



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 Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KASPRZAK Radosław	1281	INŻYNIERIA BIEGANIA	M-20	1	00:00:00	00:34:45.15	00:34:45.95		3:28	17.3 (100%)
2	SZYMAŃSKI Paweł	3	NIEWYMIĘKACZE / TENNECO AUTOMOTIVE	M-20	2	00:00:02	00:36:11.15	00:36:13.50	+00:01:26 (4.0%)	3:37	16.6 (96.0%)
3	BABULA Przemysław	2317	AZS AGH KRAKÓW	M-20	3	00:00:02	00:36:47.40	00:36:49.65	+00:02:02 (5.5%)	3:40	16.3 (94.2%)
4	SZYMAŃSKI Bartosz	2296	NIEWYMIĘKACZE	M-30	1	00:00:02	00:37:00.85	00:37:03.60	+00:02:15 (6.1%)	3:42	16.2 (93.6%)
5	BEDNARZ Jakub	2200	POGORIA BIEGA	M-30	2	00:00:02	00:37:19.80	00:37:22.15	+00:02:34 (6.9%)	3:44	16.1 (93.1%)
6	BIELIŃSKI Piotr	2266	SOKÓŁ KNURÓW/RYPDZ TEAM	M-20	4	00:00:01	00:37:32.45	00:37:34.20	+00:02:47 (7.4%)	3:45	16 (92.5%)
7	STAWINOGA Janusz	2166		M-40	1	00:00:20	00:38:41.40	00:39:02.35	+00:03:56 (10.2%)	3:52	15.5 (89.6%)
8	BOK Marcin	2099	AZS KU POLITECHNIKA OPOLSKA / RAJSPOORT ACTIVE	M-20	5	00:00:01	00:39:02.15	00:39:03.25	+00:04:17 (11.0%)	3:54	15.4 (89.0%)
9	BUJNOWSKI Artur	2089	KB ENDURANCE SOLIDARNI KNURÓW/SOKÓŁ KNURÓW	M-20	6	00:00:03	00:39:15.70	00:39:19.30	+00:04:30 (11.5%)	3:55	15.3 (88.4%)
10	OCHMAN Paweł	2100	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:05	00:40:09.30	00:40:14.65	+00:05:24 (13.5%)	4:00	14.9 (86.1%)
11	SZABELSKI Krzysztof	2235	FUTURE PROCESSING RUNNING TEAM	M-20	7	00:00:05	00:40:44.60	00:40:50.35	+00:05:59 (14.7%)	4:04	14.7 (85.0%)
12	BATORYNA Aleksander	18		M-30	4	00:00:03	00:41:22.60	00:41:25.65	+00:06:37 (16.0%)	4:08	14.5 (83.8%)
13	KAUF Damian	2219		M-30	5	00:00:04	00:41:26.95	00:41:31.20	+00:06:41 (16.2%)	4:08	14.5 (83.8%)
14	REMPUSZEWSKI Mateusz	2137		M-20	8	00:00:02	00:41:28.85	00:41:31.55	+00:06:43 (16.2%)	4:08	14.5 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	SOPEL Arkadiusz	2329	OTK RZEŹNIK	M-40	2	00:00:02	00:41:47.85	00:41:50.40	+00:07:02 (16.9%)	4:10	14.4 (83.2%)
16	JASIOK Michał	2191	ASSECO	M-30	6	00:00:02	00:41:57.75	00:41:59.75	+00:07:12 (17.2%)	4:11	14.3 (82.7%)
17	BOBEREK Grzegorz	2270	POGORIA BIEGA	M-40	3	00:00:04	00:41:56.75	00:42:01.00	+00:07:11 (17.1%)	4:11	14.3 (82.7%)
18	LENART Konrad	2139		M-30	7	00:00:05	00:43:18.85	00:43:24.20	+00:08:33 (19.8%)	4:19	13.9 (80.3%)
19	TRZOPEK Marcin	2041		M-20	9	00:00:05	00:43:24.30	00:43:29.90	+00:08:39 (19.9%)	4:20	13.8 (79.8%)
20	BRODEK Andrzej	2006		M-40	4	00:00:04	00:43:28.05	00:43:32.15	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
21	OLEJNIK Rafał	2145		M-40	5	00:00:03	00:43:49.25	00:43:52.75	+00:09:04 (20.7%)	4:22	13.7 (79.2%)
22	BRYŁA Grzegorz	2116		M-40	6	00:00:30	00:43:52.70	00:44:23.25	+00:09:07 (20.8%)	4:23	13.7 (79.2%)
23	DONIGIEWICZ Mariusz	7		M-30	8	00:01:21	00:44:01.05	00:45:22.70	+00:09:15 (21.0%)	4:24	13.6 (78.6%)
