



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

Qualifit  
2016-07-30  
Nowa Wieś  
10 km

## SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KAZBAR Artem	238		M18	1	00:00:02	00:37:01.65	00:37:03.70		3:42	16.2 (100%)
2	LABZIUK Oleksandr	240		M30	1	00:00:02	00:39:49.80	00:39:52.10	+00:02:48 (7.0%)	3:59	15.1 (93.2%)
3	NOWAK Andrzej	10	TRIATHLON X -TEAM	M30	2	00:00:02	00:40:53.45	00:40:55.75	+00:03:51 (9.4%)	4:05	14.7 (90.7%)
4	JAMIŃSKI Adam	8		M18	2	00:00:02	00:41:09.00	00:41:11.40	+00:04:07 (10.0%)	4:06	14.6 (90.1%)
5	WILK Dariusz	275		M30	3	00:00:02	00:42:35.25	00:42:38.15	+00:05:33 (13.1%)	4:15	14.1 (87.0%)
6	SLOBODIANIUK Denis	237		M18	3	00:00:02	00:42:38.30	00:42:40.35	+00:05:36 (13.2%)	4:15	14.1 (87.0%)
7	CHATYS Przemysław	251	KS KOZIOŁEK KĘDZIERZYN-KOŹLE / RYDZ TEAM	M18	4	00:00:02	00:46:57.30	00:46:59.60	+00:09:55 (21.1%)	4:41	12.8 (79.0%)
8	KOŹDOŃ Jarek	229	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M30	4	00:00:02	00:46:57.65	00:47:00.25	+00:09:56 (21.2%)	4:41	12.8 (79.0%)
9	LUBNAU Marek	105	HARPAGAN SOSNOWIEC	M50+	1	00:00:03	00:46:58.65	00:47:01.95	+00:09:57 (21.2%)	4:41	12.8 (79.0%)
10	CENIAWSKI Piotr	219	WĘGŁOKOKS KRAJ KWK PIEKARY	M30	5	00:00:05	00:47:03.85	00:47:09.55	+00:10:02 (21.3%)	4:42	12.7 (78.4%)
11	GARNOWSKI Maciej	93	BIEGIEMNAPOMOC.PL	M30	6	00:00:03	00:47:05.90	00:47:08.95	+00:10:04 (21.4%)	4:42	12.7 (78.4%)
12	BOBLA Walenty	272		M30	7	00:00:03	00:47:06.70	00:47:10.40	+00:10:05 (21.4%)	4:42	12.7 (78.4%)
13	GAJDA Marcin	215		M30	8	00:00:03	00:47:15.55	00:47:19.25	+00:10:13 (21.7%)	4:43	12.7 (78.4%)
14	HYLA Dariusz	233	CAFEMOBIL TEAM	M40	1	00:00:03	00:50:42.85	00:50:45.85	+00:13:41 (27.0%)	5:04	11.8 (72.8%)
15	KLAŚ Łukasz	58	BIEGAM NA TARCHOMINIE	M40	2	00:00:03	00:51:01.15	00:51:04.15	+00:13:59 (27.4%)	5:06	11.8 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>HETMAN Radosław</b>	<b>232</b>	GRUPA NOMAX	M30	9	00:00:05	<b>00:51:33.15</b>	<b>00:51:38.95</b>	+00:14:31 (28.2%)	5:09	11.6 (71.6%)
17	<b>PALIGA Rafał</b>	<b>7</b>		M30	10	00:00:04	<b>00:51:46.50</b>	<b>00:51:51.25</b>	+00:14:44 (28.5%)	5:10	11.6 (71.6%)
18	<b>GRZAŚ Rafał</b>	<b>54</b>		M30	11	00:00:05	<b>00:51:48.70</b>	<b>00:51:53.90</b>	+00:14:47 (28.5%)	5:10	11.6 (71.6%)
19	<b>DZIERŻAWSKI Tomasz</b>	<b>248</b>	BORSUKI BIEGAJĄ OLKUSZ	M30	12	00:00:05	<b>00:51:59.75</b>	<b>00:52:04.80</b>	+00:14:58 (28.8%)	5:11	11.5 (71.0%)
