



VIII PÓŁMARATON GLIWICKI

B4SPORT

Event: VIII PÓŁMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2022-10-22
Place: Gliwice
Distance: 22 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: K-40

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time 22km	Gap	Pace min/km	Pace km/h
1	GRIMAN Joanna	2289	MOJŻYSZ TEAM/ERIGO	K-40	1	00:39:09	00:58:51	01:28:05.80		4:10	14.4 (100%)
2	KAŚ Iwona	2638	TIKTEAM	K-40	2	00:43:16	01:03:43	01:35:31.45	+00:07:25 (7.8%)	4:31	13.3 (92.4%)
3	KOBA Ania	2706	ROZBIEGANE MICHAŁOWICE	K-40	3	00:48:30	01:11:31	01:47:44.50	+00:19:38 (18.2%)	5:06	11.8 (81.9%)
4	POŁOMSKA Edyta	2036	POLOMSCY TEAM	K-40	4	00:48:18	01:11:06	01:48:09.90	+00:20:04 (18.6%)	5:07	11.7 (81.3%)
5	ŁAJSZCZAK - GAJDA Dorota	2836		K-40	5	00:49:21	01:11:55	01:48:15.05	+00:20:09 (18.6%)	5:07	11.7 (81.3%)
6	MAZUR Patrycja	2504	HURGAN LIGOTA	K-40	6	00:48:29	01:11:22	01:48:31.10	+00:20:25 (18.8%)	5:08	11.7 (81.3%)
7	TREFON Iwona	2636		K-40	7	00:48:56	01:12:14	01:48:49.40	+00:20:43 (19.0%)	5:09	11.6 (80.6%)
8	LEDWOŃ Aneta	2113	NIGHT RUNNERS GLIWICE	K-40	8	00:51:17	01:15:14	01:52:24.95	+00:24:19 (21.6%)	5:19	11.3 (78.5%)
9	NIGRINI Beata	2210		K-40	9	00:52:42	01:16:51	01:53:57.95	+00:25:52 (22.7%)	5:24	11.1 (77.1%)
10	GRACH Aleksandra	2066		K-40	10	00:51:56	01:16:32	01:55:17.60	+00:27:11 (23.6%)	5:27	11 (76.4%)
11	RYZIŃSKA Aneta	2174		K-40	11	00:51:56	01:17:02	01:56:51.65	+00:28:45 (24.6%)	5:32	10.8 (75.0%)
12	POPIEL-KRUK Aleksandra	2844		K-40	12	00:55:31	01:20:09	01:57:46.05	+00:29:40 (25.2%)	5:34	10.8 (75.0%)
13	DUSIŃSKA Justyna	2634		K-40	13	00:51:59	01:17:35	01:58:14.20	+00:30:08 (25.5%)	5:36	10.7 (74.3%)
14	STRZELCZYK Grażyna	2168		K-40	14	00:53:29	01:18:56	01:59:59.80	+00:31:54 (26.6%)	5:41	10.6 (73.6%)
15	WEGNER Agnieszka	2785	LECYMY DURŚ	K-40	15	00:55:21	01:20:49	02:00:30.70	+00:32:24 (26.9%)	5:42	10.5 (72.9%)
16	DANISZ Małgorzata	2696	HURAGAN LIGOTA	K-40	16	00:54:27	01:20:28	02:00:50.75	+00:32:44 (27.1%)	5:43	10.5 (72.9%)
17	BRZozowska Katarzyna	2542		K-40	17	00:57:06	01:22:57	02:03:41.95	+00:35:36 (28.8%)	5:51	10.2 (70.8%)
18	ŚLIWIŃSKA Alicja	2333		K-40	18	00:56:13	01:22:25	02:04:17.50	+00:36:11 (29.1%)	5:53	10.2 (70.8%)
19	KRZYSZKOWSKA Agnieszka	2487	DRUŻYNA ING	K-40	19	00:54:48	01:21:33	02:04:20.45	+00:36:14 (29.1%)	5:53	10.2 (70.8%)
20	ROSIŃSKA Katarzyna	2107	BANDA Z POŁÓDNIA	K-40	20	00:57:25	01:23:32	02:04:50.20	+00:36:44 (29.4%)	5:54	10.1 (70.1%)
21	KEMPKIEWICZ Brygida	2613		K-40	21	00:57:00	01:23:17	02:05:32.75	+00:37:26 (29.8%)	5:56	10.1 (70.1%)
22	SROCZYŃSKA Anna	2182		K-40	22	00:57:38	01:24:19	02:05:33.20	+00:37:27 (29.8%)	5:57	10.1 (70.1%)
23	CIMPRICHOVÁ Jana	2459	ŠENOV	K-40	23	00:57:09	01:24:11	02:09:15.00	+00:41:09 (31.8%)	6:07	9.8 (68.1%)
24	BĄK Katarzyna	2779		K-40	24	00:57:31	01:24:15	02:09:49.55	+00:41:43 (32.1%)	6:09	9.8 (68.1%)
25	URBAN-MISZTALSKA Aleksandra	2037	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-40	25	00:56:10	01:23:49	02:11:26.20	+00:43:20 (33.0%)	6:13	9.6 (66.7%)
26	KULCZYK Anna	2480		K-40	26	00:58:02	01:25:37	02:11:28.30	+00:43:22 (33.0%)	6:13	9.6 (66.7%)
27	WOJTOWICZ Karolina	2419	MADIZAR SISTERS	K-40	27	00:57:27	01:25:22	02:11:46.40	+00:43:40 (33.1%)	6:14	9.6 (66.7%)

