



NORDIC WALKING GLIWICKI - 10KM

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	3069	SILESIA NORDIC TEAM	M-40	1	00:02:45	00:26:37	00:37:37	01:04:43.85	01:07:29.45		6:28	9.3 (100%)
2	ADAMUS Marian	3087	ŚLESIA NORDIC TEAM	M-60	1	00:02:44	00:27:13	00:38:20	01:06:23.80	01:09:08.65	+00:01:39 (2.5%)	6:38	9 (96.8%)
3	MAŁKA Marian	3067	NIEZRZESZONY	M-50	1	00:02:49	00:28:10	00:39:26	01:07:38.45	01:10:27.90	+00:02:54 (4.3%)	6:45	8.9 (95.7%)
4	SMOLARCZYK Dorota	3071	MŁODE WILKI	K-40	1	00:02:13	00:29:09	00:40:43	01:09:59.85	01:12:13.40	+00:05:16 (7.5%)	7:00	8.6 (92.5%)
5	TYCZEWSKI Jacek	3035		M-30	1	00:02:44	00:29:19	00:41:37	01:12:00.60	01:14:45.45	+00:07:16 (10.1%)	7:12	8.3 (89.2%)
6	HAHN Piotr	3072	NORRUN TEAM	M-30	2	00:02:49	00:30:41	00:42:36	01:12:38.30	01:15:28.00	+00:07:54 (10.9%)	7:15	8.3 (89.2%)
7	SKONIECZNY Sebastian	3016	BUKATEAM	M-30	3	00:02:47	00:30:05	00:42:23	01:12:57.90	01:15:45.20	+00:08:14 (11.3%)	7:17	8.2 (88.2%)
8	MARONDEL Katarzyna	3086	SILESIA NORDIC TEAM	K-30	1	00:02:46	00:30:17	00:42:28	01:13:01.70	01:15:47.90	+00:08:17 (11.4%)	7:18	8.2 (88.2%)
9	STĘPIEŃ Dorota	3047		K-40	2	00:02:50	00:29:53	00:42:06	01:13:04.65	01:15:55.40	+00:08:20 (11.4%)	7:18	8.2 (88.2%)
10	KAJCA Mirosław	3011	ŁAZISKIE KARLUSY	M-40	2	00:02:47	00:30:14	00:42:21	01:13:25.25	01:16:12.30	+00:08:41 (11.8%)	7:20	8.2 (88.2%)
11	MAZIUK Krzysztof	3044		M-40	3	00:02:51	00:30:51	00:42:56	01:13:43.30	01:16:35.20	+00:08:59 (12.2%)	7:22	8.1 (87.1%)
12	SKOWROŃSKA Anna	3066		K-40	3	00:02:49	00:31:09	00:43:20	01:14:09.80	01:16:59.55	+00:09:25 (12.7%)	7:25	8.1 (87.1%)
13	JASIŃSKI Mateusz	3095	CERTUM	M-20	1	00:02:45	00:31:48	00:44:03	01:14:41.55	01:17:26.85	+00:09:57 (13.3%)	7:28	8 (86.0%)
14	WIŚNIEWSKI Roman	3077		M-60	2	00:02:48	00:31:25	00:44:13	01:15:53.40	01:18:41.75	+00:11:09 (14.7%)	7:35	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	TYCZEWSKA Paulina	3031		K-30	2	00:02:46	00:30:55	00:43:35	01:16:18.35	01:19:04.65	+00:11:34 (15.2%)	7:37	7.9 (84.9%)
16	WOJNOWSKI Wojciech	3100		M-30	4	00:02:49	00:32:02	00:44:57	01:16:27.95	01:19:17.10	+00:11:44 (15.3%)	7:38	7.8 (83.9%)
17	URBANOWICZ Aleksandra	3080	KTB 'PRZEZ LAS ' GLIWICE	K-50	1	00:02:50	00:32:38	00:45:17	01:16:36.60	01:19:26.85	+00:11:52 (15.5%)	7:39	7.8 (83.9%)
18	KOZUB Patrycja	3094	CERTUM	K-20	1	00:02:43	00:32:16	00:45:09	01:17:34.30	01:20:18.10	+00:12:50 (16.6%)	7:45	7.7 (82.8%)
