



Event:
Organiser:
Date:
Place:
Distance:

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

V PÓLMARATON GLIWICKI

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Classification: M-20

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	MRÓWKA Mateusz	484	KWK MARCEL /RADLINIOKI W BIEGU	M-20	1	00:00:01	00:15:59	00:32:19	00:48:08	01:05:21	01:08:58.85	01:09:00.40		3:16	18.4 (100%)
2	GROŃ Krystian	234	OASIS SPORT TEAM / TAK DLA TRANSPLANTACJI	M-20	2	00:00:02	00:18:02	00:36:54	00:55:52	01:15:24	01:19:25.45	01:19:27.75	+00:10:26 (13.1%)	3:45	15.9 (86.4%)
3	OŻÓG Marek	532		M-20	3	00:00:06	00:20:09	00:40:58	01:01:57	01:24:16	01:28:57.40	01:29:04.00	+00:19:58 (22.5%)	4:12	14.2 (77.2%)
4	KOWARA Piotr	350	NOGAMI DO PRZODU	M-20	4	00:00:07	00:20:57	00:42:13	01:03:23	01:24:42	01:29:03.75	01:29:11.45	+00:20:04 (22.5%)	4:13	14.2 (77.2%)
5	KASPRZAK Radosław	310		M-20	5	00:00:03	00:21:00	00:42:17	01:03:27	01:24:47	01:30:04.65	01:30:08.20	+00:21:05 (23.4%)	4:16	14.1 (76.6%)
6	MAŚCIBRZUCH Marcin	453		M-20	6	00:00:11	00:21:02	00:42:51	01:04:39	01:27:32	01:32:19.10	01:32:31.00	+00:23:20 (25.3%)	4:22	13.7 (74.5%)
7	ANGRES Paweł	15		M-20	7	00:00:04	00:20:55	00:42:03	01:03:16	01:28:05	01:33:53.00	01:33:57.80	+00:24:54 (26.5%)	4:26	13.5 (73.4%)
8	ZEMCZAK Kamil	844		M-20	8	00:00:06	00:21:07	00:43:18	01:05:46	01:29:23	01:34:22.00	01:34:28.50	+00:25:23 (26.9%)	4:28	13.4 (72.8%)
9	NOWAK Mateusz	514	PRZEBIEGA.PL	M-20	9	00:00:07	00:20:58	00:42:34	01:05:07	01:29:38	01:34:54.45	01:35:01.80	+00:25:55 (27.3%)	4:29	13.3 (72.3%)
10	MALSKI Tomasz	440		M-20	10	00:00:12	00:23:03	00:46:18	01:09:16	01:30:52	01:35:02.00	01:35:14.90	+00:26:03 (27.4%)	4:30	13.3 (72.3%)
11	KUBICA Bartosz	375		M-20	11	00:01:22	00:23:53	00:46:51	01:08:54	01:31:13	01:35:30.65	01:36:53.05	+00:26:31 (27.8%)	4:31	13.3 (72.3%)
12	KUREK Bartosz	383		M-20	12	00:00:15	00:23:09	00:46:25	01:08:53	01:31:40	01:36:00.70	01:36:15.70	+00:27:01 (28.2%)	4:32	13.2 (71.7%)
13	KOCHUIEVSKYI Oleksandr	326	FLUOR	M-20	13	00:01:03	00:21:27	00:44:22	01:07:54	01:31:35	01:36:17.70	01:37:21.35	+00:27:18 (28.4%)	4:33	13.1 (71.2%)
14	GWIAZDA Łukasz	248		M-20	14	00:00:20	00:23:42	00:46:47	01:09:18	01:32:05	01:36:54.20	01:37:14.75	+00:27:55 (28.8%)	4:35	13.1 (71.2%)
