

10 KM ATEST PZLA GLIWICKI 2016

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**SZYMAŃSKI Bartosz**	**2296**	NIEWYMIĘKACZE	M-30	1	00:00:02	**00:37:00.85**	**00:37:03.60**		3:42	16.2 (100%)
2	**BEDNARZ Jakub**	**2200**	POGORIA BIEGA	M-30	2	00:00:02	**00:37:19.80**	**00:37:22.15**	+00:00:18 (0.8%)	3:44	16.1 (99.4%)
3	**OCHMAN Paweł**	**2100**	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:05	**00:40:09.30**	**00:40:14.65**	+00:03:08 (7.8%)	4:00	14.9 (92.0%)
4	**BATORYNA Aleksander**	**18**		M-30	4	00:00:03	**00:41:22.60**	**00:41:25.65**	+00:04:21 (10.5%)	4:08	14.5 (89.5%)
5	**KAUF Damian**	**2219**		M-30	5	00:00:04	**00:41:26.95**	**00:41:31.20**	+00:04:26 (10.7%)	4:08	14.5 (89.5%)
6	**JASIOK Michał**	**2191**	ASSECO	M-30	6	00:00:02	**00:41:57.75**	**00:41:59.75**	+00:04:56 (11.8%)	4:11	14.3 (88.3%)
7	**LENART Konrad**	**2139**		M-30	7	00:00:05	**00:43:18.85**	**00:43:24.20**	+00:06:18 (14.5%)	4:19	13.9 (85.8%)
8	**DONIGIEWICZ Mariusz**	**7**		M-30	8	00:01:21	**00:44:01.05**	**00:45:22.70**	+00:07:00 (15.9%)	4:24	13.6 (84.0%)
9	**KŁOSOK Adam**	**2047**		M-30	9	00:00:12	**00:45:27.10**	**00:45:39.30**	+00:08:26 (18.6%)	4:32	13.2 (81.5%)
10	**KOZIK Bartlomiej**	**2324**		M-30	10	00:00:33	**00:46:32.55**	**00:47:06.35**	+00:09:31 (20.5%)	4:39	12.9 (79.6%)
11	**ZAJAC Mateusz**	**2227**		M-30	11	00:01:17	**00:46:43.90**	**00:48:00.90**	+00:09:43 (20.8%)	4:40	12.8 (79.0%)
12	**BESSA Ricardo**	**2335**		M-30	12	00:00:03	**00:47:52.40**	**00:47:56.35**	+00:10:51 (22.7%)	4:47	12.5 (77.2%)
13	**JUROWICZ Łukasz**	**2292**		M-30	13	00:01:24	**00:48:00.00**	**00:49:24.35**	+00:10:59 (22.9%)	4:48	12.5 (77.2%)
14	**KNEBEL Krzysztof**	**2307**		M-30	14	00:00:05	**00:48:14.90**	**00:48:20.20**	+00:11:14 (23.3%)	4:49	12.4 (76.5%)
15	**PYTEL Adam**	**2304**		M-30	15	00:00:18	**00:48:23.60**	**00:48:42.20**	+00:11:22 (23.5%)	4:50	12.4 (76.5%)
16	**BOMBA Marcin**	**2043**	PLASTIC OMNIUM	M-30	16	00:00:57	**00:48:47.05**	**00:49:44.55**	+00:11:46 (24.1%)	4:52	12.3 (75.9%)
17	**CZAPELKA Michał**	**2316**		M-30	17	00:01:31	**00:49:04.75**	**00:50:36.70**	+00:12:03 (24.6%)	4:54	12.2 (75.3%)
18	**CISZOWSKI Adam**	**2150**		M-30	18	00:00:23	**00:49:34.00**	**00:49:57.40**	+00:12:33 (25.3%)	4:57	12.1 (74.7%)
19	**ŻOŁNOWSKI Piotr**	**2257**		M-30	19	00:01:22	**00:49:39.15**	**00:51:01.75**	+00:12:38 (25.5%)	4:57	12.1 (74.7%)
20	**SOKOŁOWSKI Łukasz**	**2081**	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	**00:49:47.55**	**00:51:13.25**	+00:12:46 (25.7%)	4:58	12 (74.1%)
21	**KOTRA Jacek**	**44**	LUK JESTOK	M-30	21	00:00:06	**00:49:49.85**	**00:49:56.50**	+00:12:49 (25.7%)	4:59	12 (74.1%)
