



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V Radan Półmaraton Gliwicki 2018
Fundacja Bieg Rzeźnika
2018-11-04
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	MAŚLANKA Tomasz	1202	KRS TTKF JASTRZĄB RUDA ŚLĄSKA	M-40	1	00:00:02	00:18:13	00:37:42	00:39:12.65	00:39:14.90		3:44	16.1 (100%)
2	ROGOWSKI Maciej	1295	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	2	00:00:02	00:18:23	00:38:03	00:39:31.55	00:39:34.35	+00:00:18 (0.8%)	3:45	15.9 (98.8%)
3	SZYMURA Wojciech	1358		M-40	3	00:00:04	00:18:52	00:38:54	00:40:18.75	00:40:23.70	+00:01:06 (2.7%)	3:50	15.6 (96.9%)
4	JABŁOŃSKI Tomasz	1488		M-40	4	00:00:03	00:19:37	00:40:51	00:42:41.15	00:42:44.30	+00:03:28 (8.1%)	4:03	14.8 (91.9%)
5	BRYŁA Grzegorz	1031		M-40	5	00:00:09	00:20:14	00:41:55	00:43:30.30	00:43:39.35	+00:04:17 (9.9%)	4:08	14.5 (90.1%)
6	CIECIAK Grzegorz	1041	MEGAWAT RUNNING TEAM	M-40	6	00:00:08	00:20:56	00:41:59	00:43:33.25	00:43:41.55	+00:04:20 (10.0%)	4:08	14.5 (90.1%)
7	SZASTAK Damian	1343	HARPAGAN SOSNOWIEC	M-40	7	00:00:04	00:20:12	00:42:03	00:43:44.30	00:43:48.80	+00:04:31 (10.4%)	4:09	14.4 (89.4%)
8	SWARLIK Rafał	1506		M-40	8	00:00:08	00:21:13	00:42:14	00:43:48.65	00:43:56.65	+00:04:36 (10.5%)	4:10	14.4 (89.4%)
9	BLUS Marcin	1024		M-40	9	00:00:04	00:20:21	00:42:19	00:44:02.25	00:44:06.45	+00:04:49 (11.0%)	4:11	14.3 (88.8%)
10	KONFEDERAK Tomasz	1150		M-40	10	00:00:08	00:20:50	00:43:19	00:45:00.40	00:45:08.85	+00:05:47 (12.9%)	4:17	14 (87.0%)
11	MICHAŁUSZEK Sebastian	1209	BIEG - UNKA	M-40	11	00:00:11	00:22:30	00:45:11	00:46:55.65	00:47:07.50	+00:07:43 (16.4%)	4:28	13.4 (83.2%)
12	ZACNY Krzysztof	1398	ITALIAKRIS	M-40	12	00:00:41	00:23:19	00:45:25	00:47:06.80	00:47:48.30	+00:07:54 (16.8%)	4:29	13.4 (83.2%)
13	ZIÓŁKOWSKI Grzegorz	1409		M-40	13	00:00:23	00:22:13	00:45:29	00:47:09.40	00:47:32.80	+00:07:56 (16.8%)	4:29	13.4 (83.2%)
14	WYRZGOL Andrzej	1394		M-40	14	00:00:11	00:22:47	00:45:42	00:47:20.20	00:47:31.75	+00:08:07 (17.2%)	4:30	13.3 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
15	ZWIERZYŃSKI Piotr	1411	UNATCO	M-40	15	00:00:20	00:22:34	00:46:04	00:47:52.35	00:48:12.85	+00:08:39 (18.1%)	4:33	13.2 (82.0%)
16	LEWAŃSKI Tomasz	1434		M-40	16	00:00:10	00:22:43	00:46:44	00:48:33.45	00:48:43.80	+00:09:20 (19.2%)	4:37	13 (80.7%)