15	SZUŚCIK Michał	734		M-20	15	00:00:40	00:23:43	00:47:08	01:09:40	01:32:53	01:37:31.10	01:38:11.25	+00:28:32 (29.3%)	4:37	13 (70.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
16	CHRAPKOWICZ Damian	104	304	M-20	16	00:00:43	00:22:41	00:45:46	01:08:54	01:33:01	01:37:42.50	01:38:26.45	+00:28:43 (29.4%)	4:37	13 (70.7%)
17	SCHAB Bartłomiej	642		M-20	17	00:00:09	00:21:30	00:44:49	01:08:11	01:32:58	01:38:13.35	01:38:23.20	+00:29:14 (29.8%)	4:39	12.9 (70.1%)
18	SAZANÓW Bartosz	641		M-20	18	00:00:06	00:21:03	00:44:31	01:08:10	01:34:07	01:39:30.00	01:39:36.05	+00:30:31 (30.7%)	4:42	12.7 (69.0%)
19	WILK Dawid	795	PACEMAKER	M-20	19	00:00:12	00:23:09	00:46:25	01:09:57	01:34:30	01:39:50.65	01:40:03.20	+00:30:51 (30.9%)	4:43	12.7 (69.0%)
20	SKLORZ Marcin	656		M-20	20	00:00:21	00:23:58	00:48:06	01:12:00	01:35:51	01:40:46.60	01:41:07.85	+00:31:47 (31.6%)	4:46	12.6 (68.5%)
21	SZCZUDLIŃSKI Dawid	719	RUNTEAM PAWŁOWICE	M-20	21	00:00:18	00:22:29	00:45:47	01:09:52	01:36:25	01:41:28.40	01:41:47.35	+00:32:29 (32.0%)	4:48	12.5 (67.9%)
22	LOSKA Tomasz	413	GONG!	M-20	22	00:00:30	00:24:44	00:49:49	01:13:24	01:37:28	01:42:10.85	01:42:40.85	+00:33:12 (32.5%)	4:50	12.4 (67.4%)
23	BORYCZKA Dawid	76		M-20	23	00:00:39	00:25:14	00:50:42	01:14:03	01:37:59	01:42:59.40	01:43:38.65	+00:34:00 (33.0%)	4:52	12.3 (66.8%)
24	KAZANA Grzegorz	316		M-20	24	00:00:27	00:23:45	00:47:59	01:12:12	01:37:31	01:42:59.85	01:43:27.45	+00:34:01 (33.0%)	4:52	12.3 (66.8%)
25	WENGLORZ Marcin	778	TBF	M-20	25	00:00:25	00:23:01	00:47:25	01:12:06	01:37:34	01:43:00.20	01:43:25.95	+00:34:01 (33.0%)	4:52	12.3 (66.8%)
26	JABŁOŃSKI Łukasz	265	FIS-SST TEAM / UNISONO	M-20	26	00:00:31	00:24:27	00:48:56	01:13:14	01:37:54	01:43:06.55	01:43:37.95	+00:34:07 (33.1%)	4:53	12.3 (66.8%)
27	BEDNAREK Martin	32	TKKF SZCZYGŁOWICE	M-20	27	00:00:14	00:24:02	00:48:24	01:12:14	01:37:51	01:43:46.00	01:44:00.30	+00:34:47 (33.5%)	4:55	12.2 (66.3%)
28	BAJOREK Dawid	18		M-20	28	00:00:27	00:23:37	00:48:19	01:13:03	01:38:55	01:44:07.10	01:44:34.25	+00:35:08 (33.7%)	4:56	12.2 (66.3%)
29	GIEMZA Armin	205		M-20	29	00:00:35	00:24:38	00:49:29	01:14:54	01:39:19	01:44:27.15	01:45:02.35	+00:35:28 (34.0%)	4:57	12.1 (65.8%)
30	DROZD Grzegorz	153		M-20	30	00:00:32	00:23:52	00:48:27	01:13:49	01:39:37	01:44:55.20	01:45:28.15	+00:35:56 (34.3%)	4:58	12.1 (65.8%)
