



Event:
Organiser:
Date:
Place:
Distance:

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

V PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: Mieszkanki Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	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		4:16	14.1 (100%)
2	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	+00:04:36 (4.9%)	4:29	13.4 (95.0%)
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	+00:09:32 (9.6%)	4:43	12.7 (90.1%)
4	BROZYNA Magdalena	87		K-20	3	00:00:36	00:23:45	00:47:22	01:11:16	01:35:32	01:40:34.70	01:41:10.95	+00:10:30 (10.4%)	4:45	12.6 (89.4%)
5	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	+00:12:46 (12.4%)	4:52	12.3 (87.2%)
6	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	+00:13:25 (13.0%)	4:54	12.2 (86.5%)
7	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	+00:13:57 (13.4%)	4:55	12.2 (86.5%)
8	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	+00:14:09 (13.6%)	4:56	12.1 (85.8%)
9	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	+00:14:58 (14.3%)	4:58	12.1 (85.8%)
10	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	+00:15:01 (14.3%)	4:58	12 (85.1%)
11	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	+00:16:18 (15.3%)	5:02	11.9 (84.4%)
12	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	+00:16:28 (15.5%)	5:02	11.9 (84.4%)
13	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	+00:16:28 (15.5%)	5:03	11.9 (84.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
14	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	+00:17:09 (16.0%)	5:04	11.8 (83.7%)
15	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	+00:17:41 (16.4%)	5:06	11.7 (83.0%)
16	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	+00:17:53 (16.6%)	5:07	11.7 (83.0%)
17	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	+00:18:00 (16.7%)	5:07	11.7 (83.0%)
18	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	+00:18:27 (17.0%)	5:08	11.7 (83.0%)
19	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	+00:19:39 (17.9%)	5:12	11.5 (81.6%)
20	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	+00:19:43 (18.0%)	5:12	11.5 (81.6%)
21	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	+00:20:20 (18.4%)	5:13	11.5 (81.6%)
22	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	+00:21:19 (19.1%)	5:16	11.4 (80.9%)
23	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	+00:21:22 (19.2%)	5:16	11.4 (80.9%)
24	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	+00:21:34 (19.3%)	5:17	11.3 (80.1%)
25	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	+00:22:56 (20.3%)	5:21	11.2 (79.4%)
26	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	+00:23:28 (20.7%)	5:22	11.2 (79.4%)
27	WIŚNIEWSKA Beata	880		K-20	8	00:00:26	00:27:10	00:54:20	01:21:10	01:48:13	01:53:44.65	01:54:11.30	+00:23:40 (20.8%)	5:23	11.1 (78.7%)
28	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	+00:24:25 (21.3%)	5:25	11.1 (78.7%)
29	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	+00:24:27 (21.4%)	5:25	11.1 (78.7%)
30	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	+00:24:58 (21.7%)	5:27	11 (78.0%)
31	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	+00:25:24 (22.0%)	5:28	11 (78.0%)
32	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	+00:25:29 (22.1%)	5:28	11 (78.0%)
33	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	+00:25:45 (22.2%)	5:29	10.9 (77.3%)
34	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	+00:26:06 (22.5%)	5:30	10.9 (77.3%)
35	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	+00:27:02 (23.1%)	5:33	10.8 (76.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
36	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	+00:27:06 (23.1%)	5:33	10.8 (76.6%)
37	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	+00:27:27 (23.4%)	5:34	10.8 (76.6%)
38	STAWSKA Joanna	694	BIEGAJ Z TRENERAMI	K-50	4	00:00:49	00:27:39	00:55:39	01:23:32	01:52:03	01:57:42.75	01:58:32.15	+00:27:38 (23.5%)	5:34	10.8 (76.6%)
39	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	+00:27:38 (23.5%)	5:34	10.8 (76.6%)
40	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	+00:27:39 (23.5%)	5:34	10.8 (76.6%)
41	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	+00:27:43 (23.5%)	5:34	10.7 (75.9%)
42	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	+00:27:43 (23.5%)	5:34	10.7 (75.9%)
43	WÓJCIK Józefa	822		K-50	5	00:01:09	00:26:37	00:53:41	01:21:48	01:51:56	01:58:17.60	01:59:26.95	+00:28:13 (23.9%)	5:36	10.7 (75.9%)
44	RAK Katarzyna	604		K-20	12	00:01:01	00:27:52	00:55:52	01:23:46	01:52:29	01:58:23.50	01:59:25.35	+00:28:19 (23.9%)	5:36	10.7 (75.9%)
45	PUTOWSKA Natalia	599		K-20	13	00:00:56	00:27:39	00:55:19	01:23:04	01:52:14	01:58:36.25	01:59:32.95	+00:28:31 (24.1%)	5:37	10.7 (75.9%)
46	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	+00:29:26 (24.6%)	5:39	10.6 (75.2%)
47	NIEGOWSKA Anna	502		K-50	6	00:01:14	00:27:44	00:55:57	01:24:13	01:53:56	02:00:00.90	02:01:14.90	+00:29:56 (24.9%)	5:41	10.6 (75.2%)
