



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

VIII PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	KAUF Damian	2694		M-40	3	00:37:06	00:56:32	01:24:55.05		4:01	14.9 (100%)
2	KAMPA Rafal	2452	PIAST GLIWICE	M-30	11	00:39:12	00:58:44	01:28:01.25	+00:03:06 (3.5%)	4:10	14.4 (96.6%)
3	PIENIAŻEK Krzysztof	2194	INŻYNIERIA BIEGANIA TEAM	M-40	8	00:38:50	00:58:20	01:28:04.05	+00:03:09 (3.6%)	4:10	14.4 (96.6%)
4	DUŻNIAK Dominik	2183	STEP-DANCE	M-30	14	00:40:27	01:00:37	01:31:35.80	+00:06:40 (7.3%)	4:20	13.8 (92.6%)
5	TRACZUK Marek	2214		M-50	3	00:42:30	01:02:49	01:33:22.70	+00:08:27 (9.1%)	4:25	13.6 (91.3%)
6	KASZOWSKI Marcin	2673	CHRZAŚCZCZE CHRABĄSZCZE DZIKI	M-40	17	00:45:03	01:04:39	01:35:04.65	+00:10:09 (10.7%)	4:30	13.3 (89.3%)
7	BORSIAK Sebastian	2152	BRAK	M-40	21	00:41:58	01:02:46	01:35:43.10	+00:10:48 (11.3%)	4:32	13.2 (88.6%)
8	GRZESIKIEWICZ Mariusz	2188		M-40	23	00:42:27	01:02:55	01:35:50.75	+00:10:55 (11.4%)	4:32	13.2 (88.6%)
9	CHOMIK Rafał	2740	3COACH	M-40	28	00:43:09	01:04:38	01:37:39.10	+00:12:44 (13.0%)	4:37	13 (87.2%)
10	SROCZYŃSKI Dariusz	2181	NGK RUNNING TEAM	M-40	32	00:45:01	01:05:25	01:37:59.60	+00:13:04 (13.3%)	4:38	12.9 (86.6%)
11	CHEJDYS Krystian	2027	BIEGNĘ ALE DOKĄD?	M-30	37	00:44:16	01:05:11	01:38:13.50	+00:13:18 (13.5%)	4:39	12.9 (86.6%)
12	WIECHUŁA Marcin	2816	MOMO RUNNING TEAM	M-40	34	00:40:12	01:05:38	01:38:15.80	+00:13:20 (13.6%)	4:39	12.9 (86.6%)
13	WOJTUKIEWICZ Artur	2136		M-40	35	00:45:42	01:06:05	01:38:18.20	+00:13:23 (13.6%)	4:39	12.9 (86.6%)
14	ZALEWSKI Wojciech	2059		M-40	39	00:45:38	01:06:15	01:38:57.20	+00:14:02 (14.2%)	4:41	12.8 (85.9%)
15	KARNAUKHOV Andrzej	2288		M-20	4	00:45:15	01:06:07	01:39:18.20	+00:14:23 (14.5%)	4:42	12.7 (85.2%)
16	DABROWSKI Bartosz	2132		M-30	45	00:47:03	01:07:56	01:40:59.20	+00:16:04 (15.9%)	4:47	12.5 (83.9%)
17	BUŁAWA Grzegorz	2465		M-40	47	00:45:40	01:06:52	01:41:22.10	+00:16:27 (16.2%)	4:48	12.5 (83.9%)
18	SIENKIEWICZ Wojciech	2483	SOCIOS SILESIA	M-30	49	00:47:04	01:08:19	01:41:39.30	+00:16:44 (16.5%)	4:49	12.5 (83.9%)
19	GARBACZ Damian	2845		M-30	51	00:46:39	01:08:08	01:41:50.50	+00:16:55 (16.6%)	4:49	12.4 (83.2%)
20	GDOWSKI Sławek	2149	NEXTEER RUNNERS	M-30	52	00:45:50	01:07:30	01:42:13.30	+00:17:18 (16.9%)	4:50	12.4 (83.2%)
21	JANECZEK Marek	2768		M-40	48	00:46:26	01:07:55	01:42:15.05	+00:17:20 (17.0%)	4:50	12.4 (83.2%)
