



# BIEG SUMMER ARENA | 10KM

B4SPORT

**Wydarzenie:** Biegi Summer Arena  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-08-13  
**Miejsce:** Gliwice  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MENDYK Przemysław</b>	<b>32</b>	-	M-30	1	00:00:03	00:08:21	00:17:01	00:25:52	<b>00:34:37.20</b>	<b>00:34:40.50</b>		3:27	17.3 (100%)
2	<b>KAUF Damian</b>	<b>58</b>		M-40	1	00:00:02	00:08:41	00:17:46	00:27:08	<b>00:36:31.65</b>	<b>00:36:33.90</b>	+00:01:54 (5.2%)	3:39	16.4 (94.8%)
3	<b>DYMEK Bartosz</b>	<b>44</b>	TRIDIVISION	M-30	2	00:00:03	00:09:33	00:19:19	00:29:32	<b>00:39:42.70</b>	<b>00:39:46.20</b>	+00:05:05 (12.8%)	3:58	15.1 (87.3%)
4	<b>KARNAUKHOV Andrzej</b>	<b>16</b>		M-20	1	00:00:01	00:10:02	00:20:20	00:31:02	<b>00:41:31.35</b>	<b>00:41:32.35</b>	+00:06:54 (16.6%)	4:09	14.5 (83.8%)
5	<b>CHOMIK Rafał</b>	<b>34</b>	3COACH	M-40	2	00:00:03	00:09:32	00:20:10	00:31:08	<b>00:42:04.60</b>	<b>00:42:08.25</b>	+00:07:27 (17.7%)	4:12	14.3 (82.7%)
6	<b>MAJ Witold</b>	<b>39</b>	OLDBOYS TRUSKOLASY	M-60	1	00:00:04	00:09:58	00:20:24	00:31:29	<b>00:42:22.15</b>	<b>00:42:26.30</b>	+00:07:44 (18.3%)	4:14	14.2 (82.1%)
7	<b>KOPRUCKI Łukasz</b>	<b>43</b>		M-30	3	00:00:07	00:11:00	00:22:14	00:33:21	<b>00:44:10.40</b>	<b>00:44:18.25</b>	+00:09:33 (21.6%)	4:25	13.6 (78.6%)
8	<b>CHOJNA Zygmunt</b>	<b>36</b>	SOCIOS SILESIA	M-60	2	00:00:04	00:10:45	00:22:09	00:33:47	<b>00:44:53.95</b>	<b>00:44:57.95</b>	+00:10:16 (22.9%)	4:29	13.4 (77.5%)
9	<b>OLEJNICZAK Tomek</b>	<b>46</b>		M-40	3	00:00:07	00:11:09	00:22:19	00:34:03	<b>00:45:34.05</b>	<b>00:45:41.20</b>	+00:10:56 (24.0%)	4:33	13.2 (76.3%)
10	<b>OWCZAREK Paweł</b>	<b>53</b>		M-40	4	00:00:05	00:11:03	00:22:27	00:34:21	<b>00:45:44.20</b>	<b>00:45:49.90</b>	+00:11:07 (24.3%)	4:34	13.1 (75.7%)
11	<b>GŁADYSZ Leszek</b>	<b>37</b>		M-40	5	00:00:05	00:11:17	00:22:44	00:34:34	<b>00:45:51.30</b>	<b>00:45:56.50</b>	+00:11:14 (24.5%)	4:35	13.1 (75.7%)
12	<b>GAWEŁ Bogdan</b>	<b>31</b>	SYNTHOS	M-60	3	00:00:05	00:11:17	00:22:34	00:34:23	<b>00:46:47.75</b>	<b>00:46:52.80</b>	+00:12:10 (26.0%)	4:40	12.8 (74.0%)
13	<b>FRAĆ Dariusz</b>	<b>3</b>		M-40	6	00:00:02	00:11:00	00:23:03	00:35:25	<b>00:47:16.00</b>	<b>00:47:18.90</b>	+00:12:38 (26.8%)	4:43	12.7 (73.4%)
14	<b>NIGRINI Beata</b>	<b>38</b>		K-40	1	00:00:06	00:11:53	00:23:58	00:35:59	<b>00:47:50.20</b>	<b>00:47:57.05</b>	+00:13:13 (27.6%)	4:47	12.5 (72.3%)
15	<b>DUKATA Grzegorz</b>	<b>47</b>	MGGW	M-40	7	00:00:04	00:11:53	00:24:04	00:36:20	<b>00:47:57.05</b>	<b>00:48:01.85</b>	+00:13:19 (27.8%)	4:47	12.5 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							2.5km	5km	7.5km	10km	10km			
16	ZAVIALOV Sergii	28		M-30	4	00:00:04	00:11:20	00:23:23	00:35:48	00:48:05.80	00:48:10.60	+00:13:28 (28.0%)	4:48	12.5 (72.3%)
