



Organiser: OTK Rzeźnik
Date: 2015-10-18
Place: Gliwice
Distance: 21.1 km

II PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	OLIINYK Paweł	1204	KS ICE MAT TEAM OSTRÓW WLKP.	M-20	1	00:00:02	00:15:48	00:31:54	00:48:06	01:04:21	01:07:51.30	01:07:54.05		3:12	18.7 (100%)
2	NAGIRNIAK Wiktor	1131		M-20	2	00:00:03	00:16:16	00:33:03	00:50:22	01:07:40	01:11:16.60	01:11:19.65	+00:03:25 (4.8%)	3:22	17.8 (95.2%)
3	KWALIA Launen	1219	SKKS DORCUS SPORT	M-20	3	00:00:03	00:16:15	00:33:03	00:50:22	01:07:41	01:11:19.35	01:11:22.50	+00:03:28 (4.9%)	3:22	17.8 (95.2%)
4	FORMICKI Rafał	165	VICTORIA ZAWIERCIE	M-20	4	00:00:03	00:17:36	00:34:52	00:52:29	01:10:25	01:14:17.70	01:14:21.60	+00:06:26 (8.7%)	3:31	17 (90.9%)
5	KWIECIŃSKI Michał	965	UROZENI BIEGACZE WWW.BORNRUNNERS.PL	M-20	5	00:00:02	00:17:52	00:35:35	00:53:44	01:12:36	01:16:51.35	01:16:53.90	+00:09:00 (11.7%)	3:38	16.5 (88.2%)
6	BIELIŃSKI Piotr	874	SOKÓŁ KNURÓW/RYPDZ TEAM	M-20	6	00:00:02	00:18:09	00:36:15	00:54:48	01:13:57	01:18:01.25	01:18:03.50	+00:10:09 (13.0%)	3:41	16.2 (86.6%)
7	JARCZYK Marcin	1014		M-30	1	00:00:03	00:18:25	00:36:56	00:55:43	01:14:44	01:18:55.90	01:18:59.65	+00:11:04 (14.0%)	3:44	16 (85.6%)
8	RYSZKA Dariusz	843	UKS OLIMPIA ZABRZE	M-20	7	00:00:02	00:19:11	00:38:06	00:56:30	01:15:16	01:19:15.90	01:19:18.30	+00:11:24 (14.4%)	3:45	16 (85.6%)
9	KOSZAŁKA Dariusz	743	PĘDZIWIATR GLIWICE	M-40	1	00:00:02	00:18:19	00:37:08	00:56:05	01:15:18	01:19:24.30	01:19:27.05	+00:11:33 (14.5%)	3:45	15.9 (85.0%)
10	MORDYŃSKI Bartłomiej	837	UKS OLIMPIA ZABRZE	M-20	8	00:00:03	00:19:13	00:38:05	00:56:42	01:15:40	01:19:45.40	01:19:49.15	+00:11:54 (14.9%)	3:46	15.9 (85.0%)
11	CHESANG Dorcus	1217	SKKS DORCUS SPORT	K-20	1	00:00:03	00:18:14	00:37:08	00:56:19	01:15:46	01:20:04.75	01:20:08.25	+00:12:13 (15.3%)	3:47	15.8 (84.5%)
12	SLADEK Dawid	726		M-20	9	00:00:03	00:18:46	00:37:54	00:56:41	01:15:50	01:20:09.70	01:20:12.85	+00:12:18 (15.4%)	3:47	15.8 (84.5%)
13	SZCZECIŃSKI Maciej	199		M-30	2	00:00:03	00:19:42	00:39:04	00:58:06	01:16:49	01:20:52.35	01:20:56.25	+00:13:01 (16.1%)	3:49	15.7 (84.0%)
14	JAGIEŁA Adam	584		M-40	2	00:00:03	00:18:30	00:37:21	00:56:58	01:16:49	01:20:56.65	01:20:59.65	+00:13:05 (16.2%)	3:50	15.6 (83.4%)
15	GRZEGORZYCA Marcin	551		M-30	3	00:00:03	00:19:13	00:38:30	00:57:57	01:17:12	01:21:11.30	01:21:15.25	+00:13:20 (16.4%)	3:50	15.6 (83.4%)
16	DUŻNIAK Dominik	504	STEP-DANCE RUN GLIWICE	M-30	4	00:00:03	00:19:11	00:38:32	00:57:58	01:17:33	01:21:53.20	01:21:56.55	+00:14:01 (17.1%)	3:52	15.5 (82.9%)
17	ŚNIEGÓRSKI Maciej	1109	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	5	00:00:02	00:19:11	00:38:07	00:57:22	01:17:33	01:21:58.70	01:22:01.45	+00:14:07 (17.2%)	3:53	15.4 (82.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
18	OLIJNYK Switlana	1205	KS ICE MAT TEAM OSTRÓW WLKP.	K-30	1	00:00:03	00:19:12	00:38:29	00:57:57	01:17:56	01:22:25.45	01:22:28.75	+00:14:34 (17.7%)	3:54	15.4 (82.4%)
19	NAGIRNIAK Natalia	1132		K-20	2	00:00:03	00:19:21	00:39:02	00:58:57	01:18:31	01:22:47.85	01:22:51.35	+00:14:56 (18.0%)	3:55	15.3 (81.8%)
20	WŁODARCZYK Patrycja	1233	JKLA JAWOR	K-30	2	00:00:03	00:19:12	00:38:53	00:58:36	01:18:52	01:23:25.00	01:23:28.00	+00:15:33 (18.7%)	3:57	15.2 (81.3%)
21	NOWICKI Michał	768		M-16	1	00:00:06	00:20:09	00:39:52	00:59:29	01:19:35	01:23:45.20	01:23:52.05	+00:15:53 (19.0%)	3:58	15.1 (80.7%)
22	PISKORZ Łukasz	908	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-30	6	00:00:05	00:20:13	00:40:24	00:59:56	01:19:37	01:23:54.30	01:23:59.75	+00:16:03 (19.1%)	3:58	15.1 (80.7%)
23	MATLOK Marek	319	BIEGAJ Z PILECKIM	M-30	7	00:00:05	00:19:44	00:39:48	00:59:49	01:19:43	01:23:57.40	01:24:02.75	+00:16:06 (19.2%)	3:58	15.1 (80.7%)
24	CHOJNOWSKI Sebastian	1224	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	M-20	10	00:00:00	00:18:58	00:38:34	00:58:56	01:20:10	01:24:47.85	01:24:47.85	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
25	PLOCH Jakub	275		M-20	12	00:00:02	00:19:02	00:39:03	00:59:14	01:20:16	01:24:48.05	01:24:50.80	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
26	OCHMAN Paweł	1052	FUTURE PROCESSING RUNNING TEAM	M-20	11	00:00:06	00:20:14	00:40:06	01:00:17	01:20:37	01:24:47.90	01:24:54.75	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
27	BOCHEŃSKI Grzegorz	206	AMATOR	M-30	8	00:00:16	00:19:49	00:39:44	01:00:03	01:21:10	01:25:44.50	01:26:00.65	+00:17:53 (20.9%)	4:03	14.8 (79.1%)
28	DWORNICZAK Łukasz	724		M-30	9	00:00:07	00:20:28	00:40:51	01:01:21	01:21:49	01:26:06.40	01:26:14.35	+00:18:15 (21.2%)	4:04	14.7 (78.6%)
29	BUJNOWSKI Artur	79	KLUB BIEGACZA ENDURANCE SOLIDARNI KNURÓW	M-20	13	00:00:05	00:20:34	00:40:40	01:01:07	01:21:41	01:26:19.10	01:26:24.10	+00:18:27 (21.4%)	4:05	14.7 (78.6%)
30	MIKULSKI Andrzej	281		M-40	3	00:00:04	00:21:35	00:42:12	01:02:37	01:22:47	01:27:00.80	01:27:05.00	+00:19:09 (22.0%)	4:07	14.5 (77.5%)
31	SKALSKI Mateusz	1278		M-30	10	00:00:15	00:20:37	00:41:27	01:02:11	01:22:53	01:27:20.40	01:27:35.55	+00:19:29 (22.3%)	4:08	14.5 (77.5%)
32	URBAŃCZYK Karol	287	NIGHT RUNNERS GLIWICE	M-20	14	00:00:14	00:20:35	00:41:26	01:02:13	01:22:58	01:27:21.90	01:27:36.25	+00:19:30 (22.3%)	4:08	14.5 (77.5%)
33	MOMOT Michał	1115		M-30	12	00:00:14	00:20:41	00:41:26	01:02:12	01:23:06	01:27:26.25	01:27:40.40	+00:19:34 (22.4%)	4:08	14.5 (77.5%)
34	MALIK Mateusz	824		M-30	11	00:00:19	00:21:07	00:41:37	01:02:10	01:23:04	01:27:24.55	01:27:43.80	+00:19:33 (22.4%)	4:08	14.5 (77.5%)
35	CHOMIK Rafał	623	T2 SALCO TEAM	M-30	13	00:00:05	00:20:02	00:40:09	01:01:20	01:23:02	01:27:45.80	01:27:51.45	+00:19:54 (22.7%)	4:09	14.4 (77.0%)
36	GOŁASZEWSKI Tomasz	1253		M-40	4	00:00:04	00:20:38	00:41:10	01:02:27	01:23:29	01:28:05.80	01:28:10.70	+00:20:14 (23.0%)	4:10	14.4 (77.0%)
37	FALEJCZYK Mateusz	1106		M-20	15	00:00:11	00:19:38	00:39:58	01:01:14	01:23:24	01:28:07.75	01:28:18.95	+00:20:16 (23.0%)	4:10	14.4 (77.0%)
38	STARŻYK Paweł	135	RUNSTARS	M-30	14	00:00:28	00:21:21	00:42:20	01:03:07	01:23:51	01:28:08.90	01:28:37.65	+00:20:17 (23.0%)	4:10	14.4 (77.0%)
39	BUJALSKI Michał	114	AKS DRAGON	M-20	16	00:00:16	00:21:04	00:41:50	01:02:56	01:24:01	01:28:26.80	01:28:43.20	+00:20:35 (23.3%)	4:11	14.3 (76.5%)
40	ŻOŁĄDŹ Piotr	667		M-20	17	00:00:08	00:21:16	00:42:26	01:03:30	01:24:21	01:28:45.05	01:28:53.55	+00:20:53 (23.5%)	4:12	14.3 (76.5%)
41	BAKALARZ Emil	397		M-20	18	00:00:07	00:21:06	00:42:22	01:03:31	01:24:27	01:28:47.40	01:28:54.85	+00:20:56 (23.6%)	4:12	14.3 (76.5%)
42	GAŁĘZA Sławomir	427	MINNEAPOLIS TWINS	M-30	15	00:00:27	00:21:00	00:42:11	01:03:24	01:24:07	01:28:27.65	01:28:55.35	+00:20:36 (23.3%)	4:11	14.3 (76.5%)
43	WOLNY Krzysztof	169		M-30	16	00:00:09	00:21:16	00:42:33	01:03:48	01:24:34	01:28:58.90	01:29:08.15	+00:21:07 (23.7%)	4:13	14.2 (75.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
44	LASKOWSKI Tomasz	345	BIEGAJ Z TRENERAMI FC 24 GLIWICE	M-30	17	00:00:13	00:20:58	00:42:15	01:03:22	01:24:28	01:29:14.45	01:29:28.35	+00:21:23 (24.0%)	4:13	14.2 (75.9%)
45	STEC Jerzy	638		M-50	1	00:00:06	00:20:52	00:42:08	01:03:42	01:24:57	01:29:27.85	01:29:33.85	+00:21:36 (24.2%)	4:14	14.2 (75.9%)
46	POŚNIAK Tomasz	436	ISTA BIEGAMY	M-20	19	00:00:09	00:21:18	00:42:34	01:03:53	01:25:09	01:29:40.95	01:29:50.70	+00:21:49 (24.3%)	4:15	14.1 (75.4%)
47	WOLNY Dariusz	484		M Open	1	00:00:06	00:20:48	00:41:59	01:03:12	01:25:09	01:29:46.05	01:29:52.65	+00:21:54 (24.4%)	4:15	14.1 (75.4%)
48	KOZIOŁ Jarek	1144	NIEWYMIĘKACZE	M-30	18	00:00:09	00:21:15	00:42:33	01:03:52	01:25:05	01:29:44.05	01:29:53.15	+00:21:52 (24.4%)	4:15	14.1 (75.4%)
48	KWAŚNIEWSKI Tadeusz	832		M-20	22	00:00:09	00:21:16	00:42:33	01:03:51	01:25:17	01:29:43.75	01:29:53.15	+00:21:52 (24.4%)	4:15	14.1 (75.4%)
50	GRZYWNA Grzegorz	1136	WKB META LUBLINIEC	M-20	20	00:00:11	00:20:39	00:41:36	01:02:54	01:25:02	01:29:42.50	01:29:53.70	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
51	GROCHOWINA Filip	138		M-20	21	00:00:10	00:21:16	00:42:33	01:03:52	01:25:05	01:29:43.00	01:29:53.75	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
52	BRUDNY Grzegorz	919	KWK PNIÓWEK	M-40	5	00:00:05	00:20:47	00:42:10	01:03:40	01:25:25	01:29:50.20	01:29:55.40	+00:21:58 (24.5%)	4:15	14.1 (75.4%)