24	KŁOSOK Adam	2047		M-30	9	00:00:12	00:45:27.10	00:45:39.30	+00:10:41 (23.5%)	4:32	13.2 (76.3%)
25	SŁOMKOWSKI Mateusz	2211		M-20	10	00:00:12	00:46:19.55	00:46:31.75	+00:11:34 (25.0%)	4:37	13 (75.1%)
26	HERZ Krzysztof	2122	FUCHS OIL TEAM	M-20	11	00:00:10	00:46:45.45	00:46:55.50	+00:12:00 (25.7%)	4:40	12.8 (74.0%)
27	KOZIK Bartłomiej	2324		M-30	10	00:00:33	00:46:32.55	00:47:06.35	+00:11:47 (25.3%)	4:39	12.9 (74.6%)
28	KRYSTEK Marcin	2330		M-40	7	00:01:22	00:45:48.90	00:47:11.40	+00:11:03 (24.1%)	4:34	13.1 (75.7%)
29	BUGAJCZYK Piotr	2254		M-20	12	00:00:10	00:47:20.60	00:47:31.05	+00:12:35 (26.6%)	4:44	12.7 (73.4%)
30	BUBAŁA Dawid	32	TL POGOŃ RUDA ŚLĄSKA	M-16	1	00:00:35	00:46:58.95	00:47:34.20	+00:12:13 (26.0%)	4:41	12.8 (74.0%)
31	PACANA Patryk	2181	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:09	00:47:36.70	00:47:46.40	+00:12:51 (27.0%)	4:45	12.6 (72.8%)
32	ZAPOTOCZNY Przemek	2083		M-40	8	00:01:32	00:46:15.40	00:47:48.30	+00:11:30 (24.9%)	4:37	13 (75.1%)
33	BESSA Ricardo	2335		M-30	12	00:00:03	00:47:52.40	00:47:56.35	+00:13:07 (27.4%)	4:47	12.5 (72.3%)
34	ZAJAC Mateusz	2227		M-30	11	00:01:17	00:46:43.90	00:48:00.90	+00:11:58 (25.6%)	4:40	12.8 (74.0%)
35	KNEBEL Krzysztof	2307		M-30	14	00:00:05	00:48:14.90	00:48:20.20	+00:13:29 (28.0%)	4:49	12.4 (71.7%)
36	NOWALIŃSKI Grzegorz	2169		M-20	15	00:00:34	00:48:01.60	00:48:36.15	+00:13:16 (27.6%)	4:48	12.5 (72.3%)
37	PYTEL Adam	2304		M-30	15	00:00:18	00:48:23.60	00:48:42.20	+00:13:38 (28.2%)	4:50	12.4 (71.7%)

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38	NOWAK Mateusz	2287		M-20	14	00:00:56	00:47:46.65	00:48:42.75	+00:13:01 (27.3%)	4:46	12.6 (72.8%)
39	JUROWICZ Łukasz	2292		M-30	13	00:01:24	00:48:00.00	00:49:24.35	+00:13:14 (27.6%)	4:48	12.5 (72.3%)
40	BOK Piotr	2098		M-40	10	00:00:11	00:49:30.70	00:49:41.75	+00:14:45 (29.8%)	4:57	12.1 (69.9%)
41	BOMBA Marcin	2043	PLASTIC OMNIUM	M-30	16	00:00:57	00:48:47.05	00:49:44.55	+00:14:01 (28.8%)	4:52	12.3 (71.1%)
42	KOTRA Jacek	44	LUK JESTOK	M-30	21	00:00:06	00:49:49.85	00:49:56.50	+00:15:04 (30.3%)	4:59	12 (69.4%)
43	CISZOWSKI Adam	2150		M-30	18	00:00:23	00:49:34.00	00:49:57.40	+00:14:48 (29.9%)	4:57	12.1 (69.9%)
44	HODOR Robert	2193		M-40	9	00:01:33	00:48:32.95	00:50:06.60	+00:13:47 (28.4%)	4:51	12.4 (71.7%)
45	CZAPELKA Michał	2316		M-30	17	00:01:31	00:49:04.75	00:50:36.70	+00:14:19 (29.2%)	4:54	12.2 (70.5%)
46	SZKLARZ Sebastian	2059		M-30	22	00:00:54	00:49:55.05	00:50:49.20	+00:15:09 (30.4%)	4:59	12 (69.4%)
47	WÓJTOWICZ Błażej	2068		M-20	16	00:00:56	00:49:58.95	00:50:55.90	+00:15:13 (30.5%)	4:59	12 (69.4%)
48	ZIELIŃSKI Sebastian	2265		M-30	23	00:00:52	00:50:05.40	00:50:57.85	+00:15:20 (30.6%)	5:00	12 (69.4%)
49	OGONOWSKI Edward	2285		M-60	1	00:00:52	00:50:06.50	00:50:59.20	+00:15:21 (30.6%)	5:00	12 (69.4%)