48	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	+00:30:57 (25.6%)	5:44	10.5 (74.5%)
49	GDULA Teodozja	201		K-60	1	00:01:00	00:27:05	00:55:15	01:24:26	01:54:57	02:01:32.10	02:02:32.45	+00:31:27 (25.9%)	5:45	10.4 (73.8%)
50	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	+00:31:46 (26.1%)	5:46	10.4 (73.8%)
51	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	+00:31:48 (26.1%)	5:46	10.4 (73.8%)
52	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	+00:32:09 (26.3%)	5:47	10.4 (73.8%)
53	SOBAS Katarzyna	673		K-20	16	00:00:55	00:27:52	00:56:14	01:24:25	01:55:59	02:02:58.30	02:03:54.20	+00:32:53 (26.8%)	5:49	10.3 (73.0%)
54	ROŻEK Agata	614		K-20	17	00:00:51	00:27:39	00:55:44	01:24:01	01:55:21	02:02:58.75	02:03:50.30	+00:32:54 (26.8%)	5:49	10.3 (73.0%)
55	KOTRA-TRUSZCZYŃSKA Magda	344	TRIMAMA	K-20	18	00:01:20	00:29:12	00:58:50	01:27:34	01:57:51	02:04:13.15	02:05:33.50	+00:34:08 (27.5%)	5:53	10.2 (72.3%)
56	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	+00:34:12 (27.5%)	5:53	10.2 (72.3%)
57	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	+00:35:36 (28.3%)	5:57	10.1 (71.6%)
58	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	+00:37:04 (29.2%)	6:01	10 (70.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
59	KANIA Barbara	301		K-20	20	00:01:09	00:27:37	00:56:07	01:26:38	02:00:08	02:07:11.20	02:08:21.00	+00:37:06 (29.2%)	6:01	10 (70.9%)
60	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	+00:37:45 (29.5%)	6:03	9.9 (70.2%)
61	DYLONG Natalia	159		K-20	21	00:01:15	00:30:52	01:01:41	01:30:22	02:01:56	02:08:20.95	02:09:36.45	+00:38:16 (29.8%)	6:04	9.9 (70.2%)
62	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	+00:38:19 (29.8%)	6:05	9.9 (70.2%)
63	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	+00:38:20 (29.9%)	6:05	9.9 (70.2%)
64	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	+00:38:55 (30.2%)	6:06	9.8 (69.5%)
65	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	+00:39:34 (30.5%)	6:08	9.8 (69.5%)
66	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	+00:40:40 (31.1%)	6:11	9.7 (68.8%)
67	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	+00:41:10 (31.4%)	6:13	9.6 (68.1%)
68	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	+00:41:12 (31.4%)	6:13	9.6 (68.1%)
69	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	+00:41:15 (31.4%)	6:13	9.6 (68.1%)
70	URBAŃCZYK Olga	762	NIGHT RUNNERS GLIWICE	K-20	24	00:01:06	00:30:26	01:02:02	01:33:35	02:05:19	02:11:40.80	02:12:47.60	+00:41:36 (31.6%)	6:14	9.6 (68.1%)
71	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	+00:41:37 (31.6%)	6:14	9.6 (68.1%)
72	MAKSYMIOUK- 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	+00:41:40 (31.6%)	6:14	9.6 (68.1%)
73	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	+00:41:42 (31.6%)	6:14	9.6 (68.1%)
74	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	+00:42:01 (31.8%)	6:15	9.6 (68.1%)
75	BUSSE Katarzyna	98		K-20	25	00:00:47	00:31:07	01:02:28	01:34:14	02:05:40	02:12:07.30	02:12:55.10	+00:42:02 (31.8%)	6:15	9.6 (68.1%)
76	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	+00:42:34 (32.1%)	6:17	9.5 (67.4%)
77	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	+00:43:13 (32.4%)	6:19	9.5 (67.4%)
78	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	+00:43:45 (32.7%)	6:20	9.5 (67.4%)
79	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	+00:44:25 (33.0%)	6:22	9.4 (66.7%)
80	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	+00:44:33 (33.1%)	6:22	9.4 (66.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
81	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	+00:44:55 (33.3%)	6:23	9.4 (66.7%)
82	SITKO Magdalena	653		K-20	28	00:01:11	00:30:42	01:02:03	01:34:22	02:08:02	02:15:41.00	02:16:52.50	+00:45:36 (33.6%)	6:25	9.3 (66.0%)
83	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	+00:45:53 (33.8%)	6:26	9.3 (66.0%)
84	LIPIŃSKA Anita	412	SIOSTRY MADIZAR	K-20	29	00:01:29	00:31:06	01:03:05	01:34:59	02:08:46	02:16:01.20	02:17:30.75	+00:45:56 (33.8%)	6:26	9.3 (66.0%)
85	WOJTOWICZ Karolina	805		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	+00:46:23 (34.0%)	6:28	9.3 (66.0%)
86	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	+00:53:18 (37.2%)	6:47	8.8 (62.4%)
87	MIGDAŁ Iwona	473	JUSZCZAK Kalina	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	+00:54:12 (37.6%)	6:50	8.8 (62.4%)
88	JUSZCZAK Kalina	291		K-20	32	00:00:59	00:31:18	01:04:46	01:40:26	02:19:33	02:27:28.10	02:28:27.15	+00:57:23 (38.9%)	6:59	8.6 (61.0%)
89	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	+00:58:34 (39.4%)	7:02	8.5 (60.3%)
90	BOGDANOWICZ Maja	68	BANDA Z POŁUDNIA	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	+00:59:28 (39.8%)	7:05	8.5 (60.3%)
91	KASZUBA-ŚMIEJA Małgorzata	313		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	+01:05:29 (42.1%)	7:22	8.1 (57.4%)
92	GEMZA Danuta	202		K-20	34	00:00:47	00:32:22	01:09:16	01:49:29	02:33:25	02:42:31.10	02:43:18.30	+01:12:26 (44.6%)	7:42	7.8 (55.3%)

Total 92 results.