53	DŁUGOSZ Agata	560	BIEGAM Z PASJĄ	K-30	3	00:00:08	00:21:16	00:42:34	01:03:49	01:25:22	01:29:46.60	01:29:55.55	+00:21:55 (24.4%)	4:15	14.1 (75.4%)
54	KANIA Karol	698	AMATOR	M-30	19	00:00:11	00:21:15	00:42:33	01:03:51	01:25:16	01:29:47.90	01:29:58.90	+00:21:56 (24.4%)	4:15	14.1 (75.4%)
55	GUZY Andrzej	767	JW 3940AGAT	M-50	2	00:00:04	00:20:16	00:41:44	01:03:34	01:25:23	01:29:55.00	01:29:59.70	+00:22:03 (24.5%)	4:15	14.1 (75.4%)
56	SZECÓWKA Aneta	405		K-30	4	00:00:14	00:20:51	00:42:00	01:03:43	01:25:17	01:29:58.95	01:30:13.75	+00:22:07 (24.6%)	4:15	14.1 (75.4%)
57	KIECOŃ Michał	872	USTROŃ MOUNTAIN TEAM	M-20	23	00:00:09	00:20:57	00:42:00	01:03:08	01:25:11	01:30:06.15	01:30:15.25	+00:22:14 (24.7%)	4:16	14.1 (75.4%)
58	MIRONOWICZ Bartłomiej	1092		M-20	24	00:00:13	00:21:01	00:42:15	01:03:47	01:25:39	01:30:15.70	01:30:29.35	+00:22:24 (24.8%)	4:16	14 (74.9%)
59	LEWICKI Tomasz	166	AKMB PĘDZIWIATR GLIWICE	M-30	20	00:00:13	00:20:56	00:42:15	01:03:42	01:25:41	01:30:18.75	01:30:31.95	+00:22:27 (24.9%)	4:16	14 (74.9%)
60	MIKULSKI Przemysław	367		M-20	25	00:00:03	00:21:41	00:42:45	01:04:03	01:26:02	01:30:35.65	01:30:39.60	+00:22:44 (25.1%)	4:17	14 (74.9%)
61	ŁATA Piotr	1223		M-40	6	00:00:08	00:21:41	00:43:03	01:04:29	01:26:22	01:30:54.60	01:31:03.10	+00:23:03 (25.4%)	4:18	13.9 (74.3%)
62	LEWICKA Elżbieta	503	NIEZRZESZONA	K-40	1	00:00:06	00:21:48	00:43:38	01:05:10	01:26:38	01:30:59.55	01:31:05.60	+00:23:08 (25.4%)	4:18	13.9 (74.3%)
63	KORPAK Piotr	879	MOTIVATO.PL	M-20	26	00:00:14	00:21:31	00:43:18	01:04:58	01:26:24	01:30:55.60	01:31:10.10	+00:23:04 (25.4%)	4:18	13.9 (74.3%)
64	LIS Paweł	943		M-20	31	00:00:09	00:21:16	00:42:33	01:03:48	01:26:09	01:31:22.25	01:31:32.20	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
65	SZABELSKI Krzysztof	699	FUTURE PROCESSING RUNNING TEAM	M-20	28	00:00:24	00:22:26	00:44:22	01:05:51	01:26:54	01:31:08.25	01:31:32.80	+00:23:16 (25.5%)	4:19	13.9 (74.3%)
66	OSKWAREK Piotr	681		M-20	30	00:00:14	00:21:13	00:42:44	01:04:21	01:26:42	01:31:21.75	01:31:36.60	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
67	POLACZEK Alexander	696		M-40	8	00:00:06	00:20:51	00:42:08	01:03:55	01:26:45	01:31:33.25	01:31:39.90	+00:23:41 (25.9%)	4:20	13.8 (73.8%)
68	OZYP Mariusz	1061		M-20	32	00:00:04	00:20:50	00:42:25	01:04:17	01:26:49	01:31:35.90	01:31:40.50	+00:23:44 (25.9%)	4:20	13.8 (73.8%)
69	SANDALUK Łukasz	512		M-16	2	00:00:25	00:21:30	00:43:19	01:04:51	01:26:52	01:31:16.70	01:31:41.95	+00:23:25 (25.7%)	4:19	13.9 (74.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
70	MAJCHRZAK Marcin	773	HOLBOX RUNNERS	M-30	22	00:00:05	00:21:21	00:42:39	01:04:11	01:26:38	01:31:36.55	01:31:42.35	+00:23:45 (25.9%)	4:20	13.8 (73.8%)
71	KRAWCZYK Grzegorz	96	BIEGIEM RADOM!	M-40	7	00:00:27	00:21:38	00:43:32	01:05:06	01:26:44	01:31:15.40	01:31:42.80	+00:23:24 (25.6%)	4:19	13.9 (74.3%)
72	BAROS Daniel	800	FALSTART RUDNIKI	M-20	29	00:00:23	00:22:24	00:43:59	01:05:14	01:26:48	01:31:20.40	01:31:43.85	+00:23:29 (25.7%)	4:19	13.9 (74.3%)
73	DUPLA Konrad	442		M-30	21	00:00:18	00:22:45	00:44:42	01:05:37	01:26:55	01:31:26.85	01:31:45.70	+00:23:35 (25.8%)	4:20	13.8 (73.8%)
74	DYMARCZYK Artur	72	TKS KARATE	M-20	27	00:00:41	00:21:13	00:42:29	01:03:57	01:26:22	01:31:07.00	01:31:48.75	+00:23:15 (25.5%)	4:19	13.9 (74.3%)
75	JACKOWSKI Piotr	1095		M-40	9	00:00:14	00:22:09	00:43:47	01:05:13	01:27:21	01:31:51.95	01:32:06.45	+00:24:00 (26.1%)	4:21	13.8 (73.8%)
76	WILK Marcin	55	WILMAR	M-20	34	00:00:03	00:20:41	00:43:13	01:05:24	01:27:09	01:32:03.45	01:32:07.35	+00:24:12 (26.3%)	4:21	13.8 (73.8%)
77	MAŚCIBRZUCH Marcin	1110	SKLEPBIEGACZA.PL GLIWICE TEAM	M-20	33	00:00:24	00:21:04	00:42:19	01:04:04	01:26:55	01:31:47.50	01:32:12.15	+00:23:56 (26.1%)	4:21	13.8 (73.8%)
78	TWARDOCH Krzysztof	1124		M-30	24	00:00:04	00:20:41	00:42:14	01:04:10	01:26:58	01:32:13.35	01:32:18.00	+00:24:22 (26.4%)	4:22	13.7 (73.3%)
79	KANIA Michał	338		M-40	10	00:00:10	00:21:29	00:43:14	01:05:04	01:27:21	01:32:09.50	01:32:20.40	+00:24:18 (26.4%)	4:22	13.7 (73.3%)
80	POZOWSKI Jan	336		M-30	23	00:00:24	00:21:28	00:43:33	01:05:13	01:27:11	01:31:56.45	01:32:21.40	+00:24:05 (26.2%)	4:21	13.8 (73.8%)
81	PYSZ Grzegorz	755	HRMAX ŻORY	M-40	11	00:00:16	00:21:09	00:42:26	01:04:21	01:27:13	01:32:11.15	01:32:27.25	+00:24:19 (26.4%)	4:22	13.7 (73.3%)
82	BUL Daniel	915	RAJSPORT ACTIVE ANTON TEAM	M-30	25	00:00:05	00:21:30	00:43:17	01:05:14	01:27:37	01:32:29.50	01:32:35.45	+00:24:38 (26.6%)	4:23	13.7 (73.3%)
83	GADEK Wojciech	357	WWW.BURGMANIA.NET	M-40	12	00:00:16	00:21:10	00:42:34	01:04:35	01:27:32	01:32:35.35	01:32:52.20	+00:24:44 (26.7%)	4:23	13.7 (73.3%)
84	ĆWIK Iwona	677		K-30	5	00:00:08	00:21:01	00:42:41	01:05:18	01:27:56	01:32:45.25	01:32:53.45	+00:24:53 (26.8%)	4:23	13.6 (72.7%)
85	ZAMOJSKI Robert	678		M-30	26	00:00:08	00:21:01	00:42:42	01:05:18	01:27:56	01:32:45.35	01:32:53.55	+00:24:54 (26.8%)	4:23	13.6 (72.7%)
86	ŁYCZKOWSKI Kamil	271		M-20	35	00:00:53	00:21:09	00:42:43	01:04:47	01:27:41	01:32:21.05	01:33:14.20	+00:24:29 (26.5%)	4:22	13.7 (73.3%)
87	PACZKA Michał	778	GLIWICE	M-40	13	00:00:22	00:22:01	00:43:46	01:05:55	01:28:30	01:33:10.30	01:33:32.35	+00:25:19 (27.2%)	4:24	13.6 (72.7%)
88	SAP Karolina	959	NIGHT RUNNERS	K-20	3	00:00:15	00:21:46	00:43:54	01:05:59	01:28:42	01:33:35.10	01:33:50.35	+00:25:43 (27.5%)	4:26	13.5 (72.2%)
89	WITKIEWICZ Wojciech	216		M-20	36	00:00:09	00:21:25	00:42:59	01:05:22	01:28:50	01:33:47.25	01:33:57.10	+00:25:55 (27.7%)	4:26	13.5 (72.2%)
90	KOWALSKI Wojciech	1178	ITACY BIEGACZE	M-40	14	00:00:36	00:20:54	00:42:28	01:04:36	01:28:12	01:33:23.60	01:33:59.90	+00:25:32 (27.3%)	4:25	13.6 (72.7%)
91	STAROSTKA Jacek	1229	PKO BP	M-40	16	00:00:12	00:22:27	00:44:30	01:06:40	01:29:05	01:33:48.30	01:34:01.05	+00:25:57 (27.7%)	4:26	13.5 (72.2%)
92	LOS Patryk	22	GARAGEGYM KRAPKOWICE	M-30	29	00:00:06	00:20:53	00:42:36	01:05:08	01:29:06	01:34:02.25	01:34:08.65	+00:26:10 (27.8%)	4:27	13.5 (72.2%)
93	BĄBSKI Szymon	956	KS HALNY WĘGIERSKA GÓRKA	M-30	27	00:00:31	00:21:47	00:43:38	01:05:55	01:28:50	01:33:37.65	01:34:09.05	+00:25:46 (27.5%)	4:26	13.5 (72.2%)
94	WUWER Mariusz	162	HRMAX ŻORY	M-30	30	00:00:06	00:21:55	00:43:58	01:06:28	01:29:26	01:34:06.85	01:34:12.95	+00:26:15 (27.9%)	4:27	13.5 (72.2%)
95	STASIAK Mirosław	116	ROCKWELL TEAM	M-30	28	00:00:35	00:21:03	00:43:11	01:05:51	01:28:49	01:33:38.85	01:34:13.95	+00:25:47 (27.5%)	4:26	13.5 (72.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
96	KOWOLIK Łukasz	1041	NIEDZIELNI KOPACZE	M-20	37	00:00:18	00:22:18	00:44:31	01:06:38	01:29:11	01:33:57.55	01:34:16.00	+00:26:06 (27.8%)	4:27	13.5 (72.2%)
97	BŁACH'BUŁA' Piotr	1037	OPEL ACTIVE TEAM	M-40	18	00:00:16	00:21:31	00:43:39	01:06:07	01:29:11	01:34:08.15	01:34:24.20	+00:26:16 (27.9%)	4:27	13.4 (71.7%)
98	JAWOROWSKI Witold	847		M-50	3	00:00:23	00:22:40	00:45:13	01:07:24	01:29:40	01:34:00.80	01:34:24.25	+00:26:09 (27.8%)	4:27	13.5 (72.2%)
99	PARZONKA Paweł	410	KS LENIWIEC	M-40	17	00:00:37	00:22:09	00:44:13	01:06:24	01:29:09	01:33:49.20	01:34:26.25	+00:25:57 (27.7%)	4:26	13.5 (72.2%)
100	ZIMOCH Przemysław	416	K.S.LENIWIEC	M-30	31	00:00:06	00:22:07	00:44:14	01:06:30	01:29:39	01:34:23.45	01:34:30.35	+00:26:32 (28.1%)	4:28	13.4 (71.7%)
101	KORNACKI Adrian	901		M-40	19	00:00:14	00:21:01	00:42:58	01:05:35	01:29:13	01:34:23.85	01:34:38.30	+00:26:32 (28.1%)	4:28	13.4 (71.7%)
102	DRZAŁ Konrad	1060	SLAYER ADVENTURE 666 TEAM GLIWICE	M-30	32	00:00:12	00:21:24	00:43:11	01:05:37	01:29:19	01:34:26.70	01:34:39.50	+00:26:35 (28.2%)	4:28	13.4 (71.7%)
103	PAKULSKI Przemysław	634		M-20	39	00:00:44	00:22:22	00:44:40	01:07:01	01:29:28	01:34:05.75	01:34:50.40	+00:26:14 (27.9%)	4:27	13.5 (72.2%)
104	BELZYT Edmund	97	ZABIEGANI CZĘSTOCHOWA	M-50	4	00:00:06	00:22:07	00:44:25	01:06:57	01:29:52	01:34:48.50	01:34:55.40	+00:26:57 (28.4%)	4:29	13.4 (71.7%)
105	WITAS Jacek	766		M-40	15	00:01:18	00:22:52	00:44:45	01:06:43	01:28:46	01:33:39.95	01:34:58.05	+00:25:48 (27.6%)	4:26	13.5 (72.2%)
106	ARTER-KRZYŻEK Angelika	1054	AKN ADWOKACI TEAM	K-20	4	00:00:06	00:21:13	00:43:38	01:06:30	01:30:08	01:35:04.25	01:35:10.75	+00:27:12 (28.6%)	4:30	13.3 (71.1%)
