



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

## BIEG NA 5KM GLIWICE

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

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	WÓJCIK Paweł	5143	ZADYSZKA OŚWIĘCIM	M-20	1	00:00:01	00:17:21.20	00:17:23.15	+00:00:13 (1.3%)	3:22	17.8 (98.9%)
3	FALEJCZYK Mateusz	5080	HOLBOX POLAND	M-20	2	00:00:01	00:17:31.75	00:17:33.25	+00:00:24 (2.3%)	3:24	17.6 (97.8%)
4	BABULA Przemysław	5033	STELLANTIS ACTIVE TEAM	M-20	3	00:00:01	00:17:53.85	00:17:55.80	+00:00:46 (4.3%)	3:28	17.2 (95.6%)
5	KAMPA Rafał	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%)
6	ŁOZIŃSKI Wojciech	5134		M-20	4	00:00:02	00:18:26.30	00:18:28.35	+00:01:19 (7.1%)	3:35	16.7 (92.8%)
7	STANISZ Marcin	5133	GÓRAL Z MAZUR RUNNING TEAM / NIGHT RUNNERS PYSKOWICE	M-40	1	00:00:01	00:18:35.00	00:18:36.35	+00:01:27 (7.9%)	3:36	16.6 (92.2%)
8	KOSZAŁKA Dariusz	5093	NIEZRZESZONY	M-50	1	00:00:01	00:18:41.40	00:18:42.50	+00:01:34 (8.4%)	3:38	16.5 (91.7%)
9	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%)
10	ADAMCZYK Daniel	5146	NIGHT RUNNERS PYSKOWICE	M-20	5	00:00:01	00:19:41.75	00:19:43.55	+00:02:34 (13.1%)	3:49	15.7 (87.2%)
11	HALMAN Tomasz	5032		M-40	2	00:00:01	00:20:18.40	00:20:20.05	+00:03:11 (15.7%)	3:56	15.2 (84.4%)
12	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%)
13	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%)
14	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.14km	brutto 5.14km			
15	<b>SADŁO Tomasz</b>	<b>5140</b>	MOMO RUNNING TEAM - SĘDZIA BIEGA	M-40	3	00:00:02	<b>00:20:42.75</b>	<b>00:20:45.50</b>	+00:03:35 (17.3%)	4:01	14.9 (82.8%)
16	<b>DROSDZOL Piotr</b>	<b>5035</b>		M-30	7	00:00:01	<b>00:20:47.50</b>	<b>00:20:49.15</b>	+00:03:40 (17.7%)	4:02	14.8 (82.2%)
17	<b>ANTOŃCZYK Adam</b>	<b>5147</b>	DKMS JASTRZĘBIE	M-50	2	00:00:03	<b>00:21:50.40</b>	<b>00:21:53.80</b>	+00:04:43 (21.6%)	4:14	14.1 (78.3%)
18	<b>LIS Maciej</b>	<b>5114</b>		M-30	8	00:00:02	<b>00:23:11.90</b>	<b>00:23:14.05</b>	+00:06:04 (26.2%)	4:30	13.3 (73.9%)
19	<b>CIASTO Sebastian</b>	<b>5149</b>		M-30	9	00:00:00	<b>00:23:35.55</b>	<b>00:23:35.55</b>	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
20	<b>RUSIN Adam</b>	<b>5001</b>	RUSEK TEAM	M-20	6	00:00:03	<b>00:23:35.80</b>	<b>00:23:39.30</b>	+00:06:28 (27.4%)	4:35	13.1 (72.8%)
21	<b>GEC Sebastian</b>	<b>5102</b>		M-40	4	00:00:15	<b>00:23:48.20</b>	<b>00:24:04.10</b>	+00:06:40 (28.1%)	4:37	13 (72.2%)
22	<b>OLEARCZUK Grzegorz</b>	<b>5135</b>		M-40	5	00:00:04	<b>00:23:53.70</b>	<b>00:23:57.95</b>	+00:06:46 (28.3%)	4:38	12.9 (71.7%)
23	<b>MALCZYK Mateusz</b>	<b>5061</b>		M-20	7	00:00:03	<b>00:23:55.85</b>	<b>00:23:58.95</b>	+00:06:48 (28.5%)	4:39	12.9 (71.7%)
24	<b>KOLUCH Jacek</b>	<b>5081</b>		M-30	10	00:00:04	<b>00:24:31.70</b>	<b>00:24:36.40</b>	+00:07:24 (30.2%)	4:46	12.6 (70.0%)
25	<b>ALKER Zbigniew</b>	<b>5026</b>	ALKER TEAM	M-60	1	00:00:05	<b>00:24:41.45</b>	<b>00:24:46.60</b>	+00:07:34 (30.7%)	4:48	12.5 (69.4%)
26	<b>MACIEJEWSKI Piotr</b>	<b>5055</b>		M-20	8	00:00:12	<b>00:24:49.10</b>	<b>00:25:01.35</b>	+00:07:41 (31.0%)	4:49	12.4 (68.9%)
27	<b>GREGERACKI Łukasz</b>	<b>5087</b>		M-30	11	00:00:02	<b>00:24:51.35</b>	<b>00:24:53.45</b>	+00:07:44 (31.1%)	4:50	12.4 (68.9%)
28	<b>RYMASZEWSKI Dariusz</b>	<b>5124</b>	SSM	M-40	6	00:00:03	<b>00:24:57.55</b>	<b>00:25:01.45</b>	+00:07:50 (31.4%)	4:51	12.4 (68.9%)
29	<b>PIEKARZ Adam</b>	<b>5105</b>		M-30	12	00:00:06	<b>00:25:41.55</b>	<b>00:25:48.30</b>	+00:08:34 (33.4%)	4:59	12 (66.7%)
30	<b>OGON Leszek</b>	<b>5137</b>		M-40	7	00:00:11	<b>00:25:44.65</b>	<b>00:25:55.95</b>	+00:08:37 (33.5%)	5:00	12 (66.7%)
31	<b>SZTWIERTNIA Tomasz</b>	<b>5077</b>		M-40	8	00:00:05	<b>00:25:47.40</b>	<b>00:25:53.05</b>	+00:08:40 (33.6%)	5:00	12 (66.7%)
32	<b>KOWALSKI Bartosz</b>	<b>5079</b>		M-40	9	00:00:03	<b>00:25:56.95</b>	<b>00:26:00.85</b>	+00:08:49 (34.0%)	5:02	11.9 (66.1%)
33	<b>SZCZYGIEŁ Przemysław</b>	<b>5082</b>		M-30	13	00:00:00	<b>00:26:31.25</b>	<b>00:26:31.25</b>	+00:09:24 (35.4%)	5:09	11.6 (64.4%)
34	<b>WYCIŚLIK Marcin</b>	<b>5043</b>	HITSCHVOGEL	M-30	14	00:00:08	<b>00:27:00.40</b>	<b>00:27:08.50</b>	+00:09:53 (36.6%)	5:15	11.4 (63.3%)
35	<b>CHOJNOWSKI Sylwester</b>	<b>5127</b>	SSM	M-30	15	00:00:07	<b>00:27:17.05</b>	<b>00:27:24.20</b>	+00:10:09 (37.2%)	5:18	11.3 (62.8%)
36	<b>GUROK Patryk</b>	<b>5141</b>	MOMO TEAM	M-20	9	00:00:00	<b>00:27:42.55</b>	<b>00:27:42.55</b>	+00:10:35 (38.2%)	5:23	11.1 (61.7%)
37	<b>CIESZYNSKI Marcin</b>	<b>5086</b>		M-40	10	00:00:10	<b>00:27:50.05</b>	<b>00:28:00.75</b>	+00:10:42 (38.5%)	5:24	11.1 (61.7%)

