

**Event:** VI PKO Półmaraton Gliwicki 2019  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2019-10-26  
**Place:** Gliwice  
**Distance:** 10 km

Classification: M-50

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
1	<b>CZARNOZYNSKI Aleksander</b>	<b>2067</b>	GTT INTERPROJEKT	M-50	1	00:00:06	00:21:55	00:43:53	<b>00:45:31.60</b>	<b>00:45:38.05</b>		4:20	13.8 (100%)
2	<b>ALKER Zbigniew</b>	<b>2000</b>	ALKER TEAM	M-50	2	00:00:16	00:22:18	00:44:54	<b>00:46:38.55</b>	<b>00:46:55.00</b>	+00:01:06 (2.4%)	4:26	13.5 (97.8%)
3	<b>SZCZOTKA Andrzej</b>	<b>2516</b>		M-50	3	00:00:29	00:22:34	00:45:39	<b>00:47:24.20</b>	<b>00:47:53.20</b>	+00:01:52 (4.0%)	4:30	13.3 (96.4%)
4	<b>MACIĄŻEK Marek</b>	<b>2667</b>	INŻYNIERIA BIEGANIA TEAM	M-50	4	00:00:06	00:22:54	00:45:55	<b>00:47:40.55</b>	<b>00:47:47.40</b>	+00:02:08 (4.5%)	4:32	13.2 (95.7%)
5	<b>STANISZEWSKI Janusz</b>	<b>2492</b>		M-50	5	00:00:29	00:23:47	00:48:32	<b>00:50:19.70</b>	<b>00:50:48.70</b>	+00:04:48 (9.5%)	4:47	12.5 (90.6%)
6	<b>KOWALCZYK Robert</b>	<b>2229</b>	ISTA BIEGAMY	M-50	6	00:01:02	00:25:54	00:52:51	<b>00:54:51.40</b>	<b>00:55:53.85</b>	+00:09:19 (17.0%)	5:13	11.5 (83.3%)
7	<b>ZAWIERUCHA Aleksander</b>	<b>2611</b>	MARO-TEAM JASTRZĘBIE-ŻORY	M-50	7	00:00:34	00:26:29	00:53:04	<b>00:54:54.60</b>	<b>00:55:29.05</b>	+00:09:23 (17.1%)	5:13	11.5 (83.3%)
8	<b>PĘCHERCZYK Piotr</b>	<b>2391</b>		M-50	8	00:00:55	00:25:52	00:52:59	<b>00:55:03.85</b>	<b>00:55:59.65</b>	+00:09:32 (17.3%)	5:14	11.4 (82.6%)
9	<b>SAMOL Grzegorz</b>	<b>2448</b>	GLIWICE	M-50	9	00:00:38	00:26:07	00:53:50	<b>00:55:51.20</b>	<b>00:56:29.20</b>	+00:10:19 (18.5%)	5:19	11.3 (81.9%)
10	<b>URBAŃSKI Maciej</b>	<b>2561</b>		M-50	10	00:00:15	00:26:37	00:54:52	<b>00:56:59.90</b>	<b>00:57:15.35</b>	+00:11:28 (20.1%)	5:25	11.1 (80.4%)
11	<b>WYPCHOŁ Piotr</b>	<b>2599</b>		M-50	11	00:01:24	00:29:52	00:58:24	<b>01:00:30.70</b>	<b>01:01:54.70</b>	+00:14:59 (24.8%)	5:45	10.4 (75.4%)
12	<b>GÓRA Marek</b>	<b>2132</b>	DRIV	M-50	12	00:00:08	00:30:01	01:00:24	<b>01:02:42.45</b>	<b>01:02:50.85</b>	+00:17:10 (27.4%)	5:58	10 (72.5%)
13	<b>PAPROCKI Roman</b>	<b>2380</b>		M-50	13	00:01:38	00:31:49	01:01:43	<b>01:03:57.20</b>	<b>01:05:35.65</b>	+00:18:25 (28.8%)	6:05	9.9 (71.7%)
14	<b>GÓRECKI Janusz</b>	<b>2135</b>		M-50	14	00:01:06	00:30:40	01:02:48	<b>01:05:15.35</b>	<b>01:06:22.30</b>	+00:19:43 (30.2%)	6:12	9.7 (70.3%)
15	<b>GRABYSZ Witold</b>	<b>2137</b>		M-50	15	00:00:27	00:31:08	01:03:03	<b>01:05:29.40</b>	<b>01:05:56.60</b>	+00:19:57 (30.5%)	6:14	9.6 (69.6%)
16	<b>BEM Andrzej</b>	<b>2015</b>	OAT	M-50	16	00:00:20	00:30:30	01:04:05	<b>01:06:35.80</b>	<b>01:06:56.25</b>	+00:21:04 (31.6%)	6:20	9.5 (68.8%)
17	<b>ŻEROMSKI Stefan</b>	<b>2651</b>		M-50	17	00:02:09	00:32:27	01:04:38	<b>01:06:58.70</b>	<b>01:09:08.30</b>	+00:21:27 (32.0%)	6:22	9.4 (68.1%)
18	<b>GALICZEK Bronisław</b>	<b>2114</b>	OPEL ACTIVE TEAM	M-50	18	00:01:25	00:33:59	01:08:50	<b>01:11:18.85</b>	<b>01:12:44.65</b>	+00:25:47 (36.2%)	6:47	8.8 (63.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
19	<b>ROGÓŻ Marcin</b>	<b>2431</b>		M-50	19	00:01:57	00:34:42	01:12:57	<b>01:16:05.60</b>	<b>01:18:03.20</b>	+00:30:34 (40.2%)	7:14	8.3 (60.1%)
20	<b>NĘDZA Ryszard</b>	<b>2336</b>	HIRSCHVOGEL	M-50	20	00:00:34	00:38:02	01:20:08	<b>01:22:30.40</b>	<b>01:23:05.20</b>	+00:36:58 (44.8%)	7:51	7.6 (55.1%)
21	<b>ŻOCHOWSKI Mirosław</b>	<b>3127</b>		M-50	21	00:00:00	00:41:50	01:33:26	<b>01:36:17.70</b>	<b>01:36:17.70</b>	+00:50:46 (52.7%)	9:10	6.5 (47.1%)
22	<b>ĆWIK Paweł</b>	<b>2072</b>		M-50	22	00:01:08	00:28:04	01:53:31	<b>02:00:06.85</b>	<b>02:01:15.55</b>	+01:14:35 (62.1%)	11:26	5.2 (37.7%)

Total 22 results.