19	OWCZAREK Marcin	3041		M-50	3	00:02:04	00:32:15	00:45:17	01:18:18.75	01:20:23.45	+00:13:34 (17.3%)	7:49	7.7 (82.8%)
20	JAWORSKI Andrzej	3023		M-50	2	00:02:46	00:32:29	00:45:25	01:17:48.15	01:20:34.50	+00:13:04 (16.8%)	7:46	7.7 (82.8%)
21	SKAWIŃSKA Ewa	3076	RIGHTWAY	K-40	4	00:02:50	00:32:53	00:45:40	01:17:46.85	01:20:37.10	+00:13:03 (16.8%)	7:46	7.7 (82.8%)
22	TAISNER Aleksandra	3089		K-30	3	00:02:48	00:32:52	00:45:45	01:19:03.65	01:21:51.65	+00:14:19 (18.1%)	7:54	7.6 (81.7%)
23	LIPUT Dawid	3099		M-30	5	00:02:49	00:32:25	00:45:40	01:19:39.30	01:22:29.10	+00:14:55 (18.7%)	7:58	7.5 (80.6%)
24	MICHALIK Joanna	3081		K-30	4	00:02:47	00:33:42	00:47:03	01:19:50.75	01:22:37.85	+00:15:06 (18.9%)	7:59	7.5 (80.6%)
25	TYCZEWSKA Teresa	3014		K-40	5	00:02:47	00:32:55	00:46:16	01:20:24.05	01:23:11.95	+00:15:40 (19.5%)	8:02	7.5 (80.6%)
26	WIŚNIEWSKI Sławomir	3022		M-50	4	00:02:48	00:33:32	00:47:07	01:21:15.60	01:24:03.65	+00:16:31 (20.3%)	8:07	7.4 (79.6%)
27	SIEJKO Janusz Adam	3060	UM	M-60	3	00:02:57	00:35:06	00:48:54	01:22:03.45	01:25:00.45	+00:17:19 (21.1%)	8:12	7.3 (78.5%)
28	TRACZEWSKA Magdalena	3082		K-30	5	00:02:52	00:34:08	00:47:59	01:22:37.80	01:25:30.00	+00:17:53 (21.7%)	8:15	7.3 (78.5%)
29	GĘBCZYK Władysław	3010	GLIWICKI KLUB KOLEKCJONERÓW	M-60	4	00:02:50	00:34:22	00:48:07	01:22:52.65	01:25:42.70	+00:18:08 (21.9%)	8:17	7.2 (77.4%)
30	KIDAWA Bożena	3024		K-60	1	00:02:46	00:34:18	00:48:03	01:23:01.75	01:25:48.20	+00:18:17 (22.0%)	8:18	7.2 (77.4%)
31	WINKIEWICZ Jolanta	3056		K-50	2	00:02:47	00:34:27	00:48:19	01:23:10.15	01:25:57.50	+00:18:26 (22.2%)	8:19	7.2 (77.4%)
32	LEWANDOWSKA Iwona	3079		K-50	3	00:02:43	00:34:04	00:48:07	01:23:25.25	01:26:08.50	+00:18:41 (22.4%)	8:20	7.2 (77.4%)
33	KIDAWA Marian	3015		M-60	5	00:02:46	00:33:47	00:47:42	01:23:28.75	01:26:15.10	+00:18:44 (22.5%)	8:20	7.2 (77.4%)
34	STACHOWICZ Szymon	3008		M-20	2	00:02:55	00:35:42	00:49:57	01:23:33.40	01:26:29.05	+00:18:49 (22.5%)	8:21	7.2 (77.4%)
35	WĘGRZYNOWICZ Estera	3007		K-30	6	00:02:55	00:35:42	00:49:58	01:23:35.80	01:26:31.05	+00:18:51 (22.6%)	8:21	7.2 (77.4%)
36	SARRÉ Joanna	3039	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	2	00:02:56	00:34:15	00:48:08	01:24:23.55	01:27:19.60	+00:19:39 (23.3%)	8:26	7.1 (76.3%)
37	KOTYLAK Wojciech	3040		M-50	5	00:02:53	00:35:04	00:48:50	01:24:28.30	01:27:21.35	+00:19:44 (23.4%)	8:26	7.1 (76.3%)

