



VIII PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: VIII PÓŁMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2022-10-22
Place: Gliwice
Distance: 22 km

Classification: M-50

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time 22km	Gap	Pace min/km	Pace km/h
1	MAŚLANKA Tomasz	2080	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	1	00:38:03	00:56:45	01:24:42.20		4:00	14.9 (100%)
2	URBAŃSKI Sławomir	2719	KS GEPARD KĘPNO	M-50	2	00:38:03	00:56:45	01:24:44.80	+00:00:02 (0.1%)	4:00	14.9 (100%)
3	TRACZUK Marek	2214		M-50	3	00:42:30	01:02:49	01:33:22.70	+00:08:40 (9.3%)	4:25	13.6 (91.3%)
4	MASŁOŃ Błażej	2558		M-50	4	00:43:46	01:04:24	01:37:24.90	+00:12:42 (13.0%)	4:36	13 (87.2%)
5	HORNIK Jarek	2105		M-50	5	00:44:27	01:04:46	01:37:29.90	+00:12:47 (13.1%)	4:37	13 (87.2%)
6	BEM Adam	2196	GISZOWIEC BIEGA RAZEM	M-50	6	00:42:38	01:04:07	01:37:37.80	+00:12:55 (13.2%)	4:37	13 (87.2%)
7	SITEK Krzysztof	2619		M-50	7	00:44:49	01:05:15	01:38:08.70	+00:13:26 (13.7%)	4:39	12.9 (86.6%)
8	MALINOWSKI Krzysztof	2129	POWOLI DO CELU	M-50	8	00:44:46	01:05:16	01:38:22.70	+00:13:40 (13.9%)	4:39	12.9 (86.6%)
9	KAWELCZYK Robert	2431	POLSKA	M-50	9	00:44:51	01:05:15	01:38:58.80	+00:14:16 (14.4%)	4:41	12.8 (85.9%)
10	WASZTYL Tomasz	2068		M-50	10	00:44:03	01:04:47	01:39:02.95	+00:14:20 (14.5%)	4:41	12.8 (85.9%)
11	BALON Marek	2497		M-50	11		01:01:39	01:40:00.30	+00:15:18 (15.3%)	4:44	12.7 (85.2%)
12	ZORAN Henryk	2450	WARTKIE PIERONY	M-50	12	00:45:19	01:06:20	01:40:33.95	+00:15:51 (15.8%)	4:45	12.6 (84.6%)
13	TEMPKA Krzysztof	2445		M-50	13	00:45:18	01:06:16	01:41:18.85	+00:16:36 (16.4%)	4:48	12.5 (83.9%)
14	RATAJCZAK Aleksander	2276	LECYMY DURŚ	M-50	14	00:45:39	01:06:47	01:41:41.65	+00:16:59 (16.7%)	4:49	12.5 (83.9%)
15	MARCZAK Krzysztof	2851	PKO BANK POLSKI	M-50	15	00:46:14	01:08:05	01:41:53.15	+00:17:10 (16.9%)	4:49	12.4 (83.2%)
16	BURY Rafał	2420	RUN GLORIA	M-50	16	00:46:39	01:08:00	01:42:17.75	+00:17:35 (17.2%)	4:50	12.4 (83.2%)
17	CZAPLA Arkadiusz	2843		M-50	17	00:45:49	01:06:53	01:42:30.70	+00:17:48 (17.4%)	4:51	12.4 (83.2%)
18	ŁYSY Andrzej	2751	ENDURANCE TEAM	M-50	18	00:45:31	01:06:38	01:43:22.00	+00:18:39 (18.1%)	4:53	12.2 (81.9%)
19	ZWIERZYŃSKI Piotr	2417	UNATCO	M-50	19	00:48:40	01:10:44	01:45:16.90	+00:20:34 (19.5%)	4:59	12 (80.5%)
20	MEJER Krzysztof	2586	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	20	00:49:45	01:11:43	01:46:08.15	+00:21:25 (20.2%)	5:01	11.9 (79.9%)
21	DUŚ Artur	2795	POLSKA GRUPA GÓRNICZA	M-50	21	00:50:09	01:12:13	01:46:38.95	+00:21:56 (20.6%)	5:03	11.9 (79.9%)
22	GOLONKA Marek	2150		M-50	22	00:47:04	01:09:55	01:46:44.95	+00:22:02 (20.7%)	5:03	11.9 (79.9%)
23	TOCHOWICZ Bartosz	2787		M-50	23	00:48:02	01:10:26	01:47:09.35	+00:22:27 (21.0%)	5:04	11.8 (79.2%)
24	NOWAK Wojciech	2399	BEFIT24TEAM	M-50	24	00:49:28	01:12:20	01:48:26.85	+00:23:44 (21.9%)	5:08	11.7 (78.5%)
25	KĘDZIERSKI Alfred	2311	KOLEJE ŚLĄSKIE	M-50	25	00:47:31	01:10:45	01:48:30.05	+00:23:47 (21.9%)	5:08	11.7 (78.5%)
26	ŚLUSARCZYK Gucio Andrzej	2720	DJ GUCIO SHOW MUST GO ON	M-50	26	00:45:54	01:08:36	01:48:49.40	+00:24:07 (22.2%)	5:09	11.6 (77.9%)
27	ZIÓLKOWSKI Grzegorz	2387		M-50	27	00:48:16	01:11:03	01:49:05.00	+00:24:22 (22.3%)	5:10	11.6 (77.9%)

