



VII PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie: VII PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-17
Miejsce: Gliwice
Dystans: 21.1 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 2.5km | 7.2km | 11.9km | 16.6km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | GRIMAN Joanna | 149 | MOJŻYSZ TEAM/ERIGO | K-40 | 1 | 00:00:03 | 00:10:03 | 00:28:17 | 00:47:24 | 01:06:12 | 01:24:05.85 | 01:24:09.50 | | 3:59 | 15.1 (100%) |
| 2 | SZEWczyk Urszula | 474 | GREEN BELT RUNNER TEAM | K-40 | 2 | 00:00:11 | 00:11:34 | 00:33:18 | 00:55:25 | 01:17:33 | 01:38:44.25 | 01:38:55.25 | +00:14:38 (14.8%) | 4:40 | 12.8 (84.8%) |
| 3 | BINIENDA Agnieszka | 32 | KOBIETY WATAHY | K-40 | 3 | 00:00:25 | 00:11:56 | 00:33:41 | 00:55:40 | 01:17:59 | 01:39:31.55 | 01:39:56.80 | +00:15:25 (15.5%) | 4:42 | 12.7 (84.1%) |
| 4 | NOREK-CISZAK Beata | 353 | LAKE RUNNERS TYCHY | K-40 | 4 | 00:00:19 | 00:12:37 | 00:35:14 | 00:58:06 | 01:20:51 | 01:42:10.65 | 01:42:29.85 | +00:18:04 (17.7%) | 4:50 | 12.4 (82.1%) |
| 5 | POWROŻNA Mariola | 397 | NIGHT RUNNERS ŚLĄSK | K-40 | 5 | 00:00:20 | 00:12:32 | 00:34:52 | 00:57:48 | 01:20:54 | 01:43:33.60 | 01:43:54.25 | +00:19:27 (18.8%) | 4:54 | 12.2 (80.8%) |
| 6 | BOBROWSKA Małgosia | 602 | ROZWADZA PŁYWANIE | K-40 | 6 | 00:00:19 | 00:12:32 | 00:35:16 | 00:58:08 | 01:21:24 | 01:43:51.55 | 01:44:11.10 | +00:19:45 (19.0%) | 4:55 | 12.2 (80.8%) |
| 7 | RUSAKOWICZ Sylwia | 415 | GARAGEGYM KRAPKOWICE | K-40 | 7 | 00:00:19 | 00:12:33 | 00:35:15 | 00:58:08 | 01:21:35 | 01:44:18.20 | 01:44:37.75 | +00:20:12 (19.4%) | 4:56 | 12.1 (80.1%) |
| 8 | BLASZKE Beata | 34 | PACEMAKER | K-40 | 8 | 00:00:21 | 00:13:22 | 00:37:58 | 01:02:37 | 01:27:01 | 01:49:30.60 | 01:49:52.15 | +00:25:24 (23.2%) | 5:11 | 11.6 (76.8%) |
| 9 | PIETRZYK Aleksandra | 384 | LAKE RUNNERS TYCHY | K-40 | 9 | 00:00:32 | 00:13:19 | 00:37:11 | 01:01:55 | 01:26:54 | 01:51:29.15 | 01:52:01.15 | +00:27:23 (24.6%) | 5:17 | 11.4 (75.5%) |
| 10 | NIŻNIKIEWICZ Elżbieta | 351 | | K-40 | 10 | 00:00:37 | 00:13:27 | 00:38:00 | 01:03:12 | 01:28:12 | 01:51:43.45 | 01:52:20.95 | +00:27:37 (24.7%) | 5:17 | 11.3 (74.8%) |
| 11 | GRACH Aleksandra | 148 | | K-40 | 11 | 00:00:23 | 00:13:23 | 00:37:56 | 01:02:56 | 01:28:09 | 01:51:54.50 | 01:52:18.25 | +00:27:48 (24.9%) | 5:18 | 11.3 (74.8%) |
| 12 | CZARDYBON Laura | 84 | | K-40 | 12 | 00:00:33 | 00:13:33 | 00:38:02 | 01:03:21 | 01:28:11 | 01:52:01.30 | 01:52:35.15 | +00:27:55 (24.9%) | 5:18 | 11.3 (74.8%) |
| 13 | CABAŃSKA Dorota | 62 | | K-40 | 13 | 00:00:35 | 00:13:38 | 00:37:47 | 01:03:01 | 01:28:38 | 01:53:17.80 | 01:53:53.45 | +00:29:11 (25.8%) | 5:22 | 11.2 (74.2%) |