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38	NOWAK Sebastian	3091	PROPOINT	M-30	6	00:02:45	00:35:19	00:49:24	01:25:03.30	01:27:48.45	+00:20:19 (23.9%)	8:30	7.1 (76.3%)
39	WOLIŃSKA Katarzyna	3097		K-40	6	00:02:59	00:37:01	00:51:35	01:24:54.35	01:27:53.45	+00:20:10 (23.8%)	8:29	7.1 (76.3%)
40	RYGULSKI Andrzej	3012	ŁAZISKIE KARLUSY	M-60	6	00:02:46	00:36:34	00:51:03	01:25:13.70	01:28:00.05	+00:20:29 (24.1%)	8:31	7 (75.3%)
41	BENTKOWSKI Lesław	3013	DIRTY SPARROWS	M-70	1	00:02:44	00:35:45	00:50:07	01:25:28.55	01:28:13.15	+00:20:44 (24.3%)	8:32	7 (75.3%)
42	MAZIUK Ewa	3045		K-40	7	00:02:51	00:35:52	00:50:07	01:25:30.30	01:28:21.85	+00:20:46 (24.3%)	8:33	7 (75.3%)
43	MIZERA Beata	3006		K-40	8	00:02:55	00:35:49	00:50:03	01:25:34.80	01:28:29.95	+00:20:50 (24.4%)	8:33	7 (75.3%)
44	SOBCZAK-KOSIŃSKA Sylwia	3049		K-30	7	00:02:51	00:35:55	00:50:08	01:25:46.05	01:28:37.60	+00:21:02 (24.5%)	8:34	7 (75.3%)
45	SKONIECZNA Magdalena	3017	BUKATEAM	K-30	8	00:02:48	00:35:13	00:49:20	01:25:52.20	01:28:40.65	+00:21:08 (24.6%)	8:35	7 (75.3%)
46	DOMARADZKA Karolina	3037		K-20	2	00:02:51	00:36:40	00:50:53	01:26:02.25	01:28:53.30	+00:21:18 (24.8%)	8:36	7 (75.3%)
47	KOZŁOWSKA Karina	3029		K-40	9	00:02:43	00:35:14	00:49:52	01:26:11.80	01:28:55.55	+00:21:27 (24.9%)	8:37	7 (75.3%)
48	KISTELLA Paulina	3061		K-20	3	00:02:45	00:35:05	00:49:29	01:26:14.25	01:28:59.60	+00:21:30 (24.9%)	8:37	7 (75.3%)
49	ARTER Małgorzata	3003		K-50	4	00:02:45	00:36:30	00:50:46	01:26:16.45	01:29:01.80	+00:21:32 (25.0%)	8:37	7 (75.3%)
50	PROKOP Gabriela	3098		K-30	9	00:02:48	00:36:35	00:50:58	01:26:14.30	01:29:02.85	+00:21:30 (24.9%)	8:37	7 (75.3%)
51	GAMRACY Leszek	3062	UTW GLIWICE	M-60	8	00:00:00			01:29:24.00	01:29:24.00	+00:24:40 (27.6%)	8:56	6.7 (72.0%)
52	WROCŁAWSKI Rafał	3101		M-40	4	00:02:50	00:35:53	00:50:21	01:27:07.60	01:29:58.15	+00:22:23 (25.7%)	8:42	6.9 (74.2%)
53	TURCZYN Jolanta	3053		K-50	5	00:02:49	00:36:33	00:51:05	01:27:58.75	01:30:48.15	+00:23:14 (26.4%)	8:47	6.8 (73.1%)
54	GROSS Mirosław	3038	FIS-SST TEAM / UNISONO	M-60	7	00:02:47	00:38:02	00:52:36	01:28:27.20	01:31:15.10	+00:23:43 (26.8%)	8:50	6.8 (73.1%)
55	MAŁKA Irena	3068	NIEZRZESZONA	K-60	3	00:02:45	00:37:11	00:51:58	01:28:35.00	01:31:20.10	+00:23:51 (26.9%)	8:51	6.8 (73.1%)
56	WOJDAT Hanna	3054		K-40	10	00:02:59	00:37:05	00:51:50	01:28:43.65	01:31:43.40	+00:23:59 (27.0%)	8:52	6.8 (73.1%)
