



X NORDIC WALKING GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.24km	brutto 10.24km			
38	GRONDYS Sylwia	1548		K-40	8	00:00:34	00:43:26	01:27:05.08	01:27:39.82	+00:25:31 (29.3%)	8:30	7.1 (71.0%)
39	PYTKO Martyna	1558		K-30	4	00:00:44	00:42:29	01:27:09.63	01:27:53.69	+00:25:35 (29.4%)	8:30	7 (70.0%)
40	GAWLIK-JĘDRYSIAK Monika	1552		K-40	9	00:00:28	00:43:24	01:27:41.14	01:28:09.73	+00:26:07 (29.8%)	8:33	7 (70.0%)
41	ZAŁĘCKA-MYSZKIEWICZ Magdalena	1540	FLUOR	K-30	5	00:00:44	00:42:59	01:27:45.05	01:28:29.85	+00:26:11 (29.8%)	8:34	7 (70.0%)
42	STERNICKA Natalia	1572		K-20	2	00:00:22	00:43:34	01:28:06.27	01:28:28.59	+00:26:32 (30.1%)	8:36	7 (70.0%)
43	STRONIEWSKA Anna	1517	GITTEAM	K-50	4	00:00:26	00:45:08	01:28:24.26	01:28:50.55	+00:26:50 (30.4%)	8:37	7 (70.0%)
44	KORMAN Agnieszka	1042	GITTEAM	K-40	10	00:00:24	00:45:23	01:28:26.14	01:28:50.42	+00:26:52 (30.4%)	8:38	6.9 (69.0%)
45	WOJTALA Edyta	1567	ASSECO ACTIVE TEAM	K-50	5	00:00:45	00:44:14	01:28:33.36	01:29:19.28	+00:26:59 (30.5%)	8:38	6.9 (69.0%)
46	ZEGZUŁA Łukasz	1557	HUTA TEAM	M-40	5	00:00:13	00:44:48	01:28:49.41	01:29:02.91	+00:27:15 (30.7%)	8:40	6.9 (69.0%)
47	WILKOŃ Artur	1507	#HUTATEAM	M-50	5	00:00:14	00:44:48	01:28:49.88	01:29:03.88	+00:27:16 (30.7%)	8:40	6.9 (69.0%)
48	GANZKE-GODLEWSKA Daria	1568		K-30	6	00:00:48	00:45:01	01:29:45.70	01:30:33.98	+00:28:12 (31.4%)	8:45	6.8 (68.0%)
49	HATALSKA Gosia	1569		K-40	11	00:00:48	00:45:02	01:29:45.71	01:30:33.76	+00:28:12 (31.4%)	8:45	6.8 (68.0%)
50	KROLIŃSKA Justyna	1549		K-50	6	00:00:24	00:44:38	01:30:06.36	01:30:31.29	+00:28:32 (31.7%)	8:47	6.8 (68.0%)
51	KOMANDER Joanna	1539	JOMAR RUNNERS	K-50	7	00:00:44	00:43:44	01:30:16.45	01:31:01.15	+00:28:42 (31.8%)	8:48	6.8 (68.0%)
52	GRZYWOCZ Agnieszka	1509	GIT-TEAM	K-30	7	00:00:26	00:45:22	01:30:23.54	01:30:50.54	+00:28:49 (31.9%)	8:49	6.8 (68.0%)
53	DUDA Agnieszka	1573		K-40	12	00:00:45	00:44:18	01:30:26.75	01:31:11.94	+00:28:53 (31.9%)	8:49	6.8 (68.0%)
54	GRĄDZKA Jolanta	1546	FLUOR	K-50	8	00:01:01	00:44:40	01:30:27.39	01:31:28.42	+00:28:53 (31.9%)	8:49	6.8 (68.0%)
55	MARSZAŁ Janina	1554	NIE DOTYCZY	K-60	5	00:00:57	00:44:34	01:30:49.07	01:31:46.72	+00:29:15 (32.2%)	8:52	6.8 (68.0%)
56	JANIK Sylwia	1522	GIT-TEAM	K-40	13	00:00:23	00:45:25	01:30:57.76	01:31:21.57	+00:29:24 (32.3%)	8:52	6.8 (68.0%)
57	ŁĘNCZUK Wioletta	1516	GIT TEAM	K-40	14	00:00:25	00:45:26	01:31:00.97	01:31:26.77	+00:29:27 (32.4%)	8:53	6.8 (68.0%)
58	RAKOWSKA Wioleta	1529	GITTEAM	K-30	8	00:00:25	00:45:09	01:31:01.72	01:31:26.87	+00:29:28 (32.4%)	8:53	6.8 (68.0%)
59	JARANOWSKA Dominika	1519		K-40	15	00:00:23	00:45:20	01:31:03.47	01:31:26.82	+00:29:29 (32.4%)	8:53	6.7 (67.0%)
60	GAMRACY Leszek	1511	UTW GLIWICE	M-60	10	00:00:24	00:41:52	01:31:15.68	01:31:39.78	+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	SAMOL Iwona	1533		K-50	9	00:00:29	00:45:02	01:31:28.53	01:31:57.77	+00:29:54 (32.7%)	8:55	6.7 (67.0%)
62	WRÓBEL Urszula	1575		K-50	10	00:00:46	00:46:24	01:33:00.43	01:33:47.38	+00:31:26 (33.8%)	9:04	6.6 (66.0%)
63	POLIFKE Renata	1580		K-30	9	00:00:46	00:46:24	01:33:01.35	01:33:48.29	+00:31:27 (33.8%)	9:05	6.6 (66.0%)
64	NOWICKA Joanna	1555	SSM	K-30	10	00:00:33	00:45:31	01:33:03.42	01:33:36.50	+00:31:29 (33.8%)	9:05	6.6 (66.0%)
65	TOMAL Łukasz	1532	BNW BOSCY BOJKOWSCY	M-30	2	00:00:20	00:48:09	01:33:06.61	01:33:27.18	+00:31:32 (33.9%)	9:05	6.6 (66.0%)
66	KRUPA Natalia	1578		K-30	11	00:00:34	00:46:36	01:33:12.66	01:33:47.35	+00:31:39 (34.0%)	9:06	6.6 (66.0%)
67	ZIELONKA Barbara	1518		K-60	6	00:00:20	00:46:03	01:33:40.76	01:34:01.73	+00:32:07 (34.3%)	9:08	6.6 (66.0%)
68	WIŚNIEWSKI Mariusz	1564		M-50	6	00:00:25	00:45:40	01:34:30.70	01:34:56.36	+00:32:57 (34.9%)	9:13	6.5 (65.0%)
69	LENŻA-DOMBEK Karina	1571		K-60	7	00:00:23	00:46:09	01:35:13.89	01:35:37.33	+00:33:40 (35.4%)	9:17	6.5 (65.0%)
70	HUTNIK Agnieszka	1528	KS SERNIK	K-50	11	00:00:56	00:47:57	01:36:33.55	01:37:29.58	+00:34:59 (36.2%)	9:25	6.4 (64.0%)
71	KRÓL Jadwiga	1560		K-60	8	00:00:23	00:47:39	01:36:55.55	01:37:19.24	+00:35:21 (36.5%)	9:27	6.3 (63.0%)

Znaleziono 71 wynik(ów)