



# BIEG NA 5KM GLIWICE

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

**Event:** IX PKO PÓŁMARATON GLIWICKI  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2023-10-08  
**Place:** Gliwice  
**Distance:** 5 km

Classification: Mieszkańcy Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5.14km	Czas brutto 5.14km	Gap	Pace min/km	Pace km/h
1	WÓJCIK Paweł	5143	ZADYSZKA OŚWIĘCIM	M-20	1	00:00:01	00:17:21.20	00:17:23.15		3:22	17.8 (100%)
2	FALEJCZYK Mateusz	5080	HOLBOX POLAND	M-20	2	00:00:01	00:17:31.75	00:17:33.25	+00:00:10 (1.0%)	3:24	17.6 (98.9%)
3	BABULA Przemysław	5033	STELLANTIS ACTIVE TEAM	M-20	3	00:00:01	00:17:53.85	00:17:55.80	+00:00:32 (3.0%)	3:28	17.2 (96.6%)
4	KAMPA Rafał	5090		M-30	2	00:00:02	00:18:22.95	00:18:25.60	+00:01:01 (5.6%)	3:34	16.8 (94.4%)
5	KOSZAŁKA Dariusz	5093	NIEZRZESZONY	M-50	1	00:00:01	00:18:41.40	00:18:42.50	+00:01:20 (7.2%)	3:38	16.5 (92.7%)
6	OCHMAN Paweł	5066	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:01	00:19:23.50	00:19:25.35	+00:02:02 (10.5%)	3:46	15.9 (89.3%)
7	HALMAN Tomasz	5032		M-40	2	00:00:01	00:20:18.40	00:20:20.05	+00:02:57 (14.5%)	3:56	15.2 (85.4%)
8	ALKER Andrzej	5145	ALKER RUNNING TEAM	M-30	6	00:00:02	00:20:40.25	00:20:42.35	+00:03:19 (16.0%)	4:01	14.9 (83.7%)
9	LIS Maciej	5114		M-30	8	00:00:02	00:23:11.90	00:23:14.05	+00:05:50 (25.2%)	4:30	13.3 (74.7%)
10	GEC Sebastian	5102		M-40	4	00:00:15	00:23:48.20	00:24:04.10	+00:06:27 (27.1%)	4:37	13 (73.0%)
11	ALKER Zbigniew	5026	ALKER TEAM	M-60	1	00:00:05	00:24:41.45	00:24:46.60	+00:07:20 (29.7%)	4:48	12.5 (70.2%)
12	PIEKARZ Adam	5105		M-30	12	00:00:06	00:25:41.55	00:25:48.30	+00:08:20 (32.5%)	4:59	12 (67.4%)
13	OGON Leszek	5137		M-40	7	00:00:11	00:25:44.65	00:25:55.95	+00:08:23 (32.6%)	5:00	12 (67.4%)
14	KOWALSKI Bartosz	5079		M-40	9	00:00:03	00:25:56.95	00:26:00.85	+00:08:35 (33.1%)	5:02	11.9 (66.9%)
15	WYCIŚLIK Marcin	5043	HITSCHVOGEL	M-30	14	00:00:08	00:27:00.40	00:27:08.50	+00:09:39 (35.7%)	5:15	11.4 (64.0%)
16	CIESZYNSKI Marcin	5086		M-40	10	00:00:10	00:27:50.05	00:28:00.75	+00:10:28 (37.7%)	5:24	11.1 (62.4%)
17	WIĘCEK Bartosz	5054		M-30	16	00:00:14	00:27:59.15	00:28:13.40	+00:10:37 (38.0%)	5:26	11 (61.8%)
18	ZAREMBA Tadeusz	5039	STARY HANGAR FITNESS CLUB	M-60	2	00:00:01	00:28:00.60	00:28:01.95	+00:10:39 (38.0%)	5:26	11 (61.8%)
19	BAUMERT Bartłomiej	5073		M-20	10	00:00:12	00:28:25.70	00:28:38.25	+00:11:04 (39.0%)	5:31	10.9 (61.2%)
20	PARUZEL Marcin	5099		M-40	11	00:00:02	00:28:26.55	00:28:29.15	+00:11:05 (39.0%)	5:31	10.8 (60.7%)
21	POGONOWSKI Olaf	5071		M-30	17	00:00:10	00:28:41.40	00:28:51.75	+00:11:20 (39.5%)	5:34	10.8 (60.7%)
22	OLECH Bartłomiej	5085		M-30	18	00:00:08	00:29:02.05	00:29:10.50	+00:11:40 (40.2%)	5:38	10.6 (59.6%)
23	BORC Jacek	5116		M-40	13	00:00:04	00:29:28.75	00:29:33.30	+00:12:07 (41.1%)	5:43	10.5 (59.0%)
24	ROŻEK Rafał	5053	#HUTATEAM	M-40	14	00:00:17	00:29:41.55	00:29:59.40	+00:12:20 (41.6%)	5:46	10.4 (58.4%)
25	NĘDZA Ryszard	5042	HIRSCHVOGEL	M-50	3	00:00:05	00:29:44.35	00:29:50.30	+00:12:23 (41.6%)	5:47	10.4 (58.4%)
26	GLINKOWSKI Wiktor	5136		M-20	12	00:00:11	00:30:17.85	00:30:29.20	+00:12:56 (42.7%)	5:53	10.2 (57.3%)
27	SOWIŃSKI Jacek	5108		M-30	19	00:00:13	00:30:20.00	00:30:33.15	+00:12:58 (42.8%)	5:54	10.2 (57.3%)

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28	<b>HERLICZKA Oliwier</b>	<b>5027</b>	AML-FLY TEAM	M-20	13	00:00:08	<b>00:30:26.20</b>	<b>00:30:34.50</b>	+00:13:05 (43.0%)	5:55	10.1 (56.7%)
29	<b>GOLONKA Wojciech</b>	<b>5125</b>	SSM	M-40	16	00:00:05	<b>00:31:12.25</b>	<b>00:31:17.90</b>	+00:13:51 (44.4%)	6:04	9.9 (55.6%)
30	<b>OLSZEWSKI Łukasz</b>	<b>5038</b>	#HUTATEAM	M-30	20	00:00:14	<b>00:31:35.75</b>	<b>00:31:50.55</b>	+00:14:14 (45.1%)	6:08	9.8 (55.1%)
31	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>5020</b>		M-40	17	00:00:04	<b>00:33:22.80</b>	<b>00:33:27.35</b>	+00:16:01 (48.0%)	6:29	9.2 (51.7%)
32	<b>KULCZYCKI Tomasz</b>	<b>5111</b>	GLIWICKA INICJATYWA OBYWATELSKA	M-40	18	00:00:13	<b>00:34:25.55</b>	<b>00:34:39.35</b>	+00:17:04 (49.6%)	6:41	9 (50.6%)
33	<b>PELIŃSKI Paweł</b>	<b>5094</b>	OASIS SPORT TEAM	M-40	19	00:00:16	<b>00:34:32.90</b>	<b>00:34:49.05</b>	+00:17:11 (49.8%)	6:43	8.9 (50.0%)
34	<b>JAWORSKI Kamil</b>	<b>5003</b>	FUCHS OIL TEAM	M-40	20	00:00:13	<b>00:38:03.50</b>	<b>00:38:16.85</b>	+00:20:42 (54.4%)	7:24	8.1 (45.5%)

Total 34 results.