57	SNOCHOWSKA Agata	3058	SZOMBIERKI RANNERS	K-30	10	00:02:53	00:38:11	00:52:53	01:28:57.75	01:31:51.70	+00:24:13 (27.2%)	8:53	6.7 (72.0%)
58	NOWICKA Katarzyna	3065	SZOMBIERKI RUNNERS	K-40	11	00:02:54	00:38:10	00:52:52	01:28:59.00	01:31:53.30	+00:24:15 (27.3%)	8:53	6.7 (72.0%)
59	ALEKSANDROWICZ Małgorzata	3033		K-50	6	00:02:10	00:37:27	00:52:24	01:29:47.10	01:31:57.75	+00:25:03 (27.9%)	8:58	6.7 (72.0%)
60	DŁUGAJ Urszula	3078		K-40	12	00:02:50	00:38:07	00:53:02	01:29:13.75	01:32:03.75	+00:24:29 (27.5%)	8:55	6.7 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	PACYNA-ZIEBURA Anna	3030		K-30	12	00:00:00	00:40:31	00:55:33	01:32:13.05	01:32:13.05	+00:27:29 (29.8%)	9:13	6.5 (69.9%)
62	PAWŁOWSKA Anna	3034		K-40	14	00:02:11	00:37:26	00:52:24	01:30:14.65	01:32:25.70	+00:25:30 (28.3%)	9:01	6.6 (71.0%)
63	KOWAL Sylwia	3064	-	K-40	13	00:02:47	00:38:55	00:53:59	01:29:39.55	01:32:26.85	+00:24:55 (27.8%)	8:57	6.7 (72.0%)
64	LISOWSKI Mirosław	3026	KLIWICKI KLUB KOLERKCJONERÓW	M-50	6	00:02:53	00:38:09	00:53:05	01:29:43.35	01:32:36.60	+00:24:59 (27.9%)	8:58	6.7 (72.0%)
65	LISOWSKA Agnieszka	3027		K-18	1	00:02:52	00:38:09	00:53:05	01:29:44.45	01:32:36.70	+00:25:00 (27.9%)	8:58	6.7 (72.0%)
66	NOWAK Lidia	3048		K-50	7	00:02:51	00:37:57	00:52:45	01:30:00.65	01:32:51.70	+00:25:16 (28.1%)	9:00	6.7 (72.0%)
67	JASIŃSKA Justyna	3063		K-30	11	00:02:47	00:38:56	00:53:59	01:30:08.50	01:32:55.80	+00:25:24 (28.2%)	9:00	6.7 (72.0%)
68	KMIEĆ Agnieszka	3088	CERTUM	K-20	4	00:02:47	00:37:45	00:52:50	01:30:14.00	01:33:01.40	+00:25:30 (28.3%)	9:01	6.6 (71.0%)
69	TOMASZCZYK Piotr	3090	MEGAVAT RUNNING TEAM	M-50	7	00:02:48	00:38:15	00:53:10	01:30:15.25	01:33:04.00	+00:25:31 (28.3%)	9:01	6.6 (71.0%)
70	PURTAK Anna	3032		K-50	8	00:02:48	00:38:13	00:53:07	01:31:10.95	01:33:59.20	+00:26:27 (29.0%)	9:07	6.6 (71.0%)
71	JANIK Sylwia	3075		K-20	5	00:01:57	00:38:53	00:54:30	01:32:44.60	01:34:41.70	+00:28:00 (30.2%)	9:16	6.5 (69.9%)
72	DWORAK Iwona	3036		K-30	13	00:02:45	00:37:33	00:52:57	01:32:19.05	01:35:04.05	+00:27:35 (29.9%)	9:13	6.5 (69.9%)
73	PILSZAK Krystian	3055	TAK DLA TRANSPLANTACJI-TEAM	M-60	9	00:02:46	00:38:04	00:53:41	01:32:32.30	01:35:18.50	+00:27:48 (30.0%)	9:15	6.5 (69.9%)
74	KALISZ Aneta	3092		K-40	15	00:02:53	00:39:28	00:54:48	01:32:46.90	01:35:40.25	+00:28:03 (30.2%)	9:16	6.5 (69.9%)
75	KREFT Sylwia	3093		K-40	16	00:02:53	00:39:31	00:54:48	01:32:47.30	01:35:40.95	+00:28:03 (30.2%)	9:16	6.5 (69.9%)
