



# VIII PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

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

Classification: K Open

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time 22km	Gap	Pace min/km	Pace km/h
1	GRIMAN Joanna	2289	MOJŹYSZ TEAM/ERIGO	K-40	1	00:39:09	00:58:51	<b>01:28:05.80</b>		4:10	14.4 (100%)
2	BROL Dominika	2338	ENDURANCE TEAM	K-30	1	00:41:41	01:01:51	<b>01:31:55.75</b>	+00:03:49 (4.2%)	4:21	13.8 (95.8%)
3	WYLEŻAŁEK Alina	2200		K-30	2	00:42:37	01:03:32	<b>01:35:30.10</b>	+00:07:24 (7.8%)	4:31	13.3 (92.4%)
4	KAŚ Iwona	2638	TIKTEAM	K-40	2	00:43:16	01:03:43	<b>01:35:31.45</b>	+00:07:25 (7.8%)	4:31	13.3 (92.4%)
5	GOLA Magda	2783		K-20	1	00:47:03	01:08:22	<b>01:42:00.15</b>	+00:13:54 (13.6%)	4:50	12.4 (86.1%)
6	REDOSZ Oliwia	2770		K-30	3	00:48:08	01:09:32	<b>01:44:02.80</b>	+00:15:57 (15.3%)	4:55	12.2 (84.7%)
7	KOBA Ania	2706	ROZBIEGANE MICHAŁOWICE	K-40	3	00:48:30	01:11:31	<b>01:47:44.50</b>	+00:19:38 (18.2%)	5:06	11.8 (81.9%)
8	KUMOR Renata	2087	RUN GLORIA	K-50	1	00:47:59	01:10:35	<b>01:47:47.05</b>	+00:19:41 (18.3%)	5:06	11.7 (81.3%)
9	KLUK Justyna	2366	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	K-30	4	00:48:30	01:11:16	<b>01:47:53.40</b>	+00:19:47 (18.3%)	5:06	11.7 (81.3%)
10	POŁOMSKA Edyta	2036	POLOMSCY TEAM	K-40	4	00:48:18	01:11:06	<b>01:48:09.90</b>	+00:20:04 (18.6%)	5:07	11.7 (81.3%)
11	ŁAJSZCZAK - GAJDA Dorota	2836		K-40	5	00:49:21	01:11:55	<b>01:48:15.05</b>	+00:20:09 (18.6%)	5:07	11.7 (81.3%)
12	MAZUR Patrycja	2504	HURGAN LIGOTA	K-40	6	00:48:29	01:11:22	<b>01:48:31.10</b>	+00:20:25 (18.8%)	5:08	11.7 (81.3%)
13	TREFON Iwona	2636		K-40	7	00:48:56	01:12:14	<b>01:48:49.40</b>	+00:20:43 (19.0%)	5:09	11.6 (80.6%)
14	BUJAK Magdalena	2646	NIGHT RUNNERS PYSKOWICE	K-30	5	00:48:58	01:12:11	<b>01:49:58.65</b>	+00:21:52 (19.9%)	5:12	11.5 (79.9%)
15	RODAK Karolina	2244		K-30	6	00:50:05	01:13:18	<b>01:50:21.05</b>	+00:22:15 (20.2%)	5:13	11.5 (79.9%)
16	HORNIK Mira	2106		K-50	2	00:50:46	01:14:06	<b>01:51:50.60</b>	+00:23:44 (21.2%)	5:18	11.3 (78.5%)
17	LEDWOŃ Aneta	2113	NIGHT RUNNERS GLIWICE	K-40	8	00:51:17	01:15:14	<b>01:52:24.95</b>	+00:24:19 (21.6%)	5:19	11.3 (78.5%)