22	KRĘŻOLEK Daniel	2660		M-40	49	00:46:09	01:07:44	01:42:21.25	+00:17:26 (17.0%)	4:51	12.4 (83.2%)
23	KUKURBA Mikołaj	2626		M-30	55		01:06:49	01:42:52.30	+00:17:57 (17.5%)	4:52	12.3 (82.6%)
24	DYRAGA Marcin	2744	SAINT-GOBAIN SQUAD	M-40	51	00:47:06	01:08:58	01:43:00.35	+00:18:05 (17.6%)	4:52	12.3 (82.6%)
25	OZYP Mariusz	2064		M-30	60	00:46:45	01:08:22	01:43:11.60	+00:18:16 (17.7%)	4:53	12.3 (82.6%)
26	STRASZEK Piotr	2151		M-30	61	00:47:33	01:08:58	01:43:28.90	+00:18:33 (17.9%)	4:54	12.2 (81.9%)
27	MIRONOWICZ Bartek	2339		M-30	63	00:44:32	01:06:25	01:44:14.00	+00:19:18 (18.5%)	4:56	12.1 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
28	PIETYSZUK Dariusz	2717		M-40	60	00:47:11	01:08:52	01:45:01.65	+00:20:06 (19.1%)	4:58	12.1 (81.2%)
29	WIORA Łukasz	2833		M-30	65	00:48:17	01:10:07	01:45:08.95	+00:20:13 (19.2%)	4:58	12 (80.5%)
30	SALAMON Emil	2154	STELLANTIS ACTIVE TEAM	M-30	71	00:48:10	01:10:13	01:46:32.15	+00:21:37 (20.3%)	5:02	11.9 (79.9%)
31	NOWAK Mariusz	2357	HIRSCHVOGEL	M-40	68	00:48:54	01:11:22	01:47:00.00	+00:22:04 (20.6%)	5:04	11.8 (79.2%)
32	HERUD Tomasz	2095	ROWEROWE GLIWICE	M-30	75	00:48:49	01:11:39	01:47:15.80	+00:22:20 (20.8%)	5:04	11.8 (79.2%)
33	MIGURSKI Jakub	2748	FUCHS OIL TEAM	M-30	76	00:50:58	01:13:33	01:47:26.05	+00:22:31 (21.0%)	5:05	11.8 (79.2%)
34	RUTKOWSKI Michał	2407	LIDL	M-30	77	00:50:13	01:13:07	01:47:45.75	+00:22:50 (21.2%)	5:06	11.7 (78.5%)
35	ROGOWSKI Jakub	2494		M-20	12	00:50:03	01:12:36	01:48:07.35	+00:23:12 (21.5%)	5:07	11.7 (78.5%)
36	KWIATKOWSKI Marcin	2028		M-30	78	00:46:58	01:09:52	01:48:11.40	+00:23:16 (21.5%)	5:07	11.7 (78.5%)
37	KĘDZIERSKI Alfred	2311	KOLEJE ŚLĄSKIE	M-50	25	00:47:31	01:10:45	01:48:30.05	+00:23:35 (21.7%)	5:08	11.7 (78.5%)
38	ULIASZ Krzysztof	2485	STELLANTIS ACTIVE TEAM	M-40	77	00:49:02	01:12:13	01:48:34.15	+00:23:39 (21.8%)	5:08	11.7 (78.5%)
39	ZIÓŁKOWSKI Grzegorz	2387		M-50	27	00:48:16	01:11:03	01:49:05.00	+00:24:09 (22.2%)	5:10	11.6 (77.9%)
40	KOŁODZIEJSKI Emil	2039	BOJKÓW BIEGA	M-30	81	00:47:24	01:10:41	01:49:22.55	+00:24:27 (22.4%)	5:10	11.6 (77.9%)
41	TYSZKIEWICZ Cuma	2219		M-40	82	00:50:59	01:13:15	01:49:29.95	+00:24:34 (22.4%)	5:11	11.6 (77.9%)
42	CETERA Łukasz	2240	#HUTATEAM	M-30	83	00:48:05	01:11:28	01:49:30.25	+00:24:35 (22.5%)	5:11	11.6 (77.9%)
43	NIESLER Michał	2215	NTEAM	M-30	84	00:46:44	01:10:07	01:49:33.90	+00:24:38 (22.5%)	5:11	11.6 (77.9%)
