



**Event:** Biegi Summer Arena  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2022-08-13  
**Place:** Gliwice  
**Distance:** 5 km

## BIEG SUMMER ARENA | 5KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: Mężczyźni

| Place | Participant           | Number | Club                                     | Category | MCat | Start time | 2.5km    | Net time 5km | Czas brutto 5km | Gap               | Pace min/km | Pace km/h    |
|-------|-----------------------|--------|------------------------------------------|----------|------|------------|----------|--------------|-----------------|-------------------|-------------|--------------|
| 1     | URBAŃCZYK Karol       | 517    | DYNAFIT / NON STOP TRAIL                 | M-30     | 1    | 00:00:02   | 00:08:22 | 00:17:08.40  | 00:17:11.00     |                   | 3:25        | 17.5 (100%)  |
| 2     | WRZESIEŃ Dariusz      | 505    | INŻYNIERIA BIEGANIA                      | M-40     | 1    | 00:00:02   | 00:09:11 | 00:18:21.40  | 00:18:24.15     | +00:01:13 (6.6%)  | 3:40        | 16.3 (93.1%) |
| 3     | POŁOMSKI Grzegorz     | 527    | POLOMSCY TEAM                            | M-40     | 2    | 00:00:03   | 00:09:21 | 00:19:09.85  | 00:19:13.80     | +00:02:01 (10.6%) | 3:49        | 15.7 (89.7%) |
| 4     | STAŃCZYK Przemek      | 509    | ANTONTEAM                                | M-30     | 2    | 00:00:03   | 00:09:51 | 00:20:01.75  | 00:20:04.95     | +00:02:53 (14.4%) | 4:00        | 15 (85.7%)   |
| 5     | WAWRZAK Ryszard       | 518    | RYSZARD RUN                              | M-40     | 3    | 00:00:02   | 00:10:11 | 00:20:44.95  | 00:20:47.65     | +00:03:36 (17.4%) | 4:08        | 14.5 (82.9%) |
| 6     | WOJTAS Paweł          | 522    |                                          | M-30     | 3    | 00:00:02   | 00:10:08 | 00:21:09.45  | 00:21:12.05     | +00:04:01 (19.0%) | 4:13        | 14.2 (81.1%) |
| 7     | ŁACNY Dariusz         | 507    | BIEGATON                                 | M-40     | 4    | 00:00:03   | 00:10:36 | 00:21:48.10  | 00:21:51.45     | +00:04:39 (21.4%) | 4:21        | 13.8 (78.9%) |
| 8     | SLADEK Dawid          | 528    | AMELKA POWER!                            | M-30     | 4    | 00:00:13   | 00:11:25 | 00:22:17.35  | 00:22:31.30     | +00:05:08 (23.1%) | 4:27        | 13.5 (77.1%) |
| 9     | RUSIN Adam            | 532    | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | M-20     | 1    | 00:00:02   | 00:10:59 | 00:22:48.25  | 00:22:50.65     | +00:05:39 (24.8%) | 4:33        | 13.2 (75.4%) |
| 10    | BIENIECKI Mirek       | 531    | OTK RZEŹNIK                              | M-40     | 5    | 00:00:02   | 00:10:58 | 00:22:54.45  | 00:22:56.90     | +00:05:46 (25.2%) | 4:34        | 13.1 (74.9%) |
| 11    | DOBROWOLSKI Krzysztof | 519    |                                          | M-30     | 5    | 00:00:05   | 00:11:50 | 00:24:23.55  | 00:24:28.95     | +00:07:15 (29.7%) | 4:52        | 12.3 (70.3%) |
| 12    | SKULSKI Tomasz        | 508    |                                          | M-40     | 6    | 00:00:09   | 00:11:58 | 00:24:32.70  | 00:24:41.75     | +00:07:24 (30.2%) | 4:54        | 12.2 (69.7%) |
| 13    | RYŚ Artur             | 504    | STS BIEGATON MIKOŁÓW                     | M-40     | 7    | 00:00:04   | 00:11:42 | 00:24:49.30  | 00:24:54.15     | +00:07:40 (30.9%) | 4:57        | 12.1 (69.1%) |
| 14    | KONIARSKI Jaromir     | 515    | 7'TH FLOOR                               | M-30     | 6    | 00:00:05   | 00:12:05 | 00:25:19.50  | 00:25:25.45     | +00:08:11 (32.3%) | 5:03        | 11.8 (67.4%) |
| 15    | KAPĄŁKA Tomasz        | 514    |                                          | M-30     | 7    | 00:00:08   | 00:13:32 | 00:27:04.15  | 00:27:12.70     | +00:09:55 (36.7%) | 5:24        | 11.1 (63.4%) |

| Place | Participant      | Number | Club               | Category | MCat | Start<br>time | 2.5km    | Net<br>time<br>5km | Czas<br>brutto<br>5km | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|------------------|--------|--------------------|----------|------|---------------|----------|--------------------|-----------------------|----------------------|----------------|-----------------|
| 16    | SZPILA Michał    | 516    |                    | M-20     | 2    | 00:00:08      | 00:14:17 | 00:29:03.45        | 00:29:12.00           | +00:11:55<br>(41.0%) | 5:48           | 10.3<br>(58.9%) |
| 17    | GRABYSZ Witold   | 524    |                    | M-50     | 1    | 00:00:04      | 00:14:42 | 00:29:24.75        | 00:29:29.30           | +00:12:16<br>(41.7%) | 5:52           | 10.2<br>(58.3%) |
| 18    | PELC Czesław     | 534    | PĘDZIWIATR GLIWICE | M-60     | 1    | 00:00:08      | 00:14:30 | 00:29:29.20        | 00:29:37.60           | +00:12:20<br>(41.9%) | 5:53           | 10.2<br>(58.3%) |
| 19    | BRZYSKI Kamil    | 513    |                    | M-20     | 3    | 00:00:08      | 00:14:11 | 00:30:17.40        | 00:30:26.15           | +00:13:09<br>(43.4%) | 6:03           | 9.9<br>(56.6%)  |
| 20    | STEBEL Damian    | 503    |                    | M-30     | 8    | 00:00:05      | 00:14:21 | 00:30:40.55        | 00:30:46.30           | +00:13:32<br>(44.1%) | 6:08           | 9.8<br>(56.0%)  |
| 21    | WYSOKIŃSKI Arek  | 520    |                    | M-20     | 4    | 00:00:07      | 00:14:15 | 00:31:42.60        | 00:31:49.95           | +00:14:34<br>(45.9%) | 6:20           | 9.5<br>(54.3%)  |
| 22    | SUSEŁ Aleksander | 535    |                    | M-30     | 9    | 00:00:03      | 00:16:27 | 00:32:13.35        | 00:32:16.40           | +00:15:04<br>(46.8%) | 6:26           | 9.3<br>(53.1%)  |
| 23    | BROŻEK Bartosz   | 57     |                    | M-20     | 5    | 00:00:05      | 00:14:36 | 00:35:08.85        | 00:35:14.50           | +00:18:00<br>(51.2%) | 7:01           | 8.5<br>(48.6%)  |

Total 23 results.