



# VII PÓŁMARATON GLIWICKI

B4SPORT

**Wydarzenie:** VII PÓŁMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-10-17  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>MRACHACZ Piotr</b>	<b>580</b>	STUDIO PROJEKTOWE SPART	M-20	1	00:00:03	00:09:11	00:25:53	00:43:05	00:59:55	<b>01:15:49.85</b>	<b>01:15:53.65</b>		3:35	16.7 (100%)
2	<b>FOLTYN Jakub</b>	<b>110</b>	WYTRZYMALI.COACH	M-20	2	00:00:04	00:09:39	00:27:08	00:44:46	01:01:57	<b>01:18:53.70</b>	<b>01:18:57.95</b>	+00:03:03 (3.9%)	3:44	16 (95.8%)
3	<b>SIKOŃCZYK Miłosz</b>	<b>437</b>	RUNNING PERFORMANCE	M-20	3	00:00:02	00:09:30	00:27:26	00:46:04	01:04:12	<b>01:21:28.35</b>	<b>01:21:30.65</b>	+00:05:38 (6.9%)	3:51	15.5 (92.8%)
4	<b>JANCEWICZ Marcin</b>	<b>178</b>		M-20	4	00:00:04	00:10:07	00:28:26	00:47:09	01:05:30	<b>01:22:37.75</b>	<b>01:22:42.30</b>	+00:06:47 (8.2%)	3:54	15.3 (91.6%)
5	<b>MUSKAŁA Mateusz</b>	<b>343</b>	AUGUSTEAM	M-20	5	00:00:04	00:10:05	00:28:26	00:47:38	01:07:06	<b>01:26:06.30</b>	<b>01:26:10.85</b>	+00:10:16 (11.9%)	4:04	14.7 (88.0%)
6	<b>DZIDA Dominik</b>	<b>101</b>		M-20	6	00:00:15	00:11:05	00:31:24	00:51:46	01:11:12	<b>01:30:02.25</b>	<b>01:30:17.45</b>	+00:14:12 (15.8%)	4:16	14.1 (84.4%)
7	<b>FAŁEK Adam</b>	<b>105</b>	ŁAMIGNATY	M-20	7	00:00:14	00:10:12	00:29:23	00:50:20	01:10:50	<b>01:30:07.20</b>	<b>01:30:21.40</b>	+00:14:17 (15.9%)	4:16	14 (83.8%)
8	<b>ŁOZIŃSKI Wojciech</b>	<b>287</b>	PARKRUN CHRZANÓW	M-20	8	00:00:07	00:11:01	00:31:13	00:51:30	01:11:15	<b>01:30:35.50</b>	<b>01:30:42.55</b>	+00:14:45 (16.3%)	4:17	14 (83.8%)
9	<b>PILNY Karol</b>	<b>387</b>	AKTYWNI RYDUŁTOWY	M-20	9	00:00:04	00:10:51	00:30:48	00:51:44	01:11:59	<b>01:31:41.35</b>	<b>01:31:45.45</b>	+00:15:51 (17.3%)	4:20	13.8 (82.6%)
10	<b>GALILEJCZYK Mariusz</b>	<b>118</b>		M-20	10	00:00:36	00:10:57	00:30:43	00:52:37	01:14:54	<b>01:36:05.50</b>	<b>01:36:42.05</b>	+00:20:15 (21.1%)	4:33	13.2 (79.0%)
11	<b>KAMIŃSKI Marcin</b>	<b>205</b>		M-20	11	00:00:00					<b>01:36:34.85</b>	<b>01:36:34.85</b>	+00:20:45 (21.5%)	4:34	13.1 (78.4%)
12	<b>DREWNIAK Marcin</b>	<b>638</b>		M-20	12	00:00:22	00:11:55	00:33:42	00:55:52	01:18:20	<b>01:39:14.10</b>	<b>01:39:36.50</b>	+00:23:24 (23.6%)	4:42	12.8 (76.6%)
13	<b>MEOSSI Alessandro</b>	<b>321</b>	MONAR GRACZE	M-20	13	00:00:21	00:12:30	00:33:26	00:55:08	01:17:24	<b>01:39:46.75</b>	<b>01:40:08.60</b>	+00:23:56 (24.0%)	4:43	12.7 (76.0%)
