



Wydarzenie: VII PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-17
Miejsce: Gliwice
Dystans: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SOBOLEWSKI Krzysztof	1323		M-40	1	00:00:01	00:09:54	00:24:56	00:38:51.60	00:38:53.35		3:53	15.4 (100%)
2	STAWINOGA Janusz	1331	HIRSCHVOGEL	M-40	2	00:00:02	00:09:53	00:25:12	00:39:43.05	00:39:45.60	+00:00:51 (2.2%)	3:58	15.1 (98.1%)
3	PIOTROWSKI Łukasz	1262	STRENGTHBODY	M-40	3	00:00:01	00:10:08	00:25:57	00:40:24.00	00:40:25.95	+00:01:32 (3.8%)	4:02	14.9 (96.8%)
4	CZABAŃSKI Rafał	1032	RUNHOGS TYCHY	M-40	4	00:00:04	00:10:28	00:26:18	00:40:26.65	00:40:31.55	+00:01:35 (3.9%)	4:02	14.8 (96.1%)
5	SNARSKI Bogdan	1320	MISTRZ DWUMARATONU	M-40	5	00:00:03	00:10:20	00:26:01	00:40:46.90	00:40:50.25	+00:01:55 (4.7%)	4:04	14.7 (95.5%)
6	POŁOMSKI Grzegorz	1470	POLOMSCY TEAM	M-40	6	00:00:05	00:10:20	00:26:45	00:41:57.05	00:42:02.80	+00:03:05 (7.4%)	4:11	14.3 (92.9%)
7	WOJAKOWSKI Krzysztof	1380	K&K RUN	M-40	7	00:00:04	00:10:51	00:27:35	00:42:43.10	00:42:47.10	+00:03:51 (9.0%)	4:16	14 (90.9%)
8	BLUS Marcin	1016		M-40	8	00:00:04	00:10:39	00:27:29	00:43:07.80	00:43:11.90	+00:04:16 (9.9%)	4:18	13.9 (90.3%)
9	DONIGIEWICZ Mariusz	1420		M-40	9	00:00:10	00:11:13	00:28:25	00:43:57.15	00:44:07.65	+00:05:05 (11.6%)	4:23	13.7 (89.0%)
10	JEZUSEK Piotr	1106		M-40	10	00:00:07	00:11:42	00:29:07	00:44:32.55	00:44:39.70	+00:05:40 (12.8%)	4:27	13.5 (87.7%)
11	RUSZEL Bartek	1482		M-40	11	00:00:04	00:10:34	00:28:31	00:45:09.25	00:45:14.05	+00:06:17 (13.9%)	4:30	13.3 (86.4%)
12	SOŁTYSIK Tomasz	1478		M-40	12	00:00:13	00:11:19	00:28:56	00:45:15.60	00:45:28.75	+00:06:24 (14.1%)	4:31	13.3 (86.4%)
13	OLEJNICZAK Tomek	1464		M-40	13	00:00:04	00:11:19	00:29:01	00:45:17.15	00:45:21.60	+00:06:25 (14.2%)	4:31	13.2 (85.7%)
14	GŁADYSZ Leszek	1069		M-40	14	00:00:24	00:12:15	00:29:55	00:45:38.40	00:46:02.45	+00:06:46 (14.9%)	4:33	13.1 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.5km	6.5km					
15	LECH Krzysztof	1172	JSB	M-40	15	00:00:03	00:11:55	00:29:54	00:46:11.30	00:46:14.35	+00:07:19 (15.9%)	4:37	13 (84.4%)
16	KASZOWSKI Marcin	1116	KASZKI TEAM	M-40	16	00:00:21	00:12:02	00:30:23	00:46:25.80	00:46:47.70	+00:07:34 (16.3%)	4:38	12.9 (83.8%)
17	GAJEWSKI Hubert	1065		M-40	17	00:00:07	00:11:45	00:30:11	00:47:39.30	00:47:46.55	+00:08:47 (18.5%)	4:45	12.6 (81.8%)
18	MADEJCZYK Tomasz	1467	INŻYNIERIA BIEGANIA TEAM	M-40	18	00:00:09	00:12:28	00:31:32	00:47:50.95	00:48:00.55	+00:08:59 (18.8%)	4:47	12.5 (81.2%)
