



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

VII PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Punkt pomiarowy: 16,6 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
1	DULINIEC Tomasz	98	GNIOTPOL TEAM	M-40	00:00:02	00:09:16	00:25:46	00:42:43	00:59:33
2	IWANCA Leszek	174		M-40	00:00:02	00:09:42	00:27:10	00:45:06	01:02:52
3	WIKTORSKI Mieszko	620	TRENUJZNAMI.PL	M-40	00:00:03	00:09:41	00:27:06	00:45:05	01:02:52
4	KAMIŃSKI Dominik	203	HARPAGAN SOSNOWIEC - FICOSA	M-40	00:00:20	00:09:46	00:27:42	00:45:43	01:03:36
5	GRYCMAN Marek	153	LOVE THE PAIN	M-40	00:00:03	00:09:57	00:27:53	00:46:17	01:04:31
6	BUCHTA Adam	54		M-40	00:00:03	00:09:58	00:28:05	00:46:39	01:04:48
7	GRZYWACZ Marcin	162	MKS CZECHOWICE-DZIEDZICE	M-40	00:00:03	00:10:19	00:29:12	00:48:16	01:07:02
8	BIEGUN Marcin	29	AKTYWNA PSZCZYNA	M-40	00:00:03	00:10:22	00:29:14	00:48:17	01:07:02
9	FURMANEK Łukasz	114		M-40	00:00:04	00:10:44	00:29:46	00:49:08	01:07:48
10	CZERNY Tomasz	88	AKTYWNE ZABRZE	M-40	00:00:05	00:10:29	00:29:30	00:48:55	01:08:04
11	CHYBA Szymon	72	KS KROTOSZ KROTOSZYN	M-40	00:00:05	00:10:34	00:29:25	00:49:12	01:08:17
12	WIECHUŁA Marcin	510		M-40	00:00:06	00:10:08	00:29:28	00:50:09	01:10:39
13	PSZCZOŁA Marcin	403		M-40	00:00:07	00:11:00	00:31:10	00:51:13	01:10:45
14	WARDZAŁA Michał	501	MARATON TEAM WIELICZKA	M-40	00:00:08	00:10:58	00:30:57	00:51:10	01:11:01
15	GOŁĄBEK Rafał	137	MARATON TEAM WIELICZKA	M-40	00:00:08	00:11:00	00:30:58	00:51:11	01:11:02
16	CHOMIK Rafał	70	PACEMAKER	M-40	00:00:06	00:11:00	00:31:10	00:51:31	01:11:13
17	GRZESIKIEWICZ Mariusz	157		M-40	00:00:07	00:11:03	00:31:11	00:51:31	01:11:14
18	STAPOR Sławomir	465	TAURON	M-40	00:00:05	00:11:05	00:31:13	00:51:35	01:11:17
19	OCHMAN Rafał	362	OPEL ACTIVE TEAM	M-40	00:00:04	00:11:01	00:31:03	00:51:19	01:11:19
20	BUJAK Marcin	57		M-40	00:00:08	00:11:01	00:31:11	00:51:32	01:12:15
21	PACOŃ Sebastian	593	DAGMA	M-40	00:00:02	00:10:49	00:30:58	00:51:37	01:12:43
22	SITEK Krzysztof	439		M-40	00:00:09	00:11:14	00:31:26	00:52:34	01:13:31
23	WACŁAWSKI Jacek	640		M-40	00:00:14	00:11:07	00:31:34	00:52:51	01:14:07
24	ZAŁEWSKI Wojciech	534		M-40	00:00:25	00:11:38	00:32:21	00:53:35	01:14:31
25	CZAJKOWSKI Paweł	82	WIKI&MAKS	M-40	00:00:10	00:11:37	00:32:26	00:54:03	01:14:54
26	PUC Paweł	404	TRUCHTACZE GZICHÓW	M-40	00:00:16	00:11:12	00:31:53	00:53:40	01:15:01
27	KWIATKOWSKI Grzegorz	271		M-40	00:00:18	00:11:11	00:31:10	00:53:05	01:15:21
