

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

Klasyfikacja: K-40

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	RZEPKA Małgorzata	3082	KB ORŁY Z KNUROWA	K-40	1	00:01:37	00:32:47	01:06:41	01:09:23.30	01:11:00.35		6:56	8.6 (100%)
2	DANIELEWICZ Anna	3014		K-40	2	00:01:49	00:34:39	01:10:09	01:13:01.75	01:14:51.30	+00:03:38 (5.0%)	7:18	8.2 (95.3%)
3	TAISNER Aleksandra	3099		K-40	3	00:01:34	00:35:16	01:10:21	01:13:05.10	01:14:40.00	+00:03:41 (5.1%)	7:18	8.2 (95.3%)
4	BASISTA Kasia	3001	FORMA WODZISŁAW ŚLĄSKI	K-40	4	00:01:35	00:35:24	01:10:45	01:13:35.30	01:15:10.55	+00:04:12 (5.7%)	7:21	8.2 (95.3%)
5	BOROŃ Luiza	3008	RUNHOGS TYCHY	K-40	5	00:01:50	00:36:12	01:13:09	01:16:02.30	01:17:53.05	+00:06:39 (8.7%)	7:36	7.9 (91.9%)
6	POLAK Katarzyna	3073		K-40	6	00:01:13	00:36:03	01:13:10	01:16:14.90	01:17:28.20	+00:06:51 (9.0%)	7:37	7.9 (91.9%)
7	SZAJNOWSKA Agnieszka	3093	ZDROWE KROKI ZPM 4	K-40	7	00:01:36	00:36:00	01:14:21	01:17:20.15	01:18:56.55	+00:07:56 (10.3%)	7:44	7.8 (90.7%)
8	BIAŁAS Anna	3002		K-40	8	00:01:50	00:36:44	01:14:51	01:17:54.60	01:19:45.25	+00:08:31 (10.9%)	7:47	7.7 (89.5%)
9	KOWALCZYK Joanna	3042	LUX TORPEDA MAŁOPOLSKA	K-40	9	00:01:50	00:37:38	01:16:31	01:19:35.80	01:21:26.35	+00:10:12 (12.8%)	7:57	7.5 (87.2%)
10	ZWAKA-MYSZKA Magdalena	3126		K-40	10	00:01:35	00:38:24	01:18:35	01:21:53.75	01:23:29.40	+00:12:30 (15.3%)	8:11	7.3 (84.9%)
11	MICHALIK Joanna	3060		K-40	11	00:01:32	00:38:41	01:18:51	01:21:57.00	01:23:29.50	+00:12:33 (15.3%)	8:11	7.3 (84.9%)
12	LISZKA Ilona	3051		K-40	12	00:01:54	00:38:34	01:18:59	01:22:13.40	01:24:08.05	+00:12:50 (15.6%)	8:13	7.3 (84.9%)
13	NIESTRÓJ Sylwia	3064	DYSTANS LUBOMIA	K-40	13	00:01:38	00:40:34	01:21:34	01:24:53.40	01:26:31.60	+00:15:30 (18.3%)	8:29	7.1 (82.6%)
14	PRZEKWAS Bogna	3075		K-40	14	00:01:36	00:39:41	01:21:53	01:25:14.75	01:26:51.15	+00:15:51 (18.6%)	8:31	7 (81.4%)
15	JAKUBOWSKA Agnieszka	3030		K-40	15	00:01:54	00:40:14	01:22:03	01:25:22.65	01:27:16.90	+00:15:59 (18.7%)	8:32	7 (81.4%)

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16	SNOCHOWSKA Agata	3090	SZOMBIERKI BIEGAJĄ I CHODZA	K-40	16	00:02:09	00:41:23	01:24:30	01:27:52.80	01:30:02.15	+00:18:29 (21.0%)	8:47	6.8 (79.1%)
17	SZPIECHOWICZ Sylwia	3096		K-40	17	00:02:02	00:41:48	01:24:54	01:28:16.60	01:30:18.75	+00:18:53 (21.4%)	8:49	6.8 (79.1%)
18	BROM-NOWAK Anna	3010	PROPOINT	K-40	18	00:02:13	00:41:40	01:25:24	01:28:54.95	01:31:08.40	+00:19:31 (22.0%)	8:53	6.7 (77.9%)
19	ROMAŃSKA Katarzyna	3078	#CZELADZBIEGA	K-40	19	00:02:16	00:42:17	01:26:14	01:29:39.20	01:31:56.00	+00:20:15 (22.6%)	8:58	6.7 (77.9%)
20	ARBASZEWSKA Agnieszka	3000		K-40	20	00:01:11	00:42:05	01:26:42	01:30:12.35	01:31:23.40	+00:20:49 (23.1%)	9:01	6.7 (77.9%)
21	BROLL Agnieszka	3009		K-40	21	00:01:40	00:43:11	01:26:43	01:30:12.90	01:31:53.00	+00:20:49 (23.1%)	9:01	6.7 (77.9%)
22	KIDAWA Joanna	3038		K-40	22	00:02:22	00:43:02	01:27:05	01:30:32.55	01:32:54.80	+00:21:09 (23.4%)	9:03	6.6 (76.7%)
23	DREWNIOK - JAGODZIŃSKA Klaudia	3017		K-40	23	00:01:47	00:43:06	01:27:38	01:31:19.90	01:33:07.10	+00:21:56 (24.0%)	9:08	6.6 (76.7%)
24	KACZMAREK Danuta	3032		K-40	24	00:02:15	00:43:13	01:28:44	01:32:23.70	01:34:39.65	+00:23:00 (24.9%)	9:14	6.5 (75.6%)
25	KALISZ Aneta	3034	MOMO TEAM	K-40	25	00:02:06	00:43:55	01:28:59	01:32:42.75	01:34:49.35	+00:23:19 (25.2%)	9:16	6.5 (75.6%)
26	MAZIUK Ewa	3058		K-40	26	00:01:56	00:44:49	01:29:53	01:33:26.40	01:35:22.75	+00:24:03 (25.7%)	9:20	6.4 (74.4%)
27	MICHALAK Teresa	3059		K-40	27	00:01:47	00:44:41	01:31:54	01:35:39.35	01:37:27.30	+00:26:16 (27.5%)	9:34	6.3 (73.3%)
28	ROJEK Urszula	3077		K-40	28	00:02:14	00:47:42	01:35:49	01:39:38.85	01:41:53.60	+00:30:15 (30.4%)	9:57	6 (69.8%)
29	MALINOWSKA Katarzyna	3054		K-40	29	00:02:06	00:48:35	01:40:13	01:44:26.00	01:46:32.40	+00:35:02 (33.6%)	10:26	5.7 (66.3%)
30	CZEKAŃSKA Bożena	3012		K-40	30	00:02:05	00:48:36	01:40:14	01:44:26.85	01:46:32.55	+00:35:03 (33.6%)	10:26	5.7 (66.3%)
31	KUCHNIA Ania	3045	TS REGLE/NESSI TEAM	K-40	31	00:02:01	00:50:23	01:41:58	01:45:52.35	01:47:54.00	+00:36:29 (34.5%)	10:35	5.7 (66.3%)

Znaleziono 31 wynik(ów)