



SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

Organiser:
Date:
Place:
Distance:

Qualifit
2016-07-30
Nowa Wieś
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M50+

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	LUBNAU Marek	105	HARPAGAN SOSNOWIEC	M50+	1	00:00:03	00:46:58.65	00:47:01.95		4:41	12.8 (100%)
2	FAJER Marek	104	ZWIK MYSZKÓW, AMBITNI AMATORZY	M50+	2	00:00:07	00:54:23.65	00:54:31.35	+00:07:25 (13.6%)	5:26	11 (85.9%)
3	PŁOSKOŃSKI Piotr	269		M50+	3	00:00:03	00:54:35.80	00:54:39.65	+00:07:37 (14.0%)	5:27	11 (85.9%)
4	JAGLARZ Jarosław	95	VILAMALIA	M50+	4	00:00:18	00:56:34.05	00:56:52.60	+00:09:35 (17.0%)	5:39	10.6 (82.8%)
5	BŁOŃSKI Zbigniew	209	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M50+	5	00:00:15	00:59:42.90	00:59:58.75	+00:12:44 (21.3%)	5:58	10 (78.1%)
6	CUPIAŁ Zenon	217	-	M50+	6	00:00:16	01:00:36.75	01:00:53.55	+00:13:38 (22.5%)	6:03	9.9 (77.3%)
7	STRZELECKI Lesław	109	CEGELEC GLIWICE	M50+	7	00:00:16	01:06:00.05	01:06:16.75	+00:19:01 (28.8%)	6:36	9.1 (71.1%)
8	MIKOŁAJCZYK Piotr	44	TKKF CZELADZ	M50+	8	00:00:10	01:06:25.90	01:06:36.80	+00:19:27 (29.3%)	6:38	9 (70.3%)
9	STANUSZEK Rafał	86		M50+	9	00:00:15	01:07:05.15	01:07:21.05	+00:20:06 (30.0%)	6:42	8.9 (69.5%)
10	RUP Wiesław	100		M50+	10	00:00:21	01:09:07.40	01:09:28.55	+00:22:08 (32.0%)	6:54	8.7 (68.0%)
11	ZEMŁA Krzysztof	3		M50+	11	00:00:14	01:11:08.00	01:11:22.00	+00:24:09 (34.0%)	7:06	8.4 (65.6%)
12	GARNOWSKI Dariusz	85		M50+	12	00:00:20	01:14:52.45	01:15:12.80	+00:27:53 (37.3%)	7:29	8 (62.5%)
13	ŁOPATKA Kazimierz	263	MOSIR	M50+	13	00:00:21	01:33:11.85	01:33:32.95	+00:46:13 (49.6%)	9:19	6.4 (50.0%)

Total 13 results.