

Wydarzenie: VI PKO Półmaraton Gliwicki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-26
Miejsce: Gliwice
Dystans: 21.1 km

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	LASKOWSKA Katarzyna	492	IB TEAM GLIWICE	K-40	1	00:00:04	00:20:55	00:42:23	01:05:01	01:29:52	01:34:52.70	01:34:57.50		4:29	13.3 (100%)
2	STRZELCZYK Ewa	858	HURAGAN LIGOTA	K-40	2	00:00:15	00:22:00	00:44:49	01:07:28	01:30:36	01:35:17.95	01:35:33.50	+00:00:25 (0.4%)	4:30	13.3 (100%)
3	MAZUR Patrycja	557	HURAGAN LIGOTA	K-40	3	00:00:16	00:21:59	00:45:19	01:08:54	01:33:23	01:38:08.50	01:38:24.50	+00:03:15 (3.3%)	4:39	12.9 (97.0%)
4	TANISTRA - SŁOWIK Katarzyna	906	HURAGAN LIGOTA	K-40	4	00:00:20	00:23:27	00:46:51	01:11:04	01:36:09	01:41:18.70	01:41:38.75	+00:06:26 (6.4%)	4:48	12.5 (94.0%)
5	KLEPACKA-GANCARZ Barbara	372	MUSTANGI GLIWICE	K-40	5	00:00:16	00:23:08	00:47:26	01:11:36	01:36:29	01:41:37.55	01:41:53.75	+00:06:44 (6.6%)	4:48	12.5 (94.0%)
6	PILCH-NANOWSKA Agnieszka	701		K-40	6	00:00:22	00:23:49	00:48:14	01:13:03	01:37:59	01:42:56.75	01:43:18.80	+00:08:04 (7.8%)	4:52	12.3 (92.5%)
7	NASIENIAK-CZECH Anna	600		K-40	7	00:00:44	00:25:05	00:50:09	01:14:44	01:40:01	01:45:07.85	01:45:51.90	+00:10:15 (9.8%)	4:58	12 (90.2%)
8	SIELSKA Joanna	803	OPEL ACTIVE TEAM	K-40	8	00:00:09	00:24:06	00:48:55	01:13:57	01:40:22	01:45:45.75	01:45:54.80	+00:10:53 (10.3%)	5:00	12 (90.2%)
9	LASICZ Aleksandra	1111		K-40	9	00:00:58	00:25:01	00:49:45	01:14:55	01:41:04	01:46:34.90	01:47:33.10	+00:11:42 (11.0%)	5:03	11.9 (89.5%)
10	SZOTA Magdalena	885		K-40	10	00:00:39	00:25:03	00:50:26	01:16:03	01:41:42	01:47:03.10	01:47:42.30	+00:12:10 (11.4%)	5:04	11.8 (88.7%)
11	RĄB Agnieszka	758		K-40	11	00:00:43	00:24:41	00:49:41	01:15:24	01:42:13	01:47:52.05	01:48:35.90	+00:12:59 (12.0%)	5:06	11.7 (88.0%)
12	JURECZKO Monika	328		K-40	12	00:00:45	00:24:18	00:50:07	01:15:30	01:42:21	01:48:00.80	01:48:45.95	+00:13:08 (12.2%)	5:07	11.7 (88.0%)
13	BRZOSKA Elżbieta	79	NIGHT RUNNERS PYSKOWICE	K-40	13	00:00:52	00:25:28	00:51:20	01:17:22	01:43:32	01:48:48.85	01:49:41.20	+00:13:56 (12.8%)	5:09	11.6 (87.2%)
14	GŁUSZYK Joanna	232	WAY2CHAMP	K-40	14	00:00:35	00:25:01	00:50:28	01:16:43	01:43:53	01:49:27.95	01:50:03.55	+00:14:35 (13.3%)	5:11	11.6 (87.2%)
15	BOCHEŃSKA Agnieszka	51	MOMO TEAM	K-40	15	00:00:46	00:25:03	00:50:55	01:17:09	01:44:39	01:50:11.55	01:50:58.40	+00:15:18 (13.9%)	5:13	11.5 (86.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
16	GARBOWSKA Monika	207	COMPAÑEROS ASFALT TEAM	K-40	16	00:00:57	00:25:44	00:51:43	01:18:25	01:45:37	01:51:17.45	01:52:14.70	+00:16:24 (14.7%)	5:16	11.4 (85.7%)
17	RYZIŃSKA Aneta	785		K-40	17	00:00:19	00:25:16	00:51:32	01:18:25	01:46:06	01:51:42.60	01:52:02.00	+00:16:49 (15.1%)	5:17	11.3 (85.0%)
