



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	SZYMAŃSKI Bartosz	1479	NIEWYMIĘKACZE	M-30	1	00:00:03	00:37:03.70	00:37:06.85		3:42	16.2 (100%)
2	JASIOK Michał	1434		M-30	2	00:00:02	00:40:00.25	00:40:02.60	+00:02:56 (7.4%)	4:00	15 (92.6%)
3	BUDKA Borys	1111		M-30	3	00:00:03	00:40:02.65	00:40:05.70	+00:02:58 (7.4%)	4:00	15 (92.6%)
4	ZACZYK Andrzej	1477		M-30	4	00:00:04	00:40:15.90	00:40:20.10	+00:03:12 (8.0%)	4:01	14.9 (92.0%)
5	TARCZEWSKI Tomasz	1488	TARCZA TRIATHLON TEAM	M-30	5	00:00:03	00:40:54.00	00:40:57.60	+00:03:50 (9.4%)	4:05	14.7 (90.7%)
6	MAŁEK Piotr	1530		M-30	6	00:00:05	00:41:27.90	00:41:32.90	+00:04:24 (10.6%)	4:08	14.5 (89.5%)
7	WAJDA Grzegorz	1430	KW GLIWICE	M-30	7	00:00:05	00:41:29.60	00:41:34.95	+00:04:25 (10.7%)	4:08	14.5 (89.5%)
8	BESSA Ricardo	1375	TEAM DOUBLE TROUBLE	M-30	8	00:02:14	00:45:35.70	00:47:49.70	+00:08:32 (18.7%)	4:33	13.2 (81.5%)
9	ĆWIKLIŃSKI Piotr	1496	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	9	00:00:09	00:46:10.00	00:46:19.65	+00:09:06 (19.7%)	4:37	13 (80.2%)
10	CESARZ Maciej	1487	TYLKO CURLING!	M-30	10	00:00:41	00:46:19.35	00:47:00.85	+00:09:15 (20.0%)	4:37	13 (80.2%)
11	KRYSTEK Marcin	1441		M-30	11	00:00:30	00:46:20.10	00:46:50.75	+00:09:16 (20.0%)	4:38	12.9 (79.6%)
12	WYCIŚLIK Marcin	1318	HIRSCHVOGEL	M-30	12	00:00:11	00:46:47.25	00:46:58.80	+00:09:43 (20.8%)	4:40	12.8 (79.0%)
13	BAŃBUŁA Grzegorz	1300		M-30	13	00:00:11	00:48:10.65	00:48:21.80	+00:11:06 (23.1%)	4:49	12.5 (77.2%)
14	WICHARY Marcin	1528	ISTA BIEGAMY	M-30	14	00:01:00	00:48:34.65	00:49:35.35	+00:11:30 (23.7%)	4:51	12.3 (75.9%)
15	ZARUDZKI Łukasz	1357	NOTHING TO FEAR	M-30	15	00:01:12	00:49:54.70	00:51:07.50	+00:12:51 (25.7%)	4:59	12 (74.1%)
16	HEFFNER Remigiusz	1078	RYBICKA GRUPA BIEGOWA	M-30	16	00:01:57	00:50:20.20	00:52:17.35	+00:13:16 (26.4%)	5:02	11.9 (73.5%)
17	KUCZERA Łukasz	8	RYBICKA GRUPA BIEGOWA	M-30	17	00:01:56	00:50:20.70	00:52:17.40	+00:13:17 (26.4%)	5:02	11.9 (73.5%)
18	GOŹDZICKI Leszek	1429	NIGHT RUNNERS ZABRZE	M-30	18	00:00:39	00:50:33.70	00:51:13.35	+00:13:30 (26.7%)	5:03	11.9 (73.5%)
19	OPIOŁA Tomasz	1598	HARNAŚ	M-30	19	00:00:17	00:50:37.85	00:50:55.45	+00:13:34 (26.8%)	5:03	11.8 (72.8%)
20	BIENIEK Sebastian	1324	HIRSCHVOGEL	M-30	20	00:00:35	00:51:54.15	00:52:29.80	+00:14:50 (28.6%)	5:11	11.6 (71.6%)
21	GOŁĘBIEWSKI Marek	1370		M-30	21	00:01:37	00:51:58.80	00:53:35.95	+00:14:55 (28.7%)	5:11	11.5 (71.0%)
22	PAWLUS Grzegorz	1361		M-30	22	00:00:55	00:52:14.30	00:53:09.60	+00:15:10 (29.1%)	5:13	11.5 (71.0%)
23	ROMANIUK Piotr	1425	WZP SUM BYTOM	M-30	23	00:00:14	00:52:40.25	00:52:54.90	+00:15:36 (29.6%)	5:16	11.4 (70.4%)
24	DYMAREK Łukasz	1398	KM PSP GLIWICE	M-30	24	00:01:26	00:53:07.85	00:54:34.65	+00:16:04 (30.2%)	5:18	11.3 (69.8%)
25	WOSZTAL Patryk	1426	MACHINA ADVENTURE	M-30	25	00:00:05	00:53:16.60	00:53:22.05	+00:16:12 (30.4%)	5:19	11.3 (69.8%)
26	SZMYD Wojciech	1507		M-30	26	00:01:17	00:53:37.65	00:54:54.75	+00:16:33 (30.9%)	5:21	11.2 (69.1%)
27	SADOWSKI Tomasz	1404	KOSSMATE ŻUKI	M-30	27	00:01:17	00:53:37.95	00:54:54.95	+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	SWOBODA Jarosław	1449	NIGHT RUNNERS GLIWICE	M-30	28	00:00:54	00:53:41.05	00:54:35.45	+00:16:37 (31.0%)	5:22	11.2 (69.1%)
