



# X NORDIC WALKING GLIWICKI

B4SPORT

**Wydarzenie:** X PKO PÓŁMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-10-06  
**Miejsce:** Gliwice  
**Dystans:** 10N km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10.24km	Czas brutto 10.24km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWSKI Daniel	1534	KATOWICKI NORDIC WALKING	M-20	1	00:00:57	00:30:05	01:01:33.63	01:02:31.42		6:00	10 (100%)
2	SADOWSKI Tomasz	1582	#CZELADZBIEGA	M-40	1	00:00:59	00:30:13	01:01:51.32	01:02:51.22	+00:00:17 (0.5%)	6:02	9.9 (99.0%)
3	MAŁKA Marian	1544	NORDIC SPORT 2021	M-60	1	00:01:00	00:30:25	01:01:51.32	01:02:51.49	+00:00:17 (0.5%)	6:02	9.9 (99.0%)
4	RZEPKA Małgorzata	1524	-	K-50	1	00:00:17	00:33:32	01:08:09.96	01:08:27.76	+00:06:36 (9.7%)	6:39	9 (90.0%)
5	PUCHAŁA Dariusz	1542	EKIPA NA KIJACH	M-60	2	00:00:24	00:34:49	01:09:47.48	01:10:11.94	+00:08:13 (11.8%)	6:48	8.8 (88.0%)
6	PIECHOCZEK-NIEZGODA Lucyna	1508		K-40	1	00:00:22	00:34:55	01:11:49.48	01:12:11.94	+00:10:15 (14.3%)	7:00	8.6 (86.0%)
7	WOJTUNIK Andrzej	1559	MALINOWE GWIAZDY	M-60	3	00:00:35	00:36:04	01:12:44.01	01:13:19.37	+00:11:10 (15.4%)	7:06	8.4 (84.0%)
8	POGORZELSKA Alina	1523		K-50	2	00:00:24	00:36:22	01:13:35.85	01:14:00.40	+00:12:02 (16.4%)	7:11	8.3 (83.0%)
9	GABSINIEC Kazimiera	1577	CIDRY LOTAJOM	K-60	1	00:00:47	00:36:24	01:14:00.12	01:14:47.32	+00:12:26 (16.8%)	7:13	8.3 (83.0%)
10	MARKS Adrian	1535	LECYMY DURŚ	M-50	1	00:00:42	00:36:05	01:14:03.68	01:14:45.71	+00:12:30 (16.9%)	7:13	8.3 (83.0%)
11	TYCZEWSKI Jacek	1526		M-40	2	00:00:43	00:36:51	01:15:08.12	01:15:51.61	+00:13:34 (18.1%)	7:20	8.2 (82.0%)
12	RZEPKA Tomasz	1525	-	M-50	2	00:00:43	00:36:35	01:15:25.72	01:16:09.19	+00:13:52 (18.4%)	7:21	8.1 (81.0%)
13	FELCZAK Damian	1506		M-30	1	00:00:55	00:37:28	01:16:41.86	01:17:37.31	+00:15:08 (19.7%)	7:29	8 (80.0%)
14	KAŁKA Krzysztof	1537	LECYMY DURŚ	M-50	3	00:00:44	00:38:00	01:17:51.29	01:18:36.19	+00:16:17 (20.9%)	7:36	7.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.24km	brutto 10.24km			
15	<b>TYCZEWSKA Paulina</b>	<b>1550</b>		K-40	2	00:00:56	00:38:28	<b>01:19:11.45</b>	<b>01:20:08.05</b>	+00:17:37 (22.3%)	7:43	7.8 (78.0%)
