



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Półmaraton Gliwicki 2017
Fundacja Bieg Rzeźnika
2017-10-22
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	OCHMAN Paweł	2431	FUTURE PROCESSING RUNNING TEAM	M-30	8	00:00:04	00:16:59	00:23:40	00:40:15.05	00:40:19.05		4:01	14.9 (100%)
2	SZABELSKI Krzysztof	2397	FUTURE PROCESSING RUNNING TEAM	M-30	11	00:00:06	00:16:47	00:23:41	00:41:26.65	00:41:32.85	+00:01:11 (2.9%)	4:08	14.5 (97.3%)
2	GRAMATYKA Jan	2399	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:05	00:16:48	00:23:42	00:41:27.05	00:41:32.85	+00:01:12 (2.9%)	4:08	14.5 (97.3%)
4	ALKER Andrzej	2087		M-20	8	00:00:03	00:17:31	00:24:43	00:42:57.45	00:43:00.75	+00:02:42 (6.3%)	4:17	14 (94.0%)
5	ROSIKOŃ Tomasz	2269		M-30	15	00:00:08	00:18:01	00:25:18	00:44:07.00	00:44:15.05	+00:03:51 (8.8%)	4:24	13.6 (91.3%)
6	HALMAN Tomasz	2371		M-30	16	00:00:25	00:18:11	00:25:42	00:44:37.55	00:45:03.15	+00:04:22 (9.8%)	4:27	13.4 (89.9%)
7	NOWAK Mateusz	2050		M-20	10	00:00:02	00:17:58	00:25:39	00:44:41.40	00:44:43.75	+00:04:26 (9.9%)	4:28	13.4 (89.9%)
8	DONIGIEWICZ Mariusz	2315		M-30	20	00:01:03	00:19:14	00:26:36	00:45:09.80	00:46:13.55	+00:04:54 (10.9%)	4:31	13.3 (89.3%)
9	MRÓZEK Tomasz	2265		M-30	22	00:00:22	00:19:13	00:26:39	00:45:22.40	00:45:44.70	+00:05:07 (11.3%)	4:32	13.2 (88.6%)
10	SMOTER Wojciech	2507	SBRT GLIWICE	M-40	10	00:00:03	00:18:46	00:26:31	00:46:09.30	00:46:13.00	+00:05:54 (12.8%)	4:37	13 (87.2%)
11	DACZYŃSKI Michał	2103	VEGERUNNERS	M-40	11	00:00:18	00:19:20	00:27:01	00:46:36.35	00:46:55.10	+00:06:21 (13.6%)	4:39	12.9 (86.6%)
12	KOCIEMBA Patryk	2020		M-30	27	00:00:44	00:19:35	00:27:21	00:46:58.45	00:47:43.05	+00:06:43 (14.3%)	4:41	12.8 (85.9%)
13	KOWALSKI Tomasz	2443		M-30	28	00:00:09	00:18:44	00:26:50	00:46:59.50	00:47:08.85	+00:06:44 (14.3%)	4:41	12.8 (85.9%)
14	MAZUR Witold	2296	PROPOINT	M-20	15	00:00:35	00:20:21	00:28:10	00:47:01.30	00:47:36.90	+00:06:46 (14.4%)	4:42	12.8 (85.9%)
15	WARZYŃSKI Wojciech	2484		M-30	30	00:00:07	00:19:23	00:27:22	00:47:09.25	00:47:16.60	+00:06:54 (14.6%)	4:42	12.7 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	KIERAT Paweł	2053		M-30	32	00:00:14	00:18:27	00:26:17	00:47:21.45	00:47:35.45	+00:07:06 (15.0%)	4:44	12.7 (85.2%)
