



# 10 KM ATEST PZLA GLIWICKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**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	<b>SZYMAŃSKI Bartosz</b>	<b>1479</b>	NIEWYMIĘKACZE	M-30	1	00:00:03	<b>00:37:03.70</b>	<b>00:37:06.85</b>		3:42	16.2 (100%)
2	<b>JASIOK Michał</b>	<b>1434</b>		M-30	2	00:00:02	<b>00:40:00.25</b>	<b>00:40:02.60</b>	+00:02:56 (7.4%)	4:00	15 (92.6%)
3	<b>BUDKA Borys</b>	<b>1111</b>		M-30	3	00:00:03	<b>00:40:02.65</b>	<b>00:40:05.70</b>	+00:02:58 (7.4%)	4:00	15 (92.6%)
4	<b>ZACZYK Andrzej</b>	<b>1477</b>		M-30	4	00:00:04	<b>00:40:15.90</b>	<b>00:40:20.10</b>	+00:03:12 (8.0%)	4:01	14.9 (92.0%)
5	<b>TARCZEWSKI Tomasz</b>	<b>1488</b>	TARCZA TRIATHLON TEAM	M-30	5	00:00:03	<b>00:40:54.00</b>	<b>00:40:57.60</b>	+00:03:50 (9.4%)	4:05	14.7 (90.7%)
6	<b>MAŁEK Piotr</b>	<b>1530</b>		M-30	6	00:00:05	<b>00:41:27.90</b>	<b>00:41:32.90</b>	+00:04:24 (10.6%)	4:08	14.5 (89.5%)
7	<b>WAJDA Grzegorz</b>	<b>1430</b>	KW GLIWICE	M-30	7	00:00:05	<b>00:41:29.60</b>	<b>00:41:34.95</b>	+00:04:25 (10.7%)	4:08	14.5 (89.5%)
8	<b>BESSA Ricardo</b>	<b>1375</b>	TEAM DOUBLE TROUBLE	M-30	8	00:02:14	<b>00:45:35.70</b>	<b>00:47:49.70</b>	+00:08:32 (18.7%)	4:33	13.2 (81.5%)
9	<b>ĆWIKLIŃSKI Piotr</b>	<b>1496</b>	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	9	00:00:09	<b>00:46:10.00</b>	<b>00:46:19.65</b>	+00:09:06 (19.7%)	4:37	13 (80.2%)
10	<b>CESARZ Maciej</b>	<b>1487</b>	TYLKO CURLING!	M-30	10	00:00:41	<b>00:46:19.35</b>	<b>00:47:00.85</b>	+00:09:15 (20.0%)	4:37	13 (80.2%)
11	<b>KRYSTEK Marcin</b>	<b>1441</b>		M-30	11	00:00:30	<b>00:46:20.10</b>	<b>00:46:50.75</b>	+00:09:16 (20.0%)	4:38	12.9 (79.6%)
12	<b>WYCIŚLIK Marcin</b>	<b>1318</b>	HIRSCHVOGEL	M-30	12	00:00:11	<b>00:46:47.25</b>	<b>00:46:58.80</b>	+00:09:43 (20.8%)	4:40	12.8 (79.0%)
13	<b>BAŃBUŁA Grzegorz</b>	<b>1300</b>		M-30	13	00:00:11	<b>00:48:10.65</b>	<b>00:48:21.80</b>	+00:11:06 (23.1%)	4:49	12.5 (77.2%)
14	<b>WICHARY Marcin</b>	<b>1528</b>	ISTA BIEGAMY	M-30	14	00:01:00	<b>00:48:34.65</b>	<b>00:49:35.35</b>	+00:11:30 (23.7%)	4:51	12.3 (75.9%)
15	<b>ZARUDZKI Łukasz</b>	<b>1357</b>	NOTHING TO FEAR	M-30	15	00:01:12	<b>00:49:54.70</b>	<b>00:51:07.50</b>	+00:12:51 (25.7%)	4:59	12 (74.1%)
16	<b>HEFFNER Remigiusz</b>	<b>1078</b>	RYBICKA GRUPA BIEGOWA	M-30	16	00:01:57	<b>00:50:20.20</b>	<b>00:52:17.35</b>	+00:13:16 (26.4%)	5:02	11.9 (73.5%)
17	<b>KUCZERA Łukasz</b>	<b>8</b>	RYBICKA GRUPA BIEGOWA	M-30	17	00:01:56	<b>00:50:20.70</b>	<b>00:52:17.40</b>	+00:13:17 (26.4%)	5:02	11.9 (73.5%)
18	<b>GOŹDZICKI Leszek</b>	<b>1429</b>	NIGHT RUNNERS ZABRZE	M-30	18	00:00:39	<b>00:50:33.70</b>	<b>00:51:13.35</b>	+00:13:30 (26.7%)	5:03	11.9 (73.5%)
