



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V Radan Półmaraton Gliwicki 2018
Fundacja Bieg Rzeźnika
2018-11-04
Gliwice
21.1 km

V PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	LEWICKA Justyna	409	ISTA BIEGAMY	K-30	1	00:00:06	00:22:06	00:44:53	01:07:30	01:30:18	01:34:40.50	01:34:46.85		4:29	13.4 (100%)
2	RUDLIKA Karolina	618	RAMBO GIRL STILL ALIVE	K-30	2	00:00:09	00:22:15	00:45:16	01:08:47	01:32:56	01:37:59.95	01:38:09.80	+00:03:19 (3.4%)	4:38	12.9 (96.3%)
3	KOZMIŃCZUK-MARKULAK Agnieszka	356	ENCORE	K-30	3	00:00:03	00:22:09	00:45:26	01:09:46	01:34:19	01:39:36.65	01:39:40.55	+00:04:56 (5.0%)	4:43	12.7 (94.8%)
4	BŁOŃSKA Monika	62		K-30	4	00:00:25	00:24:23	00:48:58	01:13:43	01:38:39	01:43:29.80	01:43:54.95	+00:08:49 (8.5%)	4:54	12.2 (91.0%)
5	BOCHEŃSKA Agnieszka	63	MOMO RESTAURANT & COCKTAIL BAR	K-30	5	00:00:17	00:24:04	00:48:53	01:14:02	01:39:54	01:45:03.25	01:45:20.90	+00:10:22 (9.9%)	4:58	12.1 (90.3%)
6	GROCHOWSKA Anna	231		K-30	6	00:00:23	00:24:06	00:48:48	01:14:02	01:39:56	01:45:06.35	01:45:30.30	+00:10:25 (9.9%)	4:58	12 (89.6%)
7	WOLSKA Agata	812	GDÓW PROUD RUNNERS	K-30	7	00:00:22	00:24:22	00:49:10	01:14:08	01:40:00	01:45:20.10	01:45:42.55	+00:10:39 (10.1%)	4:59	12 (89.6%)
8	SOŁTYSEK-GRZESZKIEWICZ Anna	617	TORCIDA GLIWICE	K-30	8	00:00:14	00:25:01	00:50:04	01:15:16	01:41:03	01:46:32.85	01:46:47.70	+00:11:52 (11.1%)	5:02	11.9 (88.8%)
9	KOCIELSKA Anna	327	AKMB PĘDZIWIATR GLIWICE	K-30	9	00:00:42	00:25:16	00:50:56	01:16:40	01:42:30	01:47:45.75	01:48:27.80	+00:13:05 (12.1%)	5:06	11.7 (87.3%)
10	SMOLARCZYK Agnieszka	666		K-30	10	00:00:17	00:25:28	00:51:14	01:16:39	01:42:33	01:47:58.35	01:48:15.75	+00:13:17 (12.3%)	5:07	11.7 (87.3%)
11	BRODAŁA Agnieszka	80		K-30	11	00:00:48	00:26:05	00:52:02	01:17:30	01:43:15	01:48:31.60	01:49:19.90	+00:13:51 (12.8%)	5:08	11.7 (87.3%)
12	DZIDT Małgorzata	161		K-30	12	00:00:48	00:25:15	00:51:29	01:17:38	01:43:40	01:48:51.75	01:49:40.70	+00:14:11 (13.0%)	5:09	11.6 (86.6%)
13	GOŁAWSKA Ewa	213		K-30	13	00:00:39	00:25:19	00:50:55	01:16:50	01:43:28	01:48:54.65	01:49:33.80	+00:14:14 (13.1%)	5:09	11.6 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
14	NIŹNIKIEWICZ Elżbieta	510		K-30	14	00:00:20	00:25:26	00:51:11	01:17:07	01:43:42	01:48:58.60	01:49:19.25	+00:14:18 (13.1%)	5:09	11.6 (86.6%)
15	WERON Magdalena	779	FAST FOOT TEAM SIEWIERZ	K-30	15	00:00:41	00:24:52	00:50:41	01:16:40	01:43:38	01:48:59.55	01:49:41.45	+00:14:19 (13.1%)	5:09	11.6 (86.6%)
