



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Półmaraton Gliwicki 2017
Fundacja Bieg Rzeźnika
2017-10-22
Gliwice
21.1 km

IV PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

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	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		4:06	14.6 (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	+00:07:12 (7.7%)	4:27	13.5 (92.5%)
3	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	+00:12:25 (12.5%)	4:42	12.8 (87.7%)
4	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	+00:16:55 (16.3%)	4:55	12.2 (83.6%)
5	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	+00:18:40 (17.7%)	5:00	12 (82.2%)
6	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	+00:20:31 (19.1%)	5:05	11.8 (80.8%)
7	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	+00:20:39 (19.2%)	5:05	11.8 (80.8%)
8	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	+00:20:51 (19.4%)	5:06	11.8 (80.8%)
9	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	+00:21:18 (19.7%)	5:07	11.7 (80.1%)
10	RAŚ Natalia	241	BRAK	K-20	7	00:01:03	00:25:45	00:50:50	01:17:12	01:48:40.45	01:49:43.55	+00:21:50 (20.1%)	5:09	11.7 (80.1%)
11	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	+00:21:59 (20.2%)	5:09	11.6 (79.5%)
12	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	+00:22:12 (20.4%)	5:10	11.6 (79.5%)
13	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	+00:22:30 (20.6%)	5:10	11.6 (79.5%)
14	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	+00:22:48 (20.8%)	5:11	11.5 (78.8%)

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
15	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	+00:23:02 (21.0%)	5:12	11.5 (78.8%)
16	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	+00:23:06 (21.0%)	5:12	11.5 (78.8%)
17	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	+00:23:25 (21.2%)	5:13	11.5 (78.8%)
18	LAMPA Alicja	307		K-20	9	00:01:05	00:26:12	00:51:37	01:18:27	01:50:26.35	01:51:31.35	+00:23:36 (21.4%)	5:14	11.5 (78.8%)
19	HOMA Dorota	280		K-20	10	00:00:49	00:26:13	00:51:13	01:17:46	01:50:47.00	01:51:36.05	+00:23:56 (21.6%)	5:15	11.4 (78.1%)
20	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	+00:24:01 (21.7%)	5:15	11.4 (78.1%)
21	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	+00:24:10 (21.8%)	5:15	11.4 (78.1%)
22	PĘDOWSKA Bożena	726	INDYWIDUALNIE	K-50	2	00:02:47	00:26:28	00:51:59	01:18:46	01:51:07.00	01:53:54.20	+00:24:16 (21.9%)	5:15	11.4 (78.1%)
23	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	+00:24:23 (21.9%)	5:16	11.4 (78.1%)
24	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	+00:24:28 (22.0%)	5:16	11.4 (78.1%)
25	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	+00:26:06 (23.1%)	5:21	11.2 (76.7%)
26	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	+00:27:09 (23.8%)	5:24	11.1 (76.0%)
27	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	+00:27:33 (24.1%)	5:25	11.1 (76.0%)
28	STAWSKA Joanna	35	BIEGAJ Z TRENERAMI	K-50	3	00:00:49	00:27:05	00:53:22	01:21:01	01:54:40.00	01:55:29.65	+00:27:49 (24.3%)	5:26	11 (75.3%)
29	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	+00:28:10 (24.5%)	5:27	11 (75.3%)
30	PROKOP Elżbieta	100	BIEGAJ Z TRENERAMI	K-50	4	00:00:34	00:27:13	00:53:30	01:21:17	01:55:15.70	01:55:50.05	+00:28:25 (24.7%)	5:27	11 (75.3%)
31	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	+00:28:34 (24.8%)	5:28	11 (75.3%)
32	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	+00:29:19 (25.2%)	5:30	10.9 (74.7%)
33	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	+00:29:52 (25.6%)	5:31	10.8 (74.0%)
34	ROŻEK Agata	277		K-18	1	00:01:20	00:27:58	00:54:57	01:23:27	01:56:53.55	01:58:13.95	+00:30:03 (25.7%)	5:32	10.8 (74.0%)
35	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	+00:30:24 (25.9%)	5:33	10.8 (74.0%)
36	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	+00:30:35 (26.1%)	5:33	10.8 (74.0%)
37	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	+00:30:41 (26.1%)	5:34	10.8 (74.0%)