17	KRAICZICZEK Krzysztof	1449		M-40	17	00:00:12	00:22:46	00:46:49	00:48:35.20	00:48:48.00	+00:09:22 (19.3%)	4:37	13 (80.7%)
18	DACZYŃSKI Michał	1493		M-40	18	00:00:05	00:22:28	00:46:53	00:48:44.00	00:48:49.35	+00:09:31 (19.5%)	4:38	12.9 (80.1%)
19	RYSIEWICZ Maciej	1303	6 BATALION POWIETRZNODESANTOWY GLIWICE	M-40	19	00:00:41	00:23:31	00:47:02	00:48:47.65	00:49:28.80	+00:09:35 (19.6%)	4:38	12.9 (80.1%)
20	DZIAŁKOWSKI Adam	1062	BIEGOWE ORNONTOWICE	M-40	20	00:00:12	00:22:34	00:47:09	00:48:58.45	00:49:11.30	+00:09:45 (19.9%)	4:39	12.9 (80.1%)
21	SZYMAŃSKI Piotr	1357		M-40	21	00:00:05	00:22:26	00:47:06	00:48:59.50	00:49:05.25	+00:09:46 (20.0%)	4:40	12.9 (80.1%)
22	KOZŁOWSKI Zbigniew	1166	OFIARY KAMIEŃCA	M-40	22	00:00:14	00:23:11	00:47:12	00:49:03.45	00:49:18.00	+00:09:50 (20.1%)	4:40	12.8 (79.5%)
23	IMIOŁEK Arkadiusz	1444		M-40	23	00:00:15	00:23:33	00:47:32	00:49:20.40	00:49:36.30	+00:10:07 (20.5%)	4:42	12.8 (79.5%)
24	FRYDA Marek	1074		M-40	24	00:01:11	00:23:44	00:47:47	00:49:37.85	00:50:49.05	+00:10:25 (21.0%)	4:43	12.7 (78.9%)
25	PUDTO Arkadiusz	1465		M-40	25	00:00:28	00:23:53	00:47:52	00:49:45.65	00:50:14.60	+00:10:33 (21.2%)	4:44	12.7 (78.9%)
26	DOBOSZ Daniel	1050		M-40	26	00:00:18	00:23:10	00:48:26	00:50:13.95	00:50:32.05	+00:11:01 (21.9%)	4:47	12.5 (77.6%)
27	SKORUPSKI Paweł	1318		M-40	27	00:00:11	00:23:32	00:48:13	00:50:15.00	00:50:26.05	+00:11:02 (22.0%)	4:47	12.5 (77.6%)
28	HAJOK Marek	1104		M-40	28	00:00:10	00:23:36	00:48:43	00:50:30.75	00:50:41.65	+00:11:18 (22.4%)	4:48	12.5 (77.6%)
29	FICEK Krzysztof	1071		M-40	29	00:00:13	00:23:54	00:48:50	00:50:48.00	00:51:01.35	+00:11:35 (22.8%)	4:50	12.4 (77.0%)
30	WILMA Krzysztof	1466		M-40	30	00:00:23	00:23:35	00:48:59	00:50:52.35	00:51:16.15	+00:11:39 (22.9%)	4:50	12.4 (77.0%)
31	SMOLARCZYK Michał	1321		M-40	31	00:00:23	00:24:56	00:49:48	00:51:42.90	00:52:05.90	+00:12:30 (24.2%)	4:55	12.2 (75.8%)
32	POLEWKA Tomasz	1005	OTK RZEŹNIK	M-40	32	00:00:02	00:24:51	00:50:47	00:52:41.75	00:52:44.30	+00:13:29 (25.6%)	5:01	12 (74.5%)
33	KORDECKI Bartosz	1461	BALLENA MORADA	M-40	33	00:00:15	00:25:24	00:51:19	00:53:18.60	00:53:34.00	+00:14:05 (26.4%)	5:04	11.8 (73.3%)
