



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	STAWINOGA Janusz	2166		M-40	1	00:00:20	00:38:41.40	00:39:02.35		3:52	15.5 (100%)
2	SOPEL Arkadiusz	2329	OTK RZEŹNIK	M-40	2	00:00:02	00:41:47.85	00:41:50.40	+00:03:06 (7.4%)	4:10	14.4 (92.9%)
3	BOBEREK Grzegorz	2270	POGORIA BIEGA	M-40	3	00:00:04	00:41:56.75	00:42:01.00	+00:03:15 (7.8%)	4:11	14.3 (92.3%)
4	BRODEK Andrzej	2006		M-40	4	00:00:04	00:43:28.05	00:43:32.15	+00:04:46 (11.0%)	4:20	13.8 (89.0%)
5	OLEJNIK Rafał	2145		M-40	5	00:00:03	00:43:49.25	00:43:52.75	+00:05:07 (11.7%)	4:22	13.7 (88.4%)
6	BRYŁA Grzegorz	2116		M-40	6	00:00:30	00:43:52.70	00:44:23.25	+00:05:11 (11.8%)	4:23	13.7 (88.4%)
7	KRYSTEK Marcin	2330		M-40	7	00:01:22	00:45:48.90	00:47:11.40	+00:07:07 (15.6%)	4:34	13.1 (84.5%)
8	ZAPOTOCZNY Przemek	2083		M-40	8	00:01:32	00:46:15.40	00:47:48.30	+00:07:34 (16.4%)	4:37	13 (83.9%)
9	HODOR Robert	2193		M-40	9	00:01:33	00:48:32.95	00:50:06.60	+00:09:51 (20.3%)	4:51	12.4 (80.0%)
10	BOK Piotr	2098		M-40	10	00:00:11	00:49:30.70	00:49:41.75	+00:10:49 (21.9%)	4:57	12.1 (78.1%)
11	JELEŃ Michał	2077		M-40	11	00:01:20	00:50:37.70	00:51:58.05	+00:11:56 (23.6%)	5:03	11.8 (76.1%)
12	DOROS Adam	2288		M-40	12	00:00:54	00:50:56.90	00:51:51.30	+00:12:15 (24.1%)	5:05	11.8 (76.1%)
13	ZEGARTOWSKI Grzegorz	2101		M-40	13	00:01:03	00:51:24.10	00:52:28.05	+00:12:42 (24.7%)	5:08	11.7 (75.5%)
14	WOJAKOWSKI Krzysztof	2295		M-40	14	00:00:47	00:51:25.50	00:52:13.45	+00:12:44 (24.8%)	5:08	11.7 (75.5%)
15	KLĘBOWSKI Sebastian	2251		M-40	15	00:00:58	00:51:52.95	00:52:51.10	+00:13:11 (25.4%)	5:11	11.6 (74.8%)
16	CYBA Marek	2123		M-40	16	00:01:15	00:53:15.75	00:54:31.00	+00:14:34 (27.4%)	5:19	11.3 (72.9%)
17	DOBOSZ Daniel	2311		M-40	17	00:00:25	00:53:35.15	00:54:01.05	+00:14:53 (27.8%)	5:21	11.2 (72.3%)
18	JEGLA Sebastian			M-40	18	00:00:23	00:53:40.20	00:54:03.30	+00:14:58 (27.9%)	5:22	11.2 (72.3%)
19	ZARUDZKI Łukasz	2022	NOTHING TO FEAR	M-40	19	00:01:14	00:53:40.55	00:54:54.60	+00:14:59 (27.9%)	5:22	11.2 (72.3%)
20	USZYŃSKI Grzegorz	6		M-40	20	00:00:54	00:53:43.55	00:54:38.25	+00:15:02 (28.0%)	5:22	11.2 (72.3%)
21	BIELECKI Adam	1	CHATEAU CHALIN	M-40	21	00:00:24	00:53:51.90	00:54:16.60	+00:15:10 (28.2%)	5:23	11.1 (71.6%)
22	JASIŃSKI Tomasz	27		M-40	22	00:01:01	00:53:53.50	00:54:55.45	+00:15:12 (28.2%)	5:23	11.1 (71.6%)
23	DZIAŁKOWSKI Adam	2208		M-40	23	00:01:06	00:54:48.90	00:55:55.20	+00:16:07 (29.4%)	5:28	10.9 (70.3%)
24	BURDA Krzysztof	1286		M-40	24	00:01:30	00:55:19.35	00:56:50.30	+00:16:37 (30.1%)	5:32	10.8 (69.7%)
25	WIAZANIA Marek	2168		M-40	25	00:01:16	00:55:50.60	00:57:07.35	+00:17:09 (30.7%)	5:35	10.7 (69.0%)
26	SZCZECH Krzysztof	2117		M-40	26	00:01:09	00:56:08.30	00:57:18.00	+00:17:26 (31.1%)	5:36	10.7 (69.0%)
27	OLEJNICZAK Wojciech	2114		M-40	27	00:01:55	00:56:43.05	00:58:38.70	+00:18:01 (31.8%)	5:40	10.6 (68.4%)

