



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

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-50

| 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 | MROWIEC Bernard | 1217 | | M-50 | 1 | 00:00:05 | 00:10:43 | 00:26:51 | 00:41:24.90 | 00:41:30.10 | | 4:08 | 14.5 (100%) |
| 2 | ZORAN Henryk | 1406 | | M-50 | 2 | 00:00:05 | 00:10:53 | 00:27:57 | 00:43:41.10 | 00:43:47.05 | +00:02:16 (5.2%) | 4:22 | 13.7 (94.5%) |
| 3 | SZOŁTYSEK Piotr | 1346 | | M-50 | 3 | 00:00:08 | 00:12:12 | 00:31:09 | 00:48:33.10 | 00:48:41.50 | +00:07:08 (14.7%) | 4:51 | 12.4 (85.5%) |
| 4 | KNOP Andrzej | 1130 | | M-50 | 4 | 00:00:30 | 00:12:29 | 00:31:36 | 00:49:21.10 | 00:49:51.60 | +00:07:56 (16.1%) | 4:56 | 12.2 (84.1%) |
| 5 | OPANOWSKI Darek | 1236 | | M-50 | 5 | 00:00:13 | 00:12:23 | 00:31:52 | 00:49:27.80 | 00:49:41.20 | +00:08:02 (16.3%) | 4:56 | 12.1 (83.4%) |
| 6 | PYZIAK Zbigniew | 1431 | | M-50 | 6 | 00:00:22 | 00:13:10 | 00:32:56 | 00:51:11.05 | 00:51:33.95 | +00:09:46 (19.1%) | 5:07 | 11.7 (80.7%) |
| 7 | GOLEC Jarosław | 1449 | STG GLIWICE | M-50 | 7 | 00:00:06 | 00:12:25 | 00:32:51 | 00:51:25.45 | 00:51:32.00 | +00:10:00 (19.5%) | 5:08 | 11.7 (80.7%) |
| 8 | KAŁUŻA Mirosław | 1112 | | M-50 | 8 | 00:00:04 | 00:12:31 | 00:32:33 | 00:51:43.55 | 00:51:48.15 | +00:10:18 (19.9%) | 5:10 | 11.6 (80.0%) |
| 9 | ALKER Zbigniew | 1002 | ALKER TEAM | M-50 | 9 | 00:00:15 | 00:13:17 | 00:32:53 | 00:51:45.25 | 00:52:00.25 | +00:10:20 (20.0%) | 5:10 | 11.6 (80.0%) |
| 10 | PASTERNAK Zbigniew | 1251 | OPEL ACTIVE TEAM | M-50 | 10 | 00:00:21 | 00:13:52 | 00:33:39 | 00:51:51.35 | 00:52:12.60 | +00:10:26 (20.1%) | 5:11 | 11.6 (80.0%) |
| 11 | ĆWIK Paweł | 1453 | | M-50 | 11 | 00:00:41 | 00:13:40 | 00:34:23 | 00:53:10.75 | 00:53:51.85 | +00:11:45 (22.1%) | 5:19 | 11.3 (77.9%) |
| 12 | FRANIA Andrzej | 1445 | | M-50 | 12 | 00:00:27 | 00:13:04 | 00:33:20 | 00:53:26.00 | 00:53:53.65 | +00:12:01 (22.5%) | 5:20 | 11.2 (77.2%) |
| 13 | WILSZ Adam | 1375 | #PANIÓWKIRUN | M-50 | 13 | 00:00:23 | 00:14:37 | 00:35:18 | 00:54:05.40 | 00:54:28.90 | +00:12:40 (23.4%) | 5:24 | 11.1 (76.6%) |
| 14 | ĆWIKŁA Grzegorz | 1036 | | M-50 | 14 | 00:00:19 | 00:14:46 | 00:36:09 | 00:55:54.90 | 00:56:14.50 | +00:14:30 (25.9%) | 5:35 | 10.7 (73.8%) |