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
38	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	+00:31:09 (26.4%)	5:35	10.7 (73.3%)
39	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	+00:31:55 (26.9%)	5:37	10.7 (73.3%)
40	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	+00:32:03 (27.0%)	5:38	10.6 (72.6%)
41	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	+00:32:15 (27.1%)	5:38	10.6 (72.6%)
42	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	+00:32:27 (27.2%)	5:39	10.6 (72.6%)
43	KLEJNOWSKA Katarzyna	453		K-20	14	00:00:58	00:28:11	00:55:51	01:24:53	02:00:02.20	02:01:00.85	+00:33:12 (27.7%)	5:41	10.5 (71.9%)
44	GDULA Teodozja	269		K-60	1	00:01:45	00:28:10	00:55:15	01:24:19	02:00:29.90	02:02:15.45	+00:33:39 (27.9%)	5:42	10.5 (71.9%)
45	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	+00:33:56 (28.1%)	5:43	10.5 (71.9%)
46	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	+00:34:30 (28.4%)	5:45	10.4 (71.2%)
47	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	+00:34:45 (28.6%)	5:45	10.4 (71.2%)
48	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	+00:35:09 (28.8%)	5:46	10.4 (71.2%)
49	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	+00:35:17 (28.9%)	5:47	10.4 (71.2%)
50	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	+00:35:25 (29.0%)	5:47	10.4 (71.2%)
51	DRAMSKA-KUŻMA Julia	395		K-20	16	00:00:43	00:28:41	00:56:29	01:25:58	02:02:40.80	02:03:23.85	+00:35:50 (29.2%)	5:48	10.3 (70.5%)
52	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	+00:37:06 (29.9%)	5:52	10.2 (69.9%)
53	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	+00:37:16 (30.0%)	5:52	10.2 (69.9%)
54	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	+00:37:17 (30.0%)	5:52	10.2 (69.9%)
55	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	+00:37:35 (30.2%)	5:53	10.2 (69.9%)
56	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	+00:37:39 (30.2%)	5:53	10.2 (69.9%)
57	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	+00:38:11 (30.5%)	5:55	10.1 (69.2%)
58	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	+00:38:14 (30.6%)	5:55	10.1 (69.2%)
59	HANZEL Anna	99	AKMB PĘDZIWIATR	K-50	5	00:01:04	00:28:15	00:56:47	01:27:02	02:05:25.25	02:06:29.40	+00:38:35 (30.8%)	5:56	10.1 (69.2%)
60	KAMIŃSKA Aleksandra	688		K-20	21	00:00:43	00:29:49	00:58:36	01:28:38	02:05:55.45	02:06:39.00	+00:39:05 (31.0%)	5:58	10.1 (69.2%)

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61	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	+00:39:15 (31.1%)	5:58	10 (68.5%)
62	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	+00:39:29 (31.3%)	5:59	10 (68.5%)
63	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	+00:39:32 (31.3%)	5:59	10 (68.5%)
64	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	+00:39:37 (31.3%)	5:59	10 (68.5%)
65	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	+00:39:41 (31.4%)	5:59	10 (68.5%)
66	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	+00:40:18 (31.7%)	6:01	10 (68.5%)
67	TKACZYK Agata	275		K-20	24	00:01:31	00:29:20	00:58:07	01:28:54	02:07:10.80	02:08:42.75	+00:40:20 (31.7%)	6:01	10 (68.5%)
68	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	+00:40:20 (31.7%)	6:01	10 (68.5%)
69	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	+00:40:37 (31.9%)	6:02	9.9 (67.8%)
70	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	+00:40:43 (31.9%)	6:02	9.9 (67.8%)
71	DYLONG Natalia	785		K-20	25	00:01:23	00:31:18	01:01:07	01:31:32	02:07:45.85	02:09:09.75	+00:40:55 (32.0%)	6:03	9.9 (67.8%)
72	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	+00:41:07 (32.1%)	6:03	9.9 (67.8%)
73	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	+00:41:26 (32.3%)	6:04	9.9 (67.8%)
74	ZIMPOCH 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	+00:41:31 (32.4%)	6:05	9.9 (67.8%)
75	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	+00:42:04 (32.6%)	6:06	9.8 (67.1%)
76	SAMOL Aleksandra	270		K-20	27	00:01:44	00:29:59	00:59:01	01:30:08	02:08:55.50	02:10:39.65	+00:42:05 (32.6%)	6:06	9.8 (67.1%)
77	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	+00:43:15 (33.3%)	6:09	9.7 (66.4%)
78	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	+00:43:49 (33.5%)	6:11	9.7 (66.4%)
79	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	+00:44:20 (33.8%)	6:13	9.7 (66.4%)
80	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	+00:44:28 (33.9%)	6:13	9.6 (65.8%)
81	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	+00:45:19 (34.3%)	6:15	9.6 (65.8%)
82	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	+00:46:29 (34.9%)	6:19	9.5 (65.1%)
83	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	+00:47:20 (35.3%)	6:21	9.4 (64.4%)