50	ŻOŁNOWSKI Piotr	2257		M-30	19	00:01:22	00:49:39.15	00:51:01.75	+00:14:54 (30.0%)	4:57	12.1 (69.9%)
51	WYSZOMIRSKI Robert	2217		M-30	24	00:01:00	00:50:09.90	00:51:10.65	+00:15:24 (30.7%)	5:01	12 (69.4%)
52	SOKOŁOWSKI Łukasz	2081	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	00:49:47.55	00:51:13.25	+00:15:02 (30.2%)	4:58	12 (69.4%)
53	JANOWSKI Piotr	2188		M-50	1	00:00:17	00:50:57.00	00:51:14.55	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
54	CUPIAŁ Dawid	2284		M-20	17	00:00:52	00:50:23.50	00:51:15.55	+00:15:38 (31.0%)	5:02	11.9 (68.8%)
55	GĘBCZYŃSKI Paweł	2202		M-30	25	00:00:57	00:50:24.15	00:51:21.75	+00:15:39 (31.1%)	5:02	11.9 (68.8%)
56	PAKULSKI Przemysław	2042	JW 3946 BYTOM	M-20	20	00:00:42	00:50:48.40	00:51:30.85	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
57	ZAWIŚLAK Dawid	2226	RUNNERS WOJKOWICE TEAM	M-20	18	00:01:14	00:50:31.10	00:51:45.35	+00:15:45 (31.2%)	5:03	11.9 (68.8%)
58	MERMON Artur	2076		M-50	3	00:00:07	00:51:40.10	00:51:47.10	+00:16:54 (32.7%)	5:10	11.6 (67.1%)
59	DOROS Adam	2288		M-40	12	00:00:54	00:50:56.90	00:51:51.30	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
60	JELEŃ Michał	2077		M-40	11	00:01:20	00:50:37.70	00:51:58.05	+00:15:52 (31.4%)	5:03	11.8 (68.2%)

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61	ŻEROMSKI Stefan	2205		M-50	2	00:00:24	00:51:39.00	00:52:03.95	+00:16:53 (32.7%)	5:09	11.6 (67.1%)
62	CUPIAŁ Jakub	2105	ARTGROUP	M-20	21	00:00:46	00:51:23.40	00:52:09.40	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
63	JUROWICZ Daniel	2289		M-20	19	00:01:23	00:50:45.60	00:52:09.45	+00:16:00 (31.5%)	5:04	11.8 (68.2%)
64	NOWAK Sebastian	2182	MIECHOWICE	M-30	26	00:01:38	00:50:31.90	00:52:10.40	+00:15:46 (31.2%)	5:03	11.9 (68.8%)
65	WOJAKOWSKI Krzysztof	2295		M-40	14	00:00:47	00:51:25.50	00:52:13.45	+00:16:40 (32.4%)	5:08	11.7 (67.6%)
66	BIENIECKI Marek	20	OTK RZEŹNIK	M-16	2	00:00:16	00:52:03.70	00:52:20.30	+00:17:18 (33.2%)	5:12	11.5 (66.5%)
67	ZEGARTOWSKI Grzegorz	2101		M-40	13	00:01:03	00:51:24.10	00:52:28.05	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
68	BICZYSKI Paweł	2196	PSYCHONAUICI	M-30	27	00:00:56	00:51:36.45	00:52:32.85	+00:16:51 (32.7%)	5:09	11.6 (67.1%)
69	PACANA Krzysztof	2180		M-20	24	00:00:34	00:52:07.60	00:52:41.85	+00:17:22 (33.3%)	5:12	11.5 (66.5%)
70	KŁĘBOWSKI Sebastian	2251		M-40	15	00:00:58	00:51:52.95	00:52:51.10	+00:17:07 (33.0%)	5:11	11.6 (67.1%)
71	ZEGARTOWSKI Michał	2282		M-30	28	00:01:05	00:51:50.00	00:52:55.00	+00:17:04 (33.0%)	5:11	11.6 (67.1%)
72	RUTKOWSKI Bartłomiej	2313		M-20	23	00:01:16	00:51:57.60	00:53:14.45	+00:17:12 (33.1%)	5:11	11.5 (66.5%)
73	SKRZYPCZAK Michał	2027		M-30	30	00:00:49	00:52:24.75	00:53:14.55	+00:17:39 (33.7%)	5:14	11.4 (65.9%)
