



10 KM ATEST PZLA GLIWICKI 2016

B4SPORT

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 Bartłomiej	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	PSYCHONAUICI	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	GOŁĘBIEWSKI 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)