18	CZARNIK-PECIAK Aleksandra	127		K-40	18	00:00:49	00:27:17	00:53:50	01:19:55	01:46:56	01:52:35.85	01:53:25.35	+00:17:43 (15.7%)	5:20	11.2 (84.2%)
19	KLIMAS Agnieszka	376		K-40	19	00:01:09	00:26:03	00:52:37	01:19:06	01:47:27	01:53:31.60	01:54:40.95	+00:18:38 (16.4%)	5:22	11.2 (84.2%)
20	SMIESZKOŁ-BRYKOWSKA Sonia	818		K-40	20	00:00:58	00:26:10	00:52:06	01:18:41	01:47:23	01:53:33.90	01:54:32.25	+00:18:41 (16.5%)	5:22	11.1 (83.5%)
21	POPIEL-KRUK Aleksandra	1047		K-40	21	00:01:21	00:27:59	00:55:57	01:23:01	01:48:47	01:54:11.20	01:55:32.20	+00:19:18 (16.9%)	5:24	11.1 (83.5%)
22	KASPER Iwona	351	KB ORŁY Z KNUROWA	K-40	22	00:00:32	00:26:39	00:54:03	01:21:31	01:49:30	01:55:38.60	01:56:10.75	+00:20:45 (18.0%)	5:28	10.9 (82.0%)
23	KONOPKA Agnieszka	405	I LO DWUJĘZYCZNE	K-40	23	00:01:04	00:27:27	00:54:42	01:22:12	01:49:54	01:55:42.10	01:56:46.30	+00:20:49 (18.0%)	5:29	10.9 (82.0%)
24	DYGOŃ Gosia	169	BIEGAJ Z TRENERAMI	K-40	24	00:00:00	00:28:17	00:55:30	01:23:07	01:51:21	01:56:46.60	01:56:46.60	+00:21:53 (18.8%)	5:32	10.8 (81.2%)
25	GRACH Aleksandra	249		K-40	25	00:00:58	00:26:11	00:53:22	01:21:46	01:51:12	01:57:18.15	01:58:16.95	+00:22:25 (19.1%)	5:33	10.8 (81.2%)
26	MATUSZNY Barbara	1074		K-40	26	00:00:28	00:26:03	00:52:57	01:21:37	01:51:12	01:57:21.35	01:57:50.15	+00:22:28 (19.2%)	5:33	10.8 (81.2%)
27	CZARDYBON Laura	125		K-40	27	00:01:13	00:27:56	00:55:57	01:23:54	01:51:50	01:57:29.45	01:58:42.95	+00:22:36 (19.2%)	5:34	10.8 (81.2%)
28	BEDNARCZYK-ICIEK Aneta	1099	AKTYWNI KAMIEŃSK	K-40	28	00:01:01	00:27:12	00:54:57	01:22:42	01:51:31	01:57:29.50	01:58:31.05	+00:22:36 (19.2%)	5:34	10.8 (81.2%)
29	KRAWCZYK Marta	436		K-40	29	00:01:35	00:28:44	00:57:06	01:24:48	01:53:00	01:58:56.95	02:00:32.10	+00:24:04 (20.2%)	5:38	10.6 (79.7%)
30	KWIATKOWSKA Katarzyna	488		K-40	30	00:00:10	00:25:58	00:53:44	01:22:08	01:52:51	01:59:11.35	01:59:22.25	+00:24:18 (20.4%)	5:38	10.6 (79.7%)
31	LEDWOŃ Aneta	498	NIGHT RUNNERS GLIWICE	K-40	31	00:01:30	00:28:24	00:56:50	01:25:20	01:53:36	01:59:14.95	02:00:45.15	+00:24:22 (20.4%)	5:39	10.6 (79.7%)
32	KUCZMA Joanna	462		K-40	32	00:01:26	00:28:06	00:56:25	01:24:52	01:53:35	01:59:43.65	02:01:10.00	+00:24:50 (20.8%)	5:40	10.6 (79.7%)
33	JURASZCZUK Katarzyna	1090	INŻYNIERIA BIEGANIA	K-40	33	00:01:32	00:28:04	00:55:57	01:24:36	01:53:30	01:59:50.70	02:01:23.15	+00:24:58 (20.8%)	5:40	10.6 (79.7%)
34	ZAPOTOCZNA Renata	997		K-40	34	00:00:44	00:27:13	00:55:57	01:25:37	01:54:08	02:00:06.50	02:00:50.50	+00:25:13 (21.0%)	5:41	10.5 (78.9%)
35	DEMBOWSKA Bożena	150		K-40	35	00:01:33	00:28:23	00:57:05	01:26:07	01:55:48	02:02:02.70	02:03:36.15	+00:27:10 (22.3%)	5:47	10.4 (78.2%)