34	MACH Marcin	1193	1976	M-40	34	00:00:10	00:24:36	00:51:21	00:53:22.20	00:53:32.95	+00:14:09 (26.5%)	5:04	11.8 (73.3%)
35	KOWAL Dariusz	1487		M-40	35	00:00:24	00:25:33	00:51:33	00:53:24.20	00:53:48.75	+00:14:11 (26.6%)	5:05	11.8 (73.3%)
36	SKUPIEŃ Piotr	1512		M-40	36	00:00:59	00:25:08	00:51:29	00:53:28.00	00:54:27.05	+00:14:15 (26.7%)	5:05	11.8 (73.3%)
37	SETNIK Robert	1451		M-40	37	00:00:10	00:25:23	00:51:51	00:53:38.35	00:53:48.40	+00:14:25 (26.9%)	5:06	11.7 (72.7%)

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38	POPCZYK Piotr	1277		M-40	38	00:00:59	00:26:16	00:52:18	00:54:03.70	00:55:03.35	+00:14:51 (27.5%)	5:08	11.7 (72.7%)
39	STARCZAŁA Piotr	1335	MEGAWAT RUNNING TEAM	M-40	39	00:00:35	00:25:59	00:52:11	00:54:06.80	00:54:42.45	+00:14:54 (27.5%)	5:09	11.6 (72.0%)
40	CIEŚLIK Bartłomiej	1514		M-40	40	00:00:18	00:25:35	00:52:36	00:54:25.65	00:54:44.20	+00:15:13 (28.0%)	5:11	11.6 (72.0%)
41	GOŁĘBIEWSKI Kazimierz	1091		M-40	41	00:00:35	00:25:33	00:52:42	00:54:48.15	00:55:23.30	+00:15:35 (28.5%)	5:13	11.5 (71.4%)
42	NIEDZIAŁKOWSKI Marek	1220		M-40	42	00:00:48	00:25:43	00:52:47	00:54:51.25	00:55:39.25	+00:15:38 (28.5%)	5:13	11.5 (71.4%)
43	PIÓRKOWSKI Tomasz	1268		M-40	43	00:00:48	00:26:06	00:53:02	00:54:51.35	00:55:40.15	+00:15:38 (28.5%)	5:13	11.5 (71.4%)
44	CZERMAK Damian	1048	FUCHS OIL TEAM	M-40	44	00:00:39	00:27:04	00:52:58	00:54:54.45	00:55:33.55	+00:15:41 (28.6%)	5:13	11.5 (71.4%)
45	ZAMOJSKI Bartosz	1458		M-40	45	00:00:21	00:25:40	00:53:01	00:55:07.65	00:55:28.65	+00:15:55 (28.9%)	5:14	11.4 (70.8%)
46	PAWLINA Piotr	1256		M-40	46	00:01:10	00:28:13	00:53:28	00:55:17.90	00:56:28.60	+00:16:05 (29.1%)	5:16	11.4 (70.8%)
47	KACZMAREK Marcin	1126		M-40	47	00:01:06	00:26:52	00:53:24	00:55:23.25	00:56:29.40	+00:16:10 (29.2%)	5:16	11.4 (70.8%)
48	SŁODKIEWICZ Grzegorz	1320		M-40	48	00:00:32	00:25:35	00:53:41	00:55:54.15	00:56:26.40	+00:16:41 (29.9%)	5:19	11.3 (70.2%)
49	LINEK Mariusz	411		M-40	49	00:01:23	00:26:03	00:54:17	00:56:29.15	00:57:53.00	+00:17:16 (30.6%)	5:22	11.2 (69.6%)
50	KOZŁOWSKI Mariusz	1167		M-40	50	00:00:55	00:27:49	00:54:42	00:56:34.05	00:57:29.20	+00:17:21 (30.7%)	5:23	11.1 (68.9%)
