



III PÓLMARATON GLIWICKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 21.1 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	LUBNAU Marek	1203	HARPAGAN SOSNOWIEC	M-50	1	00:00:02	00:19:36	00:39:10	00:58:49	01:15:43	01:18:41	01:24:03.65	01:24:05.90		3:59	15.1 (100%)
2	KRZAK Robert	1312	AUTHOR BICYCLES	M-50	2	00:00:01	00:19:36	00:39:16	00:58:51	01:15:51	01:18:52	01:24:22.55	01:24:24.25	+00:00:18 (0.4%)	3:59	15 (99.3%)
3	GICZEWSKI Grzegorz	839	MIECHOWICKA GRUPA BIEGOWA	M-50	3	00:00:09	00:20:33	00:40:55	01:00:55	01:17:52	01:20:50	01:25:46.75	01:25:55.90	+00:01:43 (2.0%)	4:03	14.8 (98.0%)
4	JAWOROWSKI Witold	774	AMATOR	M-50	4	00:00:13	00:21:38	00:43:25	01:04:56	01:23:16	01:26:31	01:32:16.60	01:32:29.65	+00:08:12 (8.9%)	4:22	13.7 (90.7%)
5	RODAK Piotr	298	MZT	M-50	5	00:00:10	00:21:54	00:43:49	01:05:05	01:23:29	01:26:48	01:32:40.40	01:32:51.30	+00:08:36 (9.3%)	4:23	13.7 (90.7%)
6	HRYSZKO Kazimierz	1170	40-LATEK TYCHY	M-50	6	00:00:22	00:23:00	00:44:59	01:06:41	01:25:38	01:29:05	01:35:10.35	01:35:32.45	+00:11:06 (11.7%)	4:30	13.3 (88.1%)
7	KUCHNIA Krzysztof	909	TS REGLE SZKLARSKA PORĘBA	M-50	7	00:00:09	00:22:04	00:44:50	01:07:03	01:26:19	01:29:50	01:35:47.05	01:35:56.90	+00:11:43 (12.2%)	4:32	13.2 (87.4%)
8	NOWAKOWSKI Zenon	841	-	M-50	8	00:00:14	00:23:11	00:45:32	01:07:51	01:27:26	01:30:53	01:37:00.95	01:37:15.45	+00:12:57 (13.4%)	4:35	13 (86.1%)
9	BERNACKI Eugeniusz	1006	GPRS HYDROKOP	M-50	9	00:00:50	00:21:59	00:44:45	01:07:45	01:27:46	01:31:24	01:37:44.45	01:38:35.40	+00:13:40 (14.0%)	4:37	13 (86.1%)
10	CHOJNA Zygmunt	933	SOCIOS GÓRNIK	M-50	10	00:00:04	00:21:43	00:44:55	01:08:12	01:28:45	01:32:22	01:38:38.40	01:38:43.10	+00:14:34 (14.8%)	4:40	12.8 (84.8%)
11	BOROWSKI Piotr	177	OPEL ACTIVE TEAM	M-50	11	00:00:31	00:22:51	00:45:36	01:08:40	01:29:20	01:32:58	01:39:11.00	01:39:42.20	+00:15:07 (15.2%)	4:42	12.8 (84.8%)
12	ŚWIDEREK Andrzej	460	MIECHOWICKA GRUPA BIEGOWA	M-50	12	00:00:38	00:23:31	00:46:46	01:09:40	01:29:58	01:33:38	01:40:05.05	01:40:43.45	+00:16:01 (16.0%)	4:44	12.6 (83.4%)
13	MILLER Ryszard	639	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-50	13	00:00:30	00:23:13	00:46:29	01:09:49	01:30:12	01:33:57	01:40:26.35	01:40:57.05	+00:16:22 (16.3%)	4:45	12.6 (83.4%)
14	PODOLAK Alfred	1501	PIAST GLIWICE	M-50	14	00:00:15	00:23:26	00:46:43	01:10:02	01:30:20	01:34:00	01:40:26.50	01:40:41.85	+00:16:22 (16.3%)	4:45	12.6 (83.4%)
15	GAWEŁKO Janusz	953		M-50	15	00:00:11	00:23:13	00:46:49	01:10:24	01:31:31	01:35:17	01:41:56.10	01:42:07.75	+00:17:52 (17.5%)	4:49	12.4 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas					Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							5_km	10_km	15_km	19_km	20_km	21.1km	21.1km	Różn			
