



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-40

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	LANGE Beata	396		K-40	1	00:00:09	00:21:23	00:42:35	01:03:22	01:24:44	01:29:04.60	01:29:14.25		4:13	14.2 (100%)
2	LASKOWSKA Katarzyna	399	INŻYNIERIA BIEGANIA TEAM	K-40	2	00:00:03	00:21:00	00:42:19	01:03:33	01:25:37	01:30:04.50	01:30:08.15	+00:00:59 (1.1%)	4:16	14.1 (99.3%)
3	BISKUP Anna	54	STS BIEGATON MIKOŁÓW - KIA ETRANS	K-40	3	00:00:15	00:23:24	00:47:35	01:11:43	01:36:24	01:41:43.65	01:41:58.80	+00:12:39 (12.4%)	4:49	12.4 (87.3%)
4	POPIEL-KRUK Aleksandra	914		K-40	4	00:00:13	00:23:19	00:47:49	01:12:22	01:37:36	01:42:51.30	01:43:04.70	+00:13:46 (13.4%)	4:52	12.3 (86.6%)
5	LASICZ Aleksandra	398		K-40	5	00:00:37	00:24:34	00:49:09	01:13:52	01:38:59	01:44:01.90	01:44:39.60	+00:14:57 (14.4%)	4:55	12.2 (85.9%)
6	FIGIEL Ewa	890		K-40	6	00:00:26	00:24:17	00:48:54	01:13:41	01:38:58	01:44:14.20	01:44:40.75	+00:15:09 (14.5%)	4:56	12.1 (85.2%)
7	GRABOWSKA Joanna	879		K-40	7	00:00:27	00:24:47	00:49:46	01:15:11	01:41:09	01:46:22.55	01:46:49.70	+00:17:17 (16.3%)	5:02	11.9 (83.8%)
8	SIELSKA Joanna	646	OPEL ACTIVE TEAM	K-40	8	00:00:13	00:24:16	00:49:18	01:15:01	01:41:15	01:46:33.40	01:46:47.10	+00:17:28 (16.4%)	5:03	11.9 (83.8%)
9	GÓRSKA Marzena	889		K-40	9	00:00:16	00:24:58	00:50:10	01:15:21	01:41:28	01:47:01.90	01:47:18.30	+00:17:57 (16.8%)	5:04	11.8 (83.1%)
10	KLEPACKA-GANCARZ Barbara	320	MUSTANGI GLIWICE	K-40	10	00:00:24	00:24:23	00:50:02	01:15:25	01:41:48	01:47:14.40	01:47:38.95	+00:18:09 (16.9%)	5:04	11.8 (83.1%)
11	RYZIŃSKA Aneta	631		K-40	11	00:00:16	00:25:06	00:50:57	01:16:45	01:42:48	01:48:04.50	01:48:21.40	+00:18:59 (17.6%)	5:07	11.7 (82.4%)
12	CZAJKA Dagmara	123	MOKRE DZIKI	K-40	12	00:01:18	00:27:07	00:52:04	01:17:28	01:43:20	01:48:32.25	01:49:50.40	+00:19:27 (17.9%)	5:08	11.7 (82.4%)
13	KOWALIK Dorota	349		K-40	13	00:00:25	00:25:20	00:51:30	01:17:47	01:44:23	01:49:31.40	01:49:56.65	+00:20:26 (18.7%)	5:11	11.6 (81.7%)

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	SMOLARCZYK Dorota	667		K-40	14	00:01:07	00:26:11	00:52:18	01:17:54	01:44:21	01:49:43.90	01:50:51.45	+00:20:39 (18.8%)	5:12	11.5 (81.0%)
15	CZAUDERNA Klaudia	131	OCHAJORUN & FRIENDS	K-40	15	00:01:12	00:26:08	00:52:20	01:18:49	01:45:03	01:50:25.40	01:51:37.95	+00:21:20 (19.3%)	5:13	11.5 (81.0%)