17	JANOSZ Sławek	2186		M-30	35	00:00:28	00:19:50	00:27:36	00:47:33.35	00:48:02.15	+00:07:18 (15.4%)	4:45	12.6 (84.6%)
18	WOJTAS Paweł	2346	3940	M-20	17	00:00:10	00:19:23	00:27:27	00:47:35.05	00:47:45.40	+00:07:20 (15.4%)	4:45	12.6 (84.6%)
19	MARCZAK Paweł	2066		M-30	36	00:00:23	00:19:34	00:27:37	00:47:43.95	00:48:07.05	+00:07:28 (15.7%)	4:46	12.6 (84.6%)
20	SITARSKI Mateusz	2233		M-20	21	00:00:39	00:20:32	00:28:24	00:48:15.20	00:48:54.95	+00:08:00 (16.6%)	4:49	12.4 (83.2%)
21	KOWAL Dariusz	2460		M-40	15	00:01:22	00:21:14	00:28:51	00:48:25.35	00:49:47.55	+00:08:10 (16.9%)	4:50	12.4 (83.2%)
22	SZKLARZ Sebastian	2047		M-30	37	00:00:26	00:20:16	00:28:15	00:48:27.30	00:48:53.60	+00:08:12 (16.9%)	4:50	12.4 (83.2%)
23	WYCIŚLIK Marcin	2081	HIRSCHVOGEL	M-30	41	00:01:37	00:20:22	00:28:24	00:48:59.30	00:50:36.35	+00:08:44 (17.8%)	4:53	12.2 (81.9%)
24	KUKURBA Mikołaj	2360	OMNISQUARE	M-30	42	00:01:55	00:20:31	00:28:42	00:49:01.90	00:50:57.25	+00:08:46 (17.9%)	4:54	12.2 (81.9%)
25	STRONCZYŃSKI Andrzej	2309	NIGHT RUNNERS GLIWICE	M-20	22	00:01:10	00:21:10	00:29:05	00:49:04.65	00:50:15.15	+00:08:49 (18.0%)	4:54	12.2 (81.9%)
26	DYLONG Piotr	2165		M-50	4	00:01:09	00:20:18	00:28:35	00:49:12.30	00:50:22.15	+00:08:57 (18.2%)	4:55	12.2 (81.9%)
27	SMOLARCZYK Dominik	2362	MŁODE WILKI	M-40	18	00:00:25	00:20:24	00:28:35	00:49:21.75	00:49:47.55	+00:09:06 (18.5%)	4:56	12.2 (81.9%)
28	WESTER Mieczysław	2278		M-40	19	00:00:21	00:20:23	00:28:41	00:49:33.70	00:49:55.10	+00:09:18 (18.8%)	4:57	12.1 (81.2%)
29	SZULC Sebastian	2012		M-20	26	00:00:23	00:20:17	00:28:36	00:49:51.00	00:50:14.40	+00:09:35 (19.3%)	4:59	12 (80.5%)
30	SZWARCZYŃSKI Michał	2013		M-30	46	00:00:09	00:19:40	00:27:59	00:49:58.50	00:50:08.35	+00:09:43 (19.5%)	4:59	12 (80.5%)
31	DUBIEL Leszek	2121		M-30	47	00:00:59	00:20:07	00:28:30	00:50:05.40	00:51:05.15	+00:09:50 (19.6%)	5:00	12 (80.5%)
32	PRONCZUK Marcin	2036	ETISOFT RUNNING TEAM	M-30	48	00:00:22	00:20:26	00:29:29	00:50:25.50	00:50:48.15	+00:10:10 (20.2%)	5:02	11.9 (79.9%)
33	ŻEROMSKI Stefan	2218	JASNA	M-50	5	00:00:12	00:21:39	00:29:56	00:50:40.05	00:50:52.65	+00:10:25 (20.6%)	5:04	11.8 (79.2%)