107	WIECHUŁA Marcin	18		M-30	34	00:00:17	00:21:13	00:42:27	01:04:45	01:29:13	01:34:53.35	01:35:11.15	+00:27:02 (28.5%)	4:29	13.3 (71.1%)
108	ZOK Karol	124		M-30	35	00:00:19	00:22:36	00:44:30	01:06:54	01:29:53	01:34:53.85	01:35:13.20	+00:27:02 (28.5%)	4:29	13.3 (71.1%)
109	WEBER Tomasz	460		M-20	38	00:01:13	00:22:55	00:45:22	01:07:26	01:29:20	01:34:01.00	01:35:14.45	+00:26:09 (27.8%)	4:27	13.5 (72.2%)
110	NOWAKOWSKI Zenon	1010		M-50	5	00:00:21	00:23:14	00:46:13	01:08:16	01:30:12	01:34:56.05	01:35:17.10	+00:27:04 (28.5%)	4:29	13.3 (71.1%)
111	GALUSKIN Alexey	1032	GRUPA NOMAX	M-30	33	00:00:26	00:22:01	00:44:19	01:07:16	01:30:02	01:34:51.00	01:35:17.55	+00:26:59 (28.5%)	4:29	13.3 (71.1%)
112	WIZOR Jakub	1045		M-20	40	00:00:50	00:22:35	00:45:04	01:07:16	01:29:39	01:34:27.15	01:35:17.60	+00:26:35 (28.2%)	4:28	13.4 (71.7%)
113	PRZEŹDZIĘK Adam	747	T2 SALCO TEAM	M-30	37	00:00:06	00:21:30	00:43:17	01:05:53	01:29:59	01:35:16.65	01:35:22.70	+00:27:25 (28.8%)	4:30	13.3 (71.1%)
114	URBAŃCZYK Mariusz	351		M-30	36	00:00:12	00:22:13	00:44:32	01:06:56	01:30:16	01:35:11.50	01:35:23.95	+00:27:20 (28.7%)	4:30	13.3 (71.1%)
115	SALASOWICZ Jerzy	640		M-50	6	00:00:12	00:21:59	00:44:26	01:06:57	01:30:19	01:35:14.75	01:35:26.90	+00:27:23 (28.8%)	4:30	13.3 (71.1%)
116	JAMRÓZ Wojciech	477	KW GLIWICE	M-40	20	00:00:11	00:22:10	00:44:36	01:07:17	01:30:27	01:35:27.25	01:35:39.00	+00:27:35 (28.9%)	4:31	13.3 (71.1%)
117	MARZAK Krzysztof	1228	PKO BP	M-40	21	00:00:12	00:22:33	00:45:09	01:07:53	01:30:42	01:35:28.15	01:35:41.05	+00:27:36 (28.9%)	4:31	13.3 (71.1%)
118	BOROWSKI Piotr	572	OPEL ACTIVE CLUB	M-40	22	00:00:16	00:22:13	00:44:28	01:07:20	01:30:37	01:35:35.55	01:35:51.95	+00:27:44 (29.0%)	4:31	13.2 (70.6%)
119	WOŹNIAK Grzegorz	748	JESTĘ HARDKORĘ	M-20	42	00:00:11	00:21:54	00:43:44	01:06:58	01:30:44	01:35:46.90	01:35:58.25	+00:27:55 (29.2%)	4:32	13.2 (70.6%)
120	CHRAPKOWICZ Damian	426	304	M-20	41	00:00:41	00:22:55	00:45:15	01:07:58	01:30:46	01:35:31.45	01:36:13.10	+00:27:40 (29.0%)	4:31	13.3 (71.1%)
121	SOBALA Witold	977	BRYGADA BIEGOWA BEZDECH	M-30	39	00:00:14	00:23:23	00:46:50	01:08:54	01:31:18	01:36:07.10	01:36:21.15	+00:28:15 (29.4%)	4:33	13.2 (70.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
122	DOMAŃSKI Marcin	92	WWW.BFRT.ORG.PL	M-40	23	00:00:23	00:23:13	00:45:47	01:08:24	01:31:10	01:36:05.65	01:36:29.45	+00:28:14 (29.4%)	4:33	13.2 (70.6%)
123	GRAMATYKA Jan	473	FUTURE PROCESSING RUNNING TEAM	M-20	43	00:00:24	00:22:28	00:45:11	01:07:49	01:31:08	01:36:08.00	01:36:32.95	+00:28:16 (29.4%)	4:33	13.2 (70.6%)
124	FURMANEK Łukasz	91	KBS	M-30	40	00:00:12	00:22:45	00:45:27	01:07:47	01:31:07	01:36:24.70	01:36:37.60	+00:28:33 (29.6%)	4:34	13.1 (70.1%)
125	SZCZYGIEŁ Krzysztof	883	KNSK RUNNING TEAM	M-30	42	00:00:07	00:22:37	00:45:23	01:08:35	01:31:46	01:36:36.00	01:36:43.25	+00:28:44 (29.8%)	4:34	13.1 (70.1%)
126	BOJARSKI Marek	981	BONAMASSA	M-30	38	00:01:30	00:22:12	00:44:23	01:07:29	01:30:26	01:35:20.80	01:36:51.35	+00:27:29 (28.8%)	4:31	13.3 (71.1%)
127	ABRAHAMOWICZ Jakub	34	RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM'	M-20	44	00:00:23	00:22:21	00:45:04	01:07:59	01:31:25	01:36:34.00	01:36:57.15	+00:28:42 (29.7%)	4:34	13.1 (70.1%)
128	SZAJEWSKI Jarosław	11	KM AKTYWNI SOCHACZEW	M-30	44	00:00:12	00:22:10	00:44:41	01:07:48	01:31:43	01:36:45.55	01:36:57.85	+00:28:54 (29.9%)	4:35	13.1 (70.1%)
129	WŁOSTOWSKI Marek	364	VEGE RUNNERS	M-30	41	00:00:35	00:22:21	00:45:05	01:08:01	01:31:21	01:36:27.45	01:37:02.95	+00:28:36 (29.7%)	4:34	13.1 (70.1%)
130	BEHRENDT Jakub	917		M-40	24	00:00:17	00:22:34	00:45:40	01:08:36	01:32:01	01:36:53.65	01:37:11.15	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
131	DZIAŁOCHA Jakub	819	ODOLANOWSKA DRUŻYNA BIEGOWA	M-20	45	00:00:26	00:23:23	00:46:08	01:08:57	01:31:51	01:36:53.65	01:37:19.70	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
132	PRZERWA Michał	813	KS ICE MAT TEAMOSTRÓW WIELKOPOLSKI	M-20	46	00:00:26	00:23:23	00:46:08	01:08:57	01:31:52	01:36:53.70	01:37:19.85	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
133	FILIPIAK Hieronim	1064	KADRA BOBREK - CENTRUM	M-40	25	00:00:16	00:23:10	00:45:42	01:08:42	01:32:08	01:37:07.25	01:37:24.20	+00:29:15 (30.1%)	4:36	13 (69.5%)
134	GÓROWSKI Mateusz	186	BESKIDZKA 160 NA RATY	M-30	47	00:00:00	00:23:36	00:47:18	01:10:42	01:32:56	01:37:30.30	01:37:30.30	+00:29:39 (30.4%)	4:37	13 (69.5%)
135	ŚLIWA Paweł	834	42 DO SZCZĘŚCIA	M-20	47	00:00:31	00:22:54	00:45:33	01:08:38	01:32:07	01:37:01.00	01:37:32.45	+00:29:09 (30.1%)	4:35	13 (69.5%)
136	BŁASZCZYK Dominik	294	NIGHT RUNNERS GLIWICE	M-20	48	00:00:31	00:22:29	00:45:33	01:08:38	01:32:07	01:37:02.05	01:37:33.30	+00:29:10 (30.1%)	4:35	13 (69.5%)
137	ZIAJA Stefan	877		M-40	28	00:00:03	00:22:36	00:45:49	01:09:11	01:32:42	01:37:31.70	01:37:34.70	+00:29:40 (30.4%)	4:37	13 (69.5%)
138	PIENIĄŻEK Krzysztof	526		M-30	46	00:00:13	00:22:27	00:45:30	01:08:49	01:32:34	01:37:23.45	01:37:36.55	+00:29:32 (30.3%)	4:36	13 (69.5%)
139	SOPEL Arkadiusz	1273	OTK RZEŹNIK	M-40	29	00:00:04	00:21:49	00:44:45	01:08:10	01:32:27	01:37:32.75	01:37:37.50	+00:29:41 (30.4%)	4:37	13 (69.5%)
140	SMUDA Grzegorz	1022	REAL MADRYT	M-30	45	00:00:47	00:22:49	00:45:44	01:08:36	01:32:01	01:36:59.30	01:37:46.80	+00:29:08 (30.0%)	4:35	13.1 (70.1%)
141	ZAPART Aleksandra	615	STARY HANGAR	K-20	5	00:00:14	00:23:14	00:46:09	01:09:09	01:32:34	01:37:33.85	01:37:48.50	+00:29:42 (30.5%)	4:37	13 (69.5%)
142	HOŁYŃSKI Tomasz	85		M-40	27	00:00:24	00:22:44	00:45:03	01:08:03	01:32:25	01:37:29.70	01:37:54.55	+00:29:38 (30.4%)	4:37	13 (69.5%)
143	WOJCIECHOWSKI Krzysztof	566	RADLINIOKIW BIEGU	M-40	31	00:00:11	00:23:13	00:46:11	01:09:15	01:32:45	01:37:45.15	01:37:56.15	+00:29:53 (30.6%)	4:37	13 (69.5%)
144	CZELNY Tomasz	76	SMASHING PAPKINS	M-30	50	00:00:11	00:22:51	00:46:08	01:09:34	01:33:16	01:37:46.90	01:37:58.55	+00:29:55 (30.6%)	4:38	12.9 (69.0%)
145	KRUPA Grzegorz	1179		M-40	26	00:00:35	00:22:56	00:45:47	01:08:51	01:32:25	01:37:26.65	01:38:02.20	+00:29:35 (30.4%)	4:37	13 (69.5%)
146	SARNECKI Adam	74		M-30	49	00:00:28	00:23:50	00:47:27	01:10:16	01:32:52	01:37:42.45	01:38:10.55	+00:29:51 (30.6%)	4:37	13 (69.5%)
147	SIEJA Szymon	1145	JW AGAT	M-20	50	00:00:12	00:22:55	00:46:23	01:09:40	01:32:59	01:38:03.10	01:38:15.35	+00:30:11 (30.8%)	4:38	12.9 (69.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
148	SZWAJNOCH Piotr	1277		M-30	53	00:00:07	00:22:09	00:45:31	01:08:51	01:33:09	01:38:08.30	01:38:16.00	+00:30:17 (30.9%)	4:39	12.9 (69.0%)
149	ZAWADZKI Karol	793	RADLIN	M-20	51	00:00:12	00:23:24	00:47:05	01:10:31	01:33:29	01:38:04.05	01:38:16.05	+00:30:12 (30.8%)	4:38	12.9 (69.0%)
150	MARGOS Dominika	227		K-30	6	00:00:10	00:22:45	00:45:40	01:09:01	01:32:58	01:38:06.35	01:38:16.60	+00:30:15 (30.8%)	4:38	12.9 (69.0%)
151	KAMOLA Sławomir	907		M-40	30	00:00:37	00:23:51	00:46:59	01:10:05	01:32:56	01:37:43.60	01:38:21.55	+00:29:52 (30.6%)	4:37	13 (69.5%)
152	SYCAN Krzysztof	625	PKO BANK POLSKI	M-40	32	00:00:09	00:22:34	00:45:47	01:09:17	01:33:06	01:38:13.85	01:38:23.30	+00:30:22 (30.9%)	4:39	12.9 (69.0%)
153	GRZYB Dariusz	996	NIEZRZESZONY	M-40	34	00:00:07	00:20:52	00:42:37	01:06:13	01:32:18	01:38:25.15	01:38:32.15	+00:30:33 (31.1%)	4:39	12.9 (69.0%)
154	KAŁAMARZ Mariusz	218	RUN KAZIK RUN!	M-40	33	00:00:19	00:21:52	00:44:51	01:08:43	01:33:08	01:38:13.90	01:38:33.85	+00:30:22 (30.9%)	4:39	12.9 (69.0%)
154	WYLEŻAŁEK Alina	174		K-20	6	00:00:18	00:23:19	00:47:00	01:10:25	01:33:28	01:38:15.05	01:38:33.85	+00:30:23 (30.9%)	4:39	12.9 (69.0%)
156	LE CALVEZ Jean-Yves	583		M-30	43	00:01:53	00:23:33	00:46:26	01:09:14	01:31:52	01:36:40.45	01:38:34.30	+00:28:49 (29.8%)	4:34	13.1 (70.1%)
157	LIPKA Sebastian	276	ZABIEGANY-TATA	M-30	51	00:00:42	00:24:07	00:48:04	01:10:52	01:33:15	01:37:53.55	01:38:35.65	+00:30:02 (30.7%)	4:38	12.9 (69.0%)
158	GRZESIKIEWICZ Mariusz	52		M-30	52	00:00:32	00:23:15	00:46:51	01:10:17	01:33:17	01:38:05.15	01:38:37.70	+00:30:13 (30.8%)	4:38	12.9 (69.0%)
159	KOCHUIEVSKYI Oleksandr	900		M-20	53	00:00:00	00:24:59	00:47:43	01:10:33	01:33:46	01:38:46.55	01:38:46.55	+00:30:55 (31.3%)	4:40	12.8 (68.4%)
160	FOJCIK Rafał	16	OPEL ACTIVE TEAM	M-30	55	00:00:22	00:23:13	00:46:56	01:10:20	01:33:24	01:38:27.70	01:38:49.95	+00:30:36 (31.1%)	4:39	12.9 (69.0%)
