



# NORDIC WALKING GLIWICKI 2016 - 10KM

B4SPORT

**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2016-10-23  
**Place:** Gliwice  
**Distance:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	GEMBALA Eugeniusz	3051	AMATOR	M-50	1	00:00:01	01:04:39.20	01:04:41.10		6:28	9.3 (100%)
2	POGODA Franciszek	3052	AEROMED CKZIU GLIWICE	M-50	2	00:00:12	01:09:46.10	01:09:58.70	+00:05:06 (7.3%)	6:58	8.6 (92.5%)
3	HAJDUK Franciszek	3046	RADZIONKÓW	M-50	3	00:00:02	01:12:04.10	01:12:07.05	+00:07:24 (10.3%)	7:12	8.3 (89.2%)
4	MAŁKA Marian	3069	NIEZRZESZONY	M-50	4	00:00:07	01:12:27.25	01:12:34.95	+00:07:48 (10.8%)	7:14	8.3 (89.2%)
5	KOWASZ Jacek	13		M-40	1	00:00:12	01:12:39.70	01:12:52.40	+00:08:00 (11.0%)	7:16	8.3 (89.2%)
6	TYCZEWSKI Jacek	3023		M-30	1	00:00:14	01:15:09.95	01:15:24.05	+00:10:30 (14.0%)	7:31	8 (86.0%)
7	GEMBALA Violetta	3050	AMATOR	K-50	1	00:00:01	01:15:23.90	01:15:25.05	+00:10:44 (14.3%)	7:32	8 (86.0%)
8	SKONIECZNY Sebastian	3041	BUKATEAM	M-30	2	00:00:09	01:15:50.55	01:15:59.65	+00:11:11 (14.8%)	7:35	7.9 (84.9%)
9	WAJZER Lucja	3019	GRUPA JURA' PL	K-40	1	00:00:05	01:15:58.00	01:16:03.10	+00:11:18 (14.9%)	7:35	7.9 (84.9%)
10	MAJEWSKA Dorota	3008		K-40	2	00:00:03	01:16:04.95	01:16:08.35	+00:11:25 (15.0%)	7:36	7.9 (84.9%)
11	CHARCZUK Zenon		ŻÓŁWIK OPOLE	M-50	5	00:00:11	01:16:31.30	01:16:42.95	+00:11:52 (15.5%)	7:39	7.8 (83.9%)
12	SZAJNOWSKA Agieszka	3054	AEROMED CKZIU GLIWICE	K-40	3	00:00:10	01:17:00.95	01:17:11.40	+00:12:21 (16.1%)	7:42	7.8 (83.9%)
13	SZYMIK Grażyna	3049	AMATOR	K-40	4	00:00:02	01:17:15.75	01:17:18.00	+00:12:36 (16.3%)	7:43	7.8 (83.9%)
14	WRUCIŃSKI Adam	3059		M-50	6	00:00:03	01:17:52.90	01:17:56.30	+00:13:13 (17.0%)	7:47	7.7 (82.8%)
15	OWCZAREK Marcin	3073		M-50	7	00:00:15	01:18:04.20	01:18:19.65	+00:13:25 (17.2%)	7:48	7.7 (82.8%)
16	WIŚNIEWSKI Sławomir	3031		M-40	2	00:00:13	01:18:08.65	01:18:22.20	+00:13:29 (17.3%)	7:48	7.7 (82.8%)
17	TYCZEWSKA Paulina	3024	DELPHI RUNNING TEAM	K-30	1	00:00:16	01:18:37.75	01:18:53.80	+00:13:58 (17.8%)	7:51	7.6 (81.7%)
18	PRZYBYLSKA Wanda	7	WIŚLAŃSKA AKADEMIA BIEGOWA	K-60	1	00:00:08	01:19:04.35	01:19:12.80	+00:14:25 (18.2%)	7:54	7.6 (81.7%)
19	SKLAREK Anna	3063	UNISONO	K-20	1	00:00:02	01:19:28.65	01:19:31.60	+00:14:49 (18.7%)	7:56	7.5 (80.6%)
20	JAWORSKI Andrzej	3055		M-50	8	00:00:02	01:19:45.40	01:19:47.40	+00:15:06 (18.9%)	7:58	7.5 (80.6%)
