

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

Klasyfikacja: Mieszkańki Gliwic

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	<b>RZEPKA Małgorzata</b>	<b>3082</b>	KB ORŁY Z KNUROWA	K-40	1	00:01:37	00:32:47	01:06:41	<b>01:09:23.30</b>	<b>01:11:00.35</b>		6:56	8.6 (100%)
2	<b>SIELSKA Dagmara</b>	<b>3087</b>	DECATHLON I PRZYJACIELE	K-20	1	00:02:05	00:37:25	01:14:00	<b>01:16:50.95</b>	<b>01:18:55.95</b>	+00:07:27 (9.7%)	7:41	7.8 (90.7%)
3	<b>SZAJNOWSKA Agnieszka</b>	<b>3093</b>	ZDROWE KROKI ZPM 4	K-40	7	00:01:36	00:36:00	01:14:21	<b>01:17:20.15</b>	<b>01:18:56.55</b>	+00:07:56 (10.3%)	7:44	7.8 (90.7%)
4	<b>WYLEŻAŁEK Alina</b>	<b>3150</b>		K-30	4	00:02:00	00:37:29	01:15:10	<b>01:18:16.00</b>	<b>01:20:16.15</b>	+00:08:52 (11.3%)	7:49	7.7 (89.5%)
5	<b>URBANOWICZ Aleksandra</b>	<b>3107</b>	KTB 'PRZEZ LAS 'GLIWICE	K-50	2	00:02:08	00:38:14	01:15:59	<b>01:18:57.65</b>	<b>01:21:06.15</b>	+00:09:34 (12.1%)	7:53	7.6 (88.4%)
6	<b>ZWAKA-MYSZKA Magdalena</b>	<b>3126</b>		K-40	10	00:01:35	00:38:24	01:18:35	<b>01:21:53.75</b>	<b>01:23:29.40</b>	+00:12:30 (15.3%)	8:11	7.3 (84.9%)
7	<b>KIDAWA Bożena</b>	<b>3036</b>		K-60	2	00:02:21	00:39:30	01:20:44	<b>01:24:02.65</b>	<b>01:26:24.45</b>	+00:14:39 (17.4%)	8:24	7.1 (82.6%)
8	<b>ZDROJEWSKA Agata</b>	<b>3121</b>		K-30	7	00:01:24	00:39:16	01:20:54	<b>01:24:17.35</b>	<b>01:25:41.60</b>	+00:14:54 (17.7%)	8:25	7.1 (82.6%)
9	<b>PRZEKWAS Bogna</b>	<b>3075</b>		K-40	14	00:01:36	00:39:41	01:21:53	<b>01:25:14.75</b>	<b>01:26:51.15</b>	+00:15:51 (18.6%)	8:31	7 (81.4%)
10	<b>MRÓWKA Ilona</b>	<b>3062</b>		K-50	10	00:02:02	00:41:37	01:22:56	<b>01:26:14.15</b>	<b>01:28:16.90</b>	+00:16:50 (19.5%)	8:37	7 (81.4%)
11	<b>MAŁKA Irena</b>	<b>3056</b>		K-60	3	00:01:57	00:41:12	01:23:16	<b>01:26:50.90</b>	<b>01:28:48.55</b>	+00:17:27 (20.1%)	8:41	6.9 (80.2%)
12	<b>SZPIECHOWICZ Sylwia</b>	<b>3096</b>		K-40	17	00:02:02	00:41:48	01:24:54	<b>01:28:16.60</b>	<b>01:30:18.75</b>	+00:18:53 (21.4%)	8:49	6.8 (79.1%)
13	<b>PIĄTEK Irena</b>	<b>3068</b>		K-50	11	00:02:02	00:41:49	01:24:54	<b>01:28:16.60</b>	<b>01:30:18.95</b>	+00:18:53 (21.4%)	8:49	6.8 (79.1%)
14	<b>MACYSZYN Beata</b>	<b>3131</b>		K-50	14	00:02:03	00:41:57	01:25:19	<b>01:28:45.35</b>	<b>01:30:48.40</b>	+00:19:22 (21.8%)	8:52	6.8 (79.1%)
15	<b>SARRÉ Joanna</b>	<b>3084</b>	SPORT RELAKS NASZA SZKÓŁKA PŁYWANIA	K-60	4	00:02:17	00:42:30	01:26:20	<b>01:29:49.05</b>	<b>01:32:06.75</b>	+00:20:25 (22.7%)	8:58	6.7 (77.9%)

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
16	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%)
17	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%)
18	SOBCZAK-KOSIŃSKA Sylwia	3091		K-30	11	00:01:56	00:42:11	01:27:08	01:30:39.05	01:32:35.50	+00:21:15 (23.5%)	9:03	6.6 (76.7%)
19	DOMARADZKA Karolina	3015		K-30	13	00:02:14	00:43:40	01:27:29	01:30:58.15	01:33:13.10	+00:21:34 (23.7%)	9:05	6.6 (76.7%)
20	SMOTER-ALKER Elżbieta	3089	ALKER TEAM	K-50	16	00:01:49	00:42:55	01:27:43	01:31:19.25	01:33:08.95	+00:21:55 (24.0%)	9:07	6.6 (76.7%)
21	ZIELONKA Barbara	3123		K-60	5	00:01:57	00:44:20	01:29:40	01:33:17.45	01:35:15.10	+00:23:54 (25.6%)	9:19	6.4 (74.4%)
22	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%)
23	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	+00:25:04 (26.5%)	9:26	6.4 (74.4%)
24	SIKORSKA Bożena	3088		K-60	6	00:02:11	00:45:35	01:31:25	01:34:59.45	01:37:11.10	+00:25:36 (27.0%)	9:30	6.3 (73.3%)
25	NIEZGODA Dorota	3132		K-30	18	00:01:53	00:44:56	01:31:38	01:35:15.70	01:37:09.15	+00:25:52 (27.2%)	9:31	6.3 (73.3%)
26	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	+00:26:26 (27.6%)	9:35	6.3 (73.3%)
27	TRZECIAK Lucyna	3103		K-30	22	00:00:44	00:45:55	01:34:30	01:38:00.05	01:38:44.30	+00:28:36 (29.2%)	9:48	6.1 (70.9%)
28	KWIECIEŃ Urszula	3047		K-50	18	00:02:13	00:47:27	01:35:36	01:39:22.40	01:41:36.20	+00:29:59 (30.2%)	9:56	6 (69.8%)
29	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%)
30	KOZDROWICZ Anna	3044		K-50	19	00:02:13	00:47:27	01:35:56	01:39:43.00	01:41:56.55	+00:30:19 (30.4%)	9:58	6 (69.8%)
31	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	+00:30:50 (30.8%)	10:01	6 (69.8%)
32	DOMARADZKA Mirella	3016		K-50	20	00:02:15	00:48:50	01:40:00	01:43:56.60	01:46:11.75	+00:34:33 (33.2%)	10:23	5.8 (67.4%)
33	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%)
34	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%)
35	PŁONKA Janina	3071		K-60	9	00:02:09	00:50:18	01:41:54	01:45:53.45	01:48:03.05	+00:36:30 (34.5%)	10:35	5.7 (66.3%)

Znaleziono 35 wynik(ów)