



# III PÓŁMARATON GLIWICKI

B4SPORT

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

Punkt pomiarowy: 19,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
1	LUBNAU Marek	1203	HARPAGAN SOSNOWIEC	M-50	00:00:02	00:19:36	00:39:10	00:58:49	01:15:43
2	KRZAK Robert	1312	AUTHOR BICYCLES	M-50	00:00:01	00:19:36	00:39:16	00:58:51	01:15:51
3	GICZEWSKI Grzegorz	839	MIECHOWICKA GRUPA BIEGOWA	M-50	00:00:09	00:20:33	00:40:55	01:00:55	01:17:52
4	JAWOROWSKI Witold	774	AMATOR	M-50	00:00:13	00:21:38	00:43:25	01:04:56	01:23:16
5	RODAK Piotr	298	MZT	M-50	00:00:10	00:21:54	00:43:49	01:05:05	01:23:29
6	HRYSZKO Kazimierz	1170	40-LATEK TYCHY	M-50	00:00:22	00:23:00	00:44:59	01:06:41	01:25:38
7	KUCHNIA Krzysztof	909	TS REGLE SZKLARSKA PORĘBA	M-50	00:00:09	00:22:04	00:44:50	01:07:03	01:26:19
8	NOWAKOWSKI Zenon	841	-	M-50	00:00:14	00:23:11	00:45:32	01:07:51	01:27:26
9	BERNACKI Eugeniusz	1006	GPRS HYDROKOP	M-50	00:00:50	00:21:59	00:44:45	01:07:45	01:27:46
10	CHOJNA Zygmunt	933	SOCIOS GÓRNIK	M-50	00:00:04	00:21:43	00:44:55	01:08:12	01:28:45
11	BOROWSKI Piotr	177	OPEL ACTIVE TEAM	M-50	00:00:31	00:22:51	00:45:36	01:08:40	01:29:20
12	ŚWIDEREK Andrzej	460	MIECHOWICKA GRUPA BIEGOWA	M-50	00:00:38	00:23:31	00:46:46	01:09:40	01:29:58
13	MILLER Ryszard	639	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-50	00:00:30	00:23:13	00:46:29	01:09:49	01:30:12
14	PODOLAK Alfred	1501	PIAST GLIWICE	M-50	00:00:15	00:23:26	00:46:43	01:10:02	01:30:20
15	PACUŁA Piotr	194	OPEL ACTIVE TEAM GLIWICE	M-50	00:00:03	00:23:18	00:46:49	01:10:17	01:31:30
16	GAWĘŁKO Janusz	953		M-50	00:00:11	00:23:13	00:46:49	01:10:24	01:31:31
17	ŻEBROWSKI Cezary	1115		M-50	00:00:07	00:21:46	00:45:27	01:09:53	01:31:34
18	LUBICKI Wojciech	14	TRIUMF	M-50	00:00:13	00:24:02	00:48:11	01:12:24	01:33:42
19	TOMAL Marek	1314		M-50	00:00:15	00:23:44	00:48:06	01:12:25	01:34:01
20	ORLIK Jerzy	340	PLASTIC OMNIUM	M-50	00:01:24	00:24:27	00:48:32	01:12:52	01:34:15
21	FUGOWSKI Roman	380		M-50	00:00:13	00:23:53	00:47:45	01:12:02	01:34:33
22	PĘDOWSKI Wojciech	1056		M-50	00:00:54	00:25:15	00:50:39	01:14:31	01:34:59
23	MIROWSKI Zbigniew	1098	48605681921	M-50	00:00:20	00:24:45	00:49:14	01:13:45	01:35:09
24	PIELKA Erwin	197		M-50	00:00:24	00:22:41	00:45:55	01:11:10	01:35:34
25	DYLONG Piotr	265		M-50	00:01:13	00:24:48	00:49:19	01:14:44	01:37:13
26	KUCH Paweł	630		M-50	00:00:38	00:24:21	00:49:03	01:14:00	01:37:28
27	ŻARSKI Sławomir	867		M-50	00:00:39	00:25:05	00:50:22	01:15:24	01:37:31
28	RAWŁUSZEWICZ Waldemar	674		M-50	00:00:12	00:25:17	00:51:03	01:16:40	01:38:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km
29	<b>GORECKI Janusz</b>	<b>361</b>		M-50	00:00:18	00:25:22	00:51:05	01:16:29	01:38:54
30	<b>BUDKA Henryk</b>	<b>632</b>		M-50	00:01:25	00:26:43	00:52:02	01:17:21	01:39:50
31	<b>PIETRYSIAK Stefan</b>	<b>772</b>		M-50	00:00:32	00:25:31	00:50:38	01:16:11	01:40:00
32	<b>MOCEK Roman</b>	<b>751</b>		M-50	00:01:54	00:26:19	00:52:14	01:17:55	01:40:11
33	<b>MACYSZYN Waldemar</b>	<b>730</b>		M-50	00:01:34	00:25:30	00:50:47	01:16:37	01:40:12
34	<b>KOSMAL Marek</b>	<b>1159</b>		M-50	00:01:52	00:27:00	00:53:03	01:18:48	01:40:43
35	<b>GAWĘŁ Krzysztof</b>	<b>1029</b>	NIEZRZESZONY	M-50	00:00:34	00:25:07	00:51:24	01:17:53	01:42:20
