



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

Półmaraton Gliwicki 2017  
Fundacja Bieg Rzeźnika  
2017-10-22  
Gliwice  
10 km

## NORDIC WALKING GLIWICKI - 10KM

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SMOLARCZYK Dorota</b>	<b>3071</b>	MŁODE WILKI	K-40	1	00:02:13	00:29:09	00:40:43	<b>01:09:59.85</b>	<b>01:12:13.40</b>		7:00	8.6 (100%)
2	<b>MARONDEL Katarzyna</b>	<b>3086</b>	SILESIA NORDIC TEAM	K-30	1	00:02:46	00:30:17	00:42:28	<b>01:13:01.70</b>	<b>01:15:47.90</b>	+00:03:01 (4.2%)	7:18	8.2 (95.3%)
3	<b>STĘPIEŃ Dorota</b>	<b>3047</b>		K-40	2	00:02:50	00:29:53	00:42:06	<b>01:13:04.65</b>	<b>01:15:55.40</b>	+00:03:04 (4.2%)	7:18	8.2 (95.3%)
4	<b>SKOWROŃSKA Anna</b>	<b>3066</b>		K-40	3	00:02:49	00:31:09	00:43:20	<b>01:14:09.80</b>	<b>01:16:59.55</b>	+00:04:09 (5.6%)	7:25	8.1 (94.2%)
5	<b>TYCZEWSKA Paulina</b>	<b>3031</b>		K-30	2	00:02:46	00:30:55	00:43:35	<b>01:16:18.35</b>	<b>01:19:04.65</b>	+00:06:18 (8.3%)	7:37	7.9 (91.9%)
6	<b>URBANOWICZ Aleksandra</b>	<b>3080</b>	KTB 'PRZEZ LAS ' GLIWICE	K-50	1	00:02:50	00:32:38	00:45:17	<b>01:16:36.60</b>	<b>01:19:26.85</b>	+00:06:36 (8.6%)	7:39	7.8 (90.7%)
7	<b>KOZUB Patrycja</b>	<b>3094</b>	CERTUM	K-20	1	00:02:43	00:32:16	00:45:09	<b>01:17:34.30</b>	<b>01:20:18.10</b>	+00:07:34 (9.8%)	7:45	7.7 (89.5%)
8	<b>SKAWIŃSKA Ewa</b>	<b>3076</b>	RIGHTWAY	K-40	4	00:02:50	00:32:53	00:45:40	<b>01:17:46.85</b>	<b>01:20:37.10</b>	+00:07:47 (10.0%)	7:46	7.7 (89.5%)
9	<b>TAISNER Aleksandra</b>	<b>3089</b>		K-30	3	00:02:48	00:32:52	00:45:45	<b>01:19:03.65</b>	<b>01:21:51.65</b>	+00:09:03 (11.5%)	7:54	7.6 (88.4%)
10	<b>MICHALIK Joanna</b>	<b>3081</b>		K-30	4	00:02:47	00:33:42	00:47:03	<b>01:19:50.75</b>	<b>01:22:37.85</b>	+00:09:50 (12.3%)	7:59	7.5 (87.2%)
11	<b>TYCZEWSKA Teresa</b>	<b>3014</b>		K-40	5	00:02:47	00:32:55	00:46:16	<b>01:20:24.05</b>	<b>01:23:11.95</b>	+00:10:24 (12.9%)	8:02	7.5 (87.2%)
12	<b>TRACZEWSKA Magdalena</b>	<b>3082</b>		K-30	5	00:02:52	00:34:08	00:47:59	<b>01:22:37.80</b>	<b>01:25:30.00</b>	+00:12:37 (15.3%)	8:15	7.3 (84.9%)
13	<b>KIDAWA Bożena</b>	<b>3024</b>		K-60	1	00:02:46	00:34:18	00:48:03	<b>01:23:01.75</b>	<b>01:25:48.20</b>	+00:13:01 (15.7%)	8:18	7.2 (83.7%)