16	SZOTA Magdalena	729		K-40	16	00:00:16	00:25:39	00:51:22	01:17:52	01:45:02	01:50:31.50	01:50:48.00	+00:21:26 (19.4%)	5:14	11.5 (81.0%)
17	WÓJCIAK Katarzyna	817		K-40	17	00:00:30	00:25:39	00:52:02	01:18:30	01:45:48	01:51:27.10	01:51:57.40	+00:22:22 (20.1%)	5:16	11.4 (80.3%)
18	CZARNIK-PECIAK Aleksandra	130		K-40	18	00:00:57	00:27:25	00:53:36	01:19:25	01:46:25	01:52:07.00	01:53:04.05	+00:23:02 (20.6%)	5:18	11.3 (79.6%)
19	RĄB Agnieszka	608		K-40	19	00:01:33	00:26:58	00:53:41	01:20:09	01:46:59	01:52:28.20	01:54:01.80	+00:23:23 (20.8%)	5:19	11.3 (79.6%)
20	GRACH Aleksandra	223		K-40	20	00:00:24	00:25:20	00:52:19	01:19:19	01:47:11	01:53:00.55	01:53:24.65	+00:23:55 (21.2%)	5:21	11.2 (78.9%)
21	DYGOŃ Małgorzata	158		K-40	21	00:00:52	00:27:31	00:54:51	01:22:00	01:49:26	01:54:29.60	01:55:22.00	+00:25:25 (22.2%)	5:25	11.1 (78.2%)
22	PAUL Viola	551	NIGHT RUNNERS GLIWICE	K-40	22	00:00:52	00:26:22	00:53:45	01:21:23	01:49:22	01:54:32.35	01:55:24.95	+00:25:27 (22.2%)	5:25	11.1 (78.2%)
23	BALIŃSKA-SANOCKA Aneta	20		K-40	23	00:00:40	00:27:44	00:55:12	01:22:21	01:49:17	01:54:44.30	01:55:24.80	+00:25:39 (22.4%)	5:26	11 (77.5%)
24	SANOCKA Dorota	640		K-40	24	00:00:40	00:27:44	00:55:12	01:22:22	01:49:59	01:55:31.55	01:56:12.15	+00:26:26 (22.9%)	5:28	11 (77.5%)
25	KWIATKOWSKA Katarzyna	390		K-40	25	00:00:20	00:27:05	00:54:48	01:22:11	01:49:56	01:55:43.20	01:56:03.25	+00:26:38 (23.0%)	5:29	10.9 (76.8%)
26	WÓJCIK Anna	819	STEP DANCE	K-40	26	00:00:55	00:26:36	00:53:13	01:20:38	01:49:45	01:55:49.55	01:56:45.20	+00:26:44 (23.1%)	5:29	10.9 (76.8%)
27	WRÓBLEWSKA Ewa	870	BIEGAJ Z TRENARAMI	K-40	27	00:00:54	00:27:06	00:54:19	01:22:08	01:51:55	01:57:32.45	01:58:26.60	+00:28:27 (24.2%)	5:34	10.8 (76.1%)
28	KROCZEK Liliana	364	NIHGT RUNNERS	K-40	28	00:00:42	00:28:08	00:56:25	01:24:24	01:52:13	01:57:43.75	01:58:26.40	+00:28:39 (24.3%)	5:34	10.8 (76.1%)
29	MATUSZNY Barbara	919		K-40	29	00:00:53	00:27:06	00:54:20	01:22:07	01:51:51	01:57:47.80	01:58:41.35	+00:28:43 (24.4%)	5:34	10.7 (75.4%)
30	CZAPEK Ania	126	NIGHT RUNNERS GLIWICE	K-40	30	00:00:50	00:27:51	00:56:06	01:24:15	01:52:26	01:58:19.70	01:59:09.90	+00:29:15 (24.7%)	5:36	10.7 (75.4%)
31	PĘKALA Anna	558		K-40	31	00:00:51	00:26:58	00:55:09	01:24:20	01:53:44	01:59:31.05	02:00:22.30	+00:30:26 (25.5%)	5:39	10.6 (74.6%)
32	LESZCZYŃSKA Małgorzata	405		K-40	32	00:01:09	00:28:07	00:56:24	01:25:37	01:55:40	02:01:51.10	02:03:01.00	+00:32:46 (26.9%)	5:46	10.4 (73.2%)