19	PYJEK Arkadiusz	1280	HUTA TEAM	M-40	19	00:00:24	00:12:10	00:30:25	00:47:56.15	00:48:20.95	+00:09:04 (18.9%)	4:47	12.5 (81.2%)
20	KRUK Krzysztof	1155	STG GLIWICE	M-40	20	00:00:08	00:12:19	00:31:35	00:48:32.15	00:48:40.25	+00:09:40 (19.9%)	4:51	12.4 (80.5%)
21	JASIK Grzegorz	1101	STG GLIWICE	M-40	21	00:00:06	00:12:11	00:31:28	00:48:38.00	00:48:44.85	+00:09:46 (20.1%)	4:51	12.3 (79.9%)
22	STACHOWSKI Wojciech	1428	TRI&MORE	M-40	22	00:00:11	00:12:19	00:31:34	00:48:57.45	00:49:08.65	+00:10:05 (20.6%)	4:53	12.3 (79.9%)
23	JACHYM Arkadiusz	1092		M-40	23	00:00:52	00:12:46	00:31:49	00:49:21.95	00:50:14.70	+00:10:30 (21.3%)	4:56	12.2 (79.2%)
24	BROŻYNA Przemysław	1019		M-40	24	00:00:50	00:13:36	00:32:35	00:49:38.80	00:50:29.30	+00:10:47 (21.7%)	4:57	12.1 (78.6%)
25	PACAN Tomasz	1242	BLEES	M-40	25	00:00:31	00:12:56	00:32:07	00:49:48.55	00:50:19.60	+00:10:56 (22.0%)	4:58	12 (77.9%)
26	DOBOSZ Daniel	1473		M-40	26	00:00:14	00:12:07	00:31:53	00:50:15.85	00:50:30.50	+00:11:24 (22.7%)	5:01	11.9 (77.3%)
27	MANDRYSZ Grzegorz	1192	AKTYWNI LYSKI	M-40	27	00:00:09	00:12:46	00:32:42	00:51:12.65	00:51:21.80	+00:12:21 (24.1%)	5:07	11.7 (76.0%)
28	UKLEJA Michał	1360		M-40	28	00:00:35	00:13:19	00:33:26	00:51:25.45	00:52:00.90	+00:12:33 (24.4%)	5:08	11.7 (76.0%)
29	JARZOMBEK Adam	1099		M-40	29	00:00:38	00:13:19	00:32:53	00:51:33.15	00:52:12.00	+00:12:41 (24.6%)	5:09	11.6 (75.3%)
30	MACH Marcin	1185	LIGOTA TIGERS	M-40	30	00:00:10	00:12:52	00:32:54	00:51:36.10	00:51:46.40	+00:12:44 (24.7%)	5:09	11.6 (75.3%)
31	ANCZOK Wojciech	1003		M-40	31	00:00:17	00:13:55	00:34:07	00:51:37.25	00:51:54.50	+00:12:45 (24.7%)	5:09	11.6 (75.3%)
32	BIAŁAS Robert	1012		M-40	32	00:00:27	00:13:01	00:33:08	00:51:48.60	00:52:16.55	+00:12:57 (25.0%)	5:10	11.6 (75.3%)
33	MAZUR Krzysztof	1200	OPEL ACTIVE TEAM	M-40	33	00:00:21	00:13:52	00:33:39	00:51:52.00	00:52:13.25	+00:13:00 (25.1%)	5:11	11.6 (75.3%)
34	DWORACZEK Grzegorz	1047	TRIDIVISION	M-40	34	00:00:12	00:13:11	00:33:31	00:52:02.50	00:52:14.85	+00:13:10 (25.3%)	5:12	11.5 (74.7%)
35	RENKE Piotr	1285		M-40	35	00:00:11	00:12:56	00:33:11	00:52:04.20	00:52:15.95	+00:13:12 (25.4%)	5:12	11.5 (74.7%)
36	KOWALCZYK Grzegorz	1148		M-40	36	00:00:17	00:13:17	00:33:18	00:52:09.75	00:52:27.30	+00:13:18 (25.5%)	5:12	11.5 (74.7%)
37	HAJOK Marek	1083		M-40	37	00:00:11	00:12:58	00:33:37	00:52:34.50	00:52:45.95	+00:13:42 (26.1%)	5:15	11.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	SADKOWSKI Robert	1297		M-40	38	00:00:12	00:12:32	00:33:15	00:52:50.30	00:53:02.65	+00:13:58 (26.5%)	5:17	11.4 (74.0%)
