



VIII PÓŁMARATON GLIWICKI

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	STRZELCZAK Sebastian	2597	TL ROW RYBNIK	M-40	1		00:56:24	01:22:55.15		3:55	15.3 (100%)
2	GÓRAK Przemysław	2639	KB SOBÓTKA	M-40	2	00:37:47	00:56:46	01:24:39.70	+00:01:44 (2.1%)	4:00	15 (98.0%)
3	KAUF Damian	2694		M-40	3	00:37:06	00:56:32	01:24:55.05	+00:01:59 (2.4%)	4:01	14.9 (97.4%)
4	JAROSZ Marek	2535	STELMACH TEAM	M-40	4	00:38:35	00:57:17	01:25:19.20	+00:02:24 (2.8%)	4:02	14.8 (96.7%)
5	WACHLA Rafał	2242	TOURSPORT RUNNING TEAM	M-40	5	00:38:11	00:57:16	01:26:22.20	+00:03:27 (4.0%)	4:05	14.7 (96.1%)
6	EISLER Tomasz	2661	BIEGAM, BO MNIE ŻONA ZAPISUJE	M-40	6	00:38:25	00:57:27	01:26:59.50	+00:04:04 (4.7%)	4:07	14.6 (95.4%)
7	FURMANEK Łukasz	2251	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	7	00:38:46	00:58:18	01:27:35.05	+00:04:39 (5.3%)	4:09	14.5 (94.8%)
8	PIENIAŻEK Krzysztof	2194	INŻYNIERIA BIEGANIA TEAM	M-40	8	00:38:50	00:58:20	01:28:04.05	+00:05:08 (5.8%)	4:10	14.4 (94.1%)
9	GŁADYSZ Leszek	2096	AUGUSTEAM	M-40	9	00:40:41	01:00:38	01:30:35.85	+00:07:40 (8.5%)	4:17	14 (91.5%)
10	WARZOCHA Karol	2806		M-40	10	00:42:10	01:02:05	01:32:16.00	+00:09:20 (10.1%)	4:22	13.7 (89.5%)
11	PLAZA Łukasz	2703	O CO BIEGA W KALETACH	M-40	11	00:41:50	01:02:05	01:32:22.05	+00:09:26 (10.2%)	4:22	13.7 (89.5%)
12	CIEŚLAK Jacek	2642		M-40	12	00:43:10	01:02:38	01:32:53.85	+00:09:58 (10.7%)	4:24	13.6 (88.9%)
13	SIKORA Rafał	2643		M-40	13	00:40:49	01:01:27	01:33:00.90	+00:10:05 (10.9%)	4:24	13.6 (88.9%)
14	PISZCZEK Stanisław	2648		M-40	14	00:39:47	01:04:26	01:34:28.00	+00:11:32 (12.2%)	4:28	13.4 (87.6%)
15	OCZKO Dominik	2670	ENDURANCE TEAM	M-40	15	00:42:42	01:03:10	01:34:35.85	+00:11:40 (12.3%)	4:28	13.4 (87.6%)
16	PODSIADŁO Adam	2120		M-40	16	00:41:25	01:02:08	01:34:38.75	+00:11:43 (12.4%)	4:29	13.4 (87.6%)
17	KASZOWSKI Marcin	2673	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	M-40	17	00:45:03	01:04:39	01:35:04.65	+00:12:09 (12.8%)	4:30	13.3 (86.9%)
18	WIŚNIEWSKI Tomasz	2099		M-40	18	00:43:10	01:03:01	01:35:10.50	+00:12:15 (12.9%)	4:30	13.3 (86.9%)
19	WOJDA Mariusz	2177		M-40	19	00:43:21	01:03:23	01:35:17.35	+00:12:22 (13.0%)	4:30	13.3 (86.9%)
20	PIKUŁA Jacek	2050	RUNAWAYS, WATAHA ŁĄCZY NAS BIEGANIE	M-40	20	00:44:06	01:04:12	01:35:30.25	+00:12:35 (13.2%)	4:31	13.3 (86.9%)
21	BORSIAK Sebastian	2152	BRAK	M-40	21	00:41:58	01:02:46	01:35:43.10	+00:12:47 (13.4%)	4:32	13.2 (86.3%)
22	PALA Marcin	2750	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	M-40	22	00:44:04	01:04:14	01:35:46.45	+00:12:51 (13.4%)	4:32	13.2 (86.3%)
23	GRZESIKIEWICZ Mariusz	2188		M-40	23	00:42:27	01:02:55	01:35:50.75	+00:12:55 (13.5%)	4:32	13.2 (86.3%)
24	BRYŁA Grzegorz	2525	KLUB JEDNEGO BIEGACZA	M-40	24	00:44:17	01:04:12	01:36:15.55	+00:13:20 (13.9%)	4:33	13.2 (86.3%)
25	WOLNY Ariel	2515		M-40	25	00:42:35	01:03:53	01:36:48.15	+00:13:53 (14.3%)	4:35	13.1 (85.6%)
26	CZAJKA Tomasz	2521		M-40	26	00:44:52	01:05:11	01:37:14.95	+00:14:19 (14.7%)	4:36	13 (85.0%)
27	MAŁECKI Grzegorz	2041		M-40	27	00:42:35	01:03:29	01:37:38.65	+00:14:43 (15.1%)	4:37	13 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto		Tempo min/km	Tempo km/h
								22km	Różn		