34	SOKOŁOWSKI Łukasz	2299		M-30	49	00:00:17	00:20:54	00:29:19	00:50:40.50	00:50:57.50	+00:10:25 (20.6%)	5:04	11.8 (79.2%)
35	SETNIK Robert	2500		M-40	20	00:00:05	00:19:32	00:28:24	00:50:48.15	00:50:53.15	+00:10:33 (20.8%)	5:04	11.8 (79.2%)
36	SKORUPSKI Paweł	2195		M-30	51	00:00:44	00:20:52	00:29:27	00:51:05.50	00:51:49.90	+00:10:50 (21.2%)	5:06	11.7 (78.5%)
37	HAJOK Marek	2173		M-40	21	00:00:44	00:20:53	00:29:28	00:51:07.05	00:51:51.20	+00:10:52 (21.3%)	5:06	11.7 (78.5%)
38	MACH Marcin	2200		M-40	22	00:00:06	00:20:58	00:29:28	00:51:08.10	00:51:15.05	+00:10:53 (21.3%)	5:06	11.7 (78.5%)

Zawody w biegu na 10 kilometrów													
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	JANOWSKI Piotr	2367		M-50	6	00:00:11	00:21:05	00:29:39	00:51:11.65	00:51:22.90	+00:10:56 (21.4%)	5:07	11.7 (78.5%)
40	GOŁĘBIEWSKI Marek	2456		M-30	53	00:01:19	00:21:01	00:29:39	00:51:15.70	00:52:34.75	+00:11:00 (21.5%)	5:07	11.7 (78.5%)
41	GŁÓWKA Piotr	2387		M-30	54	00:00:54	00:20:59	00:29:30	00:51:48.40	00:52:42.45	+00:11:33 (22.3%)	5:10	11.6 (77.9%)
42	SOKOŁOWSKI Mateusz	2277		M-20	33	00:00:17	00:22:00	00:30:36	00:52:15.80	00:52:32.80	+00:12:00 (23.0%)	5:13	11.5 (77.2%)
43	JUREKO Maciej	2021		M-30	56	00:01:59	00:22:26	00:30:59	00:52:16.15	00:54:15.30	+00:12:01 (23.0%)	5:13	11.5 (77.2%)
44	SZWAJKOSZ Szczepan	2282		M-30	57	00:00:31	00:20:54	00:29:39	00:52:16.45	00:52:47.65	+00:12:01 (23.0%)	5:13	11.5 (77.2%)
45	ZHYKHARAU Vasili	2255		M-30	58	00:02:26	00:22:05	00:30:49	00:52:21.95	00:54:48.20	+00:12:06 (23.1%)	5:14	11.5 (77.2%)
46	ZARUDZKI Łukasz	2353	NOTHING TO FEAR	M-40	27	00:01:03	00:21:52	00:30:35	00:52:23.35	00:53:26.45	+00:12:08 (23.2%)	5:14	11.5 (77.2%)
47	SUBIK Tomasz	2150		M-30	59	00:00:24	00:22:07	00:30:44	00:52:26.90	00:52:51.10	+00:12:11 (23.3%)	5:14	11.4 (76.5%)
48	KACZMARZYK Arkadiusz	2272		M-30	60	00:00:29	00:22:13	00:30:54	00:52:30.40	00:52:59.55	+00:12:15 (23.3%)	5:15	11.4 (76.5%)
49	PAWLINA Piotr	2029		M-40	28	00:01:12	00:21:52	00:30:29	00:52:33.50	00:53:46.20	+00:12:18 (23.4%)	5:15	11.4 (76.5%)
50	JAWORSKI Jakub	2369		M-20	35	00:00:59	00:22:04	00:30:53	00:52:52.30	00:53:52.25	+00:12:37 (23.9%)	5:17	11.3 (75.8%)
51	GIERADA Ryszard	2356	NIGHT RUNNERS GLIWICE	M-50	7	00:01:53	00:22:02	00:30:37	00:52:57.55	00:54:51.10	+00:12:42 (24.0%)	5:17	11.3 (75.8%)