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84	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	+00:47:41 (35.4%)	6:22	9.4 (64.4%)
85	URBAŃCZYK Olga	214		K-20	29	00:02:07	00:31:55	01:02:59	01:35:53	02:15:49.50	02:17:56.70	+00:48:59 (36.1%)	6:26	9.3 (63.7%)
86	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	+00:49:03 (36.1%)	6:26	9.3 (63.7%)
87	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	+00:49:12 (36.2%)	6:26	9.3 (63.7%)
88	KORLAGA Barbara	1067		K-20	30	00:00:04	00:29:37	01:00:51	01:34:40	02:16:46.85	02:16:51.55	+00:49:56 (36.5%)	6:28	9.3 (63.7%)
89	MACKIEWICZ Katarzyna	227		K-50	9	00:01:33	00:30:13	01:00:29	01:34:09	02:16:47.40	02:18:20.70	+00:49:57 (36.5%)	6:28	9.3 (63.7%)
90	KAŁUŻNA Anna	182		K-50	10	00:00:17	00:30:07	01:00:33	01:34:38	02:17:16.35	02:17:33.35	+00:50:26 (36.7%)	6:30	9.2 (63.0%)
91	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	+00:51:21 (37.2%)	6:32	9.2 (63.0%)
92	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	+00:52:01 (37.5%)	6:34	9.1 (62.3%)
93	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	+00:52:52 (37.8%)	6:37	9.1 (62.3%)
93	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	+00:52:52 (37.8%)	6:37	9.1 (62.3%)
95	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	+00:53:40 (38.2%)	6:39	9 (61.6%)
96	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	+00:53:47 (38.2%)	6:39	9 (61.6%)
97	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	+00:53:50 (38.3%)	6:40	9 (61.6%)
98	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	+00:53:58 (38.3%)	6:40	9 (61.6%)
99	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	+00:53:58 (38.3%)	6:40	9 (61.6%)
100	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	+00:54:08 (38.4%)	6:40	9 (61.6%)
101	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	+00:54:09 (38.4%)	6:40	9 (61.6%)
102	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	+00:54:15 (38.5%)	6:41	9 (61.6%)
103	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	+00:54:27 (38.5%)	6:41	9 (61.6%)
104	NOWAK-BODUCH Joanna	605	NIGHT RUNNERS GLIWICE	K-50	11	00:02:22	00:31:40	01:03:38	01:39:35	02:23:53.10	02:26:15.90	+00:57:02 (39.6%)	6:49	8.8 (60.3%)
105	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	+00:57:06 (39.7%)	6:49	8.8 (60.3%)
106	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	+00:58:59 (40.5%)	6:54	8.7 (59.6%)

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	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	+00:59:26 (40.6%)	6:55	8.7 (59.6%)
108	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	+00:59:51 (40.8%)	6:57	8.6 (58.9%)
109	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	+01:00:02 (40.9%)	6:57	8.6 (58.9%)
110	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	+01:03:15 (42.1%)	7:06	8.4 (57.5%)
111	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	+01:04:47 (42.7%)	7:11	8.3 (56.8%)
112	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	+01:10:22 (44.8%)	7:27	8.1 (55.5%)
113	KOCYAN Małgorzata	456	BIEGAJ Z TRENERAMI	K-50	13	00:01:48	00:33:07	01:08:09	01:49:02	02:41:07.95	02:42:56.85	+01:14:17 (46.1%)	7:38	7.9 (54.1%)
114	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	+01:23:48 (49.1%)	8:05	7.4 (50.7%)
115	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	+01:25:03 (49.5%)	8:08	7.4 (50.7%)

Znaleziono 115 wynik(ów)