



VII PÓŁMARATON GLIWICKI

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

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

Classification: Mieszkańki Gliwic

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	WYLEŻAŁEK Alina	528		K-30	4	00:00:10	00:11:19	00:31:24	00:51:53	01:12:07	01:31:27.50	01:31:37.60		4:20	13.8 (100%)
2	KONIECZNA Anna	236		K-20	2	00:00:08	00:11:04	00:31:37	00:52:41	01:13:21	01:32:34.95	01:32:43.20	+00:01:07 (1.2%)	4:23	13.7 (99.3%)
3	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	+00:18:03 (16.5%)	5:11	11.6 (84.1%)
4	WRÓBLEWSKA Ewa	526		K-50	1	00:00:28	00:13:45	00:37:34	01:02:06	01:27:04	01:50:37.35	01:51:05.40	+00:19:09 (17.3%)	5:14	11.4 (82.6%)
5	BROZYNA Magdalena	621	CO JA TU ROBIE?	K-30	9	00:00:30	00:13:57	00:37:21	01:01:32	01:26:40	01:51:46.00	01:52:16.45	+00:20:18 (18.2%)	5:17	11.3 (81.9%)
6	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	+00:20:27 (18.3%)	5:18	11.3 (81.9%)
7	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	+00:20:33 (18.4%)	5:18	11.3 (81.9%)
8	KAMSKA Małgorzata	206	GAMBAZ TEAM	K-30	10	00:00:45	00:13:49	00:37:54	01:03:20	01:28:49	01:53:11.00	01:53:56.40	+00:21:43 (19.2%)	5:21	11.2 (81.2%)
9	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	+00:22:35 (19.8%)	5:24	11.1 (80.4%)
10	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	+00:23:07 (20.2%)	5:25	11 (79.7%)
11	MARCINIAK Paulina	309		K-30	12	00:00:39	00:14:21	00:39:26	01:04:56	01:30:28	01:55:10.55	01:55:50.20	+00:23:43 (20.6%)	5:27	11 (79.7%)
12	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	+00:24:42 (21.3%)	5:30	10.9 (79.0%)
13	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	+00:25:02 (21.5%)	5:31	10.9 (79.0%)
14	PALMOWSKA Agnieszka	378	PHD RUNNERS	K-30	13	00:00:42	00:14:16	00:40:02	01:06:52	01:32:57	01:56:48.50	01:57:30.95	+00:25:21 (21.7%)	5:32	10.8 (78.3%)

