

### 3. Piknik Sportowy `Biegamy z Sercem`

## WYNIKI ZAWODÓW / RESULTS LIST

#### Marsz Nordic Walking 10 km














**Organizator:** Fundacja „Biegamy z Sercem”, Centrum Handlowym Europa Centralna

**Data:** 17 maja 2015 r.

**Miejsce:** Gliwice

**Dystans:** 10 km

| Msc<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name        | Miejscowość<br>City | Kraj<br>Nat. | Druż / Klub<br>Team / Club        | R-k<br>YoB | Klasyfikacje<br>Ranks | Czas<br>Time | Tempo<br>m/km | diff<br>Net | Check points |              |              |              |              |
|-------------|-----------|--------------------------------|---------------------|--------------|-----------------------------------|------------|-----------------------|--------------|---------------|-------------|--------------|--------------|--------------|--------------|--------------|
|             |           |                                |                     |              |                                   |            |                       |              |               |             | 1,4 km       | 2,5 km       | 3,9 km       | 5 km         | 7,5 km       |
| 1           | 195       | CYRUS Bogdan                   |                     | POL          |                                   | 70         | ForY/1 M / 1          | 01:02:05     | 06.12         | +0:00:00    | 0:09:49 / 1  | 0:15:06 / 1  | 0:25:17 / 1  | 0:30:42 / 1  | 0:40:52 / 1  |
| 2           | 365       | URBAŃSKI Arkadiusz             | Gliwice             | POL          |                                   | 66         | ForY/2 M / 2          | 01:05:45     | 06.34         | +0:03:40    | 0:10:02 / 2  | 0:15:31 / 2  | 0:26:12 / 2  | 0:31:55 / 2  | 0:42:44 / 2  |
| 3           | 315       | SERWOTKA Jan                   | Wodzisław Śląski    | POL          | Forma                             | 54         | ForY/3 M / 3          | 01:06:20     | 06.38         | +0:04:15    | 0:10:23 / 3  | 0:15:58 / 3  | 0:26:49 / 3  | 0:32:30 / 3  | 0:43:29 / 3  |
| 4           | 122       | JOB Andrzej                    | Łaziska             | POL          | Ks Forma Wodzisław                | 59         | ForY/4 M / 4          | 01:08:10     | 06.48         | +0:06:05    | 0:10:45 / 5  | 0:16:38 / 4  | 0:27:56 / 4  | 0:33:47 / 4  | 0:44:54 / 4  |
| 5           | 237       | MUSIOLIK Agnieszka             | Palowice            | POL          |                                   | 82         | Youn/1 K / 1          | 01:09:42     | 06.58         | +0:07:37    | 0:10:42 / 4  | 0:16:39 / 5  | 0:28:19 / 5  | 0:34:26 / 5  | 0:46:12 / 5  |
| 6           | 217       | MATUSZCZYK Maciej              | Katowice            | POL          | Czptychy.pl                       | 71         | ForY/5 M / 5          | 01:10:47     | 07.04         | +0:08:42    | 0:11:49 / 12 | 0:17:58 / 11 | 0:29:30 / 7  | 0:35:28 / 6  | 0:46:58 / 6  |