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28	GÓRA Marek	2242		M-40	28	00:00:14	00:56:51.60	00:57:06.00	+00:18:10 (32.0%)	5:41	10.6 (68.4%)
29	SAMUL Mirosław	2293	DRAGOMIRO	M-40	29	00:01:22	00:57:25.35	00:58:47.60	+00:18:43 (32.6%)	5:44	10.4 (67.1%)
30	FOLTYN Armin	2343		M-40	30	00:00:26	00:59:07.75	00:59:33.95	+00:20:26 (34.6%)	5:54	10.1 (65.2%)
31	POKLUDA Radosław	2237	TABELAOFERT.PL	M-40	31	00:01:30	00:59:12.85	01:00:43.10	+00:20:31 (34.7%)	5:55	10.1 (65.2%)
32	JAKUBIAK Arkadiusz	2164	OPEL ACTIVE TEAM	M-40	32	00:01:08	00:59:25.75	01:00:33.75	+00:20:44 (34.9%)	5:56	10.1 (65.2%)
33	STYS Marek	2185		M-40	33	00:01:47	00:59:28.90	01:01:16.05	+00:20:47 (35.0%)	5:56	10.1 (65.2%)
34	MIZERA Robert	2291		M-40	34	00:00:45	00:59:47.75	01:00:33.10	+00:21:06 (35.3%)	5:58	10 (64.5%)
35	WARZECHA Krzysztof	40		M-40	35	00:00:53	00:59:55.40	01:00:48.45	+00:21:14 (35.4%)	5:59	10 (64.5%)
36	PIOTROWSKI Jarosław	2118	FUCHS OIL TEAM	M-40	36	00:00:51	01:01:31.30	01:02:23.20	+00:22:49 (37.1%)	6:09	9.8 (63.2%)
37	MIERZEJEWSKI Jacek	2004	AMATOR	M-40	37	00:01:22	01:02:32.20	01:03:54.55	+00:23:50 (38.1%)	6:15	9.6 (61.9%)
38	DEWOR Marek	2244	OPEL ACTIVE TEAM	M-40	38	00:01:07	01:02:36.35	01:03:43.90	+00:23:54 (38.2%)	6:15	9.6 (61.9%)
39	STRZYŻ Ryszard	13	CHORZOWSKA GRUPA BIEGOWA	M-40	39	00:01:29	01:05:49.05	01:07:18.55	+00:27:07 (41.2%)	6:34	9.1 (58.7%)
40	MAREK Robert	2075		M-40	40	00:01:32	01:06:50.50	01:08:22.95	+00:28:09 (42.1%)	6:41	9 (58.1%)
41	ŁADA Mirosław	2258		M-40	41	00:01:37	01:11:30.40	01:13:07.85	+00:32:49 (45.9%)	7:09	8.4 (54.2%)
42	BRATEK Łukasz	2348	OTK RZEŹNIK	M-40	42	00:00:25	01:12:51.35	01:13:16.75	+00:34:09 (46.9%)	7:17	8.2 (52.9%)

Znaleziono 42 wynik(ów)