22	**SZKLARZ Sebastian**	**2059**		M-30	22	00:00:54	**00:49:55.05**	**00:50:49.20**	+00:12:54 (25.8%)	4:59	12 (74.1%)
23	**ZIELIŃSKI Sebastian**	**2265**		M-30	23	00:00:52	**00:50:05.40**	**00:50:57.85**	+00:13:04 (26.1%)	5:00	12 (74.1%)
24	**WYSZOMIRSKI Robert**	**2217**		M-30	24	00:01:00	**00:50:09.90**	**00:51:10.65**	+00:13:09 (26.2%)	5:01	12 (74.1%)
25	**GĘBCZYŃSKI Paweł**	**2202**		M-30	25	00:00:57	**00:50:24.15**	**00:51:21.75**	+00:13:23 (26.6%)	5:02	11.9 (73.5%)
26	**NOWAK Sebastian**	**2182**	MIECHOWICE	M-30	26	00:01:38	**00:50:31.90**	**00:52:10.40**	+00:13:31 (26.8%)	5:03	11.9 (73.5%)
27	**BICZYSKI Paweł**	**2196**	PSYCHONAUCI	M-30	27	00:00:56	**00:51:36.45**	**00:52:32.85**	+00:14:35 (28.3%)	5:09	11.6 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	**ZEGARTOWSKI Michał**	**2282**		M-30	28	00:01:05	**00:51:50.00**	**00:52:55.00**	+00:14:49 (28.6%)	5:11	11.6 (71.6%)
29	**KLESZCZ Marcin**	**2255**		M-30	29	00:01:03	**00:52:13.80**	**00:53:17.40**	+00:15:12 (29.1%)	5:13	11.5 (71.0%)
30	**SKRZYPCZAK Michał**	**2027**		M-30	30	00:00:49	**00:52:24.75**	**00:53:14.55**	+00:15:23 (29.4%)	5:14	11.4 (70.4%)
31	**WYCIŚLIK Marcin**	**2156**	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	**00:52:31.95**	**00:53:34.10**	+00:15:31 (29.5%)	5:15	11.4 (70.4%)
32	**OPIOŁA Tomasz**	**2331**		M-30	32	00:01:11	**00:52:32.85**	**00:53:44.30**	+00:15:32 (29.6%)	5:15	11.4 (70.4%)
33	**ŁAZOWSKI Marcin**	**2126**		M-30	33	00:01:19	**00:53:19.75**	**00:54:39.55**	+00:16:18 (30.6%)	5:20	11.3 (69.8%)
34	**ŻYMŁA Maciej**			M-30	34	00:01:29	**00:53:21.75**	**00:54:50.75**	+00:16:20 (30.6%)	5:20	11.2 (69.1%)
35	**WATOŁA Marek**	**2183**		M-30	35	00:01:44	**00:53:26.35**	**00:55:10.75**	+00:16:25 (30.7%)	5:20	11.2 (69.1%)
36	**KOPPEL Bartłomiej**	**2107**	ARTGROUP	M-30	36	00:01:32	**00:53:30.60**	**00:55:03.45**	+00:16:29 (30.8%)	5:21	11.2 (69.1%)
37	**MARCZAK Paweł**	**2308**		M-30	37	00:01:28	**00:53:43.35**	**00:55:11.90**	+00:16:42 (31.1%)	5:22	11.2 (69.1%)
38	**SUBIK Tomasz**	**2028**		M-30	38	00:00:45	**00:53:56.90**	**00:54:42.85**	+00:16:56 (31.4%)	5:23	11.1 (68.5%)
39	**GOŁĘBIOWSKI Marek**	**2186**		M-30	39	00:00:22	**00:54:05.85**	**00:54:27.85**	+00:17:05 (31.6%)	5:24	11.1 (68.5%)
40	**SIERADZKI Dariusz**	**2067**	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	**00:54:12.60**	**00:54:40.10**	+00:17:11 (31.7%)	5:25	11.1 (68.5%)
41	**LEGUTKO Piotr**	**2003**	--	M-30	41	00:00:04	**00:54:26.55**	**00:54:30.70**	+00:17:25 (32.0%)	5:26	11 (67.9%)
42	**OPALIŃSKI Tomasz**	**2286**	GOOD TIME SPORT	M-30	42	00:00:41	**00:54:33.25**	**00:55:14.75**	+00:17:32 (32.2%)	5:27	11 (67.9%)
