



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

V Radan Półmaraton Gliwicki 2018  
Fundacja Bieg Rzeźnika  
2018-11-04  
Gliwice  
10N km

# NORDIC WALKING GLIWICKI - 10KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

| Msc | Zawodnik            | Numer | Klub                        | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 20_km<br>9.9km | Czas netto<br>10km | Czas brutto<br>10km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-----------------------------|-----------|------|-------------|----------------|----------------|--------------------|---------------------|-------------------|-----------------|---------------|
| 1   | MAŁKA Marian        | 1648  |                             | M-50      | 1    | 00:01:15    | 00:31:59       | 01:04:37       | 01:07:10.90        | 01:08:25.95         |                   | 6:43            | 8.9 (100%)    |
| 2   | TYCZEWSKI Jacek     | 1693  |                             | M-30      | 2    | 00:01:16    | 00:34:52       | 01:11:22       | 01:13:58.60        | 01:15:14.90         | +00:06:47 (9.2%)  | 7:23            | 8.1 (91.0%)   |
| 3   | MAZIUK Krzysztof    | 1651  |                             | M-50      | 2    | 00:01:28    | 00:36:04       | 01:14:12       | 01:17:17.80        | 01:18:46.55         | +00:10:06 (13.1%) | 7:43            | 7.8 (87.6%)   |
| 4   | SZKAMRUK Janusz     | 1682  |                             | M-60      | 2    | 00:01:16    | 00:36:56       | 01:15:31       | 01:18:37.95        | 01:19:54.10         | +00:11:27 (14.6%) | 7:51            | 7.6 (85.4%)   |
| 5   | SIEJKO Janusz Adam  | 1675  | UM                          | M-60      | 3    | 00:01:38    | 00:37:37       | 01:16:24       | 01:19:26.15        | 01:21:04.65         | +00:12:15 (15.4%) | 7:56            | 7.6 (85.4%)   |
| 6   | OWCZAREK Marcin     | 1657  |                             | M-50      | 3    | 00:01:36    | 00:37:46       | 01:17:26       | 01:20:32.00        | 01:22:08.85         | +00:13:21 (16.6%) | 8:03            | 7.5 (84.3%)   |
| 7   | GĘBCZYK Władysław   | 1623  | GLIWICKI KLUB KOLEKCJONERÓW | M-60      | 4    | 00:01:43    | 00:39:51       | 01:20:04       | 01:23:21.85        | 01:25:05.50         | +00:16:10 (19.4%) | 8:20            | 7.2 (80.9%)   |
| 8   | JAWORSKI Andrzej    | 1631  |                             | M-50      | 4    | 00:01:19    | 00:39:58       | 01:21:02       | 01:24:30.90        | 01:25:50.00         | +00:17:20 (20.5%) | 8:27            | 7.1 (79.8%)   |
| 9   | GRABIŃSKI Lech      | 1624  | BŁYSKAWICA SARNÓW           | M-60      | 6    | 00:01:48    | 00:41:27       | 01:22:52       | 01:26:10.80        | 01:27:58.80         | +00:18:59 (22.0%) | 8:37            | 7 (78.7%)     |
| 10  | WYROZUMSKI Wojciech | 1697  |                             | M-30      | 4    | 00:01:42    | 00:41:23       | 01:23:21       | 01:26:31.40        | 01:28:14.00         | +00:19:20 (22.4%) | 8:39            | 6.9 (77.5%)   |
| 11  | GAMRACY Leszek      | 1620  | UTW GLIWICE                 | M-60      | 7    | 00:01:49    | 00:39:23       | 01:22:52       | 01:26:34.05        | 01:28:23.30         | +00:19:23 (22.4%) | 8:39            | 6.9 (77.5%)   |
| 12  | LISOWSKI Mirosław   | 1645  | GLIWICKI KLUB KOLEKCJONERÓW | M-50      | 6    | 00:01:44    | 00:46:48       | 01:29:08       | 01:32:26.80        | 01:34:11.20         | +00:25:15 (27.3%) | 9:14            | 6.5 (73.0%)   |
| 13  | KIDAWA Marian       | 1634  |                             | M-60      | 11   | 00:01:36    | 00:44:07       | 01:32:26       | 01:36:19.15        | 01:37:55.20         | +00:29:08 (30.3%) | 9:37            | 6.2 (69.7%)   |

Znaleziono 13 wynik(ów)