18	PRZYŁĘCKA-HUSSAR Agnieszka	2775	BDB TEAM	K-30	7	00:50:43	01:14:47	<b>01:53:30.60</b>	+00:25:24 (22.4%)	5:22	11.2 (77.8%)
19	BROZYNA Magdalena	2784	CO JA TU ROBIE?	K-30	8	00:52:47	01:15:58	<b>01:53:39.10</b>	+00:25:33 (22.5%)	5:23	11.1 (77.1%)
20	NIGRINI Beata	2210		K-40	9	00:52:42	01:16:51	<b>01:53:57.95</b>	+00:25:52 (22.7%)	5:24	11.1 (77.1%)
21	WARDEJN Sonia	2678	STG GLIWICE	K-20	2	00:52:15	01:16:31	<b>01:54:33.55</b>	+00:26:27 (23.1%)	5:25	11.1 (77.1%)
22	BABIS Izabela	2807	DEVINITI	K-30	9	00:53:15	01:17:23	<b>01:54:59.25</b>	+00:26:53 (23.4%)	5:26	11 (76.4%)
23	GRACH Aleksandra	2066		K-40	10	00:51:56	01:16:32	<b>01:55:17.60</b>	+00:27:11 (23.6%)	5:27	11 (76.4%)
24	GOLA Karolina	2020		K-30	10	00:52:08	01:16:08	<b>01:55:19.70</b>	+00:27:13 (23.6%)	5:27	11 (76.4%)
25	WOJEWÓDKA Zofia	2389	BRYGADA RR (RAZEM RAŹNIEJ)	K-30	11	00:51:38	01:16:51	<b>01:55:41.05</b>	+00:27:35 (23.8%)	5:28	10.9 (75.7%)
26	CHRÓSZCZ Klaudia	2570	CHWALISZ CZY NIE CHWALISZ-LOTEJ Z NAMI	K-30	12	00:51:34	01:16:06	<b>01:56:02.80</b>	+00:27:57 (24.1%)	5:29	10.9 (75.7%)
27	RYZIŃSKA Aneta	2174		K-40	11	00:51:56	01:17:02	<b>01:56:51.65</b>	+00:28:45 (24.6%)	5:32	10.8 (75.0%)

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time		Pace min/km	Pace km/h
								22km	Gap		
28	<b>POPIEL-KRUK Aleksandra</b>	<b>2844</b>		K-40	12	00:55:31	01:20:09	<b>01:57:46.05</b>	+00:29:40 (25.2%)	5:34	10.8 (75.0%)
29	<b>DUSIŃSKA Justyna</b>	<b>2634</b>		K-40	13	00:51:59	01:17:35	<b>01:58:14.20</b>	+00:30:08 (25.5%)	5:36	10.7 (74.3%)
30	<b>KOMÓR Kinga</b>	<b>2682</b>		K-20	3	00:52:17	01:16:36	<b>01:58:15.25</b>	+00:30:09 (25.5%)	5:36	10.7 (74.3%)
31	<b>KOWALCZYK Kasia</b>	<b>2077</b>		K-30	13	00:52:41	01:18:04	<b>01:58:27.20</b>	+00:30:21 (25.6%)	5:36	10.7 (74.3%)
32	<b>GRABOŚ Karolina</b>	<b>2819</b>		K-20	4	00:53:00	01:18:00	<b>01:58:50.95</b>	+00:30:45 (25.9%)	5:37	10.7 (74.3%)
33	<b>MAZGAJSKA Monika</b>	<b>2616</b>		K-30	14	00:53:18	01:18:42	<b>01:59:04.25</b>	+00:30:58 (26.0%)	5:38	10.6 (73.6%)
34	<b>PĘDOWSKA Bożena</b>	<b>2391</b>		K-50	3	00:55:13	01:20:30	<b>01:59:31.15</b>	+00:31:25 (26.3%)	5:39	10.6 (73.6%)
35	<b>HERBUT Karolina</b>	<b>2810</b>	DEVINITI	K-30	15	00:54:48	01:19:48	<b>01:59:41.70</b>	+00:31:35 (26.4%)	5:40	10.6 (73.6%)