52	MERMON Artur	2230		M-50	8	00:00:08	00:21:48	00:30:34	00:53:08.10	00:53:16.85	+00:12:53 (24.2%)	5:18	11.3 (75.8%)
53	ŁUCZAK Marek	2455		M-30	68	00:01:19	00:23:48	00:32:38	00:53:24.45	00:54:44.25	+00:13:09 (24.6%)	5:20	11.2 (75.2%)
54	CAPUTA Michal	2227		M-30	69	00:00:58	00:23:22	00:31:54	00:53:27.35	00:54:25.65	+00:13:12 (24.7%)	5:20	11.2 (75.2%)
55	ZIELIŃSKI Marek	2457		M-30	70	00:00:51	00:22:36	00:31:18	00:53:27.60	00:54:19.30	+00:13:12 (24.7%)	5:20	11.2 (75.2%)
56	WLAŻŁAK Wiesław	2135		M-50	9	00:01:36	00:22:30	00:31:15	00:53:28.40	00:55:04.45	+00:13:13 (24.7%)	5:20	11.2 (75.2%)
57	RENKIEL Tomasz	2492		M-40	31	00:00:24	00:22:33	00:31:53	00:53:47.15	00:54:11.50	+00:13:32 (25.2%)	5:22	11.2 (75.2%)
58	JANIK Janusz	2491		M-40	32	00:00:24	00:22:32	00:31:53	00:53:47.55	00:54:11.90	+00:13:32 (25.2%)	5:22	11.2 (75.2%)
59	KOWOL Marcin	2194		M-40	34	00:00:30	00:23:01	00:31:59	00:54:09.55	00:54:40.40	+00:13:54 (25.7%)	5:25	11.1 (74.5%)
60	TRYBUS Michał	2232		M-20	41	00:01:01	00:23:02	00:31:59	00:54:23.70	00:55:24.85	+00:14:08 (26.0%)	5:26	11 (73.8%)
61	KOWALSKI Krzysztof	2016		M-20	42	00:03:00	00:22:07	00:31:18	00:54:32.30	00:57:33.25	+00:14:17 (26.2%)	5:27	11 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km	15_km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							4.3km	6km					
62	TROSKO Adam	2027		M-30	76	00:02:00	00:21:43	00:30:42	00:54:40.35	00:56:41.15	+00:14:25 (26.4%)	5:28	11 (73.8%)
63	DYBAŁA Adam	2406		M-20	43	00:01:03	00:22:12	00:31:24	00:54:53.75	00:55:57.65	+00:14:38 (26.7%)	5:29	10.9 (73.2%)
64	SIRKO Zbigniew	2048		M-50	12	00:01:02	00:22:44	00:31:56	00:55:15.95	00:56:18.40	+00:15:00 (27.2%)	5:31	10.9 (73.2%)
65	MALINOWSKI Łukasz	2358		M-40	40	00:01:55	00:23:08	00:32:22	00:55:49.60	00:57:44.85	+00:15:34 (27.9%)	5:34	10.7 (71.8%)
66	JEŻEWSKI Adam	2201	ETISOFT RUNNING TEAM	M-30	82	00:00:22	00:23:06	00:32:32	00:55:50.90	00:56:13.45	+00:15:35 (27.9%)	5:35	10.7 (71.8%)
67	PALUS Piotr	2231		M-30	83	00:00:04	00:22:41	00:31:46	00:55:52.25	00:55:56.90	+00:15:37 (28.0%)	5:35	10.7 (71.8%)
68	SZOT Wojciech	2000	WORD KATOWICE	M-30	84	00:01:36	00:23:25	00:32:40	00:55:57.30	00:57:33.65	+00:15:42 (28.1%)	5:35	10.7 (71.8%)
