



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

NORDIC WALKING GLIWICKI - 10KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

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	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	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%)
3	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%)
4	SZAJNOWSKA Agnieszka	1681	ZDROWE KROKI PM 4	K-40	1	00:01:41	00:35:24	01:12:45	01:15:37.45	01:17:18.70	+00:01:04 (1.4%)	7:33	7.9 (98.8%)
5	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%)
6	MAJEWSKA Dorota	1647		K-40	2	00:01:27	00:37:42	01:15:55	01:18:53.25	01:20:20.25	+00:04:20 (5.5%)	7:53	7.6 (95.0%)
7	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%)
8	MISZCZAK Katarzyna	1653	EKIPA NA KIJACH	K-40	3	00:01:35	00:38:42	01:17:09	01:20:11.30	01:21:47.05	+00:05:38 (7.0%)	8:01	7.5 (93.8%)
9	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%)
10	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%)
11	KIDAWA Bożena	1602		K-60	1	00:01:35	00:39:29	01:20:19	01:23:36.25	01:25:11.35	+00:09:03 (10.8%)	8:21	7.2 (90.0%)
12	SZROBARCZYK Małgorzata	1684		K-50	1	00:01:22	00:40:43	01:22:08	01:25:19.20	01:26:41.75	+00:10:46 (12.6%)	8:31	7 (87.5%)
13	TYCZEWSKA Teresa	1692		K-40	4	00:01:37	00:40:01	01:21:52	01:25:11.05	01:26:48.55	+00:10:38 (12.5%)	8:31	7 (87.5%)
14	IZYDORCZYK Bernadetta	1628		K-50	2	00:01:32	00:40:04	01:22:53	01:26:25.25	01:27:57.45	+00:11:52 (13.7%)	8:38	6.9 (86.3%)

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
15	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%)
16	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%)
17	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%)
18	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%)
19	MAŁKA Irena	1649		K-60	2	00:01:19	00:41:36	01:23:51	01:27:13.85	01:28:33.55	+00:12:41 (14.5%)	8:43	6.9 (86.3%)
20	KRZYŻANIAK Maria	1641	KAMA	K-50	3	00:01:29	00:40:40	01:22:38	01:27:11.20	01:28:40.40	+00:12:38 (14.5%)	8:43	6.9 (86.3%)
21	LISZKA Ilona	1646	OFIARY KAMIEŃCA	K-40	5	00:01:27	00:40:40	01:24:06	01:27:38.20	01:29:05.30	+00:13:05 (14.9%)	8:45	6.8 (85.0%)
22	KOZŁOWSKA Karina	1639	OFIARY KAMIEŃCA	K-40	6	00:01:27	00:40:41	01:24:07	01:27:39.10	01:29:06.15	+00:13:06 (15.0%)	8:45	6.8 (85.0%)
23	WINIARSKA Jolanta	1603		K-40	7	00:01:28	00:41:42	01:24:26	01:27:53.45	01:29:22.00	+00:13:20 (15.2%)	8:47	6.8 (85.0%)
24	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%)
25	PIĄTEK Irena	1661		K-50	5	00:00:33	00:41:28	01:25:16	01:28:52.75	01:29:26.60	+00:14:20 (16.1%)	8:53	6.8 (85.0%)
26	TRAUTMANN Bogusława	1690	OFIARY KAMIEŃCA	K-50	4	00:01:29	00:42:26	01:24:59	01:28:24.75	01:29:53.80	+00:13:52 (15.7%)	8:50	6.8 (85.0%)
27	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%)
28	KOWAL Sylwia	1637	JUSTYNA-SYLWIA	K-40	8	00:01:45	00:44:58	01:25:37	01:28:44.60	01:30:30.50	+00:14:11 (16.0%)	8:52	6.8 (85.0%)
29	DOMARADZKA Karolina	1618		K-20	1	00:01:34	00:43:21	01:26:08	01:29:33.40	01:31:07.80	+00:15:00 (16.8%)	8:57	6.7 (83.8%)
30	SNOCHOWSKA Agata	1678	SZOMBIERKI RUNNERS	K-40	9	00:01:24	00:43:11	01:26:27	01:29:43.80	01:31:08.20	+00:15:11 (16.9%)	8:58	6.7 (83.8%)
31	PACYNA Danuta	1658		K-50	6	00:01:35	00:45:32	01:26:32	01:29:41.90	01:31:17.70	+00:15:09 (16.9%)	8:58	6.7 (83.8%)
32	SARRÉ Joanna	1674	SPORTRELAKS	K-60	3	00:01:38	00:42:06	01:26:18	01:29:55.60	01:31:34.10	+00:15:22 (17.1%)	8:59	6.7 (83.8%)
33	HERMAN Kazimiera	1627		K-60	4	00:01:31	00:43:26	01:26:46	01:30:11.95	01:31:43.10	+00:15:39 (17.4%)	9:01	6.7 (83.8%)
34	ZIÓŁKOWSKA Jolanta	1702		K-50	7	00:01:31	00:43:26	01:26:46	01:30:12.10	01:31:43.35	+00:15:39 (17.4%)	9:01	6.7 (83.8%)
35	BROLL Agnieszka	1613		K-40	10	00:01:31	00:44:09	01:27:23	01:30:46.25	01:32:18.00	+00:16:13 (17.9%)	9:04	6.6 (82.5%)
36	ARBASZEWSKA Agnieszka	1601		K-40	11	00:01:19	00:42:01	01:27:42	01:31:14.95	01:32:34.90	+00:16:42 (18.3%)	9:07	6.6 (82.5%)
37	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%)