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time		Pace min/km	Pace km/h
								22km	Gap		
28	KWIATKOWSKI Grzegorz	2753		M-50	28	00:47:33	01:11:17	01:49:39.65	+00:24:57 (22.8%)	5:11	11.5 (77.2%)
29	RAWŁUSZEWICZ Waldemar	2584		M-50	29	00:47:37	01:10:20	01:49:59.00	+00:25:16 (23.0%)	5:12	11.5 (77.2%)
30	DUDA Jacek	2434	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	30	00:49:53	01:12:51	01:50:05.85	+00:25:23 (23.1%)	5:13	11.5 (77.2%)
31	STALICA Wojciech	2253	IZO ERG	M-50	31	00:49:11	01:12:26	01:50:54.20	+00:26:12 (23.6%)	5:15	11.4 (76.5%)
32	PŁONKA Krzysztof	2765	TEAM DKMS	M-50	32	00:47:48	01:10:46	01:51:54.85	+00:27:12 (24.3%)	5:18	11.3 (75.8%)
33	PURCZYŃSKI Jan	2404		M-50	33	00:52:30	01:16:09	01:52:19.30	+00:27:37 (24.6%)	5:19	11.3 (75.8%)
34	CHWAŁEK Piotr	2683	ZABIEGANI W KIELCACH	M-50	34	00:51:47	01:15:37	01:53:05.70	+00:28:23 (25.1%)	5:21	11.2 (75.2%)
35	ŻMIJEWSKI Dariusz	2221	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	35	00:50:27	01:13:50	01:53:36.80	+00:28:54 (25.4%)	5:23	11.1 (74.5%)
36	ZAMORA Marek	2052		M-50	36	00:52:56	01:16:59	01:53:52.55	+00:29:10 (25.6%)	5:23	11.1 (74.5%)
37	DOBOSZ Krzysztof	2119	AKMB PĘDZIWIATR GLIWICE	M-50	37	00:51:14	01:14:21	01:54:25.00	+00:29:42 (26.0%)	5:25	11.1 (74.5%)
38	SZTELIGA Tomasz	2656		M-50	38	00:51:44	01:15:58	01:54:38.00	+00:29:55 (26.1%)	5:25	11 (73.8%)
39	ZALESKI Arkadiusz	2082		M-50	39	00:52:10	01:16:44	01:56:25.95	+00:31:43 (27.3%)	5:31	10.9 (73.2%)
40	PASTERNAK Zbigniew	2315	STELLANTIS ACTIVE TEAM	M-50	40	00:53:23	01:17:47	01:57:41.55	+00:32:59 (28.0%)	5:34	10.8 (72.5%)
41	BOCZEK Krzysztof	2178	PER ASPERA AD ASTRA	M-50	41	00:53:32	01:18:32	02:00:00.60	+00:35:18 (29.4%)	5:41	10.6 (71.1%)
42	MICHALAK Grzegorz	2671	TOTALNY AMATOR	M-50	42	00:54:16	01:19:20	02:00:07.20	+00:35:25 (29.5%)	5:41	10.5 (70.5%)
43	PELLE Laszlo	2680		M-50	43	00:53:27	01:18:28	02:00:33.85	+00:35:51 (29.7%)	5:42	10.5 (70.5%)
44	KOCUR Robert	2341	PROMUS KATOWICE	M-50	44	00:52:42	01:18:08	02:00:38.90	+00:35:56 (29.8%)	5:43	10.5 (70.5%)
45	MICHAŁEK Grzegorz	2588	GISZOWIEC BIEGA RAZEM	M-50	45	00:51:54	01:17:14	02:01:02.35	+00:36:20 (30.0%)	5:44	10.5 (70.5%)
46	GÓRNY Piotr	2083	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	46	00:54:12	01:19:23	02:01:15.75	+00:36:33 (30.1%)	5:44	10.4 (69.8%)
47	NAWA Waldemar	2017	PARKRUN KĘDZIERZYN-KOŹLE	M-50	47	00:56:22	01:21:43	02:01:55.75	+00:37:13 (30.5%)	5:46	10.4 (69.8%)
48	CADER Wojciech	2812	LATAJĄCY KLIMZOWIEC	M-50	48	00:55:47	01:21:50	02:02:35.45	+00:37:53 (30.9%)	5:48	10.3 (69.1%)
49	GOMOLA Zbigniew	2578	ŁAMIGNATY	M-50	49	00:58:20	01:23:36	02:03:55.30	+00:39:13 (31.6%)	5:52	10.2 (68.5%)