16	ŻEBROWSKI Cezary	1115		M-50	16	00:00:07	00:21:46	00:45:27	01:09:53	01:31:34	01:35:28	01:41:58.75	01:42:05.95	+00:17:55 (17.6%)	4:49	12.4 (82.1%)	
17	PACUŁA Piotr	194	OPEL ACTIVE TEAM GLIWICE	M-50	17	00:00:03	00:23:18	00:46:49	01:10:17	01:31:30	01:35:16	01:42:04.80	01:42:07.80	+00:18:01 (17.7%)	4:50	12.4 (82.1%)	
18	TOMAL Marek	1314		M-50	18	00:00:15	00:23:44	00:48:06	01:12:25	01:34:01	01:37:52	01:44:31.95	01:44:47.00	+00:20:28 (19.6%)	4:57	12.1 (80.1%)	
19	LUBICKI Wojciech	14	TRIUMF	M-50	19	00:00:13	00:24:02	00:48:11	01:12:24	01:33:42	01:37:39	01:44:50.30	01:45:03.70	+00:20:46 (19.8%)	4:58	12.1 (80.1%)	
20	ORLIK Jerzy	340	PLASTIC OMNIUM	M-50	20	00:01:24	00:24:27	00:48:32	01:12:52	01:34:15	01:38:07	01:44:57.35	01:46:22.30	+00:20:53 (19.9%)	4:58	12.1 (80.1%)	
21	PĘDOWSKI Wojciech	1056		M-50	21	00:00:54	00:25:15	00:50:39	01:14:31	01:34:59	01:38:39	01:45:02.75	01:45:57.15	+00:20:59 (20.0%)	4:58	12.1 (80.1%)	
22	MIROWSKI Zbigniew	1098	48605681921	M-50	22	00:00:20	00:24:45	00:49:14	01:13:45	01:35:09	01:39:04	01:45:39.90	01:46:00.35	+00:21:36 (20.4%)	5:00	12 (79.5%)	
23	FUGOWSKI Roman	380		M-50	23	00:00:13	00:23:53	00:47:45	01:12:02	01:34:33	01:38:39	01:45:51.00	01:46:04.95	+00:21:47 (20.6%)	5:00	12 (79.5%)	
24	TEICHMANN Norbert	1002		M-50	24	00:01:21	00:25:43	00:50:56	01:14:47		01:39:37	01:46:24.75	01:47:46.55	+00:22:21 (21.0%)	5:02	11.9 (78.8%)	
25	PIELKA Erwin	197		M-50	25	00:00:24	00:22:41	00:45:55	01:11:10	01:35:34	01:39:58	01:47:37.15	01:48:01.15	+00:23:33 (21.9%)	5:06	11.8 (78.1%)	
26	DYLONG Piotr	265		M-50	26	00:01:13	00:24:48	00:49:19	01:14:44	01:37:13	01:41:16	01:48:16.40	01:49:29.90	+00:24:12 (22.4%)	5:07	11.7 (77.5%)	
27	ŻARSKI Sławomir	867		M-50	27	00:00:39	00:25:05	00:50:22	01:15:24	01:37:31	01:41:28	01:48:26.45	01:49:06.20	+00:24:22 (22.5%)	5:08	11.7 (77.5%)	
28	KUCH Paweł	630		M-50	28	00:00:38	00:24:21	00:49:03	01:14:00	01:37:28	01:41:30	01:48:47.90	01:49:26.20	+00:24:44 (22.7%)	5:09	11.6 (76.8%)	
29	ZAJDEL Dariusz	390		M-50	29	00:00:30	00:25:42	00:51:20	01:16:48		01:42:37	01:49:28.65	01:49:59.10	+00:25:25 (23.2%)	5:11	11.6 (76.8%)	
30	GORECKI Janusz	361		M-50	30	00:00:18	00:25:22	00:51:05	01:16:29	01:38:54	01:42:50	01:49:56.75	01:50:15.55	+00:25:53 (23.5%)	5:12	11.5 (76.2%)	
31	RAWŁUSZEWICZ Waldemar	674		M-50	31	00:00:12	00:25:17	00:51:03	01:16:40	01:38:43	01:42:45	01:50:04.00	01:50:16.80	+00:26:00 (23.6%)	5:12	11.5 (76.2%)	
32	BUDKA Henryk	632		M-50	32	00:01:25	00:26:43	00:52:02	01:17:21	01:39:50	01:44:01	01:51:25.75	01:52:50.95	+00:27:22 (24.6%)	5:16	11.4 (75.5%)	
33	KOSMAL Marek	1159		M-50	33	00:01:52	00:27:00	00:53:03	01:18:48	01:40:43	01:44:41	01:51:31.75	01:53:24.65	+00:27:28 (24.6%)	5:17	11.4 (75.5%)	
34	MOCEK Roman	751		M-50	34	00:01:54	00:26:19	00:52:14	01:17:55	01:40:11	01:44:19	01:51:34.30	01:53:28.65	+00:27:30 (24.7%)	5:17	11.3 (74.8%)	