14	<b>KUŹMA Andrzej</b>	<b>269</b>	TEAM ARTIVENT	M-20	14	00:00:22	00:12:29	00:35:14	00:57:51	01:20:54	<b>01:40:02.95</b>	<b>01:40:25.35</b>	+00:24:13 (24.2%)	4:44	12.7 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas		Różn	Tempo min/km	Tempo km/h
											netto	brutto			
15	<b>SKLORZ Marcin</b>	<b>442</b>		M-20	15	00:00:18	00:11:50	00:33:24	00:55:42	01:17:41	<b>01:40:20.20</b>	<b>01:40:39.05</b>	+00:24:30 (24.4%)	4:45	12.6 (75.4%)
16	<b>WARDZYK Damian</b>	<b>502</b>	ZŁOTA MARKA	M-20	16	00:00:23	00:12:30	00:33:32	00:54:56	01:17:36	<b>01:40:20.90</b>	<b>01:40:43.95</b>	+00:24:31 (24.4%)	4:45	12.6 (75.4%)
17	<b>SZCZEPANEK Łukasz</b>	<b>473</b>		M-20	17	00:00:15	00:12:09	00:33:54	00:56:07	01:18:26	<b>01:40:22.00</b>	<b>01:40:37.10</b>	+00:24:32 (24.4%)	4:45	12.6 (75.4%)
18	<b>ADAMCZYK Daniel</b>	<b>2</b>	NIGHT RUNNERS PYSKOWICE	M-20	18	00:00:26	00:12:10	00:34:13	00:56:47	01:19:36	<b>01:41:22.60</b>	<b>01:41:48.70</b>	+00:25:32 (25.2%)	4:48	12.5 (74.9%)
19	<b>KUBIŚ Mateusz</b>	<b>261</b>	JÓZEFINKA	M-20	19	00:00:16	00:12:18	00:35:10	00:57:48	01:20:55	<b>01:43:20.35</b>	<b>01:43:36.85</b>	+00:27:30 (26.6%)	4:53	12.3 (73.7%)
20	<b>GAJDA Patryk</b>	<b>116</b>		M-20	20	00:00:20	00:12:29	00:35:13	00:57:51	01:21:09	<b>01:43:42.55</b>	<b>01:44:02.60</b>	+00:27:52 (26.9%)	4:54	12.2 (73.1%)
21	<b>GALL Kacper</b>	<b>119</b>		M-20	21	00:00:11	00:11:55	00:34:04	00:57:51	01:21:26	<b>01:45:07.40</b>	<b>01:45:18.65</b>	+00:29:17 (27.9%)	4:58	12 (71.9%)
22	<b>NIESZWIC Terencjusz</b>	<b>348</b>		M-20	22	00:00:29	00:12:52	00:35:33	00:59:00	01:23:03	<b>01:46:35.30</b>	<b>01:47:04.30</b>	+00:30:45 (28.9%)	5:03	11.9 (71.3%)
23	<b>MAJEWSKI Antoni</b>	<b>300</b>		M-20	23	00:00:15	00:12:49	00:36:48	01:01:53	01:26:11	<b>01:47:28.25</b>	<b>01:47:44.15</b>	+00:31:38 (29.4%)	5:05	11.8 (70.7%)
24	<b>SACHNIK Marek</b>	<b>425</b>	DYNAMIK SILESIA	M-20	24	00:00:24	00:12:41	00:35:40	01:00:21	01:25:05	<b>01:49:24.30</b>	<b>01:49:48.75</b>	+00:33:34 (30.7%)	5:11	11.6 (69.5%)
25	<b>STELMASZCZYK Konrad</b>	<b>616</b>		M-20	25	00:00:50	00:14:02	00:37:19	01:01:44	01:26:01	<b>01:49:38.35</b>	<b>01:50:28.65</b>	+00:33:48 (30.8%)	5:11	11.5 (68.9%)
