



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

NORDIC WALKING GLIWICKI 2016 - 10KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|-------------------------------|-----------|------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 1 | GEMBALA Violetta | 3050 | AMATOR | K-50 | 1 | 00:00:01 | 01:15:23.90 | 01:15:25.05 | | 7:32 | 8 (100%) |
| 2 | WAJZER Lucja | 3019 | GRUPA JURA' PL | K-40 | 1 | 00:00:05 | 01:15:58.00 | 01:16:03.10 | +00:00:34 (0.7%) | 7:35 | 7.9 (98.8%) |
| 3 | MAJEWSKA Dorota | 3008 | | K-40 | 2 | 00:00:03 | 01:16:04.95 | 01:16:08.35 | +00:00:41 (0.9%) | 7:36 | 7.9 (98.8%) |
| 4 | SZAJNOWSKA Agieszka | 3054 | AEROMED CKZIU GLIWICE | K-40 | 3 | 00:00:10 | 01:17:00.95 | 01:17:11.40 | +00:01:37 (2.1%) | 7:42 | 7.8 (97.5%) |
| 5 | SZYMIK Grażyna | 3049 | AMATOR | K-40 | 4 | 00:00:02 | 01:17:15.75 | 01:17:18.00 | +00:01:51 (2.4%) | 7:43 | 7.8 (97.5%) |
| 6 | TYCZEWSKA Paulina | 3024 | DELPHI RUNNING TEAM | K-30 | 1 | 00:00:16 | 01:18:37.75 | 01:18:53.80 | +00:03:13 (4.1%) | 7:51 | 7.6 (95.0%) |
| 7 | PRZYBYLSKA Wanda | 7 | WIŚLAŃSKA AKADEMIA BIEGOWA | K-60 | 1 | 00:00:08 | 01:19:04.35 | 01:19:12.80 | +00:03:40 (4.6%) | 7:54 | 7.6 (95.0%) |
| 8 | SKLAREK Anna | 3063 | UNISONO | K-20 | 1 | 00:00:02 | 01:19:28.65 | 01:19:31.60 | +00:04:04 (5.1%) | 7:56 | 7.5 (93.8%) |
| 9 | STAWSKA Joanna | 3075 | BIEGAJ Z TRENERAMI | K-50 | 2 | 00:00:11 | 01:19:54.85 | 01:20:06.45 | +00:04:30 (5.7%) | 7:59 | 7.5 (93.8%) |
| 10 | TYCZEWSKA Teresa | 3017 | | K-40 | 5 | 00:00:14 | 01:21:00.95 | 01:21:15.80 | +00:05:37 (6.9%) | 8:06 | 7.4 (92.5%) |
| 11 | LEWANDOWSKA Iwona | 3039 | | K-50 | 3 | 00:00:12 | 01:22:04.10 | 01:22:16.60 | +00:06:40 (8.1%) | 8:12 | 7.3 (91.3%) |
| 12 | HOKOTA Anna | 3072 | ELZAB | K-30 | 2 | 00:00:09 | 01:22:51.40 | 01:23:00.70 | +00:07:27 (9.0%) | 8:17 | 7.2 (90.0%) |
| 13 | KULISA Marlena | 2051 | | K-20 | 2 | 00:00:10 | 01:23:14.65 | 01:23:25.10 | +00:07:50 (9.4%) | 8:19 | 7.2 (90.0%) |
| 14 | MAKSYSZ-ŁOBKO Marzena | 3045 | ARCH3D | K-40 | 6 | 00:00:02 | 01:23:41.15 | 01:23:43.90 | +00:08:17 (9.9%) | 8:22 | 7.2 (90.0%) |
| 15 | KOWALSKA Wioletta | 3021 | | K-40 | 7 | 00:00:11 | 01:24:36.20 | 01:24:47.65 | +00:09:12 (10.9%) | 8:27 | 7.1 (88.8%) |
| 16 | LISOWSKA Agnieszka | 3012 | GLIWICKI KLUB KOLEKCJONERA | K-16 | 1 | 00:00:18 | 01:24:58.95 | 01:25:17.65 | +00:09:35 (11.3%) | 8:29 | 7.1 (88.8%) |
| 17 | TURCZYN Jolanta | 3036 | | K-50 | 4 | 00:00:05 | 01:25:24.65 | 01:25:30.20 | +00:10:00 (11.7%) | 8:32 | 7 (87.5%) |