74	KLESZCZ Marcin	2255		M-30	29	00:01:03	00:52:13.80	00:53:17.40	+00:17:28 (33.5%)	5:13	11.5 (66.5%)
75	JUROWICZ Mariusz	2260		M-20	22	00:01:25	00:51:54.00	00:53:19.55	+00:17:08 (33.0%)	5:11	11.6 (67.1%)
76	WYCIŚLIK Marcin	2156	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	00:52:31.95	00:53:34.10	+00:17:46 (33.8%)	5:15	11.4 (65.9%)
77	SZABRA Dawid	2135		M-20	25	00:01:05	00:52:28.55	00:53:34.20	+00:17:43 (33.8%)	5:14	11.4 (65.9%)
78	OPIOŁA Tomasz	2331		M-30	32	00:01:11	00:52:32.85	00:53:44.30	+00:17:47 (33.9%)	5:15	11.4 (65.9%)
79	ŁUCZAK Marek	2207		M-20	26	00:01:04	00:52:43.85	00:53:48.40	+00:17:58 (34.1%)	5:16	11.4 (65.9%)
80	DOBOSZ Daniel	2311		M-40	17	00:00:25	00:53:35.15	00:54:01.05	+00:18:50 (35.1%)	5:21	11.2 (64.7%)
81	JEGLA Sebastian			M-40	18	00:00:23	00:53:40.20	00:54:03.30	+00:18:55 (35.2%)	5:22	11.2 (64.7%)
82	BIELECKI Adam	1	CHATEAU CHALIN	M-40	21	00:00:24	00:53:51.90	00:54:16.60	+00:19:06 (35.5%)	5:23	11.1 (64.2%)
83	ROSADA Zdzisław	2023		M-50	4	00:01:13	00:53:12.85	00:54:26.80	+00:18:27 (34.7%)	5:19	11.3 (65.3%)

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84	GOŁĘBIEWSKI Marek	2186		M-30	39	00:00:22	00:54:05.85	00:54:27.85	+00:19:20 (35.8%)	5:24	11.1 (64.2%)
85	LEGUTKO Piotr	2003	--	M-30	41	00:00:04	00:54:26.55	00:54:30.70	+00:19:41 (36.2%)	5:26	11 (63.6%)
86	CYBA Marek	2123		M-40	16	00:01:15	00:53:15.75	00:54:31.00	+00:18:30 (34.8%)	5:19	11.3 (65.3%)
87	USZYŃSKI Grzegorz	6		M-40	20	00:00:54	00:53:43.55	00:54:38.25	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
88	ŁAZOWSKI Marcin	2126		M-30	33	00:01:19	00:53:19.75	00:54:39.55	+00:18:34 (34.8%)	5:20	11.3 (65.3%)
89	SIERADZKI Dariusz	2067	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	00:54:12.60	00:54:40.10	+00:19:27 (35.9%)	5:25	11.1 (64.2%)
90	SUBIK Tomasz	2028		M-30	38	00:00:45	00:53:56.90	00:54:42.85	+00:19:11 (35.6%)	5:23	11.1 (64.2%)
91	RYBAK Andrzej	2157	HIRSCHVOGEL COMPONENTS POLAND	M-20	27	00:00:57	00:53:50.15	00:54:47.75	+00:19:05 (35.4%)	5:23	11.1 (64.2%)
92	ŻYMŁA Maciej			M-30	34	00:01:29	00:53:21.75	00:54:50.75	+00:18:36 (34.9%)	5:20	11.2 (64.7%)
93	MATYSIEWICZ Piotr	2312	INTER PROJEKT	M-20	31	00:00:00	00:54:54.00	00:54:54.00	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
94	ZARUDZKI Łukasz	2022	NOTHING TO FEAR	M-40	19	00:01:14	00:53:40.55	00:54:54.60	+00:18:55 (35.3%)	5:22	11.2 (64.7%)
95	JASIŃSKI Tomasz	27		M-40	22	00:01:01	00:53:53.50	00:54:55.45	+00:19:08 (35.5%)	5:23	11.1 (64.2%)
96	KUŚ Andrzej	10	PURE FORUM GLIWICE	M-30	44	00:00:12	00:54:44.85	00:54:57.05	+00:19:59 (36.5%)	5:28	11 (63.6%)
97	KOPPEL Bartłomiej	2107	ARTGROUP	M-30	36	00:01:32	00:53:30.60	00:55:03.45	+00:18:45 (35.1%)	5:21	11.2 (64.7%)
98	WATOŁA Marek	2183		M-30	35	00:01:44	00:53:26.35	00:55:10.75	+00:18:41 (35.0%)	5:20	11.2 (64.7%)