69	SAMOL Grzegorz	2046		M-50	13	00:01:05	00:23:06	00:32:23	00:56:03.75	00:57:09.65	+00:15:48 (28.2%)	5:36	10.7 (71.8%)
70	WIĘCŁAW Grzegorz	2531		M-30	86	00:00:19	00:24:39	00:33:54	00:56:08.40	00:56:27.85	+00:15:53 (28.3%)	5:36	10.7 (71.8%)
71	STANISZ Michał	2068		M-30	87	00:00:52	00:23:25	00:32:35	00:56:16.50	00:57:09.35	+00:16:01 (28.5%)	5:37	10.7 (71.8%)
72	HAJDUKIEWICZ Michał	2502	CERTUM	M-20	46	00:00:05	00:21:59	00:31:52	00:56:18.15	00:56:23.50	+00:16:03 (28.5%)	5:37	10.7 (71.8%)
73	JASIŃSKI Tomasz	2410		M-40	42	00:01:21	00:23:03	00:32:33	00:56:34.90	00:57:56.75	+00:16:19 (28.9%)	5:39	10.6 (71.1%)
74	WIAZANIA Marek	2364		M-40	43	00:02:21	00:24:18	00:33:52	00:56:39.45	00:59:00.70	+00:16:24 (29.0%)	5:39	10.6 (71.1%)
75	MICEK Maciej	2062		M-20	48	00:02:10	00:24:10	00:33:26	00:56:50.85	00:59:00.95	+00:16:35 (29.2%)	5:41	10.6 (71.1%)
76	NIEMIEC Sławek	2207	INTERGRAFIK POLAND	M-30	92	00:02:26	00:23:13	00:32:35	00:57:18.70	00:59:45.45	+00:17:03 (29.8%)	5:43	10.5 (70.5%)
77	TURCZYN Mateusz	2143	HIRSCHVOGEL	M-20	50	00:01:34	00:24:26	00:33:45	00:57:21.50	00:58:55.80	+00:17:06 (29.8%)	5:44	10.5 (70.5%)
78	ORYSZCZAK Łukasz	2366		M-30	93	00:01:18	00:23:44	00:33:13	00:57:24.20	00:58:42.80	+00:17:09 (29.9%)	5:44	10.5 (70.5%)
79	MILISZKIEWICZ Adam	2189		M-30	94	00:00:21	00:23:23	00:32:55	00:57:24.65	00:57:46.05	+00:17:09 (29.9%)	5:44	10.4 (69.8%)
80	KRAJEWSKI Adam	2471	OASIS SPORT TEAM	M-30	95	00:01:28	00:22:52	00:32:19	00:57:24.75	00:58:53.05	+00:17:09 (29.9%)	5:44	10.4 (69.8%)
81	MARCZYK Dariusz	2393		M-30	96	00:02:19	00:24:22	00:33:54	00:57:56.65	01:00:15.90	+00:17:41 (30.5%)	5:47	10.4 (69.8%)
82	ZABRZEWSKI Adam	2388		M-30	97	00:00:51	00:22:45	00:32:27	00:57:57.70	00:58:49.35	+00:17:42 (30.6%)	5:47	10.4 (69.8%)
83	KOSIAK Maciej	2359		M-40	45	00:01:54	00:24:30	00:33:55	00:58:02.70	00:59:57.20	+00:17:47 (30.7%)	5:48	10.3 (69.1%)
84	JASIKOWSKI Łukasz	2429	KONIUCHY	M-20	52	00:01:50	00:24:38	00:34:09	00:58:26.55	01:00:16.75	+00:18:11 (31.1%)	5:50	10.3 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	KOMANDER Marcin	2319		M-50	16	00:02:08	00:23:41	00:33:19	00:58:27.25	01:00:36.05	+00:18:12 (31.1%)	5:50	10.3 (69.1%)
