



**Wydarzenie:** V Radan Półmaraton Gliwicki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-11-04  
**Miejsce:** Gliwice  
**Dystans:** 10 km

## GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik                  | Numer       | Klub                           | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas netto<br>10.5km | Czas brutto<br>10.5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------------|-------------|--------------------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | <b>POZEVILOV</b> Dmitro   | <b>1010</b> |                                | M-30      | 1    | 00:00:00    | 00:15:58       | 00:32:23      | <b>00:33:46.50</b>   | <b>00:33:46.50</b>    |                      | 3:12            | 18.7<br>(100%)  |
| 2   | <b>PSTRAŚ</b> Leszek      | <b>1286</b> | PARKRUN KATOWICE               | M-30      | 2    | 00:00:02    | 00:18:01       | 00:36:51      | <b>00:38:08.55</b>   | <b>00:38:10.80</b>    | +00:04:22<br>(11.5%) | 3:37            | 16.5<br>(88.2%) |
| 3   | <b>SZYMAŃSKI</b> Bartosz  | <b>1356</b> | NIEWYMIĘKACZE                  | M-30      | 3    | 00:00:02    | 00:18:02       | 00:36:49      | <b>00:38:10.10</b>   | <b>00:38:12.30</b>    | +00:04:23<br>(11.5%) | 3:38            | 16.5<br>(88.2%) |
| 4   | <b>GIŻYŃSKI</b> Damian    | <b>1087</b> | KOLEJARZ BEST 4U               | M-30      | 4    | 00:00:02    | 00:18:10       | 00:37:03      | <b>00:38:29.90</b>   | <b>00:38:32.50</b>    | +00:04:43<br>(12.3%) | 3:40            | 16.4<br>(87.7%) |
| 5   | <b>SNARSKI</b> Bogdan     | <b>1325</b> | ALBATROSY                      | M-30      | 5    | 00:00:03    | 00:18:52       | 00:38:55      | <b>00:40:25.40</b>   | <b>00:40:28.70</b>    | +00:06:38<br>(16.4%) | 3:50            | 15.6<br>(83.4%) |
| 6   | <b>OCHMAN</b> Paweł       | <b>1232</b> | FUTURE PROCESSING RUNNING TEAM | M-30      | 6    | 00:00:03    | 00:19:05       | 00:39:04      | <b>00:40:31.25</b>   | <b>00:40:34.35</b>    | +00:06:44<br>(16.6%) | 3:51            | 15.5<br>(82.9%) |
| 7   | <b>LEDWOŃ</b> Paweł       | <b>1513</b> |                                | M-30      | 7    | 00:00:03    | 00:19:22       | 00:39:01      | <b>00:40:37.35</b>   | <b>00:40:40.70</b>    | +00:06:50<br>(16.9%) | 3:52            | 15.5<br>(82.9%) |
| 8   | <b>KLIMAS</b> Kamil       | <b>1477</b> |                                | M-30      | 8    | 00:00:05    | 00:19:56       | 00:39:41      | <b>00:41:03.25</b>   | <b>00:41:08.60</b>    | +00:07:16<br>(17.7%) | 3:54            | 15.3<br>(81.8%) |
| 9   | <b>ALKER</b> Andrzej      | <b>1013</b> |                                | M-30      | 9    | 00:00:03    | 00:19:42       | 00:40:15      | <b>00:41:42.50</b>   | <b>00:41:45.85</b>    | +00:07:56<br>(19.0%) | 3:58            | 15.1<br>(80.7%) |
| 10  | <b>HALMAN</b> Tomasz      | <b>1105</b> |                                | M-30      | 10   | 00:00:03    | 00:19:26       | 00:40:30      | <b>00:41:58.20</b>   | <b>00:42:01.80</b>    | +00:08:11<br>(19.5%) | 3:59            | 15 (80.2%)      |
| 11  | <b>DZIDA</b> Janusz       | <b>1063</b> |                                | M-30      | 11   | 00:00:05    | 00:19:27       | 00:40:40      | <b>00:42:14.95</b>   | <b>00:42:20.60</b>    | +00:08:28<br>(20.1%) | 4:01            | 14.9<br>(79.7%) |
| 12  | <b>DOLATA</b> Krzysztof   | <b>1051</b> | SOCIOS SILESIA                 | M-30      | 12   | 00:00:04    | 00:20:32       | 00:41:40      | <b>00:43:18.55</b>   | <b>00:43:22.60</b>    | +00:09:32<br>(22.0%) | 4:07            | 14.5<br>(77.5%) |
| 13  | <b>MICHAŁSKI</b> Jarosław | <b>1469</b> |                                | M-30      | 13   | 00:00:19    | 00:21:05       | 00:43:05      | <b>00:44:38.05</b>   | <b>00:44:57.55</b>    | +00:10:51<br>(24.3%) | 4:15            | 14.1<br>(75.4%) |
| 14  | <b>LILLA</b> Piotr        | <b>1186</b> | ML DESIGN                      | M-30      | 14   | 00:00:06    | 00:20:56       | 00:43:26      | <b>00:45:03.05</b>   | <b>00:45:09.85</b>    | +00:11:16<br>(25.0%) | 4:17            | 14 (74.9%)      |