28	BARAŃSKI Rafał	12		M-40	00:00:13	00:11:39	00:32:55	00:54:26	01:15:22
29	STRAMA Adam	467		M-40	00:00:12	00:11:29	00:32:29	00:54:06	01:15:30

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
30	LONKA Michał	574		M-40	00:00:07	00:11:44	00:32:59	00:54:34	01:15:39
31	MYNARSKI Sylwester	601	DALEKO JESZCZE?	M-40	00:01:23	00:12:35	00:33:37	00:55:00	01:15:49
32	CIEŚLAK Jacek	74		M-40	00:00:15	00:12:04	00:33:03	00:54:40	01:15:50
33	KAMIŃSKI Jacek	204	ROMET FACTORY TEAM	M-40	00:00:06	00:11:02	00:31:14	00:53:18	01:15:55
34	MADEJSKI Sylwester	297		M-40	00:00:11	00:11:33	00:32:44	00:54:51	01:16:15
35	MIRATYŃSKI Adam	627		M-40	00:00:23	00:12:18	00:33:18	00:54:48	01:16:16
36	PIKUŁA Jacek	386	BIEGNĘ BYLE DOBIEC	M-40	00:01:13	00:13:22	00:34:47	00:55:53	01:16:26
37	JASICKI Krzysztof	186	RUNHOGS TYCHY	M-40	00:00:07	00:11:00	00:32:19	00:54:33	01:16:27
38	SZYMAŃSKI Piotr	479		M-40	00:00:09	00:11:30	00:32:31	00:54:45	01:16:46
39	CZYZ Wojciech	89		M-40	00:00:17	00:11:41	00:33:00	00:55:01	01:16:47
40	NOGA Jacek	643		M-40	00:00:15	00:11:47	00:33:24	00:55:41	01:17:02
41	MACHURA Arkadiusz	292		M-40	00:00:10	00:11:56	00:33:54	00:55:54	01:17:26
42	WILK Piotr	645		M-40	00:00:08	00:11:57	00:33:55	00:55:55	01:17:27
43	NIŻNIKIEWICZ Grzegorz	352		M-40	00:00:18	00:11:50	00:33:25	00:55:43	01:17:28
44	HYRKIEL Pawel	172	IL GATTO RAMPANTE	M-40	00:00:11	00:11:46	00:33:33	00:55:50	01:17:53
45	CZAJKA Tomasz	80		M-40	00:00:10	00:11:55	00:33:54	00:56:15	01:18:11
46	GIESE Michał	132		M-40	00:00:12	00:12:10	00:34:21	00:57:00	01:18:44
47	ZAJĄC Mateusz	531		M-40	00:00:20	00:12:18	00:34:21	00:56:56	01:18:57
48	MIECZNIKOWSKI Jacek	329		M-40	00:00:09	00:11:38	00:33:07	00:55:37	01:19:05
49	NIKODON Paweł	349	NIKODON DREAM TEAM	M-40	00:00:12	00:11:41	00:32:56	00:55:56	01:19:39
50	TOCZYDŁOWSKI Łukasz	486	ROZBIEGANA LIGOTA	M-40	00:01:10	00:13:07	00:34:37	00:57:00	01:19:39
51	DZWINCZYK Zbigniew	103		M-40	00:00:20	00:13:04	00:35:31	00:58:00	01:19:43
52	KURCZEK Tomasz	265	RUN FOREST RIUM!	M-40	00:00:16	00:12:34	00:35:06	00:57:29	01:19:50
53	NAJWER Tomasz	613		M-40	00:00:18	00:12:14	00:34:41	00:57:30	01:20:03
54	WILK Mirosław	515		M-40	00:00:22	00:12:16	00:33:55	00:56:48	01:20:03
55	PAWLACZYK Lesław	380	SII RUNNING TEAM	M-40	00:00:26	00:12:28	00:34:00	00:57:04	01:20:19
56	BUŁAWA Grzegorz	60	GB-ARCH	M-40	00:00:18	00:12:31	00:35:16	00:57:52	01:20:36
57	RYCHLIK Sebastian	417	LISY PUSTYNI	M-40	00:00:11	00:12:24	00:35:33	00:58:28	01:20:39