14	<b>WINKIEWICZ Jolanta</b>	<b>3056</b>		K-50	2	00:02:47	00:34:27	00:48:19	<b>01:23:10.15</b>	<b>01:25:57.50</b>	+00:13:10 (15.8%)	8:19	7.2 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>LEWANDOWSKA Iwona</b>	<b>3079</b>		K-50	3	00:02:43	00:34:04	00:48:07	<b>01:23:25.25</b>	<b>01:26:08.50</b>	+00:13:25 (16.1%)	8:20	7.2 (83.7%)
16	<b>WĘGRZYNOWICZ Estera</b>	<b>3007</b>		K-30	6	00:02:55	00:35:42	00:49:58	<b>01:23:35.80</b>	<b>01:26:31.05</b>	+00:13:35 (16.3%)	8:21	7.2 (83.7%)
17	<b>SARRÉ Joanna</b>	<b>3039</b>	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	2	00:02:56	00:34:15	00:48:08	<b>01:24:23.55</b>	<b>01:27:19.60</b>	+00:14:23 (17.1%)	8:26	7.1 (82.6%)
18	<b>WOLIŃSKA Katarzyna</b>	<b>3097</b>		K-40	6	00:02:59	00:37:01	00:51:35	<b>01:24:54.35</b>	<b>01:27:53.45</b>	+00:14:54 (17.6%)	8:29	7.1 (82.6%)
19	<b>MAZIUK Ewa</b>	<b>3045</b>		K-40	7	00:02:51	00:35:52	00:50:07	<b>01:25:30.30</b>	<b>01:28:21.85</b>	+00:15:30 (18.1%)	8:33	7 (81.4%)
20	<b>MIZERA Beata</b>	<b>3006</b>		K-40	8	00:02:55	00:35:49	00:50:03	<b>01:25:34.80</b>	<b>01:28:29.95</b>	+00:15:34 (18.2%)	8:33	7 (81.4%)
21	<b>SOBCZAK-KOSIŃSKA Sylwia</b>	<b>3049</b>		K-30	7	00:02:51	00:35:55	00:50:08	<b>01:25:46.05</b>	<b>01:28:37.60</b>	+00:15:46 (18.4%)	8:34	7 (81.4%)
22	<b>SKONIECZNA Magdalena</b>	<b>3017</b>	BUKATEAM	K-30	8	00:02:48	00:35:13	00:49:20	<b>01:25:52.20</b>	<b>01:28:40.65</b>	+00:15:52 (18.5%)	8:35	7 (81.4%)
23	<b>DOMARADZKA Karolina</b>	<b>3037</b>		K-20	2	00:02:51	00:36:40	00:50:53	<b>01:26:02.25</b>	<b>01:28:53.30</b>	+00:16:02 (18.6%)	8:36	7 (81.4%)
24	<b>KOZŁOWSKA Karina</b>	<b>3029</b>		K-40	9	00:02:43	00:35:14	00:49:52	<b>01:26:11.80</b>	<b>01:28:55.55</b>	+00:16:11 (18.8%)	8:37	7 (81.4%)
25	<b>KISTELLA Paulina</b>	<b>3061</b>		K-20	3	00:02:45	00:35:05	00:49:29	<b>01:26:14.25</b>	<b>01:28:59.60</b>	+00:16:14 (18.8%)	8:37	7 (81.4%)
26	<b>ARTER Małgorzata</b>	<b>3003</b>		K-50	4	00:02:45	00:36:30	00:50:46	<b>01:26:16.45</b>	<b>01:29:01.80</b>	+00:16:16 (18.9%)	8:37	7 (81.4%)
27	<b>PROKOP Gabriela</b>	<b>3098</b>		K-30	9	00:02:48	00:36:35	00:50:58	<b>01:26:14.30</b>	<b>01:29:02.85</b>	+00:16:14 (18.8%)	8:37	7 (81.4%)