20	<b>PSZCZOŁA Marcin</b>	<b>247</b>		M30	13	00:00:02	<b>00:52:47.50</b>	<b>00:52:50.25</b>	+00:15:45 (29.9%)	5:16	11.4 (70.4%)
21	<b>BLONSKI Lukasz</b>	<b>128</b>		M30	14	00:00:15	<b>00:53:45.55</b>	<b>00:54:01.50</b>	+00:16:43 (31.1%)	5:22	11.2 (69.1%)
22	<b>BURDZIK Wojciech</b>	<b>23</b>		M18	5	00:00:03	<b>00:54:04.10</b>	<b>00:54:07.15</b>	+00:17:02 (31.5%)	5:24	11.1 (68.5%)
23	<b>STAŃCZYK Tomasz</b>	<b>2</b>	O CO BIEGA W KALETACH	M40	3	00:00:06	<b>00:54:06.20</b>	<b>00:54:12.85</b>	+00:17:04 (31.6%)	5:24	11.1 (68.5%)
24	<b>ZAWIŚLAK Patryk</b>	<b>258</b>	RUNNERS WOJKOWICE TEAM	M18	6	00:00:04	<b>00:54:12.55</b>	<b>00:54:16.70</b>	+00:17:10 (31.7%)	5:25	11.1 (68.5%)
25	<b>KOCH Piotr</b>	<b>235</b>	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M18	7	00:00:07	<b>00:54:14.00</b>	<b>00:54:21.10</b>	+00:17:12 (31.7%)	5:25	11.1 (68.5%)
26	<b>MIGZA Piotr</b>	<b>78</b>	NIEPANIKUJ.PL	M30	15	00:00:14	<b>00:54:14.80</b>	<b>00:54:29.35</b>	+00:17:13 (31.7%)	5:25	11.1 (68.5%)
27	<b>URBAŃSKI Karol</b>	<b>47</b>	W POGONI ZA DUCHEM	M30	16	00:00:11	<b>00:54:14.90</b>	<b>00:54:26.30</b>	+00:17:13 (31.7%)	5:25	11.1 (68.5%)
28	<b>KAMIONKA Jacek</b>	<b>221</b>	PASKAMBIEGA	M40	4	00:00:04	<b>00:54:15.20</b>	<b>00:54:19.20</b>	+00:17:13 (31.8%)	5:25	11.1 (68.5%)
29	<b>ADAMOWSKI Zbigniew</b>	<b>242</b>		M30	17	00:00:08	<b>00:54:18.85</b>	<b>00:54:27.40</b>	+00:17:17 (31.8%)	5:25	11 (67.9%)
30	<b>FAJER Marek</b>	<b>104</b>	ZWIK MYSZKÓW,AMBITNI AMATORZY	M50+	2	00:00:07	<b>00:54:23.65</b>	<b>00:54:31.35</b>	+00:17:22 (31.9%)	5:26	11 (67.9%)
31	<b>KAŃTOCH Paweł</b>	<b>223</b>	BRAK	M30	18	00:00:04	<b>00:54:30.75</b>	<b>00:54:35.55</b>	+00:17:29 (32.1%)	5:27	11 (67.9%)
32	<b>GWÓŹDŹ Piotr</b>	<b>222</b>		M40	5	00:00:05	<b>00:54:32.55</b>	<b>00:54:37.90</b>	+00:17:30 (32.1%)	5:27	11 (67.9%)
33	<b>PŁOSKOŃSKI Piotr</b>	<b>269</b>		M50+	3	00:00:03	<b>00:54:35.80</b>	<b>00:54:39.65</b>	+00:17:34 (32.2%)	5:27	11 (67.9%)
34	<b>TWARDOKĘS Krzysztof</b>	<b>101</b>	AMATOR	M30	19	00:00:05	<b>00:54:54.95</b>	<b>00:55:00.60</b>	+00:17:53 (32.6%)	5:29	10.9 (67.3%)
35	<b>WŁODARCZYK Mariusz</b>	<b>267</b>		M30	20	00:00:14	<b>00:55:14.90</b>	<b>00:55:29.15</b>	+00:18:13 (33.0%)	5:31	10.9 (67.3%)
36	<b>MOTYL Artur</b>	<b>34</b>		M30	21	00:00:04	<b>00:56:26.75</b>	<b>00:56:31.70</b>	+00:19:25 (34.4%)	5:38	10.6 (65.4%)
37	<b>JAGLARZ Jarosław</b>	<b>95</b>	VILAMALIA	M50+	4	00:00:18	<b>00:56:34.05</b>	<b>00:56:52.60</b>	+00:19:32 (34.5%)	5:39	10.6 (65.4%)