36	<b>STRZELCZYK Grażyna</b>	<b>2168</b>		K-40	14	00:53:29	01:18:56	<b>01:59:59.80</b>	+00:31:54 (26.6%)	5:41	10.6 (73.6%)
37	<b>WRÓBLEWSKA Ewa</b>	<b>2049</b>		K-50	4	00:52:21	01:17:44	<b>02:00:06.05</b>	+00:32:00 (26.6%)	5:41	10.5 (72.9%)
38	<b>CABAJ Paulina</b>	<b>2463</b>		K-30	16	00:53:53	01:19:13	<b>02:00:09.95</b>	+00:32:04 (26.7%)	5:41	10.5 (72.9%)
39	<b>TOKARZ Joanna</b>	<b>2162</b>	LECYMY DURŚ	K-30	17	00:55:11	01:20:39	<b>02:00:16.25</b>	+00:32:10 (26.8%)	5:41	10.5 (72.9%)
40	<b>WEGNER Agnieszka</b>	<b>2785</b>	LECYMY DURŚ	K-40	15	00:55:21	01:20:49	<b>02:00:30.70</b>	+00:32:24 (26.9%)	5:42	10.5 (72.9%)
41	<b>DANISZ Małgorzata</b>	<b>2696</b>	HURAGAN LIGOTA	K-40	16	00:54:27	01:20:28	<b>02:00:50.75</b>	+00:32:44 (27.1%)	5:43	10.5 (72.9%)
42	<b>MAREK Wioletta</b>	<b>2697</b>		K-30	18	00:55:20	01:20:56	<b>02:01:04.05</b>	+00:32:58 (27.2%)	5:44	10.5 (72.9%)
43	<b>GAWLIKOWSKA Agnieszka</b>	<b>2414</b>		K-30	19	00:53:15	01:18:54	<b>02:01:11.05</b>	+00:33:05 (27.3%)	5:44	10.4 (72.2%)
44	<b>KWIATKOWSKA Katarzyna</b>	<b>2413</b>	ING	K-50	5	00:53:55	01:20:02	<b>02:01:23.90</b>	+00:33:18 (27.4%)	5:45	10.4 (72.2%)
45	<b>POLANECKA Malwina</b>	<b>2479</b>		K-30	20	00:55:56	01:21:21	<b>02:01:50.95</b>	+00:33:45 (27.7%)	5:46	10.4 (72.2%)
46	<b>HOŁYŃSKA-URBASIK Karolina</b>	<b>2478</b>	RUN RYDUŁTOWY	K-30	21	00:54:15	01:19:45	<b>02:02:02.95</b>	+00:33:57 (27.8%)	5:47	10.4 (72.2%)
47	<b>GŁADKOWSKA Małgorzata</b>	<b>2229</b>		K-30	22	00:54:47	01:20:57	<b>02:03:02.95</b>	+00:34:57 (28.4%)	5:49	10.3 (71.5%)
48	<b>PAWLIK Aneta</b>	<b>2523</b>	STG GLIWICE	K-30	23	00:55:15	01:21:32	<b>02:03:06.95</b>	+00:35:01 (28.4%)	5:50	10.3 (71.5%)
49	<b>OLEŚ-ZDECHLIK Beata</b>	<b>2274</b>	MIRAZ RACE TEAM	K-30	24	00:53:47	01:19:42	<b>02:03:11.70</b>	+00:35:05 (28.5%)	5:50	10.3 (71.5%)
50	<b>- -</b>	<b>2825</b>		K-20	5	00:57:05	01:22:43	<b>02:03:22.25</b>	+00:35:16 (28.6%)	5:50	10.3 (71.5%)
51	<b>MĄDRZAK Monika</b>	<b>2838</b>		K-20	6	00:56:27	01:22:13	<b>02:03:38.90</b>	+00:35:33 (28.8%)	5:51	10.2 (70.8%)
52	<b>BRZOZOWSKA Katarzyna</b>	<b>2542</b>		K-40	17	00:57:06	01:22:57	<b>02:03:41.95</b>	+00:35:36 (28.8%)	5:51	10.2 (70.8%)