28	<b>TURCZYN Jolanta</b>	<b>3053</b>		K-50	5	00:02:49	00:36:33	00:51:05	<b>01:27:58.75</b>	<b>01:30:48.15</b>	+00:17:58 (20.4%)	8:47	6.8 (79.1%)
29	<b>MAŁKA Irena</b>	<b>3068</b>	NIEZRZESZONA	K-60	3	00:02:45	00:37:11	00:51:58	<b>01:28:35.00</b>	<b>01:31:20.10</b>	+00:18:35 (21.0%)	8:51	6.8 (79.1%)
30	<b>WOJDAT Hanna</b>	<b>3054</b>		K-40	10	00:02:59	00:37:05	00:51:50	<b>01:28:43.65</b>	<b>01:31:43.40</b>	+00:18:43 (21.1%)	8:52	6.8 (79.1%)
31	<b>SNOCHOWSKA Agata</b>	<b>3058</b>	SZOMBIERKI RANNERS	K-30	10	00:02:53	00:38:11	00:52:53	<b>01:28:57.75</b>	<b>01:31:51.70</b>	+00:18:57 (21.3%)	8:53	6.7 (77.9%)
32	<b>NOWICKA Katarzyna</b>	<b>3065</b>	SZOMBIERKI RUNNERS	K-40	11	00:02:54	00:38:10	00:52:52	<b>01:28:59.00</b>	<b>01:31:53.30</b>	+00:18:59 (21.3%)	8:53	6.7 (77.9%)
33	<b>ALEKSANDROWICZ Małgorzata</b>	<b>3033</b>		K-50	6	00:02:10	00:37:27	00:52:24	<b>01:29:47.10</b>	<b>01:31:57.75</b>	+00:19:47 (22.0%)	8:58	6.7 (77.9%)
34	<b>DŁUGAJ Urszula</b>	<b>3078</b>		K-40	12	00:02:50	00:38:07	00:53:02	<b>01:29:13.75</b>	<b>01:32:03.75</b>	+00:19:13 (21.6%)	8:55	6.7 (77.9%)
35	<b>PACYNA-ZIEBURA Anna</b>	<b>3030</b>		K-30	12	00:00:00	00:40:31	00:55:33	<b>01:32:13.05</b>	<b>01:32:13.05</b>	+00:22:13 (24.1%)	9:13	6.5 (75.6%)
36	<b>PAWŁOWSKA Anna</b>	<b>3034</b>		K-40	14	00:02:11	00:37:26	00:52:24	<b>01:30:14.65</b>	<b>01:32:25.70</b>	+00:20:14 (22.4%)	9:01	6.6 (76.7%)
37	<b>KOWAL Sylwia</b>	<b>3064</b>	-	K-40	13	00:02:47	00:38:55	00:53:59	<b>01:29:39.55</b>	<b>01:32:26.85</b>	+00:19:39 (21.9%)	8:57	6.7 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	LISOWSKA Agnieszka	3027		K-18	1	00:02:52	00:38:09	00:53:05	01:29:44.45	01:32:36.70	+00:19:44 (22.0%)	8:58	6.7 (77.9%)
39	NOWAK Lidia	3048		K-50	7	00:02:51	00:37:57	00:52:45	01:30:00.65	01:32:51.70	+00:20:00 (22.2%)	9:00	6.7 (77.9%)
40	JASIŃSKA Justyna	3063		K-30	11	00:02:47	00:38:56	00:53:59	01:30:08.50	01:32:55.80	+00:20:08 (22.3%)	9:00	6.7 (77.9%)
41	KMIEĆ Agnieszka	3088	CERTUM	K-20	4	00:02:47	00:37:45	00:52:50	01:30:14.00	01:33:01.40	+00:20:14 (22.4%)	9:01	6.6 (76.7%)
42	PURTAK Anna	3032		K-50	8	00:02:48	00:38:13	00:53:07	01:31:10.95	01:33:59.20	+00:21:11 (23.2%)	9:07	6.6 (76.7%)
43	JANIK Sylwia	3075		K-20	5	00:01:57	00:38:53	00:54:30	01:32:44.60	01:34:41.70	+00:22:44 (24.5%)	9:16	6.5 (75.6%)
