



VIII PÓŁMARATON GLIWICKI

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: VIII PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-22
Miejsce: Gliwice
Dystans: 22 km

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	2054	KWK MARCEL RADLINIOKI W BIEGU	M-20	1		00:35:09	01:02:27.00		2:57	20.3 (100%)
2	FAŁEK Adam	2575	ŁAMIGNATY	M-20	2	00:41:43	01:03:10	01:37:13.85	+00:34:46 (35.8%)	4:36	13 (64.0%)
3	PILNY Karol	2401	EKO-OKNA RUNNERS	M-20	3	00:45:52	01:06:33	01:39:05.00	+00:36:38 (37.0%)	4:41	12.8 (63.1%)
4	KARNAUKHOV Andrzej	2288		M-20	4	00:45:15	01:06:07	01:39:18.20	+00:36:51 (37.1%)	4:42	12.7 (62.6%)
5	WARDZYK Damian	2299	ZŁOTA MARKA	M-20	5	00:45:21	01:05:55	01:41:05.40	+00:38:38 (38.2%)	4:47	12.5 (61.6%)
6	SYMIEC Dawid	2808		M-20	6	00:47:45	01:08:45	01:43:14.05	+00:40:47 (39.5%)	4:53	12.3 (60.6%)
7	LEŚNIAK Dawid	2577		M-20	7	00:47:19	01:09:14	01:44:18.60	+00:41:51 (40.1%)	4:56	12.1 (59.6%)
8	VATUICHAK Pavlo	2782		M-20	8	00:39:48	01:12:30	01:45:26.05	+00:42:59 (40.8%)	4:59	12 (59.1%)
9	HASSA Damian	2714		M-20	9	00:47:55	01:10:11	01:47:01.95	+00:44:34 (41.7%)	5:04	11.8 (58.1%)
10	WIŚNIEWSKI Adam	2718		M-20	10	00:48:01	01:10:02	01:47:05.00	+00:44:38 (41.7%)	5:04	11.8 (58.1%)
11	WŁOSIŃSKI Grzegorz	2712		M-20	11	00:49:02	01:11:03	01:47:11.55	+00:44:44 (41.7%)	5:04	11.8 (58.1%)
12	ROGOWSKI Jakub	2494		M-20	12	00:50:03	01:12:36	01:48:07.35	+00:45:40 (42.2%)	5:07	11.7 (57.6%)
13	SOWKA Sebastian	2559		M-20	13	00:50:23	01:14:30	01:51:46.15	+00:49:19 (44.1%)	5:17	11.3 (55.7%)
14	GĘBCZYŃSKI Oliwier	2259	G-TEAM	M-20	14	00:51:59	01:15:29	01:52:22.85	+00:49:55 (44.4%)	5:19	11.3 (55.7%)
15	SMOLEC Wojciech	2681		M-20	15	00:49:56	01:13:55	01:53:03.45	+00:50:36 (44.8%)	5:21	11.2 (55.2%)
16	POGORZELSKI Kamil	2117		M-20	16	00:52:35	01:16:45	01:53:53.40	+00:51:26 (45.2%)	5:23	11.1 (54.7%)
17	ZIELONKA Tomasz	2615	DESIGNBAY	M-20	17	00:52:12	01:16:37	01:54:46.75	+00:52:19 (45.6%)	5:26	11 (54.2%)
18	CIELOCH Tomasz	2832		M-20	18	00:41:47	01:06:00	01:55:22.15	+00:52:55 (45.9%)	5:28	11 (54.2%)
19	BANASIK Dawid	2814		M-20	19	00:52:43	01:16:54	01:56:14.65	+00:53:47 (46.3%)	5:30	10.9 (53.7%)
20	NIESZWIC Terencjusz	2794	DZIAŁAMY SOBIE	M-20	20	00:49:30	01:12:44	01:57:19.15	+00:54:52 (46.8%)	5:33	10.8 (53.2%)
21	SEREDA Maciej	2565		M-20	21	00:53:47	01:18:35	01:57:22.50	+00:54:55 (46.8%)	5:33	10.8 (53.2%)
22	POKS Paweł	2257		M-20	22	00:55:43	01:20:15	01:57:34.90	+00:55:07 (46.9%)	5:34	10.8 (53.2%)
23	PIETRUCZUK Armin	2741		M-20	23	00:48:30	01:14:45	01:57:59.70	+00:55:32 (47.1%)	5:35	10.7 (52.7%)
24	KOŚCIAŃSKI Oskar	2692		M-20	24	00:53:55	01:19:12	01:58:33.35	+00:56:06 (47.3%)	5:37	10.7 (52.7%)
25	FLAK Mateusz	2416		M-20	25		01:15:50	01:58:41.00	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
26	MOTULEWICZ Jakub	2534		M-20	26	00:55:07	01:20:40	01:58:43.35	+00:56:16 (47.4%)	5:37	10.7 (52.7%)
27	MEOSI Alessandro	2320	ZŁOTA MARKA	M-20	27	00:50:42	01:16:00	01:59:04.15	+00:56:37 (47.6%)	5:38	10.6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
28	ĆWIKŁA Michał	2323	FLUOR	M-20	28	00:52:17	01:17:12	01:59:40.90	+00:57:13 (47.8%)	5:40	10.6 (52.2%)