21	GÓRNIK Jerzy	3005	KATOWICE	M-60	1	00:00:11	01:19:42.00	01:19:53.10	+00:15:02 (18.9%)	7:58	7.5 (80.6%)
22	STAWSKA Joanna	3075	BIEGAJ Z TRENERAMI	K-50	2	00:00:11	01:19:54.85	01:20:06.45	+00:15:15 (19.1%)	7:59	7.5 (80.6%)
23	GĘBCZYK Władysław	3047	GLIWICKI KLUB KOLEKCJONERÓW	M-60	2	00:00:15	01:20:21.35	01:20:36.40	+00:15:42 (19.5%)	8:02	7.5 (80.6%)
24	TYCZEWSKA Teresa	3017		K-40	5	00:00:14	01:21:00.95	01:21:15.80	+00:16:21 (20.2%)	8:06	7.4 (79.6%)
25	KRAKOWCZYK Zygmunt	3062		M-60	3	00:00:11	01:21:49.05	01:22:00.10	+00:17:09 (21.0%)	8:10	7.3 (78.5%)
26	WYROZUMSKI Wojciech	4		M-30	3	00:00:13	01:21:54.05	01:22:07.90	+00:17:14 (21.1%)	8:11	7.3 (78.5%)
27	SOBCZYK Grzegorz	3074		M-40	3	00:00:10	01:22:04.55	01:22:15.30	+00:17:25 (21.2%)	8:12	7.3 (78.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
28	RYGULSKI Andrzej	3016	ŁAZISKIE KARLUSY	M-60	4	00:00:01	01:22:14.65	01:22:16.45	+00:17:35 (21.4%)	8:13	7.3 (78.5%)
29	LEWANDOWSKA Iwona	3039		K-50	3	00:00:12	01:22:04.10	01:22:16.60	+00:17:24 (21.2%)	8:12	7.3 (78.5%)
30	HOKOTA Anna	3072	ELZAB	K-30	2	00:00:09	01:22:51.40	01:23:00.70	+00:18:12 (22.0%)	8:17	7.2 (77.4%)
31	KULISA Marlena	2051		K-20	2	00:00:10	01:23:14.65	01:23:25.10	+00:18:35 (22.3%)	8:19	7.2 (77.4%)
32	MAKSYSZ-ŁOBKO Marzena	3045	ARCH3D	K-40	6	00:00:02	01:23:41.15	01:23:43.90	+00:19:01 (22.7%)	8:22	7.2 (77.4%)
33	KIDAWA Marian	3048		M-60	5	00:00:03	01:24:18.80	01:24:22.50	+00:19:39 (23.3%)	8:25	7.1 (76.3%)
34	KOWALSKA Wioletta	3021		K-40	7	00:00:11	01:24:36.20	01:24:47.65	+00:19:57 (23.6%)	8:27	7.1 (76.3%)
35	GRZENCZYK Grzegorz	3034		M-50	9	00:00:06	01:25:02.80	01:25:09.70	+00:20:23 (24.0%)	8:30	7.1 (76.3%)
36	GAMRACY Leszek	3053	UTW GLIWICE	M-60	6	00:00:03	01:25:14.05	01:25:17.50	+00:20:34 (24.1%)	8:31	7 (75.3%)
37	LISOWSKA Agnieszka	3012	GLIWICKI KLUB KOLEKCJONERA	K-16	1	00:00:18	01:24:58.95	01:25:17.65	+00:20:19 (23.9%)	8:29	7.1 (76.3%)
38	TURCZYN Jolanta	3036		K-50	4	00:00:05	01:25:24.65	01:25:30.20	+00:20:45 (24.3%)	8:32	7 (75.3%)
39	LISOWSKI Mirosław	3011	GLIWICKI KLUB KOLEKCJONERÓW	M-40	4	00:00:18	01:25:15.55	01:25:34.10	+00:20:36 (24.2%)	8:31	7 (75.3%)
40	KĄŁUŻNA Anna	3020		K-50	5	00:00:11	01:25:40.15	01:25:52.05	+00:21:00 (24.5%)	8:34	7 (75.3%)
41	SKONIECZNA Magdalena	3040	BUKATEAM	K-30	3	00:00:14	01:25:52.75	01:26:07.60	+00:21:13 (24.7%)	8:35	7 (75.3%)