26	<b>GROCHOT Arkadiusz</b>	<b>150</b>		M-20	26	00:00:24	00:12:29	00:35:32	01:00:26	01:26:11	<b>01:51:13.80</b>	<b>01:51:37.85</b>	+00:35:23 (31.8%)	5:16	11.4 (68.3%)
27	<b>JOŃSKI Tomasz</b>	<b>194</b>		M-20	27	00:00:56	00:13:59	00:39:23	01:04:42	01:29:21	<b>01:51:29.85</b>	<b>01:52:26.30</b>	+00:35:40 (32.0%)	5:17	11.4 (68.3%)
28	<b>NOWAKOWSKI Dominik</b>	<b>359</b>		M-20	28	00:00:39	00:13:00	00:36:26	01:02:21	01:28:58	<b>01:53:24.40</b>	<b>01:54:03.55</b>	+00:37:34 (33.1%)	5:22	11.2 (67.1%)
29	<b>MIKOS Wojciech</b>	<b>331</b>		M-20	29	00:00:16	00:12:41	00:37:46	01:04:09	01:31:05	<b>01:54:36.10</b>	<b>01:54:52.60</b>	+00:38:46 (33.8%)	5:25	11 (65.9%)
30	<b>KASPRZAK Michał</b>	<b>213</b>		M-20	30	00:00:16	00:12:42	00:37:47	01:04:09	01:31:06	<b>01:55:18.75</b>	<b>01:55:35.15</b>	+00:39:28 (34.2%)	5:27	11 (65.9%)
31	<b>JAWORSKI Jakub</b>	<b>191</b>		M-20	31	00:00:31	00:14:05	00:39:13	01:04:43	01:30:33	<b>01:55:34.10</b>	<b>01:56:05.75</b>	+00:39:44 (34.4%)	5:28	11 (65.9%)
32	<b>KOC Daniel</b>	<b>560</b>		M-20	32	00:00:49	00:14:46	00:39:55	01:05:34	01:31:53	<b>01:55:58.65</b>	<b>01:56:48.00</b>	+00:40:08 (34.6%)	5:29	10.9 (65.3%)
33	<b>SOBIECH Sebastian</b>	<b>608</b>		M-20	33	00:00:40	00:14:53	00:41:14	01:07:50	01:33:22	<b>01:57:06.70</b>	<b>01:57:47.20</b>	+00:41:16 (35.2%)	5:32	10.8 (64.7%)
34	<b>BAJKACZ Tomasz</b>	<b>8</b>		M-20	34	00:00:28	00:14:32	00:40:51	01:07:19	01:33:16	<b>01:57:19.15</b>	<b>01:57:47.85</b>	+00:41:29 (35.4%)	5:33	10.8 (64.7%)
35	<b>PODSTUFKA Szymon</b>	<b>393</b>		M-20	35	00:00:21	00:14:42	00:41:00	01:07:42	01:33:56	<b>01:58:32.05</b>	<b>01:58:53.95</b>	+00:42:42 (36.0%)	5:37	10.7 (64.1%)
36	<b>KAIM Rafał</b>	<b>199</b>		M-20	36	00:01:12	00:15:15	00:41:23	01:08:13	01:35:05	<b>01:59:43.15</b>	<b>02:00:56.10</b>	+00:43:53 (36.7%)	5:40	10.6 (63.5%)
37	<b>MATYSZCZAK Krzysztof</b>	<b>604</b>	TEAM WĄSACZA	M-20	37	00:00:32	00:13:17	00:37:49	01:03:59	01:32:30	<b>02:00:52.90</b>	<b>02:01:25.50</b>	+00:45:03 (37.3%)	5:43	10.5 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
38	<b>TLON Marcin</b>	<b>597</b>		M-20	38	00:00:54	00:16:38	00:45:34	01:14:29	01:40:49	<b>02:02:12.10</b>	<b>02:03:06.95</b>	+00:46:22 (37.9%)	5:47	10.4 (62.3%)
39	<b>STAŃCO Jakub</b>	<b>614</b>		M-20	39	00:00:51	00:15:30	00:42:19	01:08:59	01:35:53	<b>02:02:32.30</b>	<b>02:03:23.65</b>	+00:46:42 (38.1%)	5:48	10.3 (61.7%)