38	<b>GĄSZCZYK Grzegorz</b>	<b>98</b>	NOWA HUTA TEAM	M40	6	00:00:07	<b>00:56:34.25</b>	<b>00:56:41.95</b>	+00:19:32 (34.5%)	5:39	10.6 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	MICELSKI Jacek	79		M40	7	00:00:07	00:56:52.95	00:57:00.75	+00:19:51 (34.9%)	5:41	10.5 (64.8%)
40	SZAFRUGA Michał	30	W POGONI ZA DUCHEM	M30	22	00:00:11	00:57:03.55	00:57:14.65	+00:20:01 (35.1%)	5:42	10.5 (64.8%)
41	PARZELSKI Mikołaj	226		M18	8	00:00:06	00:57:14.80	00:57:20.80	+00:20:13 (35.3%)	5:43	10.5 (64.8%)
42	GĘGOTEK Jacek	28	OPEL ACTIVE TEAM	M30	23	00:00:09	00:57:21.05	00:57:31.00	+00:20:19 (35.4%)	5:44	10.5 (64.8%)
43	DUBIŃSKI Przemysław	57	HCVRUNNER	M40	8	00:00:04	00:57:25.10	00:57:29.30	+00:20:23 (35.5%)	5:44	10.4 (64.2%)
44	FERNES Daniel	216		M18	9	00:00:06	00:57:27.25	00:57:33.40	+00:20:25 (35.6%)	5:44	10.4 (64.2%)
45	BIERNAT Mateusz	276		M18	10	00:00:12	00:58:13.55	00:58:25.80	+00:21:11 (36.4%)	5:49	10.3 (63.6%)
46	KRAWCZYK Łukasz	89		M30	24	00:00:11	00:59:09.95	00:59:21.80	+00:22:08 (37.4%)	5:55	10.1 (62.3%)
47	GALUSKIN Alexey	102	GRUPA NOMAX	M30	25	00:00:05	00:59:27.20	00:59:32.85	+00:22:25 (37.7%)	5:56	10.1 (62.3%)
48	BŁOŃSKI Zbigniew	209	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M50+	5	00:00:15	00:59:42.90	00:59:58.75	+00:22:41 (38.0%)	5:58	10 (61.7%)
49	KWAŚNIEWSKI Wojciech	227		M18	11	00:00:03	00:59:45.00	00:59:48.20	+00:22:43 (38.0%)	5:58	10 (61.7%)
50	KUCZBORSKI Jarosław	69	HARPAGAN SOSNOWIEC	M40	9	00:00:12	00:59:45.65	00:59:58.05	+00:22:44 (38.0%)	5:58	10 (61.7%)
51	LANY Grzegorz	99		M40	10	00:00:12	00:59:55.35	01:00:07.55	+00:22:53 (38.2%)	5:59	10 (61.7%)
52	CUPIAŁ Zenon	217	-	M50+	6	00:00:16	01:00:36.75	01:00:53.55	+00:23:35 (38.9%)	6:03	9.9 (61.1%)
53	CHMIELARZ Grzesiek	15		M18	12	00:00:10	01:00:42.15	01:00:52.55	+00:23:40 (39.0%)	6:04	9.9 (61.1%)
54	PAJĄK Wacław	67		M40	11	00:00:11	01:01:49.25	01:02:01.05	+00:24:47 (40.1%)	6:11	9.7 (59.9%)
55	ZOWADA Robert	59		M40	12	00:00:11	01:01:49.35	01:02:01.15	+00:24:47 (40.1%)	6:11	9.7 (59.9%)
56	KULIK Wojciech	20		M30	26	00:00:06	01:02:24.25	01:02:31.05	+00:25:22 (40.7%)	6:14	9.6 (59.3%)
57	HANASIEWICZ Marcin	96		M18	13	00:00:13	01:02:43.80	01:02:56.95	+00:25:42 (41.0%)	6:16	9.6 (59.3%)
58	SOSNA Grzegorz	48	W POGONI ZA DUCHEM	M30	27	00:00:09	01:03:06.65	01:03:16.45	+00:26:05 (41.3%)	6:18	9.5 (58.6%)
59	KRAWCZYK Piotr	107		M18	14	00:00:18	01:03:10.05	01:03:28.35	+00:26:08 (41.4%)	6:19	9.5 (58.6%)
