



VII PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2021-10-17
Gliwice
21.1 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-50

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	ZIELIŃSKI Ireneusz	544	DKMS JASTRZĘBIE	M-50	1	00:00:04	00:10:30	00:29:31	00:49:14	01:08:51	01:27:37.15	01:27:41.65		4:09	14.4 (100%)
2	MASŁOŃ Błażej	315		M-50	2	00:00:07	00:11:02	00:31:10	00:51:31	01:11:34	01:31:38.70	01:31:46.15	+00:04:01 (4.4%)	4:20	13.8 (95.8%)
3	PASTWA Piotr	379	BIEGAJ Z TRENERAMI	M-50	3	00:00:17	00:11:09	00:30:59	00:51:20	01:11:40	01:31:45.80	01:32:03.75	+00:04:08 (4.5%)	4:20	13.8 (95.8%)
4	MAJEK Krzysztof	299	AUGUSTEAM	M-50	4	00:00:08	00:11:09	00:31:31	00:52:33	01:13:18	01:32:29.60	01:32:38.40	+00:04:52 (5.3%)	4:22	13.7 (95.1%)
5	WRĘCZYCKI Ireneusz	571		M-50	5	00:00:09	00:11:00	00:31:11	00:51:37	01:12:40	01:33:03.35	01:33:12.65	+00:05:26 (5.8%)	4:24	13.6 (94.4%)
6	KAWELCZYK Robert	219	M-50	6	00:00:11	00:11:27	00:31:56	00:52:59	01:13:59	01:34:34.65	01:34:45.80	+00:06:57 (7.4%)	4:28	13.4 (93.1%)
7	GRZYB Dariusz	158		M-50	7	00:00:07	00:11:01	00:31:12	00:52:42	01:14:13	01:34:42.35	01:34:49.55	+00:07:05 (7.5%)	4:29	13.4 (93.1%)
8	RATAJCZAK Aleksander	407	LECYMY DURS	M-50	8	00:00:12	00:11:40	00:32:55	00:54:26	01:15:22	01:35:20.35	01:35:33.00	+00:07:43 (8.1%)	4:31	13.3 (92.4%)
9	HOLONA Maciej	647	FORMA WODZISŁAW	M-50	9	00:00:14	00:11:27	00:32:11	00:54:14	01:16:17	01:36:47.00	01:37:01.20	+00:09:09 (9.5%)	4:35	13.1 (91.0%)
10	MACHOWSKI Dariusz	291		M-50	10	00:00:10	00:11:54	00:33:52	00:55:53	01:17:07	01:37:05.55	01:37:15.75	+00:09:28 (9.8%)	4:36	13 (90.3%)
11	SIEJA Zbyszek	434	LECYMY DURŚ	M-50	11	00:00:16	00:11:54	00:33:10	00:55:30	01:17:31	01:38:29.20	01:38:45.35	+00:10:52 (11.0%)	4:40	12.9 (89.6%)
12	HYRA Robert	171	ZALEW BLACHOWNIA	M-50	12	00:00:14	00:11:52	00:33:51	00:55:57	01:18:16	01:40:02.90	01:40:17.70	+00:12:25 (12.4%)	4:44	12.7 (88.2%)
13	MARCZAK Krzysztof	570		M-50	13	00:00:13	00:12:11	00:34:00	00:56:25	01:19:05	01:40:06.05	01:40:19.80	+00:12:28 (12.5%)	4:44	12.6 (87.5%)
14	RAWŁUSZEWICZ Waldemar	408		M-50	14	00:00:21	00:12:16	00:34:10	00:56:49	01:18:59	01:40:14.40	01:40:35.60	+00:12:37 (12.6%)	4:45	12.6 (87.5%)

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
15	BOHM Mariusz	40		M-50	15	00:00:22	00:12:30	00:34:50	00:57:17	01:19:26	01:40:27.65	01:40:49.85	+00:12:50 (12.8%)	4:45	12.6 (87.5%)
