

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

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	3011	SILESIA NORDIC TEAM	M-40	1	00:01:35	00:30:52	01:03:31	01:06:10.60	01:07:45.95		6:37	9.1 (100%)
2	BOROŃ Tomasz	3007	RUNHOGS TYCHY	M-40	2	00:01:37	00:31:40	01:04:27	01:07:04.70	01:08:42.15	+00:00:54 (1.3%)	6:42	8.9 (97.8%)
3	MAŁKA Marian	3055	1959	M-60	1	00:01:37	00:31:38	01:04:33	01:07:12.15	01:08:49.80	+00:01:01 (1.5%)	6:43	8.9 (97.8%)
4	RZEPKA Małgorzata	3082	KB ORŁY Z KNUROWA	K-40	1	00:01:37	00:32:47	01:06:41	01:09:23.30	01:11:00.35	+00:03:12 (4.6%)	6:56	8.6 (94.5%)
5	KOWALCZYK Tadeusz	3043		M-60	2	00:01:46	00:33:30	01:08:43	01:11:31.95	01:13:18.30	+00:05:21 (7.5%)	7:09	8.4 (92.3%)
6	TYCZEWSKI Jacek	3106	LUXTORPEDA MALOPOLSKA	M-40	3	00:01:36	00:34:09	01:09:53	01:12:47.45	01:14:24.30	+00:06:36 (9.1%)	7:16	8.2 (90.1%)
7	TAISNER Aleksandra	3099		K-40	3	00:01:34	00:35:16	01:10:21	01:13:05.10	01:14:40.00	+00:06:54 (9.5%)	7:18	8.2 (90.1%)
8	DANIELEWICZ Anna	3014		K-40	2	00:01:49	00:34:39	01:10:09	01:13:01.75	01:14:51.30	+00:06:51 (9.4%)	7:18	8.2 (90.1%)
9	DYRLAGA Tomasz	3020	JUSTFEELFIT	M-20	1	00:01:56	00:35:05	01:10:18	01:13:09.35	01:15:05.70	+00:06:58 (9.5%)	7:18	8.2 (90.1%)
10	BASISTA Kasia	3001	FORMA WODZISŁAW ŚLĄSKI	K-40	4	00:01:35	00:35:24	01:10:45	01:13:35.30	01:15:10.55	+00:07:24 (10.1%)	7:21	8.2 (90.1%)
11	DUDEK Jan	3018		M-50	1	00:01:36	00:33:57	01:10:55	01:13:55.90	01:15:32.00	+00:07:45 (10.5%)	7:23	8.1 (89.0%)
12	RÓŻEWICZ Dariusz	3079	PANCE	M-50	2	00:01:47	00:35:03	01:11:25	01:14:18.65	01:16:06.05	+00:08:08 (10.9%)	7:25	8.1 (89.0%)
13	MAZIUK Krzysztof	3057		M-50	3	00:01:35	00:35:44	01:12:37	01:15:23.20	01:16:58.95	+00:09:12 (12.2%)	7:32	8 (87.9%)
14	POLAK Katarzyna	3073		K-40	6	00:01:13	00:36:03	01:13:10	01:16:14.90	01:17:28.20	+00:10:04 (13.2%)	7:37	7.9 (86.8%)
15	KAJCA Mirosław	3033	ŁAZISKIE KARLUSY	M-40	4	00:01:33	00:35:19	01:12:46	01:15:54.45	01:17:28.40	+00:09:43 (12.8%)	7:35	7.9 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	LIPUT Dawid	3050	OPEL ACTIVE TEAM	M-30	1	00:02:03	00:35:29	01:12:39	01:15:39.25	01:17:42.35	+00:09:28 (12.5%)	7:33	7.9 (86.8%)
17	TYCZEWSKA Paulina	3105	LUX TORPEDA MAŁOPOLSKA	K-30	1	00:01:39	00:35:41	01:13:15	01:16:11.05	01:17:50.20	+00:10:00 (13.1%)	7:37	7.9 (86.8%)
18	BOROŃ Luiza	3008	RUNHOGS TYCHY	K-40	5	00:01:50	00:36:12	01:13:09	01:16:02.30	01:17:53.05	+00:09:51 (13.0%)	7:36	7.9 (86.8%)
