



BIEG NA 5KM GLIWICE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: IX PKO PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-10-08
Miejsce: Gliwice
Dystans: 5 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.14km	Czas brutto 5.14km	Różn	Tempo min/km	Tempo km/h
1	DENICKI Przemysław	5016	EX TEAM	M-30	1	00:00:01	00:17:07.25	00:17:08.65		3:19	18 (100%)
2	KAMPA Rafal	5090		M-30	2	00:00:02	00:18:22.95	00:18:25.60	+00:01:15 (6.9%)	3:34	16.8 (93.3%)
3	OCHMAN Paweł	5066	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:01	00:19:23.50	00:19:25.35	+00:02:16 (11.7%)	3:46	15.9 (88.3%)
4	SKOLUDEK Robert	5024	KOLEGIUM SĘDZIÓW ZABRZE	M-30	4	00:00:02	00:20:29.85	00:20:32.55	+00:03:22 (16.5%)	3:59	15.1 (83.9%)
5	CIELEPAK George	5142	MOMO	M-30	5	00:00:03	00:20:32.05	00:20:35.45	+00:03:24 (16.6%)	3:59	15 (83.3%)
6	ALKER Andrzej	5145	ALKER RUNNING TEAM	M-30	6	00:00:02	00:20:40.25	00:20:42.35	+00:03:33 (17.2%)	4:01	14.9 (82.8%)
7	DROSDZOL Piotr	5035		M-30	7	00:00:01	00:20:47.50	00:20:49.15	+00:03:40 (17.7%)	4:02	14.8 (82.2%)
8	LIS Maciej	5114		M-30	8	00:00:02	00:23:11.90	00:23:14.05	+00:06:04 (26.2%)	4:30	13.3 (73.9%)
9	CIASTO Sebastian	5149		M-30	9	00:00:00	00:23:35.55	00:23:35.55	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
10	KOLUCH Jacek	5081		M-30	10	00:00:04	00:24:31.70	00:24:36.40	+00:07:24 (30.2%)	4:46	12.6 (70.0%)
11	GREGERACKI Łukasz	5087		M-30	11	00:00:02	00:24:51.35	00:24:53.45	+00:07:44 (31.1%)	4:50	12.4 (68.9%)
12	PIEKARZ Adam	5105		M-30	12	00:00:06	00:25:41.55	00:25:48.30	+00:08:34 (33.4%)	4:59	12 (66.7%)
13	SZCZYGIEŁ Przemysław	5082		M-30	13	00:00:00	00:26:31.25	00:26:31.25	+00:09:24 (35.4%)	5:09	11.6 (64.4%)
14	WYCIŚLIK Marcin	5043	HITSCHVOGEL	M-30	14	00:00:08	00:27:00.40	00:27:08.50	+00:09:53 (36.6%)	5:15	11.4 (63.3%)
15	CHOJNOWSKI Sylwester	5127	SSM	M-30	15	00:00:07	00:27:17.05	00:27:24.20	+00:10:09 (37.2%)	5:18	11.3 (62.8%)
16	WIĘCEK Bartosz	5054		M-30	16	00:00:14	00:27:59.15	00:28:13.40	+00:10:51 (38.8%)	5:26	11 (61.1%)
17	POGONOWSKI Olaf	5071		M-30	17	00:00:10	00:28:41.40	00:28:51.75	+00:11:34 (40.3%)	5:34	10.8 (60.0%)
18	OLECH Bartłomiej	5085		M-30	18	00:00:08	00:29:02.05	00:29:10.50	+00:11:54 (41.0%)	5:38	10.6 (58.9%)
19	SOWIŃSKI Jacek	5108		M-30	19	00:00:13	00:30:20.00	00:30:33.15	+00:13:12 (43.6%)	5:54	10.2 (56.7%)
20	OLSZEWSKI Łukasz	5038	#HUTATEAM	M-30	20	00:00:14	00:31:35.75	00:31:50.55	+00:14:28 (45.8%)	6:08	9.8 (54.4%)
21	BOCHNIA Krzysztof	5050	HUTA TEAM	M-30	21	00:00:12	00:37:57.30	00:38:09.55	+00:20:50 (54.9%)	7:22	8.1 (45.0%)

Znaleziono 21 wynik(ów)