16	<b>ŻUCHOWICZ Elżbieta</b>	<b>1581</b>	M2M BADANIA KLINICZNE	K-60	2	00:00:19	00:38:47	<b>01:19:12.08</b>	<b>01:19:31.23</b>	+00:17:38 (22.3%)	7:44	7.8 (78.0%)
17	<b>KŁYSZ Wojciech</b>	<b>1551</b>	SILESIA CHOKE'N'ROLL	M-40	3	00:01:17	00:39:10	<b>01:19:56.99</b>	<b>01:21:14.79</b>	+00:18:23 (23.0%)	7:48	7.7 (77.0%)
18	<b>LEWANDOWSKA Anna</b>	<b>1502</b>		K-50	3	00:00:29	00:39:57	<b>01:19:57.41</b>	<b>01:20:26.59</b>	+00:18:23 (23.0%)	7:48	7.7 (77.0%)
19	<b>STAROSTKA Andrzej</b>	<b>1563</b>	PARKRUN KĘDZIERZYN-KOŹLE	M-60	4	00:00:17	00:39:30	<b>01:20:37.76</b>	<b>01:20:55.06</b>	+00:19:04 (23.7%)	7:52	7.6 (76.0%)
20	<b>LISZKA Ilona</b>	<b>1566</b>		K-40	3	00:00:31	00:39:45	<b>01:20:45.04</b>	<b>01:21:16.92</b>	+00:19:11 (23.8%)	7:53	7.6 (76.0%)
21	<b>MUSZYŃSKI Dariusz</b>	<b>1536</b>	COMP TEAM	M-60	5	00:01:20	00:39:02	<b>01:20:48.32</b>	<b>01:22:08.34</b>	+00:19:14 (23.8%)	7:53	7.6 (76.0%)
22	<b>GRIEGER-GORCZYŃSKA Ewa</b>	<b>1501</b>	BOJKÓW NORDIC WALKING - BOSCY BOJKOWSCY	K-40	4	00:00:19	00:39:43	<b>01:21:47.99</b>	<b>01:22:07.11</b>	+00:20:14 (24.7%)	7:59	7.5 (75.0%)
23	<b>POCZĘTA-BUDZIOCH Dorota</b>	<b>1574</b>		K-40	5	00:00:27	00:40:04	<b>01:21:53.46</b>	<b>01:22:21.16</b>	+00:20:19 (24.8%)	7:59	7.5 (75.0%)
24	<b>SZKAMRUK Janusz</b>	<b>1503</b>	AKMB PĘDZIWIATR GLIWICE	M-60	6	00:00:54	00:40:12	<b>01:22:01.40</b>	<b>01:22:56.22</b>	+00:20:27 (24.9%)	8:00	7.5 (75.0%)
25	<b>DYRLAGA Stanisław</b>	<b>1527</b>		M-60	7	00:00:43	00:40:22	<b>01:22:13.62</b>	<b>01:22:57.49</b>	+00:20:39 (25.1%)	8:01	7.5 (75.0%)
26	<b>JARKA Sylwia</b>	<b>1576</b>		K-30	1	00:00:53	00:38:48	<b>01:22:24.05</b>	<b>01:23:17.18</b>	+00:20:50 (25.3%)	8:02	7.5 (75.0%)
27	<b>MAŁKA Irena</b>	<b>1545</b>		K-60	3	00:00:45	00:41:00	<b>01:22:31.44</b>	<b>01:23:16.82</b>	+00:20:57 (25.4%)	8:03	7.4 (74.0%)
28	<b>DOBIAS Katarzyna</b>	<b>1512</b>		K-30	2	00:00:55	00:40:40	<b>01:22:37.20</b>	<b>01:23:32.90</b>	+00:21:03 (25.5%)	8:04	7.4 (74.0%)
29	<b>KLECZKA Ewelina</b>	<b>1561</b>		K-40	6	00:00:33	00:42:12	<b>01:23:15.09</b>	<b>01:23:49.08</b>	+00:21:41 (26.1%)	8:07	7.4 (74.0%)