19	KLUSKA Kazimierz	3039	KATOWICKI NORDIC WALKING	M-60	3	00:02:09	00:36:04	01:13:11	01:16:10.45	01:18:20.05	+00:09:59 (13.1%)	7:37	7.9 (86.8%)
20	FUDALI Ryszard	3021	SAINT-GOBAIN SQUAD	M-60	4	00:01:38	00:37:13	01:14:06	01:16:59.70	01:18:37.80	+00:10:49 (14.1%)	7:41	7.8 (85.7%)
21	RÓŻEWICZ Ewa	3080	PANCE	K-50	1	00:01:51	00:36:25	01:13:51	01:16:49.50	01:18:41.05	+00:10:38 (13.9%)	7:41	7.8 (85.7%)
22	SIELSKA Dagmara	3087	DECATHLON I PRZYJACIELE	K-20	1	00:02:05	00:37:25	01:14:00	01:16:50.95	01:18:55.95	+00:10:40 (13.9%)	7:41	7.8 (85.7%)
23	SZAJNOWSKA Agnieszka	3093	ZDROWE KROKI ZPM 4	K-40	7	00:01:36	00:36:00	01:14:21	01:17:20.15	01:18:56.55	+00:11:09 (14.4%)	7:44	7.8 (85.7%)
24	GAWLIK-RYBIŃSKA Kasia	3023	EŁKA TEAM	K-30	2	00:01:47	00:36:23	01:14:21	01:17:19.55	01:19:07.50	+00:11:08 (14.4%)	7:44	7.8 (85.7%)
25	WOJDANOWSKA Małgorzata	3117	LECYMY DURŚ	K-30	3	00:01:53	00:37:29	01:14:45	01:17:43.05	01:19:36.80	+00:11:32 (14.8%)	7:46	7.7 (84.6%)
26	BIAŁAS Anna	3002		K-40	8	00:01:50	00:36:44	01:14:51	01:17:54.60	01:19:45.25	+00:11:44 (15.1%)	7:47	7.7 (84.6%)
27	WYLEŻAŁEK Alina	3150		K-30	4	00:02:00	00:37:29	01:15:10	01:18:16.00	01:20:16.15	+00:12:05 (15.4%)	7:49	7.7 (84.6%)
28	GLISZCZYŃSKI Mirosław	3026		M-60	5	00:01:59	00:36:28	01:15:15	01:18:36.70	01:20:36.35	+00:12:26 (15.8%)	7:51	7.6 (83.5%)
29	URBANOWICZ Aleksandra	3107	KTB 'PRZEZ LAS 'GLIWICE	K-50	2	00:02:08	00:38:14	01:15:59	01:18:57.65	01:21:06.15	+00:12:47 (16.2%)	7:53	7.6 (83.5%)
30	SZCZOBARCZYK Małgorzata	3134		K-50	3	00:01:35	00:36:58	01:16:41	01:19:42.40	01:21:18.30	+00:13:31 (17.0%)	7:58	7.5 (82.4%)
31	KOWALCZYK Joanna	3042	LUX TORPEDA MAŁOPOLSKA	K-40	9	00:01:50	00:37:38	01:16:31	01:19:35.80	01:21:26.35	+00:13:25 (16.9%)	7:57	7.5 (82.4%)
32	TASAREK Gabriela	3100	TARNOGÓRSKIE ŁAZĘGI	K-60	1	00:01:31	00:38:36	01:17:06	01:20:15.05	01:21:46.05	+00:14:04 (17.5%)	8:01	7.5 (82.4%)
33	WOJTUNIK Andrzej	3118	DRIV	M-60	6	00:02:02	00:39:00	01:17:00	01:19:59.00	01:22:01.50	+00:13:48 (17.3%)	7:59	7.5 (82.4%)
34	TOMAS Marzena	3102	RADLINIOKI W BIEGU	K-30	5	00:01:39	00:37:33	01:17:17	01:20:26.55	01:22:05.90	+00:14:15 (17.7%)	8:02	7.5 (82.4%)
35	SIEJKO Janusz Adam	3086	UM	M-60	7	00:02:20	00:38:07	01:17:04	01:20:25.95	01:22:46.85	+00:14:15 (17.7%)	8:02	7.5 (82.4%)