43	**GRYNKIEWICZ-SUDNIK Maciej**	**2115**		M-30	43	00:00:42	**00:54:41.10**	**00:55:23.55**	+00:17:40 (32.3%)	5:28	11 (67.9%)
44	**KUŚ Andrzej**	**10**	PURE FORUM GLIWICE	M-30	44	00:00:12	**00:54:44.85**	**00:54:57.05**	+00:17:44 (32.4%)	5:28	11 (67.9%)
45	**KRZYWIECKI Maciej**			M-30	45	00:01:41	**00:54:47.95**	**00:56:29.60**	+00:17:47 (32.5%)	5:28	10.9 (67.3%)
46	**SMOLARCZYK Michał**	**2333**		M-30	46	00:01:34	**00:55:26.65**	**00:57:01.45**	+00:18:25 (33.2%)	5:32	10.8 (66.7%)
47	**JANUSZ Radosław**	**2225**		M-30	47	00:01:00	**00:55:27.50**	**00:56:28.25**	+00:18:26 (33.3%)	5:32	10.8 (66.7%)
48	**JABŁKIEWICZ Rafał**	**1253**		M-30	48	00:01:31	**00:55:29.00**	**00:57:00.15**	+00:18:28 (33.3%)	5:32	10.8 (66.7%)
49	**KURZAC Wit**	**2318**		M-30	49	00:01:41	**00:55:39.35**	**00:57:20.95**	+00:18:38 (33.5%)	5:33	10.8 (66.7%)
50	**MAŚLANKIEWICZ Paweł**	**2267**		M-30	50	00:01:52	**00:55:42.45**	**00:57:34.55**	+00:18:41 (33.6%)	5:34	10.8 (66.7%)
51	**MILKOWSKI Bartosz**	**2271**		M-30	51	00:00:56	**00:55:56.05**	**00:56:52.60**	+00:18:55 (33.8%)	5:35	10.7 (66.0%)
52	**SZWARCZYŃSKI Michał**	**2036**		M-30	52	00:00:37	**00:55:57.25**	**00:56:34.60**	+00:18:56 (33.8%)	5:35	10.7 (66.0%)
53	**ŻBEL Michał**	**2294**		M-30	53	00:00:27	**00:56:06.00**	**00:56:33.75**	+00:19:05 (34.0%)	5:36	10.7 (66.0%)
54	**POPCZYK Piotr**	**2097**		M-30	54	00:00:48	**00:56:15.20**	**00:57:03.25**	+00:19:14 (34.2%)	5:37	10.7 (66.0%)
55	**WIECHUŁA Krzysztof**	**2305**		M-30	55	00:01:48	**00:56:22.85**	**00:58:11.05**	+00:19:22 (34.3%)	5:38	10.6 (65.4%)
56	**GŁUŚNIEWSKI Jacek**	**2046**	PLASTIC OMNIUM	M-30	56	00:00:29	**00:56:30.70**	**00:57:00.15**	+00:19:29 (34.5%)	5:39	10.6 (65.4%)
57	**PAWLIK Michał**	**2092**		M-30	57	00:01:08	**00:56:44.45**	**00:57:52.75**	+00:19:43 (34.8%)	5:40	10.6 (65.4%)
58	**BRZEŹNIAK Krzysztof**	**2323**		M-30	58	00:00:56	**00:56:46.00**	**00:57:42.05**	+00:19:45 (34.8%)	5:40	10.6 (65.4%)
59	**MICHALSKI Robert**	**2044**	PLASTIC OMNIUM	M-30	59	00:01:52	**00:57:05.60**	**00:58:58.00**	+00:20:04 (35.2%)	5:42	10.5 (64.8%)
60	**CAPUTA Michał**	**2261**		M-30	60	00:01:14	**00:57:15.80**	**00:58:29.90**	+00:20:14 (35.4%)	5:43	10.5 (64.8%)
61	**ZIMNY Marcin**	**2269**	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	**00:57:19.15**	**00:58:30.50**	+00:20:18 (35.4%)	5:43	10.5 (64.8%)
62	**GUŁA Błażej**	**2262**		M-30	62	00:00:16	**00:57:39.45**	**00:57:55.90**	+00:20:38 (35.8%)	5:45	10.4 (64.2%)
63	**MACIEJCZYK Marcin**	**2302**	FAMILIA	M-30	63	00:01:14	**00:57:50.40**	**00:59:04.85**	+00:20:49 (36.0%)	5:47	10.4 (64.2%)
64	**BEDNORZ Roman**	**29**		M-30	64	00:01:45	**00:58:01.20**	**00:59:47.05**	+00:21:00 (36.2%)	5:48	10.3 (63.6%)
