



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**IX PKO PÓŁMARATON GLIWICKI**  
Fundacja Bieg Rzeźnika  
2023-10-08  
Gliwice  
10 km

## IX GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik            | Numer | Klub                     | Kategoria | Mkat | Czas startu | 4.8km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|--------------------------|-----------|------|-------------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 1   | DUŻNIAK Dominik     | 1087  | STEP-DANCE               | M-30      | 1    | 00:00:05    | 00:18:41 | 00:38:17.25     | 00:38:23.15      |                   | 3:49         | 15.7 (100%)  |
| 2   | KRAWCZYK Dawid      | 1106  |                          | M-30      | 2    | 00:00:11    | 00:21:04 | 00:42:18.15     | 00:42:29.80      | +00:04:00 (9.5%)  | 4:13         | 14.2 (90.4%) |
| 3   | BOŻEK Artur         | 1261  | LECZMY DURŚ              | M-30      | 3    | 00:00:07    | 00:20:38 | 00:42:36.75     | 00:42:43.80      | +00:04:19 (10.1%) | 4:15         | 14.1 (89.8%) |
| 4   | NOWAKOWSKI Arek     | 1119  | OASIS SPORT TEAM         | M-30      | 4    | 00:00:13    | 00:22:22 | 00:44:06.55     | 00:44:20.00      | +00:05:49 (13.2%) | 4:24         | 13.6 (86.6%) |
| 5   | SKIBA Krzysztof     | 1450  |                          | M-30      | 5    | 00:01:40    | 00:22:29 | 00:44:57.70     | 00:46:38.60      | +00:06:40 (14.8%) | 4:29         | 13.3 (84.7%) |
| 6   | KWIATKOWSKI Marcin  | 1004  |                          | M-30      | 6    | 00:00:32    | 00:22:49 | 00:46:12.15     | 00:46:44.95      | +00:07:54 (17.1%) | 4:37         | 13 (82.8%)   |
| 7   | LUTECKI Robert      | 1202  | OASIS SPORT TEAM         | M-30      | 7    | 00:00:15    | 00:23:28 | 00:46:16.20     | 00:46:31.55      | +00:07:58 (17.3%) | 4:37         | 13 (82.8%)   |
| 8   | POLIS Maciej        | 1059  | #HUTATEAM                | M-30      | 8    | 00:00:24    | 00:23:03 | 00:46:53.50     | 00:47:17.65      | +00:08:36 (18.3%) | 4:41         | 12.8 (81.5%) |
| 9   | WRÓBLEWSKI Paweł    | 1358  | GIO                      | M-30      | 9    | 00:00:56    | 00:22:59 | 00:47:01.90     | 00:47:58.20      | +00:08:44 (18.6%) | 4:42         | 12.8 (81.5%) |
| 10  | LIPIŃSKI Michał     | 1031  |                          | M-30      | 10   | 00:00:21    | 00:23:20 | 00:47:02.05     | 00:47:24.00      | +00:08:44 (18.6%) | 4:42         | 12.8 (81.5%) |
| 11  | KASPERIDUS Robert   | 1073  |                          | M-30      | 11   | 00:00:54    | 00:22:32 | 00:47:08.90     | 00:48:03.75      | +00:08:51 (18.8%) | 4:42         | 12.7 (80.9%) |
| 12  | FALSKI Patryk       | 1274  |                          | M-30      | 12   | 00:00:13    | 00:24:31 | 00:47:36.15     | 00:47:49.30      | +00:09:18 (19.6%) | 4:45         | 12.6 (80.3%) |
| 13  | MAZGAJSKI Mateusz   | 1368  |                          | M-30      | 13   | 00:00:38    | 00:23:45 | 00:48:07.70     | 00:48:46.30      | +00:09:50 (20.4%) | 4:48         | 12.5 (79.6%) |
| 14  | KOWALSKI Bartłomiej | 1286  |                          | M-30      | 14   | 00:00:49    | 00:24:18 | 00:48:45.85     | 00:49:35.20      | +00:10:28 (21.5%) | 4:52         | 12.3 (78.3%) |