| 15 | ZENOWICZ Piotr | 1401 | ATHLETICS NYSA | M-50 | 15 | 00:00:18 | 00:14:40 | 00:36:54 | 00:56:51.95 | 00:57:09.95 | +00:15:27 (27.2%) | 5:41 | 10.6 (73.1%) |
| 16 | PASZKOWSKI Waldemar | 1252 | | M-50 | 16 | 00:00:12 | 00:13:20 | 00:36:21 | 00:58:38.55 | 00:58:51.20 | +00:17:13 (29.4%) | 5:51 | 10.2 (70.3%) |
| 17 | JANAS Piotr | 1480 | | M-50 | 17 | 00:00:31 | 00:15:05 | 00:38:17 | 00:58:55.55 | 00:59:27.40 | +00:17:30 (29.7%) | 5:53 | 10.2 (70.3%) |
| 18 | SNOCHOWSKI Mirek | 1321 | SZOMBIERKI CHODZĄ I BIEGAJĄ | M-50 | 18 | 00:00:21 | 00:15:10 | 00:38:48 | 00:59:32.10 | 00:59:54.05 | +00:18:07 (30.4%) | 5:57 | 10.1 (69.7%) |
| 19 | MIŚKIEWICZ Andrzej | 1211 | WARTO BIEGAĆ ZAWIERCIE | M-50 | 19 | 00:00:14 | 00:15:09 | 00:38:33 | 00:59:32.20 | 00:59:46.70 | +00:18:07 (30.4%) | 5:57 | 10.1 (69.7%) |
| 20 | CZERNACHOWSKI Marek | 1033 | STARY HANGAR | M-50 | 20 | 00:00:30 | 00:16:08 | 00:39:50 | 01:01:09.25 | 01:01:39.40 | +00:19:44 (32.3%) | 6:06 | 9.8 (67.6%) |
| 21 | ROSIŃSKI Sławomir | 1289 | | M-50 | 21 | 00:00:40 | 00:15:44 | 00:40:02 | 01:02:36.35 | 01:03:17.00 | +00:21:11 (33.8%) | 6:15 | 9.6 (66.2%) |
| 22 | GÓRA Marek | 1072 | | M-50 | 22 | 00:00:09 | 00:15:49 | 00:40:58 | 01:02:53.45 | 01:03:02.95 | +00:21:28 (34.1%) | 6:17 | 9.5 (65.5%) |
| 23 | PACZKOWSKI Jacek | 1246 | | M-50 | 23 | 00:00:40 | 00:16:01 | 00:40:24 | 01:03:08.10 | 01:03:48.30 | +00:21:43 (34.4%) | 6:18 | 9.5 (65.5%) |
| 24 | FOJCIK Ryszard | 1053 | | M-50 | 24 | 00:00:34 | 00:16:30 | 00:41:04 | 01:03:44.55 | 01:04:18.80 | +00:22:19 (35.0%) | 6:22 | 9.4 (64.8%) |
| 25 | KUWAK Bogdan | 1165 | WARTO BIEGAĆ ZAWIERCIE | M-50 | 25 | 00:00:16 | 00:15:54 | 00:41:20 | 01:04:00.80 | 01:04:16.85 | +00:22:35 (35.3%) | 6:24 | 9.4 (64.8%) |
| 26 | BOGUSZ Jarosław | 1018 | WARSAW RUNNERS | M-50 | 26 | 00:00:27 | 00:16:14 | 00:42:05 | 01:06:52.20 | 01:07:19.55 | +00:25:27 (38.1%) | 6:41 | 9 (62.1%) |
| 27 | NĘDZA Ryszard | 1223 | HIRSCHVOGEL | M-50 | 27 | 00:00:21 | 00:16:28 | 00:44:33 | 01:09:58.70 | 01:10:20.05 | +00:28:33 (40.8%) | 6:59 | 8.6 (59.3%) |

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|-----|----------------------|-------------|------|-----------|------|-------------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 28 | WYLEŻOŁ Marek | 1389 | | M-50 | 28 | 00:00:17 | 00:17:43 | 00:47:19 | 01:14:18.60 | 01:14:36.45 | +00:32:53 (44.3%) | 7:25 | 8.1 (55.9%) |

Znaleziono 28 wynik(ów)