58	TYSZKIEWICZ Cuma	492		M-40	00:00:19	00:12:31	00:35:12	00:57:51	01:20:39
59	KOŚCIELNY Sebastian	242	WATAHA	M-40	00:00:29	00:12:39	00:34:59	00:57:49	01:20:44
60	WOŁOWSKI Lech	633		M-40	00:00:17	00:12:34	00:35:17	00:58:01	01:20:54
61	TISZBIEREK Marek	485		M-40	00:00:20	00:12:38	00:35:39	00:58:32	01:20:54
62	WOJTUKIEWICZ Artur	518	DHL RUN CLUB	M-40	00:00:35	00:11:58	00:33:50	00:56:22	01:20:55
63	JANECZEK Marek	179		M-40	00:00:18	00:12:48	00:35:40	00:58:28	01:21:02
64	CZAJKA Roman	79		M-40	00:00:13	00:12:02	00:34:23	00:57:42	01:21:13
65	MERES Jarek	323		M-40	00:00:14	00:12:14	00:34:33	00:57:53	01:21:24
66	DZIĄBOR Andrzej	100	#BYLEDOMETY	M-40	00:00:27	00:12:52	00:35:38	00:58:48	01:21:36
67	ODOSZEWSKI Roman	363	OASIS SORT TEAM	M-40	00:00:14	00:11:55	00:34:06	00:57:33	01:21:37
68	GAWLIK Tomasz	126		M-40	00:00:36	00:12:57	00:35:43	00:59:07	01:21:55
69	KAWA Mariusz	217		M-40	00:00:11	00:11:55	00:34:03	00:57:41	01:22:06
70	NITARSKI Patryk	350		M-40	00:00:12	00:12:11	00:34:21	00:58:04	01:22:41
71	MOSZ Tomasz	338	W POGONI ZA DUCHEM	M-40	00:00:23	00:12:55	00:35:51	00:59:37	01:22:57
72	STAROSTKA Jacek	564	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:30	00:13:46	00:38:04	01:02:36	01:23:23
73	WÓJCIK Rafał	525		M-40	00:00:20	00:12:52	00:36:01	00:59:48	01:23:30
74	KANIA Michał	208		M-40	00:00:18	00:12:32	00:35:16	00:59:05	01:23:50
75	KĘDZIORA Łukasz	220	NIEZRZESZONY	M-40	00:00:46	00:13:38	00:36:54	01:00:48	01:24:22

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
76	KULCZYK Adam	264	SG SQUAD	M-40	00:00:37	00:13:18	00:36:41	01:00:26	01:24:24
77	MARCELA Marcin	307		M-40	00:00:43	00:14:03	00:37:18	01:01:01	01:24:29
78	SIDORSKI Robert	433	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:46	00:35:49	00:59:56	01:24:30
79	JANIKOWSKI Michał	181		M-40	00:00:40	00:12:55	00:36:08	01:00:19	01:24:37
80	WAWRZYNIAK Mariusz	505		M-40	00:00:33	00:13:59	00:37:13	01:01:01	01:24:40
81	KIEŁBASA Artur	223		M-40	00:00:33	00:14:00	00:37:13	01:01:00	01:24:40
82	KOPEL Tomasz	562	ZATYRANI GMINA PILCHOWICE	M-40	00:00:46	00:13:38	00:36:53	01:00:52	01:25:02
83	GRONDYS Andrzej	152		M-40	00:00:22	00:12:45	00:36:10	01:00:58	01:25:43
84	BORYCZKA Szymon	595	OPEL ACTIVE TEAM	M-40	00:00:54	00:13:42	00:37:32	01:01:56	01:25:59
85	PISZCZ Marek	390		M-40	00:00:17	00:12:47	00:36:10	01:00:52	01:26:01
86	ŁOZIŃSKI Jerzy	288	PARKRUN CHRZANÓW	M-40	00:00:25	00:12:51	00:36:06	01:00:45	01:26:24
87	BATKO Janusz	17		M-40	00:00:53	00:13:07	00:37:27	01:02:10	01:26:28