| Msc | Zawodnik                      | Numer       | Klub                           | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas netto<br>10.5km | Czas brutto<br>10.5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------------|-------------|--------------------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 15  | <b>KAMIŃSKI Jacek</b>         | <b>1129</b> |                                | M-30      | 15   | 00:00:48    | 00:21:27       | 00:43:28      | <b>00:45:08.10</b>   | <b>00:45:56.55</b>    | +00:11:21<br>(25.2%) | 4:17            | 14 (74.9%)      |
| 16  | <b>ZDON Paweł</b>             | <b>1404</b> |                                | M-30      | 16   | 00:00:05    | 00:20:59       | 00:43:27      | <b>00:45:11.25</b>   | <b>00:45:17.05</b>    | +00:11:24<br>(25.3%) | 4:18            | 13.9<br>(74.3%) |
| 17  | <b>EISLER Tomasz</b>          | <b>1067</b> | SKLEPBIKER.PL                  | M-30      | 17   | 00:00:07    | 00:21:09       | 00:43:47      | <b>00:45:30.10</b>   | <b>00:45:37.85</b>    | +00:11:43<br>(25.8%) | 4:20            | 13.8<br>(73.8%) |
| 18  | <b>RUDZIŃSKI Jacek</b>        | <b>1299</b> |                                | M-30      | 18   | 00:00:12    | 00:22:11       | 00:44:09      | <b>00:45:44.65</b>   | <b>00:45:57.10</b>    | +00:11:58<br>(26.2%) | 4:21            | 13.8<br>(73.8%) |
| 19  | <b>KONOPKO Krzysztof</b>      | <b>1153</b> |                                | M-30      | 19   | 00:00:13    | 00:21:58       | 00:44:08      | <b>00:45:49.50</b>   | <b>00:46:03.15</b>    | +00:12:03<br>(26.3%) | 4:21            | 13.7<br>(73.3%) |
| 20  | <b>JEZUSEK Piotrek</b>        | <b>1121</b> | NIGHT RUNNERS GLIWICE          | M-30      | 20   | 00:00:16    | 00:22:03       | 00:44:34      | <b>00:46:09.35</b>   | <b>00:46:26.15</b>    | +00:12:22<br>(26.8%) | 4:23            | 13.6<br>(72.7%) |
| 21  | <b>SZCZYPTA Robert</b>        | <b>1344</b> | FLUOR                          | M-30      | 21   | 00:01:27    | 00:22:25       | 00:44:44      | <b>00:46:13.40</b>   | <b>00:47:40.70</b>    | +00:12:26<br>(26.9%) | 4:24            | 13.6<br>(72.7%) |
| 22  | <b>KUKURBA Mikołaj</b>        | <b>1179</b> | ENGINIETY                      | M-30      | 22   | 00:01:10    | 00:21:44       | 00:44:46      | <b>00:46:28.55</b>   | <b>00:47:39.40</b>    | +00:12:42<br>(27.3%) | 4:25            | 13.6<br>(72.7%) |
| 23  | <b>JACHYM Arkadiusz</b>       | <b>1111</b> | SOCIOS SILESIA                 | M-30      | 23   | 00:00:04    | 00:21:35       | 00:44:59      | <b>00:46:40.60</b>   | <b>00:46:44.95</b>    | +00:12:54<br>(27.6%) | 4:26            | 13.5<br>(72.2%) |
| 24  | <b>WATOŁA Marek</b>           | <b>1377</b> | M&M                            | M-30      | 24   | 00:00:10    | 00:22:17       | 00:45:35      | <b>00:47:06.90</b>   | <b>00:47:17.30</b>    | +00:13:20<br>(28.3%) | 4:29            | 13.4<br>(71.7%) |
| 25  | <b>MACHEJ Remigiusz</b>       | <b>1195</b> | ML DESIGN                      | M-30      | 25   | 00:00:06    | 00:21:42       | 00:45:34      | <b>00:47:14.50</b>   | <b>00:47:21.35</b>    | +00:13:28<br>(28.5%) | 4:30            | 13.3<br>(71.1%) |
| 26  | <b>KOTRA Jacek</b>            | <b>1158</b> |                                | M-30      | 26   | 00:00:10    | 00:22:38       | 00:45:45      | <b>00:47:26.90</b>   | <b>00:47:37.05</b>    | +00:13:40<br>(28.8%) | 4:31            | 13.3<br>(71.1%) |
| 27  | <b>GRUSZCZYŃSKI Stanisław</b> | <b>1421</b> |                                | M-30      | 27   | 00:00:11    | 00:22:09       | 00:46:00      | <b>00:47:43.70</b>   | <b>00:47:55.50</b>    | +00:13:57<br>(29.2%) | 4:32            | 13.2<br>(70.6%) |
| 28  | <b>SOTER Bartłomiej</b>       | <b>1333</b> | KOTRAK TEAM                    | M-30      | 28   | 00:00:53    | 00:24:01       | 00:46:51      | <b>00:48:30.50</b>   | <b>00:49:23.70</b>    | +00:14:44<br>(30.4%) | 4:37            | 13 (69.5%)      |