19	<b>OPIOŁA Tomasz</b>	<b>1598</b>	HARNAŚ	M-30	19	00:00:17	<b>00:50:37.85</b>	<b>00:50:55.45</b>	+00:13:34 (26.8%)	5:03	11.8 (72.8%)
20	<b>BIENIEK Sebastian</b>	<b>1324</b>	HIRSCHVOGEL	M-30	20	00:00:35	<b>00:51:54.15</b>	<b>00:52:29.80</b>	+00:14:50 (28.6%)	5:11	11.6 (71.6%)
21	<b>GOŁĘBIEWSKI Marek</b>	<b>1370</b>		M-30	21	00:01:37	<b>00:51:58.80</b>	<b>00:53:35.95</b>	+00:14:55 (28.7%)	5:11	11.5 (71.0%)
22	<b>PAWLUS Grzegorz</b>	<b>1361</b>		M-30	22	00:00:55	<b>00:52:14.30</b>	<b>00:53:09.60</b>	+00:15:10 (29.1%)	5:13	11.5 (71.0%)
23	<b>ROMANIUK Piotr</b>	<b>1425</b>	WZP SUM BYTOM	M-30	23	00:00:14	<b>00:52:40.25</b>	<b>00:52:54.90</b>	+00:15:36 (29.6%)	5:16	11.4 (70.4%)
24	<b>DYMAREK Łukasz</b>	<b>1398</b>	KM PSP GLIWICE	M-30	24	00:01:26	<b>00:53:07.85</b>	<b>00:54:34.65</b>	+00:16:04 (30.2%)	5:18	11.3 (69.8%)
25	<b>WOSZTAL Patryk</b>	<b>1426</b>	MACHINA ADVENTURE	M-30	25	00:00:05	<b>00:53:16.60</b>	<b>00:53:22.05</b>	+00:16:12 (30.4%)	5:19	11.3 (69.8%)
26	<b>SZMYD Wojciech</b>	<b>1507</b>		M-30	26	00:01:17	<b>00:53:37.65</b>	<b>00:54:54.75</b>	+00:16:33 (30.9%)	5:21	11.2 (69.1%)
27	<b>SADOWSKI Tomasz</b>	<b>1404</b>	KOSSMATE ŻUKI	M-30	27	00:01:17	<b>00:53:37.95</b>	<b>00:54:54.95</b>	+00:16:34 (30.9%)	5:21	11.2 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>SWOBODA Jarosław</b>	<b>1449</b>	NIGHT RUNNERS GLIWICE	M-30	28	00:00:54	<b>00:53:41.05</b>	<b>00:54:35.45</b>	+00:16:37 (31.0%)	5:22	11.2 (69.1%)
29	<b>LENTZY Grzegorz</b>	<b>1422</b>		M-30	29	00:00:14	<b>00:54:02.90</b>	<b>00:54:17.05</b>	+00:16:59 (31.4%)	5:24	11.1 (68.5%)
30	<b>MACHACZKA Dawid</b>	<b>1437</b>		M-30	30	00:00:57	<b>00:54:26.65</b>	<b>00:55:23.85</b>	+00:17:22 (31.9%)	5:26	11 (67.9%)
31	<b>BOBEŁ Krzysztof</b>	<b>1440</b>		M-30	31	00:01:35	<b>00:54:41.30</b>	<b>00:56:16.75</b>	+00:17:37 (32.2%)	5:28	11 (67.9%)
32	<b>SOSNOWSKI Maciej</b>	<b>1491</b>		M-30	32	00:01:54	<b>00:55:02.90</b>	<b>00:56:57.25</b>	+00:17:59 (32.7%)	5:30	10.9 (67.3%)
33	<b>MYŚLAK Mariusz</b>	<b>1557</b>		M-30	33	00:02:21	<b>00:55:20.10</b>	<b>00:57:41.40</b>	+00:18:16 (33.0%)	5:32	10.8 (66.7%)
34	<b>GRUCHALSKI Jakub</b>	<b>1527</b>	ISTA BIEGAMY	M-30	34	00:01:00	<b>00:55:52.25</b>	<b>00:56:52.70</b>	+00:18:48 (33.7%)	5:35	10.7 (66.0%)
35	<b>FOLTYN Armin</b>	<b>1513</b>		M-30	35	00:01:23	<b>00:56:17.95</b>	<b>00:57:41.90</b>	+00:19:14 (34.2%)	5:37	10.7 (66.0%)
36	<b>PROTAS Tomasz</b>	<b>1463</b>	ZSO5 GLIWICE	M-30	36	00:00:51	<b>00:56:26.10</b>	<b>00:57:17.35</b>	+00:19:22 (34.3%)	5:38	10.6 (65.4%)
37	<b>PIOTR Witulski</b>	<b>1504</b>		M-30	37	00:02:07	<b>00:56:39.95</b>	<b>00:58:47.75</b>	+00:19:36 (34.6%)	5:40	10.6 (65.4%)
38	<b>CYBAŁA Piotr</b>	<b>1366</b>		M-30	38	00:01:34	<b>00:56:54.95</b>	<b>00:58:29.90</b>	+00:19:51 (34.9%)	5:41	10.5 (64.8%)
