

**Wydarzenie:** VI PKO Półmaraton Gliwicki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-10-26  
**Miejsce:** Gliwice  
**Dystans:** 10N km

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CYRUS Bogdan</b>	<b>3011</b>	SILESIA NORDIC TEAM	M-40	1	00:01:35	00:30:52	01:03:31	<b>01:06:10.60</b>	<b>01:07:45.95</b>		6:37	9.1 (100%)
2	<b>BOROŃ Tomasz</b>	<b>3007</b>	RUNHOGS TYCHY	M-40	2	00:01:37	00:31:40	01:04:27	<b>01:07:04.70</b>	<b>01:08:42.15</b>	+00:00:54 (1.3%)	6:42	8.9 (97.8%)
3	<b>MAŁKA Marian</b>	<b>3055</b>	1959	M-60	1	00:01:37	00:31:38	01:04:33	<b>01:07:12.15</b>	<b>01:08:49.80</b>	+00:01:01 (1.5%)	6:43	8.9 (97.8%)
4	<b>KOWALCZYK Tadeusz</b>	<b>3043</b>		M-60	2	00:01:46	00:33:30	01:08:43	<b>01:11:31.95</b>	<b>01:13:18.30</b>	+00:05:21 (7.5%)	7:09	8.4 (92.3%)
5	<b>TYCZEWSKI Jacek</b>	<b>3106</b>	LUXTORPEDA MALOPOLSKA	M-40	3	00:01:36	00:34:09	01:09:53	<b>01:12:47.45</b>	<b>01:14:24.30</b>	+00:06:36 (9.1%)	7:16	8.2 (90.1%)
6	<b>DYRLAGA Tomasz</b>	<b>3020</b>	JUSTFEELFIT	M-20	1	00:01:56	00:35:05	01:10:18	<b>01:13:09.35</b>	<b>01:15:05.70</b>	+00:06:58 (9.5%)	7:18	8.2 (90.1%)
7	<b>DUDEK Jan</b>	<b>3018</b>		M-50	1	00:01:36	00:33:57	01:10:55	<b>01:13:55.90</b>	<b>01:15:32.00</b>	+00:07:45 (10.5%)	7:23	8.1 (89.0%)
8	<b>RÓŻEWICZ Dariusz</b>	<b>3079</b>	PANCE	M-50	2	00:01:47	00:35:03	01:11:25	<b>01:14:18.65</b>	<b>01:16:06.05</b>	+00:08:08 (10.9%)	7:25	8.1 (89.0%)
9	<b>MAZIUK Krzysztof</b>	<b>3057</b>		M-50	3	00:01:35	00:35:44	01:12:37	<b>01:15:23.20</b>	<b>01:16:58.95</b>	+00:09:12 (12.2%)	7:32	8 (87.9%)
10	<b>KAJCA Mirosław</b>	<b>3033</b>	ŁAZISKIE KARLUSY	M-40	4	00:01:33	00:35:19	01:12:46	<b>01:15:54.45</b>	<b>01:17:28.40</b>	+00:09:43 (12.8%)	7:35	7.9 (86.8%)
11	<b>LIPUT Dawid</b>	<b>3050</b>	OPEL ACTIVE TEAM	M-30	1	00:02:03	00:35:29	01:12:39	<b>01:15:39.25</b>	<b>01:17:42.35</b>	+00:09:28 (12.5%)	7:33	7.9 (86.8%)
12	<b>KLUSKA Kazimierz</b>	<b>3039</b>	KATOWICKI NORDIC WALKING	M-60	3	00:02:09	00:36:04	01:13:11	<b>01:16:10.45</b>	<b>01:18:20.05</b>	+00:09:59 (13.1%)	7:37	7.9 (86.8%)
13	<b>FUDALI Ryszard</b>	<b>3021</b>	SAINT-GOBAIN SQUAD	M-60	4	00:01:38	00:37:13	01:14:06	<b>01:16:59.70</b>	<b>01:18:37.80</b>	+00:10:49 (14.1%)	7:41	7.8 (85.7%)