| 29  | <b>HORA Grzegorz</b>          | <b>1109</b> |                                | M-30      | 29   | 00:01:01    | 00:23:07       | 00:46:55      | <b>00:48:34.10</b>   | <b>00:49:35.35</b>    | +00:14:47<br>(30.5%) | 4:37            | 13 (69.5%)      |
| 30  | <b>SOCZAWA Wojciech</b>       | <b>1328</b> |                                | M-30      | 30   | 00:00:46    | 00:23:59       | 00:47:37      | <b>00:49:21.25</b>   | <b>00:50:07.80</b>    | +00:15:34<br>(31.6%) | 4:42            | 12.8<br>(68.4%) |
| 31  | <b>MAŃKA Marcin</b>           | <b>1200</b> | MOMO RESTAURANT & COCKTAIL BAR | M-30      | 31   | 00:00:38    | 00:24:11       | 00:48:03      | <b>00:49:44.85</b>   | <b>00:50:23.65</b>    | +00:15:58<br>(32.1%) | 4:44            | 12.7<br>(67.9%) |
| 32  | <b>CHRZAŚCIK Tomasz</b>       | <b>1040</b> | FUTURE PROCESSING RUNNING TEAM | M-30      | 32   | 00:00:27    | 00:23:53       | 00:48:06      | <b>00:49:53.05</b>   | <b>00:50:20.10</b>    | +00:16:06<br>(32.3%) | 4:45            | 12.6<br>(67.4%) |
| 33  | <b>IGNASIAK Jakub</b>         | <b>1505</b> |                                | M-30      | 33   | 00:00:06    | 00:23:23       | 00:48:09      | <b>00:49:58.35</b>   | <b>00:50:04.60</b>    | +00:16:11<br>(32.4%) | 4:45            | 12.6<br>(67.4%) |
| 34  | <b>WIĘCŁAW Grzegorz</b>       | <b>1381</b> | GŁOWA RZĄDZI                   | M-30      | 34   | 00:00:32    | 00:23:21       | 00:48:19      | <b>00:50:12.00</b>   | <b>00:50:44.15</b>    | +00:16:25<br>(32.7%) | 4:46            | 12.5<br>(66.8%) |
| 35  | <b>MACHALICA Jacek</b>        | <b>1194</b> | FAMUŁA TEAM                    | M-30      | 35   | 00:00:37    | 00:24:17       | 00:48:37      | <b>00:50:21.15</b>   | <b>00:50:58.40</b>    | +00:16:34<br>(32.9%) | 4:47            | 12.5<br>(66.8%) |
| 36  | <b>HARAZIN Janusz</b>         | <b>1106</b> | 2 TM 4,7                       | M-30      | 36   | 00:00:33    | 00:24:49       | 00:48:53      | <b>00:50:46.15</b>   | <b>00:51:19.90</b>    | +00:16:59<br>(33.5%) | 4:50            | 12.4<br>(66.3%) |
| 37  | <b>SZWARCZYŃSKI Michał</b>    | <b>1353</b> |                                | M-30      | 37   | 00:00:09    | 00:22:58       | 00:48:49      | <b>00:50:47.15</b>   | <b>00:50:56.15</b>    | +00:17:00<br>(33.5%) | 4:50            | 12.4<br>(66.3%) |

| Msc | Zawodnik                    | Numer       | Klub                   | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas netto<br>10.5km | Czas brutto<br>10.5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------------|-------------|------------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 38  | <b>GARNCARZ Jakub</b>       | <b>1083</b> |                        | M-30      | 38   | 00:00:29    | 00:24:46       | 00:49:25      | <b>00:51:12.75</b>   | <b>00:51:42.70</b>    | +00:17:26<br>(34.0%) | 4:52            | 12.3<br>(65.8%) |
| 39  | <b>RYMASZEWSKI Wojtek</b>   | <b>1302</b> | WARSZTATKOSZULKOWY.PL  | M-30      | 39   | 00:00:29    | 00:24:45       | 00:49:48      | <b>00:51:40.00</b>   | <b>00:52:09.05</b>    | +00:17:53<br>(34.6%) | 4:55            | 12.2<br>(65.2%) |
| 40  | <b>MICHAŁOWSKI Rafał</b>    | <b>1208</b> |                        | M-30      | 40   | 00:00:48    | 00:25:00       | 00:50:08      | <b>00:52:02.40</b>   | <b>00:52:50.40</b>    | +00:18:15<br>(35.1%) | 4:57            | 12.1<br>(64.7%) |
| 41  | <b>KSIĄŻEK Grzegorz</b>     | <b>1172</b> |                        | M-30      | 41   | 00:00:10    | 00:24:49       | 00:50:25      | <b>00:52:12.55</b>   | <b>00:52:23.20</b>    | +00:18:26<br>(35.3%) | 4:58            | 12.1<br>(64.7%) |
| 42  | <b>PETRYNA Bartosz</b>      | <b>1258</b> |                        | M-30      | 42   | 00:00:56    | 00:24:27       | 00:50:20      | <b>00:52:24.35</b>   | <b>00:53:20.50</b>    | +00:18:37<br>(35.6%) | 4:59            | 12 (64.2%)      |
| 43  | <b>KOWALCZYK Jordan</b>     | <b>1159</b> |                        | M-30      | 43   | 00:00:22    | 00:25:00       | 00:50:37      | <b>00:52:30.70</b>   | <b>00:52:52.95</b>    | +00:18:44<br>(35.7%) | 5:00            | 12 (64.2%)      |
