



# NORDIC WALKING GLIWICKI 2016 - 10KM

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-10-23  
**Miejsce:** Gliwice  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo 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
2	POGODA Franciszek	3052	AEROMED CKZIU GLIWICE	M-50	2	00:00:12	01:09:46.10	01:09:58.70	+00:05:06	6:58	8.6
3	HAJDUK Franciszek	3046	RADZIONKÓW	M-50	3	00:00:02	01:12:04.10	01:12:07.05	+00:07:24	7:12	8.3
4	MAŁKA Marian	3069	NIEZRZESZONY	M-50	4	00:00:07	01:12:27.25	01:12:34.95	+00:07:48	7:14	8.3
5	KOWASZ Jacek	13		M-40	1	00:00:12	01:12:39.70	01:12:52.40	+00:08:00	7:16	8.3
6	TYCZEWSKI Jacek	3023		M-30	1	00:00:14	01:15:09.95	01:15:24.05	+00:10:30	7:31	8
7	GEMBALA Violetta	3050	AMATOR	K-50	1	00:00:01	01:15:23.90	01:15:25.05	+00:10:44	7:32	8
8	SKONIECZNY Sebastian	3041	BUKATEAM	M-30	2	00:00:09	01:15:50.55	01:15:59.65	+00:11:11	7:35	7.9
9	WAJZER Lucja	3019	GRUPA JURA' PL	K-40	1	00:00:05	01:15:58.00	01:16:03.10	+00:11:18	7:35	7.9
10	MAJEWSKA Dorota	3008		K-40	2	00:00:03	01:16:04.95	01:16:08.35	+00:11:25	7:36	7.9
11	CHARCZUK Zenon		ŻÓŁWK OPOLE	M-50	5	00:00:11	01:16:31.30	01:16:42.95	+00:11:52	7:39	7.8
12	SZAJNOWSKA Agieszka	3054	AEROMED CKZIU GLIWICE	K-40	3	00:00:10	01:17:00.95	01:17:11.40	+00:12:21	7:42	7.8
13	SZYMIK Grażyna	3049	AMATOR	K-40	4	00:00:02	01:17:15.75	01:17:18.00	+00:12:36	7:43	7.8
14	WRUCIŃSKI Adam	3059		M-50	6	00:00:03	01:17:52.90	01:17:56.30	+00:13:13	7:47	7.7
15	OWCZAREK Marcin	3073		M-50	7	00:00:15	01:18:04.20	01:18:19.65	+00:13:25	7:48	7.7
16	WIŚNIEWSKI Sławomir	3031		M-40	2	00:00:13	01:18:08.65	01:18:22.20	+00:13:29	7:48	7.7
17	TYCZEWSKA Paulina	3024	DELPHI RUNNING TEAM	K-30	1	00:00:16	01:18:37.75	01:18:53.80	+00:13:58	7:51	7.6
18	PRZYBYLSKA Wanda	7	WŚLAŃSKA AKADEMIA BIEGOWA	K-60	1	00:00:08	01:19:04.35	01:19:12.80	+00:14:25	7:54	7.6
19	SKLAREK Anna	3063	UNISONO	K-20	1	00:00:02	01:19:28.65	01:19:31.60	+00:14:49	7:56	7.5
20	JAWORSKI Andrzej	3055		M-50	8	00:00:02	01:19:45.40	01:19:47.40	+00:15:06	7:58	7.5
21	GÓRNIK Jerzy	3005	KATOWICE	M-60	1	00:00:11	01:19:42.00	01:19:53.10	+00:15:02	7:58	7.5
22	STAWSKA Joanna	3075	BIEGAJ Z TRENERAMI	K-50	2	00:00:11	01:19:54.85	01:20:06.45	+00:15:15	7:59	7.5
23	GĘBCZYK Władysław	3047	GLIWICKI KLUB KOLEKCJONERÓW	M-60	2	00:00:15	01:20:21.35	01:20:36.40	+00:15:42	8:02	7.5
24	TYCZEWSKA Teresa	3017		K-40	5	00:00:14	01:21:00.95	01:21:15.80	+00:16:21	8:06	7.4
25	KRAKOWCZYK Zygmunt	3062		M-60	3	00:00:11	01:21:49.05	01:22:00.10	+00:17:09	8:10	7.3
26	WYROZUMSKI Wojciech	4		M-30	3	00:00:13	01:21:54.05	01:22:07.90	+00:17:14	8:11	7.3
27	SOBCZYK Grzegorz	3074		M-40	3	00:00:10	01:22:04.55	01:22:15.30	+00:17:25	8:12	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>RYGULSKI Andrzej</b>	<b>3016</b>	ŁAZISKIE KARLUSY	M-60	4	00:00:01	<b>01:22:14.65</b>	<b>01:22:16.45</b>	+00:17:35	8:13	7.3
29	<b>LEWANDOWSKA Iwona</b>	<b>3039</b>		K-50	3	00:00:12	<b>01:22:04.10</b>	<b>01:22:16.60</b>	+00:17:24	8:12	7.3
