

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

Klasyfikacja: Mieszkańki Gliwic

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	KONIECZNA Anna	402		K-20	4	00:00:09	00:21:18	00:44:18	01:07:23	01:31:52	01:36:58.95	01:37:08.80	+00:02:06 (2.2%)	4:35	13.1 (98.5%)
3	LEWICKA Justyna	505	ISTA BIEGAMY	K-30	3	00:00:10	00:22:50	00:46:01	01:09:39	01:34:01	01:39:11.70	01:39:21.80	+00:04:19 (4.4%)	4:42	12.8 (96.2%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	TYSZKO Berenika	922		K-20	6	00:00:43	00:25:18	00:50:41	01:15:53	01:42:09	01:47:49.15	01:48:32.50	+00:12:56 (12.0%)	5:06	11.7 (88.0%)
10	BŁOŃSKA Monika	48		K-30	8	00:00:24	00:25:41	00:51:22	01:16:22	01:42:52	01:48:11.40	01:48:35.90	+00:13:18 (12.3%)	5:07	11.7 (88.0%)
11	BANACH Magda	10		K-20	7	00:00:37	00:24:36	00:49:34	01:14:44	01:42:27	01:48:27.60	01:49:04.65	+00:13:34 (12.5%)	5:08	11.7 (88.0%)
12	SKÓRA Aneta	1044		K-30	10	00:00:48	00:25:01	00:50:47	01:17:06	01:43:35	01:49:12.35	01:50:00.90	+00:14:19 (13.1%)	5:10	11.6 (87.2%)
13	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%)
14	SZOŁTYSEK- GRZESIKIEWICZ Anna	884		K-30	11	00:00:50	00:25:45	00:51:29	01:17:40	01:44:47	01:50:26.85	01:51:17.00	+00:15:34 (14.1%)	5:14	11.5 (86.5%)
15	WILCZEK Małgorzata	952	ISTA BIEGAMY	K-30	14	00:01:03	00:26:21	00:52:58	01:19:13	01:45:42	01:51:04.10	01:52:07.35	+00:16:11 (14.6%)	5:15	11.4 (85.7%)

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
16	HERLICZKA Renata	283	AML FLY TEAM	K-30	15	00:00:58	00:25:57	00:51:45	01:17:51	01:45:22	01:51:14.95	01:52:13.75	+00:16:22 (14.7%)	5:16	11.4 (85.7%)
17	PĘDOWSKA Bożena	685		K-50	1	00:00:07	00:25:23	00:51:41	01:18:14	01:45:34	01:51:16.35	01:51:24.00	+00:16:23 (14.7%)	5:16	11.4 (85.7%)
18	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%)
19	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%)
20	WOŹNIAK-SOLAREK Zuzanna	1064		K-20	9	00:00:37	00:25:34	00:52:05	01:18:46	01:46:39	01:52:23.30	01:53:00.60	+00:17:30 (15.6%)	5:19	11.3 (85.0%)
21	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%)
22	BROZYNA Magdalena	74	CO JA TU ROBIĘ?	K-30	17	00:00:14	00:23:34	00:50:09	01:18:07	01:47:34	01:53:45.35	01:54:00.00	+00:18:52 (16.6%)	5:23	11.1 (83.5%)
23	WARAT Katarzyna	935	YES3	K-30	19	00:01:40	00:25:32	00:51:52	01:19:28	01:48:02	01:54:08.30	01:55:48.40	+00:19:15 (16.9%)	5:24	11.1 (83.5%)
24	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%)
25	POPIEL Adriana	721		K-30	21	00:00:39	00:27:08	00:54:23	01:21:36	01:49:33	01:55:25.35	01:56:04.40	+00:20:32 (17.8%)	5:28	11 (82.7%)
26	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%)
27	SAMOL Aleksandra	790		K-20	11	00:00:28	00:25:42	00:52:15	01:19:57	01:49:53	01:55:46.60	01:56:15.10	+00:20:53 (18.1%)	5:29	10.9 (82.0%)
28	KOPLIN Kasia	408	FRAZOCHY	K-30	22	00:00:58	00:26:07	00:53:12	01:21:34	01:50:32	01:56:29.35	01:57:27.50	+00:21:36 (18.6%)	5:31	10.9 (82.0%)
29	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%)
30	POLEWICA Aleksandra	1123	UKS KOMETA GLIWICE	K-16	1	00:00:02	00:25:57	00:54:04	01:22:12	01:51:16	01:57:12.80	01:57:14.90	+00:22:20 (19.1%)	5:33	10.8 (81.2%)
31	SIERADZKA Agnieszka	805	BIEGAJ Z TRENERAMI	K-30	25	00:00:54	00:25:52	00:53:34	01:22:00	01:50:54	01:57:12.95	01:58:07.10	+00:22:20 (19.1%)	5:33	10.8 (81.2%)
32	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%)
33	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%)
34	MARKOWSKA Sylwia	539		K-30	28	00:01:10	00:27:56	00:55:50	01:24:03	01:52:31	01:58:10.25	01:59:20.60	+00:23:17 (19.7%)	5:36	10.7 (80.5%)
35	BOMBIS Sandra	58		K-20	12	00:01:05	00:26:46	00:53:52	01:22:01	01:52:19	01:58:19.75	01:59:25.35	+00:23:27 (19.8%)	5:36	10.7 (80.5%)
36	SITKO Magdalena	810		K-20	13	00:01:28	00:27:27	00:55:20	01:23:36	01:52:37	01:58:34.75	02:00:02.90	+00:23:42 (20.0%)	5:37	10.7 (80.5%)
37	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%)
38	BIER Agnieszka	40	DTIQ POLAND	K-30	33	00:01:39	00:28:01	00:56:19	01:24:39	01:53:22	01:59:36.55	02:01:15.65	+00:24:43 (20.7%)	5:40	10.6 (79.7%)