40	<b>GAPIŃSKI Robert</b>	<b>121</b>		M-20	40	00:00:38	00:14:44	00:41:29	01:08:58	01:36:25	<b>02:02:48.60</b>	<b>02:03:27.55</b>	+00:46:58 (38.3%)	5:49	10.3 (61.7%)
41	<b>ŻMUDA Marcin</b>	<b>552</b>		M-20	41	00:01:08	00:15:51	00:44:00	01:12:27	01:40:04	<b>02:05:25.80</b>	<b>02:06:34.45</b>	+00:49:35 (39.5%)	5:56	10.1 (60.5%)
42	<b>ŻMUDA Krzysztof</b>	<b>553</b>		M-20	42	00:01:08	00:15:51	00:44:01	01:12:27	01:40:04	<b>02:05:27.00</b>	<b>02:06:35.65</b>	+00:49:37 (39.6%)	5:56	10.1 (60.5%)
43	<b>GĘBCZYŃSKI Oliwier</b>	<b>129</b>	GO4IT	M-20	43	00:00:48	00:15:20	00:42:41	01:10:44	01:39:02	<b>02:07:05.55</b>	<b>02:07:53.80</b>	+00:51:15 (40.3%)	6:01	10 (59.9%)
44	<b>SEREDA Maciej</b>	<b>575</b>		M-20	44	00:00:53	00:15:48	00:44:17	01:13:21	01:41:25	<b>02:10:13.95</b>	<b>02:11:06.95</b>	+00:54:24 (41.8%)	6:10	9.7 (58.1%)
45	<b>SZYMAŁA Piotr</b>	<b>478</b>		M-20	45	00:00:58	00:15:37	00:44:12	01:13:50	01:43:33	<b>02:12:32.90</b>	<b>02:13:31.80</b>	+00:56:43 (42.8%)	6:16	9.6 (57.5%)
46	<b>STANKIEWICZ Jakub</b>	<b>461</b>		M-20	46	00:01:09	00:17:22	00:47:57	01:18:24	01:48:11	<b>02:14:14.70</b>	<b>02:15:24.15</b>	+00:58:24 (43.5%)	6:21	9.4 (56.3%)
47	<b>RAKOWSKI Michał</b>	<b>406</b>		M-20	47	00:00:32	00:13:16	00:36:55	01:02:36	01:34:03	<b>02:14:51.95</b>	<b>02:15:24.80</b>	+00:59:02 (43.8%)	6:23	9.4 (56.3%)
48	<b>GUŚCIORA Maciej</b>	<b>163</b>		M-20	48	00:00:45	00:14:53	00:43:57	01:14:08	01:46:24	<b>02:18:02.25</b>	<b>02:18:47.50</b>	+01:02:12 (45.1%)	6:32	9.2 (55.1%)
49	<b>CHAFFARI Messaoud</b>	<b>66</b>		M-20	49	00:00:47	00:15:12	00:42:13	01:11:10	01:46:38	<b>02:22:23.20</b>	<b>02:23:10.85</b>	+01:06:33 (46.7%)	6:44	8.9 (53.3%)
50	<b>ZIAJKA Kamil</b>	<b>631</b>		M-20	50	00:00:57	00:15:34	00:42:05	01:08:26	01:45:16	<b>02:24:50.85</b>	<b>02:25:47.85</b>	+01:09:01 (47.6%)	6:51	8.7 (52.1%)
51	<b>WACŁAWEK Tomek</b>	<b>399</b>	TEAM TOMSON	M-20	51	00:00:27	00:15:52	00:46:01	01:18:21	01:52:22	<b>02:26:41.65</b>	<b>02:27:09.05</b>	+01:10:51 (48.3%)	6:57	8.6 (51.5%)
52	<b>WĘGIEL Kacper</b>	<b>507</b>	KB ORŁY Z KNUROWA	M-20	52	00:01:10	00:18:30	00:54:07	01:34:20	02:13:40	<b>02:50:54.40</b>	<b>02:52:04.65</b>	+01:35:04 (55.6%)	8:05	7.4 (44.3%)
53	<b>BEDNAREK Martin</b>	<b>21</b>	STARY HANGAR	M-20	53	00:00:03	00:10:34	00:32:01					+00:06:08	4:26	13.5 (80.8%)

Znaleziono 53 wynik(ów)