36	KOLTERNIAK Monika	397	QUEENS PARK HARRIERS LONDYN	K-40	36	00:01:01	00:28:12	00:56:51	01:25:58	01:56:00	02:02:17.50	02:03:19.10	+00:27:24 (22.4%)	5:47	10.4 (78.2%)
37	NANCKA Brygida	599	-	K-40	37	00:00:22	00:27:35	00:56:19	01:25:26	01:55:58	02:02:27.90	02:02:49.95	+00:27:35 (22.5%)	5:48	10.3 (77.4%)
38	LESZCZYŃSKA Małgorzata	501		K-40	38	00:00:35	00:27:13	00:55:57	01:25:59	01:57:18	02:03:33.90	02:04:09.00	+00:28:41 (23.2%)	5:51	10.2 (76.7%)

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							5km	10km	15km	20km	21.1km	21.1km			
39	WILSZ Ewa	956	#PANIÓWKIRUN	K-40	39	00:01:31	00:27:54	00:56:52	01:26:14	01:57:28	02:03:40.80	02:05:12.35	+00:28:48 (23.3%)	5:51	10.2 (76.7%)
40	PEKALA Anna	688		K-40	40	00:01:38	00:27:41	00:56:10	01:26:10	01:58:57	02:05:37.35	02:07:15.70	+00:30:44 (24.5%)	5:57	10.1 (75.9%)
41	KONIOR Edyta	404	KOLIBER TEAM	K-40	41	00:01:16	00:29:22	00:58:50	01:28:49	02:00:01	02:06:35.25	02:07:52.05	+00:31:42 (25.0%)	6:00	10 (75.2%)
42	GRYNICKA-JASKÓŁA Aleksandra	1089		K-40	42	00:01:09	00:28:27	00:57:48	01:27:38	01:59:47	02:06:44.15	02:07:53.25	+00:31:51 (25.1%)	6:00	10 (75.2%)
43	ROJEK Monika	765		K-40	43	00:01:24	00:29:45	00:59:41	01:28:39	02:00:17	02:07:12.05	02:08:37.00	+00:32:19 (25.4%)	6:01	10 (75.2%)
44	PRESNAL-ZMYŚŁOWSKA Agnieszka	728		K-40	44	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08	02:07:31.50	02:09:01.75	+00:32:38 (25.6%)	6:02	9.9 (74.4%)
45	ĆWIOK Barbara	143	#PANIÓWKIRUN	K-40	45	00:01:20	00:30:02	00:59:47	01:30:30	02:01:16	02:07:46.80	02:09:06.95	+00:32:54 (25.7%)	6:03	9.9 (74.4%)
46	MIECZNIKOWSKA Agnieszka	568		K-40	46	00:01:04	00:28:05	00:57:52	01:29:01	02:01:12	02:07:49.80	02:08:54.30	+00:32:57 (25.8%)	6:03	9.9 (74.4%)
47	KROCZEK Liliana	442	NIGHT RUNNERS	K-40	47	00:01:16	00:29:27	00:59:50	01:30:18	02:01:20	02:07:49.80	02:09:06.10	+00:32:57 (25.8%)	6:03	9.9 (74.4%)
48	MARUT Kaśka	544	BP RUNNING TEAM GLIWICE	K-40	48	00:01:16	00:29:29	00:59:55	01:30:18	02:01:18	02:07:50.00	02:09:06.05	+00:32:57 (25.8%)	6:03	9.9 (74.4%)
49	RÓLKA Mariola	771	BP RUNNING TEAM	K-40	49	00:01:15	00:29:29	00:59:56	01:30:20	02:01:21	02:07:50.50	02:09:06.20	+00:32:57 (25.8%)	6:03	9.9 (74.4%)
50	KOWALCZYK Anna	418	HIRSCHVOGEL	K-40	50	00:01:22	00:30:02	01:00:29	01:30:43	02:01:17	02:07:55.10	02:09:17.10	+00:33:02 (25.8%)	6:03	9.9 (74.4%)
51	CZERNAK Żaneta	132		K-40	51	00:01:08	00:28:13	00:56:46	01:27:52	02:00:53	02:08:01.80	02:09:10.20	+00:33:09 (25.9%)	6:04	9.9 (74.4%)
52	NOWAKOWSKA-TRZASKA Joanna	627		K-40	52	00:01:35	00:29:56	01:00:12	01:31:03	02:03:09	02:09:54.65	02:11:29.75	+00:35:01 (27.0%)	6:09	9.7 (72.9%)
53	URBANEK-RAJWA Barbara	928		K-40	53	00:00:40	00:28:26	00:57:07	01:27:22	02:03:08	02:10:52.40	02:11:32.80	+00:35:59 (27.5%)	6:12	9.7 (72.9%)