| 15  | GODLEWSKI Łukasz    | 1175  | HIRSCHVOGEL              | M-30      | 15   | 00:01:26    | 00:24:23 | 00:49:30.65     | 00:50:56.95      | +00:11:13 (22.7%) | 4:57         | 12.1 (77.1%) |
| 16  | KAFLOWSKI Artur     | 1082  | SOCIOS SILESIA           | M-30      | 16   | 00:00:17    | 00:24:03 | 00:50:06.95     | 00:50:24.65      | +00:11:49 (23.6%) | 5:00         | 12 (76.4%)   |
| 17  | IBROM Mateusz       | 1102  | KOŁPAKI                  | M-30      | 17   | 00:00:45    | 00:25:14 | 00:50:13.35     | 00:50:58.85      | +00:11:56 (23.8%) | 5:01         | 11.9 (75.8%) |
| 18  | ZIAJA Bartłomiej    | 1263  |                          | M-30      | 18   | 00:00:12    | 00:24:48 | 00:50:48.50     | 00:51:01.20      | +00:12:31 (24.6%) | 5:04         | 11.8 (75.2%) |
| 19  | KORZAN Robert       | 1187  | BRAK                     | M-30      | 19   | 00:01:22    | 00:25:50 | 00:51:01.80     | 00:52:24.15      | +00:12:44 (25.0%) | 5:06         | 11.8 (75.2%) |
| 20  | WACHOWICZ Krzysztof | 1227  |                          | M-30      | 20   | 00:00:42    | 00:25:42 | 00:51:41.05     | 00:52:23.25      | +00:13:23 (25.9%) | 5:10         | 11.6 (73.9%) |
| 21  | WIĘCŁAW Grzegorz    | 1076  | GLOWARZADZI.PL           | M-30      | 21   | 00:00:10    | 00:25:52 | 00:51:49.85     | 00:52:00.00      | +00:13:32 (26.1%) | 5:10         | 11.6 (73.9%) |
| 22  | PRZYBYŁA Rafał      | 1205  |                          | M-30      | 22   | 00:01:42    | 00:26:25 | 00:51:51.65     | 00:53:33.80      | +00:13:34 (26.2%) | 5:11         | 11.6 (73.9%) |
| 23  | BERNAD Szymon       | 1153  |                          | M-30      | 23   | 00:01:04    | 00:25:36 | 00:52:13.95     | 00:53:18.85      | +00:13:56 (26.7%) | 5:13         | 11.5 (73.2%) |
| 24  | SOBOŃ Tomasz        | 1213  | POLSCY RYCERZE ORTALIONU | M-30      | 24   | 00:01:17    | 00:26:14 | 00:52:37.70     | 00:53:54.70      | +00:14:20 (27.2%) | 5:15         | 11.4 (72.6%) |
| 25  | MAZANOWSKI Janusz   | 1065  |                          | M-30      | 25   | 00:00:11    | 00:26:00 | 00:52:37.80     | 00:52:48.90      | +00:14:20 (27.3%) | 5:15         | 11.4 (72.6%) |
| 26  | ZIĘBA Paweł         | 1249  | WITOSA                   | M-30      | 26   | 00:00:10    | 00:25:36 | 00:53:06.20     | 00:53:16.85      | +00:14:48 (27.9%) | 5:18         | 11.3 (72.0%) |
| 27  | PNIEWSKI Kamil      | 1133  |                          | M-30      | 27   | 00:01:11    | 00:26:03 | 00:53:11.95     | 00:54:23.15      | +00:14:54 (28.0%) | 5:19         | 11.3 (72.0%) |

|     |                      |       |                               |           |      |             |          | Czas netto 10km | Czas brutto 10km |                   | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|-------------------------------|-----------|------|-------------|----------|-----------------|------------------|-------------------|--------------|--------------|
| Msc | Zawodnik             | Numer | Klub                          | Kategoria | Mkat | Czas startu | 4.8km    |                 |                  | Różn              |              |              |