99	MARCZAK Paweł	2308		M-30	37	00:01:28	00:53:43.35	00:55:11.90	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
100	OPALIŃSKI Tomasz	2286	GOOD TIME SPORT	M-30	42	00:00:41	00:54:33.25	00:55:14.75	+00:19:48 (36.3%)	5:27	11 (63.6%)
101	GRYNKIEWICZ-SUDNIK Maciej	2115		M-30	43	00:00:42	00:54:41.10	00:55:23.55	+00:19:55 (36.4%)	5:28	11 (63.6%)
102	KUBIT Janusz	2204		M-50	5	00:00:54	00:54:56.45	00:55:50.55	+00:20:11 (36.7%)	5:29	10.9 (63.0%)
103	LUDYGA Sebastian	2229		M-20	30	00:01:00	00:54:53.80	00:55:54.15	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
104	DZIAŁKOWSKI Adam	2208		M-40	23	00:01:06	00:54:48.90	00:55:55.20	+00:20:03 (36.6%)	5:28	10.9 (63.0%)
105	NICIŃSKI Denis	2228		M-20	28	00:01:28	00:54:43.50	00:56:12.25	+00:19:58 (36.5%)	5:28	11 (63.6%)
105	TURCZYN Mateusz	2162	HIRSCHVOGEL COMPONENTS POLAND	M-20	33	00:00:57	00:55:14.30	00:56:12.25	+00:20:29 (37.1%)	5:31	10.9 (63.0%)

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107	NIEWIEDZIOŁ Robert	2342		M-20	29	00:01:32	00:54:45.75	00:56:17.75	+00:20:00 (36.5%)	5:28	11 (63.6%)
108	JANUSZ Radosław	2225		M-30	47	00:01:00	00:55:27.50	00:56:28.25	+00:20:42 (37.3%)	5:32	10.8 (62.4%)
109	KRZYWIECKI Maciej			M-30	45	00:01:41	00:54:47.95	00:56:29.60	+00:20:02 (36.6%)	5:28	10.9 (63.0%)
110	ŻBEL Michał	2294		M-30	53	00:00:27	00:56:06.00	00:56:33.75	+00:21:20 (38.1%)	5:36	10.7 (61.8%)
111	SZWARCZYŃSKI Michał	2036		M-30	52	00:00:37	00:55:57.25	00:56:34.60	+00:21:12 (37.9%)	5:35	10.7 (61.8%)
112	CIUMAN Piotr	2336		M-20	34	00:00:45	00:55:49.20	00:56:34.70	+00:21:04 (37.7%)	5:34	10.7 (61.8%)
113	MICHULEC Kuba	2106	ARTGROUP	M-20	32	00:01:32	00:55:08.90	00:56:41.75	+00:20:23 (37.0%)	5:30	10.9 (63.0%)
114	BURDA Krzysztof	1286		M-40	24	00:01:30	00:55:19.35	00:56:50.30	+00:20:34 (37.2%)	5:32	10.8 (62.4%)
115	MILKOWSKI Bartosz	2271		M-30	51	00:00:56	00:55:56.05	00:56:52.60	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
116	JABŁKIEWICZ Rafał	1253		M-30	48	00:01:31	00:55:29.00	00:57:00.15	+00:20:43 (37.4%)	5:32	10.8 (62.4%)
116	GŁUŚNIEWSKI Jacek	2046	PLASTIC OMNIUM	M-30	56	00:00:29	00:56:30.70	00:57:00.15	+00:21:45 (38.5%)	5:39	10.6 (61.3%)
118	SMOLARCZYK Michał	2333		M-30	46	00:01:34	00:55:26.65	00:57:01.45	+00:20:41 (37.3%)	5:32	10.8 (62.4%)
119	JAKUBIK Witold	2129		M-60	2	00:00:54	00:56:07.40	00:57:02.30	+00:21:22 (38.1%)	5:36	10.7 (61.8%)
120	POPCZYK Piotr	2097		M-30	54	00:00:48	00:56:15.20	00:57:03.25	+00:21:30 (38.2%)	5:37	10.7 (61.8%)
121	GÓRA Marek	2242		M-40	28	00:00:14	00:56:51.60	00:57:06.00	+00:22:06 (38.9%)	5:41	10.6 (61.3%)
122	WIAZANIA Marek	2168		M-40	25	00:01:16	00:55:50.60	00:57:07.35	+00:21:05 (37.8%)	5:35	10.7 (61.8%)