60	KAPAŁKA Adrian	25		M30	28	00:00:06	01:03:51.45	01:03:57.50	+00:26:49 (42.0%)	6:23	9.4 (58.0%)
61	WOLNY Damian	11		M40	13	00:00:18	01:03:57.40	01:04:15.45	+00:26:55 (42.1%)	6:23	9.4 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	WOLNIK Andrzej	22	ALOE TEAM	M40	14	00:00:15	01:04:19.90	01:04:35.55	+00:27:18 (42.4%)	6:26	9.3 (57.4%)
63	OWCARZ Szymon	110		M18	15	00:00:19	01:04:34.25	01:04:54.00	+00:27:32 (42.7%)	6:27	9.3 (57.4%)
64	JAGLARZ Daniel	26		M40	15	00:00:19	01:04:38.40	01:04:57.40	+00:27:36 (42.7%)	6:27	9.3 (57.4%)
65	SYGUŁA Paweł	68		M18	16	00:00:07	01:04:39.90	01:04:47.85	+00:27:38 (42.7%)	6:28	9.3 (57.4%)
66	KAZEK Sebastian	33		M30	29	00:00:16	01:04:43.05	01:04:59.30	+00:27:41 (42.8%)	6:28	9.3 (57.4%)
67	SZPINDA Robert	103		M30	30	00:00:19	01:05:14.85	01:05:34.60	+00:28:13 (43.3%)	6:31	9.2 (56.8%)
68	MATEJA Mirosław	218		M40	16	00:00:12	01:05:17.50	01:05:30.40	+00:28:15 (43.3%)	6:31	9.2 (56.8%)
69	MIL Sebastian	77	NIEPANIKUJ.PL	M30	31	00:00:14	01:05:20.45	01:05:34.45	+00:28:18 (43.3%)	6:32	9.2 (56.8%)
70	STRZELECKI Lesław	109	CEGELEC GLIWICE	M50+	7	00:00:16	01:06:00.05	01:06:16.75	+00:28:58 (43.9%)	6:36	9.1 (56.2%)
71	MIKOŁAJCZYK Piotr	44	TKKF CZELADZ	M50+	8	00:00:10	01:06:25.90	01:06:36.80	+00:29:24 (44.3%)	6:38	9 (55.6%)
72	STANUSZEK Rafał	86		M50+	9	00:00:15	01:07:05.15	01:07:21.05	+00:30:03 (44.8%)	6:42	8.9 (54.9%)
73	GAJEWSKI Paweł	111		M40	17	00:00:08	01:07:05.70	01:07:14.45	+00:30:04 (44.8%)	6:42	8.9 (54.9%)
74	PIELOCH Grzegorz	244		M30	32	00:00:08	01:07:06.90	01:07:15.65	+00:30:05 (44.8%)	6:42	8.9 (54.9%)
75	NOELLE Dawid	46	W POGONI ZA DUCHEM	M30	33	00:00:10	01:07:12.85	01:07:22.95	+00:30:11 (44.9%)	6:43	8.9 (54.9%)
76	KOPPEL Bartłomiej	70	NIGHT RUNNERS GLIWICE	M30	34	00:00:08	01:07:23.95	01:07:32.70	+00:30:22 (45.1%)	6:44	8.9 (54.9%)
77	SADOWSKI Tomasz	80		M30	35	00:00:05	01:07:37.05	01:07:42.30	+00:30:35 (45.2%)	6:45	8.9 (54.9%)
78	KUR Mariusz	266		M40	18	00:00:09	01:07:44.55	01:07:53.60	+00:30:42 (45.3%)	6:46	8.9 (54.9%)
79	TRZĘSIMIECH Sebastian	277		M18	17	00:00:04	01:08:29.35	01:08:33.95	+00:31:27 (45.9%)	6:50	8.8 (54.3%)
80	KONIECZKO Tomasz	38	W POGONI ZA ROZUMEM	M30	36	00:00:16	01:08:34.50	01:08:50.60	+00:31:32 (46.0%)	6:51	8.8 (54.3%)
81	KOŚNIAK Sławomir	13	O CO BIEGA W KALETACH	M30	37	00:00:07	01:08:58.35	01:09:05.55	+00:31:56 (46.3%)	6:53	8.7 (53.7%)
