6. PKO PÓŁMARATON GLIWICKI

GLIWICKA DYCHA

Wydarzenie: VI PKO Półmaraton Gliwicki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-26
Miejsce: Gliwice
Dystans: 10 km

B4SPORT INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-60

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	**NOWAKOWSKI Zenon**	**2350**		M-60	1	00:00:36	00:23:40	00:47:26	**00:49:11.35**	**00:49:48.05**		4:41	12.8 (100%)
2	**PILSZYK Kazimierz**	**2398**	SENIORZY	M-60	2	00:00:59	00:24:39	00:49:29	**00:51:21.85**	**00:52:20.90**	+00:02:10 (4.2%)	4:53	12.3 (96.1%)
3	**WIETRZYCKI Zenon**	**2573**	MOMO TEAM	M-60	3	00:00:04	00:24:16	00:50:15	**00:52:16.70**	**00:52:21.10**	+00:03:05 (5.9%)	4:58	12 (93.8%)
4	**OGONOWSKI Edward**	**2355**	ŻÓŁWIK OPOLE	M-60	4	00:00:55	00:25:49	00:51:28	**00:53:23.30**	**00:54:19.15**	+00:04:11 (7.9%)	5:05	11.8 (92.2%)
5	**SZCZERZEK Zbigniew**	**2514**		M-60	5	00:00:41	00:25:24	00:52:28	**00:54:47.45**	**00:55:29.35**	+00:05:36 (10.2%)	5:13	11.5 (89.8%)
6	**KOZIOL Ryszard**	**2240**	SOSNICA	M-60	6	00:00:14	00:25:54	00:53:35	**00:55:40.25**	**00:55:54.75**	+00:06:28 (11.6%)	5:18	11.3 (88.3%)
7	**OKOŃ Zdzisław**	**2358**		M-60	7	00:00:41	00:28:37	00:55:44	**00:57:45.95**	**00:58:27.00**	+00:08:34 (14.8%)	5:30	10.9 (85.2%)
8	**BRYLIŃSKI Ryszard**	**2038**		M-60	8	00:00:11	00:27:00	00:55:44	**00:57:46.65**	**00:57:57.85**	+00:08:35 (14.9%)	5:30	10.9 (85.2%)
9	**ZAREMBA Tadeusz**	**2609**	STARY HANGAR	M-60	9	00:00:36	00:28:24	00:58:33	**01:00:46.55**	**01:01:22.80**	+00:11:35 (19.1%)	5:47	10.4 (81.3%)
10	**MIŁKOWSKI Andrzej**	**2327**		M-60	10	00:00:25	00:28:33	00:58:50	**01:01:07.65**	**01:01:33.20**	+00:11:56 (19.5%)	5:49	10.3 (80.5%)
11	**KOZŁOWSKI Andrzej Jerzy**	**2241**		M-60	11	00:00:55	00:29:05	01:00:07	**01:02:32.55**	**01:03:28.15**	+00:13:21 (21.4%)	5:57	10.1 (78.9%)
12	**CIESZYŃSKI Marek**	**2692**		M-60	12	00:01:25	00:31:30	01:04:05	**01:06:33.20**	**01:07:58.55**	+00:17:21 (26.1%)	6:20	9.5 (74.2%)
13	**BENTKOWSKI Lesław**	**2016**	DIRTY SPARROWS	M-60	13	00:00:16	00:33:26	01:07:29	**01:09:59.45**	**01:10:16.00**	+00:20:48 (29.7%)	6:40	9 (70.3%)
14	**CEBULA Wojciech**	**2046**		M-60	14	00:02:07	00:32:22	01:10:50	**01:14:02.65**	**01:16:10.05**	+00:24:51 (33.6%)	7:03	8.5 (66.4%)
15	**MOCZULSKI Wojciech**	**2659**		M-60	15	00:01:20	00:35:12	01:12:31	**01:15:33.80**	**01:16:54.40**	+00:26:22 (34.9%)	7:11	8.3 (64.8%)

Znaleziono 15 wynik(ów)