16	ŁATAK - SKRABUT Barbara	420	MUSTANGI GLIWICE	K-30	16	00:00:46	00:24:41	00:50:13	01:16:19	01:43:42	01:49:48.10	01:50:35.00	+00:15:07 (13.8%)	5:12	11.5 (85.8%)
17	POPŁAWSKA-WAL Agata	582	OPEL ACTIVE TEAM	K-30	17	00:00:31	00:25:39	00:52:01	01:18:35	01:45:48	01:51:24.30	01:51:55.35	+00:16:43 (15.0%)	5:16	11.4 (85.1%)
18	KULCZYK Anna	869		K-30	18	00:00:28	00:25:38	00:52:10	01:18:35	01:45:49	01:51:26.45	01:51:54.85	+00:16:45 (15.0%)	5:16	11.4 (85.1%)
19	ZOK Małgorzata	852	NIGHT RUNNERS GLIWICE	K-30	19	00:00:41	00:24:51	00:50:31	01:17:01	01:45:28	01:51:39.45	01:52:20.95	+00:16:58 (15.2%)	5:17	11.3 (84.3%)
20	FIT Olga	173	HIRERIGHT RUNNING TEAM	K-30	20	00:00:56	00:27:31	00:54:11	01:21:08	01:47:05	01:52:32.95	01:53:29.10	+00:17:52 (15.9%)	5:20	11.2 (83.6%)
21	PAWLIK Ula	881	#ADAMCZERWIŃSKITEAM	K-30	21	00:00:39	00:25:16	00:51:47	01:18:48	01:47:25	01:52:51.65	01:53:31.20	+00:18:11 (16.1%)	5:20	11.2 (83.6%)
22	KONOPKA Agnieszka	334	I LO DWUJĘZYCZNE GLIWICE	K-30	22	00:00:50	00:26:29	00:53:08	01:19:56	01:47:44	01:53:32.65	01:54:22.80	+00:18:52 (16.6%)	5:22	11.2 (83.6%)
23	CZAPRAN Magdalena	128	HIRERIGHT RUNNING TEAM	K-30	23	00:00:53	00:25:25	00:52:07	01:19:21	01:48:32	01:54:33.35	01:55:26.70	+00:19:52 (17.4%)	5:25	11.1 (82.8%)
24	SIERADZKA Agnieszka	648	BIEGAJ Z TRENERAMI	K-30	24	00:00:52	00:27:31	00:54:51	01:22:00	01:49:27	01:55:03.15	01:55:55.55	+00:20:22 (17.7%)	5:27	11 (82.1%)
25	HERLICZKA Renata	255	AML-FLY TEAM	K-30	25	00:00:25	00:26:21	00:54:02	01:22:04	01:49:48	01:55:29.20	01:55:54.65	+00:20:48 (18.0%)	5:28	11 (82.1%)
26	POPIEL Adriana	580		K-30	26	00:01:07	00:27:14	00:54:26	01:21:43	01:49:52	01:55:33.65	01:56:41.25	+00:20:53 (18.1%)	5:28	11 (82.1%)
27	MACZUGA Monika	429	MUSTANGI GLIWICE	K-30	27	00:00:47	00:26:06	00:53:33	01:21:37	01:50:27	01:56:11.05	01:56:58.25	+00:21:30 (18.5%)	5:30	10.9 (81.3%)
28	LENART Sylwia	403		K-30	28	00:01:01	00:27:50	00:54:47	01:21:01	01:49:42	01:56:16.20	01:57:17.40	+00:21:35 (18.6%)	5:30	10.9 (81.3%)
29	PAŁYGA Agnieszka	540	FUTURE PROCESSING RUNNING TEAM	K-30	29	00:00:55	00:26:59	00:54:33	01:22:09	01:50:32	01:56:25.70	01:57:20.95	+00:21:45 (18.7%)	5:31	10.9 (81.3%)
30	SKUPIEŃ Iza	662	ALBATROS	K-30	30	00:00:58	00:25:13	00:52:36	01:21:11	01:50:41	01:57:00.30	01:57:59.20	+00:22:19 (19.1%)	5:32	10.8 (80.6%)
31	NOWAK Katarzyna	516		K-30	31	00:00:34	00:25:35	00:53:03	01:21:07	01:50:56	01:57:07.25	01:57:41.60	+00:22:26 (19.2%)	5:33	10.8 (80.6%)
32	PIASNY Jolanta	559		K-30	32	00:01:05	00:27:39	00:55:41	01:23:16	01:51:21	01:57:11.15	01:58:17.00	+00:22:30 (19.2%)	5:33	10.8 (80.6%)