36	GÓRNIK Jerzy	3027	KATOWICE 49	M-60	8	00:02:07	00:38:46	01:18:04	01:21:06.50	01:23:13.90	+00:14:55 (18.4%)	8:06	7.4 (81.3%)
37	ZWAKA-MYSZKA Magdalena	3126		K-40	10	00:01:35	00:38:24	01:18:35	01:21:53.75	01:23:29.40	+00:15:43 (19.2%)	8:11	7.3 (80.2%)
38	MICHALIK Joanna	3060		K-40	11	00:01:32	00:38:41	01:18:51	01:21:57.00	01:23:29.50	+00:15:46 (19.2%)	8:11	7.3 (80.2%)

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39	WODARZ Bernadeta	3116		K-50	4	00:01:51	00:38:33	01:18:44	01:21:55.05	01:23:46.20	+00:15:44 (19.2%)	8:11	7.3 (80.2%)
39	JAWORSKI Andrzej	3031		M-50	5	00:01:35	00:38:29	01:18:57	01:22:10.30	01:23:46.20	+00:15:59 (19.5%)	8:13	7.3 (80.2%)
41	WIŚNIEWSKI Sławomir	3112		M-50	4	00:02:10	00:38:25	01:18:38	01:21:49.30	01:24:00.15	+00:15:38 (19.1%)	8:11	7.3 (80.2%)
42	LISZKA Ilona	3051		K-40	12	00:01:54	00:38:34	01:18:59	01:22:13.40	01:24:08.05	+00:16:02 (19.5%)	8:13	7.3 (80.2%)
43	KUCZERA Beata	3046	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	6	00:02:08	00:39:20	01:19:00	01:22:03.45	01:24:11.60	+00:15:52 (19.4%)	8:12	7.3 (80.2%)
44	PODGÓRSKA Joanna	3072		K-50	6	00:01:38	00:38:54	01:19:33	01:22:34.25	01:24:13.00	+00:16:23 (19.9%)	8:15	7.3 (80.2%)
45	PACYNA Danuta	3066		K-50	5	00:02:17	00:40:43	01:19:09	01:22:14.20	01:24:31.25	+00:16:03 (19.5%)	8:13	7.3 (80.2%)
46	RZEPKA Tomasz	3083	KB ORŁY Z KNUROWA	M-50	6	00:02:08	00:39:47	01:19:59	01:23:13.95	01:25:22.00	+00:17:03 (20.5%)	8:19	7.2 (79.1%)
47	ZDROJEWSKA Agata	3121		K-30	7	00:01:24	00:39:16	01:20:54	01:24:17.35	01:25:41.60	+00:18:06 (21.5%)	8:25	7.1 (78.0%)
48	KIDAWA Bożena	3036		K-60	2	00:02:21	00:39:30	01:20:44	01:24:02.65	01:26:24.45	+00:17:52 (21.3%)	8:24	7.1 (78.0%)
49	NIESTRÓJ Sylwia	3064	DYSTANS LUBOMIA	K-40	13	00:01:38	00:40:34	01:21:34	01:24:53.40	01:26:31.60	+00:18:42 (22.0%)	8:29	7.1 (78.0%)
50	GĘBCZYK Władysław	3024		M-60	9	00:01:46	00:40:08	01:21:30	01:24:56.75	01:26:42.80	+00:18:46 (22.1%)	8:29	7.1 (78.0%)
51	SZYJKA Katarzyna	3097	HIRSCHVOGEL	K-30	8	00:02:10	00:40:27	01:21:17	01:24:32.60	01:26:43.00	+00:18:22 (21.7%)	8:27	7.1 (78.0%)
52	BODZENTA Jerzy	3004		M-50	7	00:02:11	00:40:40	01:21:36	01:24:38.30	01:26:50.25	+00:18:27 (21.8%)	8:27	7.1 (78.0%)
53	PRZEKWAS Bogna	3075		K-40	14	00:01:36	00:39:41	01:21:53	01:25:14.75	01:26:51.15	+00:19:04 (22.4%)	8:31	7 (76.9%)
54	PĘCHERCZYK Anna	3067	#CZELADZBIEGA	K-50	7	00:02:18	00:40:48	01:21:35	01:24:50.80	01:27:09.30	+00:18:40 (22.0%)	8:29	7.1 (78.0%)