161	PASTERNOK Marian	1295	NIGHT RUNNERS ZABRZE	M-30	56	00:00:22	00:23:12	00:46:55	01:10:20	01:33:26	01:38:27.90	01:38:50.10	+00:30:36 (31.1%)	4:40	12.9 (69.0%)
162	LESIK Henryk	589		M-50	8	00:00:26	00:23:07	00:46:06	01:09:24	01:33:17	01:38:24.00	01:38:50.25	+00:30:32 (31.0%)	4:39	12.9 (69.0%)
163	STRZELCZAK Mariusz	664	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	59	00:00:10	00:23:25	00:47:08	01:10:32	01:33:47	01:38:39.90	01:38:50.80	+00:30:48 (31.2%)	4:40	12.8 (68.4%)
164	MACZUGA Bartłomiej	1033		M-20	49	00:01:01	00:24:10	00:46:54	01:09:19	01:32:56	01:37:55.25	01:38:56.65	+00:30:03 (30.7%)	4:38	12.9 (69.0%)
165	PIĄTEK Mateusz	489		M-20	52	00:00:25	00:23:57	00:47:16	01:10:30	01:33:46	01:38:31.40	01:38:56.75	+00:30:40 (31.1%)	4:40	12.9 (69.0%)
166	PINDOR Przemysław	761		M-30	48	00:01:24	00:22:41	00:45:30	01:08:29	01:32:32	01:37:32.95	01:38:57.85	+00:29:41 (30.4%)	4:37	13 (69.5%)
166	PAŁYGIIEWICZ Jacek	466	SKPB KATOWICE	M-30	60	00:00:16	00:23:18	00:47:01	01:10:26	01:33:51	01:38:41.45	01:38:57.85	+00:30:50 (31.2%)	4:40	12.8 (68.4%)
168	OPANOWSKI Dariusz	146		M-40	36	00:00:13	00:22:48	00:46:17	01:09:36	01:33:35	01:38:45.00	01:38:58.45	+00:30:53 (31.3%)	4:40	12.8 (68.4%)
169	KASZUBSKI Andrzej	740		M-30	57	00:00:28	00:21:38	00:44:25	01:08:18	01:33:21	01:38:33.05	01:39:01.75	+00:30:41 (31.1%)	4:40	12.8 (68.4%)
170	JUPP Ashley	708		M-20	54	00:00:10	00:20:38	00:42:04	01:04:49	01:33:03	01:38:57.05	01:39:07.10	+00:31:05 (31.4%)	4:41	12.8 (68.4%)
171	BĄCZYŃSKI Tomasz	903	FHUTRANSTOM.PL	M-30	54	00:00:44	00:22:57	00:46:07	01:09:18	01:33:23	01:38:23.55	01:39:07.85	+00:30:32 (31.0%)	4:39	12.9 (69.0%)
172	OGRODOWSKI Paweł	474	RAJSPOORT ACTIVE ANTON TEAM	M-30	64	00:00:14	00:23:44	00:47:15	01:10:20	01:33:44	01:38:55.10	01:39:09.15	+00:31:03 (31.4%)	4:41	12.8 (68.4%)
173	SKWARA Mariusz	1297	IWAGAT	M-30	65	00:00:12	00:21:47	00:44:23	01:07:50	01:33:31	01:38:57.95	01:39:10.85	+00:31:06 (31.4%)	4:41	12.8 (68.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
174	MAŁKA Bartosz	886		M-30	61	00:00:27	00:23:06	00:45:33	01:08:43	01:33:12	01:38:44.35	01:39:12.05	+00:30:53 (31.3%)	4:40	12.8 (68.4%)
175	CZOP Kamil	508	NIGHT RUNNERS	M-30	58	00:00:34	00:23:43	00:46:33	01:09:43	01:33:33	01:38:38.25	01:39:12.65	+00:30:46 (31.2%)	4:40	12.8 (68.4%)
175	ANDRACZEK Bartosz	1088		M-30	63	00:00:19	00:23:13	00:46:21	01:09:42	01:33:44	01:38:53.20	01:39:12.65	+00:31:01 (31.4%)	4:41	12.8 (68.4%)
177	POGOCKI Piotr	524		M-30	62	00:00:29	00:22:43	00:45:49	01:09:15	01:33:45	01:38:49.05	01:39:18.05	+00:30:57 (31.3%)	4:40	12.8 (68.4%)
178	BEHRENDT Bartek	614	NIGHT RUNNERS GLIWICE	M-40	38	00:00:19	00:22:36	00:46:11	01:09:59	01:33:56	01:39:00.50	01:39:19.90	+00:31:09 (31.5%)	4:41	12.8 (68.4%)
179	FYSZ Karolina	1112	SKLEPBIEGACZA.PL GLIWICE TEAM	K-20	7	00:00:18	00:23:16	00:46:59	01:10:24	01:33:58	01:39:02.25	01:39:20.50	+00:31:10 (31.5%)	4:41	12.8 (68.4%)
180	KONOPACKA BESSA Magdalena	77	FILOMATA	K-20	8	00:00:13	00:23:23	00:47:05	01:10:30	01:34:02	01:39:09.70	01:39:23.15	+00:31:18 (31.6%)	4:41	12.8 (68.4%)
181	STĘPIEŃ Wojciech	47	JM RUNNING TEAM / NIGHT RUNNERS GLIWICE - ENERGY TEAM	M-40	35	00:00:47	00:23:54	00:46:59	01:10:23	01:33:47	01:38:38.55	01:39:26.50	+00:30:47 (31.2%)	4:40	12.8 (68.4%)
182	MEKIER Bartek	968		M-30	66	00:00:27	00:23:10	00:46:54	01:10:24	01:34:06	01:38:59.95	01:39:27.70	+00:31:08 (31.5%)	4:41	12.8 (68.4%)
183	NIŻNIKIEWICZ Grzegorz	299		M-30	70	00:00:16	00:24:05	00:47:24	01:10:48	01:34:25	01:39:12.90	01:39:29.15	+00:31:21 (31.6%)	4:42	12.8 (68.4%)
184	GALWAS Arkadiusz	934		M-30	71	00:00:19	00:23:13	00:46:48	01:10:43	01:34:19	01:39:13.45	01:39:33.00	+00:31:22 (31.6%)	4:42	12.8 (68.4%)
185	LEWANDOWSKI Tomasz	200	RUNNERS HIGH	M-30	68	00:00:31	00:22:40	00:45:56	01:09:31	01:33:50	01:39:02.35	01:39:33.50	+00:31:11 (31.5%)	4:41	12.8 (68.4%)
186	LORENC Agnieszka	786	ZBROJOWNIA SULECHÓW	K-30	7	00:00:15	00:23:21	00:47:03	01:10:27	01:34:08	01:39:18.40	01:39:33.65	+00:31:27 (31.7%)	4:42	12.7 (67.9%)
187	BIERNAT Wojciech	155	OPEL ACTIVE TEAM	M-30	72	00:00:19	00:22:39	00:45:52	01:09:25	01:34:06	01:39:15.40	01:39:35.35	+00:31:24 (31.6%)	4:42	12.8 (68.4%)
188	PUŁA Adrian	957	BRYGADA BIEGOWA BEZDECH	M-30	77	00:00:13	00:23:34	00:46:51	01:10:29	01:34:29	01:39:31.05	01:39:44.95	+00:31:39 (31.8%)	4:42	12.7 (67.9%)
189	SKLORZ Marcin	937		M-20	55	00:00:17	00:24:04	00:47:23	01:10:47	01:34:38	01:39:29.05	01:39:46.30	+00:31:37 (31.8%)	4:42	12.7 (67.9%)
190	STUCHLIK Tadeusz	697		M-40	42	00:00:22	00:23:16	00:46:57	01:10:23	01:34:11	01:39:26.20	01:39:48.60	+00:31:34 (31.8%)	4:42	12.7 (67.9%)
191	FEODORÓW Wojciech	530		M-40	40	00:00:34	00:23:47	00:47:33	01:10:58	01:34:29	01:39:18.75	01:39:53.25	+00:31:27 (31.7%)	4:42	12.7 (67.9%)
192	KURCZEK Tomasz	600		M-30	76	00:00:29	00:24:06	00:47:39	01:11:04	01:34:31	01:39:24.45	01:39:54.10	+00:31:33 (31.7%)	4:42	12.7 (67.9%)
193	CYGAN Katarzyna	1292	PACEMAKER	K-20	9	00:00:18	00:23:16	00:46:59	01:10:25	01:33:53	01:39:41.00	01:39:59.30	+00:31:49 (31.9%)	4:43	12.7 (67.9%)
194	STACHURA Mateusz	1200	PEACEMAKER	M-20	56	00:00:18	00:23:17	00:46:59	01:10:24	01:33:53	01:39:41.45	01:39:59.70	+00:31:50 (31.9%)	4:43	12.7 (67.9%)
195	JAWORSKI Daniel	399		M-30	67	00:00:59	00:23:03	00:46:00	01:09:24	01:33:41	01:39:01.25	01:40:00.85	+00:31:09 (31.5%)	4:41	12.8 (68.4%)
196	MALCHERCZYK Andrzej	374		M-50	7	00:02:08	00:24:02	00:46:58	01:10:06	01:33:07	01:37:56.60	01:40:04.95	+00:30:05 (30.7%)	4:38	12.9 (69.0%)
197	ŚWIĄTEK Arkadiusz	895		M-40	43	00:00:13	00:22:24	00:46:01	01:10:13	01:34:40	01:39:51.65	01:40:05.50	+00:32:00 (32.1%)	4:43	12.7 (67.9%)
198	ROSKOSZ Rafał	1004	OBERSCHLESIEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	78	00:00:10	00:22:58	00:46:40	01:10:42	01:34:57	01:39:55.30	01:40:06.20	+00:32:04 (32.1%)	4:44	12.7 (67.9%)
199	ŁUKASZEK Grzegorz	787		M-30	74	00:00:47	00:25:15	00:49:16	01:12:19	01:34:49	01:39:19.10	01:40:06.55	+00:31:27 (31.7%)	4:42	12.7 (67.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
200	SZULC Sebastian	13		M-20	57	00:00:22	00:22:40	00:46:31	01:09:53	01:34:24	01:39:45.80	01:40:07.85	+00:31:54 (32.0%)	4:43	12.7 (67.9%)
201	SUCH Arkadiusz	622		M-30	75	00:00:50	00:24:24	00:48:26	01:11:23	01:34:30	01:39:23.70	01:40:14.00	+00:31:32 (31.7%)	4:42	12.7 (67.9%)
202	PUSTELNIK Paweł	599	FUTURE PROCESSING RUNNING TEAM	M-30	79	00:00:23	00:23:20	00:46:55	01:10:21	01:34:29	01:39:57.50	01:40:21.15	+00:32:06 (32.1%)	4:44	12.7 (67.9%)
203	PYZIK Tomasz	253	DRUŻYNA MOJACUKRZYCA.PL	M-40	46	00:00:15	00:23:09	00:46:50	01:10:30	01:34:52	01:40:06.85	01:40:22.25	+00:32:15 (32.2%)	4:44	12.6 (67.4%)
204	OKSIĘDZKI Tomasz Jan	362	DOGOŃ GRODZISK MAZOWIECKI	M-20	58	00:00:07	00:22:44	00:46:26	01:10:26	01:36:06	01:40:16.85	01:40:24.40	+00:32:25 (32.3%)	4:45	12.6 (67.4%)
205	KOSTRUBAŁA Kacper	717	ORANGE POLSKA	M-40	45	00:00:21	00:23:47	00:47:04	01:10:36	01:34:45	01:40:04.70	01:40:26.35	+00:32:13 (32.2%)	4:44	12.6 (67.4%)
206	GRONDYS Michał	151	AKMB PĘDZIWIATR GLIWICE	M-30	85	00:00:07	00:22:55	00:46:42	01:10:45	01:35:19	01:40:24.45	01:40:31.80	+00:32:33 (32.4%)	4:45	12.6 (67.4%)
207	STASZEWSKI Łukasz	352		M-30	82	00:00:22	00:22:41	00:45:52	01:09:17	01:34:34	01:40:13.35	01:40:35.55	+00:32:22 (32.3%)	4:44	12.6 (67.4%)
208	ZIELONKA Jacek	703		M-30	88	00:00:08	00:22:11	00:45:08	01:08:57	01:34:30	01:40:27.70	01:40:35.70	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
209	GERMUGA Sebastian	15	OPEL ACTIVE TEAM	M-40	47	00:00:18	00:22:14	00:45:27	01:09:40	01:34:38	01:40:18.35	01:40:37.00	+00:32:27 (32.4%)	4:45	12.6 (67.4%)
210	PACUŁA Piotr	93	OPEL ACTIVE TEAM GLIWICE	M-50	10	00:00:06	00:23:28	00:46:57	01:10:39	01:35:07	01:40:36.55	01:40:43.25	+00:32:45 (32.6%)	4:46	12.6 (67.4%)
210	GAWĘŁKO Janusz	541		M-50	9	00:00:20	00:23:19	00:47:05	01:10:47	01:35:13	01:40:23.05	01:40:43.25	+00:32:31 (32.4%)	4:45	12.6 (67.4%)
212	BAGAN Grzegorz	42	GOGGLE PAE TEAM	M-40	49	00:00:20	00:23:20	00:46:57	01:10:34	01:35:16	01:40:30.30	01:40:51.10	+00:32:39 (32.5%)	4:45	12.6 (67.4%)
212	POPIEL-KRUK Aleksandra	279		K-30	8	00:00:20	00:23:20	00:46:57	01:10:34	01:35:18	01:40:30.55	01:40:51.10	+00:32:39 (32.5%)	4:45	12.6 (67.4%)