53	<b>ŚLIWIŃSKA Alicja</b>	<b>2333</b>		K-40	18	00:56:13	01:22:25	<b>02:04:17.50</b>	+00:36:11 (29.1%)	5:53	10.2 (70.8%)
54	<b>KRZYSZKOWSKA Agnieszka</b>	<b>2487</b>	DRUŻYNA ING	K-40	19	00:54:48	01:21:33	<b>02:04:20.45</b>	+00:36:14 (29.1%)	5:53	10.2 (70.8%)
55	<b>PIEKARCZYK Katarzyna</b>	<b>2245</b>		K-20	7	00:56:31	01:22:22	<b>02:04:31.85</b>	+00:36:26 (29.3%)	5:54	10.2 (70.8%)
56	<b>ROSIŃSKA Katarzyna</b>	<b>2107</b>	BANDA Z POŁÓDNIA	K-40	20	00:57:25	01:23:32	<b>02:04:50.20</b>	+00:36:44 (29.4%)	5:54	10.1 (70.1%)
57	<b>STANEK Karolina</b>	<b>2047</b>		K-30	25	00:56:36	01:22:57	<b>02:04:54.75</b>	+00:36:48 (29.5%)	5:55	10.1 (70.1%)
58	<b>MAJEWSKA Gizela</b>	<b>2540</b>	NIGHT RUNNERS PYSKOWICE	K-50	6	00:56:00	01:22:36	<b>02:05:15.20</b>	+00:37:09 (29.7%)	5:56	10.1 (70.1%)
59	<b>POLAK Sylwia</b>	<b>2006</b>		K-20	8	00:56:43	01:23:00	<b>02:05:16.30</b>	+00:37:10 (29.7%)	5:56	10.1 (70.1%)
60	<b>KEMPKIEWICZ Brygida</b>	<b>2613</b>		K-40	21	00:57:00	01:23:17	<b>02:05:32.75</b>	+00:37:26 (29.8%)	5:56	10.1 (70.1%)
61	<b>SROCZYŃSKA Anna</b>	<b>2182</b>		K-40	22	00:57:38	01:24:19	<b>02:05:33.20</b>	+00:37:27 (29.8%)	5:57	10.1 (70.1%)
62	<b>OCHMAN Klaudia</b>	<b>2550</b>		K-20	9	00:55:30	01:21:30	<b>02:07:01.55</b>	+00:38:55 (30.6%)	6:01	10 (69.4%)
63	<b>NOWICKA Karolina</b>	<b>2328</b>	FLUOR	K-30	26	00:57:04	01:23:10	<b>02:07:40.65</b>	+00:39:34 (31.0%)	6:03	9.9 (68.8%)
64	<b>MATUSZNY Barbara</b>	<b>2097</b>		K-50	7	00:54:26	01:21:50	<b>02:07:41.60</b>	+00:39:35 (31.0%)	6:03	9.9 (68.8%)
65	<b>KUZMYNSKA Kate</b>	<b>2321</b>	ZŁOTA MARKA	K-30	27	00:56:49	01:23:11	<b>02:07:46.05</b>	+00:39:40 (31.0%)	6:03	9.9 (68.8%)
66	<b>BUKOWSKA Magdalena</b>	<b>2091</b>		K-30	28	01:00:07	01:26:54	<b>02:08:28.80</b>	+00:40:23 (31.4%)	6:05	9.9 (68.8%)
67	<b>LACHOWICZ Izabela</b>	<b>2568</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	29	00:56:22	01:23:55	<b>02:08:52.65</b>	+00:40:46 (31.6%)	6:06	9.8 (68.1%)
68	<b>GABRUŚ Iwona</b>	<b>2386</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-50	8	00:56:23	01:23:55	<b>02:08:53.25</b>	+00:40:47 (31.6%)	6:06	9.8 (68.1%)
69	<b>CIMPRICHOVÁ Jana</b>	<b>2459</b>	ŠENOV	K-40	23	00:57:09	01:24:11	<b>02:09:15.00</b>	+00:41:09 (31.8%)	6:07	9.8 (68.1%)
