



# NORDIC WALKING GLIWICKI - 10KM

B4SPORT

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

VIII PÓŁMARATON GLIWICKI  
Fundacja Bieg Rzeźnika  
2022-10-22  
Gliwice  
10N km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CYRUS Bogdan</b>	<b>42</b>		M-50	1	<b>00:59:37.45</b>		5:57	10.1 (100%)
2	<b>ROMANOWSKI Daniel</b>	<b>28</b>	KATOWICKI NORDIC WALKING	M-20	1	<b>01:00:52.60</b>	+00:01:15 (2.1%)	6:05	9.9 (98.0%)
3	<b>MAŁKA Marian</b>	<b>4</b>		M-60	1	<b>01:04:31.55</b>	+00:04:54 (7.6%)	6:27	9.3 (92.1%)
4	<b>SADOWSKI Tomasz</b>	<b>91</b>	CZELADZKIE KIJE	M-40	1	<b>01:04:32.80</b>	+00:04:55 (7.6%)	6:27	9.3 (92.1%)
5	<b>GRABOWSKI Krzysztof</b>	<b>38</b>		M-50	2	<b>01:07:31.80</b>	+00:07:54 (11.7%)	6:45	8.9 (88.1%)
6	<b>FUDALI Ryszard</b>	<b>69</b>	SAINT-GOBAIN SQUAD	M-60	2	<b>01:07:43.40</b>	+00:08:05 (12.0%)	6:46	8.9 (88.1%)
7	<b>KOPIEC Dawid</b>	<b>16</b>	AKTYWNI RYDUŁTOWY	M-40	2	<b>01:10:35.60</b>	+00:10:58 (15.5%)	7:03	8.5 (84.2%)
8	<b>RÓŻEWICZ Dariusz</b>	<b>85</b>	PANCE	M-60	3	<b>01:10:38.65</b>	+00:11:01 (15.6%)	7:03	8.5 (84.2%)
9	<b>KŁYSZ Wojciech</b>	<b>73</b>		M-40	3	<b>01:11:11.60</b>	+00:11:34 (16.3%)	7:07	8.4 (83.2%)
10	<b>WOJTUNIK Andrzej</b>	<b>35</b>		M-60	4	<b>01:12:09.40</b>	+00:12:31 (17.4%)	7:12	8.3 (82.2%)
11	<b>RZEŹNICZEK Czesław</b>	<b>55</b>		M-50	3	<b>01:13:17.50</b>	+00:13:40 (18.6%)	7:19	8.2 (81.2%)
12	<b>TYCZEWSKI Jacek</b>	<b>15</b>	LUX TORPEDA MAŁOPOLSKA	M-40	4	<b>01:14:42.00</b>	+00:15:04 (20.2%)	7:28	8 (79.2%)
13	<b>RZEPKA Tomasz</b>	<b>62</b>	-	M-50	4	<b>01:15:39.35</b>	+00:16:01 (21.2%)	7:33	7.9 (78.2%)
14	<b>SZKAMRUK Janusz</b>	<b>37</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M-60	5	<b>01:16:50.30</b>	+00:17:12 (22.4%)	7:41	7.8 (77.2%)
15	<b>TRAUTMANN Piotr</b>	<b>82</b>		M-50	5	<b>01:17:54.95</b>	+00:18:17 (23.5%)	7:47	7.7 (76.2%)
16	<b>GAMRACY Leszek</b>	<b>2</b>	UTW GLIWICE	M-60	6	<b>01:21:25.85</b>	+00:21:48 (26.8%)	8:08	7.4 (73.3%)
17	<b>JAWORSKI Andrzej</b>	<b>6</b>		M-50	6	<b>01:21:33.40</b>	+00:21:55 (26.9%)	8:09	7.4 (73.3%)
18	<b>GRABIŃSKI Lech</b>	<b>52</b>	BŁYSKAWICA SARNÓW	M-60	7	<b>01:21:47.50</b>	+00:22:10 (27.1%)	8:10	7.3 (72.3%)
19	<b>SKALEC Damian</b>	<b>58</b>		M-30	1	<b>01:22:00.00</b>	+00:22:22 (27.3%)	8:12	7.3 (72.3%)
20	<b>KURPIOS Piotr</b>	<b>84</b>		M-30	2	<b>01:23:22.10</b>	+00:23:44 (28.5%)	8:20	7.2 (71.3%)
21	<b>SIEJKO Janusz Adam</b>	<b>19</b>		M-60	8	<b>01:23:43.55</b>	+00:24:06 (28.8%)	8:22	7.2 (71.3%)
22	<b>KIDAWA Marian</b>	<b>65</b>		M-60	9	<b>01:24:36.95</b>	+00:24:59 (29.5%)	8:27	7.1 (70.3%)
23	<b>PAWLIK Andrzej</b>	<b>80</b>		M-60	10	<b>01:25:08.00</b>	+00:25:30 (30.0%)	8:30	7 (69.3%)
24	<b>LU DYGA Krystian</b>	<b>44</b>		M-50	7	<b>01:25:12.10</b>	+00:25:34 (30.0%)	8:31	7 (69.3%)
25	<b>DYRLAGA Stanisław</b>	<b>56</b>		M-60	11	<b>01:25:43.60</b>	+00:26:06 (30.4%)	8:34	7 (69.3%)
26	<b>MARONDEL Jan</b>	<b>77</b>		M-60	12	<b>01:31:39.50</b>	+00:32:02 (34.9%)	9:09	6.5 (64.4%)
27	<b>ZEGUŁA Łukasz</b>	<b>23</b>	HUTA TIM	M-40	5	<b>01:31:51.80</b>	+00:32:14 (35.1%)	9:11	6.5 (64.4%)

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28	<b>ZIMNY Marcin</b>	<b>79</b>		M-40	6	<b>01:35:19.35</b>	+00:35:41 (37.5%)	9:31	6.3 (62.4%)
29	<b>PRZEPIERSKI Piotr</b>	<b>41</b>		M-50	8	<b>01:38:00.85</b>	+00:38:23 (39.2%)	9:48	6.1 (60.4%)
30	<b>NOWAK Ryszard</b>	<b>24</b>		M-60	13				(0.0%)

Znaleziono 30 wynik(ów)