

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

Klasyfikacja: K-30

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	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		7:37	7.9 (100%)
2	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	+00:01:08 (1.5%)	7:44	7.8 (98.7%)
3	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	+00:01:32 (2.0%)	7:46	7.7 (97.5%)
4	WYLEŻAŁEK Alina	3150		K-30	4	00:02:00	00:37:29	01:15:10	01:18:16.00	01:20:16.15	+00:02:04 (2.7%)	7:49	7.7 (97.5%)
5	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	+00:04:15 (5.3%)	8:02	7.5 (94.9%)
6	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	+00:05:52 (7.2%)	8:12	7.3 (92.4%)
7	ZDROJEWSKA Agata	3121		K-30	7	00:01:24	00:39:16	01:20:54	01:24:17.35	01:25:41.60	+00:08:06 (9.6%)	8:25	7.1 (89.9%)
8	SZYJKA Katarzyna	3097	HIRSCHVOGEL	K-30	8	00:02:10	00:40:27	01:21:17	01:24:32.60	01:26:43.00	+00:08:21 (9.9%)	8:27	7.1 (89.9%)
9	LATOCHA Dorota	3048		K-30	9	00:01:55	00:40:12	01:22:02	01:25:21.60	01:27:17.00	+00:09:10 (10.7%)	8:32	7 (88.6%)
10	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	+00:11:41 (13.3%)	8:47	6.8 (86.1%)
11	SOBCZAK-KOSIŃSKA Sylwia	3091		K-30	11	00:01:56	00:42:11	01:27:08	01:30:39.05	01:32:35.50	+00:14:28 (16.0%)	9:03	6.6 (83.5%)
12	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	+00:14:40 (16.1%)	9:05	6.6 (83.5%)
13	DOMARADZKA Karolina	3015		K-30	13	00:02:14	00:43:40	01:27:29	01:30:58.15	01:33:13.10	+00:14:47 (16.3%)	9:05	6.6 (83.5%)
14	HRYSZKIEWICZ Anna	3029		K-30	14	00:02:04	00:43:44	01:27:53	01:31:16.65	01:33:21.30	+00:15:05 (16.5%)	9:07	6.6 (83.5%)
15	MORAWSKA Aleksandra	3061	POGORIAMORSUJE	K-30	15	00:02:18	00:45:30	01:28:21	01:31:42.10	01:34:00.50	+00:15:31 (16.9%)	9:10	6.5 (82.3%)

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16	ZIOŁKOWSKA Dorota	3124		K-30	16	00:02:10	00:44:36	01:30:23	01:34:02.10	01:36:12.95	+00:17:51 (19.0%)	9:24	6.4 (81.0%)
17	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	+00:18:16 (19.3%)	9:26	6.4 (81.0%)
18	NIEZGODA Dorota	3132		K-30	18	00:01:53	00:44:56	01:31:38	01:35:15.70	01:37:09.15	+00:19:04 (20.0%)	9:31	6.3 (79.7%)
19	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	+00:19:39 (20.5%)	9:35	6.3 (79.7%)
20	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	+00:20:18 (21.0%)	9:39	6.2 (78.5%)
21	GLIMAŃSKA Agnieszka	3025		K-30	21	00:01:47	00:45:35	01:33:53	01:37:45.40	01:39:32.80	+00:21:34 (22.1%)	9:46	6.1 (77.2%)
22	TRZECIAK Lucyna	3103		K-30	22	00:00:44	00:45:55	01:34:30	01:38:00.05	01:38:44.30	+00:21:49 (22.3%)	9:48	6.1 (77.2%)
23	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	+00:24:02 (24.0%)	10:01	6 (75.9%)
24	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	+00:25:25 (25.0%)	10:09	5.9 (74.7%)

Znaleziono 24 wynik(ów)