76	MICHNA Grzegorz	3096		M-60	10	00:02:54	00:39:45	00:54:49	01:32:49.80	01:35:43.85	+00:28:05 (30.3%)	9:16	6.5 (69.9%)
77	CEMPULIK-ŁAKOMSKA Agnieszka	3019		K-40	17	00:02:54	00:40:17	00:55:47	01:33:08.60	01:36:03.55	+00:28:24 (30.5%)	9:18	6.4 (68.8%)
78	ŁAKOMSKI Marcin	3018		M-40	5	00:02:55	00:40:14	00:56:14	01:33:10.40	01:36:05.45	+00:28:26 (30.5%)	9:19	6.4 (68.8%)
79	CHOJNACKI Wojciech	3050	NIZRZESZONY	M-60	11	00:02:57	00:38:54	00:54:38	01:33:25.05	01:36:22.20	+00:28:41 (30.7%)	9:20	6.4 (68.8%)
80	KACZMAREK Danuta	3020	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-30	14	00:02:52	00:38:48	00:54:26	01:33:38.85	01:36:31.55	+00:28:55 (30.9%)	9:21	6.4 (68.8%)
81	RAJTOR Dominika	3084		K-30	15	00:02:44	00:38:57	00:54:37	01:34:25.50	01:37:09.90	+00:29:41 (31.4%)	9:26	6.4 (68.8%)
82	GÓRAL Małgorzata	3051	NIEZRZESZONY	K-40	19	00:02:46	00:39:03	00:54:47	01:34:51.90	01:37:38.30	+00:30:08 (31.8%)	9:29	6.3 (67.7%)
83	GÓRNIAK Alicja	3052	NIZRZESZONY	K-40	18	00:02:46	00:39:02	00:54:47	01:34:51.85	01:37:38.35	+00:30:08 (31.8%)	9:29	6.3 (67.7%)

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84	LEŚ Michał	3046		M-40	6	00:02:47	00:40:31	00:56:27	01:36:15.95	01:39:03.55	+00:31:32 (32.8%)	9:37	6.2 (66.7%)
85	WIĘCŁAW Cecylia	3074		K-30	16	00:02:51	00:40:06	00:56:04	01:36:22.10	01:39:13.55	+00:31:38 (32.8%)	9:38	6.2 (66.7%)
86	KOTOWSKA Karolina	3001	ETISOFT RUNNING TEAM	K-30	17	00:02:56	00:40:26	00:56:22	01:37:36.10	01:40:32.40	+00:32:52 (33.7%)	9:45	6.1 (65.6%)
87	JAKUBIAK Izabella	3073		K-40	20	00:02:51	00:40:16	00:56:30	01:38:27.25	01:41:18.70	+00:33:43 (34.3%)	9:50	6.1 (65.6%)
88	WIRSKA Magdalena	3059		K-30	18	00:02:43	00:40:33	00:56:56	01:38:56.90	01:41:40.85	+00:34:13 (34.6%)	9:53	6.1 (65.6%)
89	PARUZEL Julianna	3042	BPK	K-30	19	00:02:52	00:41:59	00:58:02	01:39:17.90	01:42:10.70	+00:34:34 (34.8%)	9:55	6 (64.5%)
90	HILKNER-BUKOWSKA Dorota	3043		K-50	9	00:02:53	00:41:57	00:57:58	01:39:18.85	01:42:11.95	+00:34:35 (34.8%)	9:55	6 (64.5%)
91	WIŚNIEWSKA Marzanna	3021		K-40	21	00:02:56	00:41:17	00:57:54	01:39:35.80	01:42:32.25	+00:34:51 (35.0%)	9:57	6 (64.5%)
92	PŁONKA Janina	3009		K-60	4	00:02:48	00:41:24	00:58:02	01:39:44.20	01:42:32.30	+00:35:00 (35.1%)	9:58	6 (64.5%)
93	HAŁA-WAWRZAK Alicja	3070		K-40	22	00:02:49	00:41:57	00:58:47	01:43:23.05	01:46:12.75	+00:38:39 (37.4%)	10:20	5.8 (62.4%)

Znaleziono 93 wynik(ów)