44	PICZ Michał	2043	POMPEJANKA TEAM	M-30	85	00:52:23	01:15:06	01:49:45.35	+00:24:50 (22.6%)	5:12	11.5 (77.2%)
45	ŻÓŁTOWSKI Michał	2514		M-30	87	00:50:05	01:12:13	01:50:05.80	+00:25:10 (22.9%)	5:13	11.5 (77.2%)
46	KAMIŃSKI Jacek	2631	GOMOLA PACK-CENTER	M-40	86	00:48:12	01:12:13	01:50:39.30	+00:25:44 (23.3%)	5:14	11.4 (76.5%)
47	SKOTNICKI Paweł	2001		M-30	92	00:49:42	01:12:51	01:50:46.40	+00:25:51 (23.3%)	5:14	11.4 (76.5%)
48	GIGON Krzysztof	2555	CZYSTY CIUL	M-40	94	00:49:32	01:13:05	01:51:54.80	+00:26:59 (24.1%)	5:18	11.3 (75.8%)
49	POGORZAŁEK Mateusz	2513		M-30	98	00:51:54	01:15:25	01:52:02.15	+00:27:07 (24.2%)	5:18	11.3 (75.8%)
50	CIEPLIK Grzegorz	2263		M-30	99	00:51:06	01:14:07	01:52:12.90	+00:27:17 (24.3%)	5:19	11.3 (75.8%)
51	MACYSZYN Waldemar	2518	GLIWICE	M-60	2	00:50:41	01:14:28	01:52:17.05	+00:27:22 (24.4%)	5:19	11.3 (75.8%)
52	KRAJEWSKI Radosław	2218		M-30	100	00:51:21	01:14:34	01:52:18.20	+00:27:23 (24.4%)	5:19	11.3 (75.8%)
53	GĘBCZYŃSKI Oliwier	2259	G-TEAM	M-20	14	00:51:59	01:15:29	01:52:22.85	+00:27:27 (24.4%)	5:19	11.3 (75.8%)
54	CZYŻ Wojciech	2331		M-40	98	00:48:56	01:12:38	01:52:28.45	+00:27:33 (24.5%)	5:19	11.3 (75.8%)
55	SEROCKI Michał	2199		M-30	102	00:51:40	01:15:21	01:52:29.70	+00:27:34 (24.5%)	5:19	11.3 (75.8%)
56	MARKOWICZ Mateusz	2471	BOJKÓW BIEGA	M-30	103	00:52:38	01:17:16	01:52:30.15	+00:27:35 (24.5%)	5:19	11.3 (75.8%)
57	NIKODON Paweł	2046	NIKODON DREAM TEAM	M-40	103	00:49:02	01:12:52	01:53:15.85	+00:28:20 (25.0%)	5:22	11.2 (75.2%)
58	DOMAŃSKI Marcin	2038	RUNNINGFISH74	M-40	104	00:52:31	01:16:06	01:53:20.00	+00:28:24 (25.1%)	5:22	11.2 (75.2%)
59	ŻMIJEWSKI Dariusz	2221	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	35	00:50:27	01:13:50	01:53:36.80	+00:28:41 (25.3%)	5:23	11.1 (74.5%)
60	SEMIK Jakub	2157		M-30	106	00:52:24	01:16:34	01:53:37.70	+00:28:42 (25.3%)	5:23	11.1 (74.5%)
61	GMEREK Piotr	2617		M-30	107	00:48:34	01:12:24	01:53:40.25	+00:28:45 (25.3%)	5:23	11.1 (74.5%)
62	RÓŻAŃSKI Tomasz	2378		M-40	111	00:50:40	01:14:16	01:54:01.15	+00:29:06 (25.5%)	5:24	11.1 (74.5%)
63	FRĄC Dariusz	2476	BANDA Z POŁUDNIA	M-40	112	00:50:09	01:13:33	01:54:01.45	+00:29:06 (25.5%)	5:24	11.1 (74.5%)
64	WAWRZAK Ryszard	2612	RYSZARD RUN- PACEMAKER	M-40	116	00:52:42	01:16:46	01:54:17.25	+00:29:22 (25.7%)	5:24	11.1 (74.5%)
65	GOLA Daniel	2729	DO GÓRY NOGAMI	M-30	111	00:49:38	01:13:44	01:54:18.00	+00:29:22 (25.7%)	5:25	11.1 (74.5%)