33	BIAŁY Dagmara	41	BWŻNJZ	K-40	33	00:01:06	00:28:48	00:56:27	01:25:02	01:55:36	02:02:10.05	02:03:16.90	+00:33:05 (27.1%)	5:47	10.4 (73.2%)
34	MIKUŁA Aleksandra	475		K-40	34	00:00:27	00:26:26	00:55:14	01:25:07	01:57:29	02:04:17.20	02:04:44.70	+00:35:12 (28.3%)	5:53	10.2 (71.8%)
35	MIECZNIKOWSKA Agnieszka	471		K-40	35	00:00:55	00:28:09	00:57:46	01:27:54	01:58:35	02:04:48.25	02:05:43.50	+00:35:43 (28.6%)	5:54	10.1 (71.1%)
36	MULARCZYK Agnieszka	487		K-40	36	00:01:09	00:28:07	00:57:12	01:27:34	01:58:50	02:05:05.90	02:06:15.60	+00:36:01 (28.8%)	5:55	10.1 (71.1%)

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37	PRNOBIS-KOWALSKA Małgorzata	872		K-40	37	00:00:57	00:29:19	00:59:28	01:29:12	01:59:34	02:05:41.25	02:06:39.15	+00:36:36 (29.1%)	5:57	10.1 (71.1%)
38	WOJTAS Magdalena	802		K-40	38	00:00:41	00:28:05	00:57:11	01:27:59	02:00:31	02:07:09.40	02:07:50.80	+00:38:04 (29.9%)	6:01	10 (70.4%)
39	DZIEMIAŃCZUK Monika	911		K-40	39	00:01:02	00:29:19	00:59:10	01:29:43	02:01:24	02:07:50.25	02:08:52.60	+00:38:45 (30.3%)	6:03	9.9 (69.7%)
40	KASPEREK Magdalena	308	FIS-SST TEAM	K-40	40	00:01:10	00:29:36	01:00:02	01:30:41	02:01:57	02:08:16.85	02:09:27.05	+00:39:12 (30.6%)	6:04	9.9 (69.7%)
41	LEDWOŃ Aneta	402	NIGHT RUNNERS GLIWICE	K-40	41	00:01:00	00:30:03	01:01:03	01:31:24	02:02:04	02:08:24.60	02:09:24.60	+00:39:20 (30.6%)	6:05	9.9 (69.7%)
42	KOFAMSKA Renata	934		K-40	42	00:00:17	00:27:23	00:57:13	01:28:56	02:02:33	02:08:57.85	02:09:15.00	+00:39:53 (30.9%)	6:06	9.8 (69.0%)
43	SYGUŁA Katarzyna	711	KB MCKIS JAWORZNO	K-40	43	00:01:07	00:29:43	01:00:47	01:32:06	02:03:57	02:10:10.00	02:11:17.25	+00:41:05 (31.6%)	6:10	9.7 (68.3%)
44	ĆWIOK Barbara	138	FIS-SST TEAM	K-40	44	00:01:08	00:29:40	01:00:04	01:31:12	02:03:57	02:10:28.05	02:11:36.80	+00:41:23 (31.7%)	6:10	9.7 (68.3%)
45	ŚCIEGLIŃSKA Iwona	739		K-40	45	00:00:35	00:29:37	01:01:15	01:32:29	02:04:51	02:10:59.05	02:11:34.85	+00:41:54 (32.0%)	6:12	9.7 (68.3%)
46	BOMASTYK Beata	70		K-40	46	00:01:26	00:30:26	01:01:46	01:33:14	02:04:49	02:11:14.80	02:12:41.35	+00:42:10 (32.1%)	6:13	9.6 (67.6%)
47	STRASSBERGER Katarzyna	702	SPORT-RELAKS	K-40	47	00:01:25	00:30:28	01:01:47	01:33:16	02:04:50	02:11:16.80	02:12:41.85	+00:42:12 (32.1%)	6:13	9.6 (67.6%)
48	MAKSYMIOK-KONOPKA Ewa	436		K-40	48	00:01:29	00:31:11	01:02:06	01:32:50	02:05:00	02:11:45.15	02:13:14.40	+00:42:40 (32.4%)	6:14	9.6 (67.6%)