55	JAKUBOWSKA Agnieszka	3030		K-40	15	00:01:54	00:40:14	01:22:03	01:25:22.65	01:27:16.90	+00:19:12 (22.5%)	8:32	7 (76.9%)
56	LATOCHA Dorota	3048		K-30	9	00:01:55	00:40:12	01:22:02	01:25:21.60	01:27:17.00	+00:19:11 (22.5%)	8:32	7 (76.9%)
57	KIDAWA Marian	3037	PRZEDSIĘBIORSTWO WODOCIĄGÓW I KANALIZACJI SP. Z O.O.	M-60	10	00:02:21	00:39:20	01:21:34	01:24:58.30	01:27:19.40	+00:18:47 (22.1%)	8:29	7.1 (78.0%)
58	BODZENTA Ewa	3005		K-50	8	00:02:12	00:40:41	01:21:58	01:25:12.15	01:27:24.80	+00:19:01 (22.3%)	8:31	7 (76.9%)
59	BOJDA Danuta	3006	KE-KO TEAM	K-50	9	00:01:52	00:40:40	01:22:18	01:25:41.30	01:27:33.55	+00:19:30 (22.8%)	8:34	7 (76.9%)
60	KLACZKOWSKI Tomasz	3133		M-40	5	00:02:12	00:41:47	01:22:16	01:25:27.55	01:27:40.45	+00:19:16 (22.6%)	8:32	7 (76.9%)
61	LUDYGA Krystian	3052		M-40	6	00:02:12	00:41:46	01:22:16	01:25:28.75	01:27:41.20	+00:19:18 (22.6%)	8:32	7 (76.9%)

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62	MRÓWKA Ilona	3062		K-50	10	00:02:02	00:41:37	01:22:56	01:26:14.15	01:28:16.90	+00:20:03 (23.3%)	8:37	7 (76.9%)
63	SZKAMRUK Janusz	3094		M-60	12	00:02:11	00:41:28	01:22:46	01:26:05.70	01:28:17.20	+00:19:55 (23.1%)	8:36	7 (76.9%)
64	GAMRACY Leszek	3022	UTW GLIWICE	M-60	14	00:00:02	00:39:59	01:24:52	01:28:22.25	01:28:24.40	+00:22:11 (25.1%)	8:50	6.8 (74.7%)
65	GRABIŃSKI Lech	3028	BŁYSKAWICA SARNÓW	M-60	11	00:02:19	00:40:43	01:22:45	01:26:05.25	01:28:24.60	+00:19:54 (23.1%)	8:36	7 (76.9%)
66	MAŁKA Irena	3056		K-60	3	00:01:57	00:41:12	01:23:16	01:26:50.90	01:28:48.55	+00:20:40 (23.8%)	8:41	6.9 (75.8%)
67	MUSZYŃSKI Dariusz	3063	ELZAB ACTIVE TEAM	M-50	8	00:01:56	00:41:15	01:24:12	01:27:29.85	01:29:26.15	+00:21:19 (24.4%)	8:45	6.9 (75.8%)
68	SZYMCZEWSKI Włodzimierz	3098		M-60	13	00:02:16	00:40:33	01:23:56	01:27:24.40	01:29:40.85	+00:21:13 (24.3%)	8:44	6.9 (75.8%)
69	LIPIŃSKA Iza	3049	EKIPA NA KIJACH	K-30	10	00:02:09	00:41:23	01:24:30	01:27:52.65	01:30:01.70	+00:21:42 (24.7%)	8:47	6.8 (74.7%)
70	SNOCHOWSKA Agata	3090	SZOMBIERKI BIEGAJĄ I CHODZA	K-40	16	00:02:09	00:41:23	01:24:30	01:27:52.80	01:30:02.15	+00:21:42 (24.7%)	8:47	6.8 (74.7%)
71	ZIÓŁKOWSKA Jolanta	3125		K-50	12	00:01:52	00:42:20	01:24:50	01:28:18.70	01:30:11.55	+00:22:08 (25.1%)	8:49	6.8 (74.7%)
72	SZPIECHOWICZ Sylwia	3096		K-40	17	00:02:02	00:41:48	01:24:54	01:28:16.60	01:30:18.75	+00:22:06 (25.0%)	8:49	6.8 (74.7%)