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39	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%)
40	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%)
41	KOCIELSKA Anna	389		K-30	36	00:01:04	00:27:04	00:55:15	01:24:04	01:53:41	02:00:06.60	02:01:10.95	+00:25:13 (21.0%)	5:41	10.5 (78.9%)
42	NOWAKOWSKA Agnieszka	626	PACEMAKER	K-20	14	00:01:16	00:28:13	00:56:37	01:25:05	01:53:48	02:00:10.40	02:01:27.30	+00:25:17 (21.0%)	5:41	10.5 (78.9%)
43	SOBAS Katarzyna	824		K-20	15	00:01:09	00:28:05	00:56:37	01:25:08	01:53:55	02:00:13.45	02:01:23.20	+00:25:20 (21.1%)	5:41	10.5 (78.9%)
44	FRANIELCZYK Marta	194		K-30	44	00:01:29	00:28:12	00:56:37	01:25:22	01:56:06	02:02:58.95	02:04:28.30	+00:28:06 (22.9%)	5:49	10.3 (77.4%)
45	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%)
46	BŁASZCZYK Paulina	45		K-30	47	00:01:33	00:28:28	00:57:08	01:26:34	01:57:53	02:04:25.25	02:05:58.80	+00:29:32 (23.7%)	5:53	10.2 (76.7%)
47	SZKAMRUK Małgorzata	875		K-30	53	00:01:37	00:27:42	00:56:11	01:26:13	01:59:00	02:05:37.90	02:07:15.80	+00:30:45 (24.5%)	5:57	10.1 (75.9%)
48	BUCHAL Katarzyna	83		K-50	4	00:01:05	00:29:26	00:59:35	01:29:52	02:01:09	02:07:44.65	02:08:49.95	+00:32:51 (25.7%)	6:03	9.9 (74.4%)
49	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%)
50	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%)
51	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%)
52	CZERNIAK 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%)
53	MICHALIK Natalia	562		K-20	22	00:01:37	00:29:55	01:00:10	01:31:02	02:03:07	02:09:52.45	02:11:29.60	+00:34:59 (26.9%)	6:09	9.7 (72.9%)
54	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%)
55	ŚLIWIŃSKA Alicja	903		K-30	59	00:00:51	00:28:31	00:58:07	01:29:00	02:03:08	02:10:17.10	02:11:08.30	+00:35:24 (27.2%)	6:10	9.7 (72.9%)
56	ZBOREK Dominika	1000		K-30	60	00:01:38	00:29:26	00:59:31	01:31:06	02:04:18	02:10:50.05	02:12:28.90	+00:35:57 (27.5%)	6:12	9.7 (72.9%)
57	REWIUK-KOCUR Anna	763		K-30	64	00:00:45	00:31:22	01:03:14	01:35:21	02:05:45	02:12:59.10	02:13:44.30	+00:38:06 (28.7%)	6:18	9.5 (71.4%)
58	GDULA Teodozja	217		K-60	1	00:01:18	00:28:05	00:57:13	01:29:29	02:05:35	02:13:00.65	02:14:19.40	+00:38:07 (28.7%)	6:18	9.5 (71.4%)
59	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%)
60	PIECHOWICZ- KUROWSKA Agata	1048		K-30	67	00:01:41	00:31:44	01:03:50	01:35:57	02:08:25	02:14:56.40	02:16:38.35	+00:40:03 (29.7%)	6:23	9.4 (70.7%)
61	BROWSKA Aleksandra	1052		K-30	68	00:01:42	00:31:43	01:03:49	01:35:56	02:08:25	02:14:56.45	02:16:38.50	+00:40:03 (29.7%)	6:23	9.4 (70.7%)