Place	Participant	Number	Club	Category	MCat	Start time						Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km				
15	SZELAĞ Monika	632		K-20	8	00:00:56	00:15:34	00:42:05	01:07:56	01:32:40	01:57:26.30	01:58:23.15	+00:25:58 (22.1%)	5:33	10.8 (78.3%)	
16	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	+00:26:50 (22.7%)	5:36	10.7 (77.5%)	
17	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	+00:26:55 (22.7%)	5:36	10.7 (77.5%)	
18	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	+00:27:16 (23.0%)	5:37	10.7 (77.5%)	
19	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	+00:28:59 (24.1%)	5:42	10.5 (76.1%)	
20	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	+00:29:21 (24.3%)	5:43	10.5 (76.1%)	
21	MICHALSKA Bogna	325		K-30	16	00:00:54	00:15:39	00:42:36	01:10:18	01:37:57	02:02:32.85	02:03:27.40	+00:31:05 (25.4%)	5:48	10.3 (74.6%)	
22	SAWICKA Anna	589		K-20	10	00:01:01	00:15:31	00:42:06	01:09:37	01:37:29	02:02:39.20	02:03:40.20	+00:31:11 (25.4%)	5:48	10.3 (74.6%)	
23	WYCISK Dagmara	527		K-30	17	00:00:49	00:14:47	00:41:52	01:09:11	01:37:09	02:03:36.20	02:04:25.25	+00:32:08 (26.0%)	5:51	10.2 (73.9%)	
24	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	+00:36:03 (28.3%)	6:02	9.9 (71.7%)	
25	STAWSKA Joanna	464	BIEGAJ Z TRENERAMI	K-50	5	00:00:48	00:15:23	00:43:04	01:11:57	01:40:22	02:07:32.25	02:08:20.80	+00:36:04 (28.3%)	6:02	9.9 (71.7%)	
26	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	+00:37:06 (28.9%)	6:05	9.8 (71.0%)	
27	WÓJCIK Józefa	524	GCE GLIWICE	K-50	6	00:00:51	00:15:03	00:42:15	01:11:19	01:40:57	02:09:25.15	02:10:16.25	+00:37:57 (29.3%)	6:08	9.8 (71.0%)	
28	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	+00:39:45 (30.3%)	6:13	9.6 (69.6%)	
29	GLADKOWSKA Małgorzata	134		K-30	24	00:00:30	00:14:54	00:42:30	01:12:10	01:43:07	02:11:14.20	02:11:45.05	+00:39:46 (30.3%)	6:13	9.6 (69.6%)	
30	WOSIAK Katarzyna	521		K-30	26	00:00:18	00:14:45	00:41:34	01:10:17	01:40:51	02:11:51.35	02:12:10.10	+00:40:23 (30.6%)	6:14	9.6 (69.6%)	
31	WILCZEK Małgorzata	513		K-30	27	00:00:51	00:15:57	00:44:30	01:14:24	01:44:16	02:11:53.50	02:12:44.60	+00:40:26 (30.7%)	6:15	9.6 (69.6%)	
32	FRUK Natalia	113		K-30	30	00:00:47	00:16:19	00:46:24	01:16:34	01:46:37	02:14:24.10	02:15:11.65	+00:42:56 (32.0%)	6:22	9.4 (68.1%)	
33	KUZMYNSKA Kateryna	619		K-30	33	00:00:24	00:15:11	00:43:31	01:14:22	01:46:19	02:16:57.70	02:17:21.95	+00:45:30 (33.2%)	6:29	9.2 (66.7%)	
34	GARBACZ Asia	123		K-30	35	00:00:54	00:15:50	00:45:13	01:16:32	01:48:29	02:19:22.85	02:20:17.25	+00:47:55 (34.4%)	6:36	9.1 (65.9%)	
35	ŚWIDEREK Aleksandra	481		K-30	37	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	02:23:09.40	02:24:05.05	+00:51:41 (36.1%)	6:47	8.8 (63.8%)	
35	PIECHOWICZ-KUROWSKA Agata	382		K-30	37	00:00:55	00:17:28	00:48:45	01:21:30	01:53:24	02:23:09.40	02:24:05.05	+00:51:41 (36.1%)	6:47	8.8 (63.8%)	
37	KARNIA Agnieszka	209		K-30	39	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	02:23:09.65	02:24:05.45	+00:51:42 (36.1%)	6:47	8.8 (63.8%)	

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
38	SKRZĄTEK Katarzyna	448		K-20	15	00:00:52	00:16:02	00:45:28	01:17:45	01:51:36	02:23:14.50	02:24:06.60	+00:51:47 (36.2%)	6:47	8.8 (63.8%)
39	SITKO Dagmara	440		K-30	40	00:01:13	00:17:24	00:49:48	01:22:54	01:56:19	02:26:18.65	02:27:32.25	+00:54:51 (37.5%)	6:56	8.7 (63.0%)
40	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	+00:55:10 (37.6%)	6:56	8.6 (62.3%)
41	CIUK Iwona	618	BIEGAJ Z TRENERAMI!	K-50	9	00:00:50	00:16:41	00:47:57	01:21:19	01:55:00	02:27:52.80	02:28:43.50	+00:56:25 (38.2%)	7:00	8.6 (62.3%)
42	JUNGA Joanna	629		K-20	16	00:01:15	00:17:47	00:50:27	01:23:09	01:57:10	02:29:06.95	02:30:22.00	+00:57:39 (38.7%)	7:03	8.5 (61.6%)
43	KASPRZYK Agnieszka	215		K-30	43	00:00:31	00:17:37	00:52:58	01:28:11	02:06:26	02:47:23.75	02:47:54.95	+01:15:56 (45.4%)	7:55	7.6 (55.1%)
44	GŁĄB Mariola	136		K-30	44	00:00:57	00:17:46	00:52:47	01:31:03	02:10:47	02:48:56.15	02:49:53.80	+01:17:28 (45.9%)	8:00	7.5 (54.3%)

Total 44 results.