51	KOWALCZYK Robert	1420		M-40	51	00:00:31	00:26:06	00:54:30	00:56:37.85	00:57:09.50	+00:17:25 (30.8%)	5:23	11.1 (68.9%)
52	HRYSZKIEWICZ Janusz	1474		M-40	52	00:00:30	00:26:04	00:54:40	00:56:48.45	00:57:19.00	+00:17:35 (31.0%)	5:24	11.1 (68.9%)
53	PLUTA Mariusz	1274		M-40	53	00:00:45	00:26:33	00:54:51	00:56:57.45	00:57:43.25	+00:17:44 (31.2%)	5:25	11.1 (68.9%)
54	LEDWOŃ Jakub	1182	WQRW TEAM	M-40	54	00:00:45	00:26:33	00:54:51	00:56:58.15	00:57:43.80	+00:17:45 (31.2%)	5:25	11.1 (68.9%)
55	PROCEK Marcin	1507		M-40	55	00:00:58	00:26:56	00:55:34	00:57:41.70	00:58:40.25	+00:18:29 (32.0%)	5:29	10.9 (67.7%)
56	KROTOS Krzysztof	1169	WWW.OQS.COM.PL	M-40	56	00:00:19	00:26:52	00:56:04	00:58:05.00	00:58:24.35	+00:18:52 (32.5%)	5:31	10.8 (67.1%)
57	PLUCIŃSKI Paweł	1273	FUCHS OIL TEAM	M-40	57	00:01:22	00:29:50	00:56:35	00:58:27.80	00:59:50.75	+00:19:15 (32.9%)	5:34	10.8 (67.1%)
58	RZESZUTEK Grzegorz	1304	MIECHOWICKA GRUPA BIEGOWA	M-40	58	00:00:23	00:29:18	00:56:41	00:58:41.00	00:59:04.20	+00:19:28 (33.2%)	5:35	10.7 (66.5%)
59	CHOLEWA Tomasz	1490		M-40	59	00:00:27	00:27:26	00:56:30	00:58:43.80	00:59:11.25	+00:19:31 (33.2%)	5:35	10.7 (66.5%)
60	LESZKOVEN Piotr	1183	FLUOR	M-40	60	00:00:37	00:27:40	00:56:35	00:58:43.80	00:59:21.30	+00:19:31 (33.2%)	5:35	10.7 (66.5%)

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61	NIEMIEC Rafał	1222	INTERGRAFIK POLSKA	M-40	61	00:00:53	00:27:56	00:57:25	00:59:29.85	01:00:23.35	+00:20:17 (34.1%)	5:40	10.6 (65.8%)
62	SIKORA Michał	1310		M-40	62	00:00:57	00:27:41	00:57:15	00:59:30.95	01:00:28.75	+00:20:18 (34.1%)	5:40	10.6 (65.8%)
63	BIAŁOSKÓRSKI Grzegorz	1503		M-40	63	00:01:04	00:27:40	00:57:47	01:00:02.10	01:01:06.80	+00:20:49 (34.7%)	5:43	10.5 (65.2%)
64	ODZIOMEK Sebastian	1504		M-40	64	00:01:04	00:27:40	00:57:47	01:00:10.55	01:01:14.85	+00:20:57 (34.8%)	5:43	10.5 (65.2%)
65	PACZKOWSKI Jacek	1246		M-40	65	00:01:25	00:29:17	00:58:06	01:00:11.35	01:01:37.00	+00:20:58 (34.9%)	5:44	10.5 (65.2%)
66	PACZKOWSKI Tomasz	1247		M-40	66	00:00:27	00:27:47	00:58:01	01:00:17.85	01:00:45.60	+00:21:05 (35.0%)	5:44	10.4 (64.6%)
67	MICHALSKI Marek	1206		M-40	67	00:00:18	00:28:15	00:58:15	01:00:30.00	01:00:48.75	+00:21:17 (35.2%)	5:45	10.4 (64.6%)