| 44  | <b>MICHALSKI Robert</b>     | <b>1207</b> | HETMAN TARNOWSKIE GÓRY | M-30      | 44   | 00:00:25    | 00:25:18       | 00:50:41      | <b>00:52:31.05</b>   | <b>00:52:56.95</b>    | +00:18:44<br>(35.7%) | 5:00            | 12 (64.2%)      |
| 45  | <b>PIANKOWSKI Tyberiusz</b> | <b>1419</b> |                        | M-30      | 45   | 00:00:43    | 00:25:05       | 00:50:40      | <b>00:52:34.50</b>   | <b>00:53:17.95</b>    | +00:18:48<br>(35.8%) | 5:00            | 12 (64.2%)      |
| 46  | <b>BASZUN Michał</b>        | <b>1019</b> | DAMY RADĘ!             | M-30      | 46   | 00:00:47    | 00:25:15       | 00:50:51      | <b>00:52:44.10</b>   | <b>00:53:31.65</b>    | +00:18:57<br>(36.0%) | 5:01            | 11.9<br>(63.6%) |
| 47  | <b>KACZMARZYK Arkadiusz</b> | <b>1426</b> | ASSECO ACTIVE TEAM     | M-30      | 47   | 00:00:38    | 00:24:39       | 00:50:43      | <b>00:52:51.05</b>   | <b>00:53:29.30</b>    | +00:19:04<br>(36.1%) | 5:02            | 11.9<br>(63.6%) |
| 48  | <b>KOSMACZEWSKI Michał</b>  | <b>1156</b> | EUVIC                  | M-30      | 48   | 00:00:21    | 00:25:05       | 00:51:01      | <b>00:53:00.55</b>   | <b>00:53:22.30</b>    | +00:19:14<br>(36.3%) | 5:02            | 11.9<br>(63.6%) |
| 49  | <b>WYCIŚLIK Marcin</b>      | <b>1392</b> | HIRSCHVOGEL            | M-30      | 49   | 00:00:30    | 00:25:11       | 00:51:06      | <b>00:53:01.75</b>   | <b>00:53:32.65</b>    | +00:19:15<br>(36.3%) | 5:03            | 11.9<br>(63.6%) |
| 50  | <b>CAPUTA Michał</b>        | <b>1036</b> |                        | M-30      | 50   | 00:01:26    | 00:24:56       | 00:51:13      | <b>00:53:13.20</b>   | <b>00:54:39.30</b>    | +00:19:26<br>(36.5%) | 5:04            | 11.8<br>(63.1%) |
| 51  | <b>JANIKOWSKI Adam</b>      | <b>1115</b> | ANICA TEAM             | M-30      | 51   | 00:00:05    | 00:24:20       | 00:51:21      | <b>00:53:16.20</b>   | <b>00:53:21.40</b>    | +00:19:29<br>(36.6%) | 5:04            | 11.8<br>(63.1%) |
| 52  | <b>DOMAN Łukasz</b>         | <b>1053</b> | SOCIOS SILESIA         | M-30      | 52   | 00:00:05    | 00:24:28       | 00:51:31      | <b>00:53:31.10</b>   | <b>00:53:36.10</b>    | +00:19:44<br>(36.9%) | 5:05            | 11.8<br>(63.1%) |
| 53  | <b>TROSKO Adam</b>          | <b>1365</b> |                        | M-30      | 53   | 00:00:48    | 00:24:25       | 00:51:35      | <b>00:53:35.60</b>   | <b>00:54:23.60</b>    | +00:19:49<br>(37.0%) | 5:06            | 11.8<br>(63.1%) |
| 54  | <b>JAWORSKI Kamil</b>       | <b>1119</b> | FUCHS OIL TEAM         | M-30      | 54   | 00:00:38    | 00:26:14       | 00:51:50      | <b>00:53:37.80</b>   | <b>00:54:16.60</b>    | +00:19:51<br>(37.0%) | 5:06            | 11.7<br>(62.6%) |
| 55  | <b>ŁUKAWSKI Artur</b>       | <b>1191</b> |                        | M-30      | 55   | 00:00:25    | 00:24:18       | 00:52:04      | <b>00:54:02.75</b>   | <b>00:54:27.90</b>    | +00:20:16<br>(37.5%) | 5:08            | 11.7<br>(62.6%) |
| 56  | <b>ZYGMUNTOWICZ Piotr</b>   | <b>1412</b> | ANICA TEAM             | M-30      | 56   | 00:00:05    | 00:25:13       | 00:52:28      | <b>00:54:25.65</b>   | <b>00:54:30.65</b>    | +00:20:39<br>(37.9%) | 5:10            | 11.6<br>(62.0%) |
| 57  | <b>SOKOŁOWSKI Łukasz</b>    | <b>1329</b> |                        | M-30      | 57   | 00:00:55    | 00:26:08       | 00:52:42      | <b>00:54:29.45</b>   | <b>00:55:24.70</b>    | +00:20:42<br>(38.0%) | 5:11            | 11.6<br>(62.0%) |
| 58  | <b>NIEMIEC Sławek</b>       | <b>1221</b> | INTERGRAFIK POLAND     | M-30      | 58   | 00:00:50    | 00:25:54       | 00:52:42      | <b>00:54:41.90</b>   | <b>00:55:32.20</b>    | +00:20:55<br>(38.3%) | 5:12            | 11.5<br>(61.5%) |
| 59  | <b>SZOŁTYSIK Łukasz</b>     | <b>1447</b> |                        | M-30      | 59   | 00:01:15    | 00:26:27       | 00:52:48      | <b>00:54:45.60</b>   | <b>00:56:01.25</b>    | +00:20:59<br>(38.3%) | 5:12            | 11.5<br>(61.5%) |