17	WILK Piotr	40		M-40	8	00:00:05	00:11:37	00:24:15	00:37:35	00:49:17.65	00:49:22.95	+00:14:40 (29.8%)	4:55	12.2 (70.5%)
18	WILMA Krzysztof	50		M-50	1	00:00:06	00:11:38	00:23:57	00:36:38	00:49:22.05	00:49:28.20	+00:14:44 (29.9%)	4:56	12.2 (70.5%)
19	KRAWACKI Ryszard	14		M-60	4	00:00:07	00:12:24	00:24:39	00:37:09	00:49:27.25	00:49:35.20	+00:14:50 (30.0%)	4:56	12.1 (69.9%)
20	ROSADA Zdzisław	12	PORUSZENI - AKTYWNI Z SOŚNICY	M-60	5	00:00:06	00:12:11	00:24:39	00:37:38	00:50:17.20	00:50:24.05	+00:15:40 (31.2%)	5:01	11.9 (68.8%)
21	JASIŃSKI Adrian	30		M-20	2	00:00:05	00:11:43	00:24:04	00:38:07	00:50:53.60	00:50:58.95	+00:16:16 (32.0%)	5:05	11.8 (68.2%)
22	CADER Wojciech	15	LATAJĄCY KLIMZOWIEC	M-50	2	00:00:07	00:12:23	00:25:07	00:38:14	00:51:16.50	00:51:24.15	+00:16:39 (32.5%)	5:07	11.7 (67.6%)
23	SZPERNALOWSKI Grzegorz	54		M-30	5	00:00:04	00:11:39	00:24:16	00:38:10	00:51:45.35	00:51:49.80	+00:17:08 (33.1%)	5:10	11.6 (67.1%)
24	MALARA Anna	35	3COACH	K-30	1	00:00:06	00:12:07	00:24:55	00:38:27	00:51:55.60	00:52:02.20	+00:17:18 (33.3%)	5:11	11.6 (67.1%)
25	WRÓBLEWSKA Ewa	23		K-50	1	00:00:04	00:11:42	00:24:46	00:38:51	00:52:24.45	00:52:28.45	+00:17:47 (33.9%)	5:14	11.5 (66.5%)
26	OCZOŚ Aleksandra	27		K-30	2	00:00:06	00:12:37	00:25:50	00:39:21	00:52:35.85	00:52:42.20	+00:17:58 (34.2%)	5:15	11.4 (65.9%)
27	LUBICKI Wojciech	11		M-50	3	00:00:04	00:12:25	00:25:50	00:39:20	00:52:43.10	00:52:48.00	+00:18:05 (34.3%)	5:16	11.4 (65.9%)
28	NIEMIEC Sławek	1	INTERGRAFIK.PL	M-40	9	00:00:07	00:11:12	00:23:55	00:38:12	00:52:51.50	00:52:59.05	+00:18:14 (34.5%)	5:17	11.4 (65.9%)
29	KOPEĆ Tomasz	18		M-40	10	00:00:09	00:12:57	00:26:24	00:39:58	00:53:02.35	00:53:11.55	+00:18:25 (34.7%)	5:18	11.3 (65.3%)
30	PIASNY Paweł	45		M-40	11	00:00:05	00:12:32	00:25:51	00:39:39	00:53:25.50	00:53:30.50	+00:18:48 (35.2%)	5:20	11.2 (64.7%)
31	KEMPKIEWICZ Brygida	4		K-40	2	00:00:02	00:12:46	00:26:07	00:39:53	00:53:26.40	00:53:28.40	+00:18:49 (35.2%)	5:20	11.2 (64.7%)
32	BAŃKA Jakub	29		M-30	6	00:00:06	00:13:04	00:26:31	00:40:16	00:54:15.15	00:54:21.15	+00:19:37 (36.2%)	5:25	11.1 (64.2%)
33	BERESKA Bartek	7		M-30	7	00:00:07	00:13:32	00:27:28	00:41:20	00:54:46.40	00:54:53.65	+00:20:09 (36.8%)	5:28	11 (63.6%)
34	PODOLAK Alfred	33		M-60	6	00:00:08	00:12:40	00:26:42	00:41:07	00:55:19.40	00:55:27.55	+00:20:42 (37.4%)	5:31	10.8 (62.4%)
35	PALMOWSKA Agnieszka	6	PHD RUNNERS	K-30	3	00:00:07	00:13:16	00:27:04	00:41:55	00:55:21.85	00:55:29.70	+00:20:44 (37.5%)	5:32	10.8 (62.4%)
36	WILKOŃ Artur	17		M-40	12	00:00:06	00:13:02	00:26:49	00:40:47	00:55:53.30	00:55:59.65	+00:21:16 (38.1%)	5:35	10.7 (61.8%)
37	SZWARCZYŃSKI Jakub	10		M-30	8	00:00:08	00:14:04	00:28:09	00:42:28	00:56:25.40	00:56:33.90	+00:21:48 (38.6%)	5:38	10.6 (61.3%)
