



**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-40

| 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   | <b>SZAJNOWSKA Agnieszka</b>  | <b>1681</b> | ZDROWE KROKI PM 4  | K-40      | 1    | 00:01:41    | 00:35:24       | 01:12:45       | <b>01:15:37.45</b> | <b>01:17:18.70</b>  |                   | 7:33            | 7.9 (100%)    |
| 2   | <b>MAJEWSKA Dorota</b>       | <b>1647</b> |                    | K-40      | 2    | 00:01:27    | 00:37:42       | 01:15:55       | <b>01:18:53.25</b> | <b>01:20:20.25</b>  | +00:03:15 (4.1%)  | 7:53            | 7.6 (96.2%)   |
| 3   | <b>MISZCZAK Katarzyna</b>    | <b>1653</b> | EKIPA NA KIJACH    | K-40      | 3    | 00:01:35    | 00:38:42       | 01:17:09       | <b>01:20:11.30</b> | <b>01:21:47.05</b>  | +00:04:33 (5.7%)  | 8:01            | 7.5 (94.9%)   |
| 4   | <b>TYCZEWSKA Teresa</b>      | <b>1692</b> |                    | K-40      | 4    | 00:01:37    | 00:40:01       | 01:21:52       | <b>01:25:11.05</b> | <b>01:26:48.55</b>  | +00:09:33 (11.2%) | 8:31            | 7 (88.6%)     |
| 5   | <b>LISZKA Ilona</b>          | <b>1646</b> | OFIARY KAMIEŃCA    | K-40      | 5    | 00:01:27    | 00:40:40       | 01:24:06       | <b>01:27:38.20</b> | <b>01:29:05.30</b>  | +00:12:00 (13.7%) | 8:45            | 6.8 (86.1%)   |
| 6   | <b>KOZŁOWSKA Karina</b>      | <b>1639</b> | OFIARY KAMIEŃCA    | K-40      | 6    | 00:01:27    | 00:40:41       | 01:24:07       | <b>01:27:39.10</b> | <b>01:29:06.15</b>  | +00:12:01 (13.7%) | 8:45            | 6.8 (86.1%)   |
| 7   | <b>WINIARSKA Jolanta</b>     | <b>1603</b> |                    | K-40      | 7    | 00:01:28    | 00:41:42       | 01:24:26       | <b>01:27:53.45</b> | <b>01:29:22.00</b>  | +00:12:16 (14.0%) | 8:47            | 6.8 (86.1%)   |
| 8   | <b>KOWAL Sylwia</b>          | <b>1637</b> | JUSTYNA-SYLWIA     | K-40      | 8    | 00:01:45    | 00:44:58       | 01:25:37       | <b>01:28:44.60</b> | <b>01:30:30.50</b>  | +00:13:07 (14.8%) | 8:52            | 6.8 (86.1%)   |
| 9   | <b>SNOCHOWSKA Agata</b>      | <b>1678</b> | SZOMBIERKI RUNNERS | K-40      | 9    | 00:01:24    | 00:43:11       | 01:26:27       | <b>01:29:43.80</b> | <b>01:31:08.20</b>  | +00:14:06 (15.7%) | 8:58            | 6.7 (84.8%)   |
| 10  | <b>BROLL Agnieszka</b>       | <b>1613</b> |                    | K-40      | 10   | 00:01:31    | 00:44:09       | 01:27:23       | <b>01:30:46.25</b> | <b>01:32:18.00</b>  | +00:15:08 (16.7%) | 9:04            | 6.6 (83.5%)   |
| 11  | <b>ARBASZEWSKA Agnieszka</b> | <b>1601</b> |                    | K-40      | 11   | 00:01:19    | 00:42:01       | 01:27:42       | <b>01:31:14.95</b> | <b>01:32:34.90</b>  | +00:15:37 (17.1%) | 9:07            | 6.6 (83.5%)   |
| 12  | <b>JASIŃSKA Justyna</b>      | <b>1630</b> | JUSTYNA-SYLWIA     | K-40      | 12   | 00:01:45    | 00:44:59       | 01:28:17       | <b>01:31:36.40</b> | <b>01:33:21.85</b>  | +00:15:58 (17.4%) | 9:09            | 6.6 (83.5%)   |
| 13  | <b>PAWŁOWSKA Anna</b>        | <b>1660</b> |                    | K-40      | 13   | 00:01:38    | 00:43:52       | 01:29:55       | <b>01:33:30.85</b> | <b>01:35:09.65</b>  | +00:17:53 (19.1%) | 9:21            | 6.4 (81.0%)   |
| 14  | <b>ROMAŃSKA Katarzyna</b>    | <b>1671</b> |                    | K-40      | 14   | 00:01:35    | 00:45:59       | 01:31:56       | <b>01:35:31.05</b> | <b>01:37:06.80</b>  | +00:19:53 (20.8%) | 9:33            | 6.3 (79.7%)   |
| 15  | <b>KALISZ Aneta</b>          | <b>1128</b> |                    | K-40      | 15   | 00:01:30    | 00:45:43       | 01:32:08       | <b>01:35:31.35</b> | <b>01:37:01.45</b>  | +00:19:53 (20.8%) | 9:33            | 6.3 (79.7%)   |
| 16  | <b>KREFT Sylwia</b>          | <b>1640</b> |                    | K-40      | 16   | 00:01:30    | 00:45:43       | 01:32:09       | <b>01:35:31.40</b> | <b>01:37:01.50</b>  | +00:19:53 (20.8%) | 9:33            | 6.3 (79.7%)   |

Znaleziono 16 wynik(ów)