| 60  | <b>PAWLAS Seweryn</b>       | <b>1483</b> |                        | M-30      | 60   | 00:01:08    | 00:27:17       | 00:53:07      | <b>00:54:55.95</b>   | <b>00:56:04.20</b>    | +00:21:09<br>(38.5%) | 5:13            | 11.5<br>(61.5%) |

| Msc | Zawodnik                   | Numer       | Klub                 | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas               |                    | Różn                 | Tempo min/km | Tempo km/h      |
|-----|----------------------------|-------------|----------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|----------------------|--------------|-----------------|
|     |                            |             |                      |           |      |             |                |               | netto<br>10.5km    | brutto<br>10.5km   |                      |              |                 |
| 61  | <b>CICHOCKI Dawid</b>      | <b>1473</b> |                      | M-30      | 61   | 00:01:18    | 00:27:06       | 00:53:28      | <b>00:55:13.45</b> | <b>00:56:31.60</b> | +00:21:26<br>(38.8%) | 5:15         | 11.4<br>(61.0%) |
| 62  | <b>BENDORZ Roman</b>       | <b>1480</b> |                      | M-30      | 62   | 00:01:40    | 00:27:18       | 00:53:24      | <b>00:55:17.70</b> | <b>00:56:57.90</b> | +00:21:31<br>(38.9%) | 5:15         | 11.4<br>(61.0%) |
| 63  | <b>PAWLIK Michał</b>       | <b>554</b>  |                      | M-30      | 63   | 00:00:40    | 00:26:21       | 00:53:25      | <b>00:55:22.80</b> | <b>00:56:02.85</b> | +00:21:36<br>(39.0%) | 5:16         | 11.4<br>(61.0%) |
| 64  | <b>MILISZKIEWICZ Adam</b>  | <b>1215</b> |                      | M-30      | 64   | 00:00:46    | 00:27:11       | 00:53:31      | <b>00:55:27.65</b> | <b>00:56:14.55</b> | +00:21:41<br>(39.1%) | 5:16         | 11.4<br>(61.0%) |
| 65  | <b>ULATOWSKI Sebastian</b> | <b>1427</b> | ASSECO ACTIVE TEAM   | M-30      | 65   | 00:01:14    | 00:27:25       | 00:53:38      | <b>00:55:32.50</b> | <b>00:56:46.75</b> | +00:21:46<br>(39.2%) | 5:17         | 11.3<br>(60.4%) |
| 66  | <b>MIŁKOWSKI Bartosz</b>   | <b>1468</b> |                      | M-30      | 66   | 00:00:54    | 00:28:05       | 00:53:49      | <b>00:55:34.50</b> | <b>00:56:29.35</b> | +00:21:48<br>(39.2%) | 5:17         | 11.3<br>(60.4%) |
| 67  | <b>KARGUL Konrad</b>       | <b>1132</b> |                      | M-30      | 67   | 00:00:35    | 00:26:41       | 00:53:39      | <b>00:55:37.95</b> | <b>00:56:13.75</b> | +00:21:51<br>(39.3%) | 5:17         | 11.3<br>(60.4%) |
| 68  | <b>GRZESIEK Paweł</b>      | <b>1100</b> |                      | M-30      | 68   | 00:00:42    | 00:26:15       | 00:53:36      | <b>00:55:38.65</b> | <b>00:56:20.75</b> | +00:21:52<br>(39.3%) | 5:17         | 11.3<br>(60.4%) |
| 69  | <b>PRONCZUK Marcin</b>     | <b>1282</b> | ETISOFT RUNNING TEAM | M-30      | 69   | 00:00:48    | 00:26:43       | 00:53:57      | <b>00:55:58.40</b> | <b>00:56:47.00</b> | +00:22:11<br>(39.7%) | 5:19         | 11.3<br>(60.4%) |
| 70  | <b>LEWANDERSKI Dariusz</b> | <b>1185</b> | HIRSCHVOGEL          | M-30      | 70   | 00:00:35    | 00:26:57       | 00:54:42      | <b>00:56:32.50</b> | <b>00:57:07.75</b> | +00:22:46<br>(40.3%) | 5:23         | 11.1<br>(59.4%) |
| 71  | <b>MARYNIAK Wojtek</b>     | <b>451</b>  |                      | M-30      | 71   | 00:01:21    | 00:27:36       | 00:54:47      | <b>00:56:48.25</b> | <b>00:58:10.15</b> | +00:23:01<br>(40.5%) | 5:24         | 11.1<br>(59.4%) |
| 72  | <b>PAPKALA Dawid</b>       | <b>1251</b> |                      | M-30      | 72   | 00:01:17    | 00:27:45       | 00:55:33      | <b>00:57:37.20</b> | <b>00:58:54.75</b> | +00:23:50<br>(41.4%) | 5:29         | 10.9<br>(58.3%) |
| 73  | <b>SZMIGIEL Daniel</b>     | <b>1348</b> |                      | M-30      | 73   | 00:00:49    | 00:28:23       | 00:55:49      | <b>00:57:43.45</b> | <b>00:58:32.85</b> | +00:23:56<br>(41.5%) | 5:29         | 10.9<br>(58.3%) |
| 74  | <b>OSWALD Karol</b>        | <b>1243</b> |                      | M-30      | 74   | 00:00:42    | 00:27:34       | 00:55:45      | <b>00:57:46.55</b> | <b>00:58:29.15</b> | +00:24:00<br>(41.5%) | 5:30         | 10.9<br>(58.3%) |