214	HANKUS Łukasz	1018		M-30	80	00:00:53	00:22:31	00:45:30	01:08:42	01:34:14	01:39:59.35	01:40:52.35	+00:32:08 (32.1%)	4:44	12.7 (67.9%)
215	TOMCZYK Tomasz	66		M-30	89	00:00:20	00:23:32	00:47:36	01:11:13	01:35:32	01:40:35.90	01:40:56.65	+00:32:44 (32.5%)	4:46	12.6 (67.4%)
216	DZIĘGIELEWSKI Adam	995	BRAK	M-30	86	00:00:31	00:22:29	00:44:19	01:06:35	01:30:24	01:40:25.85	01:40:57.00	+00:32:34 (32.4%)	4:45	12.6 (67.4%)
217	SMALEC Maksymilian	12		M-30	73	00:01:39	00:23:53	00:46:53	01:10:23	01:34:24	01:39:19.00	01:40:58.15	+00:31:27 (31.7%)	4:42	12.7 (67.9%)
218	BARANOWSKI Jacek	1120	JACEK BIEGA RUNNING TEAM	M-30	87	00:00:37	00:24:08	00:48:35	01:12:09	01:35:40	01:40:27.50	01:41:05.15	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
219	DĄBROWSKI Piotr	745	BIEGOWA ŚWIDNICA	M-30	69	00:01:54	00:23:14	00:46:48	01:10:27	01:34:12	01:39:12.55	01:41:07.05	+00:31:21 (31.6%)	4:42	12.8 (68.4%)
220	OKOŃ Łukasz	475		M-30	91	00:00:20	00:22:55	00:46:39	01:10:41	01:35:21	01:40:47.20	01:41:07.20	+00:32:55 (32.7%)	4:46	12.6 (67.4%)
221	ZIOŁA Mirosław	144		M-40	37	00:02:18	00:23:16	00:45:18	01:08:12	01:32:46	01:38:50.05	01:41:08.10	+00:30:58 (31.3%)	4:41	12.8 (68.4%)
222	REMIORZ Piotr	1096		M-40	44	00:01:05	00:24:15	00:47:04	01:10:32	01:34:53	01:40:03.95	01:41:09.30	+00:32:12 (32.2%)	4:44	12.7 (67.9%)
223	GÓRECKI Ryszard	1274		M-50	11	00:00:24	00:23:09	00:46:56	01:10:32	01:35:29	01:40:46.40	01:41:11.15	+00:32:55 (32.7%)	4:46	12.6 (67.4%)
224	KRYŃSKI Maciej	488	NIGHT RUNNERS	M-30	90	00:00:34	00:22:38	00:45:56	01:09:45	01:35:08	01:40:40.20	01:41:14.40	+00:32:48 (32.6%)	4:46	12.6 (67.4%)
225	TROJAN Piotr	916	JEBACWYCIAGI	M-40	41	00:01:53	00:24:43	00:48:14	01:11:29	01:34:27	01:39:25.45	01:41:18.80	+00:31:34 (31.8%)	4:42	12.7 (67.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
226	DZIECIĄTKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-30	94	00:00:17	00:22:57	00:46:45	01:11:10	01:35:53	01:41:02.60	01:41:19.90	+00:33:11 (32.8%)	4:47	12.5 (66.8%)
227	WZOREK Marcin	337	OPEL ACTIVE TEAM	M-40	51	00:00:20	00:23:45	00:47:41	01:11:42	01:36:01	01:41:02.65	01:41:22.90	+00:33:11 (32.8%)	4:47	12.5 (66.8%)
228	DESZYŃSKI Damian	431	ISTA BIEGAMY	M-30	84	00:01:01	00:24:02	00:47:48	01:11:26	01:35:24	01:40:23.10	01:41:24.75	+00:32:31 (32.4%)	4:45	12.6 (67.4%)
229	BEŚKA Sławomir	99	OCHAJO RUN	M-40	39	00:02:19	00:24:39	00:47:46	01:10:43	01:33:56	01:39:07.80	01:41:27.25	+00:31:16 (31.5%)	4:41	12.8 (68.4%)
230	LASKOWSKA Katarzyna	346	BIEGAJ Z TRENERAMI FC 24 GLIWICE	K-30	10	00:00:31	00:23:13	00:46:48	01:10:34	01:35:40	01:40:57.20	01:41:28.75	+00:33:05 (32.8%)	4:47	12.5 (66.8%)
231	MATUSIAK Radosław	495	RAJSPOORT ACTIVE ANTON TEAM	M-30	93	00:00:29	00:24:27	00:48:09	01:12:02	01:35:59	01:41:00.80	01:41:30.40	+00:33:09 (32.8%)	4:47	12.5 (66.8%)
232	WALASZCZYK Anna	543	EVENT 360 RUNNING TEAM	K-30	9	00:00:53	00:24:00	00:47:51	01:11:32	01:35:37	01:40:41.45	01:41:35.05	+00:32:50 (32.6%)	4:46	12.6 (67.4%)
233	RACZEK Sławomir	107		M-30	95	00:00:27	00:24:00	00:48:01	01:11:52	01:35:55	01:41:08.75	01:41:36.30	+00:33:17 (32.9%)	4:47	12.5 (66.8%)
234	NAPIERAJ Andrzej	776	FALSTART RUDNIKI	M-40	53	00:00:25	00:23:41	00:47:21	01:11:19	01:36:02	01:41:20.10	01:41:45.70	+00:33:28 (33.0%)	4:48	12.5 (66.8%)
235	RAWŁUSZEWICZ Waldemar	604	ASTERINA	M-40	48	00:01:21	00:24:35	00:48:28	01:11:55	01:35:27	01:40:27.35	01:41:48.45	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
236	HAGEN Marta	161	DOGOŃ GRODZISK MAZOWIECKI	K-20	10	00:00:07	00:22:44	00:46:26	01:10:27	01:36:07	01:41:41.90	01:41:49.45	+00:33:50 (33.3%)	4:49	12.4 (66.3%)
237	PAWLIK Marek	378		M-40	52	00:00:32	00:23:29	00:47:14	01:11:13	01:36:04	01:41:18.30	01:41:50.90	+00:33:27 (33.0%)	4:48	12.5 (66.8%)
238	DZIEDZIC Andrzej	579	BHP	M-40	50	00:00:56	00:22:54	00:46:13	01:10:22	01:35:36	01:40:58.50	01:41:54.55	+00:33:07 (32.8%)	4:47	12.5 (66.8%)
239	ZMEŁTY Leszek	478	SKPB KATOWICE	M-30	98	00:00:16	00:24:13	00:47:54	01:11:39	01:36:34	01:41:42.05	01:41:58.55	+00:33:50 (33.3%)	4:49	12.4 (66.3%)
240	GARUS Tomasz	588	304	M-20	59	00:01:10	00:24:55	00:48:40	01:11:55	01:35:52	01:40:49.00	01:41:59.45	+00:32:57 (32.7%)	4:46	12.6 (67.4%)
241	LASKOWSKI Sebastian	1125	KATA GURUMA	M-30	83	00:01:47	00:23:44	00:46:50	01:10:16	01:34:44	01:40:14.00	01:42:01.15	+00:32:22 (32.3%)	4:45	12.6 (67.4%)
242	GUZOWSKA Edyta	955	NADAKTYWNI	K-30	11	00:00:24	00:23:30	00:47:20	01:11:34	01:36:11	01:41:37.65	01:42:01.80	+00:33:46 (33.2%)	4:48	12.5 (66.8%)
243	HAMZIUK Stanisław	898		M-20	62	00:00:31	00:23:40	00:47:30	01:11:45	01:36:15	01:41:32.30	01:42:03.75	+00:33:41 (33.2%)	4:48	12.5 (66.8%)
244	KAMCZYK Damian Kamczyk	1065	JEBACWYCIAGI	M-30	81	00:01:53	00:24:43	00:48:13	01:11:29	01:35:11	01:40:12.95	01:42:06.30	+00:32:21 (32.3%)	4:44	12.6 (67.4%)
245	PTASZYŃSKI Tomasz	967	STARY HANGAR	M-30	99	00:00:18	00:23:15	00:46:28	01:10:26	01:36:24	01:41:48.40	01:42:06.50	+00:33:57 (33.3%)	4:49	12.4 (66.3%)
246	STARŻYK Piotr	133	RUNSTARS	M-40	55	00:00:28	00:24:25	00:48:13	01:11:41	01:36:31	01:41:39.70	01:42:08.30	+00:33:48 (33.3%)	4:49	12.5 (66.8%)
247	ORLIK Jerzy	115		M-50	14	00:00:07	00:23:28	00:47:01	01:11:27	01:36:36	01:42:05.20	01:42:12.30	+00:34:13 (33.5%)	4:50	12.4 (66.3%)
248	FIGIEL Ewa	620		K-40	2	00:00:03	00:23:37	00:47:50	01:12:13	01:36:57	01:42:11.00	01:42:14.85	+00:34:19 (33.6%)	4:50	12.4 (66.3%)
249	GRYSKA Piotr	1296		M-40	57	00:00:08	00:23:59	00:47:33	01:11:35	01:36:40	01:42:07.50	01:42:16.05	+00:34:16 (33.6%)	4:50	12.4 (66.3%)
250	SADŁO Tomasz	157	KOLEGIUM SĘDZIÓW ZABRZE	M-30	92	00:01:18	00:24:15	00:48:00	01:11:41	01:35:47	01:40:58.10	01:42:16.45	+00:33:06 (32.8%)	4:47	12.5 (66.8%)
251	KISIELEWSKI Marek	511	LOTOS RUNNING TEAM	M-30	97	00:00:45	00:23:14	00:46:46	01:11:06	01:36:14	01:41:32.75	01:42:17.95	+00:33:41 (33.2%)	4:48	12.5 (66.8%)

Place	Participant	Number	Club	Category	MCat	Start time					Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
						5km	10km	15km	20km						
252	ZARZYCKI Krzysztof	578	PEDZIWIATR GLIWICE	M-30	102	00:00:11	00:22:48	00:46:22	01:10:20	01:36:19	01:42:07.35	01:42:18.55	+00:34:16 (33.6%)	4:50	12.4 (66.3%)
253	PODOLAK Alfred	709	NIEZRZESZONY	M-50	12	00:00:22	00:22:03	00:45:27	01:10:31	01:36:45	01:41:58.95	01:42:21.15	+00:34:07 (33.5%)	4:50	12.4 (66.3%)
254	NOWAK Mariusz	359	HIRSCHVOGEL	M-30	101	00:00:36	00:24:26	00:48:37	01:12:32	01:36:40	01:41:51.50	01:42:28.40	+00:34:00 (33.4%)	4:49	12.4 (66.3%)
255	RUSZEL Bartosz	855	HAVE A NICE DAY	M-30	104	00:00:10	00:22:55	00:47:09	01:11:39	01:36:35	01:42:18.05	01:42:28.80	+00:34:26 (33.7%)	4:50	12.4 (66.3%)
256	KOŃCZAK Maciej	815	KROTOSZ KROTOSZYN	M-40	58	00:00:21	00:23:41	00:47:19	01:11:35	01:36:51	01:42:10.70	01:42:31.85	+00:34:19 (33.6%)	4:50	12.4 (66.3%)
257	DWORSKI Marek	332	AKMB PĘDZIWIATR GLIWICE	M-60	1	00:00:39	00:23:54	00:47:37	01:11:38	01:36:26	01:41:53.70	01:42:33.55	+00:34:02 (33.4%)	4:49	12.4 (66.3%)
258	REMPUSZEWSKI Mateusz	993		M-20	60	00:01:12	00:26:27	00:52:35	01:14:20	01:36:33	01:41:25.25	01:42:37.45	+00:33:33 (33.1%)	4:48	12.5 (66.8%)
259	SAJDOK Łukasz	930		M-30	96	00:01:25	00:23:46	00:47:19	01:10:59	01:36:04	01:41:25.30	01:42:50.90	+00:33:34 (33.1%)	4:48	12.5 (66.8%)
260	SZCZYRA Jan	434	ISTA BIEGAMY	M-30	100	00:01:01	00:24:54	00:49:03	01:12:38	01:36:47	01:41:50.75	01:42:52.05	+00:33:59 (33.4%)	4:49	12.4 (66.3%)
261	JACKOWICZ Rafał	828	JACKOWICZ TEAM	M-40	59	00:00:35	00:23:29	00:47:05	01:11:21	01:36:49	01:42:19.85	01:42:55.10	+00:34:28 (33.7%)	4:50	12.4 (66.3%)
262	BEDNORZ Roman	962	TECHNOMEX	M-20	61	00:01:27	00:24:45	00:49:13	01:13:13	01:36:35	01:41:28.65	01:42:55.75	+00:33:37 (33.1%)	4:48	12.5 (66.8%)
263	PIOTROWSKI Krzysztof	38	CROSS KRAPKOWICE	M-40	56	00:01:01	00:23:22	00:47:07	01:11:19	01:36:32	01:41:56.50	01:42:58.05	+00:34:05 (33.4%)	4:49	12.4 (66.3%)
264	CIUMAN Piotr	343		M-20	65	00:00:19	00:23:16	00:46:57	01:10:48	01:37:01	01:42:41.30	01:43:00.95	+00:34:50 (33.9%)	4:51	12.3 (65.8%)
265	FORCZEK Grzegorz	507		M-50	15	00:00:23	00:24:09	00:48:02	01:12:14	01:37:10	01:42:39.20	01:43:02.85	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
266	BŁĄŻYTKO Monika	214	BIEGAJ Z TRENERAMI	K-20	11	00:00:32	00:23:13	00:46:47	01:10:36	01:36:38	01:42:39.40	01:43:11.60	+00:34:48 (33.9%)	4:51	12.3 (65.8%)