65	**GRUCEL Damian**	**2199**	GBC RUNNERS	M-30	65	00:00:24	**00:58:20.75**	**00:58:45.45**	+00:21:19 (36.6%)	5:50	10.3 (63.6%)
66	**HENDRYK Leszek**	**2140**	1/2 FAJNA FERAJNA	M-30	66	00:01:11	**00:58:43.55**	**00:59:54.80**	+00:21:42 (37.0%)	5:52	10.2 (63.0%)
67	**WESOŁOWSKI Marcin**	**2315**		M-30	67	00:01:31	**00:58:51.45**	**01:00:23.20**	+00:21:50 (37.1%)	5:53	10.2 (63.0%)
68	**PAWLAK Adam**	**2310**	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	**00:59:02.85**	**01:00:27.20**	+00:22:02 (37.3%)	5:54	10.2 (63.0%)
69	**GARNCARZ Jakub**	**2259**		M-30	69	00:01:31	**01:01:22.15**	**01:02:53.70**	+00:24:21 (39.7%)	6:08	9.8 (60.5%)
70	**JAWORSKI Kamil**	**2327**	T.A.K.	M-30	70	00:01:45	**01:01:39.00**	**01:03:24.15**	+00:24:38 (40.0%)	6:09	9.7 (59.9%)
71	**KOJ Krzysztof**	**2091**		M-30	71	00:01:47	**01:02:19.50**	**01:04:06.80**	+00:25:18 (40.6%)	6:13	9.6 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	**WOJTAS Michał**	**2131**		M-30	72	00:01:48	**01:02:19.60**	**01:04:08.35**	+00:25:18 (40.6%)	6:14	9.6 (59.3%)
73	**SITARZ Marek**	**2224**		M-30	73	00:01:31	**01:02:25.45**	**01:03:56.60**	+00:25:24 (40.7%)	6:14	9.6 (59.3%)
74	**ADAMEK Marcin**	**2346**		M-30	74	00:01:26	**01:03:03.25**	**01:04:29.75**	+00:26:02 (41.3%)	6:18	9.5 (58.6%)
75	**MORDARSKI Artur**	**2056**		M-30	75	00:01:49	**01:03:43.00**	**01:05:32.35**	+00:26:42 (41.9%)	6:22	9.4 (58.0%)
76	**PROCEK Łukasz**	**33**	NAKATZU GLIWICE	M-30	76	00:00:41	**01:04:08.65**	**01:04:50.35**	+00:27:07 (42.3%)	6:24	9.4 (58.0%)
77	**PŁACHTA Marek**	**2338**	INTER PROJEKT	M-30	77	00:00:21	**01:05:20.15**	**01:05:41.90**	+00:28:19 (43.3%)	6:32	9.2 (56.8%)
78	**TRELA Marcin**	**2350**		M-30	78	00:01:21	**01:06:34.90**	**01:07:56.55**	+00:29:34 (44.4%)	6:39	9 (55.6%)
79	**MAREK Tomasz**	**2071**		M-30	79	00:01:32	**01:06:43.50**	**01:08:15.75**	+00:29:42 (44.5%)	6:40	9 (55.6%)
80	**DOMAGALSKI Mirek**	**2058**		M-30	80	00:00:51	**01:07:38.35**	**01:08:29.55**	+00:30:37 (45.3%)	6:45	8.9 (54.9%)
81	**ZAWADA Paweł**	**2050**	SOK	M-30	81	00:01:03	**01:07:52.40**	**01:08:55.45**	+00:30:51 (45.5%)	6:47	8.8 (54.3%)
82	**KACZMARSKI Jacek**	**2239**		M-30	82	00:01:16	**01:08:50.00**	**01:10:06.95**	+00:31:49 (46.2%)	6:53	8.7 (53.7%)
83	**FURMAN Michał**	**2298**	OCHAJO RUN & FRIENDS	M-30	83	00:01:16	**01:14:00.30**	**01:15:16.80**	+00:36:59 (50.0%)	7:24	8.1 (50.0%)
84	**PIASECKI Bartłomiej**	**1094**	PINCET PLUS	M-30	84	00:01:56	**01:14:16.75**	**01:16:13.65**	+00:37:15 (50.2%)	7:25	8.1 (50.0%)
85	**WALASZCZYK Tomasz**	**2063**	RUN & FUN	M-30	85	00:01:19	**01:17:28.65**	**01:18:48.50**	+00:40:27 (52.2%)	7:44	7.7 (47.5%)

Znaleziono 85 wynik(ów)