28	CHOMIK Rafał	2740	3COACH	M-40	28	00:43:09	01:04:38	01:37:39.10	+00:14:43 (15.1%)	4:37	13 (85.0%)
29	OSIŃSKI Robert	2647		M-40	29	00:44:24	01:05:02	01:37:53.55	+00:14:58 (15.3%)	4:38	12.9 (84.3%)
30	NOGA Jacek	2198		M-40	30	00:44:53	01:05:21	01:37:58.70	+00:15:03 (15.4%)	4:38	12.9 (84.3%)
31	KUNA Piotr	2675	TRIWISE	M-40	31	00:41:37	01:06:12	01:37:58.75	+00:15:03 (15.4%)	4:38	12.9 (84.3%)
32	SROCZYŃSKI Dariusz	2181	NGK RUNNING TEAM	M-40	32	00:45:01	01:05:25	01:37:59.60	+00:15:04 (15.4%)	4:38	12.9 (84.3%)
33	DOBICZEK Łukasz	2562	42KPRO	M-40	33	00:44:08	01:04:53	01:38:07.30	+00:15:12 (15.5%)	4:39	12.9 (84.3%)
34	WIECHUŁA Marcin	2816	MOMO RUNNING TEAM	M-40	34	00:40:12	01:05:38	01:38:15.80	+00:15:20 (15.6%)	4:39	12.9 (84.3%)
35	WOJTUKIEWICZ Artur	2136		M-40	35	00:45:42	01:06:05	01:38:18.20	+00:15:23 (15.6%)	4:39	12.9 (84.3%)
36	BOSOWSKI Tomasz	2400		M-40	36	00:43:27	01:04:34	01:38:34.35	+00:15:39 (15.9%)	4:40	12.8 (83.7%)
37	KNYPS Adam	2659	OPONY SERAFINOWSKI	M-40	37	00:46:13	01:06:32	01:38:43.60	+00:15:48 (16.0%)	4:40	12.8 (83.7%)
38	KOLANEK Tomasz	2354	MAM WYBIEGANE	M-40	38	00:44:57	01:05:54	01:38:52.95	+00:15:57 (16.1%)	4:41	12.8 (83.7%)
39	ZALEWSKI Wojciech	2059		M-40	39	00:45:38	01:06:15	01:38:57.20	+00:16:02 (16.2%)	4:41	12.8 (83.7%)
40	MALCZAK Leszek	2406		M-40	40	00:46:16	01:07:04	01:39:25.45	+00:16:30 (16.6%)	4:42	12.7 (83.0%)
41	BARAŃSKI Rafał	2543		M-40	41	00:45:39	01:06:32	01:39:41.55	+00:16:46 (16.8%)	4:43	12.7 (83.0%)
42	POŁOMSKI Grzegorz	2016	POLOMSCY TEAM	M-40	42	00:41:22	01:06:42	01:39:57.10	+00:17:01 (17.0%)	4:44	12.7 (83.0%)
43	STRZYŻEWSKI Przemysław	2629		M-40	43	00:45:56	01:06:49	01:40:55.55	+00:18:00 (17.8%)	4:46	12.5 (81.7%)
44	PIETYRA Grzegorz	2058	CRİK FCA POLAND	M-40	44	00:45:47	01:07:30	01:41:08.20	+00:18:13 (18.0%)	4:47	12.5 (81.7%)
45	JAŚKIEWICZ Sławomir	2207		M-40	45	00:46:14	01:06:51	01:41:08.85	+00:18:13 (18.0%)	4:47	12.5 (81.7%)
46	SOBOL Adam	2640	DYSTANS LUBOMIA	M-40	46	00:48:32	01:08:56	01:41:17.30	+00:18:22 (18.1%)	4:48	12.5 (81.7%)
47	BUŁAWA Grzegorz	2465		M-40	47	00:45:40	01:06:52	01:41:22.10	+00:18:26 (18.2%)	4:48	12.5 (81.7%)
48	JANECZEK Marek	2768		M-40	48	00:46:26	01:07:55	01:42:15.05	+00:19:19 (18.9%)	4:50	12.4 (81.0%)
49	KRĘŻOŁEK Daniel	2660		M-40	49	00:46:09	01:07:44	01:42:21.25	+00:19:26 (19.0%)	4:51	12.4 (81.0%)
50	STRZAŁKA Robert	2069	ŚLĘZAK TEAM	M-40	50	00:46:30	01:08:17	01:42:40.40	+00:19:45 (19.2%)	4:51	12.3 (80.4%)
51	DYRAGA Marcin	2744	SAINT-GOBAIN SQUAD	M-40	51	00:47:06	01:08:58	01:43:00.35	+00:20:05 (19.5%)	4:52	12.3 (80.4%)
52	PLESIŃSKI Sebastian	2277	FM LOGISTIC	M-40	52	00:46:16	01:07:51	01:43:11.85	+00:20:16 (19.7%)	4:53	12.3 (80.4%)
53	WIŚNIEWSKI Jarosław	2554		M-40	53	00:47:10	01:08:55	01:43:43.35	+00:20:48 (20.1%)	4:54	12.2 (79.7%)
54	ROZANSKI Michał	2435		M-40	54	00:46:33	01:08:07	01:43:54.80	+00:20:59 (20.2%)	4:55	12.2 (79.7%)
55	PRZEGENDZA Artur	2375		M-40	55	00:47:48	01:09:25	01:44:21.50	+00:21:26 (20.5%)	4:56	12.1 (79.1%)
56	IWANIUK Paweł	2625	AUGUSTEAM	M-40	56	00:46:58	01:09:13	01:44:36.20	+00:21:41 (20.7%)	4:57	12.1 (79.1%)
57	BENSZ Dariusz	2687		M-40	57	00:48:10	01:10:11	01:44:41.75	+00:21:46 (20.8%)	4:57	12.1 (79.1%)
58	GRUDNIEWSKI Tomasz	2085		M-40	58	00:49:29	01:11:10	01:44:44.85	+00:21:49 (20.8%)	4:57	12.1 (79.1%)
