



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

## 10 KM ATEST PZLA GLIWICKI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>OGRODNICZEK Adam</b>	<b>1448</b>	AKMB PĘDZIWIATR GLIWICE	M-40	2	00:00:13	<b>00:40:53.25</b>	<b>00:41:06.50</b>		4:05	14.7
2	<b>WAJDA Grzegorz</b>	<b>1430</b>	KW GLIWICE	M-30	7	00:00:05	<b>00:41:29.60</b>	<b>00:41:34.95</b>	+00:00:36	4:08	14.5
3	<b>CZARNOŻYŃSKI Aleksander</b>	<b>1529</b>	GTT-INTER PROJEKT	M-50	3	00:00:09	<b>00:42:07.20</b>	<b>00:42:16.80</b>	+00:01:13	4:12	14.2
4	<b>WAWRZAK Ryszard</b>	<b>1413</b>		M-40	6	00:00:49	<b>00:44:07.10</b>	<b>00:44:56.85</b>	+00:03:13	4:24	13.6
5	<b>BESSA Ricardo</b>	<b>1375</b>	TEAM DOUBLE TROUBLE	M-30	8	00:02:14	<b>00:45:35.70</b>	<b>00:47:49.70</b>	+00:04:42	4:33	13.2
6	<b>CESARZ Maciej</b>	<b>1487</b>	TYLKO CURLING!	M-30	10	00:00:41	<b>00:46:19.35</b>	<b>00:47:00.85</b>	+00:05:26	4:37	13
7	<b>WYCIŚLIK Marcin</b>	<b>1318</b>	HIRSCHVOGEL	M-30	12	00:00:11	<b>00:46:47.25</b>	<b>00:46:58.80</b>	+00:05:54	4:40	12.8
8	<b>ŻEROMSKI Stefan</b>	<b>1517</b>	JASNA GLIWICE	M-50	4	00:00:18	<b>00:47:12.40</b>	<b>00:47:31.25</b>	+00:06:19	4:43	12.7
9	<b>CZAUDERNA Adrian</b>	<b>1350</b>	ETERUN	M-40	8	00:01:45	<b>00:47:23.80</b>	<b>00:49:09.20</b>	+00:06:30	4:44	12.7
10	<b>LEGUTKO Piotr</b>	<b>1499</b>	-	M-20	6	00:01:51	<b>00:47:30.20</b>	<b>00:49:21.85</b>	+00:06:36	4:45	12.6
11	<b>MERMON Artur</b>	<b>1543</b>		M-50	5	00:00:07	<b>00:47:41.45</b>	<b>00:47:49.10</b>	+00:06:48	4:46	12.6
12	<b>BAŃBUŁA Grzegorz</b>	<b>1300</b>		M-30	13	00:00:11	<b>00:48:10.65</b>	<b>00:48:21.80</b>	+00:07:17	4:49	12.5
13	<b>OSSOWSKI Dariusz</b>	<b>1340</b>	HIRSCHVOGEL	M-20	8	00:00:19	<b>00:48:34.40</b>	<b>00:48:54.30</b>	+00:07:41	4:51	12.3
14	<b>SOKOŁOWSKI Łukasz</b>	<b>1351</b>		M-20	10	00:01:57	<b>00:49:10.20</b>	<b>00:51:07.40</b>	+00:08:16	4:55	12.2
15	<b>WĘŻYK Wojciech</b>	<b>1460</b>		M-40	10	00:00:10	<b>00:49:48.00</b>	<b>00:49:58.25</b>	+00:08:54	4:58	12
16	<b>ZARUDZKI Łukasz</b>	<b>1357</b>	NOTHING TO FEAR	M-30	15	00:01:12	<b>00:49:54.70</b>	<b>00:51:07.50</b>	+00:09:01	4:59	12
17	<b>BIOLIK Piotr</b>	<b>1419</b>	--	M-40	11	00:01:57	<b>00:49:58.35</b>	<b>00:51:55.95</b>	+00:09:05	4:59	12
18	<b>BRODEK Andrzej</b>	<b>1474</b>		M-40	12	00:01:13	<b>00:50:16.35</b>	<b>00:51:30.25</b>	+00:09:23	5:01	11.9
19	<b>BUGAJSKI Mariusz</b>	<b>1556</b>		M-40	13	00:00:07	<b>00:50:32.05</b>	<b>00:50:39.50</b>	+00:09:38	5:03	11.9
20	<b>OPIOŁA Tomasz</b>	<b>1598</b>	HARNAŚ	M-30	19	00:00:17	<b>00:50:37.85</b>	<b>00:50:55.45</b>	+00:09:44	5:03	11.8