42	KONOPACKA Krystyna	3		K-60	2	00:00:07	01:26:04.10	01:26:11.50	+00:21:24 (24.9%)	8:36	7 (75.3%)
43	MACIEJEWSKA Angelika	3080	KB ENDURANCE SOLIDARNI KNURÓW	K-30	4	00:00:00	01:26:16.70	01:26:16.70	+00:21:37 (25.1%)	8:37	7 (75.3%)
44	SKOTNICKI Michał	3003		M-50	10	00:00:16	01:26:22.80	01:26:39.25	+00:21:43 (25.2%)	8:38	6.9 (74.2%)
45	DOMARADZKA Karolina	3027		K-20	3	00:00:16	01:26:34.00	01:26:50.80	+00:21:54 (25.3%)	8:39	6.9 (74.2%)
46	EICHHOF-SIERGIEJ Małgorzata	2	GCER	K-30	5	00:00:15	01:26:48.15	01:27:04.05	+00:22:08 (25.5%)	8:40	6.9 (74.2%)
47	DYLONG Irena	3013		K-40	8	00:00:03	01:27:02.50	01:27:06.20	+00:22:23 (25.7%)	8:42	6.9 (74.2%)
48	DUDLEJ Ewa	3056		K-50	6	00:00:05	01:27:20.30	01:27:25.45	+00:22:41 (26.0%)	8:44	6.9 (74.2%)
49	HERMAN Kazimiera	3044		K-60	3	00:00:05	01:28:07.00	01:28:12.85	+00:23:27 (26.6%)	8:48	6.8 (73.1%)
50	ZIÓŁKOWSKA Jolanta	3043		K-50	7	00:00:05	01:28:07.70	01:28:12.95	+00:23:28 (26.6%)	8:48	6.8 (73.1%)
51	BENTKOWSKI Lesław	3058		M-70	1	00:00:14	01:28:11.65	01:28:26.30	+00:23:32 (26.7%)	8:49	6.8 (73.1%)
52	JANKOWSKA Czesława	8		K-50	9	00:00:02	01:28:29.85	01:28:32.30	+00:23:50 (26.9%)	8:51	6.8 (73.1%)
53	ALEKSANDROWICZ Małgorzata	3015		K-50	8	00:00:11	01:28:21.75	01:28:33.25	+00:23:42 (26.8%)	8:50	6.8 (73.1%)
54	JURETKO Aneta	11		K-40	9	00:00:12	01:28:36.55	01:28:48.95	+00:23:57 (27.0%)	8:51	6.8 (73.1%)
55	SORKOWSKA-CIEŚLAK Kinga	3028		K-30	6	00:00:03	01:29:13.60	01:29:17.25	+00:24:34 (27.5%)	8:55	6.7 (72.0%)
56	KOŁODZIEJ Sonia	6		K-50	10	00:00:13	01:29:52.15	01:30:05.70	+00:25:12 (28.1%)	8:59	6.7 (72.0%)
57	GRABOWSKA-WCISEŁ Małgorzata	3002		K-30	7	00:00:14	01:29:52.95	01:30:07.25	+00:25:13 (28.1%)	8:59	6.7 (72.0%)
58	SCHRAMM-DUBIEL Anna	3066		K-40	10	00:00:17	01:29:51.25	01:30:08.95	+00:25:12 (28.0%)	8:59	6.7 (72.0%)
59	PAWŁOWSKA Anna	3025		K-40	11	00:00:11	01:30:42.65	01:30:53.95	+00:26:03 (28.7%)	9:04	6.6 (71.0%)
60	LEŚ Michał	3033		M-40	5	00:00:03	01:30:58.55	01:31:02.25	+00:26:19 (28.9%)	9:05	6.6 (71.0%)
61	FIOŁKA-KONICZEK Magdalena	3071		K-40	12	00:00:18	01:30:51.15	01:31:09.85	+00:26:11 (28.8%)	9:05	6.6 (71.0%)
62	TISZBIEREK Gabriela	3010		K-40	14	00:00:04	01:31:05.60	01:31:10.30	+00:26:26 (29.0%)	9:06	6.6 (71.0%)
63	WYPCHOŁ Mariola	3009		K-50	11	00:00:03	01:31:10.95	01:31:14.85	+00:26:31 (29.1%)	9:07	6.6 (71.0%)