29	LENTZY Grzegorz	1422		M-30	29	00:00:14	00:54:02.90	00:54:17.05	+00:16:59 (31.4%)	5:24	11.1 (68.5%)
30	MACHACZKA Dawid	1437		M-30	30	00:00:57	00:54:26.65	00:55:23.85	+00:17:22 (31.9%)	5:26	11 (67.9%)
31	BOBEŁ Krzysztof	1440		M-30	31	00:01:35	00:54:41.30	00:56:16.75	+00:17:37 (32.2%)	5:28	11 (67.9%)
32	SOSNOWSKI Maciej	1491		M-30	32	00:01:54	00:55:02.90	00:56:57.25	+00:17:59 (32.7%)	5:30	10.9 (67.3%)
33	MYŚLAK Mariusz	1557		M-30	33	00:02:21	00:55:20.10	00:57:41.40	+00:18:16 (33.0%)	5:32	10.8 (66.7%)
34	GRUCHALSKI Jakub	1527	ISTA BIEGAMY	M-30	34	00:01:00	00:55:52.25	00:56:52.70	+00:18:48 (33.7%)	5:35	10.7 (66.0%)
35	FOLTYN Armin	1513		M-30	35	00:01:23	00:56:17.95	00:57:41.90	+00:19:14 (34.2%)	5:37	10.7 (66.0%)
36	PROTAS Tomasz	1463	ZSO5 GLIWICE	M-30	36	00:00:51	00:56:26.10	00:57:17.35	+00:19:22 (34.3%)	5:38	10.6 (65.4%)
37	PIOTR Witulski	1504		M-30	37	00:02:07	00:56:39.95	00:58:47.75	+00:19:36 (34.6%)	5:40	10.6 (65.4%)
38	CYBAŁA Piotr	1366		M-30	38	00:01:34	00:56:54.95	00:58:29.90	+00:19:51 (34.9%)	5:41	10.5 (64.8%)
39	LIPOWSKI Grzegorz	1411		M-30	39	00:01:08	00:57:09.40	00:58:17.75	+00:20:05 (35.2%)	5:42	10.5 (64.8%)
40	WANDASIEWCZ Marcin	1380	BIEGAMWPYSKOWICACH	M-30	40	00:01:36	00:57:28.10	00:59:04.75	+00:20:24 (35.5%)	5:44	10.4 (64.2%)
41	GRYNKIEWICZ-SUDNIK Maciej	1371		M-30	41	00:01:36	00:58:01.15	00:59:37.60	+00:20:57 (36.1%)	5:48	10.3 (63.6%)
42	ROJEK Michał	1320		M-30	42	00:02:14	00:58:07.05	01:00:21.65	+00:21:03 (36.2%)	5:48	10.3 (63.6%)
43	POPCZYK Piotr	1456		M-30	43	00:02:06	00:58:08.30	01:00:14.65	+00:21:04 (36.3%)	5:48	10.3 (63.6%)
44	SZAMPERA Janusz	1462	EVENT 360 RUNNING TEAM	M-30	44	00:02:09	00:58:10.35	01:00:19.35	+00:21:06 (36.3%)	5:49	10.3 (63.6%)
45	LEGIEŻYŃSKI Krzysztof	1534		M-30	45	00:00:55	00:58:37.90	00:59:33.35	+00:21:34 (36.8%)	5:51	10.2 (63.0%)
46	KARASIŃSKI Jacek	1464		M-30	46	00:01:41	00:59:02.80	01:00:44.40	+00:21:59 (37.2%)	5:54	10.2 (63.0%)
47	RAKINT Bogdan	1401		M-30	47	00:01:54	00:59:13.90	01:01:08.25	+00:22:10 (37.4%)	5:55	10.1 (62.3%)
48	SZWUGIER Dawid	1476	-	M-30	48	00:02:01	00:59:27.90	01:01:29.55	+00:22:24 (37.7%)	5:56	10.1 (62.3%)
49	DĄBROWSKI Jacek	1347	HIRSCHVOGEL	M-30	49	00:00:36	00:59:28.35	01:00:04.95	+00:22:24 (37.7%)	5:56	10.1 (62.3%)
50	GAŁOSZ Sebastian	1358	RAJSPORT ACTIVE ANTON TEAM	M-30	50	00:01:28	01:01:58.75	01:03:27.15	+00:24:55 (40.2%)	6:11	9.7 (59.9%)
51	ZACZEK Adam	1360	OPEL ACTIVE TEAM	M-30	51	00:01:27	01:02:15.35	01:03:42.75	+00:25:11 (40.5%)	6:13	9.6 (59.3%)
52	DOMAGALSKI Mirosław	1381		M-30	52	00:01:04	01:04:09.90	01:05:14.05	+00:27:06 (42.2%)	6:25	9.4 (58.0%)
53	ŁUKASZCZYK Adam	1467	FUTURE PROCESSING	M-30	53	00:01:41	01:04:19.90	01:06:01.70	+00:27:16 (42.4%)	6:26	9.3 (57.4%)
54	KUŚ Michał	1521		M-30	54	00:01:59	01:04:30.30	01:06:30.25	+00:27:26 (42.5%)	6:27	9.3 (57.4%)
55	ZEMBOK Filip	1311	ROCKWELL TEAM	M-30	55	00:02:20	01:13:29.50	01:15:49.70	+00:36:25 (49.6%)	7:20	8.2 (50.6%)
56	STEFĄNCZYK Krzysztof	1384		M-30	56	00:00:21	01:20:21.55	01:20:43.30	+00:43:17 (53.9%)	8:02	7.5 (46.3%)
57	WIERZBICKI Marcin	1486		M-30	57	00:00:48			+00:37:07	14:52	4 (24.7%)

Znaleziono 57 wynik(ów)