



# VII PÓŁMARATON GLIWICKI

B4SPORT

**Event:** VII PÓŁMARATON GLIWICKI  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2021-10-17  
**Place:** Gliwice  
**Distance:** 21.1 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	7.2km	11.9km	16.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	<b>SMITH Kelli</b>	<b>635</b>		K-30	1	00:00:03	00:10:24	00:29:19	00:48:56	01:08:17	<b>01:26:26.80</b>	<b>01:26:30.15</b>		4:05	14.6 (100%)
2	<b>JANOWSKA Michalina</b>	<b>182</b>	MOJŻYSZ TEAM / JEJKOWICE BIEGAJĄ	K-30	2	00:00:04	00:10:51	00:30:05	00:49:34	01:08:33	<b>01:27:05.55</b>	<b>01:27:09.65</b>	+00:00:38 (0.7%)	4:07	14.5 (99.3%)
3	<b>BROL Dominika</b>	<b>48</b>		K-30	3	00:00:06	00:11:01	00:30:54	00:51:03	01:10:44	<b>01:29:08.50</b>	<b>01:29:15.45</b>	+00:02:41 (3.0%)	4:13	14.2 (97.3%)
4	<b>WYLEŻAŁEK Alina</b>	<b>528</b>		K-30	4	00:00:10	00:11:19	00:31:24	00:51:53	01:12:07	<b>01:31:27.50</b>	<b>01:31:37.60</b>	+00:05:00 (5.5%)	4:20	13.8 (94.5%)
5	<b>LECHOCKA Patrycja</b>	<b>278</b>	INŻYNIERIA BIEGANIA/ EKO-OKNA RUNNERS	K-30	5	00:00:13	00:11:56	00:33:53	00:56:13	01:18:44	<b>01:40:11.70</b>	<b>01:40:25.40</b>	+00:13:44 (13.7%)	4:44	12.6 (86.3%)
6	<b>BUJAK Magdalena</b>	<b>58</b>	NIGHT RUNNERS PYSKOWICE / KP LABS	K-30	6	00:00:29	00:12:57	00:35:23	00:58:43	01:22:14	<b>01:45:06.30</b>	<b>01:45:36.25</b>	+00:18:39 (17.8%)	4:58	12 (82.2%)
7	<b>KASPRZAK Martyna</b>	<b>214</b>	GREEN BELT RUNNER TEAM	K-30	7	00:00:37	00:13:50	00:37:46	01:01:37	01:24:41	<b>01:46:16.05</b>	<b>01:46:53.55</b>	+00:19:49 (18.7%)	5:02	11.9 (81.5%)
8	<b>OLEŚ-ZDECHLIK Beata</b>	<b>365</b>		K-30	8	00:00:24	00:13:11	00:36:55	01:01:43	01:26:13	<b>01:49:11.45</b>	<b>01:49:36.40</b>	+00:22:44 (20.8%)	5:10	11.6 (79.5%)
9	<b>BROZYNA Magdalena</b>	<b>621</b>	CO JA TU ROBIE?	K-30	9	00:00:30	00:13:57	00:37:21	01:01:32	01:26:40	<b>01:51:46.00</b>	<b>01:52:16.45</b>	+00:25:19 (22.7%)	5:17	11.3 (77.4%)
10	<b>KAMSKA Małgorzata</b>	<b>206</b>	GAMBAZ TEAM	K-30	10	00:00:45	00:13:49	00:37:54	01:03:20	01:28:49	<b>01:53:11.00</b>	<b>01:53:56.40</b>	+00:26:44 (23.6%)	5:21	11.2 (76.7%)
11	<b>ZACHARIASZ Agnieszka</b>	<b>530</b>		K-30	11	00:00:14	00:13:28	00:38:05	01:02:57	01:28:49	<b>01:54:03.65</b>	<b>01:54:18.20</b>	+00:27:36 (24.2%)	5:24	11.1 (76.0%)
12	<b>MARCINIAK Paulina</b>	<b>309</b>		K-30	12	00:00:39	00:14:21	00:39:26	01:04:56	01:30:28	<b>01:55:10.55</b>	<b>01:55:50.20</b>	+00:28:43 (24.9%)	5:27	11 (75.3%)
13	<b>PALMOWSKA Agnieszka</b>	<b>378</b>	PHD RUNNERS	K-30	13	00:00:42	00:14:16	00:40:02	01:06:52	01:32:57	<b>01:56:48.50</b>	<b>01:57:30.95</b>	+00:30:21 (26.0%)	5:32	10.8 (74.0%)