| 14 | GOŹDZIŃSKA Magdalena | 143 | | K-40 | 14 | 00:00:24 | 00:13:28 | 00:37:57 | 01:02:45 | 01:27:55 | 01:54:02.65 | 01:54:27.00 | +00:29:56 (26.3%) | 5:24 | 11.1 (73.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 2.5km | 7.2km | 11.9km | 16.6km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|---------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | | | | | 21.1km | 21.1km | | | |
| 15 | RYZIŃSKA Aneta | 422 | | K-40 | 15 | 00:00:36 | 00:13:51 | 00:38:30 | 01:04:09 | 01:29:44 | 01:54:35.15 | 01:55:11.50 | +00:30:29 (26.6%) | 5:25 | 11 (72.8%) |
| 16 | MUSIAŁ Bożena | 340 | | K-40 | 16 | 00:00:13 | 00:14:06 | 00:39:28 | 01:05:20 | 01:31:14 | 01:55:25.65 | 01:55:39.00 | +00:31:19 (27.1%) | 5:28 | 11 (72.8%) |
| 17 | SKUPIEŃ Iza | 449 | ALBATROSY | K-40 | 17 | 00:00:34 | 00:14:57 | 00:42:09 | 01:08:21 | 01:32:56 | 01:56:01.05 | 01:56:35.40 | +00:31:55 (27.5%) | 5:29 | 10.9 (72.2%) |
| 18 | CHROBASIK Monika | 71 | | K-40 | 18 | 00:00:30 | 00:13:58 | 00:39:09 | 01:04:57 | 01:31:10 | 01:56:08.85 | 01:56:39.60 | +00:32:03 (27.6%) | 5:30 | 10.9 (72.2%) |
| 19 | LEDWOŃ Aneta | 279 | | K-40 | 19 | 00:00:23 | 00:13:29 | 00:38:43 | 01:05:16 | 01:31:17 | 01:56:10.00 | 01:56:33.35 | +00:32:04 (27.6%) | 5:30 | 10.9 (72.2%) |
| 20 | SIEKIERKA Karolina | 436 | | K-40 | 20 | 00:00:45 | 00:14:18 | 00:39:53 | 01:06:20 | 01:32:21 | 01:56:15.20 | 01:57:00.65 | +00:32:09 (27.7%) | 5:30 | 10.9 (72.2%) |
| 21 | CIOK Anna | 76 | | K-40 | 21 | 00:00:50 | 00:14:12 | 00:39:22 | 01:05:06 | 01:31:35 | 01:56:29.95 | 01:57:20.00 | +00:32:24 (27.8%) | 5:31 | 10.9 (72.2%) |
| 22 | MUSIOŁ Helena | 342 | | K-40 | 22 | 00:00:35 | 00:13:55 | 00:39:26 | 01:06:05 | 01:32:02 | 01:57:05.00 | 01:57:40.45 | +00:32:59 (28.2%) | 5:32 | 10.8 (71.5%) |
| 23 | KWIATKOWSKA Katarzyna | 270 | | K-40 | 23 | 00:00:25 | 00:13:48 | 00:38:57 | 01:05:19 | 01:31:56 | 01:57:13.50 | 01:57:39.30 | +00:33:07 (28.3%) | 5:33 | 10.8 (71.5%) |
| 24 | POPIEL-KRUK Aleksandra | 396 | | K-40 | 24 | 00:00:34 | 00:14:56 | 00:42:09 | 01:08:57 | 01:34:43 | 01:58:18.15 | 01:58:53.00 | +00:34:12 (28.9%) | 5:36 | 10.7 (70.9%) |
| 25 | REWIUK-KOCUR Anna | 409 | | K-40 | 25 | 00:01:22 | 00:14:28 | 00:39:28 | 01:05:57 | 01:32:21 | 01:58:22.55 | 01:59:45.10 | +00:34:16 (29.0%) | 5:36 | 10.7 (70.9%) |
| 26 | STRZELCZYK Grażyna | 469 | | K-40 | 26 | 00:00:50 | 00:14:21 | 00:39:24 | 01:06:16 | 01:33:14 | 01:58:43.90 | 01:59:34.05 | +00:34:38 (29.2%) | 5:37 | 10.7 (70.9%) |
| 27 | MIECZNIKOWSKA Agnieszka | 328 | | K-40 | 27 | 00:00:43 | 00:14:08 | 00:40:00 | 01:07:08 | 01:34:12 | 01:59:43.70 | 02:00:26.70 | +00:35:37 (29.8%) | 5:40 | 10.6 (70.2%) |