| 18 | KAŁUŻNA Anna | 3020 | | K-50 | 5 | 00:00:11 | 01:25:40.15 | 01:25:52.05 | +00:10:16 (12.0%) | 8:34 | 7 (87.5%) |
| 19 | SKONIECZNA Magdalena | 3040 | BUKATEAM | K-30 | 3 | 00:00:14 | 01:25:52.75 | 01:26:07.60 | +00:10:28 (12.2%) | 8:35 | 7 (87.5%) |
| 20 | KONOPACKA Krystyna | 3 | | K-60 | 2 | 00:00:07 | 01:26:04.10 | 01:26:11.50 | +00:10:40 (12.4%) | 8:36 | 7 (87.5%) |
| 21 | MACIEJEWSKA Angelika | 3080 | KB ENDURANCE SOLIDARNI KNURÓW | K-30 | 4 | 00:00:00 | 01:26:16.70 | 01:26:16.70 | +00:10:52 (12.6%) | 8:37 | 7 (87.5%) |
| 22 | DOMARADZKA Karolina | 3027 | | K-20 | 3 | 00:00:16 | 01:26:34.00 | 01:26:50.80 | +00:11:10 (12.9%) | 8:39 | 6.9 (86.3%) |
| 23 | EICHHOF-SIERGIEJ Małgorzata | 2 | GCER | K-30 | 5 | 00:00:15 | 01:26:48.15 | 01:27:04.05 | +00:11:24 (13.1%) | 8:40 | 6.9 (86.3%) |
| 24 | DYLONG Irena | 3013 | | K-40 | 8 | 00:00:03 | 01:27:02.50 | 01:27:06.20 | +00:11:38 (13.4%) | 8:42 | 6.9 (86.3%) |
| 25 | DUDLEJ Ewa | 3056 | | K-50 | 6 | 00:00:05 | 01:27:20.30 | 01:27:25.45 | +00:11:56 (13.7%) | 8:44 | 6.9 (86.3%) |
| 26 | HERMAN Kazimiera | 3044 | | K-60 | 3 | 00:00:05 | 01:28:07.00 | 01:28:12.85 | +00:12:43 (14.4%) | 8:48 | 6.8 (85.0%) |
| 27 | ZIÓŁKOWSKA Jolanta | 3043 | | K-50 | 7 | 00:00:05 | 01:28:07.70 | 01:28:12.95 | +00:12:43 (14.4%) | 8:48 | 6.8 (85.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|---------|--------------------------------|-----------|------|-------------|-----------------|------------------|-------------------|--------------|-------------|
| 28 | JANKOWSKA Czesława | 8 | | K-50 | 9 | 00:00:02 | 01:28:29.85 | 01:28:32.30 | +00:13:05 (14.8%) | 8:51 | 6.8 (85.0%) |
| 29 | ALEKSANDROWICZ Małgorzata | 3015 | | K-50 | 8 | 00:00:11 | 01:28:21.75 | 01:28:33.25 | +00:12:57 (14.7%) | 8:50 | 6.8 (85.0%) |
| 30 | JURETKO Aneta | 11 | | K-40 | 9 | 00:00:12 | 01:28:36.55 | 01:28:48.95 | +00:13:12 (14.9%) | 8:51 | 6.8 (85.0%) |
| 31 | SORKOWSKA-CIEŚLAK Kinga | 3028 | | K-30 | 6 | 00:00:03 | 01:29:13.60 | 01:29:17.25 | +00:13:49 (15.5%) | 8:55 | 6.7 (83.8%) |
| 32 | KOŁODZIEJ Sonia | 6 | | K-50 | 10 | 00:00:13 | 01:29:52.15 | 01:30:05.70 | +00:14:28 (16.1%) | 8:59 | 6.7 (83.8%) |
| 33 | GRABOWSKA-WCISEŁ Małgorzata | 3002 | | K-30 | 7 | 00:00:14 | 01:29:52.95 | 01:30:07.25 | +00:14:29 (16.1%) | 8:59 | 6.7 (83.8%) |
| 34 | SCHRAMM-DUBIEL Anna | 3066 | | K-40 | 10 | 00:00:17 | 01:29:51.25 | 01:30:08.95 | +00:14:27 (16.1%) | 8:59 | 6.7 (83.8%) |
| 35 | PAWŁOWSKA Anna | 3025 | | K-40 | 11 | 00:00:11 | 01:30:42.65 | 01:30:53.95 | +00:15:18 (16.9%) | 9:04 | 6.6 (82.5%) |