21	<b>PIKTAS Paweł</b>	<b>1535</b>		M-40	14	00:01:22	<b>00:51:13.80</b>	<b>00:52:35.85</b>	+00:10:20	5:07	11.7
22	<b>GOŁĘBIEWSKI Marek</b>	<b>1370</b>		M-30	21	00:01:37	<b>00:51:58.80</b>	<b>00:53:35.95</b>	+00:11:05	5:11	11.5
23	<b>ROŻEK Michał</b>	<b>1345</b>		M-40	15	00:01:47	<b>00:52:13.70</b>	<b>00:54:00.85</b>	+00:11:20	5:13	11.5
24	<b>BAŃKOWSKI Sebastian</b>	<b>1393</b>		M-20	15	00:02:03	<b>00:52:15.05</b>	<b>00:54:19.00</b>	+00:11:21	5:13	11.5
25	<b>PIKOŃ Krzysztof</b>	<b>1595</b>		M-40	16	00:01:33	<b>00:53:06.40</b>	<b>00:54:40.30</b>	+00:12:13	5:18	11.3
26	<b>KRZEMIŃSKI Mirosław</b>	<b>1424</b>		M-40	18	00:02:07	<b>00:53:32.25</b>	<b>00:55:39.90</b>	+00:12:39	5:21	11.2
27	<b>SZMYD Wojciech</b>	<b>1507</b>		M-30	26	00:01:17	<b>00:53:37.65</b>	<b>00:54:54.75</b>	+00:12:44	5:21	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>MĘDRALA Jacek</b>	<b>1389</b>		M-40	19	00:00:10	<b>00:53:39.85</b>	<b>00:53:50.45</b>	+00:12:46	5:22	11.2
29	<b>KRYNICKI Paweł</b>	<b>1511</b>		M-20	16	00:02:02	<b>00:53:55.60</b>	<b>00:55:57.75</b>	+00:13:02	5:23	11.1
30	<b>LENTZY Grzegorz</b>	<b>1422</b>		M-30	29	00:00:14	<b>00:54:02.90</b>	<b>00:54:17.05</b>	+00:13:09	5:24	11.1
31	<b>HAJDUKIEWICZ Michał</b>	<b>1475</b>		M-20	17	00:01:14	<b>00:54:14.80</b>	<b>00:55:29.20</b>	+00:13:21	5:25	11.1
32	<b>HAJDUGA Rafał</b>	<b>1502</b>	GLIWICE	M-40	20	00:00:45	<b>00:54:33.30</b>	<b>00:55:18.40</b>	+00:13:40	5:27	11
33	<b>BOBEŁ Krzysztof</b>	<b>1440</b>		M-30	31	00:01:35	<b>00:54:41.30</b>	<b>00:56:16.75</b>	+00:13:48	5:28	11
34	<b>TURCZYN Mateusz</b>	<b>1555</b>	HIRSCHVOGEL	M-20	18	00:00:33	<b>00:54:46.70</b>	<b>00:55:20.65</b>	+00:13:53	5:28	11
35	<b>CYBA Marek</b>	<b>1454</b>		M-40	23	00:01:39	<b>00:54:56.35</b>	<b>00:56:36.25</b>	+00:14:03	5:29	10.9
36	<b>MYŚLAK Mariusz</b>	<b>1557</b>		M-30	33	00:02:21	<b>00:55:20.10</b>	<b>00:57:41.40</b>	+00:14:26	5:32	10.8
37	<b>CZOGALA Piotr</b>	<b>1542</b>		M-40	25	00:00:51	<b>00:56:25.55</b>	<b>00:57:16.95</b>	+00:15:32	5:38	10.6
38	<b>PROTAS Tomasz</b>	<b>1463</b>	ZSO5 GLIWICE	M-30	36	00:00:51	<b>00:56:26.10</b>	<b>00:57:17.35</b>	+00:15:32	5:38	10.6
39	<b>RYBAK Piotr</b>	<b>1391</b>		M-20	21	00:01:58	<b>00:56:27.75</b>	<b>00:58:25.80</b>	+00:15:34	5:38	10.6
40	<b>PIOTR Witulski</b>	<b>1504</b>		M-30	37	00:02:07	<b>00:56:39.95</b>	<b>00:58:47.75</b>	+00:15:46	5:40	10.6
41	<b>CYBAŁA Piotr</b>	<b>1366</b>		M-30	38	00:01:34	<b>00:56:54.95</b>	<b>00:58:29.90</b>	+00:16:01	5:41	10.5
