



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: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BABULA Przemysław	2317	AZS AGH KRAKÓW	M-20	3	00:00:02	00:36:47.40	00:36:49.65		3:40	16.3 (100%)
2	OCHMAN Paweł	2100	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:05	00:40:09.30	00:40:14.65	+00:03:21 (8.4%)	4:00	14.9 (91.4%)
3	SZABELSKI Krzysztof	2235	FUTURE PROCESSING RUNNING TEAM	M-20	7	00:00:05	00:40:44.60	00:40:50.35	+00:03:57 (9.7%)	4:04	14.7 (90.2%)
4	SOPEL Arkadiusz	2329	OTK RZEŹNIK	M-40	2	00:00:02	00:41:47.85	00:41:50.40	+00:05:00 (12.0%)	4:10	14.4 (88.3%)
5	DONIGIEWICZ Mariusz	7		M-30	8	00:01:21	00:44:01.05	00:45:22.70	+00:07:13 (16.4%)	4:24	13.6 (83.4%)
6	ZAPOTOCZNY Przemek	2083		M-40	8	00:01:32	00:46:15.40	00:47:48.30	+00:09:28 (20.5%)	4:37	13 (79.8%)
7	KOZIK Bartłomiej	2324		M-30	10	00:00:33	00:46:32.55	00:47:06.35	+00:09:45 (21.0%)	4:39	12.9 (79.1%)
8	ZAJAC Mateusz	2227		M-30	11	00:01:17	00:46:43.90	00:48:00.90	+00:09:56 (21.3%)	4:40	12.8 (78.5%)
9	NOWAK Mateusz	2287		M-20	14	00:00:56	00:47:46.65	00:48:42.75	+00:10:59 (23.0%)	4:46	12.6 (77.3%)
10	ŻOŁNOWSKI Piotr	2257		M-30	19	00:01:22	00:49:39.15	00:51:01.75	+00:12:51 (25.9%)	4:57	12.1 (74.2%)
11	SOKOŁOWSKI Łukasz	2081	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	00:49:47.55	00:51:13.25	+00:13:00 (26.1%)	4:58	12 (73.6%)
12	KOTRA Jacek	44	LUK JESTOK	M-30	21	00:00:06	00:49:49.85	00:49:56.50	+00:13:02 (26.2%)	4:59	12 (73.6%)
13	SZKLARZ Sebastian	2059		M-30	22	00:00:54	00:49:55.05	00:50:49.20	+00:13:07 (26.3%)	4:59	12 (73.6%)
14	WYSZOMIRSKI Robert	2217		M-30	24	00:01:00	00:50:09.90	00:51:10.65	+00:13:22 (26.7%)	5:01	12 (73.6%)
15	CUPIAŁ Dawid	2284		M-20	17	00:00:52	00:50:23.50	00:51:15.55	+00:13:36 (27.0%)	5:02	11.9 (73.0%)
16	GĘBCZYŃSKI Paweł	2202		M-30	25	00:00:57	00:50:24.15	00:51:21.75	+00:13:36 (27.0%)	5:02	11.9 (73.0%)
17	JELEŃ Michał	2077		M-40	11	00:01:20	00:50:37.70	00:51:58.05	+00:13:50 (27.3%)	5:03	11.8 (72.4%)
18	PAKULSKI Przemysław	2042	JW 3946 BYTOM	M-20	20	00:00:42	00:50:48.40	00:51:30.85	+00:14:01 (27.6%)	5:04	11.8 (72.4%)
19	JANOWSKI Piotr	2188		M-50	1	00:00:17	00:50:57.00	00:51:14.55	+00:14:09 (27.8%)	5:05	11.8 (72.4%)
20	CUPIAŁ Jakub	2105	ARTGROUP	M-20	21	00:00:46	00:51:23.40	00:52:09.40	+00:14:36 (28.4%)	5:08	11.7 (71.8%)
21	ZEGARTOWSKI Grzegorz	2101		M-40	13	00:01:03	00:51:24.10	00:52:28.05	+00:14:36 (28.4%)	5:08	11.7 (71.8%)
22	ŻEROMSKI Stefan	2205		M-50	2	00:00:24	00:51:39.00	00:52:03.95	+00:14:51 (28.8%)	5:09	11.6 (71.2%)
23	MERMON Artur	2076		M-50	3	00:00:07	00:51:40.10	00:51:47.10	+00:14:52 (28.8%)	5:10	11.6 (71.2%)