31	RUDNICKI Kamil	619	MYSZKÓW BIEGA	M-20	31	00:00:28	00:24:20	00:49:24	01:14:37	01:39:49	01:44:58.85	01:45:27.70	+00:36:00 (34.3%)	4:58	12.1 (65.8%)
32	WEBER Tomasz	777		M-20	32	00:00:27	00:24:28	00:49:34	01:15:00	01:39:56	01:45:07.95	01:45:35.40	+00:36:09 (34.4%)	4:58	12 (65.2%)
33	GÓRALEWSKI Rafał	899		M-20	33	00:00:09	00:23:37	00:48:02	01:13:02	01:39:38	01:45:11.85	01:45:21.40	+00:36:13 (34.4%)	4:59	12 (65.2%)
34	KNOP Łukasz	325		M-20	34	00:00:56	00:25:29	00:51:13	01:15:41	01:40:15	01:45:20.45	01:46:16.80	+00:36:21 (34.5%)	4:59	12 (65.2%)
35	RYGOL Daniel	628	GIBKE GIZDY	M-20	35	00:00:25	00:23:57	00:48:42	01:14:05	01:40:01	01:45:30.15	01:45:55.60	+00:36:31 (34.6%)	5:00	12 (65.2%)
36	GŁAZOWSKI Gabriel	941	GŁAZOWSKI I ŁYCZKO	M-20	36	00:00:22	00:24:53	00:50:07	01:15:19	01:41:01	01:46:21.25	01:46:44.00	+00:37:22 (35.1%)	5:02	11.9 (64.7%)
37	JANIK Karol	273		M-20	37	00:00:42	00:25:11	00:50:47	01:16:07	01:42:06	01:47:20.70	01:48:03.35	+00:38:21 (35.7%)	5:05	11.8 (64.1%)
38	UZDRZYCHOWSKI Maciej	766	BOLDARE	M-20	38	00:00:13	00:23:40	00:49:09	01:14:35	01:41:56	01:47:23.70	01:47:37.25	+00:38:24 (35.8%)	5:05	11.8 (64.1%)
39	DROSDZOL Piotr	152	ZDYCHOM ALE LECA	M-20	39	00:00:27	00:25:29	00:51:06	01:16:23	01:42:09	01:47:29.40	01:47:56.90	+00:38:30 (35.8%)	5:05	11.8 (64.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
40	BARTOSZUK Jarosław	27		M-20	40	00:01:25	00:27:13	00:55:04	01:18:15	01:42:42	01:47:34.70	01:49:00.05	+00:38:35 (35.9%)	5:05	11.8 (64.1%)
41	GRAJKO Mateusz	225		M-20	41	00:00:23	00:24:49	00:49:44	01:15:08	01:41:51	01:47:40.45	01:48:04.00	+00:38:41 (35.9%)	5:06	11.8 (64.1%)
42	OSOJCA Damian	528		M-20	42	00:00:27	00:24:16	00:50:14	01:15:33	01:42:31	01:47:49.00	01:48:16.00	+00:38:50 (36.0%)	5:06	11.7 (63.6%)
43	KURZAJ Mateusz	385	HIRERIGHT RUNNING TEAM	M-20	43	00:00:53	00:25:06	00:50:41	01:16:14	01:42:43	01:48:22.05	01:49:15.30	+00:39:23 (36.3%)	5:08	11.7 (63.6%)
44	BIEŃKOWSKI Piotr	53		M-20	44	00:00:44	00:25:00	00:50:44	01:17:00	01:43:20	01:48:55.75	01:49:40.50	+00:39:56 (36.7%)	5:09	11.6 (63.0%)
45	GAŁECZKA Michał	189		M-20	45	00:00:32	00:25:04	00:50:54	01:16:57	01:43:37	01:48:59.60	01:49:32.40	+00:40:00 (36.7%)	5:09	11.6 (63.0%)
46	KURAŚ Łukasz	381	FAST FOOT TEAM SIEWIERZ	M-20	46	00:00:41	00:24:50	00:50:41	01:16:38	01:43:37	01:49:00.25	01:49:41.70	+00:40:01 (36.7%)	5:09	11.6 (63.0%)