82	ŁOPIAN Michał	39		M18	18	00:00:15	01:09:01.60	01:09:16.75	+00:31:59 (46.4%)	6:54	8.7 (53.7%)
83	DĘBSKI Mariusz	71	NIGHT RUNNERS GLIWICE	M40	19	00:00:19	01:09:05.75	01:09:25.20	+00:32:04 (46.4%)	6:54	8.7 (53.7%)
84	RUP Wiesław	100		M50+	10	00:00:21	01:09:07.40	01:09:28.55	+00:32:05 (46.4%)	6:54	8.7 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>BUSZKA Mateusz</b>	<b>268</b>		M18	19	00:00:14	<b>01:09:12.35</b>	<b>01:09:26.75</b>	+00:32:10 (46.5%)	6:55	8.7 (53.7%)
86	<b>KOZIEŁ Andrzej</b>	<b>264</b>		M30	38	00:00:17	<b>01:09:22.10</b>	<b>01:09:39.85</b>	+00:32:20 (46.6%)	6:56	8.6 (53.1%)
87	<b>MARMUROWICZ Krystian</b>	<b>60</b>	SILESIA RUNNIG TEAM	M40	20	00:00:10	<b>01:09:53.80</b>	<b>01:10:04.20</b>	+00:32:52 (47.0%)	6:59	8.6 (53.1%)
88	<b>ZEMŁA Krzysztof</b>	<b>3</b>		M50+	11	00:00:14	<b>01:11:08.00</b>	<b>01:11:22.00</b>	+00:34:06 (47.9%)	7:06	8.4 (51.9%)
89	<b>SOJKA Maciej</b>	<b>228</b>	#RUBYLOTEJ	M30	39	00:00:08	<b>01:12:03.65</b>	<b>01:12:12.20</b>	+00:35:02 (48.6%)	7:12	8.3 (51.2%)
90	<b>KACZMAREK Daniel</b>	<b>32</b>		M30	40	00:00:15	<b>01:12:25.30</b>	<b>01:12:41.20</b>	+00:35:23 (48.9%)	7:14	8.3 (51.2%)
91	<b>NAWŁOKA Tomasz</b>	<b>35</b>		M18	20	00:00:15	<b>01:12:26.05</b>	<b>01:12:41.35</b>	+00:35:24 (48.9%)	7:14	8.3 (51.2%)
92	<b>KACZMAREK Robert</b>	<b>31</b>		M40	21	00:00:08	<b>01:12:27.85</b>	<b>01:12:35.95</b>	+00:35:26 (48.9%)	7:14	8.3 (51.2%)
93	<b>GARNOWSKI Dariusz</b>	<b>85</b>		M50+	12	00:00:20	<b>01:14:52.45</b>	<b>01:15:12.80</b>	+00:37:50 (50.5%)	7:29	8 (49.4%)
94	<b>BIAŁAS Bartosz</b>	<b>112</b>	ORZEŁ DĄBIE	M30	41	00:00:20	<b>01:15:53.75</b>	<b>01:16:14.00</b>	+00:38:52 (51.2%)	7:35	7.9 (48.8%)
95	<b>WILSZ Adam</b>	<b>5</b>	UNISONO	M40	22	00:00:11	<b>01:17:18.00</b>	<b>01:17:29.10</b>	+00:40:16 (52.1%)	7:43	7.8 (48.1%)
96	<b>BANYŚ Damian</b>	<b>97</b>		M30	42	00:00:15	<b>01:18:29.85</b>	<b>01:18:45.05</b>	+00:41:28 (52.8%)	7:51	7.6 (46.9%)
97	<b>KNAPEK Przemysław</b>	<b>90</b>		M30	43	00:00:08	<b>01:20:19.10</b>	<b>01:20:27.20</b>	+00:43:17 (53.9%)	8:01	7.5 (46.3%)
98	<b>KRAWCZYK Michał</b>	<b>64</b>		M30	44	00:00:12	<b>01:25:16.25</b>	<b>01:25:28.95</b>	+00:48:14 (56.6%)	8:31	7 (43.2%)
99	<b>ORYŃSKI Szymon</b>	<b>144</b>		M18	21	00:00:04	<b>01:26:02.95</b>	<b>01:26:06.95</b>	+00:49:01 (57.0%)	8:36	7 (43.2%)
100	<b>ŁOPATKA Kazimierz</b>	<b>263</b>	MOSIR	M50+	13	00:00:21	<b>01:33:11.85</b>	<b>01:33:32.95</b>	+00:56:10 (60.3%)	9:19	6.4 (39.5%)

Znaleziono 100 wynik(ów)