24	ZEGARTOWSKI Michał	2282		M-30	28	00:01:05	00:51:50.00	00:52:55.00	+00:15:02 (29.0%)	5:11	11.6 (71.2%)
25	RUTKOWSKI Bartłomiej	2313		M-20	23	00:01:16	00:51:57.60	00:53:14.45	+00:15:10 (29.2%)	5:11	11.5 (70.6%)
26	BIENIECKI Marek	20	OTK RZEŹNIK	M-16	2	00:00:16	00:52:03.70	00:52:20.30	+00:15:16 (29.3%)	5:12	11.5 (70.6%)
27	KLESZCZ Marcin	2255		M-30	29	00:01:03	00:52:13.80	00:53:17.40	+00:15:26 (29.6%)	5:13	11.5 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							10km	10km			
28	SKRZYPCZAK Michał	2027		M-30	30	00:00:49	00:52:24.75	00:53:14.55	+00:15:37 (29.8%)	5:14	11.4 (69.9%)
29	WYCIŚLIK Marcin	2156	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	00:52:31.95	00:53:34.10	+00:15:44 (30.0%)	5:15	11.4 (69.9%)
30	OPIOŁA Tomasz	2331		M-30	32	00:01:11	00:52:32.85	00:53:44.30	+00:15:45 (30.0%)	5:15	11.4 (69.9%)
31	ŁUCZAK Marek	2207		M-20	26	00:01:04	00:52:43.85	00:53:48.40	+00:15:56 (30.2%)	5:16	11.4 (69.9%)
32	ROSADA Zdzisław	2023		M-50	4	00:01:13	00:53:12.85	00:54:26.80	+00:16:25 (30.9%)	5:19	11.3 (69.3%)
33	CYBA Marek	2123		M-40	16	00:01:15	00:53:15.75	00:54:31.00	+00:16:28 (30.9%)	5:19	11.3 (69.3%)
34	ŁAZOWSKI Marcin	2126		M-30	33	00:01:19	00:53:19.75	00:54:39.55	+00:16:32 (31.0%)	5:20	11.3 (69.3%)
35	KOPPEL Bartłomiej	2107	ARTGROUP	M-30	36	00:01:32	00:53:30.60	00:55:03.45	+00:16:43 (31.2%)	5:21	11.2 (68.7%)
36	DOBOSZ Daniel	2311		M-40	17	00:00:25	00:53:35.15	00:54:01.05	+00:16:47 (31.3%)	5:21	11.2 (68.7%)
37	ZARUDZKI Łukasz	2022	NOTHING TO FEAR	M-40	19	00:01:14	00:53:40.55	00:54:54.60	+00:16:53 (31.5%)	5:22	11.2 (68.7%)
38	MARCZAK Paweł	2308		M-30	37	00:01:28	00:53:43.35	00:55:11.90	+00:16:55 (31.5%)	5:22	11.2 (68.7%)
39	USZYŃSKI Grzegorz	6		M-40	20	00:00:54	00:53:43.55	00:54:38.25	+00:16:56 (31.5%)	5:22	11.2 (68.7%)
40	JASIŃSKI Tomasz	27		M-40	22	00:01:01	00:53:53.50	00:54:55.45	+00:17:06 (31.7%)	5:23	11.1 (68.1%)
41	SUBIK Tomasz	2028		M-30	38	00:00:45	00:53:56.90	00:54:42.85	+00:17:09 (31.8%)	5:23	11.1 (68.1%)
42	GOŁĘBIEWSKI Marek	2186		M-30	39	00:00:22	00:54:05.85	00:54:27.85	+00:17:18 (32.0%)	5:24	11.1 (68.1%)
43	SIERADZKI Dariusz	2067	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	00:54:12.60	00:54:40.10	+00:17:25 (32.1%)	5:25	11.1 (68.1%)
44	LEGUTKO Piotr	2003	--	M-30	41	00:00:04	00:54:26.55	00:54:30.70	+00:17:39 (32.4%)	5:26	11 (67.5%)
45	OPALIŃSKI Tomasz	2286	GOOD TIME SPORT	M-30	42	00:00:41	00:54:33.25	00:55:14.75	+00:17:45 (32.6%)	5:27	11 (67.5%)
46	KUŚ Andrzej	10	PURE FORUM GLIWICE	M-30	44	00:00:12	00:54:44.85	00:54:57.05	+00:17:57 (32.8%)	5:28	11 (67.5%)
47	KRZYWIECKI Maciej			M-30	45	00:01:41	00:54:47.95	00:56:29.60	+00:18:00 (32.9%)	5:28	10.9 (66.9%)