| 36 | FIOŁKA-KONICZEK Magdalena | 3071 | | K-40 | 12 | 00:00:18 | 01:30:51.15 | 01:31:09.85 | +00:15:27 (17.0%) | 9:05 | 6.6 (82.5%) |
| 37 | TISZBIEREK Gabriela | 3010 | | K-40 | 14 | 00:00:04 | 01:31:05.60 | 01:31:10.30 | +00:15:41 (17.2%) | 9:06 | 6.6 (82.5%) |
| 38 | WYPCHOŁ Mariola | 3009 | | K-50 | 11 | 00:00:03 | 01:31:10.95 | 01:31:14.85 | +00:15:47 (17.3%) | 9:07 | 6.6 (82.5%) |
| 39 | GÓRNIAK Alicja | 3076 | | K-40 | 13 | 00:00:13 | 01:31:03.80 | 01:31:17.25 | +00:15:39 (17.2%) | 9:06 | 6.6 (82.5%) |
| 40 | EICHHOF Danuta | 1 | | K-60 | 4 | 00:00:17 | 01:31:34.75 | 01:31:51.95 | +00:16:10 (17.7%) | 9:09 | 6.6 (82.5%) |
| 41 | KRAKOWCZYK Justyna | 3035 | | K-30 | 8 | 00:00:09 | 01:32:17.65 | 01:32:27.00 | +00:16:53 (18.3%) | 9:13 | 6.5 (81.3%) |
| 42 | BURLIGA Marzena | 5 | KB ENEDURANCE SOLIDARNI KNURÓW | K-40 | 15 | 00:00:19 | 01:33:45.15 | 01:34:04.90 | +00:18:21 (19.6%) | 9:22 | 6.4 (80.0%) |
| 43 | DWORAK Iwona | 3068 | BIEGAM ABY LAURA MOGŁA CHODZIĆ | K-30 | 9 | 00:00:17 | 01:33:47.60 | 01:34:05.45 | +00:18:23 (19.6%) | 9:22 | 6.4 (80.0%) |
| 44 | KACZMAREK Danuta | 3064 | | K-30 | 10 | 00:00:17 | 01:35:12.75 | 01:35:30.25 | +00:19:48 (20.8%) | 9:31 | 6.3 (78.8%) |
| 45 | ARTER Małgorzata | 10 | | K-40 | 16 | 00:00:17 | 01:35:33.40 | 01:35:51.35 | +00:20:09 (21.1%) | 9:33 | 6.3 (78.8%) |
| 46 | URBAN Antonina | 9 | | K-30 | 11 | 00:00:13 | 01:35:38.00 | 01:35:51.45 | +00:20:14 (21.2%) | 9:33 | 6.3 (78.8%) |
| 47 | LUPA Sabina | 3014 | | K-30 | 12 | 00:00:13 | 01:35:49.25 | 01:36:02.30 | +00:20:25 (21.3%) | 9:34 | 6.3 (78.8%) |
| 48 | JUSZCZAK - WIŚNIEWSKA Agata | 8ZK9YXG | NIGHT RUNNERS GLIWICE | K-20 | 4 | 00:00:16 | 01:37:19.70 | 01:37:35.95 | +00:21:55 (22.5%) | 9:43 | 6.2 (77.5%) |
| 49 | BRODOWICZ Aleksandra | 3022 | | K-30 | 13 | 00:00:16 | 01:37:23.15 | 01:37:39.45 | +00:21:59 (22.6%) | 9:44 | 6.2 (77.5%) |
| 50 | MARZEC Janina | 3001 | | K-50 | 12 | 00:00:14 | 01:38:21.25 | 01:38:36.15 | +00:22:57 (23.3%) | 9:50 | 6.1 (76.3%) |
| 51 | WOSZCZYŃSKA Natalia | 3079 | | K-30 | 14 | 00:00:16 | 01:39:06.45 | 01:39:22.75 | +00:23:42 (23.9%) | 9:54 | 6.1 (76.3%) |
| 52 | WIŚNIEWSKA Marzanna | 3030 | | K-40 | 17 | 00:00:14 | 01:39:19.95 | 01:39:34.85 | +00:23:56 (24.1%) | 9:56 | 6 (75.0%) |
| 53 | KOTOWSKA Karolina | 3007 | | K-30 | 15 | 00:00:15 | 01:41:05.70 | 01:41:21.35 | +00:25:41 (25.4%) | 10:06 | 5.9 (73.8%) |
| 54 | NOWAK Grażyna | 3057 | | K-60 | 5 | 00:00:12 | 01:52:48.40 | 01:53:01.20 | +00:37:24 (33.2%) | 11:16 | 5.3 (66.3%) |
| DQ | ŁYŻWIŃSKA Lidia | 3037 | | K-50 | | DQ | 01:12:06.05 | DQ | DQ | - | - (0.0%) |

Znaleziono 55 wynik(ów)