49	WILCZYŃSKA-KOGUT Aleksandra	792	NIGHT RUNNERS GLIWICE	K-40	49	00:01:19	00:30:46	01:02:21	01:33:09	02:05:12	02:11:46.95	02:13:06.10	+00:42:42 (32.4%)	6:14	9.6 (67.6%)
50	STALICA Marzena	686		K-40	50	00:01:09	00:30:25	01:02:02	01:33:14	02:05:37	02:12:06.40	02:13:16.00	+00:43:01 (32.6%)	6:15	9.6 (67.6%)
51	WILSZ Ewa	797	FIS-SST TEAM	K-40	51	00:01:08	00:29:44	01:01:15	01:32:58	02:05:27	02:12:29.90	02:13:38.25	+00:43:25 (32.8%)	6:16	9.6 (67.6%)
52	URBAŃCZYK Agnieszka	763	NIGHT RUNNERS GLIWICE	K-40	52	00:00:00	00:31:32	01:03:08	01:34:42	02:06:26	02:12:47.85	02:12:47.85	+00:43:43 (32.9%)	6:17	9.5 (66.9%)
53	RECHMAN-NOWAKOWSKA Dorota	609	NIGHT RUNNERS	K-40	53	00:01:01	00:30:07	01:01:55	01:34:06	02:06:52	02:13:50.20	02:14:51.40	+00:44:45 (33.4%)	6:20	9.5 (66.9%)
54	GOŃKA Monika	215		K-40	54	00:01:21	00:30:32	01:01:27	01:33:17	02:07:09	02:14:30.20	02:15:52.15	+00:45:25 (33.8%)	6:22	9.4 (66.2%)
55	PANENKA Małgorzata	543	NIGHT RUNNERS GLIWICE	K-40	55	00:01:17	00:31:39	01:03:30	01:35:03	02:07:39	02:14:37.35	02:15:55.10	+00:45:32 (33.8%)	6:22	9.4 (66.2%)
56	ZAPOTOCZNA Renata	837		K-40	56	00:00:55	00:28:00	00:56:46	01:29:40	02:07:27	02:14:37.80	02:15:33.70	+00:45:33 (33.8%)	6:22	9.4 (66.2%)
57	MAZUR Ewelina	460	BIEGAJ Z TRENERAMI	K-40	57	00:01:18	00:31:41	01:03:24	01:34:57	02:07:38	02:15:00.25	02:16:19.00	+00:45:55 (34.0%)	6:23	9.4 (66.2%)
58	POGORZELSKA-KLIKS Agata	575	FIS-SST TEAM	K-40	58	00:01:31	00:30:37	01:02:17	01:34:10	02:07:57	02:15:13.60	02:16:45.15	+00:46:09 (34.1%)	6:24	9.4 (66.2%)

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
59	GREINER Anna	228		K-40	59	00:01:19	00:30:30	01:02:17	01:35:11	02:10:37	02:18:19.95	02:19:39.40	+00:49:15 (35.6%)	6:33	9.2 (64.8%)
60	KOMAR Anna	331		K-40	60	00:01:07	00:30:49	01:04:03	01:38:47	02:16:04	02:23:22.85	02:24:30.60	+00:54:18 (37.9%)	6:47	8.8 (62.0%)
61	MIGDAŁ Iwona	473		K-40	61	00:01:21	00:31:36	01:06:16	01:40:37	02:16:51	02:24:17.20	02:25:38.20	+00:55:12 (38.3%)	6:50	8.8 (62.0%)
62	ADAMUS Joanna	14		K-40	62	00:00:47	00:31:11	01:05:40	01:42:37	02:23:57	02:31:53.25	02:32:40.50	+01:02:48 (41.4%)	7:11	8.3 (58.5%)
63	KASZUBA-ŚMIEJA Małgorzata	313	BANDA Z POŁUDNIA	K-40	63	00:01:21	00:33:16	01:08:09	01:43:38	02:26:18	02:35:34.30	02:36:55.90	+01:06:29 (42.7%)	7:22	8.1 (57.0%)
64	GROSS Teresa	236	FIS-SST TEAM	K-40	64	00:01:30	00:34:42	01:11:43	01:49:16	02:27:51	02:36:11.80	02:37:42.55	+01:07:07 (43.0%)	7:24	8.1 (57.0%)

Znaleziono 64 wynik(ów)