| 28 | KASPEREK Magdalena | 211 | | K-40 | 28 | 00:00:35 | 00:14:04 | 00:40:06 | 01:07:10 | 01:34:24 | 02:00:20.50 | 02:00:56.15 | +00:36:14 (30.1%) | 5:42 | 10.5 (69.5%) |
| 29 | SKOREK-BILCZYŃSKA Patrycja | 446 | | K-40 | 29 | 00:00:40 | 00:14:32 | 00:40:16 | 01:07:27 | 01:34:52 | 02:00:21.55 | 02:01:01.60 | +00:36:15 (30.1%) | 5:42 | 10.5 (69.5%) |
| 30 | KRZYSZKOWSKA Agnieszka | 258 | | K-40 | 30 | 00:00:29 | 00:14:22 | 00:40:27 | 01:07:18 | 01:34:29 | 02:00:26.75 | 02:00:56.10 | +00:36:20 (30.2%) | 5:42 | 10.5 (69.5%) |
| 31 | LASKOWSKA Katarzyna | 273 | PACEMAKER | K-40 | 31 | 00:00:35 | 00:14:56 | 00:42:09 | 01:08:56 | 01:35:40 | 02:00:48.85 | 02:01:24.50 | +00:36:43 (30.4%) | 5:43 | 10.5 (69.5%) |
| 32 | ŚCIBISZ Marta | 480 | TKKF SATURN CZELADZ | K-40 | 32 | 00:00:24 | 00:14:19 | 00:40:17 | 01:07:40 | 01:34:47 | 02:00:59.70 | 02:01:24.10 | +00:36:53 (30.5%) | 5:44 | 10.5 (69.5%) |
| 33 | JĘDRZEJEWSKA Beata | 193 | MIRAZ RACE TEAM | K-40 | 33 | 00:00:24 | 00:14:07 | 00:40:19 | 01:07:49 | 01:35:55 | 02:02:39.45 | 02:03:04.20 | +00:38:33 (31.4%) | 5:48 | 10.3 (68.2%) |
| 34 | BRZOZOWSKA Katarzyna | 592 | | K-40 | 34 | 00:01:01 | 00:16:47 | 00:44:32 | 01:12:00 | 01:38:38 | 02:02:52.85 | 02:03:54.00 | +00:38:47 (31.6%) | 5:49 | 10.3 (68.2%) |
| 35 | MYNARSKA Ligia | 600 | DALEKO JESZCZE? | K-40 | 35 | 00:00:52 | 00:15:24 | 00:42:05 | 01:09:21 | 01:37:19 | 02:04:03.75 | 02:04:55.85 | +00:39:57 (32.2%) | 5:52 | 10.2 (67.5%) |
| 36 | JANUSZ Agnieszka | 583 | TAURON TEAM | K-40 | 36 | 00:00:26 | 00:15:01 | 00:41:58 | 01:09:23 | 01:37:56 | 02:04:06.25 | 02:04:33.05 | +00:40:00 (32.2%) | 5:52 | 10.2 (67.5%) |
| 37 | BARWICKA-BŁASZCZYK Joanna | 14 | | K-40 | 37 | 00:00:39 | 00:15:10 | 00:42:40 | 01:10:52 | 01:38:44 | 02:05:28.80 | 02:06:08.50 | +00:41:22 (33.0%) | 5:56 | 10.1 (66.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 2.5km | 7.2km | 11.9km | 16.6km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-------------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 38 | TYRKA Anna | 490 | | K-40 | 38 | 00:01:00 | 00:15:37 | 00:43:58 | 01:12:19 | 01:40:08 | 02:06:22.30 | 02:07:22.55 | +00:42:16 (33.5%) | 5:59 | 10 (66.2%) |
| 39 | BUGAJ Katarzyna | 56 | LAKE RUNNERS | K-40 | 39 | 00:00:47 | 00:15:36 | 00:42:56 | 01:11:35 | 01:40:18 | 02:06:40.30 | 02:07:27.35 | +00:42:34 (33.6%) | 6:00 | 10 (66.2%) |
| 40 | LATA Monika | 275 | | K-40 | 40 | 00:01:02 | 00:16:22 | 00:44:11 | 01:12:28 | 01:40:50 | 02:06:56.50 | 02:07:58.55 | +00:42:50 (33.8%) | 6:00 | 10 (66.2%) |
| 41 | DYGOŃ Małgorzata | 99 | BIEGAJ Z TRENERAMI | K-40 | 41 | 00:00:49 | 00:15:23 | 00:43:02 | 01:11:55 | 01:40:22 | 02:07:31.30 | 02:08:20.85 | +00:43:25 (34.1%) | 6:02 | 9.9 (65.6%) |
