



# BIEG SUMMER ARENA | 5KM

B4SPORT

**Wydarzenie:** Biegi Summer Arena  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-08-13  
**Miejsce:** Gliwice  
**Dystans:** 5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>URBAŃCZYK Karol</b>	<b>517</b>	DYNAFIT / NON STOP TRAIL	M-30	1	00:00:02	00:08:22	<b>00:17:08.40</b>	<b>00:17:11.00</b>		3:25	17.5 (100%)
2	<b>WRZESIĘ Dariusz</b>	<b>505</b>	INŻYNIERIA BIEGANIA	M-40	1	00:00:02	00:09:11	<b>00:18:21.40</b>	<b>00:18:24.15</b>	+00:01:13 (6.6%)	3:40	16.3 (93.1%)
3	<b>POŁOMSKI Grzegorz</b>	<b>527</b>	POLOMSCY TEAM	M-40	2	00:00:03	00:09:21	<b>00:19:09.85</b>	<b>00:19:13.80</b>	+00:02:01 (10.6%)	3:49	15.7 (89.7%)
4	<b>STAŃCZYK Przemek</b>	<b>509</b>	ANTONTEAM	M-30	2	00:00:03	00:09:51	<b>00:20:01.75</b>	<b>00:20:04.95</b>	+00:02:53 (14.4%)	4:00	15 (85.7%)
5	<b>LASKOWSKA Katarzyna</b>	<b>525</b>	INŻYNIERIA BIEGANIA TEAM	K-40	1	00:00:03	00:10:09	<b>00:20:26.55</b>	<b>00:20:30.35</b>	+00:03:18 (16.2%)	4:05	14.7 (84.0%)
6	<b>WAWRZAK Ryszard</b>	<b>518</b>	RYSZARD RUN	M-40	3	00:00:02	00:10:11	<b>00:20:44.95</b>	<b>00:20:47.65</b>	+00:03:36 (17.4%)	4:08	14.5 (82.9%)
7	<b>WOJTAS Paweł</b>	<b>522</b>		M-30	3	00:00:02	00:10:08	<b>00:21:09.45</b>	<b>00:21:12.05</b>	+00:04:01 (19.0%)	4:13	14.2 (81.1%)
8	<b>KAMPA Dalia</b>	<b>521</b>		K-30	1	00:00:02	00:10:32	<b>00:21:13.70</b>	<b>00:21:15.95</b>	+00:04:05 (19.3%)	4:14	14.1 (80.6%)
9	<b>ŁACNY Dariusz</b>	<b>507</b>	BIEGATON	M-40	4	00:00:03	00:10:36	<b>00:21:48.10</b>	<b>00:21:51.45</b>	+00:04:39 (21.4%)	4:21	13.8 (78.9%)
10	<b>SLADEK Dawid</b>	<b>528</b>	AMELKA POWER!	M-30	4	00:00:13	00:11:25	<b>00:22:17.35</b>	<b>00:22:31.30</b>	+00:05:08 (23.1%)	4:27	13.5 (77.1%)
11	<b>RUSIN Adam</b>	<b>532</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-20	1	00:00:02	00:10:59	<b>00:22:48.25</b>	<b>00:22:50.65</b>	+00:05:39 (24.8%)	4:33	13.2 (75.4%)
12	<b>BIENIECKI Mirek</b>	<b>531</b>	OTK RZEŹNIK	M-40	5	00:00:02	00:10:58	<b>00:22:54.45</b>	<b>00:22:56.90</b>	+00:05:46 (25.2%)	4:34	13.1 (74.9%)
13	<b>RATAJ Barbara</b>	<b>533</b>	JEJKOWICE BIEGAJA	K-30	2	00:00:02	00:11:01	<b>00:22:59.30</b>	<b>00:23:01.75</b>	+00:05:50 (25.4%)	4:35	13.1 (74.9%)
14	<b>POŁOMSKA Edyta</b>	<b>526</b>	POLOMSCY TEAM	K-40	2	00:00:04	00:11:25	<b>00:23:23.95</b>	<b>00:23:28.35</b>	+00:06:15 (26.7%)	4:40	12.8 (73.1%)
15	<b>POPIEL-KRUK Aleksandra</b>	<b>501</b>		K-40	3	00:00:03	00:11:32	<b>00:23:33.95</b>	<b>00:23:37.80</b>	+00:06:25 (27.3%)	4:42	12.7 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>DOBROWOLSKI Krzysztof</b>	<b>519</b>		M-30	5	00:00:05	00:11:50	<b>00:24:23.55</b>	<b>00:24:28.95</b>	+00:07:15 (29.7%)	4:52	12.3 (70.3%)