73	PIĄTEK Irena	3068		K-50	11	00:02:02	00:41:49	01:24:54	01:28:16.60	01:30:18.95	+00:22:06 (25.0%)	8:49	6.8 (74.7%)
74	NOWAK Sebastian	3065	PROPOINT	M-40	7	00:02:13	00:41:41	01:24:58	01:28:28.40	01:30:41.50	+00:22:17 (25.2%)	8:50	6.8 (74.7%)
75	MACYSZYN Beata	3131		K-50	14	00:02:03	00:41:57	01:25:19	01:28:45.35	01:30:48.40	+00:22:34 (25.4%)	8:52	6.8 (74.7%)
76	BIEGUN Maria	3003		K-50	13	00:02:11	00:42:13	01:25:16	01:28:44.25	01:30:55.25	+00:22:33 (25.4%)	8:52	6.8 (74.7%)
77	BROM-NOWAK Anna	3010	PROPOINT	K-40	18	00:02:13	00:41:40	01:25:24	01:28:54.95	01:31:08.40	+00:22:44 (25.6%)	8:53	6.7 (73.6%)
78	ARBASZEWSKA Agnieszka	3000		K-40	20	00:01:11	00:42:05	01:26:42	01:30:12.35	01:31:23.40	+00:24:01 (26.6%)	9:01	6.7 (73.6%)
79	BROLL Agnieszka	3009		K-40	21	00:01:40	00:43:11	01:26:43	01:30:12.90	01:31:53.00	+00:24:02 (26.6%)	9:01	6.7 (73.6%)
80	ROMAŃSKA Katarzyna	3078	#CZELADZBIEGA	K-40	19	00:02:16	00:42:17	01:26:14	01:29:39.20	01:31:56.00	+00:23:28 (26.2%)	8:58	6.7 (73.6%)
81	ZIELIŃSKA Urszula	3122		K-50	15	00:02:17	00:42:38	01:26:21	01:29:43.70	01:32:00.90	+00:23:33 (26.2%)	8:58	6.7 (73.6%)
82	WYSOCKI Piotr	3120	POLITECHNIKA ŚLĄSKA	M-50	9	00:01:51	00:41:55	01:26:33	01:30:11.00	01:32:02.10	+00:24:00 (26.6%)	9:01	6.7 (73.6%)
83	SARRÉ Joanna	3084	SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	4	00:02:17	00:42:30	01:26:20	01:29:49.05	01:32:06.75	+00:23:38 (26.3%)	8:58	6.7 (73.6%)
84	SOBCZAK-KOSIŃSKA Sylwia	3091		K-30	11	00:01:56	00:42:11	01:27:08	01:30:39.05	01:32:35.50	+00:24:28 (27.0%)	9:03	6.6 (72.5%)

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85	CIEŚLAR Magdalena	3135	ULKS "KARLIK"	K-30	12	00:01:56	00:42:50	01:27:16	01:30:51.15	01:32:47.35	+00:24:40 (27.2%)	9:05	6.6 (72.5%)
86	KIDAWA Joanna	3038		K-40	22	00:02:22	00:43:02	01:27:05	01:30:32.55	01:32:54.80	+00:24:21 (26.9%)	9:03	6.6 (72.5%)
87	DREWNIOK - JAGODZIŃSKA Klaudia	3017		K-40	23	00:01:47	00:43:06	01:27:38	01:31:19.90	01:33:07.10	+00:25:09 (27.5%)	9:08	6.6 (72.5%)
88	SMOTER-ALKER Elżbieta	3089	ALKER TEAM	K-50	16	00:01:49	00:42:55	01:27:43	01:31:19.25	01:33:08.95	+00:25:08 (27.5%)	9:07	6.6 (72.5%)
89	DOMARADZKA Karolina	3015		K-30	13	00:02:14	00:43:40	01:27:29	01:30:58.15	01:33:13.10	+00:24:47 (27.3%)	9:05	6.6 (72.5%)
90	HRYSZKIEWICZ Anna	3029		K-30	14	00:02:04	00:43:44	01:27:53	01:31:16.65	01:33:21.30	+00:25:06 (27.5%)	9:07	6.6 (72.5%)