48	KUBIT Janusz	2204		M-50	5	00:00:54	00:54:56.45	00:55:50.55	+00:18:09 (33.0%)	5:29	10.9 (66.9%)
49	TURCZYN Mateusz	2162	HIRSCHVOGEL COMPONENTS POLAND	M-20	33	00:00:57	00:55:14.30	00:56:12.25	+00:18:26 (33.4%)	5:31	10.9 (66.9%)
50	SMOLARCZYK Michał	2333		M-30	46	00:01:34	00:55:26.65	00:57:01.45	+00:18:39 (33.6%)	5:32	10.8 (66.3%)
51	CIUMAN Piotr	2336		M-20	34	00:00:45	00:55:49.20	00:56:34.70	+00:19:01 (34.1%)	5:34	10.7 (65.6%)
52	WIAZANIA Marek	2168		M-40	25	00:01:16	00:55:50.60	00:57:07.35	+00:19:03 (34.1%)	5:35	10.7 (65.6%)
53	MILKOWSKI Bartosz	2271		M-30	51	00:00:56	00:55:56.05	00:56:52.60	+00:19:08 (34.2%)	5:35	10.7 (65.6%)
54	SZWARCZYŃSKI Michał	2036		M-30	52	00:00:37	00:55:57.25	00:56:34.60	+00:19:09 (34.2%)	5:35	10.7 (65.6%)
55	SZCZECH Krzysztof	2117		M-40	26	00:01:09	00:56:08.30	00:57:18.00	+00:19:20 (34.5%)	5:36	10.7 (65.6%)
56	KUBIT Tomasz	2203		M-20	35	00:00:55	00:56:25.20	00:57:20.65	+00:19:37 (34.8%)	5:38	10.6 (65.0%)
57	GŁUŚNIEWSKI Jacek	2046	PLASTIC OMNIUM	M-30	56	00:00:29	00:56:30.70	00:57:00.15	+00:19:43 (34.9%)	5:39	10.6 (65.0%)
58	PAWLIK Michał	2092		M-30	57	00:01:08	00:56:44.45	00:57:52.75	+00:19:57 (35.2%)	5:40	10.6 (65.0%)
59	CAPUTA Michał	2261		M-30	60	00:01:14	00:57:15.80	00:58:29.90	+00:20:28 (35.8%)	5:43	10.5 (64.4%)
60	ZIMNY Marcin	2269	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	00:57:19.15	00:58:30.50	+00:20:31 (35.8%)	5:43	10.5 (64.4%)
61	SAMUL Mirosław	2293	DRAGOMIRO	M-40	29	00:01:22	00:57:25.35	00:58:47.60	+00:20:37 (35.9%)	5:44	10.4 (63.8%)
62	SAMOL Grzegorz	2034		M-50	7	00:00:35	00:57:39.40	00:58:14.80	+00:20:52 (36.2%)	5:45	10.4 (63.8%)
63	GUŁA Błażej	2262		M-30	62	00:00:16	00:57:39.45	00:57:55.90	+00:20:52 (36.2%)	5:45	10.4 (63.8%)
64	DURAJ Michał	2276		M-20	37	00:01:07	00:57:44.20	00:58:51.90	+00:20:56 (36.3%)	5:46	10.4 (63.8%)
65	BEDNORZ Roman	29		M-30	64	00:01:45	00:58:01.20	00:59:47.05	+00:21:13 (36.6%)	5:48	10.3 (63.2%)
66	HENDRYK Leszek	2140	1/2 FAJNA FERAJNA	M-30	66	00:01:11	00:58:43.55	00:59:54.80	+00:21:56 (37.4%)	5:52	10.2 (62.6%)
67	WESOŁOWSKI Marcin	2315		M-30	67	00:01:31	00:58:51.45	01:00:23.20	+00:22:04 (37.5%)	5:53	10.2 (62.6%)
68	PAWLAK Adam	2310	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	00:59:02.85	01:00:27.20	+00:22:15 (37.7%)	5:54	10.2 (62.6%)
69	MIZERA Mateusz	2290		M-16	3	00:00:45	00:59:05.05	00:59:50.10	+00:22:17 (37.7%)	5:54	10.2 (62.6%)
70	JAKUBIAK Arkadiusz	2164	OPEL ACTIVE TEAM	M-40	32	00:01:08	00:59:25.75	01:00:33.75	+00:22:38 (38.1%)	5:56	10.1 (62.0%)
71	STYS Marek	2185		M-40	33	00:01:47	00:59:28.90	01:01:16.05	+00:22:41 (38.1%)	5:56	10.1 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	DENKOWSKI Wojciech	2320	SBRT GLIWICE	M-50	9	00:00:25	00:59:47.40	01:00:12.95	+00:23:00 (38.5%)	5:58	10 (61.3%)