16	DUDA Jacek	97	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	16	00:00:16	00:11:50	00:33:48	00:56:10	01:19:38	01:41:38.60	01:41:55.35	+00:14:01 (13.8%)	4:49	12.5 (86.8%)
17	PŁONKA Krzysztof	392	DKMS JASTRZĘBIE	M-50	17	00:00:21	00:12:30	00:35:02	00:57:47	01:20:38	01:42:06.45	01:42:28.25	+00:14:29 (14.2%)	4:50	12.4 (86.1%)
18	SZKLORZ Sylwester	581	ROZBIEGANA LIGOTA	M-50	18	00:01:11	00:13:16	00:35:20	00:58:38	01:21:30	01:42:40.25	01:43:51.40	+00:15:03 (14.7%)	4:51	12.3 (85.4%)
19	ŻMIJEWSKI Dariusz	551		M-50	19	00:00:43	00:12:20	00:34:18	00:57:03	01:20:26	01:43:09.25	01:43:52.90	+00:15:32 (15.1%)	4:53	12.3 (85.4%)
20	MACYSZYN Waldemar	293	GLIWICE	M-50	20	00:00:15	00:12:16	00:34:35	00:57:37	01:21:15	01:43:42.05	01:43:57.15	+00:16:04 (15.5%)	4:54	12.2 (84.7%)
21	KRUK Grzegorz	561	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	21	00:00:14	00:11:52	00:33:51	00:56:06	01:19:49	01:43:54.80	01:44:08.95	+00:16:17 (15.7%)	4:55	12.2 (84.7%)
22	BRODEK Andrzej	46	CERTUM	M-50	22	00:00:31	00:12:53	00:35:33	00:59:03	01:22:54	01:45:27.25	01:45:59.20	+00:17:50 (16.9%)	4:59	12 (83.3%)
23	MAZUR Grzegorz	318		M-50	23	00:00:25	00:12:47	00:35:35	00:59:19	01:23:08	01:46:16.00	01:46:41.50	+00:18:38 (17.5%)	5:02	11.9 (82.6%)
24	CZAPLA Arkadiusz	83	FAT MAMAS SPORT	M-50	24	00:00:44	00:14:02	00:37:18	01:01:00	01:24:28	01:46:32.60	01:47:17.55	+00:18:55 (17.8%)	5:02	11.9 (82.6%)
25	NAWROCKI Paweł	344		M-50	25	00:00:16	00:12:15	00:34:41	00:59:02	01:23:21	01:46:50.45	01:47:06.45	+00:19:13 (18.0%)	5:03	11.9 (82.6%)
26	BERGER Jurek	25		M-50	26	00:00:07	00:12:40	00:36:03	01:00:52	01:24:23	01:47:06.05	01:47:13.95	+00:19:28 (18.2%)	5:04	11.8 (81.9%)
27	PACZKA Michał	374	GLIWICE	M-50	27	00:01:06	00:13:53	00:37:16	01:01:12	01:25:27	01:47:17.45	01:48:24.00	+00:19:40 (18.3%)	5:05	11.8 (81.9%)
28	URBASIK Mariusz	497	AKTYWNI RYDUŁTOWY	M-50	28	00:00:20	00:12:41	00:36:13	01:00:46	01:24:47	01:47:21.05	01:47:41.50	+00:19:43 (18.4%)	5:05	11.8 (81.9%)
29	KLAPETEK Jacek	227	HURAGAN LIGOTA	M-50	29	00:00:00	00:13:15	00:35:58	00:59:37	01:24:02	01:47:55.35	01:47:55.35	+00:20:18 (18.8%)	5:06	11.7 (81.3%)
30	DOBOSZ Krzysztof	95	AKMB PĘDZIWIATR GLIWICE	M-50	30	00:00:27	00:13:21	00:37:51	01:02:32	01:26:55	01:48:49.15	01:49:16.50	+00:21:12 (19.5%)	5:09	11.6 (80.6%)
31	PURCZYŃSKI Jan	405	RYBNIK	M-50	31	00:00:35	00:13:40	00:37:40	01:02:24	01:26:42	01:48:55.45	01:49:30.45	+00:21:18 (19.6%)	5:09	11.6 (80.6%)
32	ZAMORA Marek	535		M-50	32	00:01:28	00:13:50	00:38:14	01:02:58	01:27:11	01:49:13.30	01:50:41.55	+00:21:36 (19.8%)	5:10	11.6 (80.6%)