54	BATEJKO Beata	18	SPORT WSPIERAMY NAUKOWO	K-40	54	00:01:44	00:29:28	00:59:15	01:30:30	02:04:08	02:11:04.25	02:12:48.60	+00:36:11 (27.6%)	6:12	9.7 (72.9%)
55	KASPEREK Magdalena	352	FIS - SST	K-40	55	00:01:43	00:31:43	01:05:11	01:35:44	02:06:16	02:13:06.25	02:14:49.70	+00:38:13 (28.7%)	6:18	9.5 (71.4%)
56	NAWROT Bożena	605		K-40	56	00:01:44	00:29:56	01:00:37	01:32:06	02:06:24	02:13:52.75	02:15:37.25	+00:39:00 (29.1%)	6:20	9.5 (71.4%)
57	JĘDZURA Agnieszka	322		K-40	57	00:01:29	00:28:36	00:58:45	01:30:54	02:06:31	02:14:03.00	02:15:32.50	+00:39:10 (29.2%)	6:21	9.4 (70.7%)
58	LATA Monika	494	KYOKUSHIN	K-40	58	00:01:41	00:33:12	01:06:04	01:38:51	02:10:05	02:16:13.35	02:17:54.40	+00:41:20 (30.4%)	6:27	9.3 (69.9%)
59	BIAŁY Dagmara	34	DMB	K-40	59	00:00:33	00:31:18	01:03:29	01:37:02	02:09:51	02:17:01.70	02:17:34.95	+00:42:09 (30.8%)	6:29	9.2 (69.2%)
60	BINASIK Agnieszka	41	HURAGAN LIGOTA	K-40	60	00:01:37	00:30:26	01:01:32	01:34:42	02:09:46	02:17:28.85	02:19:06.10	+00:42:36 (31.0%)	6:30	9.2 (69.2%)
61	GREINER Anna	255		K-40	61	00:00:22	00:30:03	01:02:08	01:35:00	02:10:30	02:17:58.25	02:18:20.80	+00:43:05 (31.2%)	6:32	9.2 (69.2%)

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
62	GOŃKA Monika	240		K-40	62	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07	02:18:58.00	02:20:16.20	+00:44:05 (31.7%)	6:35	9.1 (68.4%)
63	ADAMUS Anna	3		K-40	63	00:01:37	00:31:19	01:04:18	01:39:09	02:15:32	02:23:15.70	02:24:53.30	+00:48:23 (33.8%)	6:47	8.8 (66.2%)
64	KOZIOŁ Ewa	427	PORANNY PATROL	K-40	64	00:01:33	00:30:38	01:03:12	01:37:39	02:16:28	02:24:51.10	02:26:24.95	+00:49:58 (34.5%)	6:51	8.7 (65.4%)
65	JARCZYK Magdalena	312	KOLIBER TEAM	K-40	65	00:01:17	00:33:28	01:08:10	01:45:01	02:22:41	02:30:32.00	02:31:49.05	+00:55:39 (37.0%)	7:08	8.4 (63.2%)
66	SOKÓŁ-OLEŚ Ewelina	829	RUNTEAM PAWŁOWICE	K-40	66	00:02:05	00:33:19	01:07:53	01:44:14	02:23:53	02:31:15.10	02:33:21.05	+00:56:22 (37.3%)	7:10	8.4 (63.2%)
67	ZIELIŃSKA Izabela	1007		K-40	67	00:01:00	00:31:54	01:07:45	01:45:06	02:24:45	02:32:17.35	02:33:17.75	+00:57:24 (37.7%)	7:13	8.3 (62.4%)
68	POGORZELSKA-KLIKS Agata	715	FIS-SST TEAM	K-40	68	00:01:51	00:33:21	01:08:08	01:44:34	02:25:02	02:33:15.95	02:35:07.85	+00:58:23 (38.1%)	7:15	8.3 (62.4%)
69	WOLNY Ewa	970		K-40	69	00:01:12	00:31:53	01:07:03	01:44:47	02:26:18	02:34:56.75	02:36:09.50	+01:00:04 (38.8%)	7:20	8.2 (61.7%)
70	ZAKLIŃSKA Katarzyna	995	TMTEAM	K-40	70	00:01:51	00:33:18	01:08:13	01:47:00	02:27:28	02:35:56.85	02:37:48.30	+01:01:04 (39.2%)	7:23	8.1 (60.9%)
71	KOŁODZIŃSKA Ewa	401		K-40	71	00:01:40	00:34:13	01:09:57	01:49:00	02:31:46	02:41:20.10	02:43:00.95	+01:06:27 (41.2%)	7:38	7.8 (58.6%)

Znaleziono 71 wynik(ów)