



NORDIC WALKING GLIWICKI - 10KM

B4SPORT

Event: VII PÓŁMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-10-17
Place: Gliwice
Distance: 10N km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	ROMANOWSKI Daniel	2067	KATOWICKI NORDIC WALKING	M-20	1	00:00:01	00:15:32	00:40:25	01:03:46.30	01:03:48.15		6:22	9.4 (100%)
2	MAŁKA Marian	2040		M-60	1	00:00:02	00:16:47	00:42:37	01:06:34.40	01:06:37.15	+00:02:48 (4.2%)	6:39	9 (95.7%)
3	RZEPKA Małgorzata	2072	KB ORŁY Z KNUROWA	K-40	1	00:00:04	00:17:11	00:43:22	01:07:43.15	01:07:47.15	+00:03:56 (5.8%)	6:46	8.9 (94.7%)
4	SADOWSKI Tomasz	2108	HARPAGAN SOSNOWIEC	M-40	1	00:00:02	00:16:58	00:43:29	01:08:29.30	01:08:31.45	+00:04:43 (6.9%)	6:50	8.8 (93.6%)
5	GRABOWSKI Krzysztof	2014		M-40	2	00:00:02	00:17:29	00:44:18	01:08:50.40	01:08:52.95	+00:05:04 (7.4%)	6:53	8.7 (92.6%)
6	RÓŻEWICZ Dariusz	2068	PANCE	M-50	1	00:00:03	00:18:09	00:46:36	01:12:38.65	01:12:42.10	+00:08:52 (12.2%)	7:15	8.3 (88.3%)
7	MARCHEWKA Andrzej	2043		M-60	2	00:00:04	00:18:12	00:46:33	01:12:50.80	01:12:55.10	+00:09:04 (12.5%)	7:17	8.2 (87.2%)
8	UKLEJA Anna	2090		K-30	1	00:00:06	00:19:37	00:48:46	01:14:40.50	01:14:46.95	+00:10:54 (14.6%)	7:28	8 (85.1%)
9	MANDRYSZ Aleksandra	2042	NORDIC WALKING LYSKI	K-40	2	00:00:03	00:18:59	00:48:12	01:14:50.25	01:14:54.00	+00:11:03 (14.8%)	7:29	8 (85.1%)
10	RÓŻEWICZ Ewa	2069	PANCE	K-60	1	00:00:02	00:19:16	00:48:25	01:15:04.95	01:15:07.85	+00:11:18 (15.1%)	7:30	8 (85.1%)
11	PIECHOCZEK-NIEZGODA Lucyna	2062		K-40	3	00:00:03	00:18:58	00:48:12	01:15:12.00	01:15:15.15	+00:11:25 (15.2%)	7:31	8 (85.1%)
12	RZEPKA Tomasz	2073	-	M-50	2	00:00:04	00:19:07	00:48:22	01:15:39.20	01:15:44.00	+00:11:52 (15.7%)	7:33	7.9 (84.0%)
13	TYCZEWSKI Jacek	2089		M-40	3	00:00:08	00:19:14	00:48:32	01:16:12.20	01:16:20.85	+00:12:25 (16.3%)	7:37	7.9 (84.0%)
14	MERKEL Sabina	2048	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	4	00:00:05	00:19:38	00:49:18	01:16:28.00	01:16:33.80	+00:12:41 (16.6%)	7:38	7.8 (83.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	KLIMAS Patrycja	2022		K-40	5	00:00:18	00:20:47		01:16:31.55	01:16:50.50	+00:12:45 (16.7%)	7:39	7.8 (83.0%)
16	LIBARDI-KŁYŚ Sylwia	2033		K-60	2	00:00:02	00:19:07	00:48:42	01:16:36.35	01:16:39.10	+00:12:50 (16.8%)	7:39	7.8 (83.0%)