30	<b>HOKOTA Anna</b>	<b>3072</b>	ELZAB	K-30	2	00:00:09	<b>01:22:51.40</b>	<b>01:23:00.70</b>	+00:18:12	8:17	7.2
31	<b>KULISA Marlena</b>	<b>2051</b>		K-20	2	00:00:10	<b>01:23:14.65</b>	<b>01:23:25.10</b>	+00:18:35	8:19	7.2
32	<b>MAKSYSZ-ŁOBKO Marzena</b>	<b>3045</b>	ARCH3D	K-40	6	00:00:02	<b>01:23:41.15</b>	<b>01:23:43.90</b>	+00:19:01	8:22	7.2
33	<b>KIDAWA Marian</b>	<b>3048</b>		M-60	5	00:00:03	<b>01:24:18.80</b>	<b>01:24:22.50</b>	+00:19:39	8:25	7.1
34	<b>KOWALSKA Wioletta</b>	<b>3021</b>		K-40	7	00:00:11	<b>01:24:36.20</b>	<b>01:24:47.65</b>	+00:19:57	8:27	7.1
35	<b>GRZENCZYK Grzegorz</b>	<b>3034</b>		M-50	9	00:00:06	<b>01:25:02.80</b>	<b>01:25:09.70</b>	+00:20:23	8:30	7.1
36	<b>GAMRACY Leszek</b>	<b>3053</b>	UTW GLIWICE	M-60	6	00:00:03	<b>01:25:14.05</b>	<b>01:25:17.50</b>	+00:20:34	8:31	7
37	<b>LISOWSKA Agnieszka</b>	<b>3012</b>	GLIWICKI KLUB KOLEKCJONERA	K-16	1	00:00:18	<b>01:24:58.95</b>	<b>01:25:17.65</b>	+00:20:19	8:29	7.1
38	<b>TURCZYN Jolanta</b>	<b>3036</b>		K-50	4	00:00:05	<b>01:25:24.65</b>	<b>01:25:30.20</b>	+00:20:45	8:32	7
39	<b>LISOWSKI Mirosław</b>	<b>3011</b>	GLIWICKI KLUB KOLEKCJONERÓW	M-40	4	00:00:18	<b>01:25:15.55</b>	<b>01:25:34.10</b>	+00:20:36	8:31	7
40	<b>KAŁUŻNA Anna</b>	<b>3020</b>		K-50	5	00:00:11	<b>01:25:40.15</b>	<b>01:25:52.05</b>	+00:21:00	8:34	7
41	<b>SKONIECZNA Magdalena</b>	<b>3040</b>	BUKATEAM	K-30	3	00:00:14	<b>01:25:52.75</b>	<b>01:26:07.60</b>	+00:21:13	8:35	7
42	<b>KONOPACKA Krystyna</b>	<b>3</b>		K-60	2	00:00:07	<b>01:26:04.10</b>	<b>01:26:11.50</b>	+00:21:24	8:36	7
43	<b>MACIEJEWSKA Angelika</b>	<b>3080</b>	KB ENDURANCE SOLIDARNI KNURÓW	K-30	4	00:00:00	<b>01:26:16.70</b>	<b>01:26:16.70</b>	+00:21:37	8:37	7
44	<b>SKOTNICKI Michał</b>	<b>3003</b>		M-50	10	00:00:16	<b>01:26:22.80</b>	<b>01:26:39.25</b>	+00:21:43	8:38	6.9
45	<b>DOMARADZKA Karolina</b>	<b>3027</b>		K-20	3	00:00:16	<b>01:26:34.00</b>	<b>01:26:50.80</b>	+00:21:54	8:39	6.9
46	<b>EICHHOF-SIERGIEJ Małgorzata</b>	<b>2</b>	GCER	K-30	5	00:00:15	<b>01:26:48.15</b>	<b>01:27:04.05</b>	+00:22:08	8:40	6.9
47	<b>DYLONG Irena</b>	<b>3013</b>		K-40	8	00:00:03	<b>01:27:02.50</b>	<b>01:27:06.20</b>	+00:22:23	8:42	6.9
48	<b>DUDLEJ Ewa</b>	<b>3056</b>		K-50	6	00:00:05	<b>01:27:20.30</b>	<b>01:27:25.45</b>	+00:22:41	8:44	6.9
49	<b>HERMAN Kazimiera</b>	<b>3044</b>		K-60	3	00:00:05	<b>01:28:07.00</b>	<b>01:28:12.85</b>	+00:23:27	8:48	6.8
50	<b>ZIÓLKOWSKA Jolanta</b>	<b>3043</b>		K-50	7	00:00:05	<b>01:28:07.70</b>	<b>01:28:12.95</b>	+00:23:28	8:48	6.8
51	<b>BENTKOWSKI Lesław</b>	<b>3058</b>		M-70	1	00:00:14	<b>01:28:11.65</b>	<b>01:28:26.30</b>	+00:23:32	8:49	6.8
52	<b>JANKOWSKA Czesława</b>	<b>8</b>		K-50	9	00:00:02	<b>01:28:29.85</b>	<b>01:28:32.30</b>	+00:23:50	8:51	6.8
53	<b>ALEKSANDROWICZ Małgorzata</b>	<b>3015</b>		K-50	8	00:00:11	<b>01:28:21.75</b>	<b>01:28:33.25</b>	+00:23:42	8:50	6.8
54	<b>JURETKO Aneta</b>	<b>11</b>		K-40	9	00:00:12	<b>01:28:36.55</b>	<b>01:28:48.95</b>	+00:23:57	8:51	6.8