17	<b>SKULSKI Tomasz</b>	<b>508</b>		M-40	6	00:00:09	00:11:58	<b>00:24:32.70</b>	<b>00:24:41.75</b>	+00:07:24 (30.2%)	4:54	12.2 (69.7%)
18	<b>BARAN Paulina</b>	<b>523</b>	64 BATALION LEKKIEJ PIECHOTY W POMIECHÓWKU	K-20	1	00:00:04	00:12:02	<b>00:24:42.10</b>	<b>00:24:46.25</b>	+00:07:33 (30.6%)	4:56	12.1 (69.1%)
19	<b>RYŚ Artur</b>	<b>504</b>	STS BIEGATON MIKOŁÓW	M-40	7	00:00:04	00:11:42	<b>00:24:49.30</b>	<b>00:24:54.15</b>	+00:07:40 (30.9%)	4:57	12.1 (69.1%)
20	<b>KONIARSKI Jaromir</b>	<b>515</b>	7'TH FLOOR	M-30	6	00:00:05	00:12:05	<b>00:25:19.50</b>	<b>00:25:25.45</b>	+00:08:11 (32.3%)	5:03	11.8 (67.4%)
21	<b>KAPAŁKA Tomasz</b>	<b>514</b>		M-30	7	00:00:08	00:13:32	<b>00:27:04.15</b>	<b>00:27:12.70</b>	+00:09:55 (36.7%)	5:24	11.1 (63.4%)
22	<b>KUCHTA Katarzyna</b>	<b>529</b>	NIGHT RUNNERS	K-30	3	00:00:03	00:13:32	<b>00:27:42.35</b>	<b>00:27:46.30</b>	+00:10:33 (38.1%)	5:32	10.8 (61.7%)
23	<b>GŁADYSZ Aneta</b>	<b>502</b>		K-40	4	00:00:09	00:13:56	<b>00:28:18.00</b>	<b>00:28:27.30</b>	+00:11:09 (39.4%)	5:39	10.6 (60.6%)
24	<b>SZPIŁA Michał</b>	<b>516</b>		M-20	2	00:00:08	00:14:17	<b>00:29:03.45</b>	<b>00:29:12.00</b>	+00:11:55 (41.0%)	5:48	10.3 (58.9%)
25	<b>NIEDŹWIEDŹ Marta</b>	<b>512</b>		K-20	2	00:00:09	00:14:25	<b>00:29:10.80</b>	<b>00:29:20.15</b>	+00:12:02 (41.3%)	5:50	10.3 (58.9%)
26	<b>GRABYSZ Witold</b>	<b>524</b>		M-50	1	00:00:04	00:14:42	<b>00:29:24.75</b>	<b>00:29:29.30</b>	+00:12:16 (41.7%)	5:52	10.2 (58.3%)
27	<b>BARCHANOWSKA Joanna</b>	<b>506</b>		K-30	4	00:00:06	00:13:42	<b>00:29:28.30</b>	<b>00:29:34.85</b>	+00:12:19 (41.8%)	5:53	10.2 (58.3%)
28	<b>PELC Czesław</b>	<b>534</b>	PĘDZIWIATR GLIWICE	M-60	1	00:00:08	00:14:30	<b>00:29:29.20</b>	<b>00:29:37.60</b>	+00:12:20 (41.9%)	5:53	10.2 (58.3%)
29	<b>CHMELIK Katarzyna</b>	<b>510</b>		K-20	3	00:00:09	00:14:27	<b>00:29:44.50</b>	<b>00:29:53.55</b>	+00:12:36 (42.4%)	5:56	10.1 (57.7%)
30	<b>MRZYGLÓD Monika</b>	<b>500</b>		K-30	5	00:00:09	00:14:40	<b>00:29:54.90</b>	<b>00:30:04.65</b>	+00:12:46 (42.7%)	5:58	10 (57.1%)
31	<b>BRZYSKI Kamil</b>	<b>513</b>		M-20	3	00:00:08	00:14:11	<b>00:30:17.40</b>	<b>00:30:26.15</b>	+00:13:09 (43.4%)	6:03	9.9 (56.6%)
32	<b>STEBEL Damian</b>	<b>503</b>		M-30	8	00:00:05	00:14:21	<b>00:30:40.55</b>	<b>00:30:46.30</b>	+00:13:32 (44.1%)	6:08	9.8 (56.0%)
33	<b>WYSOKIŃSKI Arek</b>	<b>520</b>		M-20	4	00:00:07	00:14:15	<b>00:31:42.60</b>	<b>00:31:49.95</b>	+00:14:34 (45.9%)	6:20	9.5 (54.3%)
34	<b>SUSEŁ Aleksander</b>	<b>535</b>		M-30	9	00:00:03	00:16:27	<b>00:32:13.35</b>	<b>00:32:16.40</b>	+00:15:04 (46.8%)	6:26	9.3 (53.1%)
35	<b>BROŻEK Bartosz</b>	<b>57</b>		M-20	5	00:00:05	00:14:36	<b>00:35:08.85</b>	<b>00:35:14.50</b>	+00:18:00 (51.2%)	7:01	8.5 (48.6%)

Znaleziono 35 wynik(ów)