| 28  | BOJDA Dawid          | 1364  |                               | M-30      | 28   | 00:01:43    | 00:26:25 | 00:53:13.35     | 00:54:56.95      | +00:14:56 (28.1%) | 5:19         | 11.3 (72.0%) |
| 29  | SZCZYPIŃSKI Marcin   | 1276  |                               | M-30      | 29   | 00:00:19    | 00:27:11 | 00:53:39.95     | 00:53:59.35      | +00:15:22 (28.7%) | 5:21         | 11.2 (71.3%) |
| 30  | SZAMPERA Rafał       | 1360  |                               | M-30      | 30   | 00:01:12    | 00:26:46 | 00:53:48.20     | 00:55:01.05      | +00:15:30 (28.8%) | 5:22         | 11.2 (71.3%) |
| 31  | ROZIAK Damian        | 1301  | ISTA BIEGAMY                  | M-30      | 31   | 00:00:28    | 00:27:35 | 00:53:50.55     | 00:54:18.65      | +00:15:33 (28.9%) | 5:23         | 11.1 (70.7%) |
| 32  | KULA Jan             | 1107  | DECATHLON                     | M-30      | 32   | 00:00:38    | 00:26:23 | 00:53:50.90     | 00:54:29.10      | +00:15:33 (28.9%) | 5:23         | 11.1 (70.7%) |
| 33  | LISZCZYK Ireneusz    | 1248  | ŁYSI LOTAJO                   | M-30      | 33   | 00:00:38    | 00:26:59 | 00:53:53.85     | 00:54:32.45      | +00:15:36 (29.0%) | 5:23         | 11.1 (70.7%) |
| 34  | KNOPIK Iwo           | 1291  |                               | M-30      | 34   | 00:00:54    | 00:26:47 | 00:54:03.50     | 00:54:58.20      | +00:15:46 (29.2%) | 5:24         | 11.1 (70.7%) |
| 35  | JANTOS Tomasz        | 1034  |                               | M-30      | 35   | 00:01:30    | 00:26:27 | 00:54:04.45     | 00:55:34.65      | +00:15:47 (29.2%) | 5:24         | 11.1 (70.7%) |
| 36  | PRZYBYŁA Damian      | 1338  |                               | M-30      | 36   | 00:01:37    | 00:26:57 | 00:54:13.95     | 00:55:51.00      | +00:15:56 (29.4%) | 5:25         | 11.1 (70.7%) |
| 37  | JANOWSKI Michał      | 1193  |                               | M-30      | 37   | 00:00:50    | 00:26:46 | 00:54:28.95     | 00:55:19.05      | +00:16:11 (29.7%) | 5:26         | 11 (70.1%)   |
| 38  | HORYNIECKI Maciej    | 1209  |                               | M-30      | 38   | 00:01:52    | 00:28:12 | 00:54:37.15     | 00:56:30.10      | +00:16:19 (29.9%) | 5:27         | 11 (70.1%)   |
| 39  | KOWACZ Andrzej       | 1056  | HUTA TEAM                     | M-30      | 39   | 00:00:44    | 00:27:57 | 00:54:39.40     | 00:55:23.85      | +00:16:22 (29.9%) | 5:27         | 11 (70.1%)   |
| 40  | SZYMURA Adam         | 1322  |                               | M-30      | 40   | 00:00:29    | 00:27:02 | 00:55:04.05     | 00:55:33.85      | +00:16:46 (30.5%) | 5:30         | 10.9 (69.4%) |
| 41  | KOWACZ Adrian        | 1057  | HUTA TEAM                     | M-30      | 41   | 00:00:44    | 00:27:57 | 00:55:05.70     | 00:55:49.85      | +00:16:48 (30.5%) | 5:30         | 10.9 (69.4%) |
| 42  | PAWLIK Michał        | 1120  |                               | M-30      | 42   | 00:00:31    | 00:27:30 | 00:55:09.30     | 00:55:41.05      | +00:16:52 (30.6%) | 5:30         | 10.9 (69.4%) |
| 43  | ŻMUDZIŃSKI Piotr     | 1348  |                               | M-30      | 43   | 00:01:37    | 00:27:57 | 00:55:16.10     | 00:56:53.70      | +00:16:58 (30.7%) | 5:31         | 10.9 (69.4%) |