123	SZCZECH Krzysztof	2117		M-40	26	00:01:09	00:56:08.30	00:57:18.00	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
124	KUBIT Tomasz	2203		M-20	35	00:00:55	00:56:25.20	00:57:20.65	+00:21:40 (38.4%)	5:38	10.6 (61.3%)
125	KURZAC Wit	2318		M-30	49	00:01:41	00:55:39.35	00:57:20.95	+00:20:54 (37.6%)	5:33	10.8 (62.4%)
126	MAŚLANKIEWICZ Paweł	2267		M-30	50	00:01:52	00:55:42.45	00:57:34.55	+00:20:57 (37.6%)	5:34	10.8 (62.4%)
127	BRZEŃNIAK Krzysztof	2323		M-30	58	00:00:56	00:56:46.00	00:57:42.05	+00:22:00 (38.8%)	5:40	10.6 (61.3%)
128	MAZUR Krzysztof	2194	UNISONO	M-20	36	00:01:07	00:56:36.25	00:57:43.90	+00:21:51 (38.6%)	5:39	10.6 (61.3%)
129	PAWLIK Michał	2092		M-30	57	00:01:08	00:56:44.45	00:57:52.75	+00:21:59 (38.8%)	5:40	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	GUŁA Błażej	2262		M-30	62	00:00:16	00:57:39.45	00:57:55.90	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
131	WIECHUŁA Krzysztof	2305		M-30	55	00:01:48	00:56:22.85	00:58:11.05	+00:21:37 (38.4%)	5:38	10.6 (61.3%)
132	SAMOL Grzegorz	2034		M-50	7	00:00:35	00:57:39.40	00:58:14.80	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
133	CAPUTA Michał	2261		M-30	60	00:01:14	00:57:15.80	00:58:29.90	+00:22:30 (39.3%)	5:43	10.5 (60.7%)
134	ZIMNY Marcin	2269	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	00:57:19.15	00:58:30.50	+00:22:34 (39.4%)	5:43	10.5 (60.7%)
135	OLEJNICZAK Wojciech	2114		M-40	27	00:01:55	00:56:43.05	00:58:38.70	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
136	GRUCEL Damian	2199	GBC RUNNERS	M-30	65	00:00:24	00:58:20.75	00:58:45.45	+00:23:35 (40.4%)	5:50	10.3 (59.5%)
137	SAMUL Mirosław	2293	DRAGOMIRO	M-40	29	00:01:22	00:57:25.35	00:58:47.60	+00:22:40 (39.5%)	5:44	10.4 (60.1%)
138	DURAJ Michał	2276		M-20	37	00:01:07	00:57:44.20	00:58:51.90	+00:22:59 (39.8%)	5:46	10.4 (60.1%)
139	MICHALSKI Robert	2044	PLASTIC OMNIUM	M-30	59	00:01:52	00:57:05.60	00:58:58.00	+00:22:20 (39.1%)	5:42	10.5 (60.7%)
140	MACIEJCZYK Marcin	2302	FAMILIA	M-30	63	00:01:14	00:57:50.40	00:59:04.85	+00:23:05 (39.9%)	5:47	10.4 (60.1%)
141	BRYLIŃSKI Ryszard	2275		M-50	6	00:01:49	00:57:31.60	00:59:21.55	+00:22:46 (39.6%)	5:45	10.4 (60.1%)
142	FOLTYN Armin	2343		M-40	30	00:00:26	00:59:07.75	00:59:33.95	+00:24:22 (41.2%)	5:54	10.1 (58.4%)
143	BEDNORZ Roman	29		M-30	64	00:01:45	00:58:01.20	00:59:47.05	+00:23:16 (40.1%)	5:48	10.3 (59.5%)
144	MIZERA Mateusz	2290		M-16	3	00:00:45	00:59:05.05	00:59:50.10	+00:24:19 (41.2%)	5:54	10.2 (59.0%)
145	HENDRYK Leszek	2140	1/2 FAJNA FERAJNA	M-30	66	00:01:11	00:58:43.55	00:59:54.80	+00:23:58 (40.8%)	5:52	10.2 (59.0%)
146	DENKOWSKI Wojciech	2320	SBRT GLIWICE	M-50	9	00:00:25	00:59:47.40	01:00:12.95	+00:25:02 (41.9%)	5:58	10 (57.8%)
147	WESOŁOWSKI Marcin	2315		M-30	67	00:01:31	00:58:51.45	01:00:23.20	+00:24:06 (41.0%)	5:53	10.2 (59.0%)