88	DREWUSZEWSKI Maciej	615	4M	M-40	00:00:23	00:13:17	00:37:36	01:02:34	01:26:46
89	FILIPCZYK Przemysław	109		M-40	00:00:28	00:13:39	00:37:54	01:02:29	01:26:48
90	KACZOR Rafał	568	PKO BANK POLSKI	M-40	00:00:28	00:13:21	00:37:53	01:02:36	01:26:55
91	KOBIERSKI Szymon	610		M-40	00:00:30	00:13:17	00:37:50	01:02:17	01:26:58
92	ŻABICKI Mariusz	550	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	00:00:23	00:12:58	00:36:59	01:01:53	01:26:59
93	KASZUBSKI Andrzej	216		M-40	00:00:22	00:13:26	00:37:40	01:02:13	01:27:00
94	SZKLARSKI Przemysław	641	LET'S WOD	M-40	00:00:19	00:12:46	00:37:15	01:02:24	01:27:01
95	GRZELCZAK Sławek	156		M-40	00:00:11	00:11:54	00:34:00	00:58:58	01:27:08
96	WAWRZAK Ryszard	504	PACEMAKER	M-40	00:00:21	00:13:27	00:37:58	01:02:42	01:27:09
97	LEWANDOWSKI Henryk	281		M-40	00:00:38	00:13:06	00:37:45	01:02:29	01:27:10
98	SULKOWSKI Arkadiusz	559		M-40	00:01:08	00:14:19	00:37:31	01:02:07	01:27:22
99	GĘBCZYŃSKI Paweł	128		M-40	00:00:22	00:13:19	00:37:37	01:02:40	01:27:23
100	SEKIENDA Grzegorz	431	GO4IT	M-40	00:00:46	00:13:03	00:37:31	01:02:19	01:27:31
101	RYŚ Dariusz	420		M-40	00:00:24	00:13:13	00:37:30	01:02:47	01:27:38
102	PALKA Dominik	377	HUTATEAM	M-40	00:01:01	00:14:23	00:38:57	01:03:26	01:27:46
103	RYZIŃSKI Wojciech	423		M-40	00:00:36	00:13:50	00:38:29	01:03:47	01:27:51
104	SMUDA Andrzej	451	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:53	00:14:09	00:38:54	01:03:35	01:28:07
105	RYSZCZYK Adam	419		M-40	00:00:50	00:14:20	00:38:19	01:03:30	01:28:13
106	MICHALAK Grzegorz	324	TOTALNY AMATOR	M-40	00:00:33	00:13:32	00:37:52	01:02:59	01:28:15
107	KUTRZYK Przemysław	267		M-40	00:00:35	00:13:35	00:38:16	01:03:25	01:28:25
108	GRZEGORCZYK Wojciech	154	#HUTATEAM	M-40	00:01:12	00:15:18	00:40:23	01:05:54	01:28:25
109	DOMAŃSKI Marcin	96		M-40	00:00:44	00:14:33	00:39:06	01:04:17	01:28:53
110	BAK-CESARZ Damian	19	RUNNINGFISH74	M-40	00:00:33	00:14:19	00:39:57	01:05:01	01:28:58
111	BIAŁAS Krzysztof	26		M-40	00:00:27	00:14:07	00:39:19	01:04:50	01:29:43
112	HOLECZEK Marcin	168	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:09	00:40:00	01:05:28	01:30:28
113	MICHALSKI Marek	326		M-40	00:00:18	00:13:14	00:38:14	01:03:46	01:30:39
114	TYROL Tomasz	491		M-40	00:00:42	00:14:47	00:40:18	01:05:28	01:30:42
115	FAŁEK Krzysztof	106		M-40	00:00:27	00:14:08	00:39:19	01:04:51	01:30:49
116	WOLIŃSKI Piotr	520	JSB	M-40	00:00:32	00:13:50	00:38:49	01:04:30	01:30:52
