

10 KM ATEST PZLA GLIWICKI

Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**LUBELSKI Łukasz**	**1516**		M-40	1	00:00:03	**00:37:05.90**	**00:37:09.55**		3:42	16.2 (100%)
2	**OGRODNICZEK Adam**	**1448**	AKMB PĘDZIWIATR GLIWICE	M-40	2	00:00:13	**00:40:53.25**	**00:41:06.50**	+00:03:47 (9.3%)	4:05	14.7 (90.7%)
3	**KRASNODĘBSKI Robert**	**1457**		M-40	3	00:00:04	**00:41:29.20**	**00:41:33.45**	+00:04:23 (10.6%)	4:08	14.5 (89.5%)
4	**KONFEDERAK Tomasz**	**1362**		M-40	4	00:00:07	**00:42:38.40**	**00:42:45.95**	+00:05:32 (13.0%)	4:15	14.1 (87.0%)
5	**OLESIŃSKI Tomasz**	**1323**		M-40	5	00:00:06	**00:43:01.50**	**00:43:08.30**	+00:05:55 (13.8%)	4:18	13.9 (85.8%)
6	**WAWRZAK Ryszard**	**1413**		M-40	6	00:00:49	**00:44:07.10**	**00:44:56.85**	+00:07:01 (15.9%)	4:24	13.6 (84.0%)
7	**MACIEJOŃCZYK Mariusz**	**10**	RYBICKA GRUPA BIEGOWA	M-40	7	00:00:25	**00:45:37.40**	**00:46:02.55**	+00:08:31 (18.7%)	4:33	13.2 (81.5%)
8	**CZAUDERNA Adrian**	**1350**	ETERUN	M-40	8	00:01:45	**00:47:23.80**	**00:49:09.20**	+00:10:17 (21.7%)	4:44	12.7 (78.4%)
9	**SKRZYPCZYK Paweł**	**1505**		M-40	9	00:00:05	**00:47:26.40**	**00:47:31.40**	+00:10:20 (21.8%)	4:44	12.6 (77.8%)
10	**WĘŻYK Wojciech**	**1460**		M-40	10	00:00:10	**00:49:48.00**	**00:49:58.25**	+00:12:42 (25.5%)	4:58	12 (74.1%)
11	**BIOLIK Piotr**	**1419**	--	M-40	11	00:01:57	**00:49:58.35**	**00:51:55.95**	+00:12:52 (25.8%)	4:59	12 (74.1%)
12	**BRODEK Andrzej**	**1474**		M-40	12	00:01:13	**00:50:16.35**	**00:51:30.25**	+00:13:10 (26.2%)	5:01	11.9 (73.5%)
13	**BUGAJSKI Mariusz**	**1556**		M-40	13	00:00:07	**00:50:32.05**	**00:50:39.50**	+00:13:26 (26.6%)	5:03	11.9 (73.5%)
14	**PIKTAS Paweł**	**1535**		M-40	14	00:01:22	**00:51:13.80**	**00:52:35.85**	+00:14:07 (27.6%)	5:07	11.7 (72.2%)
15	**ROŻEK Michał**	**1345**		M-40	15	00:01:47	**00:52:13.70**	**00:54:00.85**	+00:15:07 (29.0%)	5:13	11.5 (71.0%)
16	**PIKOŃ Krzysztof**	**1595**		M-40	16	00:01:33	**00:53:06.40**	**00:54:40.30**	+00:16:00 (30.1%)	5:18	11.3 (69.8%)
17	**GRZYWNA Marek**	**1490**	LZS WOJCIECHÓW	M-40	17	00:00:22	**00:53:30.85**	**00:53:52.95**	+00:16:24 (30.7%)	5:21	11.2 (69.1%)
18	**KRZEMIŃSKI Mirosław**	**1424**		M-40	18	00:02:07	**00:53:32.25**	**00:55:39.90**	+00:16:26 (30.7%)	5:21	11.2 (69.1%)
19	**MĘDRALA Jacek**	**1389**		M-40	19	00:00:10	**00:53:39.85**	**00:53:50.45**	+00:16:33 (30.9%)	5:22	11.2 (69.1%)
20	**HAJDUGA Rafał**	**1502**	GLIWICE	M-40	20	00:00:45	**00:54:33.30**	**00:55:18.40**	+00:17:27 (32.0%)	5:27	11 (67.9%)
21	**SZCZURASZEK Maciej**	**1374**		M-40	21	00:01:44	**00:54:33.60**	**00:56:18.00**	+00:17:27 (32.0%)	5:27	11 (67.9%)
22	**WŁOCHOWSKI Krzysztof**	**1501**		M-40	22	00:01:20	**00:54:55.35**	**00:56:15.50**	+00:17:49 (32.5%)	5:29	10.9 (67.3%)
23	**CYBA Marek**	**1454**		M-40	23	00:01:39	**00:54:56.35**	**00:56:36.25**	+00:17:50 (32.5%)	5:29	10.9 (67.3%)
24	**GIL Wojciech**	**1560**		M-40	24	00:00:49	**00:55:49.75**	**00:56:39.60**	+00:18:43 (33.6%)	5:35	10.7 (66.0%)
25	**CZOGALA Piotr**	**1542**		M-40	25	00:00:51	**00:56:25.55**	**00:57:16.95**	+00:19:19 (34.3%)	5:38	10.6 (65.4%)
26	**BEDNARZ Arkadiusz**	**1472**		M-40	26	00:01:37	**00:57:24.30**	**00:59:02.00**	+00:20:18 (35.4%)	5:44	10.4 (64.2%)
27	**BOGDANOWICZ Zbigniew**	**1431**		M-40	27	00:02:21	**01:00:45.65**	**01:03:07.30**	+00:23:39 (38.9%)	6:04	9.9 (61.1%)

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28	**DĘBSKI Mariusz**	**1520**	NIGHT RUNNERS GLIWICE	M-40	28	00:00:47	**01:01:40.35**	**01:02:27.75**	+00:24:34 (39.8%)	6:10	9.7 (59.9%)
29	**PIOTROWSKI Jarosław**	**1445**		M-40	29	00:02:07	**01:01:43.15**	**01:03:51.05**	+00:24:37 (39.9%)	6:10	9.7 (59.9%)
30	**BZÓWKA Andrzej**	**1421**	TEAMAB PROJEKT	M-40	30	00:00:50	**01:01:51.75**	**01:02:42.10**	+00:24:45 (40.0%)	6:11	9.7 (59.9%)
31	**STRZYŻ Ryszard**	**1492**	OPRNCACHING.PL	M-40	31	00:00:23	**01:02:09.50**	**01:02:33.45**	+00:25:03 (40.3%)	6:13	9.7 (59.9%)
32	**POSMYK Sebastian**	**1367**	BFRT.ORG.PL	M-40	32	00:01:37	**01:06:57.50**	**01:08:34.95**	+00:29:51 (44.6%)	6:41	9 (55.6%)
33	**MULARCZYK Tomasz**	**1537**	PKO BP	M-40	33	00:00:43	**01:07:11.75**	**01:07:55.45**	+00:30:05 (44.8%)	6:43	8.9 (54.9%)
34	**SŁODKIEWICZ Grzegorz**	**1442**		M-40	34	00:02:25	**01:08:56.30**	**01:11:21.55**	+00:31:50 (46.2%)	6:53	8.7 (53.7%)
35	**MURKOWSKI Sławomir**	**1348**	HIRSCHVOGEL	M-40	35	00:00:35	**01:23:06.00**	**01:23:41.95**	+00:46:00 (55.4%)	8:18	7.2 (44.4%)

Znaleziono 35 wynik(ów)