14	<b>GLISZCZYŃSKI Mirosław</b>	<b>3026</b>		M-60	5	00:01:59	00:36:28	01:15:15	<b>01:18:36.70</b>	<b>01:20:36.35</b>	+00:12:26 (15.8%)	7:51	7.6 (83.5%)
15	<b>WOJTUNIK Andrzej</b>	<b>3118</b>	DRIV	M-60	6	00:02:02	00:39:00	01:17:00	<b>01:19:59.00</b>	<b>01:22:01.50</b>	+00:13:48 (17.3%)	7:59	7.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>SIEJKO Janusz Adam</b>	<b>3086</b>	UM	M-60	7	00:02:20	00:38:07	01:17:04	<b>01:20:25.95</b>	<b>01:22:46.85</b>	+00:14:15 (17.7%)	8:02	7.5 (82.4%)
17	<b>GÓRNIK Jerzy</b>	<b>3027</b>	KATOWICE 49	M-60	8	00:02:07	00:38:46	01:18:04	<b>01:21:06.50</b>	<b>01:23:13.90</b>	+00:14:55 (18.4%)	8:06	7.4 (81.3%)
18	<b>JAWORSKI Andrzej</b>	<b>3031</b>		M-50	5	00:01:35	00:38:29	01:18:57	<b>01:22:10.30</b>	<b>01:23:46.20</b>	+00:15:59 (19.5%)	8:13	7.3 (80.2%)
19	<b>WIŚNIEWSKI Sławomir</b>	<b>3112</b>		M-50	4	00:02:10	00:38:25	01:18:38	<b>01:21:49.30</b>	<b>01:24:00.15</b>	+00:15:38 (19.1%)	8:11	7.3 (80.2%)
20	<b>RZEPKA Tomasz</b>	<b>3083</b>	KB ORŁY Z KNUROWA	M-50	6	00:02:08	00:39:47	01:19:59	<b>01:23:13.95</b>	<b>01:25:22.00</b>	+00:17:03 (20.5%)	8:19	7.2 (79.1%)
21	<b>GĘBCZYK Władysław</b>	<b>3024</b>		M-60	9	00:01:46	00:40:08	01:21:30	<b>01:24:56.75</b>	<b>01:26:42.80</b>	+00:18:46 (22.1%)	8:29	7.1 (78.0%)
22	<b>BODZENTA Jerzy</b>	<b>3004</b>		M-50	7	00:02:11	00:40:40	01:21:36	<b>01:24:38.30</b>	<b>01:26:50.25</b>	+00:18:27 (21.8%)	8:27	7.1 (78.0%)
23	<b>KIDAWA Marian</b>	<b>3037</b>	PRZEDSIĘBIORSTWO WODOCIĄGÓW I KANALIZACJI SP. Z O.O.	M-60	10	00:02:21	00:39:20	01:21:34	<b>01:24:58.30</b>	<b>01:27:19.40</b>	+00:18:47 (22.1%)	8:29	7.1 (78.0%)
24	<b>KLACZKOWSKI Tomasz</b>	<b>3133</b>		M-40	5	00:02:12	00:41:47	01:22:16	<b>01:25:27.55</b>	<b>01:27:40.45</b>	+00:19:16 (22.6%)	8:32	7 (76.9%)
25	<b>LUDYGA Krystian</b>	<b>3052</b>		M-40	6	00:02:12	00:41:46	01:22:16	<b>01:25:28.75</b>	<b>01:27:41.20</b>	+00:19:18 (22.6%)	8:32	7 (76.9%)
26	<b>SZKAMRUK Janusz</b>	<b>3094</b>		M-60	12	00:02:11	00:41:28	01:22:46	<b>01:26:05.70</b>	<b>01:28:17.20</b>	+00:19:55 (23.1%)	8:36	7 (76.9%)