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38	JASIŃSKA Justyna	1630	JUSTYNA-SYLWIA	K-40	12	00:01:45	00:44:59	01:28:17	01:31:36.40	01:33:21.85	+00:17:03 (18.6%)	9:09	6.6 (82.5%)
39	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%)
40	PURTAK Anna	1670		K-50	8	00:01:39	00:43:39	01:28:31	01:31:59.35	01:33:39.10	+00:17:26 (19.0%)	9:12	6.5 (81.3%)
41	JAKUSZEWSKA Ewa	1629		K-60	5	00:01:35	00:45:34	01:28:51	01:32:19.85	01:33:55.60	+00:17:47 (19.3%)	9:14	6.5 (81.3%)
42	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%)
43	ALEKSANDROWICZ Małgorzata	1610		K-50	9	00:01:38	00:43:52	01:29:55	01:33:30.70	01:35:09.60	+00:18:58 (20.3%)	9:21	6.4 (80.0%)
44	PAWŁOWSKA Anna	1660		K-40	13	00:01:38	00:43:52	01:29:55	01:33:30.85	01:35:09.65	+00:18:58 (20.3%)	9:21	6.4 (80.0%)
45	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%)
46	KOWALCZYK Maya	1638	MOMO RESTAURANT & COCKTAIL BAR	K-50	10	00:00:28	00:45:19	01:32:32	01:36:16.50	01:36:45.05	+00:21:43 (22.6%)	9:37	6.2 (77.5%)
47	KALISZ Aneta	1128		K-40	15	00:01:30	00:45:43	01:32:08	01:35:31.35	01:37:01.45	+00:20:58 (22.0%)	9:33	6.3 (78.8%)
48	KREFT Sylwia	1640		K-40	16	00:01:30	00:45:43	01:32:09	01:35:31.40	01:37:01.50	+00:20:58 (22.0%)	9:33	6.3 (78.8%)
49	ROMAŃSKA Katarzyna	1671		K-40	14	00:01:35	00:45:59	01:31:56	01:35:31.05	01:37:06.80	+00:20:58 (22.0%)	9:33	6.3 (78.8%)
50	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%)
51	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%)
52	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%)
53	PODOLAK Teresa	1665	LAKS FRETPOL PYSKOWICE	K-50	11	00:01:25	00:46:56	01:35:50	01:39:45.30	01:41:11.20	+00:25:12 (25.3%)	9:58	6 (75.0%)
54	DOMARADZKA Mirella	1619		K-50	12	00:01:31	00:46:47	01:36:14	01:40:06.55	01:41:38.35	+00:25:33 (25.5%)	10:00	6 (75.0%)
55	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%)
56	WIŚNIEWSKA Marzanna	1695		K-50	13	00:01:47	00:49:00	01:39:39	01:43:44.30	01:45:31.45	+00:29:11 (28.1%)	10:22	5.8 (72.5%)
57	PŁONKA Janina	1664		K-60	6	00:01:46	00:49:02	01:40:17	01:44:21.80	01:46:08.10	+00:29:49 (28.6%)	10:26	5.7 (71.3%)
58	LISOWSKA Agnieszka	1644		K-18	1	00:01:44	00:47:33	01:41:35	01:45:44.20	01:47:28.85	+00:31:11 (29.5%)	10:34	5.7 (71.3%)
59	POGORZELSKA Barbara	1667	FIS-SST TEAM	K-70	1	00:01:39	00:49:12	01:42:04	01:46:26.30	01:48:05.65	+00:31:53 (30.0%)	10:38	5.6 (70.0%)