30	<b>KOPCZYŃSKA Agata</b>	<b>1553</b>	#HUTATEAM	K-40	7	00:01:00	00:41:49	<b>01:23:24.02</b>	<b>01:24:24.70</b>	+00:21:50 (26.2%)	8:08	7.4 (74.0%)
31	<b>SZKAMRUK Bogusława</b>	<b>1514</b>	AKMB PĘDZIWIATR GLIWICE	K-60	4	00:00:47	00:41:01	<b>01:24:04.83</b>	<b>01:24:52.36</b>	+00:22:31 (26.8%)	8:12	7.3 (73.0%)
32	<b>JAWORSKI Andrzej</b>	<b>1543</b>		M-60	8	00:00:20	00:41:46	<b>01:25:08.80</b>	<b>01:25:28.86</b>	+00:23:35 (27.7%)	8:18	7.2 (72.0%)
33	<b>DOMBEK Wiktoria</b>	<b>1570</b>		K-20	1	00:00:22	00:41:13	<b>01:25:24.12</b>	<b>01:25:46.31</b>	+00:23:50 (27.9%)	8:20	7.2 (72.0%)
34	<b>ZEMŁA Piotr</b>	<b>1579</b>	-	M-50	4	00:00:56	00:41:52	<b>01:25:48.98</b>	<b>01:26:45.67</b>	+00:24:15 (28.3%)	8:22	7.2 (72.0%)
35	<b>ŁYSOŃ Iwona</b>	<b>1556</b>		K-30	3	00:01:04	00:42:44	<b>01:26:24.61</b>	<b>01:27:28.68</b>	+00:24:50 (28.8%)	8:26	7.1 (71.0%)
36	<b>PAWLIK Andrzej</b>	<b>1520</b>		M-60	9	00:01:04	00:42:44	<b>01:26:24.62</b>	<b>01:27:28.72</b>	+00:24:50 (28.8%)	8:26	7.1 (71.0%)
37	<b>GRONDYS Michał</b>	<b>1547</b>		M-40	4	00:00:35	00:43:26	<b>01:27:04.02</b>	<b>01:27:39.77</b>	+00:25:30 (29.3%)	8:30	7.1 (71.0%)

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								netto 10.24km	brutto 10.24km			
38	<b>GRONDYS Sylwia</b>	<b>1548</b>		K-40	8	00:00:34	00:43:26	<b>01:27:05.08</b>	<b>01:27:39.82</b>	+00:25:31 (29.3%)	8:30	7.1 (71.0%)
39	<b>PYTKO Martyna</b>	<b>1558</b>		K-30	4	00:00:44	00:42:29	<b>01:27:09.63</b>	<b>01:27:53.69</b>	+00:25:35 (29.4%)	8:30	7 (70.0%)
40	<b>GAWLIK-JĘDRYSIAK Monika</b>	<b>1552</b>		K-40	9	00:00:28	00:43:24	<b>01:27:41.14</b>	<b>01:28:09.73</b>	+00:26:07 (29.8%)	8:33	7 (70.0%)
41	<b>ZAŁĘCKA-MYSZKIEWICZ Magdalena</b>	<b>1540</b>	FLUOR	K-30	5	00:00:44	00:42:59	<b>01:27:45.05</b>	<b>01:28:29.85</b>	+00:26:11 (29.8%)	8:34	7 (70.0%)
42	<b>STERNICKA Natalia</b>	<b>1572</b>		K-20	2	00:00:22	00:43:34	<b>01:28:06.27</b>	<b>01:28:28.59</b>	+00:26:32 (30.1%)	8:36	7 (70.0%)
43	<b>STRONIEWSKA Anna</b>	<b>1517</b>	GITTEAM	K-50	4	00:00:26	00:45:08	<b>01:28:24.26</b>	<b>01:28:50.55</b>	+00:26:50 (30.4%)	8:37	7 (70.0%)