55	<b>SORKOWSKA-CIEŚLAK Kinga</b>	<b>3028</b>		K-30	6	00:00:03	<b>01:29:13.60</b>	<b>01:29:17.25</b>	+00:24:34	8:55	6.7
56	<b>KOŁODZIEJ Sonia</b>	<b>6</b>		K-50	10	00:00:13	<b>01:29:52.15</b>	<b>01:30:05.70</b>	+00:25:12	8:59	6.7
57	<b>GRABOWSKA-WCISEŁ Małgorzata</b>	<b>3002</b>		K-30	7	00:00:14	<b>01:29:52.95</b>	<b>01:30:07.25</b>	+00:25:13	8:59	6.7
58	<b>SCHRAMM-DUBIEL Anna</b>	<b>3066</b>		K-40	10	00:00:17	<b>01:29:51.25</b>	<b>01:30:08.95</b>	+00:25:12	8:59	6.7
59	<b>PAWŁOWSKA Anna</b>	<b>3025</b>		K-40	11	00:00:11	<b>01:30:42.65</b>	<b>01:30:53.95</b>	+00:26:03	9:04	6.6
60	<b>LEŚ Michał</b>	<b>3033</b>		M-40	5	00:00:03	<b>01:30:58.55</b>	<b>01:31:02.25</b>	+00:26:19	9:05	6.6
61	<b>FIOŁKA-KONICZEK Magdalena</b>	<b>3071</b>		K-40	12	00:00:18	<b>01:30:51.15</b>	<b>01:31:09.85</b>	+00:26:11	9:05	6.6
62	<b>TISZBIEREK Gabriela</b>	<b>3010</b>		K-40	14	00:00:04	<b>01:31:05.60</b>	<b>01:31:10.30</b>	+00:26:26	9:06	6.6
63	<b>WYPCHOŁ Mariola</b>	<b>3009</b>		K-50	11	00:00:03	<b>01:31:10.95</b>	<b>01:31:14.85</b>	+00:26:31	9:07	6.6
64	<b>GÓRNIAK Alicja</b>	<b>3076</b>		K-40	13	00:00:13	<b>01:31:03.80</b>	<b>01:31:17.25</b>	+00:26:24	9:06	6.6
65	<b>EICHHOF Danuta</b>	<b>1</b>		K-60	4	00:00:17	<b>01:31:34.75</b>	<b>01:31:51.95</b>	+00:26:55	9:09	6.6
66	<b>KRAKOWCZYK Justyna</b>	<b>3035</b>		K-30	8	00:00:09	<b>01:32:17.65</b>	<b>01:32:27.00</b>	+00:27:38	9:13	6.5
67	<b>BURLIGA Marzena</b>	<b>5</b>	KB ENEDURANCE SOLIDARNI KNURÓW	K-40	15	00:00:19	<b>01:33:45.15</b>	<b>01:34:04.90</b>	+00:29:05	9:22	6.4
68	<b>DWORAK Iwona</b>	<b>3068</b>	BIEGAM ABY LAURA MOGŁA CHODZIĆ	K-30	9	00:00:17	<b>01:33:47.60</b>	<b>01:34:05.45</b>	+00:29:08	9:22	6.4
69	<b>KACZMAREK Danuta</b>	<b>3064</b>		K-30	10	00:00:17	<b>01:35:12.75</b>	<b>01:35:30.25</b>	+00:30:33	9:31	6.3
69	<b>KOTYLAK Wojciech</b>	<b>3061</b>	SPORT-RELAKS GLIWICE	M-50	11	00:00:17	<b>01:35:12.60</b>	<b>01:35:30.25</b>	+00:30:33	9:31	6.3
71	<b>ARTER Małgorzata</b>	<b>10</b>		K-40	16	00:00:17	<b>01:35:33.40</b>	<b>01:35:51.35</b>	+00:30:54	9:33	6.3

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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	9:33	6.3
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	9:34	6.3
74	<b>JUSZCZAK - WIŚNIEWSKA Agata</b>	<b>8ZK9YXG</b>	NIGHT RUNNERS GLIWCE	K-20	4	00:00:16	<b>01:37:19.70</b>	<b>01:37:35.95</b>	+00:32:40	9:43	6.2
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	9:44	6.2
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	9:45	6.2
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	9:50	6.1
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	9:54	6.1
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	9:56	6
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	10:06	5.9
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	11:16	5.3
DQ	<b>ŁYŻWIŃSKA Lidia</b>	<b>3037</b>		K-50		DQ	<b>01:12:06.05</b>	<b>DQ</b>		-	-

Znaleziono 82 wynik(ów)