| 7           | 140       | KISZEL Katarzyna               | Zbroslawice         | POL          | Amator                            | 80         | Youn/2 K / 2          | 01:10:57     | 07.05         | +0:08:52    | 0:11:48 / 11 | 0:17:58 / 10 | 0:29:57 / 10 | 0:36:13 / 10 | 0:47:45 / 9  |
| 8           | 234       | MROZOWSKI Krzysztof            | Gliwice             | POL          | Akademicki Klub Turystyczny Watra | 79         | Youn/1 M / 6          | 01:11:06     | 07.06         | +0:09:01    | 0:11:24 / 6  | 0:17:41 / 6  | 0:29:29 / 6  | 0:35:33 / 7  | 0:47:32 / 7  |
| 9           | 431       | MARUNDEL Katarzyna             | Bytom               | POL          | Silesia Nordic                    | 86         | Youn/3 K / 3          | 01:11:08     | 07.06         | +0:09:03    | 0:11:26 / 7  | 0:17:43 / 7  | 0:29:32 / 8  | 0:35:40 / 8  | 0:47:33 / 8  |
| 10          | 362       | UKLEJA Anna                    | Zbroslawice         | POL          | Amator                            | 86         | Youn/4 K / 4          | 01:11:12     | 07.06         | +0:09:07    | 0:11:47 / 10 | 0:17:58 / 9  | 0:29:57 / 11 | 0:36:14 / 11 | 0:47:47 / 10 |
| 11          | 191       | LUCZAK Anna                    | Palowice            | POL          |                                   | 83         | Youn/5 K / 5          | 01:12:46     | 07.16         | +0:10:41    | 0:11:27 / 8  | 0:17:51 / 8  | 0:29:46 / 9  | 0:36:06 / 9  | 0:47:49 / 11 |
| 12          | 79        | GĘBCZYK Władysław              | Gliwice             | POL          | Gliwicki Klub Kolekcjonerów       | 53         | ForY/6 M / 7          | 01:14:46     | 07.28         | +0:12:41    | 0:12:19 / 16 | 0:18:49 / 15 | 0:31:06 / 14 | 0:37:28 / 13 | 0:49:43 / 13 |
| 13          | 170       | KROWICKA Halina                | Wieluń              | POL          |                                   | 48         | ForY/1 K / 6          | 01:14:48     | 07.28         | +0:12:43    | 0:11:47 / 9  | 0:18:09 / 12 | 0:30:26 / 12 | 0:36:55 / 12 | 0:49:22 / 12 |
| 14          | 251       | OLEJNICZAK Agnieszka           | Dąbrowa Górnicza    | POL          |                                   | 85         | Youn/6 K / 7          | 01:15:23     | 07.31         | +0:13:18    | 0:12:49 / 21 | 0:19:25 / 20 | 0:31:32 / 17 | 0:37:57 / 16 | 0:49:54 / 14 |
| 15          | 53        | DOMARADZKA Karolina            | Gliwice             | POL          |                                   | 89         | Youn/7 K / 8          | 01:16:04     | 07.36         | +0:13:59    | 0:12:05 / 14 | 0:18:36 / 14 | 0:31:05 / 13 | 0:37:38 / 14 | 0:50:19 / 15 |
| 16          | 78        | GEMBALA Violetta               | Bełk                | POL          | Rodzina                           | 65         | ForY/2 K / 9          | 01:16:06     | 07.36         | +0:14:01    | 0:11:57 / 13 | 0:18:34 / 13 | 0:31:20 / 16 | 0:38:00 / 17 | 0:50:36 / 16 |