91	RYGULSKI Andrzej	3081	ŁAZISKIE KARLUSY	M-60	15	00:02:06	00:42:50	01:28:49	01:31:19.55	01:33:26.00	+00:25:08 (27.5%)	9:08	6.6 (72.5%)
92	MORAWSKA Aleksandra	3061	POGORIAMORSUJE	K-30	15	00:02:18	00:45:30	01:28:21	01:31:42.10	01:34:00.50	+00:25:31 (27.8%)	9:10	6.5 (71.4%)
93	KACZMAREK Danuta	3032		K-40	24	00:02:15	00:43:13	01:28:44	01:32:23.70	01:34:39.65	+00:26:13 (28.4%)	9:14	6.5 (71.4%)
94	KALISZ Aneta	3034	MOMO TEAM	K-40	25	00:02:06	00:43:55	01:28:59	01:32:42.75	01:34:49.35	+00:26:32 (28.6%)	9:16	6.5 (71.4%)
95	ZIELONKA Barbara	3123		K-60	5	00:01:57	00:44:20	01:29:40	01:33:17.45	01:35:15.10	+00:27:06 (29.1%)	9:19	6.4 (70.3%)
96	MAZIUK Ewa	3058		K-40	26	00:01:56	00:44:49	01:29:53	01:33:26.40	01:35:22.75	+00:27:15 (29.2%)	9:20	6.4 (70.3%)
97	ZIOŁKOWSKA Dorota	3124		K-30	16	00:02:10	00:44:36	01:30:23	01:34:02.10	01:36:12.95	+00:27:51 (29.6%)	9:24	6.4 (70.3%)
98	CZENCZEK Magdalena	3013	ETISOFT RUNNING TEAM	K-30	17	00:01:52	00:46:16	01:30:58	01:34:27.65	01:36:19.70	+00:28:17 (29.9%)	9:26	6.4 (70.3%)
99	SEWERYN Iwona	3085	KOBIETY DLA KOBIET	K-50	17	00:02:19	00:45:30	01:30:50	01:34:34.80	01:36:54.45	+00:28:24 (30.0%)	9:27	6.3 (69.2%)
100	NIEZGODA Dorota	3132		K-30	18	00:01:53	00:44:56	01:31:38	01:35:15.70	01:37:09.15	+00:29:05 (30.5%)	9:31	6.3 (69.2%)
101	SIKORSKA Bożena	3088		K-60	6	00:02:11	00:45:35	01:31:25	01:34:59.45	01:37:11.10	+00:28:48 (30.3%)	9:30	6.3 (69.2%)
102	PISZCZAN Mirosław	3070	RADLINIOKI W BIEGU	M-40	8	00:01:50	00:44:40	01:31:54	01:35:34.05	01:37:24.70	+00:29:23 (30.8%)	9:33	6.3 (69.2%)
103	MICHALAK Teresa	3059		K-40	27	00:01:47	00:44:41	01:31:54	01:35:39.35	01:37:27.30	+00:29:28 (30.8%)	9:34	6.3 (69.2%)
104	WIEKIERA Patrycja	3110	SLOW JOGGING GLIWICE	K-30	19	00:01:51	00:46:21	01:32:14	01:35:50.05	01:37:41.85	+00:29:39 (30.9%)	9:35	6.3 (69.2%)
105	BIEGUN Tomasz	3148		M-20	2	00:02:11	00:45:12	01:31:53	01:35:32.10	01:37:43.95	+00:29:21 (30.7%)	9:33	6.3 (69.2%)
106	KORDON Anna	3040	ŁAZISKIE ŁAZIKI	K-30	20	00:01:49	00:46:20	01:32:50	01:36:29.70	01:38:19.10	+00:30:19 (31.4%)	9:39	6.2 (68.1%)
107	TRZECIAK Lucyna	3103		K-30	22	00:00:44	00:45:55	01:34:30	01:38:00.05	01:38:44.30	+00:31:49 (32.5%)	9:48	6.1 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	DYRLAGA Anna	3019	JUSTFEELFIT	K-60	7	00:02:10	00:45:12	01:33:30	01:37:21.45	01:39:32.30	+00:31:10 (32.0%)	9:44	6.2 (68.1%)
