



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

# NORDIC WALKING GLIWICKI 2016 - 10KM

B4SPORT

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 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MAJEWSKA Dorota	3008		K-40	2	00:00:03	01:16:04.95	01:16:08.35		7:36	7.9 (100%)
2	SZAJNOWSKA Agieszka	3054	AEROMED CKZIU GLIWICE	K-40	3	00:00:10	01:17:00.95	01:17:11.40	+00:00:56 (1.2%)	7:42	7.8 (98.7%)
3	STAWSKA Joanna	3075	BIEGAJ Z TRENERAMI	K-50	2	00:00:11	01:19:54.85	01:20:06.45	+00:03:49 (4.8%)	7:59	7.5 (94.9%)
4	TYCZEWSKA Teresa	3017		K-40	5	00:00:14	01:21:00.95	01:21:15.80	+00:04:56 (6.1%)	8:06	7.4 (93.7%)
5	LEWANDOWSKA Iwona	3039		K-50	3	00:00:12	01:22:04.10	01:22:16.60	+00:05:59 (7.3%)	8:12	7.3 (92.4%)
6	HOKOTA Anna	3072	ELZAB	K-30	2	00:00:09	01:22:51.40	01:23:00.70	+00:06:46 (8.2%)	8:17	7.2 (91.1%)
7	KULISA Marlena	2051		K-20	2	00:00:10	01:23:14.65	01:23:25.10	+00:07:09 (8.6%)	8:19	7.2 (91.1%)
8	KOWALSKA Wioletta	3021		K-40	7	00:00:11	01:24:36.20	01:24:47.65	+00:08:31 (10.1%)	8:27	7.1 (89.9%)
9	LISOWSKA Agnieszka	3012	GLIWICKI KLUB KOLEKCJONERA	K-16	1	00:00:18	01:24:58.95	01:25:17.65	+00:08:54 (10.5%)	8:29	7.1 (89.9%)
10	TURCZYN Jolanta	3036		K-50	4	00:00:05	01:25:24.65	01:25:30.20	+00:09:19 (10.9%)	8:32	7 (88.6%)
11	KAŁUŻNA Anna	3020		K-50	5	00:00:11	01:25:40.15	01:25:52.05	+00:09:35 (11.2%)	8:34	7 (88.6%)
12	SKONIECZNA Magdalena	3040	BUKATEAM	K-30	3	00:00:14	01:25:52.75	01:26:07.60	+00:09:47 (11.4%)	8:35	7 (88.6%)
13	KONOPACKA Krystyna	3		K-60	2	00:00:07	01:26:04.10	01:26:11.50	+00:09:59 (11.6%)	8:36	7 (88.6%)
14	DOMARADZKA Karolina	3027		K-20	3	00:00:16	01:26:34.00	01:26:50.80	+00:10:29 (12.1%)	8:39	6.9 (87.3%)
15	EICHHOF-SIERGIEJ Małgorzata	2	GCER	K-30	5	00:00:15	01:26:48.15	01:27:04.05	+00:10:43 (12.3%)	8:40	6.9 (87.3%)
16	DYLONG Irena	3013		K-40	8	00:00:03	01:27:02.50	01:27:06.20	+00:10:57 (12.6%)	8:42	6.9 (87.3%)
17	ALEKSANDROWICZ Małgorzata	3015		K-50	8	00:00:11	01:28:21.75	01:28:33.25	+00:12:16 (13.9%)	8:50	6.8 (86.1%)
18	FIOŁKA-KONICZEK Magdalena	3071		K-40	12	00:00:18	01:30:51.15	01:31:09.85	+00:14:46 (16.3%)	9:05	6.6 (83.5%)
19	GÓRNIAK Alicja	3076		K-40	13	00:00:13	01:31:03.80	01:31:17.25	+00:14:58 (16.5%)	9:06	6.6 (83.5%)
20	EICHHOF Danuta	1		K-60	4	00:00:17	01:31:34.75	01:31:51.95	+00:15:29 (16.9%)	9:09	6.6 (83.5%)
21	KRAKOWCZYK Justyna	3035		K-30	8	00:00:09	01:32:17.65	01:32:27.00	+00:16:12 (17.6%)	9:13	6.5 (82.3%)
22	LUPA Sabina	3014		K-30	12	00:00:13	01:35:49.25	01:36:02.30	+00:19:44 (20.6%)	9:34	6.3 (79.7%)
23	JUSZCZAK - WIŚNIEWSKA Agata	8ZK9YXG	NIGHT RUNNERS GLIWICE	K-20	4	00:00:16	01:37:19.70	01:37:35.95	+00:21:14 (21.8%)	9:43	6.2 (78.5%)
24	MARZEC Janina	3001		K-50	12	00:00:14	01:38:21.25	01:38:36.15	+00:22:16 (22.6%)	9:50	6.1 (77.2%)
25	WOSZCZYŃSKA Natalia	3079		K-30	14	00:00:16	01:39:06.45	01:39:22.75	+00:23:01 (23.2%)	9:54	6.1 (77.2%)
26	KOTOWSKA Karolina	3007		K-30	15	00:00:15	01:41:05.70	01:41:21.35	+00:25:00 (24.7%)	10:06	5.9 (74.7%)
27	NOWAK Grażyna	3057		K-60	5	00:00:12	01:52:48.40	01:53:01.20	+00:36:43 (32.6%)	11:16	5.3 (67.1%)

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DQ	<b>ŁYŻWIŃSKA Lidia</b>	<b>3037</b>		K-50		DQ	<b>01:12:06.05</b>	<b>DQ</b>	<b>DQ</b>	-	- (0.0%)

Znaleziono 28 wynik(ów)