47	MELICH Tomek	466	A.BERGER POLSKA	M-20	47	00:00:16	00:24:00	00:48:22	01:13:20	01:43:02	01:49:00.80	01:49:17.65	+00:40:01 (36.7%)	5:10	11.6 (63.0%)
48	CIUPEK Adrian	113		M-20	48	00:00:29	00:25:08	00:50:44	01:16:12	01:44:15	01:50:06.55	01:50:35.85	+00:41:07 (37.4%)	5:13	11.5 (62.5%)
49	MISIURA Artur	477		M-20	49	00:00:17	00:28:23	00:55:36	01:21:16	01:45:45	01:50:29.05	01:50:46.55	+00:41:30 (37.6%)	5:14	11.5 (62.5%)
50	ZIĘBA Paweł	848		M-20	50	00:00:59	00:26:44	00:53:02	01:19:23	01:45:51	01:51:05.30	01:52:04.95	+00:42:06 (37.9%)	5:15	11.4 (62.0%)
51	GRYGIEREK Jarosław	241		M-20	51	00:00:26	00:24:47	00:49:39	01:15:27	01:45:01	01:51:34.30	01:52:01.00	+00:42:35 (38.2%)	5:17	11.3 (61.4%)
52	ŁANECKI Michał	419	TYTANI WSB / OSP MIKULCZYCE	M-20	52	00:00:14	00:22:14	00:46:26	01:14:15	01:45:47	01:52:48.75	01:53:03.40	+00:43:49 (38.9%)	5:20	11.2 (60.9%)
53	GARBOWSKI Witold	194		M-20	53	00:01:08	00:27:17	00:53:47	01:20:36	01:48:09	01:53:55.70	01:55:04.40	+00:44:56 (39.5%)	5:23	11.1 (60.3%)
54	TRĄBA Tomasz	943	ASC	M-20	54	00:00:24	00:24:56	00:50:49	01:18:20	01:48:33	01:54:39.50	01:55:03.70	+00:45:40 (39.8%)	5:26	11 (59.8%)
55	STOPPEL Piotr	701	VEROCARGO	M-20	55	00:00:35	00:26:45	00:53:29	01:20:42	01:48:55	01:54:42.90	01:55:18.45	+00:45:44 (39.9%)	5:26	11 (59.8%)
56	NOCOŃ Tobiasz	512		M-20	56	00:01:20	00:29:12	00:58:50	01:25:16	01:49:53	01:54:50.05	01:56:10.10	+00:45:51 (39.9%)	5:26	11 (59.8%)
57	GOGOLIN Artur	210	BIEG Z CHRYSTUSEM!	M-20	57	00:01:18	00:30:24	00:58:45	01:24:52	01:50:06	01:55:13.10	01:56:31.45	+00:46:14 (40.1%)	5:27	11 (59.8%)
58	PIETRZAK Piotr	565		M-20	58	00:00:57	00:27:10	00:53:15	01:19:41	01:49:29	01:55:20.00	01:56:17.05	+00:46:21 (40.2%)	5:27	11 (59.8%)
59	SKURA Adam	663	FLUOR	M-20	59	00:01:01	00:27:09	00:54:11	01:21:50	01:49:45	01:55:43.15	01:56:44.90	+00:46:44 (40.4%)	5:29	10.9 (59.2%)
60	GARUS Tomasz	195	304	M-20	60	00:00:45	00:26:59	00:53:49	01:21:37	01:50:35	01:56:30.90	01:57:16.55	+00:47:32 (40.8%)	5:31	10.9 (59.2%)
61	POGRANICZNY Damian	955	ELZAB ACTIVE TEAM	M-20	61	00:01:04	00:28:40	00:56:49	01:24:08	01:51:19	01:57:11.25	01:58:15.90	+00:48:12 (41.1%)	5:33	10.8 (58.7%)
62	GINALSKI Aleksander	207	BOLDARE	M-20	62	00:01:31	00:26:49	00:53:16	01:20:32	01:50:48	01:57:22.95	01:58:54.00	+00:48:24 (41.2%)	5:33	10.8 (58.7%)