| 44  | PAROVCHENKO Dmytro   | 1231  | ЛК ОЛЕКСАНДРІЯ                | M-30      | 44   | 00:00:59    | 00:26:36 | 00:55:22.25     | 00:56:21.65      | +00:17:05 (30.9%) | 5:32         | 10.8 (68.8%) |
| 45  | KOZIEŁ Łukasz        | 1145  | ING BANK ŚLĄSKI               | M-30      | 45   | 00:00:22    | 00:27:03 | 00:55:27.40     | 00:55:50.30      | +00:17:10 (31.0%) | 5:32         | 10.8 (68.8%) |
| 46  | PASTERNAK Mateusz    | 1179  | LEŚNE DZIKI                   | M-30      | 46   | 00:00:59    | 00:27:41 | 00:55:30.05     | 00:56:29.15      | +00:17:12 (31.0%) | 5:33         | 10.8 (68.8%) |
| 47  | PLOCH Tomasz         | 1152  |                               | M-30      | 47   | 00:00:42    | 00:27:11 | 00:55:34.60     | 00:56:17.50      | +00:17:17 (31.1%) | 5:33         | 10.8 (68.8%) |
| 48  | BARTOSZEK Wojciech   | 1203  |                               | M-30      | 48   | 00:00:58    | 00:27:38 | 00:55:38.45     | 00:56:36.55      | +00:17:21 (31.2%) | 5:33         | 10.8 (68.8%) |
| 49  | WIECZOREK Łukasz     | 1266  |                               | M-30      | 49   | 00:00:51    | 00:28:40 | 00:56:31.80     | 00:57:22.90      | +00:18:14 (32.3%) | 5:39         | 10.6 (67.5%) |
| 50  | SZKLARSKI Paweł      | 1293  |                               | M-30      | 50   | 00:01:02    | 00:27:32 | 00:56:37.85     | 00:57:40.15      | +00:18:20 (32.4%) | 5:39         | 10.6 (67.5%) |
| 51  | LINDENBERG Jarosław  | 1340  |                               | M-30      | 51   | 00:00:50    | 00:27:50 | 00:56:40.05     | 00:57:30.65      | +00:18:22 (32.4%) | 5:40         | 10.6 (67.5%) |
| 52  | SOKOŁOWSKI Łukasz    | 1080  |                               | M-30      | 52   | 00:00:42    | 00:28:04 | 00:56:53.15     | 00:57:35.75      | +00:18:35 (32.7%) | 5:41         | 10.5 (66.9%) |
| 53  | HAUSCHILD Adam       | 1217  |                               | M-30      | 53   | 00:00:26    | 00:28:10 | 00:56:55.75     | 00:57:22.40      | +00:18:38 (32.7%) | 5:41         | 10.5 (66.9%) |
| 54  | JEŻYK Krzysztof      | 1270  |                               | M-30      | 54   | 00:00:52    | 00:27:09 | 00:57:06.25     | 00:57:59.10      | +00:18:49 (33.0%) | 5:42         | 10.5 (66.9%) |
| 55  | PSIUK Piotr          | 1068  |                               | M-30      | 55   | 00:01:08    | 00:28:24 | 00:57:09.35     | 00:58:18.20      | +00:18:52 (33.0%) | 5:42         | 10.5 (66.9%) |
| 56  | SAMEK Łukasz         | 1256  |                               | M-30      | 56   | 00:00:15    | 00:28:15 | 00:57:36.60     | 00:57:51.75      | +00:19:19 (33.5%) | 5:45         | 10.4 (66.2%) |
| 57  | MACURA Marcin        | 1144  |                               | M-30      | 57   | 00:00:41    | 00:28:49 | 00:58:05.05     | 00:58:46.35      | +00:19:47 (34.1%) | 5:48         | 10.3 (65.6%) |
| 58  | STOLARSKI Aleksander | 1363  |                               | M-30      | 58   | 00:00:38    | 00:27:42 | 00:58:24.75     | 00:59:03.65      | +00:20:07 (34.5%) | 5:50         | 10.3 (65.6%) |