36	<b>SZESZKO Sławomir</b>	<b>612</b>		M-50	00:01:34	00:27:26	00:54:33	01:20:57	01:43:32
37	<b>WIETRZYCKI Zenon</b>	<b>354</b>	POLSKA	M-50	00:00:19	00:25:46	00:51:04	01:17:11	01:44:40
38	<b>KOZDRA Krzysztof</b>	<b>579</b>	NIEZRZESZONY	M-50	00:01:38	00:27:25	00:54:39	01:21:28	01:45:31
39	<b>JARECKI Ryszard</b>	<b>1180</b>		M-50	00:00:46	00:27:29	00:55:15	01:22:49	01:46:23
40	<b>WYPCHOŁ Piotr</b>	<b>254</b>		M-50	00:01:11	00:27:58	00:54:55	01:22:28	01:46:39
41	<b>PYZIK Marek</b>	<b>96</b>	OPEL ACTIVE TEAM	M-50	00:00:28	00:26:25	00:53:30	01:21:52	01:46:54
42	<b>KOSTRZAK Czesław</b>	<b>489</b>	KB ENDURANCE SOLIDARNI KNURÓW	M-50	00:01:02	00:26:45	00:55:00	01:23:15	01:46:55
43	<b>SZPALA Ireneusz</b>	<b>897</b>	WKU GLIWICE	M-50	00:01:09	00:27:14	00:55:16	01:23:31	01:47:24
44	<b>KLEKOWSKI Włodzimierz</b>	<b>1028</b>	NIGHT RUNNERS ZABRZE	M-50	00:00:49	00:27:16	00:54:52	01:22:47	01:48:08
45	<b>STYPA Jerzy</b>	<b>415</b>	STONOGI MILANÓWEK	M-50	00:00:55	00:28:39	00:56:54	01:24:33	01:48:15
46	<b>PADOŁ Zbigniew</b>	<b>141</b>	NIEZRZESZONY	M-50	00:00:17	00:27:56	00:56:03	01:23:34	01:48:31
47	<b>MAĆZKO Jan</b>	<b>914</b>		M-50	00:01:04	00:27:57	00:56:22	01:24:32	01:48:53
48	<b>SIUDEK Kazimierz</b>	<b>1088</b>		M-50	00:00:26	00:25:48	00:53:46	01:22:46	01:49:47
49	<b>BLASZKE Waldemar</b>	<b>159</b>	NIGHT RUNNERS GLIWICE	M-50	00:00:51	00:27:46	00:55:31	01:24:26	01:50:22
50	<b>KLAWENDER Ryszard</b>	<b>1090</b>	BIEGAMY Z SERCEM.PL	M-50	00:00:43	00:27:44	00:56:12	01:24:55	01:50:56
51	<b>SATKO Jacek</b>	<b>238</b>		M-50	00:00:51	00:30:04	00:59:38	01:28:53	01:53:52
52	<b>SEWERYNIAK Adam</b>	<b>1260</b>		M-50	00:00:56	00:29:14	00:58:41	01:28:06	01:54:23
53	<b>KURIANOWICZ Wiesław</b>	<b>436</b>	BIEGAM BO LUBIĘ	M-50	00:01:32	00:28:45	00:57:19	01:27:09	01:55:15
54	<b>MAŚLANKA Ireneusz</b>	<b>1093</b>	NIGHT RUNNERS GLIWICE	M-50	00:00:58	00:29:18	00:59:04	01:29:19	01:55:16
55	<b>GRABOWSKI Lech</b>	<b>1165</b>		M-50	00:00:06	00:26:55	00:56:12	01:28:19	01:57:40
56	<b>HAŃCZUR Józef</b>	<b>792</b>	B T M RUNNERS	M-50	00:01:14	00:30:53	01:02:01	01:31:02	01:58:49
57	<b>FURMANIK Jacek</b>	<b>648</b>	AKMB PĘDZIWIATR GLIWICE	M-50	00:01:53	00:30:56	01:00:54	01:31:40	01:59:24
58	<b>MIŚKIEWICZ Andrzej</b>	<b>1147</b>		M-50	00:01:22	00:31:41	01:03:50	01:36:06	02:03:59
59	<b>SZAŁAJKO Jerzy</b>	<b>665</b>	DUCH GÓR	M-50	00:01:28	00:28:44	00:59:03	01:32:19	02:04:15
60	<b>BANASIK Wiesław</b>	<b>1062</b>		M-50	00:00:49	00:30:04	01:02:16	01:35:56	02:05:54
61	<b>GRONOWSKI Waldemar</b>	<b>1198</b>	SPARTANIE DZIECIOM	M-50	00:01:09	00:30:54	01:03:51	01:37:48	02:06:31
62	<b>SERWACZYŃSKI Mirosław</b>	<b>1191</b>	SPARTANIE DZIECIOM	M-50	00:01:04	00:30:57	01:03:51	01:37:47	02:06:32
63	<b>KRÓL Adam</b>	<b>1250</b>	SPARTANIE DZIECIOM	M-50	00:01:10	00:30:54	01:03:45	01:37:40	02:06:34
64	<b>CHRYCIUK Wojciech</b>	<b>1245</b>	SPARTANIE DZIECIOM	M-50	00:01:10	00:30:54	01:03:49	01:37:45	02:06:34
65	<b>NOWAK Wiktor</b>	<b>1186</b>	SPARTANIE DZIECIOM	M-50	00:01:04	00:30:57	01:03:54	01:37:48	02:06:35
66	<b>ZAJDEL Dariusz</b>	<b>390</b>		M-50	00:00:30	00:25:42	00:51:20	01:16:48	
67	<b>TEICHMANN Norbert</b>	<b>1002</b>		M-50	00:01:21	00:25:43	00:50:56	01:14:47	

Znaleziono 67 wynik(ów)