66	DOBOSZ Krzysztof	2119	AKMB PĘDZIWIATR GLIWICE	M-50	37	00:51:14	01:14:21	01:54:25.00	+00:29:29 (25.8%)	5:25	11.1 (74.5%)
67	ORZECHOWSKI Marek	2003		M-30	112	00:51:41	01:14:58	01:54:29.75	+00:29:34 (25.8%)	5:25	11.1 (74.5%)
68	LISEWSKI Bartłomiej	2382	...	M-40	119	00:52:34	01:16:38	01:54:45.25	+00:29:50 (26.0%)	5:26	11 (73.8%)
69	ZIELONKA Tomasz	2615	DESIGNBAY	M-20	17	00:52:12	01:16:37	01:54:46.75	+00:29:51 (26.0%)	5:26	11 (73.8%)
70	SCHAB Bartłomiej	2185		M-30	114	00:51:03	01:15:32	01:54:59.05	+00:30:04 (26.1%)	5:26	11 (73.8%)
71	CZAJKA Roman	2264	POLISH RUNNERS SQUAD	M-40	122	00:52:17	01:16:42	01:55:10.90	+00:30:15 (26.3%)	5:27	11 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
72	MAŃKA Marcin	2013		M-30	117	00:52:18	01:16:40	01:55:35.05	+00:30:40 (26.5%)	5:28	11 (73.8%)
73	WRÓBLEWSKI Mateusz	2691		M-30	119	00:52:27	01:19:05	01:56:06.10	+00:31:11 (26.9%)	5:30	10.9 (73.2%)
74	IGNACZAK Robert	2498		M-40	128	00:51:08	01:15:35	01:56:08.00	+00:31:12 (26.9%)	5:30	10.9 (73.2%)
75	BIEGALSKI Piotr	2823		M-30	120	00:52:08	01:16:10	01:56:09.55	+00:31:14 (26.9%)	5:30	10.9 (73.2%)
76	GORAUS Karol	2576	TSH TEAM	M-30	121	00:52:39	01:16:55	01:56:16.50	+00:31:21 (27.0%)	5:30	10.9 (73.2%)
77	ZALESKI Arkadiusz	2082		M-50	39	00:52:10	01:16:44	01:56:25.95	+00:31:30 (27.1%)	5:31	10.9 (73.2%)
78	DOBOSZ Daniel	2676	MOCNA EKIPA	M-40	131	00:51:13	01:16:26	01:56:49.60	+00:31:54 (27.3%)	5:32	10.8 (72.5%)
79	SMUDA Andrzej	2123	AKMB PĘDZIWIATR GLIWICE	M-40	132	00:50:16	01:14:38	01:56:53.45	+00:31:58 (27.4%)	5:32	10.8 (72.5%)
80	LUDWIG Dawid	2733		M-30	123	00:54:42	01:19:15	01:56:56.40	+00:32:01 (27.4%)	5:32	10.8 (72.5%)
81	ORLIK Jerzy	2116		M-60	5	00:53:54	01:18:23	01:57:06.65	+00:32:11 (27.5%)	5:32	10.8 (72.5%)
82	BANASZAK Marcin	2592		M-40	134	00:53:51	01:18:23	01:57:09.50	+00:32:14 (27.5%)	5:33	10.8 (72.5%)
83	NIESZWIC Terencjus	2794	DZIAŁAMY SOBIE	M-20	20	00:49:30	01:12:44	01:57:19.15	+00:32:24 (27.6%)	5:33	10.8 (72.5%)
84	ZAWISZA Michał	2831		M-30	124	00:56:00	01:19:58	01:57:25.20	+00:32:30 (27.7%)	5:33	10.8 (72.5%)
85	MICHALIK Piotr	2829	HDC	M-40	136	00:52:24	01:17:29	01:57:38.15	+00:32:43 (27.8%)	5:34	10.8 (72.5%)
86	PASTERNAK Zbigniew	2315	STELLANTIS ACTIVE TEAM	M-50	40	00:53:23	01:17:47	01:57:41.55	+00:32:46 (27.8%)	5:34	10.8 (72.5%)
87	CYGAN Tomasz	2140		M-40	137	00:52:13	01:16:40	01:57:46.80	+00:32:51 (27.9%)	5:34	10.8 (72.5%)
88	KOŚCIAŃSKI Oskar	2692		M-20	24	00:53:55	01:19:12	01:58:33.35	+00:33:38 (28.4%)	5:37	10.7 (71.8%)