267	KARASIŃSKI Łukasz	125		M-20	67	00:00:19	00:23:18	00:47:01	01:10:49	01:37:14	01:42:54.10	01:43:13.85	+00:35:02 (34.1%)	4:52	12.3 (65.8%)
268	ŚWIDEREK Andrzej	854	NIEZRZESZONY	M-40	63	00:00:35	00:24:22	00:48:27	01:12:46	01:37:36	01:42:44.35	01:43:20.00	+00:34:53 (34.0%)	4:52	12.3 (65.8%)
269	KUBIS Adrian	909		M-40	62	00:00:43	00:24:50	00:48:59	01:13:06	01:37:37	01:42:43.95	01:43:27.80	+00:34:52 (33.9%)	4:52	12.3 (65.8%)
270	NAZARKO Marek	910		M-30	108	00:00:29	00:24:42	00:49:03	01:13:16	01:37:58	01:43:00.55	01:43:29.95	+00:35:09 (34.1%)	4:52	12.3 (65.8%)
271	MOREK Krzysztof	415	K.S. LENIWIEC	M-30	107	00:00:36	00:23:45	00:47:05	01:11:00	01:37:09	01:42:57.15	01:43:33.50	+00:35:05 (34.1%)	4:52	12.3 (65.8%)
272	BORSIAK Sebastian	104		M-30	105	00:01:10	00:24:34	00:48:03	01:11:48	01:36:53	01:42:23.55	01:43:33.90	+00:34:32 (33.7%)	4:51	12.4 (66.3%)
273	SULICH Michał	912		M-30	103	00:01:16	00:24:53	00:49:10	01:13:11	01:37:12	01:42:18.00	01:43:34.90	+00:34:26 (33.7%)	4:50	12.4 (66.3%)
274	ROLNIK Robert	1107	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	114	00:00:21	00:23:12	00:46:33	01:10:57	01:37:15	01:43:19.05	01:43:40.65	+00:35:27 (34.3%)	4:53	12.3 (65.8%)
274	DOMITRZ Mariusz	781	NADAKTYWNI	M-30	113	00:00:27	00:23:43	00:47:40	01:12:05	01:37:38	01:43:13.50	01:43:40.65	+00:35:22 (34.3%)	4:53	12.3 (65.8%)
276	RYCHLEWICZ Tomasz	396		M-20	70	00:00:07	00:23:32	00:47:14	01:11:19	01:37:37	01:43:36.95	01:43:44.10	+00:35:45 (34.5%)	4:54	12.2 (65.2%)
277	BRZEZINA Arkadiusz	59	TARNOGÓRSKA GRUPA BIEGOWA	M-30	111	00:00:39	00:24:27	00:48:39	01:12:55	01:37:51	01:43:05.70	01:43:45.05	+00:35:14 (34.2%)	4:53	12.3 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
278	DEMEL Piotr	704		M-30	117	00:00:11	00:23:37	00:47:38	01:12:18	01:38:05	01:43:38.10	01:43:49.85	+00:35:46 (34.5%)	4:54	12.2 (65.2%)
279	BUJA Błażej	321	BIEGACZE CSR	M-20	68	00:00:41	00:23:53	00:47:42	01:11:37	01:37:37	01:43:08.25	01:43:50.15	+00:35:16 (34.2%)	4:53	12.3 (65.8%)
280	LIGUDZIŃSKI Andrzej	593	ZA GARŚĆ BANANÓW	M-40	60	00:01:33	00:23:33	00:47:32	01:11:56	01:37:13	01:42:20.10	01:43:53.65	+00:34:28 (33.7%)	4:50	12.4 (66.3%)
281	KŁACZEK Grzegorz	848	NIEZRZESZONY	M-50	13	00:01:51	00:24:38	00:48:20	01:12:27	01:36:52	01:42:03.50	01:43:55.05	+00:34:12 (33.5%)	4:50	12.4 (66.3%)
282	ZAPOTOCZNY Przemysław	861		M-40	54	00:02:18	00:24:42	00:48:13	01:11:56	01:36:22	01:41:36.75	01:43:55.60	+00:33:45 (33.2%)	4:48	12.5 (66.8%)
283	NAWARA Arkadiusz	845		M-20	63	00:01:59	00:24:39	00:48:28	01:12:15	01:36:42	01:41:56.45	01:43:55.95	+00:34:05 (33.4%)	4:49	12.4 (66.3%)
284	FRANKIEWICZ Artur	330		M-30	112	00:00:42	00:23:42	00:47:28	01:11:35	01:37:37	01:43:13.40	01:43:56.25	+00:35:22 (34.3%)	4:53	12.3 (65.8%)
285	RUTKOWSKI Michał	309		M-20	66	00:01:10	00:24:56	00:49:19	01:13:06	01:37:39	01:42:48.35	01:43:58.40	+00:34:57 (34.0%)	4:52	12.3 (65.8%)
286	FRAĆ Dariusz	140	NIGHT RUNNERS GLIWICE	M-40	66	00:00:47	00:24:24	00:48:30	01:12:53	01:38:00	01:43:13.70	01:44:01.65	+00:35:22 (34.3%)	4:53	12.3 (65.8%)
287	SKOWRON Marcin	483		M-30	110	00:01:00	00:25:14	00:49:31	01:13:56	01:37:51	01:43:02.70	01:44:02.95	+00:35:11 (34.2%)	4:52	12.3 (65.8%)
288	BOCHENEK Marcin	751		M-40	69	00:00:19	00:23:21	00:47:02	01:11:16	01:37:42	01:43:43.65	01:44:03.35	+00:35:52 (34.6%)	4:54	12.2 (65.2%)
289	GOLDA Piotr	952		M-40	65	00:00:55	00:26:33	00:51:22	01:15:24	01:38:24	01:43:08.50	01:44:04.30	+00:35:17 (34.2%)	4:53	12.3 (65.8%)
290	KOSMACZEWSKI Michał	1101		M-20	64	00:01:26	00:24:35	00:49:03	01:12:50	01:37:23	01:42:38.40	01:44:04.70	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
291	USZKO Sabina	355		K-50	1	00:00:16	00:24:40	00:49:38	01:13:49	01:38:32	01:43:50.50	01:44:06.55	+00:35:59 (34.7%)	4:55	12.2 (65.2%)
292	SZYMKÓW Krzysztof	1230	PKO BP	M-30	115	00:00:51	00:24:48	00:49:10	01:13:22	01:38:07	01:43:19.15	01:44:11.05	+00:35:27 (34.3%)	4:53	12.3 (65.8%)
293	NITKA Sebastian	356		M-40	61	00:01:40	00:24:28	00:48:28	01:12:45	01:37:31	01:42:38.65	01:44:18.95	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
294	BYLINOWSKI Oleg	711	GTT	M-30	109	00:01:20	00:25:02	00:49:43	01:13:36	01:37:52	01:43:01.35	01:44:22.05	+00:35:10 (34.1%)	4:52	12.3 (65.8%)
295	KOCYBA Andrzej	795	NIEZRZESZONY	M-40	67	00:00:44	00:25:00	00:49:05	01:13:04	01:38:07	01:43:39.45	01:44:24.35	+00:35:48 (34.5%)	4:54	12.2 (65.2%)
296	GRZEGORCZYK Wojciech	1146	JW AGAT	M-16	3	00:00:51	00:23:40	00:47:30	01:12:10	01:38:02	01:43:35.90	01:44:26.95	+00:35:44 (34.5%)	4:54	12.2 (65.2%)
297	HETMAŃCZYK Ireneusz	505	FAST FOOT OPOLE	M-40	64	00:01:28	00:23:37	00:47:47	01:12:00	01:37:34	01:42:58.40	01:44:27.25	+00:35:07 (34.1%)	4:52	12.3 (65.8%)
298	ZĘBALA Bartłomiej	1122		M-20	77	00:00:07	00:22:59	00:47:11	01:11:54	01:38:52	01:44:26.10	01:44:33.65	+00:36:34 (35.0%)	4:56	12.1 (64.7%)
299	CZOK Adrian	540		M-40	70	00:00:38	00:24:31	00:49:11	01:13:46	01:38:47	01:43:59.25	01:44:38.20	+00:36:07 (34.7%)	4:55	12.2 (65.2%)
300	STAŃCZAK Grzegorz	222		M-20	75	00:00:38	00:22:41	00:46:16	01:10:56	01:37:59	01:44:00.65	01:44:38.75	+00:36:09 (34.8%)	4:55	12.2 (65.2%)
301	KACZMAREK Sławomir	1148	JW AGAT	M-20	71	00:00:50	00:26:20	00:50:12	01:14:55	01:38:58	01:43:49.50	01:44:40.35	+00:35:58 (34.6%)	4:55	12.2 (65.2%)
302	CZABAŃSKI Rafał	802	RUNHOGS TYCHY	M-30	116	00:01:03	00:24:34	00:48:46	01:13:05	01:38:41	01:43:37.75	01:44:41.50	+00:35:46 (34.5%)	4:54	12.2 (65.2%)
303	BATKO Janusz	328		M-40	71	00:00:39	00:23:40	00:48:05	01:13:04	01:38:37	01:44:02.90	01:44:42.40	+00:36:11 (34.8%)	4:55	12.2 (65.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
304	BELUCH Witold	463		M-40	68	00:01:02	00:24:37	00:48:43	01:13:02	01:38:21	01:43:42.80	01:44:45.00	+00:35:51 (34.6%)	4:54	12.2 (65.2%)
305	JAMROSZ Bartosz	1118		M-30	123	00:00:06	00:22:36	00:46:41	01:11:55	01:38:51	01:44:42.15	01:44:48.40	+00:36:50 (35.2%)	4:57	12.1 (64.7%)
306	MICHALSKI Dariusz	585	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-40	72	00:00:39	00:24:43	00:49:29	01:14:08	01:38:51	01:44:11.65	01:44:50.85	+00:36:20 (34.9%)	4:56	12.2 (65.2%)
307	SŁOMIAN Marcelina	113		K-20	12	00:00:21	00:23:32	00:47:35	01:12:49	01:39:14	01:44:31.90	01:44:53.25	+00:36:40 (35.1%)	4:57	12.1 (64.7%)
308	NOWAK Adam	365	TAB2	M-30	120	00:00:26	00:24:03	00:47:45	01:12:09	01:38:36	01:44:29.15	01:44:55.70	+00:36:37 (35.1%)	4:57	12.1 (64.7%)
309	SZADKOWSKI Paweł	51	NIGHT RUNNERS GLIWICE	M-20	76	00:00:38	00:24:31	00:48:53	01:13:22	01:38:56	01:44:19.45	01:44:58.00	+00:36:28 (35.0%)	4:56	12.1 (64.7%)
310	IBROM Mateusz	67	BIEGAMY Z SERCEM.PL	M-20	72	00:01:07	00:25:04	00:49:50	01:14:19	01:38:54	01:43:53.65	01:45:00.75	+00:36:02 (34.7%)	4:55	12.2 (65.2%)
311	SPIECHOWICZ Andrzej	791		M-30	106	00:02:17	00:23:15	00:46:59	01:10:44	01:37:33	01:42:44.40	01:45:01.55	+00:34:53 (34.0%)	4:52	12.3 (65.8%)
312	KUKUŁA Adam	369		M-20	74	00:01:06	00:25:40	00:50:53	01:15:13	01:39:27	01:43:57.40	01:45:03.70	+00:36:06 (34.7%)	4:55	12.2 (65.2%)
313	SMAGOROWICZ Artur	1117	W POGONI ZA DUCHEM	M-40	75	00:00:23	00:25:35	00:50:35	01:15:10	01:39:30	01:44:41.05	01:45:04.85	+00:36:49 (35.2%)	4:57	12.1 (64.7%)
314	CHMIEŁOWSKA-ZIĘBA Iwona	669		K-30	12	00:00:21	00:25:11	00:50:04	01:14:36	01:39:18	01:44:47.35	01:45:08.75	+00:36:56 (35.2%)	4:57	12.1 (64.7%)
315	TRONINA Grzegorz	5	AUKCJA	M-30	126	00:00:16	00:25:42	00:50:54	01:15:47	01:40:10	01:44:52.70	01:45:09.00	+00:37:01 (35.3%)	4:58	12.1 (64.7%)
316	MATYSIK Marcin	1150	JW AGAT	M-30	118	00:00:51	00:24:34	00:48:35	01:13:15	01:38:58	01:44:21.70	01:45:12.80	+00:36:30 (35.0%)	4:56	12.1 (64.7%)
317	IMIOŁEK Krzysztof	109		M-30	130	00:00:05	00:23:14	00:47:13	01:12:10	01:39:19	01:45:07.30	01:45:13.10	+00:37:16 (35.5%)	4:58	12 (64.2%)
318	KAMIŃSKI Maciej	864		M-30	127	00:00:26	00:24:04	00:48:41	01:13:23	01:39:26	01:44:53.90	01:45:20.45	+00:37:02 (35.3%)	4:58	12.1 (64.7%)
319	POLAK Krzysztof	29	OPEL ACTIVE TEAM	M-40	76	00:00:22	00:23:57	00:48:09	01:13:20	01:39:31	01:44:58.70	01:45:21.25	+00:37:07 (35.4%)	4:58	12.1 (64.7%)
320	GRABKOWSKI Robert	1011	KB SUKCES ŻMIGRÓD	M-40	73	00:00:50	00:23:51	00:48:01	01:12:31	01:38:57	01:44:34.05	01:45:24.90	+00:36:42 (35.1%)	4:57	12.1 (64.7%)