38	PAWELAK Szymon	42		M-20	3	00:00:10	00:13:27	00:27:17	00:42:14	00:57:02.85	00:57:13.05	+00:22:25 (39.3%)	5:42	10.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>KĄDZIOŁKA Jan</b>	<b>60</b>	EKSTREMALNI RZEŹNICY NA RELAKSIE	M-50	4	00:00:05	00:12:44	00:27:07	00:42:21	<b>00:57:07.20</b>	<b>00:57:12.95</b>	+00:22:30 (39.4%)	5:42	10.5 (60.7%)
40	<b>SZCZEPANKIEWICZ Justyna</b>	<b>13</b>		K-40	3	00:00:07	00:13:26	00:27:50	00:42:47	<b>00:57:16.10</b>	<b>00:57:23.25</b>	+00:22:38 (39.5%)	5:43	10.5 (60.7%)
41	<b>GRUSZCZYŃSKI Bogusław</b>	<b>55</b>		M-60	7	00:00:08	00:14:01	00:28:08	00:42:49	<b>00:57:21.45</b>	<b>00:57:30.15</b>	+00:22:44 (39.6%)	5:44	10.5 (60.7%)
42	<b>SIKORA Michał</b>	<b>59</b>		M-40	13	00:00:07	00:13:01	00:28:21	00:43:20	<b>00:57:52.50</b>	<b>00:57:59.85</b>	+00:23:15 (40.2%)	5:47	10.4 (60.1%)
43	<b>CIUMAN Piotr</b>	<b>20</b>	PHD RUNNERS	M-30	9	00:00:08	00:13:15	00:27:04	00:43:32	<b>00:58:14.35</b>	<b>00:58:22.55</b>	+00:23:37 (40.6%)	5:49	10.3 (59.5%)
44	<b>ŁYSIAK Magdalena</b>	<b>41</b>		K-30	4	00:00:07	00:13:56	00:28:22	00:43:21	<b>00:58:36.05</b>	<b>00:58:43.85</b>	+00:23:58 (40.9%)	5:51	10.2 (59.0%)
45	<b>ZEMŁA Piotr</b>	<b>51</b>		M-50	5	00:00:07	00:13:20	00:27:54	00:43:15	<b>00:58:50.90</b>	<b>00:58:58.55</b>	+00:24:13 (41.2%)	5:53	10.2 (59.0%)
46	<b>KRYSHMARU Viktor</b>	<b>9</b>		M-50	6	00:00:05	00:13:26	00:28:15	00:43:51	<b>00:59:01.10</b>	<b>00:59:06.75</b>	+00:24:23 (41.3%)	5:54	10.2 (59.0%)
47	<b>KUBICA-BADORA Rozalia</b>	<b>25</b>		K-30	5	00:00:04	00:14:22	00:29:08	00:44:19	<b>00:59:39.15</b>	<b>00:59:43.75</b>	+00:25:01 (42.0%)	5:57	10.1 (58.4%)
48	<b>BADORA Maciej</b>	<b>24</b>		M-30	10	00:00:04	00:14:24	00:29:08	00:44:20	<b>00:59:39.50</b>	<b>00:59:43.90</b>	+00:25:02 (42.0%)	5:57	10.1 (58.4%)
49	<b>KOWALEWSKI Mateusz</b>	<b>26</b>		M-20	4	00:00:03	00:12:56	00:28:59	00:46:04	<b>01:03:15.65</b>	<b>01:03:18.85</b>	+00:28:38 (45.3%)	6:19	9.5 (54.9%)
50	<b>SZARŁAT Maciej</b>	<b>52</b>		M-30	11	00:00:08	00:14:01	00:30:51	00:47:40	<b>01:04:45.20</b>	<b>01:04:53.65</b>	+00:30:08 (46.5%)	6:28	9.3 (53.8%)
51	<b>LUBICKI Tomek</b>	<b>19</b>	TEAM LUBICKI	M-50	7	00:00:05	00:15:08	00:32:36	00:50:29	<b>01:08:48.55</b>	<b>01:08:53.60</b>	+00:34:11 (49.7%)	6:52	8.7 (50.3%)
52	<b>GÓRECKA-WRÓBEL Jolanta</b>	<b>8</b>		K-40	4	00:00:05	00:15:15	00:33:20	00:51:41	<b>01:09:25.35</b>	<b>01:09:31.20</b>	+00:34:48 (50.1%)	6:56	8.6 (49.7%)
53	<b>BRZOZOWSKA Katarzyna</b>	<b>5</b>		K-40	5	00:00:06	00:15:13	00:33:19	00:51:40	<b>01:09:25.55</b>	<b>01:09:31.60</b>	+00:34:48 (50.1%)	6:56	8.6 (49.7%)
54	<b>WACŁAWEK Tomek</b>	<b>22</b>	TEAM TOMSON	M-20	5	00:00:03	00:15:33	00:34:02	00:52:17	<b>01:09:57.25</b>	<b>01:10:00.45</b>	+00:35:20 (50.5%)	6:59	8.6 (49.7%)

Znaleziono 54 wynik(ów)