| 75  | <b>SZWAJKOSZ Szczepan</b>  | <b>1352</b> |                      | M-30      | 75   | 00:00:51    | 00:28:04       | 00:56:08      | <b>00:58:05.15</b> | <b>00:58:56.15</b> | +00:24:18<br>(41.9%) | 5:31         | 10.8<br>(57.8%) |
| 76  | <b>SZOT Wojciech</b>       | <b>1417</b> |                      | M-30      | 76   | 00:01:00    | 00:28:00       | 00:56:21      | <b>00:58:27.60</b> | <b>00:59:28.05</b> | +00:24:41<br>(42.2%) | 5:34         | 10.8<br>(57.8%) |
| 77  | <b>KOZIBAŁ Tomasz</b>      | <b>1164</b> | FLUOR                | M-30      | 77   | 00:00:42    | 00:28:08       | 00:56:47      | <b>00:58:55.00</b> | <b>00:59:37.35</b> | +00:25:08<br>(42.7%) | 5:36         | 10.7<br>(57.2%) |
| 78  | <b>HOLETZKE Krzysztof</b>  | <b>1430</b> |                      | M-30      | 78   | 00:01:19    | 00:28:37       | 00:57:18      | <b>00:59:18.40</b> | <b>01:00:38.10</b> | +00:25:31<br>(43.1%) | 5:38         | 10.6<br>(56.7%) |
| 79  | <b>PRZEPIÓRKA Maciej</b>   | <b>1283</b> |                      | M-30      | 79   | 00:01:38    | 00:29:34       | 00:57:57      | <b>01:00:00.50</b> | <b>01:01:39.15</b> | +00:26:14<br>(43.7%) | 5:42         | 10.5<br>(56.1%) |
| 80  | <b>KOŚNIEWSKI Paweł</b>    | <b>1157</b> |                      | M-30      | 80   | 00:01:26    | 00:29:16       | 00:58:05      | <b>01:00:10.85</b> | <b>01:01:37.00</b> | +00:26:24<br>(43.9%) | 5:43         | 10.5<br>(56.1%) |
| 81  | <b>SUPERNAK Marcin</b>     | <b>1342</b> |                      | M-30      | 81   | 00:01:29    | 00:28:56       | 00:58:09      | <b>01:00:14.50</b> | <b>01:01:43.85</b> | +00:26:28<br>(43.9%) | 5:44         | 10.5<br>(56.1%) |
| 82  | <b>ZIMNY Marcin</b>        | <b>1463</b> |                      | M-30      | 82   | 00:00:35    | 00:26:55       | 00:57:40      | <b>01:00:23.40</b> | <b>01:00:58.40</b> | +00:26:36<br>(44.1%) | 5:45         | 10.4<br>(55.6%) |
| 83  | <b>MICZKA Łukasz</b>       | <b>1211</b> | NIECHCEMISIE         | M-30      | 83   | 00:01:35    | 00:28:51       | 00:58:31      | <b>01:00:40.95</b> | <b>01:02:16.30</b> | +00:26:54<br>(44.3%) | 5:46         | 10.4<br>(55.6%) |

| Msc | Zawodnik                     | Numer       | Klub                           | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas netto<br>10.5km | Czas brutto<br>10.5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|-------------|--------------------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 84  | <b>SMUDA Grzegorz</b>        | <b>1324</b> | AKMB PĘDZIWIATR GLIWICE        | M-30      | 84   | 00:01:26    | 00:30:00       | 00:59:11      | <b>01:01:21.25</b>   | <b>01:02:47.80</b>    | +00:27:34<br>(45.0%) | 5:50            | 10.3<br>(55.1%) |
| 85  | <b>KUCZERA Łukasz</b>        | <b>1175</b> |                                | M-30      | 85   | 00:00:43    | 00:29:28       | 00:59:26      | <b>01:01:27.35</b>   | <b>01:02:10.80</b>    | +00:27:40<br>(45.0%) | 5:51            | 10.3<br>(55.1%) |
| 86  | <b>WIERCIŃSKI Robert</b>     | <b>1380</b> | OPEL ACTIVE TEAM               | M-30      | 86   | 00:01:15    | 00:30:07       | 00:59:14      | <b>01:01:30.55</b>   | <b>01:02:46.05</b>    | +00:27:44<br>(45.1%) | 5:51            | 10.2<br>(54.5%) |
| 87  | <b>ULIASZ Krzysztof</b>      | <b>1369</b> | OPEL ACTIVE TEAM               | M-30      | 87   | 00:01:13    | 00:30:09       | 00:59:16      | <b>01:01:32.35</b>   | <b>01:02:46.00</b>    | +00:27:45<br>(45.1%) | 5:51            | 10.2<br>(54.5%) |
| 88  | <b>LESZKIEWICZ Krzysztof</b> | <b>1510</b> |                                | M-30      | 88   | 00:00:00    |                |               | <b>01:01:41.00</b>   | <b>01:01:41.00</b>    | +00:27:54<br>(45.2%) | 5:52            | 10.2<br>(54.5%) |
| 89  | <b>KOWALSKI Włodzimierz</b>  | <b>1163</b> | KS JUDO TEAM MASTERS GLIWICE   | M-30      | 89   | 00:00:34    | 00:27:12       | 01:00:25      | <b>01:02:41.75</b>   | <b>01:03:16.40</b>    | +00:28:55<br>(46.1%) | 5:58            | 10 (53.5%)      |
