



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

VII PÓŁMARATON GLIWICKI  
Fundacja Bieg Rzeźnika  
2021-10-17  
Gliwice  
10N km

## NORDIC WALKING GLIWICKI - 10KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| Msc | Zawodnik            | Numer | Klub                 | Kategoria | Mkat | Czas startu | 2.5km    | 6.5km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|----------------------|-----------|------|-------------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 1   | SADOWSKI Tomasz     | 2108  | HARPAGAN SOSNOWIEC   | M-40      | 1    | 00:00:02    | 00:16:58 | 00:43:29 | 01:08:29.30     | 01:08:31.45      |                   | 6:50         | 8.8 (100%)  |
| 2   | GRABOWSKI Krzysztof | 2014  |                      | M-40      | 2    | 00:00:02    | 00:17:29 | 00:44:18 | 01:08:50.40     | 01:08:52.95      | +00:00:21 (0.5%)  | 6:53         | 8.7 (98.9%) |
| 3   | TYCZEWSKI Jacek     | 2089  |                      | M-40      | 3    | 00:00:08    | 00:19:14 | 00:48:32 | 01:16:12.20     | 01:16:20.85      | +00:07:42 (10.1%) | 7:37         | 7.9 (89.8%) |
| 4   | KOCEL Grzegorz      | 2023  | NORDIC WALKING LYSKI | M-40      | 4    | 00:00:04    | 00:19:11 | 00:49:12 | 01:17:17.40     | 01:17:22.00      | +00:08:48 (11.4%) | 7:43         | 7.8 (88.6%) |
| 5   | LUDYGA Krystian     | 2037  |                      | M-40      | 5    | 00:00:16    | 00:23:11 | 00:56:29 | 01:26:05.50     | 01:26:22.45      | +00:17:36 (20.4%) | 8:36         | 7 (79.5%)   |
| 6   | GRONDYS Michał      | 2015  |                      | M-40      | 6    | 00:00:11    | 00:23:24 | 00:58:45 | 01:30:32.45     | 01:30:43.95      | +00:22:03 (24.4%) | 9:03         | 6.6 (75.0%) |
| 7   | DZIEDZIC Paweł      | 2008  |                      | M-40      | 7    | 00:00:12    | 00:26:24 | 01:05:45 | 01:41:28.55     | 01:41:41.50      | +00:32:59 (32.5%) | 10:08        | 5.9 (67.0%) |

Znaleziono 7 wynik(ów)