| 42 | ZWOLIŃSKA Katarzyna | 642 | HURAGAN LIGOTA | K-40 | 42 | 00:00:48 | 00:16:46 | 00:43:57 | 01:12:43 | 01:41:19 | 02:07:50.60 | 02:08:39.15 | +00:43:44 (34.2%) | 6:03 | 9.9 (65.6%) |
| 43 | ŁATAK - SKRABUT Basia | 284 | PACEMAKER | K-40 | 43 | 00:00:43 | 00:15:49 | 00:44:23 | 01:12:54 | 01:41:29 | 02:08:34.05 | 02:09:17.60 | +00:44:28 (34.6%) | 6:05 | 9.8 (64.9%) |
| 44 | MARYNIAK- KOLINSKI Mariola | 314 | | K-40 | 44 | 00:16:52 | 00:14:59 | 00:43:02 | 01:12:07 | 01:40:52 | 02:09:14.05 | 02:26:06.50 | +00:45:08 (34.9%) | 6:07 | 9.8 (64.9%) |
| 45 | WHITE Ashley | 508 | KLUB BIEGACZA FARTLEK | K-40 | 45 | 00:00:59 | 00:15:42 | 00:44:23 | 01:13:49 | 01:42:41 | 02:09:43.75 | 02:10:43.25 | +00:45:37 (35.2%) | 6:08 | 9.8 (64.9%) |
| 46 | CETERA Kamila | 65 | | K-40 | 46 | 00:00:44 | 00:15:49 | 00:44:24 | 01:13:08 | 01:42:04 | 02:11:12.50 | 02:11:56.65 | +00:47:06 (35.9%) | 6:13 | 9.6 (63.6%) |
| 47 | OGAZA Małgorzata | 364 | | K-40 | 47 | 00:01:03 | 00:15:38 | 00:44:05 | 01:13:49 | 01:44:20 | 02:13:26.45 | 02:14:29.90 | +00:49:20 (37.0%) | 6:19 | 9.5 (62.9%) |
| 48 | BATEJKO Beata | 16 | SPORT WSPIERAMY NAUKOWO | K-40 | 48 | 00:00:54 | 00:15:46 | 00:44:48 | 01:14:28 | 01:44:32 | 02:14:16.00 | 02:15:10.85 | +00:50:10 (37.4%) | 6:21 | 9.4 (62.3%) |
| 49 | WLACH Anna | 516 | PACEMAKER | K-40 | 49 | 00:00:51 | 00:15:48 | 00:44:50 | 01:14:39 | 01:44:33 | 02:14:20.25 | 02:15:11.75 | +00:50:14 (37.4%) | 6:21 | 9.4 (62.3%) |
| 50 | LISZKA Ela | 282 | PACEMAKER | K-40 | 50 | 00:00:51 | 00:15:49 | 00:44:50 | 01:14:40 | 01:44:41 | 02:14:43.50 | 02:15:35.30 | +00:50:37 (37.6%) | 6:23 | 9.4 (62.3%) |
| 51 | KLEPCZYŃSKA Sabina | 228 | | K-40 | 51 | 00:00:53 | 00:15:48 | 00:44:50 | 01:14:39 | 01:45:28 | 02:15:55.25 | 02:16:48.40 | +00:51:49 (38.1%) | 6:26 | 9.3 (61.6%) |
| 52 | KOKOT Justyna | 572 | | K-40 | 52 | 00:01:06 | 00:15:46 | 00:44:42 | 01:15:36 | 01:47:05 | 02:17:48.65 | 02:18:55.60 | +00:53:42 (39.0%) | 6:31 | 9.2 (60.9%) |
| 53 | BLAUT-KUBANEK Anna | 35 | | K-40 | 53 | 00:00:46 | 00:15:46 | 00:44:25 | 01:14:44 | 01:46:13 | 02:18:05.35 | 02:18:51.35 | +00:53:59 (39.1%) | 6:32 | 9.2 (60.9%) |
| 54 | MIGDAŁ Iwona | 330 | SLOW JOGGING GLIWICE | K-40 | 54 | 00:01:00 | 00:16:36 | 00:47:30 | 01:20:33 | 01:54:27 | 02:26:38.10 | 02:27:38.25 | +01:02:32 (42.6%) | 6:56 | 8.6 (57.0%) |
| 55 | JASIŃSKA Klaudia | 187 | AKTYWNI SUCHA GÓRA | K-40 | 55 | 00:01:10 | 00:16:48 | 00:47:24 | 01:20:24 | 01:54:17 | 02:28:21.90 | 02:29:32.20 | +01:04:16 (43.3%) | 7:01 | 8.5 (56.3%) |
| 56 | POGORZELSKA-KLIKS Agata | 394 | | K-40 | 56 | 00:01:08 | 00:17:28 | 00:49:53 | 01:23:13 | 01:56:32 | 02:28:49.80 | 02:29:57.95 | +01:04:43 (43.5%) | 7:03 | 8.5 (56.3%) |

Znaleziono 56 wynik(ów)