33	MACHEJ Marius	290		M-50	33	00:00:45	00:13:43	00:37:13	01:01:02	01:25:34	01:49:46.45	01:50:31.65	+00:22:09 (20.2%)	5:12	11.5 (79.9%)
34	MUSIL Mike	341	ENDURANCE TEAM	M-50	34	00:00:22	00:13:24	00:37:43	01:02:43	01:27:16	01:51:03.30	01:51:25.75	+00:23:26 (21.1%)	5:15	11.4 (79.2%)
35	ZALESKI Arkadiusz	533		M-50	35	00:00:29	00:13:00	00:37:01	01:01:56	01:26:49	01:51:11.05	01:51:40.55	+00:23:33 (21.2%)	5:16	11.4 (79.2%)
36	LUBICKI Wojciech	283	DBS	M-50	36	00:00:22	00:13:23	00:37:58	01:02:39	01:27:10	01:51:14.45	01:51:36.85	+00:23:37 (21.2%)	5:16	11.4 (79.2%)
37	GOMOLA Zbigniew	140	ŁAMIGNATY	M-50	37	00:00:28	00:14:07	00:39:18	01:04:50	01:29:41	01:51:28.35	01:51:56.70	+00:23:51 (21.4%)	5:16	11.4 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
38	KOCUR Robert	232		M-50	38	00:00:38	00:13:42	00:38:17	01:03:49	01:29:42	01:53:00.10	01:53:38.15	+00:25:22 (22.5%)	5:21	11.2 (77.8%)
39	BUCHAL Grzegorz	52	TRIDIVISION	M-50	39	00:00:26	00:14:04	00:39:23	01:04:59	01:30:01	01:53:23.55	01:53:49.65	+00:25:46 (22.7%)	5:22	11.2 (77.8%)
40	STALICA Wojciech	569		M-50	40	00:00:38	00:13:47	00:38:41	01:04:21	01:29:34	01:53:55.00	01:54:33.35	+00:26:17 (23.1%)	5:23	11.1 (77.1%)
41	SKOP Michał	637		M-50	41	00:01:15	00:14:54	00:38:39	01:03:08	01:28:04	01:54:45.45	01:56:00.55	+00:27:08 (23.6%)	5:26	11 (76.4%)
42	CADER Wojciech	63	LATAJĄCY KLIMZOWIEC	M-50	42	00:00:47	00:14:23	00:39:19	01:04:51	01:30:44	01:54:57.40	01:55:44.95	+00:27:20 (23.8%)	5:26	11 (76.4%)
43	OZDARSKI Krzysztof	371	OPEL ACTIVE TEAM	M-50	43	00:00:12	00:14:07	00:39:29	01:05:21	01:31:15	01:55:25.95	01:55:38.00	+00:27:48 (24.1%)	5:28	11 (76.4%)
44	BELUCH Witold	24		M-50	44	00:00:43	00:14:09	00:39:09	01:04:53	01:30:54	01:55:36.20	01:56:20.05	+00:27:59 (24.2%)	5:28	11 (76.4%)
45	PIKOŃ Krzysztof	644	JAISALMER	M-50	45	00:00:21	00:12:39	00:36:42	01:02:39	01:29:14	01:55:37.50	01:55:58.70	+00:28:00 (24.2%)	5:28	10.9 (75.7%)
46	GÓRECKI Ryszard	558	NIEZRZESZONY	M-50	46	00:00:53	00:14:28	00:39:35	01:05:59	01:31:17	01:56:23.05	01:57:16.45	+00:28:45 (24.7%)	5:30	10.9 (75.7%)
47	GÓRECKI Janusz	144		M-50	47	00:00:55	00:14:02	00:39:06	01:04:48	01:30:49	01:56:24.70	01:57:19.70	+00:28:47 (24.7%)	5:30	10.9 (75.7%)
48	GAWEŁ Krzysztof	125		M-50	48	00:00:00	01:05:12				01:56:30.00	01:56:30.00	+00:28:52 (24.8%)	5:31	10.9 (75.7%)
49	GAJEWSKI Jacek	117	KURCZAK I AGATKA	M-50	49	00:00:38	00:14:03	00:39:21	01:05:39	01:31:49	01:56:31.70	01:57:09.75	+00:28:54 (24.8%)	5:31	10.9 (75.7%)
