



Organiser: OTK Rzeźnik
Date: 2015-10-18
Place: Gliwice
Distance: 10 km

10 KM ATEST PZLA GLIWICKI

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	LUBELSKI Łukasz	1516		M-40	1	00:00:03	00:37:05.90	00:37:09.55		3:42	16.2 (100%)
2	OGRODNICZEK Adam	1448	AKMB PĘDZIWIATR GLIWICE	M-40	2	00:00:13	00:40:53.25	00:41:06.50	+00:03:47 (9.3%)	4:05	14.7 (90.7%)
3	KRASNODĘBSKI Robert	1457		M-40	3	00:00:04	00:41:29.20	00:41:33.45	+00:04:23 (10.6%)	4:08	14.5 (89.5%)
4	KONFEDERAK Tomasz	1362		M-40	4	00:00:07	00:42:38.40	00:42:45.95	+00:05:32 (13.0%)	4:15	14.1 (87.0%)
5	OLESIŃSKI Tomasz	1323		M-40	5	00:00:06	00:43:01.50	00:43:08.30	+00:05:55 (13.8%)	4:18	13.9 (85.8%)
6	WAWRZAK Ryszard	1413		M-40	6	00:00:49	00:44:07.10	00:44:56.85	+00:07:01 (15.9%)	4:24	13.6 (84.0%)
7	MACIEJOŃCZYK Mariusz	10	RYBICKA GRUPA BIEGOWA	M-40	7	00:00:25	00:45:37.40	00:46:02.55	+00:08:31 (18.7%)	4:33	13.2 (81.5%)
8	CZAUDERNA Adrian	1350	ETERUN	M-40	8	00:01:45	00:47:23.80	00:49:09.20	+00:10:17 (21.7%)	4:44	12.7 (78.4%)
9	SKRZYPCZYK Paweł	1505		M-40	9	00:00:05	00:47:26.40	00:47:31.40	+00:10:20 (21.8%)	4:44	12.6 (77.8%)
10	WĘŻYK Wojciech	1460		M-40	10	00:00:10	00:49:48.00	00:49:58.25	+00:12:42 (25.5%)	4:58	12 (74.1%)
11	BIOLIK Piotr	1419	--	M-40	11	00:01:57	00:49:58.35	00:51:55.95	+00:12:52 (25.8%)	4:59	12 (74.1%)
12	BRODEK Andrzej	1474		M-40	12	00:01:13	00:50:16.35	00:51:30.25	+00:13:10 (26.2%)	5:01	11.9 (73.5%)
13	BUGAJSKI Mariusz	1556		M-40	13	00:00:07	00:50:32.05	00:50:39.50	+00:13:26 (26.6%)	5:03	11.9 (73.5%)
14	PIKTAS Paweł	1535		M-40	14	00:01:22	00:51:13.80	00:52:35.85	+00:14:07 (27.6%)	5:07	11.7 (72.2%)
15	ROŻEK Michał	1345		M-40	15	00:01:47	00:52:13.70	00:54:00.85	+00:15:07 (29.0%)	5:13	11.5 (71.0%)
16	PIKOŃ Krzysztof	1595		M-40	16	00:01:33	00:53:06.40	00:54:40.30	+00:16:00 (30.1%)	5:18	11.3 (69.8%)
17	GRZYWNA Marek	1490	LZS WOJCIECHÓW	M-40	17	00:00:22	00:53:30.85	00:53:52.95	+00:16:24 (30.7%)	5:21	11.2 (69.1%)
18	KRZEMIŃSKI Mirosław	1424		M-40	18	00:02:07	00:53:32.25	00:55:39.90	+00:16:26 (30.7%)	5:21	11.2 (69.1%)
19	MĘDRALA Jacek	1389		M-40	19	00:00:10	00:53:39.85	00:53:50.45	+00:16:33 (30.9%)	5:22	11.2 (69.1%)
20	HAJDUGA Rafał	1502	GLIWICE	M-40	20	00:00:45	00:54:33.30	00:55:18.40	+00:17:27 (32.0%)	5:27	11 (67.9%)
21	SZCZURASZEK Maciej	1374		M-40	21	00:01:44	00:54:33.60	00:56:18.00	+00:17:27 (32.0%)	5:27	11 (67.9%)
22	WŁOCHOWSKI Krzysztof	1501		M-40	22	00:01:20	00:54:55.35	00:56:15.50	+00:17:49 (32.5%)	5:29	10.9 (67.3%)
23	CYBA Marek	1454		M-40	23	00:01:39	00:54:56.35	00:56:36.25	+00:17:50 (32.5%)	5:29	10.9 (67.3%)
24	GIL Wojciech	1560		M-40	24	00:00:49	00:55:49.75	00:56:39.60	+00:18:43 (33.6%)	5:35	10.7 (66.0%)
25	CZOGALA Piotr	1542		M-40	25	00:00:51	00:56:25.55	00:57:16.95	+00:19:19 (34.3%)	5:38	10.6 (65.4%)
26	BEDNARZ Arkadiusz	1472		M-40	26	00:01:37	00:57:24.30	00:59:02.00	+00:20:18 (35.4%)	5:44	10.4 (64.2%)
27	BOGDANOWICZ Zbigniew	1431		M-40	27	00:02:21	01:00:45.65	01:03:07.30	+00:23:39 (38.9%)	6:04	9.9 (61.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
28	DĘBSKI Mariusz	1520	NIGHT RUNNERS GLIWICE	M-40	28	00:00:47	01:01:40.35	01:02:27.75	+00:24:34 (39.8%)	6:10	9.7 (59.9%)
29	PIOTROWSKI Jarosław	1445		M-40	29	00:02:07	01:01:43.15	01:03:51.05	+00:24:37 (39.9%)	6:10	9.7 (59.9%)
30	BZÓWKA Andrzej	1421	TEAMAB PROJEKT	M-40	30	00:00:50	01:01:51.75	01:02:42.10	+00:24:45 (40.0%)	6:11	9.7 (59.9%)
31	STRZYŻ Ryszard	1492	OPRNCACHING.PL	M-40	31	00:00:23	01:02:09.50	01:02:33.45	+00:25:03 (40.3%)	6:13	9.7 (59.9%)
32	POSMYK Sebastian	1367	BFRT.ORG.PL	M-40	32	00:01:37	01:06:57.50	01:08:34.95	+00:29:51 (44.6%)	6:41	9 (55.6%)
33	MULARCZYK Tomasz	1537	PKO BP	M-40	33	00:00:43	01:07:11.75	01:07:55.45	+00:30:05 (44.8%)	6:43	8.9 (54.9%)
34	SŁODKIEWICZ Grzegorz	1442		M-40	34	00:02:25	01:08:56.30	01:11:21.55	+00:31:50 (46.2%)	6:53	8.7 (53.7%)
35	MURKOWSKI Sławomir	1348	HIRSCHVOGEL	M-40	35	00:00:35	01:23:06.00	01:23:41.95	+00:46:00 (55.4%)	8:18	7.2 (44.4%)

Total 35 results.