44	<b>KORMAN Agnieszka</b>	<b>1042</b>	GITTEAM	K-40	10	00:00:24	00:45:23	<b>01:28:26.14</b>	<b>01:28:50.42</b>	+00:26:52 (30.4%)	8:38	6.9 (69.0%)
45	<b>WOJTALA Edyta</b>	<b>1567</b>	ASSECO ACTIVE TEAM	K-50	5	00:00:45	00:44:14	<b>01:28:33.36</b>	<b>01:29:19.28</b>	+00:26:59 (30.5%)	8:38	6.9 (69.0%)
46	<b>ZEGZUŁA Łukasz</b>	<b>1557</b>	HUTA TEAM	M-40	5	00:00:13	00:44:48	<b>01:28:49.41</b>	<b>01:29:02.91</b>	+00:27:15 (30.7%)	8:40	6.9 (69.0%)
47	<b>WILKOŃ Artur</b>	<b>1507</b>	#HUTATEAM	M-50	5	00:00:14	00:44:48	<b>01:28:49.88</b>	<b>01:29:03.88</b>	+00:27:16 (30.7%)	8:40	6.9 (69.0%)
48	<b>GANZKE-GODLEWSKA Daria</b>	<b>1568</b>		K-30	6	00:00:48	00:45:01	<b>01:29:45.70</b>	<b>01:30:33.98</b>	+00:28:12 (31.4%)	8:45	6.8 (68.0%)
49	<b>HATALSKA Gosia</b>	<b>1569</b>		K-40	11	00:00:48	00:45:02	<b>01:29:45.71</b>	<b>01:30:33.76</b>	+00:28:12 (31.4%)	8:45	6.8 (68.0%)
50	<b>KROLIŃSKA Justyna</b>	<b>1549</b>		K-50	6	00:00:24	00:44:38	<b>01:30:06.36</b>	<b>01:30:31.29</b>	+00:28:32 (31.7%)	8:47	6.8 (68.0%)
51	<b>KOMANDER Joanna</b>	<b>1539</b>	JOMAR RUNNERS	K-50	7	00:00:44	00:43:44	<b>01:30:16.45</b>	<b>01:31:01.15</b>	+00:28:42 (31.8%)	8:48	6.8 (68.0%)
52	<b>GRZYWOCZ Agnieszka</b>	<b>1509</b>	GIT-TEAM	K-30	7	00:00:26	00:45:22	<b>01:30:23.54</b>	<b>01:30:50.54</b>	+00:28:49 (31.9%)	8:49	6.8 (68.0%)
53	<b>DUDA Agnieszka</b>	<b>1573</b>		K-40	12	00:00:45	00:44:18	<b>01:30:26.75</b>	<b>01:31:11.94</b>	+00:28:53 (31.9%)	8:49	6.8 (68.0%)
54	<b>GRĄDZKA Jolanta</b>	<b>1546</b>	FLUOR	K-50	8	00:01:01	00:44:40	<b>01:30:27.39</b>	<b>01:31:28.42</b>	+00:28:53 (31.9%)	8:49	6.8 (68.0%)
55	<b>MARSZAŁ Janina</b>	<b>1554</b>	NIE DOTYCZY	K-60	5	00:00:57	00:44:34	<b>01:30:49.07</b>	<b>01:31:46.72</b>	+00:29:15 (32.2%)	8:52	6.8 (68.0%)
56	<b>JANIK Sylwia</b>	<b>1522</b>	GIT-TEAM	K-40	13	00:00:23	00:45:25	<b>01:30:57.76</b>	<b>01:31:21.57</b>	+00:29:24 (32.3%)	8:52	6.8 (68.0%)
57	<b>ŁĘNCZUK Wioletta</b>	<b>1516</b>	GIT TEAM	K-40	14	00:00:25	00:45:26	<b>01:31:00.97</b>	<b>01:31:26.77</b>	+00:29:27 (32.4%)	8:53	6.8 (68.0%)