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28	PAWŁUSZEK Agnieszka	2285	TUR-BORÓWKA	K-40	28	00:59:27	01:28:33	02:13:37.05	+00:45:31 (34.1%)	6:19	9.5 (66.0%)
29	KOWALCZYK Anna	2296		K-40	29	01:02:29	01:30:12	02:13:45.20	+00:45:39 (34.1%)	6:20	9.5 (66.0%)
30	ZAMYSŁOWSKA Marzena	2685		K-40	30	00:59:35	01:27:34	02:15:26.90	+00:47:21 (35.0%)	6:25	9.3 (64.6%)
31	HALSZKA Joanna	2650		K-40	31	01:01:05	01:29:18	02:15:35.85	+00:47:30 (35.0%)	6:25	9.3 (64.6%)
32	ŁATAK - SKRABUT Basia	2603	PACEMAKER	K-40	32	01:03:44	01:31:26	02:16:24.80	+00:48:19 (35.4%)	6:27	9.3 (64.6%)
33	CETERA Kamila	2241	BIEGAJ Z TRENERAMI	K-40	33	01:02:30	01:30:27	02:17:12.15	+00:49:06 (35.8%)	6:30	9.2 (63.9%)
34	PARTYKA Agata	2313	RUNAWAYS	K-40	34	01:01:27	01:30:12	02:17:20.15	+00:49:14 (35.9%)	6:30	9.2 (63.9%)
35	BRESKE Dagmara	2440		K-40	35	01:02:48	01:31:36	02:17:54.50	+00:49:48 (36.1%)	6:32	9.2 (63.9%)
36	DEMBOWSKA Bożena	2569		K-40	36	01:01:05	01:30:39	02:19:42.45	+00:51:36 (36.9%)	6:37	9.1 (63.2%)
37	MATERA Kinga	2746		K-40	37	01:02:16	01:32:54	02:23:27.35	+00:55:21 (38.6%)	6:47	8.8 (61.1%)
38	KUCHARSKA Aleksandra	2373		K-40	38	01:05:10	01:35:21	02:23:55.05	+00:55:49 (38.8%)	6:49	8.8 (61.1%)
39	WOJDAS Izabela	2086		K-40	39	01:04:43	01:35:20	02:24:58.40	+00:56:52 (39.2%)	6:52	8.7 (60.4%)
40	FRANKIEWICZ Marzena	2268		K-40	40	01:04:24	01:36:19	02:26:36.65	+00:58:30 (39.9%)	6:56	8.6 (59.7%)
41	KUBIAK Celina	2585		K-40	41	01:03:59	01:35:24	02:27:33.85	+00:59:28 (40.3%)	6:59	8.6 (59.7%)
42	MIGDAŁ Iwona	2042	SLOW JOGGING GLIWICE	K-40	42	01:05:54	01:36:48	02:28:14.65	+01:00:08 (40.6%)	7:01	8.5 (59.0%)
43	OLSCHIMKE Kasia	2124	KS META, GISZOWIEC BIEGA RAZEM	K-40	43	01:04:45	01:35:43	02:28:31.95	+01:00:26 (40.7%)	7:02	8.5 (59.0%)
44	KASPEREK Magdalena	2179	Q-PERIOR TEAM	K-40	44	01:07:13	01:40:39	02:29:04.00	+01:00:58 (40.9%)	7:03	8.5 (59.0%)
45	SYMELA-BOCHEŃSKA Katarzyna	2023	POMPEJANKA TEAM	K-40	45	01:07:46	01:41:32	02:29:11.75	+01:01:05 (41.0%)	7:04	8.5 (59.0%)
46	STOCHAJ Anna	2448		K-40	46	01:05:25	01:38:01	02:29:43.65	+01:01:37 (41.2%)	7:05	8.5 (59.0%)
47	POGORZELSKA-KLIKS Agata	2173	Q-PERIOR TEAM	K-40	47	01:07:11	01:39:21	02:31:57.75	+01:03:51 (42.0%)	7:12	8.3 (57.6%)
48	WALCZYŃSKA Katarzyna	2101		K-40	48	01:06:05	01:41:32	02:41:24.40	+01:13:18 (45.4%)	7:38	7.8 (54.2%)
49	DUDKIEWICZ Anna	2549	EKO - OKNA RUNNERS	K-40	49	01:08:42	01:43:05	02:41:35.00	+01:13:29 (45.5%)	7:39	7.8 (54.2%)
50	KILAR-HOSZOWSKA Sabina	2728	MEDUZY	K-40	50	01:06:32	01:42:25	02:44:21.10	+01:16:15 (46.4%)	7:47	7.7 (53.5%)
51	BOGACZ Jagoda	2015	POMPEJANKA TEAM	K-40	51	01:07:47	01:44:31	02:47:07.90	+01:19:02 (47.3%)	7:55	7.6 (52.8%)

Total 51 results.