73	MIZERA Robert	2291		M-40	34	00:00:45	00:59:47.75	01:00:33.10	+00:23:00 (38.5%)	5:58	10 (61.3%)
74	MALEC Marek	2060		M-20	39	00:01:47	01:01:04.05	01:02:51.50	+00:24:16 (39.8%)	6:06	9.8 (60.1%)
75	PIOTROWSKI Jarosław	2118	FUCHS OIL TEAM	M-40	36	00:00:51	01:01:31.30	01:02:23.20	+00:24:43 (40.2%)	6:09	9.8 (60.1%)
76	JAWORSKI Kamil	2327	T.A.K.	M-30	70	00:01:45	01:01:39.00	01:03:24.15	+00:24:51 (40.3%)	6:09	9.7 (59.5%)
77	PRUCHNIK Andrzej	2299		M-50	10	00:01:23	01:01:41.55	01:03:05.30	+00:24:54 (40.4%)	6:10	9.7 (59.5%)
78	KOJ Krzysztof	2091		M-30	71	00:01:47	01:02:19.50	01:04:06.80	+00:25:32 (41.0%)	6:13	9.6 (58.9%)
79	ADAMEK Marcin	2346		M-30	74	00:01:26	01:03:03.25	01:04:29.75	+00:26:15 (41.7%)	6:18	9.5 (58.3%)
80	GARNOWSKI Dariusz	2080		M-50	11	00:01:54	01:03:19.50	01:05:14.00	+00:26:32 (41.9%)	6:20	9.5 (58.3%)
81	MORDARSKI Artur	2056		M-30	75	00:01:49	01:03:43.00	01:05:32.35	+00:26:55 (42.3%)	6:22	9.4 (57.7%)
82	PROCEK Łukasz	33	NAKATZU GLIWICE	M-30	76	00:00:41	01:04:08.65	01:04:50.35	+00:27:21 (42.6%)	6:24	9.4 (57.7%)
83	KIJANKA Damian	2158	HIRSCHVOGEL COMPONENTS POLAND	M-20	41	00:01:03	01:04:17.50	01:05:21.15	+00:27:30 (42.8%)	6:25	9.3 (57.1%)
84	KUPISZEWSKI Tomasz	2045	PLASTIC OMNIUM	M-20	43	00:01:24	01:04:41.50	01:06:06.45	+00:27:54 (43.1%)	6:28	9.3 (57.1%)
85	ZAREMBA Tadeusz	2154	-----	M-60	4	00:00:43	01:05:10.25	01:05:53.55	+00:28:22 (43.5%)	6:31	9.2 (56.4%)
86	KONICZEK Marek	2297		M-50	12	00:01:29	01:05:58.25	01:07:27.85	+00:29:10 (44.2%)	6:35	9.1 (55.8%)
87	KLEMCZAK Szymon	2209		M-16	4	00:01:35	01:06:09.00	01:07:44.80	+00:29:21 (44.4%)	6:36	9.1 (55.8%)
88	MAREK Robert	2075		M-40	40	00:01:32	01:06:50.50	01:08:22.95	+00:30:03 (45.0%)	6:41	9 (55.2%)
89	STEBEL Damian	2007		M-20	45	00:01:44	01:07:37.70	01:09:22.25	+00:30:50 (45.6%)	6:45	8.9 (54.6%)
90	DOMAGALSKI Mirek	2058		M-30	80	00:00:51	01:07:38.35	01:08:29.55	+00:30:50 (45.6%)	6:45	8.9 (54.6%)
91	ZAWADA Paweł	2050	SOK	M-30	81	00:01:03	01:07:52.40	01:08:55.45	+00:31:05 (45.8%)	6:47	8.8 (54.0%)
92	MIŁKOWSKI Andrzej	2263		M-50	13	00:01:18	01:09:40.40	01:10:58.80	+00:32:53 (47.2%)	6:58	8.6 (52.8%)
93	ŁADA Mirosław	2258		M-40	41	00:01:37	01:11:30.40	01:13:07.85	+00:34:43 (48.6%)	7:09	8.4 (51.5%)
94	BRATEK Łukasz	2348	OTK RZEŹNIK	M-40	42	00:00:25	01:12:51.35	01:13:16.75	+00:36:03 (49.5%)	7:17	8.2 (50.3%)
95	PIASECKI Bartłomiej	1094	PINCET PLUS	M-30	84	00:01:56	01:14:16.75	01:16:13.65	+00:37:29 (50.5%)	7:25	8.1 (49.7%)
96	WALASZCZYK Tomasz	2063	RUN & FUN	M-30	85	00:01:19	01:17:28.65	01:18:48.50	+00:40:41 (52.5%)	7:44	7.7 (47.2%)

Znaleziono 96 wynik(ów)