



# 10 KM ATEST PZLA GLIWICKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**Miejsce:** Gliwice  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Paweł</b>	<b>1427</b>	NIEWYMIĘKACZE	M-20	1	00:00:02	<b>00:36:18.65</b>	<b>00:36:21.35</b>		3:37	16.5 (100%)
2	<b>MUSKIETORZ Piotr</b>	<b>1432</b>		M-20	2	00:00:08	<b>00:39:14.95</b>	<b>00:39:23.75</b>	+00:02:56 (7.5%)	3:55	15.3 (92.7%)
3	<b>GÓRYŃSKI Rafał</b>	<b>9</b>	RYBICKA GRUPA BIEGOWA	M-20	3	00:00:05	<b>00:40:39.95</b>	<b>00:40:45.10</b>	+00:04:21 (10.7%)	4:04	14.8 (89.7%)
4	<b>DROSDZOL Piotr</b>	<b>1559</b>		M-20	4	00:00:33	<b>00:45:19.95</b>	<b>00:45:53.40</b>	+00:09:01 (19.9%)	4:32	13.2 (80.0%)
5	<b>KOTAS Adam</b>	<b>1455</b>		M-20	5	00:02:06	<b>00:47:05.70</b>	<b>00:49:12.05</b>	+00:10:47 (22.9%)	4:42	12.7 (77.0%)
6	<b>LEGUTKO Piotr</b>	<b>1499</b>	-	M-20	6	00:01:51	<b>00:47:30.20</b>	<b>00:49:21.85</b>	+00:11:11 (23.6%)	4:45	12.6 (76.4%)
7	<b>MYCZKOWSKI Adam</b>	<b>1410</b>		M-20	7	00:00:25	<b>00:48:22.65</b>	<b>00:48:48.25</b>	+00:12:04 (24.9%)	4:50	12.4 (75.2%)
8	<b>OSSOWSKI Dariusz</b>	<b>1340</b>	HIRSCHVOGEL	M-20	8	00:00:19	<b>00:48:34.40</b>	<b>00:48:54.30</b>	+00:12:15 (25.2%)	4:51	12.3 (74.5%)
9	<b>UZDRZYCHOWSKI Maciej</b>	<b>1378</b>	WF SPORTRUN TEAM	M-20	9	00:01:12	<b>00:48:41.80</b>	<b>00:49:53.80</b>	+00:12:23 (25.4%)	4:52	12.3 (74.5%)
10	<b>SOKOŁOWSKI Łukasz</b>	<b>1351</b>		M-20	10	00:01:57	<b>00:49:10.20</b>	<b>00:51:07.40</b>	+00:12:51 (26.2%)	4:55	12.2 (73.9%)
11	<b>DESMOND Robert</b>	<b>1458</b>		M-20	11	00:02:06	<b>00:50:42.40</b>	<b>00:52:49.30</b>	+00:14:23 (28.4%)	5:04	11.8 (71.5%)
12	<b>TROJAN Paweł</b>	<b>1552</b>	ITACY BIEGACZE	M-20	12	00:01:54	<b>00:50:42.75</b>	<b>00:52:37.40</b>	+00:14:24 (28.4%)	5:04	11.8 (71.5%)
13	<b>RYBAK Andrzej</b>	<b>1335</b>	HIRSCHVOGEL	M-20	13	00:00:34	<b>00:51:51.10</b>	<b>00:52:25.35</b>	+00:15:32 (30.0%)	5:11	11.6 (70.3%)
14	<b>SŁOWIK Paweł</b>	<b>1484</b>		M-20	14	00:00:53	<b>00:52:07.15</b>	<b>00:53:00.80</b>	+00:15:48 (30.3%)	5:12	11.5 (69.7%)
15	<b>BAŃKOWSKI Sebastian</b>	<b>1393</b>		M-20	15	00:02:03	<b>00:52:15.05</b>	<b>00:54:19.00</b>	+00:15:56 (30.5%)	5:13	11.5 (69.7%)
16	<b>KRYNICKI Paweł</b>	<b>1511</b>		M-20	16	00:02:02	<b>00:53:55.60</b>	<b>00:55:57.75</b>	+00:17:36 (32.7%)	5:23	11.1 (67.3%)
17	<b>HAJDUKIEWICZ Michał</b>	<b>1475</b>		M-20	17	00:01:14	<b>00:54:14.80</b>	<b>00:55:29.20</b>	+00:17:56 (33.1%)	5:25	11.1 (67.3%)
18	<b>TURCZYN Mateusz</b>	<b>1555</b>	HIRSCHVOGEL	M-20	18	00:00:33	<b>00:54:46.70</b>	<b>00:55:20.65</b>	+00:18:28 (33.7%)	5:28	11 (66.7%)
19	<b>BRZÓZKA Piotr</b>	<b>1580</b>		M-20	19	00:00:57	<b>00:55:04.30</b>	<b>00:56:01.45</b>	+00:18:45 (34.1%)	5:30	10.9 (66.1%)
20	<b>SKURA Adam</b>	<b>1510</b>		M-20	20	00:02:14	<b>00:55:21.85</b>	<b>00:57:36.70</b>	+00:19:03 (34.4%)	5:32	10.8 (65.5%)
21	<b>RYBAK Piotr</b>	<b>1391</b>		M-20	21	00:01:58	<b>00:56:27.75</b>	<b>00:58:25.80</b>	+00:20:09 (35.7%)	5:38	10.6 (64.2%)
22	<b>ROCHOWSKI Paweł</b>	<b>1541</b>		M-20	22	00:01:07	<b>00:57:08.90</b>	<b>00:58:16.00</b>	+00:20:50 (36.5%)	5:42	10.5 (63.6%)
23	<b>MALEC Marek</b>	<b>1331</b>		M-20	23	00:02:16	<b>00:57:27.95</b>	<b>00:59:44.20</b>	+00:21:09 (36.8%)	5:44	10.4 (63.0%)
24	<b>KIJANKA Damian</b>	<b>1334</b>	HIRSCHVOGEL	M-20	24	00:00:34	<b>00:58:57.65</b>	<b>00:59:32.15</b>	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
25	<b>GOŁYŚ Dawid</b>	<b>1473</b>		M-20	25	00:00:04	<b>00:59:45.90</b>	<b>00:59:50.30</b>	+00:23:27 (39.2%)	5:58	10 (60.6%)
26	<b>RATKA Dawid</b>	<b>1540</b>		M-20	26	00:00:57	<b>00:59:46.15</b>	<b>01:00:43.30</b>	+00:23:27 (39.2%)	5:58	10 (60.6%)
27	<b>JUROWICZ Damian</b>	<b>1316</b>		M-20	27	00:00:54	<b>01:00:23.65</b>	<b>01:01:18.35</b>	+00:24:05 (39.9%)	6:02	9.9 (60.0%)

