (33.4%)	6:03	9.9 (66.4%)
58	SZOTA Magdalena	1116		K-40	58	00:00:54	00:26:42	00:54:58	01:27:45	02:07:58.30	02:08:52.55	+00:42:48 (33.5%)	6:03	9.9 (66.4%)
59	POLEWKA Beata	989	UKS KOMETA	K-40	59	00:00:03	00:30:03	00:59:39	01:31:01	02:09:32.40	02:09:35.95	+00:44:22 (34.3%)	6:08	9.8 (65.8%)
60	ĆWIOK Barbara	94	FIS-SST TEAM	K-40	60	00:01:53	00:30:15	00:59:48	01:31:43	02:10:33.90	02:12:27.75	+00:45:24 (34.8%)	6:11	9.7 (65.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										21.1km	21.1km			
61	STEMPNIAK Izabela	539		K-40	61	00:01:27	00:29:47	00:59:38	01:31:56	02:10:52.55	02:12:20.50	+00:45:42 (34.9%)	6:12	9.7 (65.1%)
62	NAWRAT Joanna	1017		K-40	62	00:02:01	00:27:29	00:57:36	01:31:01	02:11:19.15	02:13:20.15	+00:46:09 (35.1%)	6:13	9.6 (64.4%)
63	ONAK Iza	58	OCHAJORUN&FRIENDS	K-40	63	00:01:57	00:31:57	01:04:23	01:36:28	02:13:19.75	02:15:17.35	+00:48:09 (36.1%)	6:19	9.5 (63.8%)
64	OPANOWSKA Anna	536		K-40	64	00:01:41	00:29:50	00:59:48	01:32:47	02:14:31.50	02:16:13.15	+00:49:21 (36.7%)	6:22	9.4 (63.1%)
65	HANKE Klaudia	834		K-40	65	00:00:50	00:29:43	01:00:05	01:33:24	02:14:41.45	02:15:32.15	+00:49:31 (36.8%)	6:23	9.4 (63.1%)
66	BOMASTYK Beata	1146		K-40	66	00:02:03	00:33:01	01:04:58	01:37:48	02:15:53.60	02:17:57.25	+00:50:43 (37.3%)	6:26	9.3 (62.4%)
67	URBAŃCZYK Agnieszka	292		K-40	67	00:02:05	00:31:57	01:03:02	01:35:55	02:15:57.50	02:18:02.95	+00:50:47 (37.4%)	6:26	9.3 (62.4%)
68	PORĘBA Gabriela	468		K-40	68	00:01:55	00:31:12	01:02:11	01:35:19	02:15:59.35	02:17:55.25	+00:50:49 (37.4%)	6:26	9.3 (62.4%)
69	STRASSBERGER Katarzyna	542	SPORT-RELAKS	K-40	69	00:02:03	00:33:01	01:04:59	01:37:49	02:16:02.65	02:18:06.00	+00:50:52 (37.4%)	6:26	9.3 (62.4%)
70	KASPEREK Magdalena	135	FIS - SST	K-40	70	00:02:09	00:31:52	01:03:09	01:36:18	02:17:45.50	02:19:55.10	+00:52:35 (38.2%)	6:31	9.2 (61.7%)
71	SZUBERT Barbara	465		K-40	71	00:00:20	00:29:34	00:58:46	01:33:05	02:19:31.70	02:19:52.35	+00:54:21 (39.0%)	6:36	9.1 (61.1%)
72	KASZTELAN-HUNIA Ewa	602	WKURW_TEAM	K-40	72	00:02:09	00:32:17	01:04:31	01:38:44	02:20:09.65	02:22:19.55	+00:54:59 (39.2%)	6:38	9 (60.4%)
73	CZAPEK Anna	568	NIGHT RUNNERS GLIWICE	K-40	73	00:02:37	00:32:35	01:04:31	01:39:23	02:20:30.80	02:23:07.85	+00:55:20 (39.4%)	6:39	9 (60.4%)
74	TUROWSKA Anna	911		K-40	74	00:02:28	00:32:55	01:05:16	01:39:28	02:20:37.55	02:23:06.40	+00:55:27 (39.4%)	6:39	9 (60.4%)
