



Wydarzenie: VIII PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-22
Miejsce: Gliwice
Dystans: 22 km

VIII PÓLMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkanki Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	WYLEŻAŁEK Alina	2200		K-30	2	00:42:37	01:03:32	01:35:30.10		4:31	13.3 (100%)
2	GOLA Magda	2783		K-20	1	00:47:03	01:08:22	01:42:00.15	+00:06:30 (6.4%)	4:50	12.4 (93.2%)
3	ŁAJSZCZAK - GAJDA Dorota	2836		K-40	5	00:49:21	01:11:55	01:48:15.05	+00:12:44 (11.8%)	5:07	11.7 (88.0%)
4	LEDWOŃ Aneta	2113	NIGHT RUNNERS GLIWICE	K-40	8	00:51:17	01:15:14	01:52:24.95	+00:16:54 (15.0%)	5:19	11.3 (85.0%)
5	BROZYNA Magdalena	2784	CO JA TU ROBIE?	K-30	8	00:52:47	01:15:58	01:53:39.10	+00:18:09 (16.0%)	5:23	11.1 (83.5%)
6	NIGRINI Beata	2210		K-40	9	00:52:42	01:16:51	01:53:57.95	+00:18:27 (16.2%)	5:24	11.1 (83.5%)
7	WARDEJN Sonia	2678	STG GLIWICE	K-20	2	00:52:15	01:16:31	01:54:33.55	+00:19:03 (16.6%)	5:25	11.1 (83.5%)
8	GOLA Karolina	2020		K-30	10	00:52:08	01:16:08	01:55:19.70	+00:19:49 (17.2%)	5:27	11 (82.7%)
9	RYZIŃSKA Aneta	2174		K-40	11	00:51:56	01:17:02	01:56:51.65	+00:21:21 (18.3%)	5:32	10.8 (81.2%)
10	POPIEL-KRUK Aleksandra	2844		K-40	12	00:55:31	01:20:09	01:57:46.05	+00:22:15 (18.9%)	5:34	10.8 (81.2%)
11	DUSIŃSKA Justyna	2634		K-40	13	00:51:59	01:17:35	01:58:14.20	+00:22:44 (19.2%)	5:36	10.7 (80.5%)
12	MAZGAJSKA Monika	2616		K-30	14	00:53:18	01:18:42	01:59:04.25	+00:23:34 (19.8%)	5:38	10.6 (79.7%)
13	PĘDOWSKA Bożena	2391		K-50	3	00:55:13	01:20:30	01:59:31.15	+00:24:01 (20.1%)	5:39	10.6 (79.7%)
14	STRZELCZYK Grażyna	2168		K-40	14	00:53:29	01:18:56	01:59:59.80	+00:24:29 (20.4%)	5:41	10.6 (79.7%)
15	WRÓBLEWSKA Ewa	2049		K-50	4	00:52:21	01:17:44	02:00:06.05	+00:24:35 (20.5%)	5:41	10.5 (78.9%)
16	MAREK Wioletta	2697		K-30	18	00:55:20	01:20:56	02:01:04.05	+00:25:33 (21.1%)	5:44	10.5 (78.9%)
17	POLANECKA Malwina	2479		K-30	20	00:55:56	01:21:21	02:01:50.95	+00:26:20 (21.6%)	5:46	10.4 (78.2%)
18	GŁADKOWSKA Małgorzata	2229		K-30	22	00:54:47	01:20:57	02:03:02.95	+00:27:32 (22.4%)	5:49	10.3 (77.4%)
19	PAWLIK Aneta	2523	STG GLIWICE	K-30	23	00:55:15	01:21:32	02:03:06.95	+00:27:36 (22.4%)	5:50	10.3 (77.4%)
20	- -	2825		K-20	5	00:57:05	01:22:43	02:03:22.25	+00:27:52 (22.6%)	5:50	10.3 (77.4%)
21	KRZYSZKOWSKA Agnieszka	2487	DRUŻYNA ING	K-40	19	00:54:48	01:21:33	02:04:20.45	+00:28:50 (23.2%)	5:53	10.2 (76.7%)
22	POLAK Sylwia	2006		K-20	8	00:56:43	01:23:00	02:05:16.30	+00:29:46 (23.8%)	5:56	10.1 (75.9%)
23	KEMPKIEWICZ Brygida	2613		K-40	21	00:57:00	01:23:17	02:05:32.75	+00:30:02 (23.9%)	5:56	10.1 (75.9%)
24	SROCZYŃSKA Anna	2182		K-40	22	00:57:38	01:24:19	02:05:33.20	+00:30:03 (23.9%)	5:57	10.1 (75.9%)
25	NOWICKA Karolina	2328	FLUOR	K-30	26	00:57:04	01:23:10	02:07:40.65	+00:32:10 (25.2%)	6:03	9.9 (74.4%)
26	MATUSZNY Barbara	2097		K-50	7	00:54:26	01:21:50	02:07:41.60	+00:32:11 (25.2%)	6:03	9.9 (74.4%)
27	KUZMYŃSKA Kate	2321	ZŁOTA MARKA	K-30	27	00:56:49	01:23:11	02:07:46.05	+00:32:15 (25.3%)	6:03	9.9 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
28	BUKOWSKA Magdalena	2091		K-30	28	01:00:07	01:26:54	02:08:28.80	+00:32:58 (25.7%)	6:05	9.9 (74.4%)