89	ROSADA Zdzisław	2081	PORUSZENI - AKTYWNI Z SOŚNICY	M-60	7	00:55:26	01:19:41	01:58:37.35	+00:33:42 (28.4%)	5:37	10.7 (71.8%)
90	GIERAS Mirosław	2192		M-40	141	00:54:37	01:19:42	01:58:41.50	+00:33:46 (28.5%)	5:37	10.7 (71.8%)
91	MEOSSO Alessandro	2320	ZŁOTA MARKA	M-20	27	00:50:42	01:16:00	01:59:04.15	+00:34:09 (28.7%)	5:38	10.6 (71.1%)
92	MAZGAJSKI Mateusz	2655		M-30	134	00:53:19	01:18:43	01:59:21.30	+00:34:26 (28.9%)	5:39	10.6 (71.1%)
93	SIDORSKI Robert	2062	STELLANTIS ACTIVE TEAM	M-40	145	00:52:54	01:17:55	01:59:35.30	+00:34:40 (29.0%)	5:40	10.6 (71.1%)
94	ĆWIKŁA Michał	2323	FLUOR	M-20	28	00:52:17	01:17:12	01:59:40.90	+00:34:45 (29.0%)	5:40	10.6 (71.1%)
95	KAŁAMARZ Mariusz	2306	CROSSFIT SILESIA	M-40	146	00:51:46	01:17:42	01:59:42.05	+00:34:47 (29.1%)	5:40	10.6 (71.1%)
96	ŁUKOMSKI Tomek	2258		M-20	30	00:56:41	01:21:41	02:00:00.55	+00:35:05 (29.2%)	5:41	10.6 (71.1%)
97	SZOŁTYSEK Denis	2547	LEŚNA OSTROPA	M-30	139	00:57:02	01:22:30	02:00:22.05	+00:35:27 (29.5%)	5:42	10.5 (70.5%)
98	WÓJCIK Jakub	2560	TRIDIVISION TRIATHLON TEAM	M-40	150	00:55:08	01:20:26	02:00:31.15	+00:35:36 (29.5%)	5:42	10.5 (70.5%)
99	PÓŁTORAK Kamil	2021		M-30	141	00:55:22	01:21:15	02:00:48.20	+00:35:53 (29.7%)	5:43	10.5 (70.5%)
100	GĘBCZYŃSKI Paweł	2112	GO4IT	M-40	155	00:55:25	01:20:45	02:01:14.60	+00:36:19 (30.0%)	5:44	10.4 (69.8%)
101	GÓRNY Piotr	2083	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	46	00:54:12	01:19:23	02:01:15.75	+00:36:20 (30.0%)	5:44	10.4 (69.8%)
102	ERDMANN Robert	2393		M-30	143	00:55:36	01:20:50	02:01:18.25	+00:36:23 (30.0%)	5:44	10.4 (69.8%)
103	HAŁUPKA Paweł	2553	LEŚNA OSTROPA	M-30	145	00:57:03	01:22:31	02:01:22.25	+00:36:27 (30.0%)	5:45	10.4 (69.8%)
104	OSIŃSKI Paweł	2008	KS M.E.T.A	M-40	157	00:54:52	01:21:26	02:01:25.25	+00:36:30 (30.1%)	5:45	10.4 (69.8%)
105	SIKORA Michał	2273		M-40	158	00:52:13	01:17:16	02:01:31.70	+00:36:36 (30.1%)	5:45	10.4 (69.8%)
106	GAWRON Konrad	2598		M-20	32	00:51:47	01:16:57	02:01:41.80	+00:36:46 (30.2%)	5:46	10.4 (69.8%)
107	ŁAKOMSKI Paweł	2281	BOJKÓW BIEGA	M-40	160	00:55:14	01:19:39	02:01:46.95	+00:36:51 (30.3%)	5:46	10.4 (69.8%)
108	BUJALSKI Michał	2755		M-30	152	00:55:29	01:22:05	02:02:09.30	+00:37:14 (30.5%)	5:47	10.4 (69.8%)
109	ŻABICKI Mariusz	2623	TECHNOMEX	M-40	162	00:55:39	01:20:55	02:02:12.00	+00:37:16 (30.5%)	5:47	10.4 (69.8%)