70	<b>BĄK Katarzyna</b>	<b>2779</b>		K-40	24	00:57:31	01:24:15	<b>02:09:49.55</b>	+00:41:43 (32.1%)	6:09	9.8 (68.1%)
71	<b>KOWALIK Karolina</b>	<b>2403</b>		K-30	30	00:57:27	01:24:32	<b>02:10:10.25</b>	+00:42:04 (32.3%)	6:10	9.7 (67.4%)

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time		Pace min/km	Pace km/h
								22km	Gap		
72	STAWSKA Joanna	2265	BIEGAJ Z TRENERAMI	K-50	9	00:59:29	01:26:59	<b>02:10:15.35</b>	+00:42:09 (32.4%)	6:10	9.7 (67.4%)
73	WILCZEK Małgorzata	2279		K-30	31	01:00:40	01:28:05	<b>02:11:10.75</b>	+00:43:04 (32.8%)	6:12	9.7 (67.4%)
74	SZYMAŃSKA Magdalena	2791	MIRAZ RAZE TEAM	K-30	32	00:59:35	01:27:33	<b>02:11:14.50</b>	+00:43:08 (32.9%)	6:13	9.6 (66.7%)
75	URBAN-MISZTALSKA Aleksandra	2037	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-40	25	00:56:10	01:23:49	<b>02:11:26.20</b>	+00:43:20 (33.0%)	6:13	9.6 (66.7%)
76	KULCZYK Anna	2480		K-40	26	00:58:02	01:25:37	<b>02:11:28.30</b>	+00:43:22 (33.0%)	6:13	9.6 (66.7%)
77	LEPIARCZYK Anna	2275	MOSTOSTAL ZABRZE UNITED	K-30	33	00:57:49	01:24:34	<b>02:11:33.00</b>	+00:43:27 (33.0%)	6:14	9.6 (66.7%)
78	WOJTOWICZ Karolina	2419	MADIZAR SISTERS	K-40	27	00:57:27	01:25:22	<b>02:11:46.40</b>	+00:43:40 (33.1%)	6:14	9.6 (66.7%)
79	WOJTUKIEWICZ Kamila	2135		K-30	34	01:01:35	01:29:19	<b>02:12:09.20</b>	+00:44:03 (33.3%)	6:15	9.6 (66.7%)
80	WANIEK Sara	2756		K-30	35	00:59:39	01:28:12	<b>02:12:45.20</b>	+00:44:39 (33.6%)	6:17	9.5 (66.0%)
81	KOBA STASIAK Urszula	2490	LECYMY DURŚ	K-30	36	00:58:35	01:26:49	<b>02:13:12.15</b>	+00:45:06 (33.9%)	6:18	9.5 (66.0%)
82	PRACKA Danuta	2159		K-30	37	00:56:45	01:25:17	<b>02:13:16.35</b>	+00:45:10 (33.9%)	6:18	9.5 (66.0%)
83	GUMUŁKA Joanna	2491	LECYMY DURŚ	K-30	38	00:56:27	01:23:16	<b>02:13:16.80</b>	+00:45:11 (33.9%)	6:18	9.5 (66.0%)
84	PAWŁUSZEK Agnieszka	2285	TUR-BORÓWKA	K-40	28	00:59:27	01:28:33	<b>02:13:37.05</b>	+00:45:31 (34.1%)	6:19	9.5 (66.0%)
85	KOWALCZYK Anna	2296		K-40	29	01:02:29	01:30:12	<b>02:13:45.20</b>	+00:45:39 (34.1%)	6:20	9.5 (66.0%)
86	FRUK Natalia	2012	NAJKI POLONIA BYTOM	K-30	39	01:03:01	01:30:45	<b>02:14:15.50</b>	+00:46:09 (34.4%)	6:21	9.4 (65.3%)
87	ZAMYSŁOWSKA Marzena	2685		K-40	30	00:59:35	01:27:34	<b>02:15:26.90</b>	+00:47:21 (35.0%)	6:25	9.3 (64.6%)