35	PIETRYSIAK Stefan	772		M-50	35	00:00:32	00:25:31	00:50:38	01:16:11	01:40:00	01:44:17	01:52:00.10	01:52:32.15	+00:27:56 (24.9%)	5:18	11.3 (74.8%)	
36	MACYSZYN Waldemar	730		M-50	36	00:01:34	00:25:30	00:50:47	01:16:37	01:40:12	01:44:45	01:52:56.90	01:54:31.40	+00:28:53 (25.6%)	5:21	11.2 (74.2%)	
37	SZESZKO Sławomir	612		M-50	37	00:01:34	00:27:26	00:54:33	01:20:57	01:43:32	01:47:27	01:53:57.50	01:55:32.35	+00:29:53 (26.2%)	5:24	11.1 (73.5%)	
38	GAWEŁ Krzysztof	1029	NIEZRZESZONY	M-50	38	00:00:34	00:25:07	00:51:24	01:17:53	01:42:20	01:46:38	01:54:27.30	01:55:02.20	+00:30:23 (26.6%)	5:25	11.1 (73.5%)	
39	WIETRZYCKI Zenon	354	POLSKA	M-50	39	00:00:19	00:25:46	00:51:04	01:17:11	01:44:40	01:49:02	01:56:21.05	01:56:40.70	+00:32:17 (27.8%)	5:30	10.9 (72.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas		Tempo min/km	Tempo km/h	
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	netto 21.1km	brutto 21.1km			Różn
40	KOZDRA Krzysztof	579	NIEZRZESZONY	M-50	40	00:01:38	00:27:25	00:54:39	01:21:28	01:45:31	01:49:46	01:57:09.85	01:58:48.45	+00:33:06 (28.3%)	5:33	10.8 (71.5%)
41	KOSTRZAK Czesław	489	KB ENDURANCE SOLIDARNI KNURÓW	M-50	41	00:01:02	00:26:45	00:55:00	01:23:15	01:46:55	01:51:06	01:57:36.70	01:58:39.05	+00:33:33 (28.5%)	5:34	10.8 (71.5%)
42	JARECKI Ryszard	1180		M-50	42	00:00:46	00:27:29	00:55:15	01:22:49	01:46:23	01:50:31	01:57:55.05	01:58:41.20	+00:33:51 (28.7%)	5:35	10.7 (70.9%)
43	WYPCHOŁ Piotr	254		M-50	43	00:01:11	00:27:58	00:54:55	01:22:28	01:46:39	01:50:59	01:58:14.60	01:59:26.40	+00:34:10 (28.9%)	5:36	10.7 (70.9%)
44	SZPALA Ireneusz	897	WKU GLIWICE	M-50	44	00:01:09	00:27:14	00:55:16	01:23:31	01:47:24	01:51:30	01:58:35.05	01:59:44.80	+00:34:31 (29.1%)	5:37	10.7 (70.9%)
45	PYZIK Marek	96	OPEL ACTIVE TEAM	M-50	45	00:00:28	00:26:25	00:53:30	01:21:52	01:46:54	01:51:21	01:59:05.90	01:59:34.75	+00:35:02 (29.4%)	5:38	10.6 (70.2%)
46	STYPA Jerzy	415	STONOZI MILANÓWEK	M-50	46	00:00:55	00:28:39	00:56:54	01:24:33	01:48:15	01:52:29	01:59:40.20	02:00:36.15	+00:35:36 (29.8%)	5:40	10.6 (70.2%)
47	MAĆZKO Jan	914		M-50	47	00:01:04	00:27:57	00:56:22	01:24:32	01:48:53	01:53:11	02:00:31.90	02:01:36.70	+00:36:28 (30.3%)	5:42	10.5 (69.5%)
48	PADOŁ Zbigniew	141	NIEZRZESZONY	M-50	48	00:00:17	00:27:56	00:56:03	01:23:34	01:48:31	01:53:00	02:00:37.00	02:00:54.35	+00:36:33 (30.3%)	5:42	10.5 (69.5%)
49	KLEKOWSKI Włodzimierz	1028	NIGHT RUNNERS ZABRZE	M-50	49	00:00:49	00:27:16	00:54:52	01:22:47	01:48:08	01:52:44	02:00:53.65	02:01:42.65	+00:36:50 (30.5%)	5:43	10.5 (69.5%)
50	SIUDEK Kazimierz	1088		M-50	50	00:00:26	00:25:48	00:53:46	01:22:46	01:49:47	01:54:25	02:02:48.95	02:03:15.60	+00:38:45 (31.6%)	5:49	10.3 (68.2%)