| 90  | <b>DROŹDŹ Michał</b>         | <b>1056</b> | RYWAL GLIWICE                  | M-30      | 90   | 00:01:32    | 00:29:09       | 01:00:37      | <b>01:03:11.15</b>   | <b>01:04:43.15</b>    | +00:29:24<br>(46.5%) | 6:01            | 10 (53.5%)      |
| 91  | <b>WOLNY Łukasz</b>          | <b>1388</b> |                                | M-30      | 91   | 00:00:37    | 00:29:38       | 01:01:29      | <b>01:03:30.35</b>   | <b>01:04:07.60</b>    | +00:29:43<br>(46.8%) | 6:02            | 9.9<br>(52.9%)  |
| 92  | <b>KORUS Piotr</b>           | <b>1154</b> | CIDRY LOTAJOM                  | M-30      | 92   | 00:01:45    | 00:30:45       | 01:01:18      | <b>01:03:35.40</b>   | <b>01:05:20.60</b>    | +00:29:48<br>(46.9%) | 6:03            | 9.9<br>(52.9%)  |
| 93  | <b>MARKOWICZ Piotr</b>       | <b>1201</b> | MOMO RESTAURANT & COCKTAIL BAR | M-30      | 93   | 00:00:22    | 00:30:31       | 01:01:15      | <b>01:03:36.10</b>   | <b>01:03:58.75</b>    | +00:29:49<br>(46.9%) | 6:03            | 9.9<br>(52.9%)  |
| 94  | <b>ORYSZCZAK Łukasz</b>      | <b>1240</b> |                                | M-30      | 94   | 00:01:07    | 00:28:24       | 01:00:52      | <b>01:03:44.20</b>   | <b>01:04:51.65</b>    | +00:29:57<br>(47.0%) | 6:04            | 9.9<br>(52.9%)  |
| 95  | <b>WITAŁA Rafał</b>          | <b>1384</b> |                                | M-30      | 95   | 00:00:51    | 00:31:41       | 01:02:03      | <b>01:04:00.35</b>   | <b>01:04:52.05</b>    | +00:30:13<br>(47.2%) | 6:05            | 9.8<br>(52.4%)  |
| 96  | <b>PIASECKI Mariusz</b>      | <b>1259</b> |                                | M-30      | 96   | 00:01:32    | 00:30:52       | 01:01:56      | <b>01:04:00.90</b>   | <b>01:05:33.70</b>    | +00:30:14<br>(47.2%) | 6:05            | 9.8<br>(52.4%)  |
| 97  | <b>SZCZĘSNY Romuald</b>      | <b>1442</b> |                                | M-30      | 97   | 00:01:30    | 00:31:06       | 01:01:59      | <b>01:04:01.40</b>   | <b>01:05:31.95</b>    | +00:30:14<br>(47.2%) | 6:05            | 9.8<br>(52.4%)  |
| 98  | <b>TRELA Marcin</b>          | <b>112</b>  |                                | M-30      | 98   | 00:01:40    | 00:30:48       | 01:02:44      | <b>01:05:03.65</b>   | <b>01:06:44.10</b>    | +00:31:17<br>(48.1%) | 6:11            | 9.7<br>(51.9%)  |
| 99  | <b>KUĆ Rafał</b>             | <b>1177</b> | EUVIC                          | M-30      | 99   | 00:00:17    | 00:30:44       | 01:03:00      | <b>01:05:09.60</b>   | <b>01:05:26.60</b>    | +00:31:23<br>(48.2%) | 6:12            | 9.7<br>(51.9%)  |
| 100 | <b>ŻELEZNY Tomasz</b>        | <b>1413</b> |                                | M-30      | 100  | 00:01:32    | 00:31:26       | 01:03:07      | <b>01:05:20.95</b>   | <b>01:06:53.80</b>    | +00:31:34<br>(48.3%) | 6:13            | 9.6<br>(51.3%)  |
| 101 | <b>RYZNER Michał</b>         | <b>1475</b> |                                | M-30      | 101  | 00:01:47    | 00:30:44       | 01:03:06      | <b>01:05:22.95</b>   | <b>01:07:10.00</b>    | +00:31:36<br>(48.3%) | 6:13            | 9.6<br>(51.3%)  |
| 102 | <b>SALAMON Dawid</b>         | <b>1306</b> | HIRSCHVOGEL                    | M-30      | 102  | 00:00:32    | 00:30:27       | 01:02:52      | <b>01:05:26.65</b>   | <b>01:05:58.70</b>    | +00:31:40<br>(48.4%) | 6:13            | 9.6<br>(51.3%)  |
| 103 | <b>ZACZEK Adam</b>           | <b>1400</b> |                                | M-30      | 103  | 00:01:32    | 00:31:30       | 01:03:18      | <b>01:05:39.25</b>   | <b>01:07:11.75</b>    | +00:31:52<br>(48.6%) | 6:15            | 9.6<br>(51.3%)  |
| 104 | <b>DZIEDZIC Dominik</b>      | <b>163</b>  |                                | M-30      | 104  | 00:00:31    | 00:29:58       | 01:03:17      | <b>01:05:45.30</b>   | <b>01:06:17.25</b>    | +00:31:58<br>(48.6%) | 6:15            | 9.6<br>(51.3%)  |
| 105 | <b>WOSZCZYNA Andrzej</b>     | <b>1389</b> |                                | M-30      | 105  | 00:01:33    | 00:30:51       | 01:03:40      | <b>01:06:03.70</b>   | <b>01:07:37.35</b>    | +00:32:17<br>(48.9%) | 6:17            | 9.5<br>(50.8%)  |