39	SIWECKI Adrian	1307		M-40	39	00:00:08	00:12:57		00:52:57.95	00:53:06.05	+00:14:06 (26.6%)	5:17	11.3 (73.4%)
40	KRAWCZYK Dariusz	1152	WARTKIE PIERONY	M-40	40	00:00:15	00:13:35	00:34:29	00:53:04.65	00:53:20.40	+00:14:13 (26.8%)	5:18	11.3 (73.4%)
41	SKULSKI Tomasz	1456	LILA TEAM	M-40	41	00:00:45	00:13:35	00:34:37	00:53:05.70	00:53:51.45	+00:14:14 (26.8%)	5:18	11.3 (73.4%)
42	ZAPOTOCZNY Przemek	1394		M-40	42	00:00:16	00:14:09	00:34:54	00:53:08.55	00:53:25.25	+00:14:16 (26.9%)	5:18	11.3 (73.4%)
43	TROSKO Adam	1357		M-40	43	00:00:12	00:12:19	00:33:37	00:54:04.60	00:54:17.40	+00:15:13 (28.1%)	5:24	11.1 (72.1%)
44	SKORUPSKI Paweł	1311		M-40	44	00:00:11	00:14:05	00:35:23	00:54:09.10	00:54:20.85	+00:15:17 (28.2%)	5:24	11.1 (72.1%)
45	JANUSZEWSKI Paweł	1098	BIEGAMBOLUBIĘ WARSZAWA	M-40	45	00:00:06	00:13:39	00:35:16	00:54:18.55	00:54:24.80	+00:15:26 (28.4%)	5:25	11 (71.4%)
46	DOBRAS Marek	1426	PKO KATOWICE	M-40	46	00:00:12	00:13:21	00:35:12	00:55:11.25	00:55:23.30	+00:16:19 (29.6%)	5:31	10.9 (70.8%)
47	SIEWIER Damian	1304		M-40	47	00:00:48	00:14:24	00:35:35	00:55:11.40	00:55:59.95	+00:16:19 (29.6%)	5:31	10.9 (70.8%)
48	KLOZA Mariusz	1128	#HUTATEAM	M-40	48	00:00:23	00:14:00	00:35:47	00:55:35.05	00:55:58.75	+00:16:43 (30.1%)	5:33	10.8 (70.1%)
49	SAK Wojciech	1298	CMP	M-40	49	00:00:45	00:15:20	00:36:10	00:55:38.50	00:56:24.25	+00:16:46 (30.2%)	5:33	10.8 (70.1%)
50	PACAN Krzysztof	1243		M-40	50	00:00:29	00:14:46	00:36:16	00:55:49.10	00:56:19.05	+00:16:57 (30.4%)	5:34	10.7 (69.5%)
51	ANDRUSZKIEWICZ Andrzej	1004		M-40	51	00:00:26	00:14:10	00:35:47	00:56:10.30	00:56:36.80	+00:17:18 (30.8%)	5:37	10.7 (69.5%)
52	OCHKOVSKYY Valeriy	1232		M-40	52	00:00:32	00:15:36	00:37:25	00:56:41.35	00:57:14.05	+00:17:49 (31.5%)	5:40	10.6 (68.8%)
53	WRÓBEL Paweł	1386		M-40	53	00:00:45	00:15:03	00:37:15	00:57:09.70	00:57:54.80	+00:18:18 (32.0%)	5:42	10.5 (68.2%)
54	WRÓBEL Michał	1385		M-40	54	00:00:45	00:15:02	00:37:16	00:57:09.80	00:57:54.80	+00:18:18 (32.0%)	5:42	10.5 (68.2%)
55	ORLICKI Ireneusz	1237	#HUTATEAM	M-40	55	00:00:32	00:15:09	00:37:22	00:57:47.55	00:58:20.40	+00:18:55 (32.8%)	5:46	10.4 (67.5%)
56	ULIASZ Krzysztof	1361	OPEL ACTIVE TEAM	M-40	56	00:00:21	00:15:19	00:38:35	00:57:58.40	00:58:19.45	+00:19:06 (33.0%)	5:47	10.4 (67.5%)
57	ZYGMAŃSKI Piotr	1432		M-40	57	00:00:47	00:14:37	00:36:55	00:58:04.70	00:58:52.55	+00:19:13 (33.1%)	5:48	10.3 (66.9%)
58	WARECKI Wojciech	1450		M-40	58	00:00:04	00:13:33	00:36:44	00:58:11.35	00:58:15.50	+00:19:19 (33.2%)	5:49	10.3 (66.9%)