64	GÓRNIAK Alicja	3076		K-40	13	00:00:13	01:31:03.80	01:31:17.25	+00:26:24 (29.0%)	9:06	6.6 (71.0%)
65	EICHHOF Danuta	1		K-60	4	00:00:17	01:31:34.75	01:31:51.95	+00:26:55 (29.4%)	9:09	6.6 (71.0%)
66	KRAKOWCZYK Justyna	3035		K-30	8	00:00:09	01:32:17.65	01:32:27.00	+00:27:38 (29.9%)	9:13	6.5 (69.9%)
67	BURLIGA Marzena	5	KB ENEDURANCE SOLIDARNI KNURÓW	K-40	15	00:00:19	01:33:45.15	01:34:04.90	+00:29:05 (31.0%)	9:22	6.4 (68.8%)
68	DWORAK Iwona	3068	BIEGAM ABY LAURA MOGŁA CHODZIĆ	K-30	9	00:00:17	01:33:47.60	01:34:05.45	+00:29:08 (31.1%)	9:22	6.4 (68.8%)
69	KACZMAREK Danuta	3064		K-30	10	00:00:17	01:35:12.75	01:35:30.25	+00:30:33 (32.1%)	9:31	6.3 (67.7%)
69	KOTYLAK Wojciech	3061	SPORT-RELAKS GLIWICE	M-50	11	00:00:17	01:35:12.60	01:35:30.25	+00:30:33 (32.1%)	9:31	6.3 (67.7%)
71	ARTER Małgorzata	10		K-40	16	00:00:17	01:35:33.40	01:35:51.35	+00:30:54 (32.3%)	9:33	6.3 (67.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
72	<b>URBAN Antonina</b>	<b>9</b>		K-30	11	00:00:13	<b>01:35:38.00</b>	<b>01:35:51.45</b>	+00:30:58 (32.4%)	9:33	6.3 (67.7%)
73	<b>LUPA Sabina</b>	<b>3014</b>		K-30	12	00:00:13	<b>01:35:49.25</b>	<b>01:36:02.30</b>	+00:31:10 (32.5%)	9:34	6.3 (67.7%)
74	<b>JUSZCZAK - WIŚNIEWSKA Agata</b>	<b>8ZK9YXG</b>	NIGHT RUNNERS GLIWICE	K-20	4	00:00:16	<b>01:37:19.70</b>	<b>01:37:35.95</b>	+00:32:40 (33.6%)	9:43	6.2 (66.7%)
75	<b>BRODOWICZ Aleksandra</b>	<b>3022</b>		K-30	13	00:00:16	<b>01:37:23.15</b>	<b>01:37:39.45</b>	+00:32:43 (33.6%)	9:44	6.2 (66.7%)
76	<b>HUZAREWICZ Marek</b>	<b>3070</b>		M-40	6	00:00:18	<b>01:37:29.15</b>	<b>01:37:48.05</b>	+00:32:49 (33.7%)	9:45	6.2 (66.7%)
77	<b>MARZEC Janina</b>	<b>3001</b>		K-50	12	00:00:14	<b>01:38:21.25</b>	<b>01:38:36.15</b>	+00:33:42 (34.3%)	9:50	6.1 (65.6%)
78	<b>WOSZCZYŃSKA Natalia</b>	<b>3079</b>		K-30	14	00:00:16	<b>01:39:06.45</b>	<b>01:39:22.75</b>	+00:34:27 (34.8%)	9:54	6.1 (65.6%)
79	<b>WIŚNIEWSKA Marzanna</b>	<b>3030</b>		K-40	17	00:00:14	<b>01:39:19.95</b>	<b>01:39:34.85</b>	+00:34:40 (34.9%)	9:56	6 (64.5%)
80	<b>KOTOWSKA Karolina</b>	<b>3007</b>		K-30	15	00:00:15	<b>01:41:05.70</b>	<b>01:41:21.35</b>	+00:36:26 (36.0%)	10:06	5.9 (63.4%)
81	<b>NOWAK Grażyna</b>	<b>3057</b>		K-60	5	00:00:12	<b>01:52:48.40</b>	<b>01:53:01.20</b>	+00:48:09 (42.7%)	11:16	5.3 (57.0%)
DQ	<b>ŁYŻWIŃSKA Lidia</b>	<b>3037</b>		K-50		DQ	<b>01:12:06.05</b>	<b>DQ DQ</b>		-	- (0.0%)

Total 82 results.