148	PAWLAK Adam	2310	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	00:59:02.85	01:00:27.20	+00:24:17 (41.1%)	5:54	10.2 (59.0%)
149	MIZERA Robert	2291		M-40	34	00:00:45	00:59:47.75	01:00:33.10	+00:25:02 (41.9%)	5:58	10 (57.8%)
150	JAKUBIAK Arkadiusz	2164	OPEL ACTIVE TEAM	M-40	32	00:01:08	00:59:25.75	01:00:33.75	+00:24:40 (41.5%)	5:56	10.1 (58.4%)
151	POKLUDA Radosław	2237	TABELAOFERT.PL	M-40	31	00:01:30	00:59:12.85	01:00:43.10	+00:24:27 (41.3%)	5:55	10.1 (58.4%)
152	WARZECHA Krzysztof	40		M-40	35	00:00:53	00:59:55.40	01:00:48.45	+00:25:10 (42.0%)	5:59	10 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	PALEJ Leszek	2314	WARSZTAT KOSZULKOWY TESTING TEAM	M-50	8	00:01:32	00:59:18.10	01:00:50.15	+00:24:32 (41.4%)	5:55	10.1 (58.4%)
154	OKOŃ Zdzisław	2174		M-60	3	00:01:06	00:59:47.40	01:00:54.00	+00:25:02 (41.9%)	5:58	10 (57.8%)
155	STYS Marek	2185		M-40	33	00:01:47	00:59:28.90	01:01:16.05	+00:24:43 (41.6%)	5:56	10.1 (58.4%)
156	JUROWICZ Damian	2010		M-20	38	00:01:24	01:00:22.80	01:01:47.55	+00:25:37 (42.4%)	6:02	9.9 (57.2%)
157	PIOTROWSKI Jarosław	2118	FUCHS OIL TEAM	M-40	36	00:00:51	01:01:31.30	01:02:23.20	+00:26:46 (43.5%)	6:09	9.8 (56.6%)
158	MALEC Marek	2060		M-20	39	00:01:47	01:01:04.05	01:02:51.50	+00:26:18 (43.1%)	6:06	9.8 (56.6%)
159	GARNCARZ Jakub	2259		M-30	69	00:01:31	01:01:22.15	01:02:53.70	+00:26:37 (43.4%)	6:08	9.8 (56.6%)
160	PRUCHNIK Andrzej	2299		M-50	10	00:01:23	01:01:41.55	01:03:05.30	+00:26:56 (43.7%)	6:10	9.7 (56.1%)
161	JAWORSKI Kamil	2327	T.A.K.	M-30	70	00:01:45	01:01:39.00	01:03:24.15	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
162	DEWOR Marek	2244	OPEL ACTIVE TEAM	M-40	38	00:01:07	01:02:36.35	01:03:43.90	+00:27:51 (44.5%)	6:15	9.6 (55.5%)
163	MIERZEJEWSKI Jacek	2004	AMATOR	M-40	37	00:01:22	01:02:32.20	01:03:54.55	+00:27:47 (44.4%)	6:15	9.6 (55.5%)
164	SITARZ Marek	2224		M-30	73	00:01:31	01:02:25.45	01:03:56.60	+00:27:40 (44.3%)	6:14	9.6 (55.5%)
165	KOJ Krzysztof	2091		M-30	71	00:01:47	01:02:19.50	01:04:06.80	+00:27:34 (44.2%)	6:13	9.6 (55.5%)
166	WOJTAS Michał	2131		M-30	72	00:01:48	01:02:19.60	01:04:08.35	+00:27:34 (44.2%)	6:14	9.6 (55.5%)
167	RATKA Dawid	2247		M-20	40	00:01:24	01:02:53.60	01:04:18.30	+00:28:08 (44.7%)	6:17	9.5 (54.9%)
168	ADAMEK Marcin	2346		M-30	74	00:01:26	01:03:03.25	01:04:29.75	+00:28:18 (44.9%)	6:18	9.5 (54.9%)
169	PROCEK Łukasz	33	NAKATZU GLIWICE	M-30	76	00:00:41	01:04:08.65	01:04:50.35	+00:29:23 (45.8%)	6:24	9.4 (54.3%)
170	GARNOWSKI Dariusz	2080		M-50	11	00:01:54	01:03:19.50	01:05:14.00	+00:28:34 (45.1%)	6:20	9.5 (54.9%)
171	KIJANKA Damian	2158	HIRSCHVOGEL COMPONENTS POLAND	M-20	41	00:01:03	01:04:17.50	01:05:21.15	+00:29:32 (45.9%)	6:25	9.3 (53.8%)
172	MORDARSKI Artur	2056		M-30	75	00:01:49	01:03:43.00	01:05:32.35	+00:28:57 (45.5%)	6:22	9.4 (54.3%)