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							netto 5.14km	brutto 5.14km			
38	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%)
39	ZAREMBA Tadeusz	5039	STARY HANGAR FITNESS CLUB	M-60	2	00:00:01	00:28:00.60	00:28:01.95	+00:10:53 (38.9%)	5:26	11 (61.1%)
40	BAUMERT Bartłomiej	5073		M-20	10	00:00:12	00:28:25.70	00:28:38.25	+00:11:18 (39.8%)	5:31	10.9 (60.6%)
41	PARUZEL Marcin	5099		M-40	11	00:00:02	00:28:26.55	00:28:29.15	+00:11:19 (39.8%)	5:31	10.8 (60.0%)
42	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%)
43	URBANEK Martin	5100	ISTA BIEGAMY	M-40	12	00:00:12	00:28:58.50	00:29:10.85	+00:11:51 (40.9%)	5:38	10.6 (58.9%)
44	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%)
45	BORC Jacek	5116		M-40	13	00:00:04	00:29:28.75	00:29:33.30	+00:12:21 (41.9%)	5:43	10.5 (58.3%)
46	BABIK Krystian	5048		M-20	11	00:00:16	00:29:29.40	00:29:45.45	+00:12:22 (41.9%)	5:44	10.5 (58.3%)
47	ROŻEK Rafał	5053	#HUTATEAM	M-40	14	00:00:17	00:29:41.55	00:29:59.40	+00:12:34 (42.3%)	5:46	10.4 (57.8%)
48	NĘDZA Ryszard	5042	HIRSCHVOGEL	M-50	3	00:00:05	00:29:44.35	00:29:50.30	+00:12:37 (42.4%)	5:47	10.4 (57.8%)
49	GLINKOWSKI Wiktor	5136		M-20	12	00:00:11	00:30:17.85	00:30:29.20	+00:13:10 (43.5%)	5:53	10.2 (56.7%)
50	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%)
51	HERLICZKA Oliwier	5027	AML-FLY TEAM	M-20	13	00:00:08	00:30:26.20	00:30:34.50	+00:13:18 (43.7%)	5:55	10.1 (56.1%)
52	KLOZA Mariusz	5096	HUTATEAM/NRP	M-40	15	00:00:10	00:30:30.45	00:30:40.80	+00:13:23 (43.9%)	5:56	10.1 (56.1%)
53	GOLONKA Wojciech	5125	SSM	M-40	16	00:00:05	00:31:12.25	00:31:17.90	+00:14:05 (45.1%)	6:04	9.9 (55.0%)
54	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%)
55	LEGIEŻYŃSKI Krzysztof	5020		M-40	17	00:00:04	00:33:22.80	00:33:27.35	+00:16:15 (48.7%)	6:29	9.2 (51.1%)
56	KULCZYCKI Tomasz	5111	GLIWICKA INICJATYWA OBYWATELSKA	M-40	18	00:00:13	00:34:25.55	00:34:39.35	+00:17:18 (50.3%)	6:41	9 (50.0%)
57	PELIŃSKI Paweł	5094	OASIS SPORT TEAM	M-40	19	00:00:16	00:34:32.90	00:34:49.05	+00:17:25 (50.4%)	6:43	8.9 (49.4%)
58	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%)
59	JAWORSKI Kamil	5003	FUCHS OIL TEAM	M-40	20	00:00:13	00:38:03.50	00:38:16.85	+00:20:56 (55.0%)	7:24	8.1 (45.0%)
60	SOKÓŁ Adam	5004	FUCHS OIL TEAM	M-50	4	00:00:12	00:38:06.55	00:38:18.60	+00:20:59 (55.1%)	7:24	8.1 (45.0%)

Znaleziono 60 wynik(ów)