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62	WŁODARSKA Dominika	963		K-20	28	00:00:32	00:30:10	01:01:16	01:33:45	02:08:33	02:16:02.50	02:16:35.30	+00:41:09 (30.3%)	6:26	9.3 (69.9%)
63	SZELAĞ Iwona	874		K-30	73	00:01:45	00:31:54	01:03:53	01:35:49	02:10:57	02:18:11.85	02:19:57.70	+00:43:19 (31.3%)	6:32	9.2 (69.2%)
64	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%)
65	KAŁUŻNA Anna	341		K-50	5	00:01:47	00:31:59	01:04:03	01:36:37	02:12:20	02:19:57.60	02:21:44.95	+00:45:04 (32.2%)	6:37	9 (67.7%)
66	HAJOK Magda	274		K-30	76	00:01:45	00:31:54	01:03:54	01:37:53	02:15:58	02:23:37.80	02:25:23.30	+00:48:45 (33.9%)	6:48	8.8 (66.2%)
67	RUBINSKA Małgorzata	773		K-50	9	00:02:07	00:32:21	01:06:57	01:40:39	02:17:48	02:27:42.45	02:29:50.20	+00:52:49 (35.8%)	7:00	8.6 (64.7%)
68	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%)
69	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%)
70	RUDNER-DERSIEWICZ Ula	774	CROSSFIT HELLWOOD GLIWICE	K-30	80	00:01:25	00:32:47	01:08:20	01:48:49	02:30:42	02:39:16.90	02:40:42.70	+01:04:24 (40.4%)	7:32	7.9 (59.4%)
71	PAWLARCZYK Karolina	677		K-20	35	00:01:34	00:33:11	01:07:53	01:49:46	02:31:57	02:39:56.15	02:41:31.00	+01:05:03 (40.7%)	7:34	7.9 (59.4%)
72	RUTKA Wiola	776		K-30	82	00:01:39	00:34:57	01:11:56	01:49:47	02:31:50	02:41:04.50	02:42:44.45	+01:06:11 (41.1%)	7:38	7.9 (59.4%)
73	KOCYAN Małgorzata	393	BIEGAJ Z TRENERAMI	K-60	2	00:00:00	00:34:44	01:09:16	01:47:32	02:30:39	02:41:18.70	02:41:18.70	+01:06:26 (41.2%)	7:38	7.8 (58.6%)
74	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%)
75	GAWEŁKO Rauszanija	209		K-50	11	00:00:48	00:34:39	01:12:32	01:54:05	02:38:30	02:48:01.35	02:48:50.30	+01:13:08 (43.5%)	7:57	7.5 (56.4%)

Znaleziono 75 wynik(ów)