117	ZBYTNIIEWSKI Paweł	541		M-40	00:00:52	00:14:28	00:39:03	01:04:52	01:31:14
118	ŁAZARZ Grzegorz	622	MORSY	M-40	00:00:28	00:13:42	00:39:18	01:05:47	01:32:07
119	MIKUŁA Leszek	333		M-40	00:00:30	00:13:44	00:38:50	01:05:23	01:32:15
120	SIEKIERKA Janusz	435		M-40	00:00:45	00:14:18	00:39:52	01:06:18	01:32:21
121	RZESZOWSKI Arkadiusz	424		M-40	00:00:37	00:14:35	00:40:20	01:06:55	01:32:33

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
122	DROZD Krystian	584		M-40	00:00:44	00:14:25	00:39:56	01:06:32	01:32:37
123	KWAPIEŃ Paweł	588		M-40	00:00:53	00:15:06	00:41:16	01:07:01	01:32:42
124	KOCUR Aleksander	233		M-40	00:01:31	00:14:22	00:40:17	01:06:05	01:32:52
125	IGNACZAK Robert	173		M-40	00:00:41	00:14:19	00:40:00	01:06:56	01:32:57
126	CZERNEK Marek	87	BIEGAJ Z TRENERAMI	M-40	00:00:32	00:14:11	00:39:54	01:06:42	01:33:06
127	OSIŃSKI Paweł	370	BIEGAJ Z TRENERAMI	M-40	00:00:52	00:14:12	00:40:17	01:07:29	01:33:34
128	KĄŁAMARZ Mariusz	201		M-40	00:01:07	00:14:35	00:40:29	01:06:34	01:33:40
129	KIERA Szymon	224	TS RUNNERS	M-40	00:00:40	00:14:30	00:40:09	01:06:53	01:33:41
130	PATEROK Marcin	634		M-40	00:01:04	00:14:56	00:39:53	01:06:55	01:34:02
131	MAGNER Bartłomiej	298	BB	M-40	00:01:05	00:14:56	00:39:54	01:06:55	01:34:03
132	WÓJCIK Rafał	523		M-40	00:00:38	00:14:30	00:40:45	01:07:39	01:34:16
133	SIKORA Michał	438		M-40	00:00:55	00:14:30	00:40:54	01:07:49	01:34:17
134	CIEŚLA Arkadiusz	73	BIEGAMY Z SERCEM	M-40	00:00:37	00:13:45	00:37:44	01:04:18	01:34:19
135	MATULICZ Damian	316		M-40	00:00:41	00:14:34	00:40:45	01:07:33	01:34:27
136	GRZYWACZ Sebastian	161		M-40	00:00:43	00:14:53	00:41:15	01:08:04	01:34:31
137	MADEJSKI Sebastian	296	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:50	00:41:38	01:08:24	01:34:39
138	KRAJEWSKI Michał	252		M-40	00:00:37	00:14:57	00:42:10	01:08:56	01:34:41
139	BASZUN Michał	15		M-40	00:00:47	00:14:46	00:41:57	01:08:45	01:35:28
140	PIETRZAK Marcin	383		M-40	00:00:36	00:14:56	00:42:09	01:08:56	01:35:40
141	MARKOWSKI Kamil	312		M-40	00:00:34	00:14:57	00:42:11	01:08:57	01:35:41
142	SZYMURA Jacek	590		M-40	00:00:44	00:14:28	00:40:23	01:08:09	01:36:14
143	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	00:01:07	00:15:38	00:42:00	01:09:31	01:37:25
144	WACHOWSKI Damian	499		M-40	00:00:56	00:15:18	00:41:52	01:09:14	01:37:43
145	MARMURA Marek	313	SILESIA MARATON CLUB	M-40	00:00:51	00:15:33	00:42:02	01:09:34	01:37:58
146	KROTOS Krzysztof	255	OQS	M-40	00:00:42	00:14:29	00:41:13	01:09:16	01:38:11