110	LEJA Bartosz	2516		M-30	154	00:54:24	01:20:14	02:02:15.60	+00:37:20 (30.5%)	5:47	10.4 (69.8%)
111	PIÓRKOWSKI Tomasz	2280		M-40	163	00:55:16	01:21:08	02:02:40.25	+00:37:45 (30.8%)	5:48	10.3 (69.1%)
112	CZAŚTKIEWICZ Marcin	2002		M-30	157	00:53:12	01:18:13	02:02:45.40	+00:37:50 (30.8%)	5:49	10.3 (69.1%)
113	UJMA Michał	2060	SII RUNNING TEAM	M-30	158	00:56:24	01:22:16	02:02:48.80	+00:37:53 (30.9%)	5:49	10.3 (69.1%)
113	KUBIT Bartłomiej	2738		M-30	159	00:56:24	01:22:16	02:02:48.80	+00:37:53 (30.9%)	5:49	10.3 (69.1%)
115	KOŁODZIEJ Jacek	2319	FLUOR	M-40	165	00:55:30	01:20:57	02:02:59.60	+00:38:04 (31.0%)	5:49	10.3 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
116	KRAJEWSKI Michał	2769		M-40	166	00:53:21	01:18:33	02:03:03.40	+00:38:08 (31.0%)	5:49	10.3 (69.1%)
117	BERESKA Bartek	2701		M-30	160	00:55:01	01:21:02	02:03:05.90	+00:38:10 (31.0%)	5:50	10.3 (69.1%)
118	PAŁUS Bartłomiej	2686		M-20	37	00:56:16	01:22:14	02:03:29.75	+00:38:34 (31.2%)	5:51	10.3 (69.1%)
119	NEUMANN Piotr	2360		M-30	161	00:56:25	01:21:55	02:03:30.60	+00:38:35 (31.2%)	5:51	10.3 (69.1%)
120	BAK-CESARZ Damian	2674		M-40	171	01:00:40	01:26:17	02:03:39.75	+00:38:44 (31.3%)	5:51	10.2 (68.5%)
121	BUCZYŃSKI Radosław	2594	PACEMAKER	M-30	164	00:56:42	01:22:25	02:03:54.45	+00:38:59 (31.5%)	5:52	10.2 (68.5%)
122	ZARZYCKI Robert	2850		M-30	165	00:50:43	01:15:47	02:03:59.30	+00:39:04 (31.5%)	5:52	10.2 (68.5%)
123	STĘPIEŃ Wojciech	2589	PACEMAKER	M-40	174	00:56:53	01:22:44	02:04:12.50	+00:39:17 (31.6%)	5:53	10.2 (68.5%)
124	ZYGMAŃSKI Piotr	2108		M-40	176	00:54:31	01:21:09	02:04:25.45	+00:39:30 (31.8%)	5:53	10.2 (68.5%)
125	GAJEWSKI Jacek	2530	KURCZAK I AGATKA	M-50	50	00:56:55	01:23:08	02:04:25.60	+00:39:30 (31.8%)	5:53	10.2 (68.5%)
126	BUFNAL Krzysztof	2155		M-40	177	00:58:19	01:23:53	02:04:30.70	+00:39:35 (31.8%)	5:54	10.2 (68.5%)
127	MATULICZ Damian	2486		M-40	178	00:53:06	01:19:38	02:04:37.65	+00:39:42 (31.9%)	5:54	10.2 (68.5%)
128	RAJTOR Klaudiusz	2624		M-60	9	00:57:01	01:23:01	02:04:44.80	+00:39:49 (31.9%)	5:54	10.1 (67.8%)
129	GOŁĘBIEWSKI Kazimierz	2004	KEMPER TEAM	M-40	179	00:54:14	01:21:36	02:05:42.75	+00:40:47 (32.5%)	5:57	10.1 (67.8%)
130	BIENIEK Kewin	2301		M-20	39	00:53:58	01:20:54	02:06:01.95	+00:41:06 (32.6%)	5:58	10 (67.1%)
131	KOWALCZYK Tomasz	2234	AKMB PĘDZIWIATR GLIWICE	M-40	183	00:55:31	01:21:31	02:06:53.00	+00:41:57 (33.1%)	6:00	10 (67.1%)
