



# SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

Qualifit  
2016-07-30  
Nowa Wieś  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>HYLA Dariusz</b>	<b>233</b>	CAFEMOBIL TEAM	M40	1	00:00:03	<b>00:50:42.85</b>	<b>00:50:45.85</b>		5:04	11.8 (100%)
2	<b>KLAŚ Łukasz</b>	<b>58</b>	BIEGAM NA TARCHOMINIE	M40	2	00:00:03	<b>00:51:01.15</b>	<b>00:51:04.15</b>	+00:00:18 (0.6%)	5:06	11.8 (100%)
3	<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>	+00:03:23 (6.3%)	5:24	11.1 (94.1%)
4	<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>	+00:03:32 (6.5%)	5:25	11.1 (94.1%)
5	<b>GWÓZDŹ Piotr</b>	<b>222</b>		M40	5	00:00:05	<b>00:54:32.55</b>	<b>00:54:37.90</b>	+00:03:49 (7.0%)	5:27	11 (93.2%)
6	<b>GAŚCZYK 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>	+00:05:51 (10.4%)	5:39	10.6 (89.8%)
7	<b>MICELSKI Jacek</b>	<b>79</b>		M40	7	00:00:07	<b>00:56:52.95</b>	<b>00:57:00.75</b>	+00:06:10 (10.8%)	5:41	10.5 (89.0%)
8	<b>DUBIŃSKI Przemysław</b>	<b>57</b>	HCVRUNNER	M40	8	00:00:04	<b>00:57:25.10</b>	<b>00:57:29.30</b>	+00:06:42 (11.7%)	5:44	10.4 (88.1%)
9	<b>KUCZBORSKI Jarosław</b>	<b>69</b>	HARPAGAN SOSNOWIEC	M40	9	00:00:12	<b>00:59:45.65</b>	<b>00:59:58.05</b>	+00:09:02 (15.1%)	5:58	10 (84.7%)
10	<b>LANY Grzegorz</b>	<b>99</b>		M40	10	00:00:12	<b>00:59:55.35</b>	<b>01:00:07.55</b>	+00:09:12 (15.4%)	5:59	10 (84.7%)
11	<b>PAJĄK Wacław</b>	<b>67</b>		M40	11	00:00:11	<b>01:01:49.25</b>	<b>01:02:01.05</b>	+00:11:06 (18.0%)	6:11	9.7 (82.2%)
12	<b>ZOWADA Robert</b>	<b>59</b>		M40	12	00:00:11	<b>01:01:49.35</b>	<b>01:02:01.15</b>	+00:11:06 (18.0%)	6:11	9.7 (82.2%)
13	<b>WOLNY Damian</b>	<b>11</b>		M40	13	00:00:18	<b>01:03:57.40</b>	<b>01:04:15.45</b>	+00:13:14 (20.7%)	6:23	9.4 (79.7%)
14	<b>WOLNIK Andrzej</b>	<b>22</b>	ALOE TEAM	M40	14	00:00:15	<b>01:04:19.90</b>	<b>01:04:35.55</b>	+00:13:37 (21.2%)	6:26	9.3 (78.8%)
15	<b>JAGLARZ Daniel</b>	<b>26</b>		M40	15	00:00:19	<b>01:04:38.40</b>	<b>01:04:57.40</b>	+00:13:55 (21.5%)	6:27	9.3 (78.8%)
16	<b>MATEJA Mirosław</b>	<b>218</b>		M40	16	00:00:12	<b>01:05:17.50</b>	<b>01:05:30.40</b>	+00:14:34 (22.3%)	6:31	9.2 (78.0%)
17	<b>GAJEWSKI Paweł</b>	<b>111</b>		M40	17	00:00:08	<b>01:07:05.70</b>	<b>01:07:14.45</b>	+00:16:22 (24.4%)	6:42	8.9 (75.4%)
18	<b>KUR Mariusz</b>	<b>266</b>		M40	18	00:00:09	<b>01:07:44.55</b>	<b>01:07:53.60</b>	+00:17:01 (25.1%)	6:46	8.9 (75.4%)
19	<b>DĘBSKI Mariusz</b>	<b>71</b>	NIGHT RUNNERS GLIWICE	M40	19	00:00:19	<b>01:09:05.75</b>	<b>01:09:25.20</b>	+00:18:22 (26.6%)	6:54	8.7 (73.7%)
20	<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>	+00:19:10 (27.4%)	6:59	8.6 (72.9%)
21	<b>KACZMAREK Robert</b>	<b>31</b>		M40	21	00:00:08	<b>01:12:27.85</b>	<b>01:12:35.95</b>	+00:21:45 (30.0%)	7:14	8.3 (70.3%)
22	<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>	+00:26:35 (34.4%)	7:43	7.8 (66.1%)

Total 22 results.