50	GAJEWSKI Jacek	2530	KURCZAK I AGATKA	M-50	50	00:56:55	01:23:08	02:04:25.60	+00:39:43 (31.9%)	5:53	10.2 (68.5%)
51	MAŁECKI Jacek	2466		M-50	51	00:53:34	01:20:03	02:04:46.40	+00:40:04 (32.1%)	5:54	10.1 (67.8%)
52	URBAŃSKI Adam	2512		M-50	52	00:57:37	01:23:21	02:05:07.75	+00:40:25 (32.3%)	5:55	10.1 (67.8%)
53	NOWOMIEJSKI Sylwester	2424	AMATOR	M-50	53	00:55:09	01:21:52	02:05:40.00	+00:40:57 (32.6%)	5:57	10.1 (67.8%)
54	ŚRUTWA Zbigniew	2090		M-50	54	00:57:52	01:24:23	02:08:43.30	+00:44:01 (34.2%)	6:06	9.8 (65.8%)
55	MALINIECKI Daniel	2688	NIE LUBIĘ BIEGAĆ	M-50	55	00:59:13	01:26:42	02:09:14.20	+00:44:32 (34.5%)	6:07	9.8 (65.8%)
56	BOHN Mariusz	2506	PIEKARY ŚLĄSKIE	M-50	56	00:55:00	01:21:48	02:09:31.80	+00:44:49 (34.6%)	6:08	9.8 (65.8%)
57	GÓRECKI Janusz	2109		M-50	57	00:56:53	01:24:24	02:09:59.75	+00:45:17 (34.8%)	6:09	9.7 (65.1%)
58	MYRCIK Bernard	2186		M-50	58	00:56:01	01:23:56	02:10:51.00	+00:46:08 (35.3%)	6:12	9.7 (65.1%)
59	PIKOŃ Krzysztof	2821		M-50	59	00:52:50	01:18:55	02:11:43.50	+00:47:01 (35.7%)	6:14	9.6 (64.4%)
60	JANIEC Witold	2522		M-50	60	00:54:16	01:23:26	02:12:17.90	+00:47:35 (36.0%)	6:16	9.6 (64.4%)
61	BUSZKA Tomasz	2094		M-50	61	00:59:36	01:26:42	02:13:52.50	+00:49:10 (36.7%)	6:20	9.5 (63.8%)
62	CZERNEK Marek	2444	BIEGAJ Z TRENERAMI	M-50	62	00:56:51	01:23:59	02:14:03.40	+00:49:21 (36.8%)	6:21	9.4 (63.1%)
63	ZŁOTOŚ Mariusz	2316	BIEG Z CHRYSZUSEM!	M-50	63	01:02:23	01:30:58	02:14:51.75	+00:50:09 (37.2%)	6:23	9.4 (63.1%)
64	ZEMŁA Piotr	2462		M-50	64	01:00:49	01:29:09	02:15:48.60	+00:51:06 (37.6%)	6:26	9.3 (62.4%)
65	NICIŃSKI Dariusz	2539	BIEG Z CHRYSZUSEM	M-50	65	01:02:22	01:31:01	02:16:09.15	+00:51:26 (37.8%)	6:27	9.3 (62.4%)
66	LUBICKI Wojciech	2172	DWÓJKA BEZ SERNIKA	M-50	66	00:57:03	01:25:29	02:16:10.30	+00:51:28 (37.8%)	6:27	9.3 (62.4%)
67	PIETRZAK Marcin	2541		M-50	67	00:59:05	01:28:02	02:19:46.70	+00:55:04 (39.4%)	6:37	9.1 (61.1%)
68	BIELSKI Michał	2488		M-50	68	01:03:56	01:36:17	02:23:45.20	+00:59:03 (41.1%)	6:48	8.8 (59.1%)
69	JAGODA Adam	2645	FUCHS OIL TEAM	M-50	69	01:05:49	01:37:05	02:26:54.60	+01:02:12 (42.3%)	6:57	8.6 (57.7%)
70	CIMPRICH Marcel	2607	ŠENOV	M-50	70	01:07:43	01:39:43	02:31:51.60	+01:07:09 (44.2%)	7:11	8.3 (55.7%)
71	LESZCZYK Krzysztof	2841		M-50	71	01:10:52	01:42:56	02:39:01.75	+01:14:19 (46.7%)	7:32	8 (53.7%)

Place	Participant	Number	Club	Category	MCat	10km	15km	Net time 22km	Gap	Pace min/km	Pace km/h
72	WOLIŃSKI Józef	2361		M-50	72	01:10:01	01:44:06	02:41:28.40	+01:16:46 (47.5%)	7:39	7.8 (52.3%)
73	KARWOWSKI Jarosław	2469		M-50	73	00:51:14			+00:13:11	5:07	11.7 (78.5%)
74	KUTERAK Marcin	2609		M-50	74						(0.0%)
75	KAŻMIERCZAK Darek	2759		M-50	75						(0.0%)

Total 75 results.