44	DWORAK Iwona	3036		K-30	13	00:02:45	00:37:33	00:52:57	01:32:19.05	01:35:04.05	+00:22:19 (24.2%)	9:13	6.5 (75.6%)
45	KALISZ Aneta	3092		K-40	15	00:02:53	00:39:28	00:54:48	01:32:46.90	01:35:40.25	+00:22:47 (24.6%)	9:16	6.5 (75.6%)
46	KREFT Sylwia	3093		K-40	16	00:02:53	00:39:31	00:54:48	01:32:47.30	01:35:40.95	+00:22:47 (24.6%)	9:16	6.5 (75.6%)
47	CEMPULIK-ŁAKOMSKA Agnieszka	3019		K-40	17	00:02:54	00:40:17	00:55:47	01:33:08.60	01:36:03.55	+00:23:08 (24.8%)	9:18	6.4 (74.4%)
48	KACZMAREK Danuta	3020	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANIA	K-30	14	00:02:52	00:38:48	00:54:26	01:33:38.85	01:36:31.55	+00:23:39 (25.3%)	9:21	6.4 (74.4%)
49	RAJTOR Dominika	3084		K-30	15	00:02:44	00:38:57	00:54:37	01:34:25.50	01:37:09.90	+00:24:25 (25.9%)	9:26	6.4 (74.4%)
50	GÓRAL Małgorzata	3051	NIEZRZESZONY	K-40	19	00:02:46	00:39:03	00:54:47	01:34:51.90	01:37:38.30	+00:24:52 (26.2%)	9:29	6.3 (73.3%)
51	GÓRNIAK Alicja	3052	NIZRZESZONY	K-40	18	00:02:46	00:39:02	00:54:47	01:34:51.85	01:37:38.35	+00:24:52 (26.2%)	9:29	6.3 (73.3%)
52	WIĘCŁAW Cecylia	3074		K-30	16	00:02:51	00:40:06	00:56:04	01:36:22.10	01:39:13.55	+00:26:22 (27.4%)	9:38	6.2 (72.1%)
53	KOTOWSKA Karolina	3001	ETISOFT RUNNING TEAM	K-30	17	00:02:56	00:40:26	00:56:22	01:37:36.10	01:40:32.40	+00:27:36 (28.3%)	9:45	6.1 (70.9%)
54	JAKUBIAK Izabella	3073		K-40	20	00:02:51	00:40:16	00:56:30	01:38:27.25	01:41:18.70	+00:28:27 (28.9%)	9:50	6.1 (70.9%)
55	WIRSKA Magdalena	3059		K-30	18	00:02:43	00:40:33	00:56:56	01:38:56.90	01:41:40.85	+00:28:57 (29.3%)	9:53	6.1 (70.9%)
56	PARUZEL Julianna	3042	BPK	K-30	19	00:02:52	00:41:59	00:58:02	01:39:17.90	01:42:10.70	+00:29:18 (29.5%)	9:55	6 (69.8%)
57	HILKNER-BUKOWSKA Dorota	3043		K-50	9	00:02:53	00:41:57	00:57:58	01:39:18.85	01:42:11.95	+00:29:19 (29.5%)	9:55	6 (69.8%)
58	WIŚNIEWSKA Marzanna	3021		K-40	21	00:02:56	00:41:17	00:57:54	01:39:35.80	01:42:32.25	+00:29:35 (29.7%)	9:57	6 (69.8%)
59	PŁONKA Janina	3009		K-60	4	00:02:48	00:41:24	00:58:02	01:39:44.20	01:42:32.30	+00:29:44 (29.8%)	9:58	6 (69.8%)
60	HAŁA-WAWRZAK Alicja	3070		K-40	22	00:02:49	00:41:57	00:58:47	01:43:23.05	01:46:12.75	+00:33:23 (32.3%)	10:20	5.8 (67.4%)

Znaleziono 60 wynik(ów)