50	ZWIERZYŃSKI Piotr	547	UNATCO	M-50	50	00:00:46	00:14:51	00:40:59	01:07:22	01:34:26	01:57:43.70	01:58:30.35	+00:30:06 (25.6%)	5:34	10.8 (75.0%)
51	KISIEL Tomasz	226		M-50	51	00:00:31	00:14:14	00:39:51	01:06:33	01:33:09	01:58:23.90	01:58:55.40	+00:30:46 (26.0%)	5:36	10.7 (74.3%)
52	KUBICA Gerard	607		M-50	52	00:00:40	00:13:00	00:37:50	01:03:54	01:31:28	01:59:06.95	01:59:47.00	+00:31:29 (26.4%)	5:38	10.6 (73.6%)
53	CZAJKA Edward	81	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	53	00:01:05	00:15:37	00:42:07	01:10:04	01:37:25	02:01:43.50	02:02:49.05	+00:34:06 (28.0%)	5:46	10.4 (72.2%)
54	JANIEC Witold	180		M-50	54	00:00:46	00:14:52	00:40:58	01:07:22	01:34:27	02:03:46.00	02:04:32.00	+00:36:08 (29.2%)	5:51	10.2 (70.8%)
55	KUCHARCZYK Tomasz	582		M-50	55	00:00:26	00:15:01	00:41:58	01:09:24	01:37:57	02:04:07.50	02:04:34.25	+00:36:30 (29.4%)	5:52	10.2 (70.8%)
56	FEDEROWICZ Piotr	107		M-50	56	00:01:07	00:15:06	00:42:11	01:09:41	01:38:06	02:04:59.45	02:06:07.30	+00:37:22 (29.9%)	5:55	10.1 (70.1%)
57	MISZTAL Rafał	336	LOS PANTALONES ROJOS	M-50	57	00:00:46	00:14:59	00:42:31	01:10:50	01:38:49	02:05:03.30	02:05:50.20	+00:37:26 (29.9%)	5:55	10.1 (70.1%)
58	SAPA Lucjan	428		M-50	58	00:00:50	00:15:15	00:42:53	01:11:43	01:41:09	02:09:55.80	02:10:46.25	+00:42:18 (32.6%)	6:09	9.7 (67.4%)
59	KRZYWDA Tomasz	259		M-50	59	00:00:48	00:15:45	00:44:23	01:13:10	01:44:11	02:15:35.10	02:16:23.60	+00:47:57 (35.4%)	6:25	9.3 (64.6%)
60	WOLIŃSKI Józef	519		M-50	60	00:00:55	00:16:43	00:46:21	01:17:09	01:48:03	02:18:34.50	02:19:29.85	+00:50:57 (36.8%)	6:34	9.1 (63.2%)

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
61	BŁAUT Jerzy	36	IX LO	M-50	61	00:00:58	00:15:24	00:43:40	01:14:25	01:46:23	02:18:57.05	02:19:55.15	+00:51:19 (36.9%)	6:35	9.1 (63.2%)
62	SKOCZYLAS Tomasz	444	WOLNOBIEGACZE	M-50	62	00:00:52	00:15:50	00:44:52	01:15:53	01:48:39	02:21:51.05	02:22:43.45	+00:54:13 (38.2%)	6:43	8.9 (61.8%)
63	BIEGUN Krzysztof	30		M-50	63	00:01:06	00:16:40	00:47:04	01:20:25	01:54:15	02:27:19.40	02:28:25.60	+00:59:42 (40.5%)	6:58	8.6 (59.7%)
64	ZEMŁA Piotr	542		M-50	64	00:00:58	00:16:23	00:47:36	01:20:43	01:54:56	02:28:24.75	02:29:23.65	+01:00:47 (41.0%)	7:01	8.5 (59.0%)
65	KUZIA Bogusław	268		M-50	65	00:01:02	00:17:28	00:50:06	01:24:35	02:00:59	02:37:33.10	02:38:35.30	+01:09:55 (44.4%)	7:28	8 (55.6%)
66	GÓRKA Grzegorz	145		M-50	66	00:00:52	00:18:48	00:56:33					+00:27:02	7:51	7.6 (52.8%)

Znaleziono 66 wynik(ów)