173	PŁACHTA Marek	2338	INTER PROJEKT	M-30	77	00:00:21	01:05:20.15	01:05:41.90	+00:30:35 (46.8%)	6:32	9.2 (53.2%)
174	ZAREMBA Tadeusz	2154	-----	M-60	4	00:00:43	01:05:10.25	01:05:53.55	+00:30:25 (46.7%)	6:31	9.2 (53.2%)
175	KRZEMIŃSKI Kamil	2243		M-20	42	00:01:24	01:04:33.15	01:05:57.55	+00:29:48 (46.2%)	6:27	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	KUPISZEWSKI Tomasz	2045	PLASTIC OMNIUM	M-20	43	00:01:24	01:04:41.50	01:06:06.45	+00:29:56 (46.3%)	6:28	9.3 (53.8%)
177	STRZYŻ Ryszard	13	CHORZOWSKA GRUPA BIEGOWA	M-40	39	00:01:29	01:05:49.05	01:07:18.55	+00:31:03 (47.2%)	6:34	9.1 (52.6%)
178	KONICZEK Marek	2297		M-50	12	00:01:29	01:05:58.25	01:07:27.85	+00:31:13 (47.3%)	6:35	9.1 (52.6%)
179	KLEMCZAK Szymon	2209		M-16	4	00:01:35	01:06:09.00	01:07:44.80	+00:31:23 (47.5%)	6:36	9.1 (52.6%)
180	TRELA Marcin	2350		M-30	78	00:01:21	01:06:34.90	01:07:56.55	+00:31:49 (47.8%)	6:39	9 (52.0%)
181	WYLĘŻEK Piotr	2066		M-20	44	00:01:23	01:06:35.60	01:07:58.85	+00:31:50 (47.8%)	6:39	9 (52.0%)
182	MAREK Tomasz	2071		M-30	79	00:01:32	01:06:43.50	01:08:15.75	+00:31:58 (47.9%)	6:40	9 (52.0%)
183	KOLAKOWSKI Fabian	25	NIGHT RUNNERS GLIWICE	M-16	5	00:00:42	01:07:39.35	01:08:21.35	+00:32:54 (48.6%)	6:45	8.9 (51.4%)
184	MAREK Robert	2075		M-40	40	00:01:32	01:06:50.50	01:08:22.95	+00:32:05 (48.0%)	6:41	9 (52.0%)
185	DOMAGALSKI Mirek	2058		M-30	80	00:00:51	01:07:38.35	01:08:29.55	+00:32:53 (48.6%)	6:45	8.9 (51.4%)
186	ZAWADA Paweł	2050	SOK	M-30	81	00:01:03	01:07:52.40	01:08:55.45	+00:33:07 (48.8%)	6:47	8.8 (50.9%)
187	STEBEL Damian	2007		M-20	45	00:01:44	01:07:37.70	01:09:22.25	+00:32:52 (48.6%)	6:45	8.9 (51.4%)
188	KACZMARSKI Jacek	2239		M-30	82	00:01:16	01:08:50.00	01:10:06.95	+00:34:04 (49.5%)	6:53	8.7 (50.3%)
189	MIŁKOWSKI Andrzej	2263		M-50	13	00:01:18	01:09:40.40	01:10:58.80	+00:34:55 (50.1%)	6:58	8.6 (49.7%)
190	ŁADA Mirosław	2258		M-40	41	00:01:37	01:11:30.40	01:13:07.85	+00:36:45 (51.4%)	7:09	8.4 (48.6%)
191	BRATEK Łukasz	2348	OTK RZEŹNIK	M-40	42	00:00:25	01:12:51.35	01:13:16.75	+00:38:06 (52.3%)	7:17	8.2 (47.4%)
192	FURMAN Michał	2298	OCHAJO RUN & FRIENDS	M-30	83	00:01:16	01:14:00.30	01:15:16.80	+00:39:15 (53.0%)	7:24	8.1 (46.8%)
193	PIASECKI Bartłomiej	1094	PINCET PLUS	M-30	84	00:01:56	01:14:16.75	01:16:13.65	+00:39:31 (53.2%)	7:25	8.1 (46.8%)
194	GALOCH Bartosz	2218		M-20	46	00:01:50	01:15:17.45	01:17:07.75	+00:40:32 (53.8%)	7:31	8 (46.2%)
195	WALASZCZYK Tomasz	2063	RUN & FUN	M-30	85	00:01:19	01:17:28.65	01:18:48.50	+00:42:43 (55.1%)	7:44	7.7 (44.5%)
196	OPILSKI Mateusz	2234		M-20	47	00:01:16	01:20:05.90	01:21:22.45	+00:45:20 (56.6%)	8:00	7.5 (43.4%)
197	GOGOLIN Jerzy	2087		M-60	5	00:00:14					(0.0%)
198	MUCHA Edward	c31		M-70	1	00:01:44					(0.0%)

Znaleziono 198 wynik(ów)