17	MARONDEL Katarzyna	2044	SILESIA NORDIC TEAM	K-30	2	00:00:04	00:19:16	00:48:53	01:16:46.15	01:16:50.55	+00:12:59 (16.9%)	7:40	7.8 (83.0%)
18	KOCEL Grzegorz	2023	NORDIC WALKING LYSKI	M-40	4	00:00:04	00:19:11	00:49:12	01:17:17.40	01:17:22.00	+00:13:31 (17.5%)	7:43	7.8 (83.0%)
19	GIERADA Mateusz	2011		M-30	1	00:00:05	00:20:04	00:49:54	01:17:49.40	01:17:54.60	+00:14:03 (18.1%)	7:46	7.7 (81.9%)
20	OWCZAREK Marcin	2056		M-50	3	00:00:21	00:20:00	00:50:08	01:17:52.05	01:18:13.60	+00:14:05 (18.1%)	7:47	7.7 (81.9%)
21	KUCZERA Beata	2029	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	3	00:00:06	00:19:58	00:50:12	01:17:52.85	01:17:59.10	+00:14:06 (18.1%)	7:47	7.7 (81.9%)
22	JANCEWICZ Adam	2018	BSM IT CROWD	M-50	4	00:00:04	00:20:13	00:50:16	01:18:03.65	01:18:08.55	+00:14:17 (18.3%)	7:48	7.7 (81.9%)
23	STAROSTKA Andrzej	2104	PKO BANK POLSKI BIEGAJMY RAZEM	M-60	3	00:00:03	00:19:43		01:18:24.85	01:18:28.55	+00:14:38 (18.7%)	7:50	7.7 (81.9%)
24	LASKA Jadwiga	2032		K-50	1	00:00:05	00:21:14	00:52:15	01:20:36.55	01:20:42.40	+00:16:50 (20.9%)	8:03	7.4 (78.7%)
25	MILERT Jolanta	2050	NORDIC WALKING LYSKI	K-40	6	00:00:03	00:20:19	00:52:10	01:20:38.65	01:20:42.35	+00:16:52 (20.9%)	8:03	7.4 (78.7%)
26	TRAUTMANN Piotr	2088		M-50	5	00:00:04	00:20:06		01:20:40.95	01:20:45.55	+00:16:54 (21.0%)	8:04	7.4 (78.7%)
27	GAMRACY Leszek	2010	PZLAM	M-60	4	00:00:16	00:20:14	00:50:58	01:20:59.35	01:21:15.70	+00:17:13 (21.3%)	8:05	7.4 (78.7%)
28	LISZKA Ilona	2036		K-40	7	00:00:04	00:20:51	00:52:25	01:21:28.95	01:21:33.35	+00:17:42 (21.7%)	8:08	7.4 (78.7%)
29	BARON Magdalena	2002		K-40	8	00:00:06	00:21:42	00:53:08	01:21:35.60	01:21:42.25	+00:17:49 (21.8%)	8:09	7.4 (78.7%)
30	SZYJKA Katarzyna	2085	HIRSCHVOGEL	K-40	9	00:00:11	00:21:26	00:53:13	01:22:31.05	01:22:42.95	+00:18:44 (22.7%)	8:15	7.3 (77.7%)
31	MUSZYŃSKI Dariusz	2101	ELZAB ACTIVE TEAM	M-50	6	00:00:18	00:21:52	00:53:36	01:22:35.95	01:22:54.60	+00:18:49 (22.8%)	8:15	7.3 (77.7%)
32	JAWORSKI Andrzej	2020		M-50	7	00:00:04	00:21:12	00:53:17	01:23:06.20	01:23:11.15	+00:19:19 (23.3%)	8:18	7.2 (76.6%)
33	NOWAK Danuta	2051	ELZAB ACTIVE TEAM	K-40	10	00:00:02	00:21:21	00:53:50	01:23:10.20	01:23:12.95	+00:19:23 (23.3%)	8:19	7.2 (76.6%)
34	SYMELA-BOCHEŃSKA Katarzyna	2082		K-40	11	00:00:15	00:22:05	00:53:49	01:23:15.05	01:23:30.85	+00:19:28 (23.4%)	8:19	7.2 (76.6%)