| 17          | 346       | SZYMIK Grażyna                 | Bełk                | POL          | Rodzina                           | 72         | ForY/3 K / 10         | 01:16:53     | 07.41         | +0:14:48    | 0:12:15 / 15 | 0:19:05 / 17 | 0:31:49 / 18 | 0:38:32 / 18 | 0:51:12 / 18 |
| 18          | 187       | LISOWSKI Mirosław              | Gliwice             | POL          | Gliwicki Klub Kolekcjonerów       | 67         | ForY/7 M / 8          | 01:17:30     | 07.44         | +0:15:25    | 0:12:19 / 17 | 0:18:49 / 16 | 0:31:18 / 15 | 0:37:54 / 15 | 0:50:40 / 17 |
| 19          | 330       | STRASSBERGER Katarzyna         | Gliwice             | POL          | Www.sport-relaks.pl               | 69         | ForY/4 K / 11         | 01:19:05     | 07.54         | +0:17:00    | 0:12:49 / 20 | 0:19:36 / 21 | 0:32:32 / 20 | 0:39:23 / 19 | 0:52:25 / 19 |
| 20          | 184       | LESIK Róża                     | Ruda Śląska         | POL          |                                   | 93         | Youn/8 K / 12         | 01:19:42     | 07.57         | +0:17:37    | 0:12:31 / 19 | 0:19:19 / 19 | 0:32:34 / 21 | 0:39:33 / 21 | 0:52:56 / 20 |
| 21          | 155       | KONOPACKA Krystyna             | Gliwice             | POL          |                                   | 50         | ForY/5 K / 13         | 01:20:25     | 08.02         | +0:18:20    | 0:12:52 / 23 | 0:19:49 / 22 | 0:33:04 / 22 | 0:40:02 / 22 | 0:53:11 / 21 |
| 22          | 90        | GROCHOWSKA Anna                | Gliwice             | POL          | Wiatr We Włosach                  | 72         | ForY/6 K / 14         | 01:21:23     | 08.08         | +0:19:18    | 0:12:23 / 18 | 0:19:18 / 18 | 0:32:27 / 19 | 0:39:25 / 20 | 0:53:19 / 22 |
| 23          | 377       | WĘGOROWSKA Teresa              | Zabrze              | POL          | Ostatni Na Mecie:-)               | 64         | ForY/7 K / 15         | 01:21:29     | 08.08         | +0:19:24    | 0:13:07 / 24 | 0:20:15 / 24 | 0:33:46 / 23 | 0:40:49 / 23 | 0:54:15 / 23 |
| 24          | 262       | PANKOWSKA Zuzanna              | Gliwice             | POL          | Koniczki                          | 72         | ForY/8 K / 16         | 01:23:06     | 08.18         | +0:21:01    | 0:13:59 / 31 | 0:21:21 / 28 | 0:34:51 / 27 | 0:42:00 / 27 | 0:55:16 / 25 |
| 25          | 65        | FIOŁKA-KONICZEK<br>Magdalena   | Gliwice             | POL          | Koniczki                          | 72         | ForY/9 K / 17         | 01:23:08     | 08.18         | +0:21:03    | 0:14:00 / 32 | 0:21:21 / 29 | 0:34:52 / 28 | 0:42:00 / 28 | 0:55:15 / 24 |
| 26          | 196       | MACHOWSKA - LAZAR<br>Agnieszka | Zabrze              | POL          |                                   | 77         | Youn/9 K / 18         | 01:23:25     | 08.20         | +0:21:20    | 0:12:51 / 22 | 0:20:03 / 23 | 0:33:56 / 24 | 0:41:20 / 24 | 0:55:21 / 26 |