27	<b>GAMRACY Leszek</b>	<b>3022</b>	UTW GLIWICE	M-60	14	00:00:02	00:39:59	01:24:52	<b>01:28:22.25</b>	<b>01:28:24.40</b>	+00:22:11 (25.1%)	8:50	6.8 (74.7%)
28	<b>GRABIŃSKI Lech</b>	<b>3028</b>	BŁYSKAWICA SARNÓW	M-60	11	00:02:19	00:40:43	01:22:45	<b>01:26:05.25</b>	<b>01:28:24.60</b>	+00:19:54 (23.1%)	8:36	7 (76.9%)
29	<b>MUSZYŃSKI Dariusz</b>	<b>3063</b>	ELZAB ACTIVE TEAM	M-50	8	00:01:56	00:41:15	01:24:12	<b>01:27:29.85</b>	<b>01:29:26.15</b>	+00:21:19 (24.4%)	8:45	6.9 (75.8%)
30	<b>SZYMCZEWSKI Włodzimierz</b>	<b>3098</b>		M-60	13	00:02:16	00:40:33	01:23:56	<b>01:27:24.40</b>	<b>01:29:40.85</b>	+00:21:13 (24.3%)	8:44	6.9 (75.8%)
31	<b>NOWAK Sebastian</b>	<b>3065</b>	PROPOINT	M-40	7	00:02:13	00:41:41	01:24:58	<b>01:28:28.40</b>	<b>01:30:41.50</b>	+00:22:17 (25.2%)	8:50	6.8 (74.7%)
32	<b>WYSOCKI Piotr</b>	<b>3120</b>	POLITECHNIKA ŚLĄSKA	M-50	9	00:01:51	00:41:55	01:26:33	<b>01:30:11.00</b>	<b>01:32:02.10</b>	+00:24:00 (26.6%)	9:01	6.7 (73.6%)
33	<b>RYGULSKI Andrzej</b>	<b>3081</b>	ŁAZISKIE KARLUSY	M-60	15	00:02:06	00:42:50	01:28:49	<b>01:31:19.55</b>	<b>01:33:26.00</b>	+00:25:08 (27.5%)	9:08	6.6 (72.5%)
34	<b>PISZCZAN Mirosław</b>	<b>3070</b>	RADLINIOKI W BIEGU	M-40	8	00:01:50	00:44:40	01:31:54	<b>01:35:34.05</b>	<b>01:37:24.70</b>	+00:29:23 (30.8%)	9:33	6.3 (69.2%)
35	<b>BIEGUN Tomasz</b>	<b>3148</b>		M-20	2	00:02:11	00:45:12	01:31:53	<b>01:35:32.10</b>	<b>01:37:43.95</b>	+00:29:21 (30.7%)	9:33	6.3 (69.2%)
36	<b>WITCZYK Łukasz</b>	<b>3114</b>		M-30	2	00:01:54	00:47:10	01:34:39	<b>01:38:16.45</b>	<b>01:40:11.20</b>	+00:32:05 (32.7%)	9:49	6.1 (67.0%)
37	<b>TOMASZCZYK Piotr</b>	<b>3101</b>	MEGAWAT RUNNING TEAM	M-50	10	00:01:22	00:48:28	01:36:28	<b>01:40:13.05</b>	<b>01:41:35.50</b>	+00:34:02 (34.0%)	10:01	6 (65.9%)
38	<b>PILSZAK Krystian</b>	<b>3069</b>	PODAJ RĘKĘ- TEAM	M-60	16	00:02:00	00:47:42	01:37:33	<b>01:41:33.70</b>	<b>01:43:34.45</b>	+00:35:23 (34.8%)	10:09	5.9 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>FURMANKIEWICZ Wojciech</b>	<b>3136</b>		M-50	11	00:02:15	00:47:28	01:37:20	<b>01:41:19.65</b>	<b>01:43:35.55</b>	+00:35:09 (34.7%)	10:08	5.9 (64.8%)

Znaleziono 39 wynik(ów)