59	WIERCIAŃSKI Robert	1369		M-40	59	00:00:20	00:15:12	00:37:50	00:58:12.20	00:58:32.40	+00:19:20 (33.2%)	5:49	10.3 (66.9%)
60	WOŹNIAK Mariusz	1413		M-40	60	00:00:50	00:14:59	00:37:37	00:58:26.85	00:59:16.85	+00:19:35 (33.5%)	5:50	10.3 (66.9%)

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61	NIEMIEC Rafał	1224	INTERGRAFIK POLSKA	M-40	61	00:00:28	00:15:04	00:37:39	00:58:27.15	00:58:55.40	+00:19:35 (33.5%)	5:50	10.3 (66.9%)
62	WILKOŃ Artur	1373	#HUTATEAM	M-40	62	00:00:24	00:14:49	00:37:33	00:58:49.60	00:59:13.90	+00:19:58 (33.9%)	5:52	10.2 (66.2%)
63	MAGURNO Franco	1481		M-40	63	00:00:43	00:15:38	00:38:52	00:59:21.90	01:00:05.35	+00:20:30 (34.5%)	5:56	10.1 (65.6%)
64	STASIK Mirosław	1330	HUTATEAM	M-40	64	00:00:36	00:16:06	00:39:48	00:59:45.00	01:00:21.40	+00:20:53 (35.0%)	5:58	10 (64.9%)
65	POWAŁKA Piotr	1269	SOCIOS SILESIA	M-40	65	00:00:41	00:16:02	00:39:22	00:59:48.20	01:00:29.45	+00:20:56 (35.0%)	5:58	10 (64.9%)
66	SMOLARCZYK Michał	1479		M-40	66	00:00:41	00:16:03	00:39:22	00:59:48.70	01:00:29.85	+00:20:57 (35.0%)	5:58	10 (64.9%)
67	JURETKO Adam	1107		M-40	67	00:00:27	00:14:57	00:38:27	00:59:53.15	01:00:20.50	+00:21:01 (35.1%)	5:59	10 (64.9%)
68	JAWORSKI Marcin	1105		M-40	68	00:00:46	00:14:41	00:37:57	01:00:14.20	01:01:00.60	+00:21:22 (35.5%)	6:01	10 (64.9%)
69	DZIECIĄTKOWSKI Jarosław	1049	OPEL ACTIVE TEAM	M-40	69	00:00:37	00:16:02	00:39:41	01:00:27.00	01:01:04.75	+00:21:35 (35.7%)	6:02	9.9 (64.3%)
70	POLOCZEK Adam	1423	PKO KATOWICE	M-40	70	00:00:44	00:15:40	00:39:01	01:00:48.10	01:01:32.75	+00:21:56 (36.1%)	6:04	9.9 (64.3%)
71	DROZD Marcin	1421	PKO KATOWICE	M-40	71	00:00:43	00:15:42	00:39:01	01:00:49.05	01:01:32.95	+00:21:57 (36.1%)	6:04	9.9 (64.3%)
72	PSIUK-MAKSYMOWICZ Krzysztof	1278	POLITECHNIKA ŚLĄSKA	M-40	72	00:00:39	00:14:39	00:37:44	01:00:52.10	01:01:31.55	+00:22:00 (36.2%)	6:05	9.9 (64.3%)
73	SONDEJ Tomasz	1325	#HUTATEAM	M-40	73	00:00:30	00:15:13	00:38:44	01:00:57.70	01:01:28.50	+00:22:06 (36.3%)	6:05	9.8 (63.6%)
74	RADLIŃSKI Wojciech	1282		M-40	74	00:00:14	00:15:17	00:38:51	01:01:11.45	01:01:26.25	+00:22:19 (36.5%)	6:07	9.8 (63.6%)
75	ZEGARTOWSKI Grzegorz	1397		M-40	75	00:00:29	00:15:20	00:38:56	01:01:12.40	01:01:42.10	+00:22:20 (36.5%)	6:07	9.8 (63.6%)
76	DRABIK Marek	1044		M-40	76	00:00:41	00:15:54		01:01:45.45	01:02:27.00	+00:22:53 (37.1%)	6:10	9.7 (63.0%)
77	ROŻEK Rafał	1292		M-40	77	00:00:16	00:15:36	00:39:56	01:02:09.55	01:02:25.95	+00:23:17 (37.5%)	6:12	9.7 (63.0%)
78	CHĘCIŃSKI Tomasz	1026		M-40	78	00:00:38	00:16:16	00:40:10	01:02:15.60	01:02:53.95	+00:23:24 (37.6%)	6:13	9.6 (62.3%)
