



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

V Radan Półmaraton Gliwicki 2018  
Fundacja Bieg Rzeźnika  
2018-11-04  
Gliwice  
10N km

## NORDIC WALKING GLIWICKI - 10KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

| Msc | Zawodnik                | Numer | Klub                   | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>9.9km | Czas netto<br>10km | Czas brutto<br>10km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|------------------------|-----------|------|-------------|----------------|----------------|--------------------|---------------------|-------------------|-----------------|---------------|
| 1   | POGORZELSKA Wiesława    | 1668  | KS FORMA WODZISŁAW ŚL. | K-30      | 1    | 00:01:27    | 00:34:53       | 01:11:39       | 01:14:32.65        | 01:16:00.50         |                   | 7:27            | 8 (100%)      |
| 2   | TAISNER Aleksandra      | 1686  | EKIPA NA KIJACH        | K-30      | 2    | 00:01:32    | 00:36:39       | 01:12:54       | 01:15:36.35        | 01:17:08.40         | +00:01:03 (1.4%)  | 7:33            | 7.9 (98.8%)   |
| 3   | MARONDEL Katarzyna      | 1650  | SILESIA NORDIC TEAM    | K-30      | 3    | 00:01:13    | 00:35:51       | 01:12:54       | 01:15:51.70        | 01:17:05.30         | +00:01:19 (1.7%)  | 7:35            | 7.9 (98.8%)   |
| 4   | GAWLIK-RYBIŃSKA Kasia   | 1621  | EŁKA TEAM              | K-30      | 4    | 00:01:40    | 00:36:52       | 01:15:07       | 01:18:09.35        | 01:19:50.15         | +00:03:36 (4.6%)  | 7:49            | 7.7 (96.3%)   |
| 5   | ZUBER Monika            | 1703  | EKIPA NA KIJACH        | K-30      | 5    | 00:01:35    | 00:37:50       | 01:16:20       | 01:19:16.65        | 01:20:52.30         | +00:04:44 (6.0%)  | 7:55            | 7.6 (95.0%)   |
| 6   | TYCZEWSKA Paulina       | 1691  |                        | K-30      | 6    | 00:01:23    | 00:38:26       | 01:18:29       | 01:21:42.95        | 01:23:05.95         | +00:07:10 (8.8%)  | 8:10            | 7.3 (91.3%)   |
| 7   | ZADROGA Dorota          | 1699  | GORA TEAM              | K-30      | 7    | 00:01:43    | 00:39:03       | 01:19:41       | 01:22:52.75        | 01:24:35.75         | +00:08:20 (10.1%) | 8:17            | 7.2 (90.0%)   |
| 8   | PLUSCZOK Renata         | 1663  |                        | K-30      | 8    | 00:01:47    | 00:41:16       | 01:22:56       | 01:26:11.50        | 01:27:59.25         | +00:11:38 (13.5%) | 8:37            | 7 (87.5%)     |
| 9   | BROM - NOWAK Anna       | 1614  |                        | K-30      | 9    | 00:01:41    | 00:40:24       | 01:22:54       | 01:26:23.70        | 01:28:05.65         | +00:11:51 (13.7%) | 8:38            | 6.9 (86.3%)   |
| 10  | TRACZEWSKA Magdalena    | 1689  |                        | K-30      | 10   | 00:01:46    | 00:40:38       | 01:23:06       | 01:26:24.45        | 01:28:10.70         | +00:11:51 (13.7%) | 8:38            | 6.9 (86.3%)   |
| 11  | ZDROJEWSKA Agata        | 1700  |                        | K-30      | 11   | 00:01:48    | 00:41:16       | 01:23:08       | 01:26:26.00        | 01:28:14.90         | +00:11:53 (13.8%) | 8:38            | 6.9 (86.3%)   |
| 12  | SZPIECHOWICZ Sylwia     | 1683  |                        | K-30      | 12   | 00:00:33    | 00:41:27       | 01:25:15       | 01:28:52.40        | 01:29:26.35         | +00:14:19 (16.1%) | 8:53            | 6.8 (85.0%)   |
| 13  | ROSIŃSKA Wirginia       | 1672  |                        | K-30      | 13   | 00:01:26    | 00:44:11       | 01:25:48       | 01:28:59.75        | 01:30:25.95         | +00:14:27 (16.2%) | 8:53            | 6.7 (83.8%)   |
| 14  | BANACH Roksana          | 1611  |                        | K-30      | 14   | 00:01:27    | 00:42:40       | 01:28:00       | 01:31:40.70        | 01:33:08.65         | +00:17:08 (18.7%) | 9:10            | 6.5 (81.3%)   |
| 15  | SOBCZAK-KOSIŃSKA Sylwia | 1679  |                        | K-30      | 15   | 00:01:28    | 00:43:35       | 01:28:31       | 01:32:04.65        | 01:33:33.20         | +00:17:32 (19.0%) | 9:12            | 6.5 (81.3%)   |
| 16  | ZIOŁKOWSKA Dorota       | 1701  |                        | K-30      | 16   | 00:01:39    | 00:44:46       | 01:29:56       | 01:33:19.15        | 01:34:58.75         | +00:18:46 (20.1%) | 9:19            | 6.4 (80.0%)   |
| 17  | KACZMAREK Danuta        | 1632  | SPORT-RELAKS           | K-30      | 17   | 00:01:29    | 00:44:40       | 01:31:19       | 01:34:56.85        | 01:36:26.80         | +00:20:24 (21.5%) | 9:29            | 6.3 (78.8%)   |
| 18  | ODOSZEWSKA Barbara      | 1655  | PNEUMOKOKI             | K-30      | 18   | 00:01:44    | 00:46:48       | 01:32:47       | 01:36:37.40        | 01:38:21.90         | +00:22:04 (22.9%) | 9:39            | 6.2 (77.5%)   |
| 19  | GENISZEWSKA Emilia      | 1622  | GRYFNE FRELKI          | K-30      | 19   | 00:01:44    | 00:46:48       | 01:32:47       | 01:36:37.80        | 01:38:22.10         | +00:22:05 (22.9%) | 9:39            | 6.2 (77.5%)   |
| 20  | SOCZAWA Monika          | 1680  |                        | K-30      | 20   | 00:01:43    | 00:46:19       | 01:35:15       | 01:39:10.45        | 01:40:53.95         | +00:24:37 (24.8%) | 9:55            | 6.1 (76.3%)   |
| 21  | KOTOWSKA Karolina       | 1635  | ETISOFT RUNNING TEAM   | K-30      | 21   | 00:01:47    | 00:48:59       | 01:38:41       | 01:42:35.50        | 01:44:22.55         | +00:28:02 (27.3%) | 10:15           | 5.8 (72.5%)   |

Znaleziono 21 wynik(ów)