59	ŻAAK Michał	2370		M-40	59	00:47:33	01:09:34	01:44:59.35	+00:22:04 (21.0%)	4:58	12.1 (79.1%)
60	PIETYSZUK Dariusz	2717		M-40	60	00:47:11	01:08:52	01:45:01.65	+00:22:06 (21.1%)	4:58	12.1 (79.1%)
61	LIS Grzegorz	2362	EKO-OKNA RUNNERS	M-40	61	00:46:40	01:08:45	01:45:05.25	+00:22:10 (21.1%)	4:58	12 (78.4%)
62	SOŁTYSIK Tomasz	2772	MARUDA TEAM	M-40	62	00:47:08	01:09:14	01:45:51.10	+00:22:55 (21.7%)	5:00	12 (78.4%)
63	SOJA Łukasz	2735	RUNNERS NIGHT PYSKOWICE	M-40	63	00:47:05	01:09:29	01:45:51.35	+00:22:56 (21.7%)	5:00	12 (78.4%)
64	KĘDZIORA Łukasz	2700		M-40	64	00:46:31	01:09:25	01:46:29.30	+00:23:34 (22.1%)	5:02	11.9 (77.8%)
65	ŁATKA Marek	2567		M-40	65	00:49:11	01:11:18	01:46:34.10	+00:23:38 (22.2%)	5:03	11.9 (77.8%)
66	KUŹMIŃSKI Michał	2426		M-40	66		01:11:23	01:46:43.15	+00:23:48 (22.3%)	5:03	11.9 (77.8%)
67	KULA Krzysztof	2130		M-40	67		01:10:37	01:46:45.85	+00:23:50 (22.3%)	5:03	11.9 (77.8%)
68	NOWAK Mariusz	2357	HIRSCHVOGEL	M-40	68	00:48:54	01:11:22	01:47:00.00	+00:24:04 (22.5%)	5:04	11.8 (77.1%)
69	SKRZYPEK Krzysztof	2235		M-40	69	00:48:42	01:11:19	01:47:02.10	+00:24:06 (22.5%)	5:04	11.8 (77.1%)
70	CIEŚLIK Bartłomiej	2232	CHATEAU CHALIN	M-40	70	00:48:33	01:11:17	01:47:34.50	+00:24:39 (22.9%)	5:05	11.8 (77.1%)
71	HALCZOK Janusz	2601	PACEMAKER	M-40	71	00:49:11	01:11:46	01:47:38.45	+00:24:43 (23.0%)	5:06	11.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
72	KOWALSKI Grzegorz	2761	PACEMAKER/W POGONI ZA DUCHEM	M-40	72	00:49:10	01:11:46	01:47:39.10	+00:24:43 (23.0%)	5:06	11.8 (77.1%)
73	PTAK Krzysztof	2742	HRMAX ŻORY	M-40	73	00:49:02	01:11:41	01:47:41.15	+00:24:46 (23.0%)	5:06	11.8 (77.1%)
74	TOKARSKI Piotr	2379	TTAT	M-40	74	00:47:57	01:10:48	01:47:44.00	+00:24:48 (23.0%)	5:06	11.8 (77.1%)
75	CIEŚLIK Paweł	2230	CHATEAU CHALIN	M-40	75	00:48:44	01:11:31	01:47:47.00	+00:24:51 (23.1%)	5:06	11.7 (76.5%)
76	PAJĄK Marek	2472	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	76	00:49:45	01:12:48	01:48:02.75	+00:25:07 (23.3%)	5:07	11.7 (76.5%)
77	ULIASZ Krzysztof	2485	STELLANTIS ACTIVE TEAM	M-40	77	00:49:02	01:12:13	01:48:34.15	+00:25:39 (23.6%)	5:08	11.7 (76.5%)
78	JANDA Sebastian	2236	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M-40	78	00:47:43	01:10:34	01:48:38.85	+00:25:43 (23.7%)	5:08	11.7 (76.5%)
79	POCHAŁA Andrzej	2736	NGK RUNNING TEAM	M-40	79	00:50:54	01:12:58	01:48:46.75	+00:25:51 (23.8%)	5:09	11.6 (75.8%)
80	PINKAWA Grzegorz	2324	GISZOWIEC BIEGA RAZEM	M-40	80	00:51:14	01:13:50	01:49:18.50	+00:26:23 (24.1%)	5:10	11.6 (75.8%)
81	HOBZDA Piotr	2167	#MYJUZWOWJEZROBILI	M-40	81	00:48:08	01:10:55	01:49:20.85	+00:26:25 (24.2%)	5:10	11.6 (75.8%)
82	TYSZKIEWICZ Cuma	2219		M-40	82	00:50:59	01:13:15	01:49:29.95	+00:26:34 (24.3%)	5:11	11.6 (75.8%)
83	SZAROWICZ Sebastian	2611		M-40	83	00:47:19	01:10:32	01:49:49.55	+00:26:54 (24.5%)	5:12	11.5 (75.2%)
84	WILK Mirosław	2437		M-40	84	00:47:35	01:10:33	01:50:16.30	+00:27:21 (24.8%)	5:13	11.5 (75.2%)
85	STAWARCZYK Krystian	2482	STELLANTIS ACTIVE TEAM	M-40	85	00:51:22	01:14:28	01:50:33.35	+00:27:38 (25.0%)	5:14	11.5 (75.2%)
86	KAMIŃSKI Jacek	2631	GOMOLA PACK-CENTER	M-40	86	00:48:12	01:12:13	01:50:39.30	+00:27:44 (25.1%)	5:14	11.4 (74.5%)