| <b>Msc Rank</b> | <b>Nr Bib</b> | <b>Nazwisko i imię Name</b> | <b>Miejscowość City</b> | <b>Kraj Nat.</b>  | <b>Druż / Klub Team / Club</b> | <b>R-k YoB</b> | <b>Klasyfikacje Ranks</b> | <b>Czas Time</b> | <b>Tempo m/km</b> | <b>diff Net</b> | <b>Check points</b> |              |              |              |              |
|-----------------|---------------|-----------------------------|-------------------------|---|--------------------------------|----------------|---------------------------|------------------|-------------------|-----------------|---------------------|--------------|--------------|--------------|--------------|
| 27              | 224           | MILER Ilona                 | Świętoszowice           |  POL |                                | 70             | ForY/10 K / 19            | 01:24:11         | 08.24             | +0:22:06        | 0:13:48 / 27        | 0:21:01 / 27 | 0:34:59 / 29 | 0:42:16 / 29 | 0:56:03 / 29 |
| 28              | 161           | KOTYLAK Wojciech            | Gliwice                 |  POL | Sport-relaks                   | 58             | ForY/8 M / 9              | 01:25:36         | 08.33             | +0:23:31        | 0:13:11 / 25        | 0:20:30 / 25 | 0:34:21 / 26 | 0:41:42 / 25 | 0:55:51 / 28 |
| 29              | 130           | KACZMAREK Danuta            | Knurów                  |  POL | Sport-relaks                   | 79             | Youn/10 K / 20            | 01:25:36         | 08.33             | +0:23:31        | 0:13:12 / 26        | 0:20:30 / 26 | 0:34:21 / 25 | 0:41:43 / 26 | 0:55:51 / 27 |
| 30              | 45            | CZEKAJŁO Mateusz            | Racibórz                |  POL |                                | 86             | Youn/2 M / 10             | 01:27:09         | 08.42             | +0:25:04        | 0:13:50 / 28        | 0:21:33 / 32 | 0:35:42 / 33 | 0:43:09 / 33 | 0:57:21 / 32 |
| 31              | 62            | DZIKOŁOWSKA Katarzyna       | Żory                    |  POL |                                | 80             | Youn/11 K / 21            | 01:27:09         | 08.42             | +0:25:04        | 0:13:50 / 29        | 0:21:35 / 34 | 0:35:42 / 32 | 0:43:08 / 32 | 0:57:21 / 31 |
| 32              | 353           | ŚMIESZEK-DUDEK Magdalena    | Gliwice                 |  POL | Biegamy Z Sercem.pl            | 72             | ForY/11 K / 22            | 01:27:16         | 08.43             | +0:25:11        | 0:14:04 / 33        | 0:21:28 / 31 | 0:35:41 / 31 | 0:43:06 / 31 | 0:57:27 / 33 |
| 33              | 54            | DOMARADZKA Mirella          | Gliwice                 |  POL |                                | 66             | ForY/12 K / 23            | 01:28:21         | 08.49             | +0:26:16        | 0:14:24 / 37        | 0:21:58 / 37 | 0:36:33 / 37 | 0:44:23 / 37 | 0:59:01 / 37 |
| 34              | 100           | HAJDUK Barbara              | Gliwice                 |  POL | Brak                           | 72             | ForY/13 K / 24            | 01:28:25         | 08.50             | +0:26:20        | 0:14:05 / 34        | 0:21:33 / 33 | 0:35:21 / 30 | 0:42:41 / 30 | 0:57:00 / 30 |
| 35              | 105           | HENEL Agnieszka             | Gieraltowice            |  POL | Rodzina Henel-zsp Gieraltowice | 77             | Youn/12 K / 25            | 01:28:56         | 08.53             | +0:26:51        | 0:14:16 / 35        | 0:21:42 / 35 | 0:36:28 / 36 | 0:44:13 / 36 | 0:58:53 / 34 |
| 36              | 272           | PIEKARA Aleksandra          | Paniówki                |  POL | Zss Gliwice                    | 83             | Youn/13 K / 26            | 01:28:56         | 08.53             | +0:26:51        | 0:14:18 / 36        | 0:21:42 / 36 | 0:36:28 / 35 | 0:44:13 / 35 | 0:58:54 / 35 |
| 37              | 50            | DOLACIŃSKA Ewa              | Pakość                  |  POL |                                | 59             | ForY/14 K / 27            | 01:29:32         | 08.56             | +0:27:27        | 0:13:51 / 30        | 0:21:28 / 30 | 0:36:06 / 34 | 0:43:47 / 34 | 0:58:55 / 36 |
| 38              | 305           | REITER Hanna                | Gliwice                 |  POL |                                | 70             | ForY/15 K / 28            | 01:30:23         | 09.01             | +0:28:18        | 0:14:44 / 38        | 0:22:36 / 38 | 0:37:40 / 38 | 0:45:09 / 38 | 0:59:49 / 38 |
| 39              | 269           | PETRAK Anna                 | Gliwice                 |  POL | Biegamy Z Sercem.pl            | 80             | Youn/14 K / 29            | 01:34:27         | 09.26             | +0:32:22        | 0:15:41 / 39        | 0:24:10 / 39 | 0:39:56 / 39 | 0:48:10 / 39 | 1:03:40 / 39 |