| 59  | RYBAK Andrzej        | 1178  | HIRSCHVOGEL                   | M-30      | 59   | 00:01:16    | 00:28:31 | 00:58:27.05     | 00:59:43.75      | +00:20:09 (34.5%) | 5:50         | 10.3 (65.6%) |
| 60  | CHOMACKI Leszek      | 1252  |                               | M-30      | 60   | 00:00:55    | 00:30:08 | 00:59:36.90     | 01:00:32.35      | +00:21:19 (35.8%) | 5:57         | 10.1 (64.3%) |
| 61  | STARZYK Tomasz       | 1330  | AKMB PĘDZIWIATR GLIWICE       | M-30      | 61   | 00:00:43    | 00:28:27 | 01:00:03.60     | 01:00:46.65      | +00:21:46 (36.3%) | 6:00         | 10 (63.7%)   |
| 62  | GIERCZYCKI Michał    | 1026  | CHRZĄSZCZE CHRABĄSZCZE DZIKI  | M-30      | 62   | 00:01:48    | 00:30:08 | 01:00:28.70     | 01:02:17.25      | +00:22:11 (36.7%) | 6:02         | 9.9 (63.1%)  |
| 63  | SABAS Arkadiusz      | 1180  |                               | M-30      | 63   | 00:01:15    | 00:29:18 | 01:00:41.20     | 01:01:56.70      | +00:22:23 (36.9%) | 6:04         | 9.9 (63.1%)  |
| 64  | BABŁO Marcin         | 1154  | #HUTATEAM                     | M-30      | 64   | 00:00:47    | 00:28:57 | 01:02:13.70     | 01:03:01.35      | +00:23:56 (38.5%) | 6:13         | 9.6 (61.1%)  |
| 65  | KIJANKA Damian       | 1173  | HIRSCHVOGEL COMPONENTS POLAND | M-30      | 65   | 00:01:22    | 00:32:04 | 01:03:21.40     | 01:04:43.90      | +00:25:04 (39.6%) | 6:20         | 9.5 (60.5%)  |
| 66  | STUKAN Szymon        | 1025  | WARZONE AFTER HOURS           | M-30      | 66   | 00:01:49    | 00:31:35 | 01:05:04.25     | 01:06:53.35      | +00:26:47 (41.2%) | 6:30         | 9.2 (58.6%)  |
| 67  | FOSZNER Paweł        | 1071  |                               | M-30      | 67   | 00:01:09    | 00:31:57 | 01:06:25.90     | 01:07:35.05      | +00:28:08 (42.4%) | 6:38         | 9 (57.3%)    |
| 68  | STANISZEWSKI Michał  | 1352  | MIECHOWICKA GRUPA BIEGOWA     | M-30      | 68   | 00:01:09    | 00:31:58 | 01:06:26.60     | 01:07:35.80      | +00:28:09 (42.4%) | 6:38         | 9 (57.3%)    |
| 69  | ŁACNY Michał         | 1277  |                               | M-30      | 69   | 00:00:53    | 00:31:48 | 01:06:39.65     | 01:07:33.60      | +00:28:22 (42.6%) | 6:39         | 9 (57.3%)    |
| 70  | WACŁAWEK Tomek       | 1275  | TEAM TOMSON                   | M-30      | 70   | 00:00:13    | 00:33:20 | 01:07:59.25     | 01:08:12.65      | +00:29:42 (43.7%) | 6:47         | 8.8 (56.1%)  |
| 71  | OLSZOK Dawid         | 1208  | HIRSCHVOGEL                   | M-30      | 71   | 00:01:26    | 00:33:51 | 01:14:20.55     | 01:15:47.05      | +00:36:03 (48.5%) | 7:26         | 8.1 (51.6%)  |

| Msc | Zawodnik           | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km    | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------|-------|------|-----------|------|-------------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 72  | MIKOŁAJCZYK Michał | 1078  |      | M-30      | 72   | 00:01:51    | 00:38:08 | 01:15:27.40     | 01:17:19.05      | +00:37:10 (49.3%) | 7:32         | 8 (51.0%)   |
| 73  | LUBECKI Michał     | 1215  |      | M-30      | 73   | 00:00:08    | 00:36:52 | 01:16:18.75     | 01:16:27.55      | +00:38:01 (49.8%) | 7:37         | 7.9 (50.3%) |

Znaleziono 73 wynik(ów)