87	SZYMSKI Tomasz	2153		M-40	87	00:49:23	01:12:44	01:50:46.50	+00:27:51 (25.1%)	5:14	11.4 (74.5%)
88	ODZIOMEK Sebastian	2425		M-40	88	00:49:55	01:12:50	01:50:53.70	+00:27:58 (25.2%)	5:15	11.4 (74.5%)
89	ROMANOWSKI Krzysztof	2467	PKO BANK POLSKI	M-40	89	00:50:31	01:13:23	01:50:58.55	+00:28:03 (25.3%)	5:15	11.4 (74.5%)
90	STACHA Paweł	2396		M-40	90	00:49:49	01:13:17	01:51:15.90	+00:28:20 (25.5%)	5:16	11.4 (74.5%)
91	KWIECIŃSKI Damian	2790		M-40	91	00:50:57	01:13:53	01:51:21.80	+00:28:26 (25.5%)	5:16	11.4 (74.5%)
92	ŚWIĘTEK Jacek	2170		M-40	92	00:49:39	01:12:49	01:51:32.40	+00:28:37 (25.7%)	5:17	11.4 (74.5%)
93	KOCHMAN Dawid	2817		M-40	93	00:50:43	01:14:04	01:51:43.55	+00:28:48 (25.8%)	5:17	11.3 (73.9%)
94	GIGON Krzysztof	2555	CZYSTY CIUL	M-40	94	00:49:32	01:13:05	01:51:54.80	+00:28:59 (25.9%)	5:18	11.3 (73.9%)
95	WOJEWÓDKA Grzegorz	2388	BRYGADA RR (RAZEM RAŻNIEJ)	M-40	95	00:49:44	01:13:17	01:52:00.55	+00:29:05 (26.0%)	5:18	11.3 (73.9%)
96	SPENDE Tomasz	2811		M-40	96	00:48:40	01:11:58	01:52:16.60	+00:29:21 (26.1%)	5:19	11.3 (73.9%)
97	PLEWA Remigiusz	2262		M-40	97	00:53:32	01:16:45	01:52:25.90	+00:29:30 (26.2%)	5:19	11.3 (73.9%)
98	CZYZ Wojciech	2331		M-40	98	00:48:56	01:12:38	01:52:28.45	+00:29:33 (26.3%)	5:19	11.3 (73.9%)
99	GAŁECZKA Paweł	2695	HURAGAN LIGOTA	M-40	99	00:50:05	01:14:05	01:52:29.95	+00:29:34 (26.3%)	5:19	11.3 (73.9%)
100	PRADELA Mariusz	2092	DHL RUN CLUB	M-40	100	00:51:01	01:14:39	01:52:48.35	+00:29:53 (26.5%)	5:20	11.2 (73.2%)
101	KOŁODZIEJCZYK Bartek	2804		M-40	101	00:53:19	01:16:43	01:52:49.35	+00:29:54 (26.5%)	5:20	11.2 (73.2%)
102	TRĄBAŁA Adam	2545		M-40	102	00:50:56	01:15:21	01:53:15.30	+00:30:20 (26.8%)	5:22	11.2 (73.2%)
103	NIKODON Paweł	2046	NIKODON DREAM TEAM	M-40	103	00:49:02	01:12:52	01:53:15.85	+00:30:20 (26.8%)	5:22	11.2 (73.2%)
104	DOMAŃSKI Marcin	2038	RUNNINGFISH74	M-40	104	00:52:31	01:16:06	01:53:20.00	+00:30:24 (26.8%)	5:22	11.2 (73.2%)
105	BODYCH Maciej	2667		M-40	105	00:51:14	01:15:06	01:53:24.25	+00:30:29 (26.9%)	5:22	11.2 (73.2%)
106	HELLWIG Adam	2658		M-40	106	00:51:40	01:15:10	01:53:25.30	+00:30:30 (26.9%)	5:22	11.2 (73.2%)
107	JERUSZKA Paweł	2325		M-40	107	00:50:31	01:14:04	01:53:28.30	+00:30:33 (26.9%)	5:22	11.2 (73.2%)
108	FĄŁEK Krzysztof	2573	ŁAMIGNATY	M-40	108	00:51:23	01:15:10	01:53:50.85	+00:30:55 (27.2%)	5:23	11.1 (72.5%)
109	CZERWONKO Jakub	2627	#MYJUZWOWJEZROBILI	M-40	109	00:52:31	01:16:44	01:53:52.65	+00:30:57 (27.2%)	5:23	11.1 (72.5%)
110	WEGNER Tomasz	2786	LECYMY DURŚ	M-40	110	00:50:04	01:13:35	01:53:54.10	+00:30:58 (27.2%)	5:23	11.1 (72.5%)
111	RÓŻAŃSKI Tomasz	2378		M-40	111	00:50:40	01:14:16	01:54:01.15	+00:31:06 (27.3%)	5:24	11.1 (72.5%)
112	FRĄC Dariusz	2476	BANDA Z POŁUDNIA	M-40	112	00:50:09	01:13:33	01:54:01.45	+00:31:06 (27.3%)	5:24	11.1 (72.5%)
113	IMIOŁCZYK Tomasz	2524	KOMANDOS	M-40	113	00:52:44	01:16:43	01:54:02.95	+00:31:07 (27.3%)	5:24	11.1 (72.5%)
114	MANDOK Bogdan	2422		M-40	114	00:49:11	01:13:42	01:54:09.40	+00:31:14 (27.4%)	5:24	11.1 (72.5%)
115	KOŁODZIEJ Dariusz	2805	W POGONI ZA DUCHEM	M-40	115	00:52:42	01:16:45	01:54:17.10	+00:31:21 (27.4%)	5:24	11.1 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
116	WAWRZAK Ryszard	2612	RYSZARD RUN- PACEMAKER	M-40	116	00:52:42	01:16:46	01:54:17.25	+00:31:22 (27.4%)	5:24	11.1 (72.5%)