51	KLAWENDER Ryszard	1090	BIEGAMY Z SERCEM.PL	M-50	51	00:00:43	00:27:44	00:56:12	01:24:55	01:50:56	01:55:20	02:03:07.70	02:03:51.20	+00:39:04 (31.7%)	5:50	10.3 (68.2%)
52	BLASZKE Waldemar	159	NIGHT RUNNERS GLIWICE	M-50	52	00:00:51	00:27:46	00:55:31	01:24:26	01:50:22	01:55:05	02:03:21.00	02:04:12.95	+00:39:17 (31.9%)	5:50	10.3 (68.2%)
53	SATKO Jacek	238		M-50	53	00:00:51	00:30:04	00:59:38	01:28:53	01:53:52	01:58:20	02:06:08.80	02:07:00.25	+00:42:05 (33.4%)	5:58	10 (66.2%)
54	MAŚLANKA Ireneusz	1093	NIGHT RUNNERS GLIWICE	M-50	54	00:00:58	00:29:18	00:59:04	01:29:19	01:55:16	01:59:44	02:06:59.30	02:07:58.25	+00:42:55 (33.8%)	6:01	10 (66.2%)
55	SEWERYNIAK Adam	1260		M-50	55	00:00:56	00:29:14	00:58:41	01:28:06	01:54:23	01:59:06	02:07:19.65	02:08:15.65	+00:43:16 (34.0%)	6:02	9.9 (65.6%)
56	KURIANOWICZ Wiesław	436	BIEGAM BO LUBIĘ	M-50	56	00:01:32	00:28:45	00:57:19	01:27:09	01:55:15	01:59:52	02:08:20.30	02:09:52.85	+00:44:16 (34.5%)	6:04	9.9 (65.6%)
57	HAŃCZUR Józef	792	B T M RUNNERS	M-50	57	00:01:14	00:30:53	01:02:01	01:31:02	01:58:49	02:03:07	02:10:03.50	02:11:18.40	+00:45:59 (35.4%)	6:09	9.7 (64.2%)
58	GRABOWSKI Lech	1165		M-50	58	00:00:06	00:26:55	00:56:12	01:28:19	01:57:40	02:03:11	02:12:16.20	02:12:22.90	+00:48:12 (36.4%)	6:16	9.6 (63.6%)
59	FURMANIK Jacek	648	AKMB PĘDZIWIATR GLIWICE	M-50	59	00:01:53	00:30:56	01:00:54	01:31:40	01:59:24	02:04:22	02:12:56.45	02:14:49.50	+00:48:52 (36.8%)	6:18	9.5 (62.9%)
60	MIŚKIEWICZ Andrzej	1147		M-50	60	00:01:22	00:31:41	01:03:50	01:36:06	02:03:59	02:08:50	02:17:25.10	02:18:47.35	+00:53:21 (38.8%)	6:30	9.2 (60.9%)
61	SZAŁAJKO Jerzy	665	DUCH GÓR	M-50	61	00:01:28	00:28:44	00:59:03	01:32:19	02:04:15	02:09:08	02:18:09.55	02:19:37.95	+00:54:05 (39.2%)	6:32	9.2 (60.9%)
62	BANASIK Wiesław	1062		M-50	62	00:00:49	00:30:04	01:02:16	01:35:56	02:05:54	02:11:32	02:20:51.15	02:21:41.05	+00:56:47 (40.3%)	6:40	9 (59.6%)
63	CHRYCIUK Wojciech	1245	SPARTANIE DZIECIOM	M-50	63	00:01:10	00:30:54	01:03:49	01:37:45	02:06:34	02:11:22	02:21:24.20	02:22:35.15	+00:57:20 (40.6%)	6:42	9 (59.6%)

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64	GRONOWSKI Waldemar	1198	SPARTANIE DZIECIOM	M-50	64	00:01:09	00:30:54	01:03:51	01:37:48	02:06:31	02:11:27	02:21:29.60	02:22:38.70	+00:57:25 (40.6%)	6:42	8.9 (58.9%)
65	SERWACZYŃSKI Mirosław	1191	SPARTANIE DZIECIOM	M-50	65	00:01:04	00:30:57	01:03:51	01:37:47	02:06:32	02:11:29	02:21:30.55	02:22:34.85	+00:57:26 (40.6%)	6:42	8.9 (58.9%)
66	KRÓL Adam	1250	SPARTANIE DZIECIOM	M-50	66	00:01:10	00:30:54	01:03:45	01:37:40	02:06:34	02:11:28	02:21:31.15	02:22:41.80	+00:57:27 (40.6%)	6:42	8.9 (58.9%)
67	NOWAK Wiktor	1186	SPARTANIE DZIECIOM	M-50	67	00:01:04	00:30:57	01:03:54	01:37:48	02:06:35	02:11:31	02:21:34.05	02:22:38.10	+00:57:30 (40.6%)	6:42	8.9 (58.9%)

Znaleziono 67 wynik(ów)