14	<b>ROWINSKA Ewa</b>	<b>410</b>		K-30	14	00:00:41	00:14:32	00:39:53	01:06:35	01:33:07	<b>01:59:00.55</b>	<b>01:59:41.65</b>	+00:32:33 (27.4%)	5:38	10.6 (72.6%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	7.2km	11.9km	16.6km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											21.1km	21.1km			
15	KULCZYK Anna	263		K-30	15	00:00:36	00:13:57	00:39:22	01:06:07	01:33:23	<b>01:59:24.90</b>	<b>02:00:01.55</b>	+00:32:58 (27.6%)	5:39	10.6 (72.6%)
16	MICHALSKA Bogna	325		K-30	16	00:00:54	00:15:39	00:42:36	01:10:18	01:37:57	<b>02:02:32.85</b>	<b>02:03:27.40</b>	+00:36:06 (29.5%)	5:48	10.3 (70.5%)
17	WYCISK Dagmara	527		K-30	17	00:00:49	00:14:47	00:41:52	01:09:11	01:37:09	<b>02:03:36.20</b>	<b>02:04:25.25</b>	+00:37:09 (30.1%)	5:51	10.2 (69.9%)
18	SZYMAŃSKA Magdalena	599		K-30	18	00:00:58	00:14:58	00:41:54	01:10:00	01:37:57	<b>02:05:18.50</b>	<b>02:06:17.45</b>	+00:38:51 (31.0%)	5:56	10.1 (69.2%)
19	BIAŁASIK Monika	27		K-30	19	00:01:03	00:15:36	00:44:03	01:12:34	01:41:08	<b>02:06:11.40</b>	<b>02:07:15.20</b>	+00:39:44 (31.5%)	5:58	10 (68.5%)
20	KRAŃSKA Sandra	253		K-30	20	00:00:51	00:14:45	00:42:12	01:10:04	01:38:27	<b>02:06:32.80</b>	<b>02:07:24.75</b>	+00:40:06 (31.7%)	5:59	10 (68.5%)
21	KIDABIONEK Olga	222		K-30	21	00:00:42	00:15:04	00:42:09	01:10:34	01:39:15	<b>02:06:46.10</b>	<b>02:07:28.60</b>	+00:40:19 (31.8%)	6:00	10 (68.5%)
22	KILAR-HOSZOWSKA Sabina	225	MEDUZY	K-30	22	00:00:53	00:15:32	00:43:25	01:12:14	01:41:10	<b>02:08:40.55</b>	<b>02:09:34.30</b>	+00:42:13 (32.8%)	6:05	9.8 (67.1%)
23	ŻYGLOWICZ Sylwia	555		K-30	23	00:01:01	00:15:47	00:44:11	01:13:04	01:43:13	<b>02:11:03.50</b>	<b>02:12:05.10</b>	+00:44:36 (34.0%)	6:12	9.7 (66.4%)
24	GLADKOWSKA Malgorzata	134		K-30	24	00:00:30	00:14:54	00:42:30	01:12:10	01:43:07	<b>02:11:14.20</b>	<b>02:11:45.05</b>	+00:44:47 (34.1%)	6:13	9.6 (65.8%)
25	ONOPIUK Natalia	366		K-30	25	00:01:03	00:15:35	00:44:04	01:12:35	01:42:03	<b>02:11:46.60</b>	<b>02:12:50.45</b>	+00:45:19 (34.4%)	6:14	9.6 (65.8%)
26	WOSIAK Katarzyna	521		K-30	26	00:00:18	00:14:45	00:41:34	01:10:17	01:40:51	<b>02:11:51.35</b>	<b>02:12:10.10</b>	+00:45:24 (34.4%)	6:14	9.6 (65.8%)
27	WILCZEK Małgorzata	513		K-30	27	00:00:51	00:15:57	00:44:30	01:14:24	01:44:16	<b>02:11:53.50</b>	<b>02:12:44.60</b>	+00:45:26 (34.5%)	6:15	9.6 (65.8%)
28	BAJOR Agnieszka	10		K-30	28	00:01:03	00:15:41	00:43:56	01:12:49	01:42:19	<b>02:12:19.10</b>	<b>02:13:22.20</b>	+00:45:52 (34.7%)	6:16	9.6 (65.8%)
29	MENDLA Anna	320		K-30	29	00:00:44	00:15:12	00:43:26	01:13:12	01:43:43	<b>02:13:58.00</b>	<b>02:14:42.45</b>	+00:47:31 (35.5%)	6:20	9.5 (65.1%)