33	GERLE Anna	203		K-30	33	00:00:34	00:26:21	00:54:22	01:22:32	01:51:43	01:57:28.05	01:58:02.60	+00:22:47 (19.4%)	5:34	10.8 (80.6%)
34	KRZYSZKOWSKA Agnieszka	371		K-30	34	00:00:20	00:27:05	00:54:48	01:22:37	01:51:58	01:57:43.25	01:58:03.90	+00:23:02 (19.6%)	5:34	10.8 (80.6%)
35	SALA Nela	636	WYJAZDYFIT	K-30	35	00:00:55	00:27:36	00:55:30	01:23:21	01:52:01	01:57:47.85	01:58:43.50	+00:23:07 (19.6%)	5:34	10.7 (79.9%)
36	ZAŁĘCKA Monika	836	PARKRUN KATOWICE	K-30	36	00:00:54	00:27:27	00:55:37	01:23:33	01:52:12	01:58:05.90	01:59:00.75	+00:23:25 (19.8%)	5:35	10.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
37	SURMA Karolina	707		K-30	37	00:00:48	00:27:22	00:55:46	01:24:09	01:52:41	01:58:23.95	01:59:12.85	+00:23:43 (20.0%)	5:36	10.7 (79.9%)
38	HEBDA- OLSZÓWKA Aleksandra	252	NIGHT RUNNERS GLIWICE	K-30	38	00:00:42	00:28:08	00:56:25	01:24:25	01:52:49	01:58:43.55	01:59:26.40	+00:24:03 (20.3%)	5:37	10.7 (79.9%)
39	ŁAGOSZ Katarzyna	416	PACEMAKER	K-30	39	00:00:54	00:27:56	00:56:14	01:24:13	01:52:53	01:59:28.85	02:00:22.90	+00:24:48 (20.8%)	5:39	10.6 (79.1%)
40	SZKAMRUK Małgorzata	722	ŁABĘDZKIE BIEGANIE	K-30	40	00:00:51	00:26:58	00:55:09	01:24:21	01:53:44	01:59:31.20	02:00:22.30	+00:24:50 (20.8%)	5:39	10.6 (79.1%)
41	BIAŁAS Ewa	40		K-30	41	00:00:49	00:27:45	00:55:47	01:24:03	01:53:24	01:59:32.30	02:00:21.70	+00:24:51 (20.8%)	5:39	10.6 (79.1%)
42	PUCHAŁA Ewelina	597	PACEMAKER	K-30	42	00:00:54	00:28:00	00:56:17	01:24:23	01:53:09	01:59:33.25	02:00:27.30	+00:24:52 (20.8%)	5:39	10.6 (79.1%)
43	PAJER Aleksandra	536		K-30	43	00:01:02	00:27:50	00:56:10	01:24:49	01:54:45	02:01:02.20	02:02:05.15	+00:26:21 (21.8%)	5:44	10.5 (78.4%)
44	MARKOWSKA Sylwia	447		K-30	44	00:00:20	00:28:19	00:56:57	01:26:06	01:55:53	02:01:53.25	02:02:14.00	+00:27:12 (22.3%)	5:46	10.4 (77.6%)
45	GRUCHAŁA Anna	238	MK TEAM	K-30	45	00:00:49	00:28:02	00:56:19	01:24:37	01:55:28	02:02:04.70	02:02:54.30	+00:27:24 (22.4%)	5:47	10.4 (77.6%)
46	CHODAKOWSKA Dorota	897		K-30	46	00:01:14	00:30:08	00:58:59	01:27:40	01:56:25	02:02:13.30	02:03:28.20	+00:27:32 (22.5%)	5:47	10.4 (77.6%)
47	FRANIELCZYK Marta	180		K-30	47	00:00:57	00:27:55	00:56:13	01:24:39	01:55:25	02:02:13.65	02:03:10.90	+00:27:33 (22.5%)	5:47	10.4 (77.6%)
48	SMIESZKOŁ- BRYKOWSKA Sonia	664		K-30	48	00:00:59	00:27:43	00:56:10	01:24:14	01:56:07	02:03:09.35	02:04:08.55	+00:28:28 (23.1%)	5:50	10.3 (76.9%)
49	DEMBOWSKA Bożena	144		K-30	49	00:01:04	00:28:43	00:58:20	01:27:34	01:57:15	02:03:28.35	02:04:32.90	+00:28:47 (23.3%)	5:51	10.3 (76.9%)