88	HALSZKA Joanna	2650		K-40	31	01:01:05	01:29:18	<b>02:15:35.85</b>	+00:47:30 (35.0%)	6:25	9.3 (64.6%)
89	ZAWISZA Dominika	2410		K-30	40	01:00:36	01:29:20	<b>02:15:59.55</b>	+00:47:53 (35.2%)	6:26	9.3 (64.6%)
90	MAŃKO Emilia	2531		K-20	10	01:02:07	01:30:11	<b>02:16:06.15</b>	+00:48:00 (35.3%)	6:27	9.3 (64.6%)
91	JURETKO Agata	2477		K-20	11	00:58:24	01:27:50	<b>02:16:19.55</b>	+00:48:13 (35.4%)	6:27	9.3 (64.6%)
92	ŁATAK - SKRABUT Basia	2603	PACEMAKER	K-40	32	01:03:44	01:31:26	<b>02:16:24.80</b>	+00:48:19 (35.4%)	6:27	9.3 (64.6%)
93	GÓRECKA Weronika	2604		K-20	12	01:01:00	01:29:38	<b>02:16:36.15</b>	+00:48:30 (35.5%)	6:28	9.3 (64.6%)
94	CETERA Kamila	2241	BIEGAJ Z TRENERAMI	K-40	33	01:02:30	01:30:27	<b>02:17:12.15</b>	+00:49:06 (35.8%)	6:30	9.2 (63.9%)
95	PARTYKA Agata	2313	RUNAWAYS	K-40	34	01:01:27	01:30:12	<b>02:17:20.15</b>	+00:49:14 (35.9%)	6:30	9.2 (63.9%)
96	BATEJKO Beata	2369	SPORT WSPIERAMY NAUKOWO	K-50	10	01:01:23	01:30:32	<b>02:17:23.50</b>	+00:49:17 (35.9%)	6:30	9.2 (63.9%)
97	BRESKE Dagmara	2440		K-40	35	01:02:48	01:31:36	<b>02:17:54.50</b>	+00:49:48 (36.1%)	6:32	9.2 (63.9%)
98	MARKOWSKA Sylwia	2143		K-30	41	01:01:40	01:30:42	<b>02:18:04.35</b>	+00:49:58 (36.2%)	6:32	9.2 (63.9%)
99	MAJOS Karolina	2767		K-30	42	01:03:23	01:31:30	<b>02:18:05.85</b>	+00:50:00 (36.2%)	6:32	9.2 (63.9%)
100	PALMOWSKA Agnieszka	2075	PHD RUNNERS	K-30	43	01:01:23	01:30:21	<b>02:18:16.10</b>	+00:50:10 (36.3%)	6:33	9.2 (63.9%)
101	RUBINSKA Małgorzata	2677		K-50	11	01:06:14		<b>02:18:44.35</b>	+00:50:38 (36.5%)	6:34	9.1 (63.2%)
102	KUBICA-BADORA Rozalia	2139		K-30	44	01:01:53	01:31:09	<b>02:19:21.15</b>	+00:51:15 (36.8%)	6:36	9.1 (63.2%)
103	DEMBOWSKA Bożena	2569		K-40	36	01:01:05	01:30:39	<b>02:19:42.45</b>	+00:51:36 (36.9%)	6:37	9.1 (63.2%)
104	KALETA Aleksandra	2776		K-20	13	00:59:24	01:29:40	<b>02:22:10.45</b>	+00:54:04 (38.0%)	6:44	8.9 (61.8%)
105	KURKOWSKA Aldona	2160	AUGUSTEAM	K-60	1	01:04:30	01:34:39	<b>02:22:54.65</b>	+00:54:48 (38.4%)	6:46	8.9 (61.8%)
106	POLISZUK Małgorzata	2250		K-50	12	01:04:07	01:34:36	<b>02:22:59.55</b>	+00:54:53 (38.4%)	6:46	8.9 (61.8%)
107	RACIS Małgorzata	2303		K-20	14	01:03:50	01:34:29	<b>02:23:12.60</b>	+00:55:06 (38.5%)	6:47	8.8 (61.1%)