86	ZAREMBA Tadeusz	2024		M-60	6	00:01:29	00:24:39	00:34:25	00:58:31.25	01:00:01.15	+00:18:16 (31.2%)	5:51	10.3 (69.1%)
87	PROCEK Marcin	2145		M-40	47	00:01:26	00:23:06	00:32:48	00:58:47.35	01:00:14.05	+00:18:32 (31.5%)	5:52	10.2 (68.5%)
88	GIERADA Mateusz	2355	NIGHT RUNNERS GLIWICE	M-20	53	00:00:14	00:29:05	00:37:59	00:59:19.10	00:59:33.95	+00:19:04 (32.1%)	5:55	10.1 (67.8%)
89	KIJANKA Damian	2082	HIRSCHVOGEL	M-20	54	00:01:32	00:24:50	00:34:55	00:59:55.80	01:01:28.55	+00:19:40 (32.8%)	5:59	10 (67.1%)
90	FOREMSKI Paweł	2126	BETANIA	M-30	104	00:01:43	00:24:52	00:35:08	01:00:06.10	01:01:49.40	+00:19:51 (33.0%)	6:00	10 (67.1%)
91	PAWLETA Michał	2112	NIGHT RUNNERS GLIWICE	M-40	50	00:00:35	00:25:45	00:35:35	01:00:07.90	01:00:43.75	+00:19:52 (33.1%)	6:00	10 (67.1%)
92	DRZEJA Zbigniew	2506		M-40	51	00:01:58	00:25:07	00:35:03	01:00:14.80	01:02:13.20	+00:19:59 (33.2%)	6:01	10 (67.1%)
93	BEDNORZ Roman	2433	NAPĘDZANI PROCENTEM	M-30	105	00:01:51	00:25:03	00:35:04	01:00:19.65	01:02:11.55	+00:20:04 (33.3%)	6:02	9.9 (66.4%)
94	URBAN Dariusz	2005		M-40	53	00:00:06	00:24:08	00:34:31	01:00:40.40	01:00:47.10	+00:20:25 (33.7%)	6:04	9.9 (66.4%)
95	PAŚNIK Jacek	2523		M-20	57	00:00:37	00:24:30	00:34:24	01:00:49.55	01:01:27.35	+00:20:34 (33.8%)	6:05	9.9 (66.4%)
96	DROZD Krzysztof	2113		M-20	58	00:01:25	00:24:55	00:34:54	01:01:22.20	01:02:48.10	+00:21:07 (34.4%)	6:08	9.8 (65.8%)
97	WITAŁA Rafał	2025		M-30	112	00:02:01	00:26:07	00:36:47	01:02:34.80	01:04:35.85	+00:22:19 (35.7%)	6:15	9.6 (64.4%)
98	BOROWIAK Mateusz	2286	SEKCJA BIEGOWA FAMILIA	M-30	113	00:02:23	00:26:28	00:37:04	01:02:34.90	01:04:58.30	+00:22:19 (35.7%)	6:15	9.6 (64.4%)
99	GĄSIOREK Łukasz	2288	SEKCJA BIEGOWA FAMILIA	M-20	60	00:02:21	00:26:30	00:37:06	01:02:36.75	01:04:58.45	+00:22:21 (35.7%)	6:15	9.6 (64.4%)
100	ŻELEZNY Tomasz	2249		M-30	114	00:01:52	00:26:46	00:37:15	01:03:06.65	01:04:59.05	+00:22:51 (36.2%)	6:18	9.5 (63.8%)
101	GILEWSKI Franciszek	2509	BIEGAM Z SERCEM	M-70	1	00:01:53	00:25:38	00:36:23	01:03:07.80	01:05:00.95	+00:22:52 (36.2%)	6:18	9.5 (63.8%)
102	KOTOWSKI Piotr	2426		M-40	58	00:01:28	00:25:51	00:36:28	01:03:26.35	01:04:55.30	+00:23:11 (36.6%)	6:20	9.5 (63.8%)
103	MACIEJCZYK Marcin	2244	FAMILIA	M-30	116	00:02:04	00:25:36	00:36:15	01:03:43.30	01:05:47.80	+00:23:28 (36.8%)	6:22	9.4 (63.1%)