63	STRONCZYŃSKI Andrzej	703	NIGHT RUNNERS GLIWICE	M-20	63	00:01:03	00:27:56	00:55:44	01:22:41	01:51:19	01:57:30.40	01:58:33.95	+00:48:31 (41.3%)	5:34	10.8 (58.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
64	MICHNA Wojtek	469		M-20	64	00:00:44	00:26:35	00:54:17	01:22:23	01:51:51	01:58:32.55	01:59:16.70	+00:49:33 (41.8%)	5:37	10.7 (58.2%)
65	BUKOWSKI Adam	96		M-20	65	00:00:28	00:27:20	00:55:29	01:23:46	01:53:06	01:58:39.95	01:59:08.45	+00:49:41 (41.9%)	5:37	10.7 (58.2%)
66	GRZESICZEK Piotr	245	HIRERIGHT RUNNING TEAM	M-20	66	00:00:57	00:28:07	00:56:15	01:24:56	01:54:16	02:00:12.10	02:01:09.15	+00:51:13 (42.6%)	5:41	10.5 (57.1%)
67	KOŁAK Szymon	330		M-20	67	00:01:21	00:27:56	00:56:28	01:24:23	01:54:15	02:00:31.30	02:01:53.10	+00:51:32 (42.8%)	5:42	10.5 (57.1%)
68	KARABASZ Marek	304	LOTAJĄCE CHOPY	M-20	68	00:01:03	00:26:23	00:55:45	01:23:35	01:54:42	02:00:39.20	02:01:42.50	+00:51:40 (42.8%)	5:43	10.5 (57.1%)
69	CIURA Łukasz	114		M-20	69	00:00:28	00:25:28	00:52:40	01:21:36	01:53:49	02:01:13.15	02:01:41.20	+00:52:14 (43.1%)	5:44	10.4 (56.5%)
70	KARAWACKI Grzegorz	305		M-20	70	00:00:20	00:27:31	00:56:58	01:26:49	01:55:33	02:01:25.75	02:01:46.10	+00:52:26 (43.2%)	5:45	10.4 (56.5%)
71	JANKOWSKI Jan	275	SOKÓŁ ŚLĄSK	M-20	71	00:00:41	00:25:21	00:52:33	01:21:37	01:54:44	02:01:35.10	02:02:17.05	+00:52:36 (43.3%)	5:45	10.4 (56.5%)
72	BAJ Tomasz	17		M-20	72	00:00:43	00:25:50	00:53:40	01:23:37	01:57:03	02:03:05.55	02:03:49.50	+00:54:06 (44.0%)	5:50	10.3 (56.0%)
73	STĘPIEŃ Wojciech	698		M-20	73	00:00:56	00:28:09	00:56:35	01:25:38	01:57:39	02:04:22.15	02:05:18.80	+00:55:23 (44.5%)	5:53	10.2 (55.4%)
74	SOWIAR Maciej	681		M-20	74	00:01:25	00:27:12	00:55:05	01:23:43	01:56:53	02:04:24.45	02:05:50.30	+00:55:25 (44.6%)	5:53	10.2 (55.4%)
75	BARTOSZ Kamil	26		M-20	75	00:00:43	00:28:15	00:57:09	01:26:16	01:57:57	02:04:58.25	02:05:41.50	+00:55:59 (44.8%)	5:55	10.1 (54.9%)
76	SOJKA Tomasz	675		M-20	76	00:00:38	00:29:07	00:59:33	01:29:32	01:59:44	02:05:36.20	02:06:14.20	+00:56:37 (45.1%)	5:57	10.1 (54.9%)
77	TADEUSIAK Bartosz	743		M-20	77	00:01:32	00:31:02	01:01:08	01:29:51	02:00:25	02:06:24.20	02:07:57.05	+00:57:25 (45.4%)	5:59	10 (54.3%)
78	PRZESTALSKI Marian	591	AC POLANKA	M-20	78	00:01:16	00:27:24	00:54:40	01:23:22	02:02:05	02:07:56.15	02:09:12.30	+00:58:57 (46.1%)	6:03	9.9 (53.8%)