132	KOJ Jakub	2752	MATYLDA TEAM	M-30	174	00:55:28	01:22:04	02:07:02.95	+00:42:07 (33.2%)	6:01	10 (67.1%)
133	WANIEK Zbigniew	2231	THE WANIEKS	M-40	186	00:56:34	01:22:50	02:07:21.35	+00:42:26 (33.3%)	6:02	9.9 (66.4%)
134	WÓJCIK Rafał	2397		M-40	187	00:56:54	01:24:06	02:07:24.70	+00:42:29 (33.4%)	6:02	9.9 (66.4%)
135	DURAK Lukasz	2025		M-40	188	00:56:45	01:22:55	02:07:35.10	+00:42:40 (33.4%)	6:02	9.9 (66.4%)
136	SZWARCZYŃSKI Jakub	2561		M-30	178	00:57:25	01:23:55	02:07:51.85	+00:42:56 (33.6%)	6:03	9.9 (66.4%)
137	MICHOŃ Maciej	2664	-	M-20	41	00:58:10	01:24:32	02:08:56.85	+00:44:01 (34.1%)	6:06	9.8 (65.8%)
138	GRUSZCZYŃSKI Bogusław	2256		M-60	10	00:57:23	01:23:53	02:09:00.35	+00:44:05 (34.2%)	6:06	9.8 (65.8%)
139	GÓRECKI Janusz	2109		M-50	57	00:56:53	01:24:24	02:09:59.75	+00:45:04 (34.7%)	6:09	9.7 (65.1%)
140	MICHALSKI Marek	2261		M-40	192	00:56:21	01:24:40	02:10:42.80	+00:45:47 (35.0%)	6:11	9.7 (65.1%)
141	PIKOŃ Krzysztof	2821		M-50	59	00:52:50	01:18:55	02:11:43.50	+00:46:48 (35.5%)	6:14	9.6 (64.4%)
142	POMORSKI Przemysław	2260		M-40	195	01:00:55	01:26:37	02:11:45.40	+00:46:50 (35.5%)	6:14	9.6 (64.4%)
143	LENCZYK Mariusz	2749		M-20	42	00:55:22	01:23:14	02:11:58.50	+00:47:03 (35.7%)	6:15	9.6 (64.4%)
144	KOSNO Łukasz	2026		M-30	189	00:59:14	01:26:49	02:13:54.80	+00:48:59 (36.6%)	6:20	9.5 (63.8%)
145	NIEMIEC Sławek	2102	INTERGRAFIK.PL	M-40	201	00:55:56	01:23:26	02:14:03.15	+00:49:08 (36.7%)	6:21	9.4 (63.1%)
146	CZERNEK Marek	2444	BIEGAJ Z TRENERAMI	M-50	62	00:56:51	01:23:59	02:14:03.40	+00:49:08 (36.7%)	6:21	9.4 (63.1%)
147	PODSTUFKA Szymon	2345		M-30	191	00:57:17	01:24:23	02:14:38.35	+00:49:43 (36.9%)	6:22	9.4 (63.1%)
148	PAWLICZEK Szymon	2495		M-20	48	01:02:36	01:29:57	02:15:03.50	+00:50:08 (37.1%)	6:24	9.4 (63.1%)
149	MACZUGA Bartłomiej	2705	PACEMAKER	M-30	193	01:02:29	01:30:14	02:15:08.60	+00:50:13 (37.2%)	6:24	9.4 (63.1%)
150	ZEMŁA Piotr	2462		M-50	64	01:00:49	01:29:09	02:15:48.60	+00:50:53 (37.5%)	6:26	9.3 (62.4%)
151	KWAPIEŃ Paweł	2827		M-40	206	01:00:40	01:29:10	02:15:49.05	+00:50:54 (37.5%)	6:26	9.3 (62.4%)
152	SELIGA Paweł	2475	BIEGAJ Z TRENERAMI GLIWICE	M-40	207	00:58:25	01:26:48	02:15:49.80	+00:50:54 (37.5%)	6:26	9.3 (62.4%)
153	DANIELSKI Patryk	2272		M-30	195	01:02:08	01:30:11	02:16:06.70	+00:51:11 (37.6%)	6:27	9.3 (62.4%)
154	CIUMAN Piotr	2763	PHD RUNNERS	M-30	196	01:00:59	01:28:38	02:16:14.95	+00:51:19 (37.7%)	6:27	9.3 (62.4%)