35	GRABIŃSKI Lech	2013	BŁYSKAWICA SARNÓW	M-60	5	00:00:20	00:21:40	00:54:06	01:24:06.50	01:24:27.30	+00:20:20 (24.2%)	8:24	7.1 (75.5%)
36	FELKEL Aldona	2009	#HUTATEAM	K-50	2	00:00:07	00:21:47	00:54:16	01:24:26.65	01:24:33.75	+00:20:40 (24.5%)	8:26	7.1 (75.5%)
37	SZROBARCZYK Małgorzata	2084		K-50	3	00:00:02	00:21:22	00:54:22	01:24:29.05	01:24:31.90	+00:20:42 (24.5%)	8:26	7.1 (75.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	KOWALCZYK Grażyna	2107		K-50	4	00:00:01	00:20:51	00:53:32	01:24:48.80	01:24:50.65	+00:21:02 (24.8%)	8:28	7.1 (75.5%)
39	MAŁKA Irena	2041		K-60	3	00:00:04	00:21:48	00:54:32	01:24:50.00	01:24:54.50	+00:21:03 (24.8%)	8:29	7.1 (75.5%)
40	CZERWIK Ilona	2006		K-40	12	00:00:14	00:21:37	00:54:13	01:24:55.20	01:25:10.00	+00:21:08 (24.9%)	8:29	7.1 (75.5%)
41	PASTERNAK Anna	2059	OPEL ACTIVE TEAM	K-40	13	00:00:12	00:22:51	00:55:45	01:24:57.00	01:25:09.95	+00:21:10 (24.9%)	8:29	7.1 (75.5%)
42	SZKAMRUK Bogusława	2083	EXTREMALNE OTK NA RELAKSIE	K-60	4	00:00:09	00:21:46	00:54:48	01:25:02.80	01:25:12.75	+00:21:16 (25.0%)	8:30	7.1 (75.5%)
43	POPIOŁKIEWICZ Małgorzata	2100		K-30	4	00:00:15	00:23:10	00:57:34	01:25:03.60	01:25:19.05	+00:21:17 (25.0%)	8:30	7.1 (75.5%)
44	KOPCZYŃSKA Agata	2026	#HUTATEAM	K-30	5	00:00:10	00:22:50	00:56:00	01:25:16.55	01:25:26.95	+00:21:30 (25.2%)	8:31	7 (74.5%)
45	ZIÓŁKOWSKA Jolanta	2098		K-60	5	00:00:11	00:22:39	00:55:37	01:25:47.25	01:25:58.45	+00:22:00 (25.7%)	8:34	7 (74.5%)
46	LUDYGA Krystian	2037		M-40	5	00:00:16	00:23:11	00:56:29	01:26:05.50	01:26:22.45	+00:22:19 (25.9%)	8:36	7 (74.5%)
47	OLSZEWSKA Jolanta	2054		K-40	14	00:00:05	00:21:41	00:55:30	01:26:30.10	01:26:35.50	+00:22:43 (26.3%)	8:39	6.9 (73.4%)
48	WINKIEWICZ Jolanta	2092		K-50	5	00:00:08	00:22:11	00:55:32	01:26:46.00	01:26:54.65	+00:22:59 (26.5%)	8:40	6.9 (73.4%)
49	PASTERNAK Katarzyna	2060		K-40	15	00:00:05	00:21:41	00:55:31	01:27:12.60	01:27:18.00	+00:23:26 (26.9%)	8:43	6.9 (73.4%)
50	TRAUTMANN Bogusia	2087		K-50	6	00:00:04	00:21:44	00:55:33	01:27:17.45	01:27:21.80	+00:23:31 (26.9%)	8:43	6.9 (73.4%)
51	HRYSZKIEWICZ Anna	2017	BSM IT CROWD	K-30	6	00:00:05	00:22:23	00:56:00	01:27:39.40	01:27:44.80	+00:23:53 (27.2%)	8:45	6.8 (72.3%)
52	NAWROT Tomasz	2102		M-30	2	00:00:03	00:22:00	00:56:22	01:27:48.75	01:27:52.30	+00:24:02 (27.4%)	8:46	6.8 (72.3%)