29	STAWSKA Joanna	2265	BIEGAJ Z TRENERAMI	K-50	9	00:59:29	01:26:59	02:10:15.35	+00:34:45 (26.7%)	6:10	9.7 (72.9%)
30	WILCZEK Małgorzata	2279		K-30	31	01:00:40	01:28:05	02:11:10.75	+00:35:40 (27.2%)	6:12	9.7 (72.9%)
31	LEPIARCZYK Anna	2275	MOSTOSTAL ZABRZE UNITED	K-30	33	00:57:49	01:24:34	02:11:33.00	+00:36:02 (27.4%)	6:14	9.6 (72.2%)
32	WOJTOWICZ Karolina	2419	MADIZAR SISTERS	K-40	27	00:57:27	01:25:22	02:11:46.40	+00:36:16 (27.5%)	6:14	9.6 (72.2%)
33	WOJTUKIEWICZ Kamila	2135		K-30	34	01:01:35	01:29:19	02:12:09.20	+00:36:39 (27.7%)	6:15	9.6 (72.2%)
34	FRUK Natalia	2012	NAJKI POLONIA BYTOM	K-30	39	01:03:01	01:30:45	02:14:15.50	+00:38:45 (28.9%)	6:21	9.4 (70.7%)
35	MAŃKO Emilia	2531		K-20	10	01:02:07	01:30:11	02:16:06.15	+00:40:36 (29.8%)	6:27	9.3 (69.9%)
36	ŁATAK - SKRABUT Basia	2603	PACEMAKER	K-40	32	01:03:44	01:31:26	02:16:24.80	+00:40:54 (30.0%)	6:27	9.3 (69.9%)
37	GÓRECKA Weronika	2604		K-20	12	01:01:00	01:29:38	02:16:36.15	+00:41:06 (30.1%)	6:28	9.3 (69.9%)
38	CETERA Kamila	2241	BIEGAJ Z TRENERAMI	K-40	33	01:02:30	01:30:27	02:17:12.15	+00:41:42 (30.4%)	6:30	9.2 (69.2%)
39	MARKOWSKA Sylwia	2143		K-30	41	01:01:40	01:30:42	02:18:04.35	+00:42:34 (30.8%)	6:32	9.2 (69.2%)
40	PALMOWSKA Agnieszka	2075	PHD RUNNERS	K-30	43	01:01:23	01:30:21	02:18:16.10	+00:42:46 (30.9%)	6:33	9.2 (69.2%)
41	RUBINSKA Małgorzata	2677		K-50	11	01:06:14		02:18:44.35	+00:43:14 (31.2%)	6:34	9.1 (68.4%)
42	KUBICA-BADORA Rozalia	2139		K-30	44	01:01:53	01:31:09	02:19:21.15	+00:43:51 (31.5%)	6:36	9.1 (68.4%)
43	POLISZUK Małgorzata	2250		K-50	12	01:04:07	01:34:36	02:22:59.55	+00:47:29 (33.2%)	6:46	8.9 (66.9%)
44	RACIS Małgorzata	2303		K-20	14	01:03:50	01:34:29	02:23:12.60	+00:47:42 (33.3%)	6:47	8.8 (66.2%)
45	FRANKIEWICZ Marzena	2268		K-40	40	01:04:24	01:36:19	02:26:36.65	+00:51:06 (34.9%)	6:56	8.6 (64.7%)
46	KUBIAK Celina	2585		K-40	41	01:03:59	01:35:24	02:27:33.85	+00:52:03 (35.3%)	6:59	8.6 (64.7%)
47	MIGDAŁ Iwona	2042	SLOW JOGGING GLIWICE	K-40	42	01:05:54	01:36:48	02:28:14.65	+00:52:44 (35.6%)	7:01	8.5 (63.9%)
48	KAUFFMANN Ewa	2657		K-30	48	01:08:36	01:39:46	02:28:44.40	+00:53:14 (35.8%)	7:02	8.5 (63.9%)
49	MAJSNEROWSKA Ewelina	2197		K-30	49	01:03:13	01:37:36	02:29:08.45	+00:53:38 (36.0%)	7:04	8.5 (63.9%)
50	ZBOREK Dominika	2201		K-30	50	01:03:14	01:37:36	02:29:08.70	+00:53:38 (36.0%)	7:04	8.5 (63.9%)
51	SKOP Karolina	2713	AKT WATRA	K-30	51	01:05:46	01:36:19	02:29:11.25	+00:53:41 (36.0%)	7:04	8.5 (63.9%)
52	SYMELA-BOCHENSKA Katarzyna	2023	POMPEJANKA TEAM	K-40	45	01:07:46	01:41:32	02:29:11.75	+00:53:41 (36.0%)	7:04	8.5 (63.9%)
53	CIUK Iwona	2651		K-50	14	01:05:45	01:38:12	02:36:13.00	+01:00:42 (38.9%)	7:24	8.1 (60.9%)
54	JOCHYMEK Karolina	2295		K-30	52	01:12:57	01:45:43	02:38:28.45	+01:02:58 (39.7%)	7:30	8 (60.2%)
55	SITKO Dagmara	2126	KOBIETY NA 5+	K-30	54	01:12:40	01:48:50	02:41:22.00	+01:05:51 (40.8%)	7:38	7.8 (58.6%)
56	BOGACZ Jagoda	2015	POMPEJANKA TEAM	K-40	51	01:07:47	01:44:31	02:47:07.90	+01:11:37 (42.9%)	7:55	7.6 (57.1%)
57	KASPRZYK Agnieszka	2294		K-30	56	01:09:45	01:46:07	02:49:30.75	+01:14:00 (43.7%)	8:01	7.5 (56.4%)
58	WARAT-STASZEWSKA Katarzyna	2693	YES3	K-30	58						(0.0%)

Znaleziono 58 wynik(ów)