155	LEWANDOWSKI Henryk	2084		M-40	208	00:58:06	01:28:36	02:16:35.35	+00:51:40 (37.8%)	6:28	9.3 (62.4%)
156	DEBERNY Dawid	2745		M-30	198	01:00:34	01:29:10	02:17:40.10	+00:52:45 (38.3%)	6:31	9.2 (61.7%)
157	KRAWCZYŃSKI Mirosław	2278	GÓRNA13	M-40	215	01:01:36	01:30:48	02:19:27.60	+00:54:32 (39.1%)	6:36	9.1 (61.1%)
158	MARKOWSKI Kamil	2146		M-40	216	01:03:05	01:32:08	02:19:30.30	+00:54:35 (39.1%)	6:36	9.1 (61.1%)
159	ZACHARA Michał	2225		M-30	202	00:58:04	01:27:59	02:19:42.90	+00:54:47 (39.2%)	6:37	9.1 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
160	PIETRZAK Marcin	2541		M-50	67	00:59:05	01:28:02	02:19:46.70	+00:54:51 (39.2%)	6:37	9.1 (61.1%)
161	FUGOWSKI Grzegorz	2018		M-30	203	01:00:26	01:31:35	02:20:22.15	+00:55:27 (39.5%)	6:39	9 (60.4%)
162	WILKOŃ Artur	2019	#HUTATEAM	M-40	218	00:58:13	01:27:19	02:20:43.65	+00:55:48 (39.7%)	6:40	9 (60.4%)
163	KACZKIEWICZ Damian	2824	NIGHT RUNNERS GLIWICE	M-40	219	00:59:23	01:29:22	02:21:09.05	+00:56:14 (39.8%)	6:41	9 (60.4%)
164	MICZKA Łukasz	2024	NIECHCEMISIE	M-30	205	01:01:55	01:29:45	02:21:51.95	+00:56:56 (40.1%)	6:43	8.9 (59.7%)
165	WÓJCIK Dariusz	2438		M-40	220	00:59:32	01:29:11	02:22:43.45	+00:57:48 (40.5%)	6:45	8.9 (59.7%)
166	MALINOWSKI Bartosz	2813		M-20	54	01:03:24	01:33:04	02:22:48.25	+00:57:53 (40.5%)	6:46	8.9 (59.7%)
167	OCHODEK Andrzej	2381	AKT WATRA	M-30	206	01:01:37	01:32:43	02:22:50.25	+00:57:55 (40.5%)	6:46	8.9 (59.7%)
168	KROTOS Krzysztof	2371	OQS	M-40	221	01:04:13	01:34:44	02:23:13.20	+00:58:18 (40.7%)	6:47	8.8 (59.1%)
169	GĘBSKI Dawid	2317	FLUOR	M-30	207	01:01:55	01:31:57	02:24:26.55	+00:59:31 (41.2%)	6:50	8.8 (59.1%)
170	MIŁKOWSKI Andrzej	2527		M-60	16	01:03:58	01:34:41	02:25:50.55	+01:00:55 (41.8%)	6:54	8.7 (58.4%)
171	CZYŻYKOWSKI Marcin	2453		M-40	224	01:04:23	01:36:18	02:26:35.60	+01:01:40 (42.1%)	6:56	8.6 (57.7%)
172	SIRKO Łukasz	2104		M-40	225	01:06:22	01:36:08	02:28:02.25	+01:03:07 (42.6%)	7:00	8.6 (57.7%)
173	PAWELAK Szymon	2395		M-20	55	00:57:02	01:28:32	02:30:43.75	+01:05:48 (43.7%)	7:08	8.4 (56.4%)
174	PAWLIK Michał	2571		M-30	213	01:04:13	01:36:41	02:34:41.30	+01:09:46 (45.1%)	7:19	8.2 (55.0%)
175	WOLIŃSKI Józef	2361		M-50	72	01:10:01	01:44:06	02:41:28.40	+01:16:33 (47.4%)	7:39	7.8 (52.3%)
176	WACŁAWEK Tomek	2502	TEAM TOMSON	M-20	58	01:17:36	01:56:04	02:56:19.40	+01:31:24 (51.8%)	8:21	7.2 (48.3%)
	KRZYWICKI Jan	2385	-----	M-60		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 177 wynik(ów)