53	CEREMUGA Justyna	2004		K-30	7	00:00:03	00:21:59	00:56:22	01:27:49.05	01:27:52.40	+00:24:02 (27.4%)	8:46	6.8 (72.3%)
54	SIEJKO Janusz	2075		M-60	6	00:00:16	00:23:24	00:57:16	01:28:14.50	01:28:30.70	+00:24:28 (27.7%)	8:49	6.8 (72.3%)
55	JANUSZEWSKA-ZENOWICZ Anna	2019		K-50	7	00:00:12	00:23:21	00:57:21	01:28:14.60	01:28:26.65	+00:24:28 (27.7%)	8:49	6.8 (72.3%)
56	SNOCHOWSKA Agata	2079	SZOMBIERKI CHODZĄ I BIEGAJĄ	K-40	16	00:00:15	00:23:22	00:57:32	01:28:51.85	01:29:07.60	+00:25:05 (28.2%)	8:53	6.8 (72.3%)
57	SKOCZYKŁODA Roman	2077	STADION ŚLĄSKI	M-60	7	00:00:06	00:21:49	00:56:43	01:29:00.25	01:29:06.50	+00:25:13 (28.3%)	8:54	6.7 (71.3%)
58	MACYSZYN Beata	2038	GLIWICE	K-50	8	00:00:11	00:22:56	00:57:31	01:29:18.35	01:29:30.00	+00:25:32 (28.6%)	8:55	6.7 (71.3%)
59	SOBCZAK-KOSIŃSKA Sylwia	2080		K-30	8	00:00:13	00:23:11	00:57:32	01:29:44.30	01:29:57.90	+00:25:58 (28.9%)	8:58	6.7 (71.3%)
60	ZABAWSKA Aleksandra	2096		K-40	17	00:00:13	00:23:25		01:29:48.25	01:30:02.10	+00:26:01 (29.0%)	8:58	6.7 (71.3%)

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									10km	10km			
61	JURETKO Aneta	2021		K-50	9	00:00:09	00:23:22		01:29:53.50	01:30:02.85	+00:26:07 (29.1%)	8:59	6.7 (71.3%)
62	RYFIAK-KOWALCZYK Marta	2070		K-30	9	00:00:14	00:23:26	00:58:05	01:29:54.50	01:30:08.70	+00:26:08 (29.1%)	8:59	6.7 (71.3%)
63	OCHMAN Aleksandra	2052	OPEL ACTIVE TEAM	K-40	18	00:00:12	00:23:08	00:57:38	01:29:54.80	01:30:07.70	+00:26:08 (29.1%)	8:59	6.7 (71.3%)
64	PAWLIK Andrzej	2061		M-60	8	00:00:09	00:23:03	00:57:35	01:29:58.70	01:30:08.50	+00:26:12 (29.1%)	8:59	6.7 (71.3%)
65	BABCZUK Katarzyna	2001		K-40	19	00:00:12	00:23:48	00:57:58	01:30:10.80	01:30:22.85	+00:26:24 (29.3%)	9:01	6.7 (71.3%)
66	GRONDYS Michał	2015		M-40	6	00:00:11	00:23:24	00:58:45	01:30:32.45	01:30:43.95	+00:26:46 (29.6%)	9:03	6.6 (70.2%)
67	GRONDYS Sylwia	2016		K-40	20	00:00:10	00:23:25	00:58:46	01:30:33.55	01:30:44.25	+00:26:47 (29.6%)	9:03	6.6 (70.2%)
68	DOMARADZKA Karolina	2129		K-30	10	00:00:17	00:23:50	00:59:10	01:30:34.20	01:30:51.95	+00:26:47 (29.6%)	9:03	6.6 (70.2%)
69	CZARNIAKOWSKA Marzena	2005		K-30	11	00:00:11	00:23:57	00:59:16	01:30:35.65	01:30:46.70	+00:26:49 (29.6%)	9:03	6.6 (70.2%)
70	REWERS Marzena	2103	LILA TEAM	K-40	21	00:00:13	00:23:49	00:58:01	01:30:36.35	01:30:49.40	+00:26:50 (29.6%)	9:03	6.6 (70.2%)