58	<b>RAKOWSKA Wioleta</b>	<b>1529</b>	GITTEAM	K-30	8	00:00:25	00:45:09	<b>01:31:01.72</b>	<b>01:31:26.87</b>	+00:29:28 (32.4%)	8:53	6.8 (68.0%)
59	<b>JARANOWSKA Dominika</b>	<b>1519</b>		K-40	15	00:00:23	00:45:20	<b>01:31:03.47</b>	<b>01:31:26.82</b>	+00:29:29 (32.4%)	8:53	6.7 (67.0%)
60	<b>GAMRACY Leszek</b>	<b>1511</b>	UTW GLIWICE	M-60	10	00:00:24	00:41:52	<b>01:31:15.68</b>	<b>01:31:39.78</b>	+00:29:42 (32.5%)	8:54	6.7 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10.24km	Czas brutto 10.24km	Różn	Tempo min/km	Tempo km/h
61	<b>SAMOL Iwona</b>	<b>1533</b>		K-50	9	00:00:29	00:45:02	<b>01:31:28.53</b>	<b>01:31:57.77</b>	+00:29:54 (32.7%)	8:55	6.7 (67.0%)
62	<b>WRÓBEL Urszula</b>	<b>1575</b>		K-50	10	00:00:46	00:46:24	<b>01:33:00.43</b>	<b>01:33:47.38</b>	+00:31:26 (33.8%)	9:04	6.6 (66.0%)
63	<b>POLIFKE Renata</b>	<b>1580</b>		K-30	9	00:00:46	00:46:24	<b>01:33:01.35</b>	<b>01:33:48.29</b>	+00:31:27 (33.8%)	9:05	6.6 (66.0%)
64	<b>NOWICKA Joanna</b>	<b>1555</b>	SSM	K-30	10	00:00:33	00:45:31	<b>01:33:03.42</b>	<b>01:33:36.50</b>	+00:31:29 (33.8%)	9:05	6.6 (66.0%)
65	<b>TOMAL Łukasz</b>	<b>1532</b>	BNW BOSCY BOJKOWSCY	M-30	2	00:00:20	00:48:09	<b>01:33:06.61</b>	<b>01:33:27.18</b>	+00:31:32 (33.9%)	9:05	6.6 (66.0%)
66	<b>KRUPA Natalia</b>	<b>1578</b>		K-30	11	00:00:34	00:46:36	<b>01:33:12.66</b>	<b>01:33:47.35</b>	+00:31:39 (34.0%)	9:06	6.6 (66.0%)
67	<b>ZIELONKA Barbara</b>	<b>1518</b>		K-60	6	00:00:20	00:46:03	<b>01:33:40.76</b>	<b>01:34:01.73</b>	+00:32:07 (34.3%)	9:08	6.6 (66.0%)
68	<b>WIŚNIEWSKI Mariusz</b>	<b>1564</b>		M-50	6	00:00:25	00:45:40	<b>01:34:30.70</b>	<b>01:34:56.36</b>	+00:32:57 (34.9%)	9:13	6.5 (65.0%)
69	<b>LENŻA-DOMBEK Karina</b>	<b>1571</b>		K-60	7	00:00:23	00:46:09	<b>01:35:13.89</b>	<b>01:35:37.33</b>	+00:33:40 (35.4%)	9:17	6.5 (65.0%)
70	<b>HUTNIK Agnieszka</b>	<b>1528</b>	KS SERNIK	K-50	11	00:00:56	00:47:57	<b>01:36:33.55</b>	<b>01:37:29.58</b>	+00:34:59 (36.2%)	9:25	6.4 (64.0%)
71	<b>KRÓL Jadwiga</b>	<b>1560</b>		K-60	8	00:00:23	00:47:39	<b>01:36:55.55</b>	<b>01:37:19.24</b>	+00:35:21 (36.5%)	9:27	6.3 (63.0%)

Znaleziono 71 wynik(ów)