108	MATERA Kinga	2746		K-40	37	01:02:16	01:32:54	<b>02:23:27.35</b>	+00:55:21 (38.6%)	6:47	8.8 (61.1%)
109	KUCHARSKA Aleksandra	2373		K-40	38	01:05:10	01:35:21	<b>02:23:55.05</b>	+00:55:49 (38.8%)	6:49	8.8 (61.1%)
110	KUSZTEŁAK Daria	2307		K-30	45	01:27:22		<b>02:24:01.05</b>	+00:55:55 (38.8%)	6:49	8.8 (61.1%)
111	TĘCZA Marcelina	2014	HAGER SPORT TEAM	K-20	15	00:57:28	01:29:14	<b>02:24:56.45</b>	+00:56:50 (39.2%)	6:52	8.7 (60.4%)
112	WOJDAS Izabela	2086		K-40	39	01:04:43	01:35:20	<b>02:24:58.40</b>	+00:56:52 (39.2%)	6:52	8.7 (60.4%)
113	FRANKIEWICZ Marzena	2268		K-40	40	01:04:24	01:36:19	<b>02:26:36.65</b>	+00:58:30 (39.9%)	6:56	8.6 (59.7%)
114	MOTYCZKA Marzena	2190		K-30	46	01:03:12	01:32:49	<b>02:27:20.05</b>	+00:59:14 (40.2%)	6:58	8.6 (59.7%)
115	KUBIAK Celina	2585		K-40	41	01:03:59	01:35:24	<b>02:27:33.85</b>	+00:59:28 (40.3%)	6:59	8.6 (59.7%)

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time 22km	Gap	Pace min/km	Pace km/h
116	<b>SIRKO Sabina</b>	<b>2034</b>		K-30	47	01:03:12	01:32:14	<b>02:28:03.15</b>	+00:59:57 (40.5%)	7:00	8.6 (59.7%)
117	<b>MIGDAŁ Iwona</b>	<b>2042</b>	SLOW JOGGING GLIWICE	K-40	42	01:05:54	01:36:48	<b>02:28:14.65</b>	+01:00:08 (40.6%)	7:01	8.5 (59.0%)
118	<b>OLSCHIMKE Kasia</b>	<b>2124</b>	KS META, GISZOWIEC BIEGA RAZEM	K-40	43	01:04:45	01:35:43	<b>02:28:31.95</b>	+01:00:26 (40.7%)	7:02	8.5 (59.0%)
119	<b>KAUFFMANN Ewa</b>	<b>2657</b>		K-30	48	01:08:36	01:39:46	<b>02:28:44.40</b>	+01:00:38 (40.8%)	7:02	8.5 (59.0%)
120	<b>KASPEREK Magdalena</b>	<b>2179</b>	Q-PERIOR TEAM	K-40	44	01:07:13	01:40:39	<b>02:29:04.00</b>	+01:00:58 (40.9%)	7:03	8.5 (59.0%)
121	<b>MAJSNEROWSKA Ewelina</b>	<b>2197</b>		K-30	49	01:03:13	01:37:36	<b>02:29:08.45</b>	+01:01:02 (40.9%)	7:04	8.5 (59.0%)
122	<b>ZBOREK Dominika</b>	<b>2201</b>		K-30	50	01:03:14	01:37:36	<b>02:29:08.70</b>	+01:01:02 (40.9%)	7:04	8.5 (59.0%)
123	<b>SKOP Karolina</b>	<b>2713</b>	AKT WATRA	K-30	51	01:05:46	01:36:19	<b>02:29:11.25</b>	+01:01:05 (40.9%)	7:04	8.5 (59.0%)
124	<b>SYMELA-BOCHEŃSKA Katarzyna</b>	<b>2023</b>	POMPEJANKA TEAM	K-40	45	01:07:46	01:41:32	<b>02:29:11.75</b>	+01:01:05 (41.0%)	7:04	8.5 (59.0%)