71	SIDOR Anna	2074		K-40	22	00:00:14	00:23:11	00:57:35	01:31:00.00	01:31:14.85	+00:27:13 (29.9%)	9:06	6.6 (70.2%)
72	PIERNIKARCZYK Mirela	2063		K-30	12	00:00:15	00:23:13	00:57:35	01:31:00.20	01:31:15.20	+00:27:13 (29.9%)	9:06	6.6 (70.2%)
73	ZARAŚ-HEREJ Urszula	2097		K-40	23	00:00:06	00:22:20	00:57:45	01:31:01.65	01:31:07.65	+00:27:15 (29.9%)	9:06	6.6 (70.2%)
74	ONYSZKIEWICZ Iwona	2055		K-30	13	00:00:12	00:23:17	00:59:05	01:31:10.15	01:31:22.20	+00:27:23 (30.1%)	9:07	6.6 (70.2%)
75	MALINOWSKA-FILIPEK Agnieszka	2039		K-40	24	00:00:07	00:23:29	00:58:48	01:31:30.55	01:31:38.20	+00:27:44 (30.3%)	9:09	6.6 (70.2%)
76	SARRE Joanna	2099	SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	6	00:00:19	00:23:03	00:58:05	01:31:36.50	01:31:56.40	+00:27:50 (30.4%)	9:09	6.6 (70.2%)
77	OCHUDLO Gabriela	2053	#HUTATEAM	K-50	10	00:00:08	00:23:26	00:58:44	01:31:38.95	01:31:47.65	+00:27:52 (30.4%)	9:09	6.5 (69.1%)
78	KOMANDER Joanna	2025	JOMAR RUNNERS	K-50	11	00:00:06	00:22:49	00:58:39	01:31:41.15	01:31:47.90	+00:27:54 (30.4%)	9:10	6.5 (69.1%)
79	ROJEK Urszula	2066		K-40	25	00:00:09	00:23:36	00:59:11	01:31:48.35	01:31:57.35	+00:28:02 (30.5%)	9:10	6.5 (69.1%)
80	MARONDEL Jan	2045		M-60	9	00:00:07	00:23:04	00:58:25	01:31:57.35	01:32:05.20	+00:28:11 (30.6%)	9:11	6.5 (69.1%)
81	RAJS Ewelina	2065	WRŚ	K-40	26	00:00:06	00:23:10	00:58:54	01:32:03.60	01:32:10.55	+00:28:17 (30.7%)	9:12	6.5 (69.1%)
82	KOLCZYŃSKA Barbara	2024	ELZAB ACTIVE TEAM	K-40	27	00:00:02	00:22:32	00:58:45	01:32:16.15	01:32:18.80	+00:28:29 (30.9%)	9:13	6.5 (69.1%)
83	GRZELAK Małgorzata	2106		K-50	12	00:00:11	00:23:19	00:59:08	01:32:37.35	01:32:48.40	+00:28:51 (31.1%)	9:15	6.5 (69.1%)

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84	WÓJCIK Rozalia	2095		K-60	7	00:00:06	00:23:09	00:58:53	01:32:49.40	01:32:56.25	+00:29:03 (31.3%)	9:16	6.5 (69.1%)
85	RYKOWSKA Marzena	2071		K-40	28	00:00:08	00:24:37	01:00:53	01:33:29.60	01:33:37.95	+00:29:43 (31.8%)	9:20	6.4 (68.1%)
86	SPENDE Anna	2081		K-30	14	00:00:14	00:24:06	01:00:42	01:33:49.10	01:34:03.85	+00:30:02 (32.0%)	9:22	6.4 (68.1%)
87	SMORZ Gabriela	2078		K-40	29	00:00:20	00:24:45	01:01:24	01:33:51.70	01:34:11.70	+00:30:05 (32.1%)	9:23	6.4 (68.1%)
88	GŁUCH-KWACZAŁA Bogumiła	2012		K-40	30	00:00:19	00:24:44	01:01:25	01:33:52.90	01:34:12.50	+00:30:06 (32.1%)	9:23	6.4 (68.1%)