39	<b>LIPOWSKI Grzegorz</b>	<b>1411</b>		M-30	39	00:01:08	<b>00:57:09.40</b>	<b>00:58:17.75</b>	+00:20:05 (35.2%)	5:42	10.5 (64.8%)
40	<b>WANDASIEWCZ Marcin</b>	<b>1380</b>	BIEGAMWPYSKOWICACH	M-30	40	00:01:36	<b>00:57:28.10</b>	<b>00:59:04.75</b>	+00:20:24 (35.5%)	5:44	10.4 (64.2%)
41	<b>GRYNKIEWICZ-SUDNIK Maciej</b>	<b>1371</b>		M-30	41	00:01:36	<b>00:58:01.15</b>	<b>00:59:37.60</b>	+00:20:57 (36.1%)	5:48	10.3 (63.6%)
42	<b>ROJEK Michał</b>	<b>1320</b>		M-30	42	00:02:14	<b>00:58:07.05</b>	<b>01:00:21.65</b>	+00:21:03 (36.2%)	5:48	10.3 (63.6%)
43	<b>POPCZYK Piotr</b>	<b>1456</b>		M-30	43	00:02:06	<b>00:58:08.30</b>	<b>01:00:14.65</b>	+00:21:04 (36.3%)	5:48	10.3 (63.6%)
44	<b>SZAMPERA Janusz</b>	<b>1462</b>	EVENT 360 RUNNING TEAM	M-30	44	00:02:09	<b>00:58:10.35</b>	<b>01:00:19.35</b>	+00:21:06 (36.3%)	5:49	10.3 (63.6%)
45	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>1534</b>		M-30	45	00:00:55	<b>00:58:37.90</b>	<b>00:59:33.35</b>	+00:21:34 (36.8%)	5:51	10.2 (63.0%)
46	<b>KARASIŃSKI Jacek</b>	<b>1464</b>		M-30	46	00:01:41	<b>00:59:02.80</b>	<b>01:00:44.40</b>	+00:21:59 (37.2%)	5:54	10.2 (63.0%)
47	<b>RAKINT Bogdan</b>	<b>1401</b>		M-30	47	00:01:54	<b>00:59:13.90</b>	<b>01:01:08.25</b>	+00:22:10 (37.4%)	5:55	10.1 (62.3%)
48	<b>SZWUGIER Dawid</b>	<b>1476</b>	-	M-30	48	00:02:01	<b>00:59:27.90</b>	<b>01:01:29.55</b>	+00:22:24 (37.7%)	5:56	10.1 (62.3%)
49	<b>DĄBROWSKI Jacek</b>	<b>1347</b>	HIRSCHVOGEL	M-30	49	00:00:36	<b>00:59:28.35</b>	<b>01:00:04.95</b>	+00:22:24 (37.7%)	5:56	10.1 (62.3%)
50	<b>GAŁOSZ Sebastian</b>	<b>1358</b>	RAJSPORT ACTIVE ANTON TEAM	M-30	50	00:01:28	<b>01:01:58.75</b>	<b>01:03:27.15</b>	+00:24:55 (40.2%)	6:11	9.7 (59.9%)
51	<b>ZACZEK Adam</b>	<b>1360</b>	OPEL ACTIVE TEAM	M-30	51	00:01:27	<b>01:02:15.35</b>	<b>01:03:42.75</b>	+00:25:11 (40.5%)	6:13	9.6 (59.3%)
52	<b>DOMAGALSKI Mirosław</b>	<b>1381</b>		M-30	52	00:01:04	<b>01:04:09.90</b>	<b>01:05:14.05</b>	+00:27:06 (42.2%)	6:25	9.4 (58.0%)
53	<b>ŁUKASZCZYK Adam</b>	<b>1467</b>	FUTURE PROCESSING	M-30	53	00:01:41	<b>01:04:19.90</b>	<b>01:06:01.70</b>	+00:27:16 (42.4%)	6:26	9.3 (57.4%)
54	<b>KUŚ Michał</b>	<b>1521</b>		M-30	54	00:01:59	<b>01:04:30.30</b>	<b>01:06:30.25</b>	+00:27:26 (42.5%)	6:27	9.3 (57.4%)
55	<b>ZEMBOK Filip</b>	<b>1311</b>	ROCKWELL TEAM	M-30	55	00:02:20	<b>01:13:29.50</b>	<b>01:15:49.70</b>	+00:36:25 (49.6%)	7:20	8.2 (50.6%)
56	<b>STEFĄNCZYK Krzysztof</b>	<b>1384</b>		M-30	56	00:00:21	<b>01:20:21.55</b>	<b>01:20:43.30</b>	+00:43:17 (53.9%)	8:02	7.5 (46.3%)
57	<b>WIERZBICKI Marcin</b>	<b>1486</b>		M-30	57	00:00:48			+00:37:07	14:52	4 (24.7%)

Znaleziono 57 wynik(ów)