125	<b>OLIWA Violetta</b>	<b>2145</b>	ACTIV TEAM OZIMEK	K-50	13	01:07:49	01:40:06	<b>02:29:43.30</b>	+01:01:37 (41.2%)	7:05	8.5 (59.0%)
126	<b>STOCHAJ Anna</b>	<b>2448</b>		K-40	46	01:05:25	01:38:01	<b>02:29:43.65</b>	+01:01:37 (41.2%)	7:05	8.5 (59.0%)
127	<b>POGORZELSKA-KLIKS Agata</b>	<b>2173</b>	Q-PERIOR TEAM	K-40	47	01:07:11	01:39:21	<b>02:31:57.75</b>	+01:03:51 (42.0%)	7:12	8.3 (57.6%)
128	<b>CIUK Iwona</b>	<b>2651</b>		K-50	14	01:05:45	01:38:12	<b>02:36:13.00</b>	+01:08:07 (43.6%)	7:24	8.1 (56.3%)
129	<b>JOCHYMEK Karolina</b>	<b>2295</b>		K-30	52	01:12:57	01:45:43	<b>02:38:28.45</b>	+01:10:22 (44.4%)	7:30	8 (55.6%)
130	<b>KASZUBA Aleksandra</b>	<b>2394</b>		K-30	53	01:06:53	01:40:20	<b>02:38:59.50</b>	+01:10:53 (44.6%)	7:32	8 (55.6%)
131	<b>SITKO Dagmara</b>	<b>2126</b>	KOBIETY NA 5+	K-30	54	01:12:40	01:48:50	<b>02:41:22.00</b>	+01:13:16 (45.4%)	7:38	7.8 (54.2%)
132	<b>WALCZYŃSKA Katarzyna</b>	<b>2101</b>		K-40	48	01:06:05	01:41:32	<b>02:41:24.40</b>	+01:13:18 (45.4%)	7:38	7.8 (54.2%)
133	<b>DUDKIEWICZ Anna</b>	<b>2549</b>	EKO - OKNA RUNNERS	K-40	49	01:08:42	01:43:05	<b>02:41:35.00</b>	+01:13:29 (45.5%)	7:39	7.8 (54.2%)
134	<b>WOJDANOWSKA Małgorzata</b>	<b>2326</b>	LECYMY DURŚ	K-30	55	01:08:48	01:43:46	<b>02:41:44.15</b>	+01:13:38 (45.5%)	7:39	7.8 (54.2%)
135	<b>KILAR-HOSZOWSKA Sabina</b>	<b>2728</b>	MEDUZY	K-40	50	01:06:32	01:42:25	<b>02:44:21.10</b>	+01:16:15 (46.4%)	7:47	7.7 (53.5%)
136	<b>BOGACZ Jagoda</b>	<b>2015</b>	POMPEJANKA TEAM	K-40	51	01:07:47	01:44:31	<b>02:47:07.90</b>	+01:19:02 (47.3%)	7:55	7.6 (52.8%)
137	<b>KASPRZYK Agnieszka</b>	<b>2294</b>		K-30	56	01:09:45	01:46:07	<b>02:49:30.75</b>	+01:21:24 (48.0%)	8:01	7.5 (52.1%)
138	<b>SZYLEWSKA Ewa</b>	<b>2103</b>	KB JÓZEFINKA	K-50	15	01:12:40	01:58:41	<b>02:52:17.35</b>	+01:24:11 (48.9%)	8:09	7.3 (50.7%)
139	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>2308</b>	RUNTEAM PAWŁOWICE	K-30	57	01:12:29	01:48:24	<b>02:53:10.30</b>	+01:25:04 (49.1%)	8:12	7.3 (50.7%)
140	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>2246</b>	RUNTEAM PAWŁOWICE	K-50	16	01:12:28	01:48:22	<b>02:53:10.70</b>	+01:25:04 (49.1%)	8:12	7.3 (50.7%)
141	<b>WARAT-STASZEWSKA Katarzyna</b>	<b>2693</b>	YES3	K-30	58						(0.0%)

Total 141 results.