109	GLIMAŃSKA Agnieszka	3025		K-30	21	00:01:47	00:45:35	01:33:53	01:37:45.40	01:39:32.80	+00:31:34 (32.3%)	9:46	6.1 (67.0%)
110	WITCZYK Natalia	3113		K-20	2	00:01:54	00:47:10	01:34:38	01:38:16.85	01:40:11.20	+00:32:06 (32.7%)	9:49	6.1 (67.0%)
110	WITCZYK Łukasz	3114		M-30	2	00:01:54	00:47:10	01:34:39	01:38:16.45	01:40:11.20	+00:32:05 (32.7%)	9:49	6.1 (67.0%)
112	SZAJER Jadwiga	3092	RYBNICKI KLUB NORDIC WALKING	K-60	8	00:01:57	00:47:43	01:34:47	01:38:26.15	01:40:24.05	+00:32:15 (32.8%)	9:50	6.1 (67.0%)
113	TOMASZCZYK Piotr	3101	MEGAWAT RUNNING TEAM	M-50	10	00:01:22	00:48:28	01:36:28	01:40:13.05	01:41:35.50	+00:34:02 (34.0%)	10:01	6 (65.9%)
114	KWIECIEŃ Urszula	3047		K-50	18	00:02:13	00:47:27	01:35:36	01:39:22.40	01:41:36.20	+00:33:11 (33.4%)	9:56	6 (65.9%)
115	ROJEK Urszula	3077		K-40	28	00:02:14	00:47:42	01:35:49	01:39:38.85	01:41:53.60	+00:33:28 (33.6%)	9:57	6 (65.9%)
116	KOZDROWICZ Anna	3044		K-50	19	00:02:13	00:47:27	01:35:56	01:39:43.00	01:41:56.55	+00:33:32 (33.6%)	9:58	6 (65.9%)
117	KOTOWSKA Karolina	3041	ETISOFT RUNNING TEAM	K-30	23	00:02:08	00:47:32	01:36:24	01:40:13.90	01:42:22.65	+00:34:03 (34.0%)	10:01	6 (65.9%)
118	WITEK Judyta	3115	DECATHLON&PRZYJACIELE	K-30	24	00:01:57	00:47:44	01:37:36	01:41:36.80	01:43:34.35	+00:35:26 (34.9%)	10:09	5.9 (64.8%)
119	PILSZAK Krystian	3069	PODAJ RĘKĘ- TEAM	M-60	16	00:02:00	00:47:42	01:37:33	01:41:33.70	01:43:34.45	+00:35:23 (34.8%)	10:09	5.9 (64.8%)
120	FURMANKIEWICZ Wojciech	3136		M-50	11	00:02:15	00:47:28	01:37:20	01:41:19.65	01:43:35.55	+00:35:09 (34.7%)	10:08	5.9 (64.8%)
121	DOMARADZKA Mirella	3016		K-50	20	00:02:15	00:48:50	01:40:00	01:43:56.60	01:46:11.75	+00:37:46 (36.3%)	10:23	5.8 (63.7%)
122	MALINOWSKA Katarzyna	3054		K-40	29	00:02:06	00:48:35	01:40:13	01:44:26.00	01:46:32.40	+00:38:15 (36.6%)	10:26	5.7 (62.6%)
123	CZEKAŃSKA Bożena	3012		K-40	30	00:02:05	00:48:36	01:40:14	01:44:26.85	01:46:32.55	+00:38:16 (36.6%)	10:26	5.7 (62.6%)
124	WIŚNIEWSKA Marzanna	3111		K-50	21	00:02:10	00:49:50	01:40:58	01:45:05.55	01:47:15.70	+00:38:54 (37.0%)	10:30	5.7 (62.6%)
125	KUCHNIA Ania	3045	TS REGLE/NESSI TEAM	K-40	31	00:02:01	00:50:23	01:41:58	01:45:52.35	01:47:54.00	+00:39:41 (37.5%)	10:35	5.7 (62.6%)
126	PŁONKA Janina	3071		K-60	9	00:02:09	00:50:18	01:41:54	01:45:53.45	01:48:03.05	+00:39:42 (37.5%)	10:35	5.7 (62.6%)

Znaleziono 126 wynik(ów)