30	FRUK Natalia	113		K-30	30	00:00:47	00:16:19	00:46:24	01:16:34	01:46:37	<b>02:14:24.10</b>	<b>02:15:11.65</b>	+00:47:57 (35.7%)	6:22	9.4 (64.4%)
31	ZAWIŁA Agnieszka	539		K-30	31	00:01:08	00:16:14	00:44:30	01:14:16	01:44:28	<b>02:14:34.65</b>	<b>02:15:43.55</b>	+00:48:07 (35.8%)	6:22	9.4 (64.4%)
32	GROMADZKA Justyna	151	KOBIETY WATAHY	K-30	32	00:00:41	00:14:55	00:42:59	01:12:54	01:44:08	<b>02:15:41.90</b>	<b>02:16:23.20</b>	+00:49:15 (36.3%)	6:25	9.3 (63.7%)
33	KUZMYŃSKA Kateryna	619		K-30	33	00:00:24	00:15:11	00:43:31	01:14:22	01:46:19	<b>02:16:57.70</b>	<b>02:17:21.95</b>	+00:50:30 (36.9%)	6:29	9.2 (63.0%)
34	WOJDANOWSKA Małgorzata	517	LECZYMY DURŚ	K-30	34	00:01:04	00:15:38	00:43:33	01:14:53	01:47:39	<b>02:17:22.85</b>	<b>02:18:27.25</b>	+00:50:56 (37.1%)	6:30	9.2 (63.0%)
35	GARBACZ Asia	123		K-30	35	00:00:54	00:15:50	00:45:13	01:16:32	01:48:29	<b>02:19:22.85</b>	<b>02:20:17.25</b>	+00:52:56 (38.0%)	6:36	9.1 (62.3%)
36	NIEDBALSKA Sandra	345		K-30	36	00:00:52	00:15:50	00:45:25	01:17:04	01:49:02	<b>02:19:56.50</b>	<b>02:20:48.65</b>	+00:53:29 (38.2%)	6:37	9 (61.6%)
37	ŚWIDEREK Aleksandra	481		K-30	37	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	<b>02:23:09.40</b>	<b>02:24:05.05</b>	+00:56:42 (39.6%)	6:47	8.8 (60.3%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	7.2km	11.9km	16.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
37	<b>PIECHOWICZ-KUROWSKA Agata</b>	<b>382</b>		K-30	37	00:00:55	00:17:28	00:48:45	01:21:30	01:53:24	<b>02:23:09.40</b>	<b>02:24:05.05</b>	+00:56:42 (39.6%)	6:47	8.8 (60.3%)
39	<b>KARNIA Agnieszka</b>	<b>209</b>		K-30	39	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	<b>02:23:09.65</b>	<b>02:24:05.45</b>	+00:56:42 (39.6%)	6:47	8.8 (60.3%)
40	<b>SITKO Dagmara</b>	<b>440</b>		K-30	40	00:01:13	00:17:24	00:49:48	01:22:54	01:56:19	<b>02:26:18.65</b>	<b>02:27:32.25</b>	+00:59:51 (40.9%)	6:56	8.7 (59.6%)
41	<b>KRUKOWSKA Monika</b>	<b>256</b>		K-30	41	00:00:33	00:16:47	00:49:08	01:24:33	01:58:12	<b>02:33:49.40</b>	<b>02:34:23.25</b>	+01:07:22 (43.8%)	7:17	8.2 (56.2%)
42	<b>BRODA Hanna</b>	<b>44</b>	#FLOWBEZBARIER	K-30	42	00:01:24	00:21:04	00:53:48	01:29:54	02:06:09	<b>02:44:13.15</b>	<b>02:45:37.25</b>	+01:17:46 (47.4%)	7:46	7.7 (52.7%)
43	<b>KASPRZYK Agnieszka</b>	<b>215</b>		K-30	43	00:00:31	00:17:37	00:52:58	01:28:11	02:06:26	<b>02:47:23.75</b>	<b>02:47:54.95</b>	+01:20:56 (48.4%)	7:55	7.6 (52.1%)
44	<b>GŁĄB Mariola</b>	<b>136</b>		K-30	44	00:00:57	00:17:46	00:52:47	01:31:03	02:10:47	<b>02:48:56.15</b>	<b>02:49:53.80</b>	+01:22:29 (48.8%)	8:00	7.5 (51.4%)
45	<b>KOŁODZIEJCZYK Monika</b>	<b>234</b>	JURA TEAM	K-30	45	00:00:32	00:13:57	00:38:13					+00:08:54	5:18	11.3 (77.4%)

Total 45 results.