117	RACZEK Wojciech	2441		M-40	117	00:49:26	01:13:41	01:54:19.50	+00:31:24 (27.5%)	5:25	11.1 (72.5%)
118	RYSZCZYK Adam	2430	RUN2BFREE	M-40	118	00:54:02	01:18:20	01:54:26.65	+00:31:31 (27.5%)	5:25	11.1 (72.5%)
119	LISEWSKI Bartłomiej	2382	...	M-40	119	00:52:34	01:16:38	01:54:45.25	+00:31:50 (27.7%)	5:26	11 (71.9%)
120	MACHATA Jacek	2797		M-40	120	00:53:17	01:17:24	01:55:01.40	+00:32:06 (27.9%)	5:27	11 (71.9%)
121	SZYDŁOWSKI Waldemar	2212	BIEGNĘ BYLE DOBIEC	M-40	121	00:50:18	01:14:04	01:55:04.60	+00:32:09 (27.9%)	5:27	11 (71.9%)
122	CZAJKA Roman	2264	POLISH RUNNERS SQUAD	M-40	122	00:52:17	01:16:42	01:55:10.90	+00:32:15 (28.0%)	5:27	11 (71.9%)
123	SZCZYRBA Marcin	2632		M-40	123	00:50:45	01:15:12	01:55:36.90	+00:32:41 (28.3%)	5:28	11 (71.9%)
124	STASICZEK Stanisław	2698		M-40	124	00:50:58	01:15:29	01:55:38.05	+00:32:42 (28.3%)	5:28	10.9 (71.2%)
125	GRYGIEREK Jarosław	2227		M-40	125	00:53:17	01:17:21	01:55:44.10	+00:32:48 (28.4%)	5:29	10.9 (71.2%)
126	ZIELONKA Jacek	2618	PSOFIX	M-40	126	00:54:39	01:18:28	01:55:48.75	+00:32:53 (28.4%)	5:29	10.9 (71.2%)
127	SKIBA Łukasz	2443	EASYPAN RACIBÓRZ	M-40	127	00:52:01	01:16:11	01:55:59.45	+00:33:04 (28.5%)	5:29	10.9 (71.2%)
128	IGNACZAK Robert	2498		M-40	128	00:51:08	01:15:35	01:56:08.00	+00:33:12 (28.6%)	5:30	10.9 (71.2%)
129	ŁĄCZKOWSKI Dawid	2291	ALURON CMC WARTA ZAWIERCIE	M-40	129	00:52:34	01:16:45	01:56:30.65	+00:33:35 (28.8%)	5:31	10.9 (71.2%)
130	SZWAJNOCH Piotr	2809		M-40	130	00:53:02	01:17:05	01:56:33.80	+00:33:38 (28.9%)	5:31	10.9 (71.2%)
131	DOBOSZ Daniel	2676	MOCNA EKIPA	M-40	131	00:51:13	01:16:26	01:56:49.60	+00:33:54 (29.0%)	5:32	10.8 (70.6%)
132	SMUDA Andrzej	2123	AKMB PĘDZIWIATR GLIWICE	M-40	132	00:50:16	01:14:38	01:56:53.45	+00:33:58 (29.1%)	5:32	10.8 (70.6%)
133	SZOŁTYSIK Bartosz	2489	LECYMY DURŚ	M-40	133	00:53:28	01:17:32	01:56:58.60	+00:34:03 (29.1%)	5:32	10.8 (70.6%)
134	BANASZAK Marcin	2592		M-40	134	00:53:51	01:18:23	01:57:09.50	+00:34:14 (29.2%)	5:33	10.8 (70.6%)
135	GRONDYS Andrzej	2007	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	135	00:50:43	01:15:10	01:57:13.50	+00:34:18 (29.3%)	5:33	10.8 (70.6%)
136	MICHALIK Piotr	2829	HDC	M-40	136	00:52:24	01:17:29	01:57:38.15	+00:34:43 (29.5%)	5:34	10.8 (70.6%)
137	CYGAN Tomasz	2140		M-40	137	00:52:13	01:16:40	01:57:46.80	+00:34:51 (29.6%)	5:34	10.8 (70.6%)
138	POŁAP Mariusz	2727	NGK RUNNING TEAM	M-40	138	00:49:58	01:16:05	01:57:47.65	+00:34:52 (29.6%)	5:34	10.7 (69.9%)
139	PETRYNA Bartosz	2318	FLUOR	M-40	139	00:49:38	01:13:21	01:57:49.75	+00:34:54 (29.6%)	5:35	10.7 (69.9%)
140	ANIOŁ Bogusław	2427	SPRYTNA BANIA SPONTAN TEAM	M-40	140	00:54:01	01:18:48	01:58:37.30	+00:35:42 (30.1%)	5:37	10.7 (69.9%)
141	GIERAS Mirosław	2192		M-40	141	00:54:37	01:19:42	01:58:41.50	+00:35:46 (30.1%)	5:37	10.7 (69.9%)
142	KULA Radosław	2348		M-40	142	00:54:03	01:19:02	01:58:42.80	+00:35:47 (30.2%)	5:37	10.7 (69.9%)
143	ZYSK Dariusz	2608		M-40	143	00:52:51	01:17:33	01:58:49.90	+00:35:54 (30.2%)	5:37	10.7 (69.9%)
144	UKLEJA Michał	2433		M-40	144	00:52:53	01:17:38	01:59:16.75	+00:36:21 (30.5%)	5:39	10.6 (69.3%)
145	SIDORSKI Robert	2062	STELLANTIS ACTIVE TEAM	M-40	145	00:52:54	01:17:55	01:59:35.30	+00:36:40 (30.7%)	5:40	10.6 (69.3%)