| 106 | <b>ZABOROWSKI Piotr</b>      | <b>1397</b> | ANICA TEAM                     | M-30      | 106  | 00:00:11    | 00:31:38       | 01:04:27      | <b>01:06:49.70</b>   | <b>01:07:00.90</b>    | +00:33:03<br>(49.5%) | 6:21            | 9.4<br>(50.3%)  |

| Msc | Zawodnik                   | Numer       | Klub                  | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>10km | Czas netto<br>10.5km | Czas brutto<br>10.5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------------|-----------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 107 | <b>PLESZCZYŃSKI Kamil</b>  | <b>1439</b> | GTW                   | M-30      | 107  | 00:00:19    | 00:30:48       | 01:04:29      | <b>01:06:51.15</b>   | <b>01:07:11.10</b>    | +00:33:04<br>(49.5%) | 6:22            | 9.4<br>(50.3%) |
| 108 | <b>MIGURSKI Jakub</b>      | <b>1213</b> | FUCHS OIL TEAM        | M-30      | 108  | 00:01:24    | 00:31:41       | 01:04:34      | <b>01:06:59.80</b>   | <b>01:08:23.85</b>    | +00:33:13<br>(49.6%) | 6:22            | 9.4<br>(50.3%) |
| 109 | <b>GRZYŚKA Piotr</b>       | <b>1102</b> | KNIGHT RUNNERS ZABRZE | M-30      | 109  | 00:01:10    | 00:31:23       | 01:06:11      | <b>01:08:48.30</b>   | <b>01:09:58.95</b>    | +00:35:01<br>(50.9%) | 6:33            | 9.2<br>(49.2%) |
| 110 | <b>STEFANEK Michał</b>     | <b>1497</b> |                       | M-30      | 110  | 00:01:35    | 00:32:09       | 01:07:32      | <b>01:09:46.75</b>   | <b>01:11:22.00</b>    | +00:36:00<br>(51.6%) | 6:38            | 9 (48.1%)      |
| 111 | <b>ŁUSIAK Mariusz</b>      | <b>1192</b> |                       | M-30      | 111  | 00:01:41    | 00:33:06       | 01:07:22      | <b>01:09:47.80</b>   | <b>01:11:28.80</b>    | +00:36:01<br>(51.6%) | 6:38            | 9 (48.1%)      |
| 112 | <b>WYSOCZAŃSKI Andrzej</b> | <b>1395</b> | TSH TEAM              | M-30      | 112  | 00:00:00    | 00:33:23       | 01:07:51      | <b>01:10:29.55</b>   | <b>01:10:29.55</b>    | +00:36:43<br>(52.1%) | 6:42            | 8.9<br>(47.6%) |
| 113 | <b>KUBOWICZ Maryjusz</b>   | <b>1174</b> | FUCH OIL TEAM         | M-30      | 113  | 00:01:24    | 00:32:04       | 01:08:12      | <b>01:10:42.70</b>   | <b>01:12:07.00</b>    | +00:36:56<br>(52.2%) | 6:44            | 8.9<br>(47.6%) |
| 114 | <b>PŁOSKONKA Tomasz</b>    | <b>1275</b> |                       | M-30      | 114  | 00:01:37    | 00:33:27       | 01:09:10      | <b>01:11:35.00</b>   | <b>01:13:12.15</b>    | +00:37:48<br>(52.8%) | 6:49            | 8.8<br>(47.1%) |
| 115 | <b>PŁACHTA Szymon</b>      | <b>1481</b> |                       | M-30      | 115  | 00:01:35    | 00:33:43       | 01:09:33      | <b>01:12:17.00</b>   | <b>01:13:52.20</b>    | +00:38:30<br>(53.3%) | 6:53            | 8.7<br>(46.5%) |
| 116 | <b>ŁUKASZEWSKI Piotr</b>   | <b>1190</b> | PIAST GLIWICE         | M-30      | 116  | 00:00:33    | 00:33:47       | 01:10:48      | <b>01:13:13.80</b>   | <b>01:13:46.95</b>    | +00:39:27<br>(53.9%) | 6:58            | 8.6<br>(46.0%) |
| 117 | <b>PYREK Marek</b>         | <b>1432</b> | TOROS DE ESPANA       | M-30      | 117  | 00:01:38    | 00:36:01       | 01:13:27      | <b>01:16:04.65</b>   | <b>01:17:43.60</b>    | +00:42:18<br>(55.6%) | 7:14            | 8.3<br>(44.4%) |
| 118 | <b>CZENCZEK Michał</b>     | <b>1047</b> | ETISOFT RUNNING TEAM  | M-30      | 118  | 00:01:37    | 00:39:46       | 01:20:57      | <b>01:23:20.05</b>   | <b>01:24:57.90</b>    | +00:49:33<br>(59.5%) | 7:56            | 7.6<br>(40.6%) |
| 119 | <b>KOJ Krzysztof</b>       | <b>1145</b> | PPP GLIWICE           | M-30      | 119  | 00:01:15    | 00:39:10       | 01:20:41      | <b>01:25:18.80</b>   | <b>01:26:34.40</b>    | +00:51:32<br>(60.4%) | 8:07            | 7.4<br>(39.6%) |
| 120 | <b>SZCZYRBA Łukasz</b>     | <b>1345</b> | EUVIC                 | M-30      | 120  | 00:00:14    | 00:41:39       | 01:26:55      | <b>01:30:38.10</b>   | <b>01:30:52.60</b>    | +00:56:51<br>(62.7%) | 8:37            | 7 (37.4%)      |

Znaleziono 120 wynik(ów)