42	<b>ROCHOWSKI Paweł</b>	<b>1541</b>		M-20	22	00:01:07	<b>00:57:08.90</b>	<b>00:58:16.00</b>	+00:16:15	5:42	10.5
43	<b>LIPOWSKI Grzegorz</b>	<b>1411</b>		M-30	39	00:01:08	<b>00:57:09.40</b>	<b>00:58:17.75</b>	+00:16:16	5:42	10.5
44	<b>BEDNARZ Arkadiusz</b>	<b>1472</b>		M-40	26	00:01:37	<b>00:57:24.30</b>	<b>00:59:02.00</b>	+00:16:31	5:44	10.4
45	<b>MALEC Marek</b>	<b>1331</b>		M-20	23	00:02:16	<b>00:57:27.95</b>	<b>00:59:44.20</b>	+00:16:34	5:44	10.4
46	<b>ROJEK Michał</b>	<b>1320</b>		M-30	42	00:02:14	<b>00:58:07.05</b>	<b>01:00:21.65</b>	+00:17:13	5:48	10.3
47	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>1534</b>		M-30	45	00:00:55	<b>00:58:37.90</b>	<b>00:59:33.35</b>	+00:17:44	5:51	10.2
48	<b>KARASIŃSKI Jacek</b>	<b>1464</b>		M-30	46	00:01:41	<b>00:59:02.80</b>	<b>01:00:44.40</b>	+00:18:09	5:54	10.2
49	<b>RAKINT Bogdan</b>	<b>1401</b>		M-30	47	00:01:54	<b>00:59:13.90</b>	<b>01:01:08.25</b>	+00:18:20	5:55	10.1
50	<b>KONICZEK Marek</b>	<b>1390</b>		M-50	9	00:02:10	<b>00:59:24.10</b>	<b>01:01:34.85</b>	+00:18:30	5:56	10.1
51	<b>DĄBROWSKI Jacek</b>	<b>1347</b>	HIRSCHVOGEL	M-30	49	00:00:36	<b>00:59:28.35</b>	<b>01:00:04.95</b>	+00:18:35	5:56	10.1
52	<b>DĘBSKI Mariusz</b>	<b>1520</b>	NIGHT RUNNERS GLIWICE	M-40	28	00:00:47	<b>01:01:40.35</b>	<b>01:02:27.75</b>	+00:20:47	6:10	9.7
53	<b>PIOTROWSKI Jarosław</b>	<b>1445</b>		M-40	29	00:02:07	<b>01:01:43.15</b>	<b>01:03:51.05</b>	+00:20:49	6:10	9.7
54	<b>ZACZEK Adam</b>	<b>1360</b>	OPEL ACTIVE TEAM	M-30	51	00:01:27	<b>01:02:15.35</b>	<b>01:03:42.75</b>	+00:21:22	6:13	9.6
55	<b>AUGUSTYNIAK Adam</b>	<b>1494</b>		M-50	10	00:00:50	<b>01:02:28.25</b>	<b>01:03:18.50</b>	+00:21:35	6:14	9.6
56	<b>TRZEMŻALSKI Kamil</b>	<b>1508</b>		M-20	28	00:01:04	<b>01:02:49.65</b>	<b>01:03:53.95</b>	+00:21:56	6:16	9.6
57	<b>DOMAGALSKI Mirosław</b>	<b>1381</b>		M-30	52	00:01:04	<b>01:04:09.90</b>	<b>01:05:14.05</b>	+00:23:16	6:25	9.4
58	<b>KUŚ Michał</b>	<b>1521</b>		M-30	54	00:01:59	<b>01:04:30.30</b>	<b>01:06:30.25</b>	+00:23:37	6:27	9.3
59	<b>ŁUSZCZ Oliwier</b>	<b>1525</b>		M-20	29	00:00:09	<b>01:04:35.95</b>	<b>01:04:45.00</b>	+00:23:42	6:27	9.3
60	<b>SOKOŁOWSKI Mateusz</b>	<b>1352</b>		M-20	30	00:01:57	<b>01:06:27.70</b>	<b>01:08:25.30</b>	+00:25:34	6:38	9
61	<b>SŁODKIEWICZ Grzegorz</b>	<b>1442</b>		M-40	34	00:02:25	<b>01:08:56.30</b>	<b>01:11:21.55</b>	+00:28:03	6:53	8.7
62	<b>GĄSZCZAK Tadeusz</b>	<b>1341</b>		M-70	1	00:00:11	<b>01:31:34.75</b>	<b>01:31:46.50</b>	+00:50:41	9:09	6.6

Znaleziono 62 wynik(ów)