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28	<b>TRZEMŻALSKI Kamil</b>	<b>1508</b>		M-20	28	00:01:04	<b>01:02:49.65</b>	<b>01:03:53.95</b>	+00:26:31 (42.2%)	6:16	9.6 (58.2%)
29	<b>ŁUSZCZ Oliwier</b>	<b>1525</b>		M-20	29	00:00:09	<b>01:04:35.95</b>	<b>01:04:45.00</b>	+00:28:17 (43.8%)	6:27	9.3 (56.4%)
30	<b>SOKOŁOWSKI Mateusz</b>	<b>1352</b>		M-20	30	00:01:57	<b>01:06:27.70</b>	<b>01:08:25.30</b>	+00:30:09 (45.4%)	6:38	9 (54.5%)
31	<b>SUSEŁ Aleksander</b>	<b>1</b>	CAŁA NAPRZÓD	M-20	31	00:00:01	<b>01:07:43.55</b>	<b>01:07:45.05</b>	+00:31:24 (46.4%)	6:46	8.9 (53.9%)
32	<b>TRZOPEK Marcin</b>	<b>1420</b>		M-20	32	00:00:10	<b>01:11:04.10</b>	<b>01:11:14.65</b>	+00:34:45 (48.9%)	7:06	8.4 (50.9%)

Znaleziono 32 wynik(ów)