146	KAŁAMARZ Mariusz	2306	CROSSFIT SILESIA	M-40	146	00:51:46	01:17:42	01:59:42.05	+00:36:46 (30.7%)	5:40	10.6 (69.3%)
147	MALINOWSKI Adam	2372		M-40	147	00:55:47	01:20:54	01:59:46.20	+00:36:51 (30.8%)	5:40	10.6 (69.3%)
148	KOCULA Krzysztof	2079	PARKRUN KĘDZIERZYN-KOŹLE	M-40	148	00:56:17	01:21:03	01:59:51.75	+00:36:56 (30.8%)	5:40	10.6 (69.3%)
149	BORYCZKA Szymon	2771	BORUŠTEAM	M-40	149	00:53:44	01:19:19	02:00:18.60	+00:37:23 (31.1%)	5:42	10.5 (68.6%)
150	WÓJCIK Jakub	2560	TRIDIVISION TRIATHLON TEAM	M-40	150	00:55:08	01:20:26	02:00:31.15	+00:37:36 (31.2%)	5:42	10.5 (68.6%)
151	ZIMNY Ireneusz	2818	EKO-OKNA RUNNERS	M-40	151	00:55:20	01:20:39	02:00:57.05	+00:38:01 (31.4%)	5:43	10.5 (68.6%)
152	KULPIŃSKI Paweł	2614		M-40	152	00:53:22	01:19:49	02:00:59.35	+00:38:04 (31.5%)	5:44	10.5 (68.6%)
153	CIEŚLIK Maciej	2302		M-40	153	00:55:37	01:20:58	02:01:01.25	+00:38:06 (31.5%)	5:44	10.5 (68.6%)
154	HEWIG Marek	2690	ING TEAM	M-40	154	00:54:14	01:19:43	02:01:14.45	+00:38:19 (31.6%)	5:44	10.4 (68.0%)
155	GĘBCZYŃSKI Paweł	2112	GO4IT	M-40	155	00:55:25	01:20:45	02:01:14.60	+00:38:19 (31.6%)	5:44	10.4 (68.0%)
156	WARZECHA Mariusz	2329	ZEM ŁABĘDY SP. Z O.O.	M-40	156	00:53:34	01:18:08	02:01:21.70	+00:38:26 (31.7%)	5:45	10.4 (68.0%)
157	OSIŃSKI Paweł	2008	KS M.E.T.A	M-40	157	00:54:52	01:21:26	02:01:25.25	+00:38:30 (31.7%)	5:45	10.4 (68.0%)
158	SIKORA Michał	2273		M-40	158	00:52:13	01:17:16	02:01:31.70	+00:38:36 (31.8%)	5:45	10.4 (68.0%)
159	POLKO Adam	2546	POGORIA BIEGA	M-40	159	00:58:52	01:23:44	02:01:33.95	+00:38:38 (31.8%)	5:45	10.4 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto		Tempo min/km	Tempo km/h
								22km	Różn		
160	ŁAKOMSKI Paweł	2281	BOJKÓW BIEGA	M-40	160	00:55:14	01:19:39	02:01:46.95	+00:38:51 (31.9%)	5:46	10.4 (68.0%)
161	PRZESTALSKI Kornel	2848	REAL ZALESIE	M-40	161	00:54:41	01:20:09	02:01:55.15	+00:39:00 (32.0%)	5:46	10.4 (68.0%)
162	ŻABICKI Mariusz	2623	TECHNOMEX	M-40	162	00:55:39	01:20:55	02:02:12.00	+00:39:16 (32.1%)	5:47	10.4 (68.0%)
163	PIÓRKOWSKI Tomasz	2280		M-40	163	00:55:16	01:21:08	02:02:40.25	+00:39:45 (32.4%)	5:48	10.3 (67.3%)
164	KASZUBSKI Andrzej	2269		M-40	164	00:52:43	01:18:42	02:02:43.00	+00:39:47 (32.4%)	5:48	10.3 (67.3%)
165	KOŁODZIEJ Jacek	2319	FLUOR	M-40	165	00:55:30	01:20:57	02:02:59.60	+00:40:04 (32.6%)	5:49	10.3 (67.3%)
166	KRAJEWSKI Michał	2769		M-40	166	00:53:21	01:18:33	02:03:03.40	+00:40:08 (32.6%)	5:49	10.3 (67.3%)
167	ZASUN Marcin	2429		M-40	167	00:56:01	01:21:43	02:03:07.95	+00:40:12 (32.7%)	5:50	10.3 (67.3%)
168	COJG Jacek	2757		M-40	168	00:55:28	01:20:23	02:03:10.60	+00:40:15 (32.7%)	5:50	10.3 (67.3%)
169	WOLIŃSKI Piotr	2074	JSB	M-40	169	00:55:33	01:21:42	02:03:27.40	+00:40:32 (32.8%)	5:51	10.3 (67.3%)
170	RYK Łukasz	2793		M-40	170	00:56:09	01:22:11	02:03:36.50	+00:40:41 (32.9%)	5:51	10.2 (66.7%)
171	BAK-CESARZ Damian	2674		M-40	171	01:00:40	01:26:17	02:03:39.75	+00:40:44 (32.9%)	5:51	10.2 (66.7%)
172	KACZOR Rafał	2461	PKO BANK POLSKI	M-40	172	00:56:26	01:22:09	02:03:48.55	+00:40:53 (33.0%)	5:52	10.2 (66.7%)
173	PIŁAT Jarosław	2593	PACEMAKER	M-40	173	00:57:07	01:22:55	02:04:09.95	+00:41:14 (33.2%)	5:53	10.2 (66.7%)