89	KURPIOS Piotr	2031		M-30	3	00:00:15	00:24:48	01:01:48	01:34:20.55	01:34:36.15	+00:30:34 (32.4%)	9:26	6.4 (68.1%)
90	WIETRZYCKA Anna	2091		K-40	31	00:00:14	00:24:47	01:01:49	01:34:21.85	01:34:36.00	+00:30:35 (32.4%)	9:26	6.4 (68.1%)
91	BOJCZUK Marta	2003		K-40	32	00:00:14	00:24:48	01:01:49	01:34:30.70	01:34:45.40	+00:30:44 (32.5%)	9:27	6.3 (67.0%)
92	KORNAŚ Anna	2027		K-30	15	00:00:12	00:23:50	01:00:28	01:34:33.65	01:34:46.25	+00:30:47 (32.6%)	9:27	6.3 (67.0%)
93	LIBERSKA Elwira	2034		K-40	33	00:00:10	00:24:19	01:01:23	01:35:32.10	01:35:42.65	+00:31:45 (33.2%)	9:33	6.3 (67.0%)
94	WOŹNIAK Anna	2094		K-40	34	00:00:10	00:24:21	01:01:24	01:35:32.55	01:35:42.55	+00:31:46 (33.3%)	9:33	6.3 (67.0%)
95	PROKWITE Martyna	2064		K-30	16	00:00:17	00:25:26	01:03:11	01:36:51.85	01:37:09.30	+00:33:05 (34.2%)	9:41	6.2 (66.0%)
96	MATYJASZEK Marta	2047		K-30	17	00:00:17	00:25:26	01:03:11	01:36:52.35	01:37:09.35	+00:33:06 (34.2%)	9:41	6.2 (66.0%)
97	KUKLA Marzena	2030	ORINORDIC	K-40	35	00:00:13	00:24:45	01:03:51	01:36:52.80	01:37:06.65	+00:33:06 (34.2%)	9:41	6.2 (66.0%)
98	SKLARZYK Barbara	2076	#HUTATEAM	K-50	13	00:00:08	00:24:13	01:02:54	01:36:58.70	01:37:06.75	+00:33:12 (34.2%)	9:41	6.2 (66.0%)
99	KOTOWSKA Karolina	2028	SLOW JOGGING GLIWICE	K-30	18	00:00:09	00:25:15	01:04:06	01:40:03.65	01:40:12.95	+00:36:17 (36.3%)	10:00	6 (63.8%)
100	DZIEDZIC Anna	2007		K-40	36	00:00:13	00:24:48	01:03:51	01:41:28.20	01:41:41.75	+00:37:41 (37.2%)	10:08	5.9 (62.8%)
101	DZIEDZIC Paweł	2008		M-40	7	00:00:12	00:26:24	01:05:45	01:41:28.55	01:41:41.50	+00:37:42 (37.2%)	10:08	5.9 (62.8%)
102	DOMARADZKA Mirella	2130		K-50	14	00:00:16	00:25:29	01:05:31	01:43:01.75	01:43:18.40	+00:39:15 (38.1%)	10:18	5.8 (61.7%)
103	MĘTEL Irena	2049	#HUTATEAM	K-50	15	00:00:07	00:25:40	01:05:39	01:43:11.60	01:43:19.05	+00:39:25 (38.2%)	10:19	5.8 (61.7%)
104	LISZEWSKA-KRZYWY Maria	2035	REHAFIT PILATES STUDIO	K-50	16	00:00:11	00:26:23	01:07:30	01:44:27.35	01:44:38.65	+00:40:41 (38.9%)	10:26	5.7 (60.6%)
105	MARZEC Janina	2046		K-60	8	00:00:09	00:26:34	01:08:08	01:46:26.25	01:46:35.55	+00:42:39 (40.1%)	10:38	5.6 (59.6%)
106	OLENIACZ Jakub	2105		M-30	4	00:00:19	00:44:37		02:13:58.30	02:14:18.05	+01:10:12 (52.4%)	13:23	4.5 (47.9%)

Total 106 results.