50	JANKOWSKA Anna	274	ELZABACTIVETEAM	K-30	50	00:01:12	00:29:52	00:59:18	01:28:24	01:58:17	02:04:47.85	02:06:00.10	+00:30:07 (24.1%)	5:54	10.1 (75.4%)
51	ŚLUZAREK Małgorzata	904		K-30	51	00:00:36	00:26:51	00:56:00	01:26:18	01:58:51	02:05:40.75	02:06:17.70	+00:31:00 (24.7%)	5:57	10.1 (75.4%)
52	SITKO Agnieszka	654	RADLINIOKI W BIEGU	K-30	52	00:01:09	00:28:23	00:57:37	01:27:38	01:59:30	02:06:14.70	02:07:24.50	+00:31:34 (25.0%)	5:59	10 (74.6%)
53	GIEŁŻŃSKA Angelika	929		K-30	53	00:00:56	00:28:25	00:57:13	01:27:52	01:59:49	02:06:40.10	02:07:36.30	+00:31:59 (25.3%)	6:00	10 (74.6%)
54	FURMAN Agnieszka	185	OCHAJORUN & FRIENDS	K-30	54	00:01:30	00:30:06	01:00:48	01:30:46	02:00:42	02:06:51.45	02:08:21.60	+00:32:10 (25.4%)	6:00	10 (74.6%)
55	NIEWIADOMSKA Patrycja	506		K-30	55	00:01:22	00:30:38	01:01:26	01:31:27	02:02:10	02:08:23.55	02:09:45.80	+00:33:43 (26.3%)	6:05	9.9 (73.9%)
56	WIEDERMANN Anita	785	PEDRAFORCA	K-30	56	00:00:54	00:28:52	00:59:16	01:31:13	02:02:41	02:08:57.05	02:09:51.05	+00:34:16 (26.6%)	6:06	9.8 (73.1%)
57	TETLAK TRACZ Barbara	746	ELZABACTIVETEAM	K-30	57	00:01:12	00:29:52	00:59:18	01:29:49	02:01:57	02:08:59.50	02:10:11.95	+00:34:19 (26.6%)	6:06	9.8 (73.1%)
58	KWIATKOWSKA- STOJAK Ewelina	391		K-30	58	00:00:46	00:29:27	01:00:53	01:32:02	02:02:40	02:09:09.60	02:09:56.15	+00:34:29 (26.7%)	6:07	9.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	5_15_km	10_km	5_15_km	20_km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
59	BLUSZCZ Marta	57		K-30	59	00:01:00	00:27:51	00:57:34	01:27:54	02:02:23	02:09:39.40	02:10:39.70	+00:34:58 (27.0%)	6:08	9.8 (73.1%)
60	MOKRZYCKA Justyna	481		K-30	60	00:00:38	00:29:39	01:00:02	01:31:08	02:03:41	02:10:33.35	02:11:11.75	+00:35:52 (27.5%)	6:11	9.7 (72.4%)
61	CIEŻAK-PALUS Katarzyna	109		K-30	61	00:00:59	00:31:35	01:03:36	01:34:31	02:04:36	02:10:45.10	02:11:44.45	+00:36:04 (27.6%)	6:11	9.7 (72.4%)
62	BUDZIŃSKA Ania	93		K-30	62	00:00:38	00:28:01	00:58:14	01:30:29	02:04:08	02:11:19.70	02:11:58.25	+00:36:39 (27.9%)	6:13	9.6 (71.6%)
63	RYDZKOWSKA Michalina	626		K-30	63	00:01:17	00:31:09	01:02:33	01:32:52	02:04:51	02:11:34.20	02:12:51.95	+00:36:53 (28.0%)	6:14	9.6 (71.6%)
64	ZBOREK Dominika	840		K-30	64	00:01:06	00:30:45	01:02:03	01:33:53	02:05:22	02:11:42.00	02:12:48.35	+00:37:01 (28.1%)	6:14	9.6 (71.6%)
65	PRACKA Danuta	586	-	K-30	65	00:01:12	00:30:39	01:01:57	01:33:42	02:05:15	02:11:42.20	02:12:54.65	+00:37:01 (28.1%)	6:14	9.6 (71.6%)