174	STĘPIEŃ Wojciech	2589	PACEMAKER	M-40	174	00:56:53	01:22:44	02:04:12.50	+00:41:17 (33.2%)	5:53	10.2 (66.7%)
175	POSMYK Przemysław	2456		M-40	175	00:56:39	01:22:43	02:04:21.05	+00:41:25 (33.3%)	5:53	10.2 (66.7%)
176	ZYGMAŃSKI Piotr	2108		M-40	176	00:54:31	01:21:09	02:04:25.45	+00:41:30 (33.4%)	5:53	10.2 (66.7%)
177	BUFNAL Krzysztof	2155		M-40	177	00:58:19	01:23:53	02:04:30.70	+00:41:35 (33.4%)	5:54	10.2 (66.7%)
178	MATULICZ Damian	2486		M-40	178	00:53:06	01:19:38	02:04:37.65	+00:41:42 (33.5%)	5:54	10.2 (66.7%)
179	GOŁĘBIEWSKI Kazimierz	2004	KEMPER TEAM	M-40	179	00:54:14	01:21:36	02:05:42.75	+00:42:47 (34.0%)	5:57	10.1 (66.0%)
180	MIKOŁAJCZYK Marcin	2507	PKO BANK POLSKI	M-40	180	00:55:52	01:22:21	02:05:45.05	+00:42:49 (34.1%)	5:57	10.1 (66.0%)
181	JACZEWSKI Arkadiusz	2353		M-40	181	00:56:43	01:22:44	02:05:55.60	+00:43:00 (34.2%)	5:58	10.1 (66.0%)
182	KOZIOŁ Piotr	2072		M-40	182	00:56:06	01:22:00	02:06:33.05	+00:43:37 (34.5%)	5:59	10 (65.4%)
183	KOWALCZYK Tomasz	2234	AKMB PĘDZIWIATR GLIWICE	M-40	183	00:55:31	01:21:31	02:06:53.00	+00:43:57 (34.6%)	6:00	10 (65.4%)
184	KARWOT Leszek	2335		M-40	184	00:57:55	01:24:50	02:07:06.10	+00:44:10 (34.8%)	6:01	10 (65.4%)
185	ANTCZAK Krzysztof	2436		M-40	185	00:56:59	01:23:49	02:07:09.80	+00:44:14 (34.8%)	6:01	10 (65.4%)
186	WANIEK Zbigniew	2231	THE WANIEKS	M-40	186	00:56:34	01:22:50	02:07:21.35	+00:44:26 (34.9%)	6:02	9.9 (64.7%)
187	WÓJCIK Rafał	2397		M-40	187	00:56:54	01:24:06	02:07:24.70	+00:44:29 (34.9%)	6:02	9.9 (64.7%)
188	DURAK Łukasz	2025		M-40	188	00:56:45	01:22:55	02:07:35.10	+00:44:39 (35.0%)	6:02	9.9 (64.7%)
189	KULCZYK Adam	2600	SAINT GOBAIN SWISSPACER	M-40	189	00:56:28	01:22:53	02:07:37.40	+00:44:42 (35.0%)	6:02	9.9 (64.7%)
190	TOMŚIA Łukasz	2679		M-40	190	00:57:27	01:24:33	02:10:11.10	+00:47:15 (36.3%)	6:10	9.7 (63.4%)
191	SKĘCZEK Arkadiusz	2061	POWOLI DO CELU	M-40	191	00:56:19	01:24:39	02:10:41.70	+00:47:46 (36.6%)	6:11	9.7 (63.4%)
192	MICHAŁSKI Marek	2261		M-40	192	00:56:21	01:24:40	02:10:42.80	+00:47:47 (36.6%)	6:11	9.7 (63.4%)
193	WAŻNY Wojciech	2412	ING TEAM	M-40	193	00:57:52	01:25:34	02:10:54.10	+00:47:58 (36.7%)	6:12	9.7 (63.4%)
194	SOBANIA Rafał	2508		M-40	194	00:55:47	01:22:59	02:11:10.00	+00:48:14 (36.8%)	6:12	9.7 (63.4%)
195	POMORSKI Przemysław	2260		M-40	195	01:00:55	01:26:37	02:11:45.40	+00:48:50 (37.1%)	6:14	9.6 (62.7%)
196	CIEŚLA Arkadiusz	2722	BIEGAMY Z SERCEM	M-40	196	00:56:55	01:24:05	02:11:46.60	+00:48:51 (37.1%)	6:14	9.6 (62.7%)
197	CHOJKOWSKI Michał	2249		M-40	197	00:59:26	01:27:12	02:12:25.15	+00:49:30 (37.4%)	6:16	9.6 (62.7%)
198	PODOLSKI Bartłomiej	2364	SPARTAN TEAM	M-40	198	00:56:48	01:25:41	02:12:41.75	+00:49:46 (37.5%)	6:17	9.5 (62.1%)
199	WOJTKOWIAK Piotr	2566		M-40	199	00:58:32	01:26:00	02:13:30.10	+00:50:34 (37.9%)	6:19	9.5 (62.1%)
200	KOZAK Jakub	2509		M-40	200	01:02:12	01:30:21	02:13:42.45	+00:50:47 (38.0%)	6:20	9.5 (62.1%)
201	NIEMIEC Sławek	2102	INTERGRAFIK.PL	M-40	201	00:55:56	01:23:26	02:14:03.15	+00:51:08 (38.1%)	6:21	9.4 (61.4%)
202	JESIONOWSKI Marcin	2222		M-40	202	01:02:29	01:30:10	02:14:24.50	+00:51:29 (38.3%)	6:22	9.4 (61.4%)
203	KIERA Szymon	2398	TS RUNNERS	M-40	203	00:58:07	01:26:23	02:14:26.70	+00:51:31 (38.3%)	6:22	9.4 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