321	WYRÓD Karol	465	TUBES INTERNATIONAL GLIWICE	M-30	128	00:00:26	00:23:14	00:47:06	01:11:57	01:39:18	01:44:58.85	01:45:25.70	+00:37:07 (35.4%)	4:58	12.1 (64.7%)
322	SMUDA Andrzej	70	AKMB PĘDZIWIATR GLIWICE	M-30	124	00:00:40	00:25:00	00:49:25	01:14:03	01:39:21	01:44:47.15	01:45:27.25	+00:36:55 (35.2%)	4:57	12.1 (64.7%)
323	BUCHAŁA Bartłomiej	1094		M-30	119	00:01:08	00:25:51	00:50:32	01:14:38	01:38:59	01:44:22.05	01:45:30.75	+00:36:30 (35.0%)	4:56	12.1 (64.7%)
324	BUJAK Miłosz	1027		M-20	73	00:01:37	00:24:32	00:49:29	01:14:12	01:38:46	01:43:54.95	01:45:32.25	+00:36:03 (34.7%)	4:55	12.2 (65.2%)
325	DWORNICZAK Paweł	868		M-20	69	00:02:00	00:24:57	00:49:39	01:14:16	01:38:44	01:43:31.80	01:45:32.55	+00:35:40 (34.5%)	4:54	12.2 (65.2%)
326	ZASOŃ Tomasz	654		M-30	121	00:01:07	00:25:27	00:50:03	01:14:24	01:39:23	01:44:33.25	01:45:40.95	+00:36:41 (35.1%)	4:57	12.1 (64.7%)
327	STACHOŃ Jacek	1083		M-40	74	00:01:10	00:24:48	00:49:20	01:13:41	01:39:17	01:44:34.75	01:45:45.70	+00:36:43 (35.1%)	4:57	12.1 (64.7%)
328	MODZELEWSKI Adrian	920	EUROPEJSKIE CENTRUM SOLIDARNOŚCI	M-30	129	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42	01:45:03.80	01:45:48.25	+00:37:12 (35.4%)	4:58	12 (64.2%)
329	WILK Dawid	153	NIGHT RUNNERS ZABRZE	M-20	78	00:01:21	00:24:57	00:49:44	01:14:34	01:39:20	01:44:28.70	01:45:50.10	+00:36:37 (35.1%)	4:57	12.1 (64.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
330	CESARZ Szymon	632	#RUN4FUN	M-30	132	00:00:41	00:24:57	00:49:35	01:14:26	01:39:48	01:45:08.95	01:45:50.60	+00:37:17 (35.5%)	4:59	12 (64.2%)
331	ZIOŁA Łukasz	573		M-30	131	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42	01:45:07.35	01:45:51.50	+00:37:16 (35.5%)	4:58	12 (64.2%)
332	SZOT Wojciech	232		M-30	125	00:01:02	00:23:59	00:48:06	01:13:02	01:39:15	01:44:48.80	01:45:51.65	+00:36:57 (35.3%)	4:58	12.1 (64.7%)
333	PASTUCHA Anna	660	CROSS KRAPKOWICE	K-50	2	00:00:16	00:24:40	00:49:38	01:14:12	01:40:06	01:45:35.50	01:45:52.15	+00:37:44 (35.7%)	5:00	12 (64.2%)
334	OBIDOWICZ Agata	716	SUFFOLK TRAIL RUNNERS	K-20	13	00:00:06	00:22:23	00:46:06	01:11:16	01:39:59	01:45:47.50	01:45:53.70	+00:37:56 (35.9%)	5:00	12 (64.2%)
335	SIKORA Radosław	918	GB SEUL	M-20	79	00:01:29	00:26:12	00:50:37	01:15:31	01:39:57	01:44:33.00	01:46:02.35	+00:36:41 (35.1%)	4:57	12.1 (64.7%)
336	MASARCZYK Wojciech	987		M-16	4	00:00:15	00:24:25	00:49:49	01:15:07	01:40:36	01:45:49.70	01:46:05.55	+00:37:58 (35.9%)	5:00	12 (64.2%)
337	SZOBLIK Darek	1036	SZOBLIK AUTO CZESCI	M-30	134	00:00:51	00:25:02	00:49:47	01:15:12	01:40:13	01:45:21.95	01:46:13.90	+00:37:30 (35.6%)	4:59	12 (64.2%)
338	KOŁOSOWSKI Tomasz	63		M-30	122	00:01:37	00:23:42	00:47:14	01:11:46	01:39:22	01:44:38.05	01:46:15.95	+00:36:46 (35.2%)	4:57	12.1 (64.7%)
339	FELISIAK Paweł	891		M-30	135	00:00:56	00:25:52	00:50:44	01:15:29	01:40:12	01:45:22.15	01:46:18.60	+00:37:30 (35.6%)	4:59	12 (64.2%)
340	RADZIKOWSKI Przemysław	642		M-20	81	00:01:07	00:25:51	00:50:53	01:15:15	01:39:57	01:45:13.70	01:46:20.95	+00:37:22 (35.5%)	4:59	12 (64.2%)
341	MEJKA Krzysztof	672		M-20	83	00:00:37	00:25:46	00:51:04	01:15:38	01:40:40	01:45:46.75	01:46:24.25	+00:37:55 (35.9%)	5:00	12 (64.2%)
342	BONK Sebastian	164	BMS	M-40	79	00:00:28	00:23:51	00:48:43	01:14:03	01:40:21	01:45:56.45	01:46:24.60	+00:38:05 (36.0%)	5:01	12 (64.2%)
343	KANIEWSKI Kamil	26		M-20	82	00:01:00	00:25:39	00:50:42	01:16:12	01:40:29	01:45:33.10	01:46:33.60	+00:37:41 (35.7%)	5:00	12 (64.2%)
344	WISZNIEWSKI Krzysztof	468		M-30	137	00:01:06	00:24:23	00:48:57	01:13:51	01:39:57	01:45:28.70	01:46:35.20	+00:37:37 (35.7%)	4:59	12 (64.2%)
345	MALEC Arkadiusz	929		M-20	80	00:01:35	00:24:48	00:49:36	01:15:25	01:39:37	01:44:59.75	01:46:35.60	+00:37:08 (35.4%)	4:58	12.1 (64.7%)
346	UZDOWSKI Jarosław	528	KS DEGENERAT	M-30	138	00:00:37	00:25:07	00:50:00	01:14:54	01:40:32	01:46:01.25	01:46:38.30	+00:38:09 (36.0%)	5:01	11.9 (63.6%)
347	SOBASZEK Aureliusz	84	PSYCHONAUCI	M-20	87	00:00:08	00:23:59	00:48:41	01:14:17	01:40:50	01:46:32.15	01:46:40.85	+00:38:40 (36.3%)	5:02	11.9 (63.6%)
348	BUBULA Krystek	619	DZIK TEAM	M-20	88	00:00:10	00:22:46	00:47:25	01:13:39	01:40:59	01:46:34.35	01:46:44.45	+00:38:43 (36.3%)	5:03	11.9 (63.6%)
349	ZAKRZEWSKI Robert	1201	BIEG WEGAŃSKI	M-40	80	00:00:33	00:25:25	00:50:24	01:15:24	01:40:54	01:46:11.80	01:46:44.90	+00:38:20 (36.1%)	5:01	11.9 (63.6%)
350	STALICA Wojciech	889	IZO-ERG	M-40	81	00:00:33	00:25:18	00:50:29	01:15:27	01:40:55	01:46:16.00	01:46:49.65	+00:38:24 (36.1%)	5:02	11.9 (63.6%)
351	DEREK Piotr	922	ZA LEPSZĄ LINIĄ POGOŃ	M-40	77	00:01:32	00:24:58	00:49:10	01:14:22	01:40:00	01:45:19.05	01:46:51.25	+00:37:27 (35.6%)	4:59	12 (64.2%)
352	PIŁAT Jarosław	172		M-30	143	00:00:15	00:24:06	00:48:01	01:12:48	01:40:53	01:46:41.35	01:46:56.40	+00:38:50 (36.4%)	5:03	11.9 (63.6%)
353	WÓJCIK Krzysztof	857	IRON WORKOUT	M-20	85	00:00:28	00:23:15	00:47:27	01:13:51	01:41:00	01:46:30.40	01:46:58.45	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
354	MEDWID Katarzyna	471		K-30	13	00:01:51	00:24:08	00:48:13	01:12:57	01:39:30	01:45:08.55	01:46:59.80	+00:37:17 (35.5%)	4:58	12 (64.2%)
355	CIEŚLIK Dawid	984		M-30	136	00:01:32	00:25:34	00:50:35	01:15:35	01:40:20	01:45:27.75	01:47:00.05	+00:37:36 (35.7%)	4:59	12 (64.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
356	PRACKI Dariusz	523		M-30	133	00:01:49	00:24:14	00:48:20	01:13:06	01:39:22	01:45:12.20	01:47:01.50	+00:37:20 (35.5%)	4:59	12 (64.2%)
357	KŁOSEK Jacek	445	INSTAL-TECH TEAM	M-20	84	00:00:53	00:25:41	00:51:14	01:16:17	01:40:58	01:46:10.75	01:47:04.45	+00:38:19 (36.1%)	5:01	11.9 (63.6%)
358	CIERPKA Dariusz	181		M-40	82	00:00:45	00:25:09	00:49:39	01:14:20	01:40:42	01:46:21.15	01:47:07.00	+00:38:29 (36.2%)	5:02	11.9 (63.6%)
359	MAJEREK Marek	156		M-40	86	00:00:07	00:23:03	00:47:14	01:12:38	01:40:29	01:47:01.05	01:47:08.45	+00:39:09 (36.6%)	5:04	11.8 (63.1%)
360	MARCELA Marcin	792	AMATOR	M-30	139	00:01:08	00:26:25	00:51:13	01:15:54	01:40:56	01:46:10.55	01:47:19.25	+00:38:19 (36.1%)	5:01	11.9 (63.6%)
361	FRYDRYCHOWSKI Paweł	1123		M-16	5	00:01:26	00:22:41	00:46:44	01:11:16	01:39:12	01:45:56.30	01:47:22.30	+00:38:05 (35.9%)	5:01	12 (64.2%)
362	BANASIK Paweł	173	ENDUHUB.COM	M-50	16	00:00:50	00:25:07	00:50:05	01:15:18	01:41:10	01:46:37.95	01:47:28.90	+00:38:46 (36.4%)	5:03	11.9 (63.6%)
363	KSIĘŻYK Mirosław	487	MACROLOGOC	M-30	142	00:00:53	00:24:41	00:50:00	01:15:07	01:41:12	01:46:38.55	01:47:31.90	+00:38:47 (36.4%)	5:03	11.9 (63.6%)
364	ŁOBKO Adam	796		M-40	78	00:01:48	00:25:32	00:50:09	01:15:08	01:40:15	01:45:44.90	01:47:33.30	+00:37:53 (35.8%)	5:00	12 (64.2%)
365	PIETRZAK Marcin	756		M-40	84	00:00:45	00:24:03	00:48:28	01:13:38	01:40:57	01:46:47.75	01:47:33.70	+00:38:56 (36.5%)	5:03	11.9 (63.6%)
365	PRZESPOLEWSKI Dawid	549	FP RUNNERS TEAM	M-30	141	00:01:08	00:24:34	00:49:19	01:15:02	01:41:03	01:46:24.95	01:47:33.70	+00:38:33 (36.2%)	5:02	11.9 (63.6%)
367	BRYLIŃSKI Grzegorz	450	DAREMNY TRUD TSH	M-30	144	00:00:39	00:25:36	00:51:05	01:16:29	01:41:56	01:46:54.70	01:47:34.30	+00:39:03 (36.5%)	5:04	11.8 (63.1%)
368	KUCZMA Jarosław	534		M-40	83	00:01:01	00:26:13	00:51:46	01:16:37	01:41:17	01:46:35.95	01:47:37.10	+00:38:44 (36.3%)	5:03	11.9 (63.6%)
369	HAJDA Marek	810		M-40	91	00:00:10	00:24:19	00:49:29	01:14:59	01:41:42	01:47:29.80	01:47:40.40	+00:39:38 (36.9%)	5:05	11.8 (63.1%)
370	DZIGORZEWSKI Paweł	1098		M-20	86	00:01:14	00:25:14	00:49:41	01:15:02	01:41:13	01:46:31.05	01:47:45.85	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
371	GRZEŻUŁKOWSKI Kamil	1222		M-20	90	00:00:31	00:24:57	00:49:47	01:14:46	01:41:17	01:47:16.65	01:47:48.60	+00:39:25 (36.7%)	5:05	11.8 (63.1%)
372	KRZEMIŃSKI Andrzej	1227	PKO BP	M-40	87	00:00:52	00:25:09	00:50:30	01:15:52	01:41:49	01:47:03.45	01:47:55.90	+00:39:12 (36.6%)	5:04	11.8 (63.1%)
373	MYCIELSKI Mariusz	687	W DRODZE	M-40	88	00:00:48	00:25:06	00:50:13	01:15:37	01:41:35	01:47:08.80	01:47:57.65	+00:39:17 (36.7%)	5:04	11.8 (63.1%)
374	ADAM Mateusz	569	BOSO PRZEZ SZĄLSZĘ	M-20	91	00:00:33	00:24:37	00:48:58	01:14:14	01:41:49	01:47:24.50	01:47:57.75	+00:39:33 (36.8%)	5:05	11.8 (63.1%)