75	RECHMAN-NOWAKOWSKA Dorota	79	NIGHT RUNNERS	K-40	75	00:01:04	00:30:10	01:01:48	01:36:34	02:20:48.90	02:21:53.40	+00:55:39 (39.5%)	6:40	9 (60.4%)
76	PANENKA Małgorzata	117	FIS-SST TEAM	K-40	76	00:02:04	00:33:19	01:05:42	01:39:51	02:20:51.10	02:22:55.60	+00:55:41 (39.5%)	6:40	9 (60.4%)
77	PAUL Violetta	469	PACEMAKER	K-40	77	00:02:02	00:33:17	01:05:45	01:39:54	02:21:17.35	02:23:19.90	+00:56:07 (39.7%)	6:41	9 (60.4%)
78	GROSS Teresa	215	UNISONO / FIS-SST TEAM	K-40	78	00:02:12	00:30:32	01:03:14	01:38:32	02:21:26.85	02:23:39.35	+00:56:17 (39.8%)	6:42	9 (60.4%)
79	MALCZYK Adela	934		K-40	79	00:00:00	00:33:17	01:04:47	01:39:07	02:21:52.20	02:21:52.20	+00:56:42 (40.0%)	6:43	8.9 (59.7%)
80	MOCHEL Kinga	879	NIGHT RUNNERS	K-40	80	00:01:59	00:32:06	01:04:44	01:39:57	02:25:07.00	02:27:06.30	+00:59:57 (41.3%)	6:52	8.7 (58.4%)
81	WŁODARSKA Magdalena	521		K-40	81	00:00:31	00:31:49	01:06:14	01:41:33	02:25:48.90	02:26:20.70	+01:00:39 (41.6%)	6:54	8.7 (58.4%)
82	PIETRZAK Agnieszka	148		K-40	82	00:01:45	00:31:58	01:04:57	01:41:24	02:26:07.40	02:27:52.55	+01:00:57 (41.7%)	6:55	8.7 (58.4%)
83	THIESEN Monika	108	LAUF TEAM THIESEN	K-40	83	00:01:43	00:31:59	01:04:58	01:41:26	02:26:09.45	02:27:53.40	+01:00:59 (41.7%)	6:55	8.7 (58.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
84	MIGDAŁ Iwona	115		K-40	84	00:02:20	00:33:19	01:06:49	01:41:51	02:26:16.45	02:28:36.90	+01:01:06 (41.8%)	6:55	8.7 (58.4%)
85	KACZMARSKA Małgorzata	503		K-40	85	00:01:45	00:33:09	01:05:49	01:41:23	02:26:33.85	02:28:19.75	+01:01:24 (41.9%)	6:56	8.6 (57.7%)
86	KUBIAK Celina	558		K-40	86	00:00:41	00:31:49	01:03:39	01:39:17	02:26:42.00	02:27:23.35	+01:01:32 (41.9%)	6:57	8.6 (57.7%)
87	STEFAŃSKA Beata	912		K-40	87	00:02:29	00:32:54	01:05:17	01:39:28	02:26:52.20	02:29:21.65	+01:01:42 (42.0%)	6:57	8.6 (57.7%)
88	REITER Hanna	341	BIEGAMY Z SERCEM	K-40	88	00:02:33	00:35:09	01:09:26	01:46:13	02:31:37.75	02:34:11.65	+01:06:27 (43.8%)	7:11	8.3 (55.7%)
89	ZAKLIŃSKA Katarzyna	272		K-40	89	00:01:52	00:34:56	01:12:53	01:55:15	02:50:39.15	02:52:31.35	+01:25:29 (50.1%)	8:05	7.4 (49.7%)
90	MATUSZEWSKA Monika	537	NIGHT RUNNERS GLIWICE	K-40	90	00:01:10	00:38:05	01:16:34	01:59:21	02:51:53.45	02:53:03.75	+01:26:43 (50.5%)	8:08	7.4 (49.7%)

Total 90 results.