204	ŁAZOWSKI Mariusz	2408	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	204	00:59:17	01:27:56	02:14:37.15	+00:51:42 (38.4%)	6:22	9.4 (61.4%)
205	CHROSTOWSKI Mateusz	2526		M-40	205	00:58:04	01:26:31	02:15:15.30	+00:52:20 (38.7%)	6:24	9.4 (61.4%)
206	KWAPIEŃ Paweł	2827		M-40	206	01:00:40	01:29:10	02:15:49.05	+00:52:53 (38.9%)	6:26	9.3 (60.8%)
207	SELIGA Paweł	2475	BIEGAJ Z TRENERAMI GLIWICE	M-40	207	00:58:25	01:26:48	02:15:49.80	+00:52:54 (39.0%)	6:26	9.3 (60.8%)
208	LEWANDOWSKI Henryk	2084		M-40	208	00:58:06	01:28:36	02:16:35.35	+00:53:40 (39.3%)	6:28	9.3 (60.8%)
209	FORYŚ Piotr	2073	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	209	00:58:04	01:27:40	02:16:49.10	+00:53:53 (39.4%)	6:29	9.3 (60.8%)
210	JASIŃSKI Krzysztof	2044	RUNAWAYS	M-40	210	01:01:24	01:30:08	02:17:16.85	+00:54:21 (39.6%)	6:30	9.2 (60.1%)
211	STYPUŁKOWSKI Dariusz	2432		M-40	211	01:01:26	01:30:12	02:17:19.55	+00:54:24 (39.6%)	6:30	9.2 (60.1%)
212	SZOBLIK Darek	2098	SZOBLIK AUTO SERWIS	M-40	212	00:57:52	01:27:17	02:17:38.40	+00:54:43 (39.8%)	6:31	9.2 (60.1%)
213	DZIEWIĘCKI Jacek	2363		M-40	213	00:57:56	01:27:03	02:17:56.65	+00:55:01 (39.9%)	6:32	9.2 (60.1%)
214	GRABARA Adam	2133		M-40	214	01:03:47	01:32:59	02:18:56.00	+00:56:00 (40.3%)	6:35	9.1 (59.5%)
215	KRAWCZYŃSKI Mirosław	2278	GÓRNA13	M-40	215	01:01:36	01:30:48	02:19:27.60	+00:56:32 (40.5%)	6:36	9.1 (59.5%)
216	MARKOWSKI Kamil	2146		M-40	216	01:03:05	01:32:08	02:19:30.30	+00:56:35 (40.6%)	6:36	9.1 (59.5%)
217	WARZECHA Arkadiusz	2528	PKO BANK POLSKI	M-40	217	01:02:38	01:32:07	02:20:06.40	+00:57:11 (40.8%)	6:38	9 (58.8%)
218	WILKOŃ Artur	2019	#HUTATEAM	M-40	218	00:58:13	01:27:19	02:20:43.65	+00:57:48 (41.1%)	6:40	9 (58.8%)
219	KACZKIEWICZ Damian	2824	NIGHT RUNNERS GLIWICE	M-40	219	00:59:23	01:29:22	02:21:09.05	+00:58:13 (41.3%)	6:41	9 (58.8%)
220	WÓJCIK Dariusz	2438		M-40	220	00:59:32	01:29:11	02:22:43.45	+00:59:48 (41.9%)	6:45	8.9 (58.2%)
221	KROTOS Krzysztof	2371	OQS	M-40	221	01:04:13	01:34:44	02:23:13.20	+01:00:18 (42.1%)	6:47	8.8 (57.5%)
222	CIEJOWSKI Andrzej	2815		M-40	222	01:02:20	01:31:50	02:23:38.45	+01:00:43 (42.3%)	6:48	8.8 (57.5%)
223	ZAWIŁA Dariusz	2778		M-40	223	00:59:51	01:31:08	02:24:45.45	+01:01:50 (42.7%)	6:51	8.7 (56.9%)
224	CZYŻYKOWSKI Marcin	2453		M-40	224	01:04:23	01:36:18	02:26:35.60	+01:03:40 (43.4%)	6:56	8.6 (56.2%)
225	SIRKO Łukasz	2104		M-40	225	01:06:22	01:36:08	02:28:02.25	+01:05:07 (44.0%)	7:00	8.6 (56.2%)
226	BRZEZINA Arkadiusz	2032	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	226	01:01:42	01:32:58	02:28:52.80	+01:05:57 (44.3%)	7:03	8.5 (55.6%)
227	SZABLA Marcin	2802		M-40	227	01:04:47	01:38:12	02:29:23.00	+01:06:27 (44.5%)	7:04	8.5 (55.6%)
228	WIECZORKE Marcin	2337		M-40	228	01:02:01	01:34:21	02:31:25.65	+01:08:30 (45.2%)	7:10	8.4 (54.9%)
229	KLIKS Andrzej	2100		M-40	229	01:07:12	01:39:52	02:31:58.00	+01:09:02 (45.4%)	7:12	8.3 (54.2%)
230	KASPEREK Ireneusz	2180	Q-PERIOR TEAM	M-40	230	01:07:13	01:40:39	02:38:36.80	+01:15:41 (47.7%)	7:30	8 (52.3%)
231	MOKRZYCKI Patryk	2286	TUR-BORÓWKA	M-40	231	01:06:31	01:43:34	02:40:46.40	+01:17:51 (48.4%)	7:37	7.9 (51.6%)
232	MALOK Mateusz	2654		M-40	232	00:47:01				4:42	12.8 (83.7%)

Znaleziono 232 wynik(ów)