66	RODZIEWICZ Paulina	940		K-30	66	00:01:05	00:30:34	01:01:53	01:33:00	02:05:00	02:11:44.30	02:12:50.25	+00:37:03 (28.1%)	6:14	9.6 (71.6%)
67	BŁASZCZYK Paulina	59		K-30	67	00:01:04	00:29:24	01:00:37	01:32:17	02:05:14	02:12:06.10	02:13:10.40	+00:37:25 (28.3%)	6:15	9.6 (71.6%)
68	SZCZUREK Natalia	720		K-30	68	00:01:24	00:30:33	01:01:59	01:33:48	02:05:45	02:12:38.50	02:14:02.90	+00:37:58 (28.6%)	6:17	9.5 (70.9%)
69	WRÓBLEWSKA Katarzyna	824		K-30	69	00:00:03	00:32:09	01:06:21	01:34:29	02:05:43	02:12:46.75	02:12:49.80	+00:38:06 (28.7%)	6:17	9.5 (70.9%)
70	RZEPKA Magdalena	633	PACEMAKER2:10 / NIGHT RUNNERS	K-30	70	00:00:00				02:06:30	02:12:55.65	02:12:55.65	+00:38:15 (28.8%)	6:17	9.5 (70.9%)
71	MAJCHRZAK Marta	431		K-30	71	00:01:14	00:29:25	01:00:42	01:33:26	02:06:36	02:13:18.25	02:14:33.20	+00:38:37 (29.0%)	6:19	9.5 (70.9%)
72	IBROM-JASIŃSKA Justyna	263	ANGEL ART STUDIO	K-30	72	00:00:54	00:30:57	01:02:16	01:34:31	02:07:22	02:14:08.40	02:15:02.75	+00:39:27 (29.4%)	6:21	9.4 (70.1%)
73	ESTKO Anna	166		K-30	73	00:01:25	00:31:38	01:03:21	01:34:45	02:07:31	02:14:27.75	02:15:53.25	+00:39:47 (29.6%)	6:22	9.4 (70.1%)
74	MAJ-DZIUBAŃSKA Izabela	432	PACEMAKER	K-30	74	00:01:17	00:31:44	01:03:29	01:35:00	02:07:39	02:15:01.30	02:16:18.45	+00:40:20 (29.9%)	6:23	9.4 (70.1%)
75	GLAPIAK Ola	208		K-30	75	00:00:57	00:29:30	01:00:29	01:32:32	02:07:54	02:15:03.45	02:16:00.60	+00:40:22 (29.9%)	6:24	9.4 (70.1%)
76	FLOREK Anna	175		K-30	76	00:01:11	00:31:18	01:03:21	01:35:18	02:09:03	02:15:58.05	02:17:09.20	+00:41:17 (30.4%)	6:26	9.3 (69.4%)
77	WOJTOWICZ Karolina	805	SIOSTRY MADIZAR	K-30	77	00:00:45	00:30:30	01:01:44	01:34:23	02:08:44	02:16:27.70	02:17:12.70	+00:41:47 (30.6%)	6:28	9.3 (69.4%)
78	KRÓL Ornela	366		K-30	78	00:01:36	00:32:03	01:06:25	01:41:52	02:20:19	02:28:39.30	02:30:15.95	+00:53:58 (36.3%)	7:02	8.5 (63.4%)
79	SZCZCZYGIEŁ Agnieszka	714		K-30	79	00:01:11	00:30:30	01:02:43	01:37:53	02:19:59	02:28:52.05	02:30:03.85	+00:54:11 (36.4%)	7:03	8.5 (63.4%)
80	BOGDANOWICZ Maja	68		K-30	80	00:01:18	00:31:43	01:04:27	01:40:10	02:20:47	02:29:33.00	02:30:51.15	+00:54:52 (36.7%)	7:05	8.5 (63.4%)
81	FABIANCZYK Agnieszka	925		K-30	81	00:00:03	00:33:51	01:10:37	01:47:46	02:25:05	02:32:57.55	02:33:00.90	+00:58:17 (38.1%)	7:14	8.3 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
82	PRZYBYŚŁAWSKA Nina	596		K-30	82	00:01:06	00:31:54	01:05:12	01:41:14	02:24:34	02:33:45.20	02:34:51.85	+00:59:04 (38.4%)	7:17	8.2 (61.2%)

Znaleziono 82 wynik(ów)