104	KUBICA Michał	2479		M-20	63	00:01:30	00:28:15	00:39:18	01:05:10.30	01:06:40.50	+00:24:55 (38.2%)	6:31	9.2 (61.7%)
105	SMUDA Grzegorz	2110	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:49	00:27:23	00:38:10	01:05:29.35	01:07:18.45	+00:25:14 (38.5%)	6:32	9.2 (61.7%)
106	MALEC Marek	2391		M-20	65	00:01:33	00:25:38	00:37:07	01:05:51.85	01:07:25.50	+00:25:36 (38.9%)	6:35	9.1 (61.1%)
107	BRODIUK Norbert	2001	SBRT ,NIGHT RUNNERS GLIWICE	M-40	62	00:00:36	00:26:54	00:38:01	01:06:41.30	01:07:17.85	+00:26:26 (39.6%)	6:40	9 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	STEPEL Grzegorz	2214		M-40	63	00:00:50	00:26:55	00:38:33	01:07:17.45	01:08:07.50	+00:27:02 (40.2%)	6:43	8.9 (59.7%)
109	STRUG Mariusz	2482		M-40	64	00:02:17	00:27:32	00:38:56	01:07:56.80	01:10:14.60	+00:27:41 (40.8%)	6:47	8.8 (59.1%)
110	CIESLAK Pawel	2438		M-30	121	00:01:53	00:28:23	00:39:55	01:08:58.65	01:10:52.50	+00:28:43 (41.6%)	6:53	8.7 (58.4%)
111	MALISZEWSKI Jakub	2379	NAPĘDZANI PROCENTEM	M-30	122	00:01:55	00:29:12	00:40:43	01:09:22.70	01:11:18.05	+00:29:07 (42.0%)	6:56	8.6 (57.7%)
112	MALISZEWSKI Bogusław	2381	NAPĘDZANI PROCENTEM	M-60	8	00:01:54	00:29:13	00:40:44	01:09:23.55	01:11:18.20	+00:29:08 (42.0%)	6:56	8.6 (57.7%)
113	LEWICKI Krzysztof	97	NIGHT RUNNERS GLIWICE	M-30	123	00:01:03	00:28:24	00:40:01	01:10:19.40	01:11:22.95	+00:30:04 (42.8%)	7:01	8.5 (57.0%)
114	NOWIŃSKI Kamil	2284	SEKCJA BIEGOWA FAMILIA	M-30	124	00:02:24	00:31:33	00:44:51	01:11:24.25	01:13:48.25	+00:31:09 (43.6%)	7:08	8.4 (56.4%)
115	PRUCHNIK Sławek	2051	JAZZY	M-20	66	00:00:59	00:29:16	00:42:57	01:13:49.40	01:14:48.45	+00:33:34 (45.5%)	7:22	8.1 (54.4%)
116	KUT Krzysztof	2031		M-30	126	00:01:02	00:30:01	00:42:32	01:14:00.65	01:15:02.70	+00:33:45 (45.6%)	7:24	8.1 (54.4%)
117	KAMIŃSKI Wojciech	2477	INTERPROJEKT	M-20	67	00:02:25	00:30:05	00:42:12	01:14:15.20	01:16:40.55	+00:34:00 (45.8%)	7:25	8.1 (54.4%)
118	KOSTRO Rafał	2285	SEKCJA BIEGOWA FAMILIA	M-30	127	00:02:22	00:31:35	00:44:53	01:15:34.20	01:17:56.50	+00:35:19 (46.7%)	7:33	7.9 (53.0%)
119	WIERCIŃSKI Łukasz	2473		M-60	9	00:00:05	00:57:51		01:43:58.20	01:44:03.45	+01:03:43 (61.3%)	10:23	5.8 (38.9%)

Znalezione 119 wynik(ów)