147	BRZEZINA Arkadiusz	50	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:50	00:15:25	00:42:23	01:10:18	01:38:12
148	KOSIAK Maciej	612		M-40	00:01:02	00:15:04	00:41:13	01:08:54	01:38:14
149	GUZGAN Wojciech	164		M-40	00:00:58	00:15:04	00:41:33	01:08:54	01:39:01
150	BAK Krzysztof	18	SILESIA MARATHON CLUB	M-40	00:00:42	00:14:39	00:42:09	01:10:58	01:39:04
151	BOBKOWSKI Maciej	37	NIGHT RUNNERS PYSKOWICE	M-40	00:00:56	00:15:52	00:43:20	01:11:14	01:39:42
152	BUFNAL Krzysztof	55		M-40	00:01:09	00:15:11	00:42:14	01:10:32	01:40:10
153	KALINOWSKI Krzysztof	200	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:45	00:15:05	00:42:15	01:10:25	01:40:48
154	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	00:01:04	00:15:35	00:43:11	01:12:36	01:40:53
155	NOWAK Sebastian	357	MIECHOWICKA GRUPA BIEGOWA	M-40	00:01:05	00:16:30	00:45:25	01:14:06	01:41:00
156	PIŁAT Jarosław	388	PACEMAKER	M-40	00:00:44	00:15:47	00:44:22	01:12:53	01:41:28
157	GIERAS Mirosław	131		M-40	00:00:49	00:15:37	00:44:03	01:12:53	01:41:41
158	WOŹNIAK Paweł	522	W POGONI ZA DUCHEM	M-40	00:01:06	00:15:51	00:44:27	01:14:13	01:41:51
159	PIĄTY Kamil	381		M-40	00:00:42	00:14:52	00:42:06	01:09:45	01:42:23
160	ZARYCHTA Łukasz	536	FAT MAMA'S SPORT KLUB	M-40	00:00:41	00:14:53	00:42:07	01:11:03	01:42:57
161	ZMARZLY Wiktor	546		M-40	00:00:42	00:15:12	00:42:46	01:13:02	01:43:51
162	ZIAJA Robert	543	ROBERT ALKOHOLIK	M-40	00:00:49	00:15:45	00:44:22	01:13:09	01:44:08
163	GIBAS Dawid	130	SOCIOS SILESIA	M-40	00:00:18	00:14:48	00:42:56	01:13:38	01:44:18
164	KOZACZKA Włodzimierz	248		M-40	00:01:02	00:16:09	00:44:47	01:14:24	01:44:56
165	ANTCZAK Krzysztof	4		M-40	00:00:36	00:15:58	00:44:50	01:14:57	01:45:21
166	SOBIERAJ Wojciech	454	VIASAT MONITORING	M-40	00:00:46	00:15:47	00:44:26	01:14:38	01:46:18
167	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	00:00:59	00:15:36	00:44:30	01:14:23	01:46:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
168	LATA Piotr	274		M-40	00:01:02	00:16:22	00:45:41	01:16:05	01:46:38
169	WDZIĘKOŃSKI Rafał	506		M-40	00:00:48	00:15:33	00:44:17	01:14:23	01:47:44
170	KASPEREK Ireneusz	212		M-40	00:01:08	00:17:30	00:49:54	01:22:59	01:56:25
171	HEINE Andrzej	565	PKO BANK POLSKI	M-40	00:00:13	00:13:05	00:46:37	01:24:23	01:57:29
172	FABRY Rafał	104		M-40	00:01:06	00:16:53	00:49:26	01:23:50	02:00:20
173	PYKA Marek	639	CHOP ZE ŻELAZA TRI TEAM	M-40	00:00:06	00:11:01	00:31:18	01:01:46	

Znaleziono 173 wynik(ów)