79	GRYGIEREK Marcin	242		M-20	79	00:00:15	00:25:15	00:53:55	01:23:54	02:00:38	02:08:36.25	02:08:51.65	+00:59:37 (46.4%)	6:05	9.8 (53.3%)
80	KUBICA Michał	374		M-20	80	00:01:16	00:30:50	01:01:57	01:33:26	02:03:29	02:09:28.55	02:10:45.00	+01:00:29 (46.7%)	6:08	9.8 (53.3%)
81	GROCHAL Tomasz	230	EXORIGO-UPOS	M-20	81	00:01:23	00:31:22	01:03:15	01:33:37	02:04:13	02:10:18.75	02:11:42.20	+01:01:19 (47.1%)	6:10	9.7 (52.7%)
82	GORCZEWSKI Maciej	218	EXORIGO-UPOS	M-20	82	00:01:22	00:31:23	01:03:16	01:33:38	02:04:14	02:10:19.40	02:11:42.10	+01:01:20 (47.1%)	6:10	9.7 (52.7%)
83	BURDA Paweł	97		M-20	83	00:01:34	00:31:13	01:03:12	01:34:16	02:05:16	02:11:29.30	02:13:04.10	+01:02:30 (47.5%)	6:13	9.6 (52.2%)
84	PIEKARA Piotr	561		M-20	84	00:01:01	00:28:09	00:57:19	01:28:40	02:05:15	02:13:21.20	02:14:22.60	+01:04:22 (48.3%)	6:19	9.5 (51.6%)
85	KOWRYGO Adam	352		M-20	85	00:00:57	00:31:31	01:02:25	01:33:19	02:05:43	02:13:22.45	02:14:20.25	+01:04:23 (48.3%)	6:19	9.5 (51.6%)
86	FAJKOWSKI Patryk	168	SAMOTNE WILKI	M-20	86	00:01:03	00:27:56	00:57:20	01:29:59	02:07:57	02:15:29.35	02:16:32.95	+01:06:30 (49.1%)	6:25	9.3 (50.5%)
87	BŁASZCZYSZYN Michał	61		M-20	87	00:01:31	00:30:49	01:03:02	01:35:21	02:11:23	02:18:58.15	02:20:29.55	+01:09:59 (50.4%)	6:35	9.1 (49.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
88	BOJEŚ Marcin	69		M-20	88	00:01:37	00:30:48	01:02:51	01:34:49	02:11:58	02:19:01.70	02:20:39.15	+01:10:02 (50.4%)	6:35	9.1 (49.5%)
89	MANISTA Paweł	443		M-20	89	00:00:26	00:28:51	00:59:55	01:34:00	02:12:04	02:20:49.80	02:21:16.00	+01:11:50 (51.0%)	6:40	9 (48.9%)
90	WĘGIEL Kacper	922		M-20	90	00:00:02	00:31:23	01:03:40	01:37:34	02:15:28	02:23:36.00	02:23:38.35	+01:14:37 (52.0%)	6:48	8.8 (47.8%)
91	ZGRAJA Wojciech	846		M-20	91	00:01:06	00:26:49	00:55:03	01:28:25	02:15:45	02:23:56.50	02:25:03.40	+01:14:57 (52.1%)	6:49	8.8 (47.8%)
92	ZIĘBA Michał	847		M-20	92	00:00:57	00:31:31	01:02:25	01:33:19	02:18:03	02:26:58.25	02:27:55.70	+01:17:59 (53.1%)	6:57	8.6 (46.7%)
93	PRZEWOŻNY Daniel	594		M-20	93	00:01:01	00:32:22	01:09:00	01:47:22	02:29:18	02:38:32.85	02:39:34.20	+01:29:34 (56.5%)	7:30	8 (43.5%)
	KRAWCZYK Marcin	363		M-20		DNF	00:36:05 DNF	01:15:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 94 results.