29	KOZIOŁEK Oliver	2283	OGIEŃ Z DUPY	M-20	29	00:53:08	01:17:47	01:59:48.05	+00:57:21 (47.9%)	5:40	10.6 (52.2%)
30	ŁUKOMSKI Tomek	2258		M-20	30	00:56:41	01:21:41	02:00:00.55	+00:57:33 (48.0%)	5:41	10.6 (52.2%)
31	GANCARCZYK Maciej	2707	SZCOMPER GKW	M-20	31	00:57:47	01:21:32	02:00:52.05	+00:58:25 (48.3%)	5:43	10.5 (51.7%)
32	GAWRON Konrad	2598		M-20	32	00:51:47	01:16:57	02:01:41.80	+00:59:14 (48.7%)	5:46	10.4 (51.2%)
33	GRZYWOCZ Tomasz	2451		M-20	33	00:52:27	01:17:16	02:01:47.35	+00:59:20 (48.7%)	5:46	10.4 (51.2%)
34	KABAT Radosław	2708	INOWROCŁAW BIEGA	M-20	34	00:55:12	01:21:17	02:02:29.30	+01:00:02 (49.0%)	5:48	10.3 (50.7%)
35	POŻOGA Patryk	2689		M-20	35	00:57:08	01:22:49	02:02:30.90	+01:00:03 (49.0%)	5:48	10.3 (50.7%)
36	COJG Mateusz	2421		M-20	36	00:55:28	01:20:22	02:03:10.70	+01:00:43 (49.3%)	5:50	10.3 (50.7%)
37	PAŁUS Bartłomiej	2686		M-20	37	00:56:16	01:22:14	02:03:29.75	+01:01:02 (49.4%)	5:51	10.3 (50.7%)
38	SZCZEPANIAK Kamil	2206	BIEGAJ Z NAMI NA STADIONIE ŚLĄSKIM	M-20	38	00:52:47	01:18:21	02:04:34.30	+01:02:07 (49.9%)	5:54	10.2 (50.2%)
39	BIENIEK Kewin	2301		M-20	39	00:53:58	01:20:54	02:06:01.95	+01:03:34 (50.4%)	5:58	10 (49.3%)
40	TOSZEK Sebastian	2377		M-20	40	00:56:50	01:23:05	02:06:16.05	+01:03:49 (50.5%)	5:59	10 (49.3%)
41	MICHOŃ Maciej	2664	-	M-20	41	00:58:10	01:24:32	02:08:56.85	+01:06:29 (51.6%)	6:06	9.8 (48.3%)
42	LENCZYK Mariusz	2749		M-20	42	00:55:22	01:23:14	02:11:58.50	+01:09:31 (52.7%)	6:15	9.6 (47.3%)
43	SKOWROŃSKI Michał	2330	AKADEMICKI KLUB TURYSTYCZNY WATRA	M-20	43	00:58:35	01:25:53	02:12:02.15	+01:09:35 (52.7%)	6:15	9.6 (47.3%)
44	DITTMANN Robert	2122		M-20	44	00:59:42	01:28:36	02:12:20.90	+01:09:53 (52.8%)	6:16	9.6 (47.3%)
45	BIERNAT Tomisław	2449	TS RUNNERS	M-20	45	00:58:25	01:25:36	02:12:48.85	+01:10:21 (53.0%)	6:17	9.5 (46.8%)
46	STACHOWSKI Grzegorz	2835	ATOMOWY TEAM GOŁUCHÓW	M-20	46	00:56:27	01:24:23	02:14:55.10	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
47	GRZYWOCZ Daniel	2376		M-20	47	00:57:47	01:26:12	02:14:55.15	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
48	PAWLICZEK Szymon	2495		M-20	48	01:02:36	01:29:57	02:15:03.50	+01:12:36 (53.8%)	6:24	9.4 (46.3%)
49	GAICKI Dawid	2322	FLUOR	M-20	49	00:55:28	01:23:11	02:15:14.55	+01:12:47 (53.8%)	6:24	9.4 (46.3%)
50	SKRĘT Kamil	2121		M-20	50	00:57:30	01:25:26	02:15:50.15	+01:13:23 (54.0%)	6:26	9.3 (45.8%)
51	MARSZAŁEK Dominik	2171		M-20	51	00:57:38	01:25:17	02:17:36.00	+01:15:09 (54.6%)	6:31	9.2 (45.3%)
52	CHŁAD Bartosz	2644		M-20	52	00:55:49	01:26:42	02:20:54.55	+01:18:27 (55.7%)	6:40	9 (44.3%)
53	KISIELA Mariusz	2758	MAKOSZOWY	M-20	53	00:58:22	01:30:05	02:21:24.65	+01:18:57 (55.8%)	6:42	9 (44.3%)
54	MALINOWSKI Bartosz	2813		M-20	54	01:03:24	01:33:04	02:22:48.25	+01:20:21 (56.3%)	6:46	8.9 (43.8%)
55	PAWELAK Szymon	2395		M-20	55	00:57:02	01:28:32	02:30:43.75	+01:28:16 (58.6%)	7:08	8.4 (41.4%)
56	SOMERLA Maciej	2621		M-20	56	01:06:08	01:37:45	02:32:19.95	+01:29:52 (59.0%)	7:13	8.3 (40.9%)
57	SZOŁTYSEK Grzegorz	2454		M-20	57	01:10:08	01:44:25	02:43:04.70	+01:40:37 (61.7%)	7:43	7.8 (38.4%)
58	WACŁAWEK Tomek	2502	TEAM TOMSON	M-20	58	01:17:36	01:56:04	02:56:19.40	+01:53:52 (64.6%)	8:21	7.2 (35.5%)

Znaleziono 58 wynik(ów)