68	PAŁASZ Jacek	1249		M-40	68	00:01:20	00:30:02	00:59:05	01:01:10.75	01:02:31.10	+00:21:58 (35.9%)	5:49	10.3 (64.0%)
69	PRZYGOCKI Robert	1450		M-40	69	00:01:03	00:28:45	00:59:29	01:01:45.45	01:02:48.70	+00:22:32 (36.5%)	5:52	10.2 (63.4%)
70	SIWY Jan	1316	ELZAB ACTIVE TEAM	M-40	70	00:01:13	00:29:55	01:00:10	01:02:33.30	01:03:46.90	+00:23:20 (37.3%)	5:57	10.1 (62.7%)
71	MEDRALA Jacek	464		M-40	71	00:01:27	00:31:11	01:01:30	01:03:42.45	01:05:10.30	+00:24:29 (38.5%)	6:04	9.9 (61.5%)
72	NOWAKOWSKI Marek	1229		M-40	72	00:01:07	00:29:50	01:02:46	01:04:56.55	01:06:03.75	+00:25:43 (39.6%)	6:11	9.7 (60.2%)
73	WALTER Marcin	1371		M-40	73	00:00:56	00:31:30	01:02:55	01:05:15.50	01:06:11.85	+00:26:02 (39.9%)	6:12	9.7 (60.2%)
74	JAWOREK Dariusz	1492		M-40	74	00:01:28	00:31:09	01:02:54	01:05:18.35	01:06:46.80	+00:26:05 (40.0%)	6:13	9.6 (59.6%)
75	GILLNER Rafał	1086		M-40	75	00:01:36	00:31:50	01:03:02	01:05:22.40	01:06:59.05	+00:26:09 (40.0%)	6:13	9.6 (59.6%)
76	KRAWCZYŃSKI Mirosław	1168		M-40	76	00:01:05	00:30:58	01:03:41	01:05:55.45	01:07:00.90	+00:26:42 (40.5%)	6:16	9.6 (59.6%)
77	WANIEK Zbigniew	1374		M-40	77	00:00:18	00:31:03	01:03:50	01:06:13.05	01:06:32.00	+00:27:00 (40.8%)	6:18	9.5 (59.0%)
78	GROCHOWSKI Mariusz	1485		M-40	78	00:00:43	00:31:39	01:04:05	01:06:26.65	01:07:09.70	+00:27:14 (41.0%)	6:19	9.5 (59.0%)
79	CHOJKOWSKI Michał	1038		M-40	79	00:00:52	00:31:19	01:04:23	01:06:44.20	01:07:36.25	+00:27:31 (41.2%)	6:21	9.4 (58.4%)
80	HŁADKI Tadeusz	1107		M-40	80	00:00:41	00:31:52	01:04:28	01:06:49.25	01:07:30.25	+00:27:36 (41.3%)	6:21	9.4 (58.4%)
81	STEPEL Grzegorz	1338		M-40	81	00:01:00	00:33:25	01:08:25	01:10:57.20	01:11:57.80	+00:31:44 (44.7%)	6:45	8.9 (55.3%)
82	MYŚLAK Mariusz	1484		M-40	82	00:01:12	00:33:59	01:10:50	01:13:27.55	01:14:39.60	+00:34:14 (46.6%)	6:59	8.6 (53.4%)
83	KOCHANEK Jarosław	1139		M-40	83	00:01:22	00:33:53	01:12:38	01:15:19.35	01:16:42.05	+00:36:06 (47.9%)	7:10	8.4 (52.2%)

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84	CEBULAK Grzegorz	1037		M-40	84	00:00:44	00:34:34	01:15:41	01:18:18.65	01:19:02.95	+00:39:06 (49.9%)	7:27	8 (49.7%)
85	STELMASZCZUK Damian	1337		M-40	85	00:00:18	00:39:01	01:22:09	01:24:47.15	01:25:05.75	+00:45:34 (53.8%)	8:04	7.4 (46.0%)

Znaleziono 85 wynik(ów)