79	KRAJEWSKI Adam	1451	OASIS SPORT TEAM	M-40	79	00:00:23	00:15:46	00:40:18	01:03:16.15	01:03:39.20	+00:24:24 (38.6%)	6:19	9.5 (61.7%)
80	JASTRZĘBSKI Michał	1103		M-40	80	00:00:45	00:16:21	00:41:19	01:04:06.35	01:04:51.95	+00:25:14 (39.4%)	6:24	9.4 (61.0%)
81	MAREK Robert	1194		M-40	81	00:00:43	00:16:01	00:41:10	01:04:33.25	01:05:16.60	+00:25:41 (39.8%)	6:27	9.3 (60.4%)
82	CZYŻYKOWSKI Marcin	1035	TELMART RUN CLUB	M-40	82	00:00:39	00:16:53	00:42:00	01:04:34.85	01:05:14.30	+00:25:43 (39.8%)	6:27	9.3 (60.4%)
83	WIERZBICA Adrian	1371		M-40	83	00:00:37	00:16:38	00:42:23	01:04:53.20	01:05:30.35	+00:26:01 (40.1%)	6:29	9.2 (59.7%)

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84	KLIKS Andrzej	1123		M-40	84	00:00:24	00:16:33	00:42:17	01:05:26.15	01:05:50.45	+00:26:34 (40.6%)	6:32	9.2 (59.7%)
85	TYŃSKI Michał	1359		M-40	85	00:00:34	00:17:03	00:43:17	01:06:16.40	01:06:50.85	+00:27:24 (41.4%)	6:37	9.1 (59.1%)
86	MALINOWSKI Przemek	1191		M-40	86	00:00:11	00:17:01	00:43:42	01:07:28.65	01:07:39.80	+00:28:37 (42.4%)	6:44	8.9 (57.8%)
87	KRZYK Jarosław	1157		M-40	87	00:00:11	00:17:01	00:43:42	01:07:28.85	01:07:40.30	+00:28:37 (42.4%)	6:44	8.9 (57.8%)
88	WROŃSKI Marcin	1384		M-40	88	00:00:00	00:17:42	00:43:41	01:07:39.35	01:07:39.35	+00:28:47 (42.6%)	6:45	8.9 (57.8%)
89	ROJEK Michał	1286		M-40	89	00:00:47	00:16:56	00:43:47	01:08:41.20	01:09:29.05	+00:29:49 (43.4%)	6:52	8.7 (56.5%)
90	ŁUKASZEWSKI Piotr	1183		M-40	90	00:00:38	00:17:00	00:44:05	01:09:08.05	01:09:46.20	+00:30:16 (43.8%)	6:54	8.7 (56.5%)
91	JASTO Sławomir	1102		M-40	91	00:00:38	00:17:39	00:45:02	01:09:26.95	01:10:05.30	+00:30:35 (44.0%)	6:56	8.6 (55.8%)
92	HABRAJSKI Michał	1082		M-40	92	00:00:16	00:16:46	00:44:32	01:10:14.10	01:10:30.35	+00:31:22 (44.7%)	7:01	8.5 (55.2%)
93	SZENDZIELORZ Marek	1345	KEMPER TEAM	M-40	93	00:00:26	00:17:30	00:45:48	01:11:38.75	01:12:04.85	+00:32:47 (45.8%)	7:09	8.4 (54.5%)
94	MĘDRALA Jacek	1203	ABUS CRANE SYSTEMS POLSKA	M-40	94	00:00:25	00:17:31	00:45:48	01:11:38.90	01:12:04.70	+00:32:47 (45.8%)	7:09	8.4 (54.5%)
95	ZEGZUŁA Łukasz	1398	#HUTATEAM	M-40	95	00:00:26	00:25:38	01:04:39	01:37:54.60	01:38:20.80	+00:59:03 (60.3%)	9:47	6.1 (39.6%)
DNC	HANDZLIK Artur	1085		M-40		00:00:00		00:10:53	00:31:28.10	00:31:28.10		0:00	19.1 (124.0%)
DNC	SIUDA Daniel	1306		M-40		00:00:00			00:39:02.85	00:39:02.85		0:00	15.4 (100%)
DNC	CHOLEWA Tomasz	1029		M-40		00:00:00	00:25:25		00:39:26.10	00:39:26.10		0:00	15.2 (98.7%)

Znaleziono 98 wynik(ów)