375	HAWĘŁKA Łukasz	693		M-30	145	00:00:58	00:25:45	00:51:01	01:16:25	01:41:49	01:47:01.95	01:48:00.10	+00:39:10 (36.6%)	5:04	11.8 (63.1%)
376	DYLONG Piotr	229		M-50	19	00:00:47	00:26:00	00:51:25	01:16:56	01:41:55	01:47:12.35	01:48:00.20	+00:39:21 (36.7%)	5:04	11.8 (63.1%)
377	GRZEGORCZYK Ewelina	127		K-30	14	00:00:15	00:23:01	00:47:22	01:13:36	01:41:46	01:47:47.25	01:48:02.70	+00:39:55 (37.0%)	5:06	11.7 (62.6%)
378	WITRYK Lesław	401	5 BSP	M-20	89	00:01:14	00:25:06	00:49:43	01:15:08	01:41:24	01:46:54.40	01:48:08.65	+00:39:03 (36.5%)	5:03	11.8 (63.1%)
379	KOŁCUN Łukasz	1202	OKRZEI RESIDANCE	M-30	140	00:01:52	00:24:49	00:49:02	01:14:22	01:40:27	01:46:16.80	01:48:08.85	+00:38:25 (36.2%)	5:02	11.9 (63.6%)
380	WARDAK Tomasz	394	RADZYMIN RUN TEAM	M-40	92	00:00:22	00:25:32	00:50:56	01:16:18	01:42:12	01:47:47.20	01:48:09.75	+00:39:55 (37.0%)	5:06	11.7 (62.6%)
381	KUŁAKOWSKI Grzegorz	558	W POGONI ZA DUCHEM	M-30	150	00:00:22	00:23:51	00:47:45	01:12:31	01:41:54	01:47:48.85	01:48:11.50	+00:39:57 (37.1%)	5:06	11.7 (62.6%)

											Net time 21.1km	Czas brutto 21.1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km			Gap		
382	BOCHEŃSKA Agnieszka	207	AMATOR	K-30	15	00:00:17	00:26:02	00:50:58	01:16:22	01:42:19	01:47:54.45	01:48:11.65	+00:40:03 (37.1%)	5:06	11.7 (62.6%)
383	WOŹNIAK Janusz	82		M-50	18	00:01:12	00:25:04	00:50:04	01:15:26	01:41:17	01:47:00.20	01:48:13.15	+00:39:08 (36.6%)	5:04	11.8 (63.1%)
384	SOLICH Patryk	1289	GTT	M-30	149	00:00:57	00:25:46	00:51:02	01:16:26	01:41:50	01:47:19.30	01:48:16.85	+00:39:28 (36.8%)	5:05	11.8 (63.1%)
385	CZAPEK Marek	101	BOJKÓW	M-40	89	00:01:04	00:26:30	00:52:18	01:17:09	01:42:00	01:47:13.25	01:48:18.00	+00:39:21 (36.7%)	5:04	11.8 (63.1%)
386	DUDEK Sebastian	517		M-30	147	00:01:14	00:25:24	00:50:24	01:15:40	01:41:42	01:47:04.50	01:48:18.55	+00:39:13 (36.6%)	5:04	11.8 (63.1%)
387	KRAJEWSKI Michał	516		M-30	146	00:01:18	00:26:24	00:52:30	01:17:17	01:41:45	01:47:03.35	01:48:21.50	+00:39:12 (36.6%)	5:04	11.8 (63.1%)
388	GOŁĘBIEWSKI Bartosz	988	ZGRYŻLIWI TETRYCY	M-30	148	00:01:18	00:26:13	00:51:36	01:17:16	01:41:54	01:47:05.95	01:48:24.55	+00:39:14 (36.6%)	5:04	11.8 (63.1%)
389	JURECKI Zygfryd	184	PRO-RUN WROCŁAW	M-50	17	00:01:29	00:25:50	00:51:25	01:16:39	01:41:49	01:46:57.60	01:48:27.40	+00:39:06 (36.6%)	5:04	11.8 (63.1%)
390	PENKALA Artur	301	GO-LEASING	M-20	98	00:00:08	00:25:43	00:51:28	01:17:05	01:43:04	01:48:19.25	01:48:27.80	+00:40:27 (37.4%)	5:08	11.7 (62.6%)
391	DOBOSZ Mariusz	298	GO-LEASING	M-20	99	00:00:07	00:25:44	00:51:29	01:17:06	01:43:05	01:48:19.90	01:48:27.85	+00:40:28 (37.4%)	5:08	11.7 (62.6%)
392	KUCH Paweł	182		M-40	97	00:00:23	00:25:42	00:51:06	01:16:42	01:42:41	01:48:05.90	01:48:29.25	+00:40:14 (37.2%)	5:07	11.7 (62.6%)
393	LESZKO Wioleta	991		K-20	15	00:00:52	00:24:37	00:49:03	01:14:27	01:41:53	01:47:38.60	01:48:30.80	+00:39:47 (37.0%)	5:06	11.8 (63.1%)
394	GRANDA Marcin	602		M-20	100	00:00:12	00:23:49	00:49:54	01:15:47	01:42:39	01:48:20.85	01:48:33.40	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
395	PRYMAS Krystian	452		M-30	155	00:00:29	00:24:22	00:49:37	01:15:33	01:42:22	01:48:03.70	01:48:33.65	+00:40:12 (37.2%)	5:07	11.7 (62.6%)
396	IZBICKI Zbigniew	960	FC24	M-40	90	00:01:23	00:24:40	00:49:24	01:14:38	01:41:30	01:47:18.30	01:48:41.65	+00:39:27 (36.8%)	5:05	11.8 (63.1%)
397	BAJ Tomasz	375		M-20	92	00:01:07	00:26:30	00:51:38	01:17:04	01:42:07	01:47:36.15	01:48:43.15	+00:39:44 (36.9%)	5:05	11.8 (63.1%)
397	JESIONOWSKI Mateusz	308		M-20	94	00:00:53	00:26:23	00:51:58	01:17:04	01:42:29	01:47:49.85	01:48:43.15	+00:39:58 (37.1%)	5:06	11.7 (62.6%)
399	HŁADZYŃSKI Łukasz	417	K.S. LENIWIEC	M-30	156	00:00:35	00:24:32	00:50:00	01:16:00	01:42:22	01:48:07.85	01:48:43.35	+00:40:16 (37.2%)	5:07	11.7 (62.6%)
400	BODNAR Agnieszka	902		K-20	14	00:01:09	00:25:35	00:51:01	01:16:24	01:42:07	01:47:34.10	01:48:43.60	+00:39:42 (36.9%)	5:05	11.8 (63.1%)
401	LUBICKI Wojciech	78	BRAK	M-40	93	00:00:56	00:25:45	00:50:43	01:16:18	01:42:24	01:47:48.70	01:48:45.05	+00:39:57 (37.1%)	5:06	11.7 (62.6%)
402	KARŁOWSKA Katarzyna	749		K-20	17	00:00:33	00:25:18	00:50:29	01:16:07	01:42:38	01:48:18.30	01:48:51.45	+00:40:27 (37.3%)	5:07	11.7 (62.6%)
403	GRABSKI Michał	580	KOMBO KURCZAKI	M-20	101	00:00:34	00:25:18	00:50:47	01:16:23	01:42:37	01:48:21.20	01:48:55.20	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
404	PLOCH Adam	408		M-30	154	00:00:59	00:25:25	00:50:08	01:15:16	01:41:56	01:47:57.85	01:48:57.05	+00:40:06 (37.2%)	5:07	11.7 (62.6%)
405	KOPPEL Bartłomiej	37		M-20	93	00:01:13	00:26:06	00:51:55	01:17:09	01:42:37	01:47:45.80	01:48:59.00	+00:39:54 (37.0%)	5:06	11.7 (62.6%)
406	SERAFICKI Sebastian	425	RYSIE	M-40	85	00:02:05	00:25:11	00:50:23	01:15:28	01:41:32	01:46:53.80	01:48:59.05	+00:39:02 (36.5%)	5:03	11.8 (63.1%)
407	ŁĄTKOWSKI Marcin	992		M-20	95	00:00:51	00:25:45	00:51:25	01:16:49	01:42:39	01:48:07.60	01:48:59.25	+00:40:16 (37.2%)	5:07	11.7 (62.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
408	DYNAK Mariusz	999	ADAMIETZ	M-40	94	00:01:14	00:25:28	00:50:29	01:16:02	01:42:26	01:47:50.15	01:49:05.00	+00:39:58 (37.1%)	5:06	11.7 (62.6%)
409	ROCŁAWSKI Marcin	342		M-40	95	00:01:06	00:26:03	00:50:56	01:16:33	01:42:30	01:48:00.85	01:49:06.85	+00:40:09 (37.2%)	5:07	11.7 (62.6%)
410	FERFECKI Paweł	1232	GIERAŁTOWICE	M-30	151	00:01:22	00:25:44	00:50:47	01:15:43	01:42:17	01:47:50.90	01:49:13.10	+00:39:59 (37.1%)	5:06	11.7 (62.6%)
411	BYŚ Adam	782		M-30	158	00:00:51	00:25:36	00:50:41	01:16:10	01:42:36	01:48:23.75	01:49:15.30	+00:40:32 (37.4%)	5:08	11.7 (62.6%)
412	KOZIK Bartłomiej	683		M-30	163	00:00:32	00:26:26	00:52:02	01:17:29	01:43:17	01:48:44.65	01:49:17.45	+00:40:53 (37.6%)	5:09	11.6 (62.0%)
413	MICHALAK Artur	897	PGB SPORTOWA PACZKA	M-30	157	00:00:59	00:26:19	00:51:34	01:17:29	01:43:28	01:48:18.65	01:49:18.55	+00:40:27 (37.4%)	5:08	11.7 (62.6%)
414	DZIURA Arkadiusz	725	NIUANS	M-40	100	00:00:52	00:25:24	00:50:10	01:15:23	01:42:26	01:48:31.30	01:49:23.55	+00:40:40 (37.5%)	5:08	11.7 (62.6%)
415	MATERZOK Aleksandra	705	FUTURE PROCESSING RUNNING TEAM	K-20	16	00:01:08	00:24:34	00:49:19	01:15:02	01:42:26	01:48:15.35	01:49:24.30	+00:40:24 (37.3%)	5:07	11.7 (62.6%)
416	PIETRAS Magdalena	997	BIEGAM BO LUBIĘ CZĘSTOCHOWA	K-30	16	00:00:57	00:26:18	00:51:51	01:17:26	01:43:00	01:48:28.95	01:49:26.10	+00:40:37 (37.5%)	5:08	11.7 (62.6%)
417	MIĘKIŃSKI Jacek	829		M-40	98	00:01:13	00:25:38	00:50:30	01:15:58	01:42:26	01:48:14.45	01:49:27.75	+00:40:23 (37.3%)	5:07	11.7 (62.6%)
418	KLECZKA Roman	1021	PROFORM TEAM	M-20	96	00:01:22	00:25:49	00:51:20	01:16:36	01:42:32	01:48:11.55	01:49:34.05	+00:40:20 (37.3%)	5:07	11.7 (62.6%)
419	MALINOWSKI Michał	675	LILUSIA	M-30	168	00:00:20	00:25:13	00:50:50	01:16:36		01:49:13.95	01:49:34.15	+00:41:22 (37.9%)	5:10	11.6 (62.0%)
420	SZKLARZ Sebastian	217		M-30	162	00:00:58	00:25:20	00:50:16	01:15:53	01:42:48	01:48:36.55	01:49:35.40	+00:40:45 (37.5%)	5:08	11.7 (62.6%)
421	MACIASZEK Maciej	221		M-30	167	00:00:26	00:25:32	00:50:52	01:16:29	01:43:21	01:49:09.40	01:49:36.35	+00:41:18 (37.8%)	5:10	11.6 (62.0%)
422	SZANIEWSKI Krzysztof	1072		M-40	101	00:00:48	00:27:00	00:52:59	01:18:08	01:43:32	01:48:48.70	01:49:36.95	+00:40:57 (37.6%)	5:09	11.6 (62.0%)
423	PIETRYSIAK Stefan	501		M-50	21	00:00:52	00:24:53	00:49:49	01:16:07	01:42:56	01:48:45.10	01:49:37.75	+00:40:53 (37.6%)	5:09	11.6 (62.0%)
424	ZIĘBA Piotr	668		M-30	153	00:01:41	00:26:23	00:51:42	01:16:48	01:42:37	01:47:57.45	01:49:38.70	+00:40:06 (37.1%)	5:06	11.7 (62.6%)
425	KATA Damian	129		M-20	112	00:00:00	00:27:30	00:52:36	01:18:02	01:44:03	01:49:39.15	01:49:39.15	+00:41:47 (38.1%)	5:11	11.5 (61.5%)
426	PYZIK Marek	61	OPEL ACTIVE TEAM	M-50	22	00:00:21	00:25:14	00:50:28	01:16:29	01:43:35	01:49:19.80	01:49:40.80	+00:41:28 (37.9%)	5:10	11.6 (62.0%)
427	DZIACKO Robert	1087		M-30	152	00:01:47	00:25:00	00:49:58	01:15:16	01:41:58	01:47:55.70	01:49:42.75	+00:40:04 (37.1%)	5:06	11.7 (62.6%)
428	MELLER Tadeusz	149		M-20	97	00:01:25	00:26:34	00:52:13	01:17:27	01:42:36	01:48:17.40	01:49:42.80	+00:40:26 (37.3%)	5:07	11.7 (62.6%)
429	WIEKIERA Adam	535	GLIWICE	M-30	166	00:00:44	00:25:21	00:50:28	01:16:09	01:42:55	01:49:00.30	01:49:44.55	+00:41:09 (37.8%)	5:09	11.6 (62.0%)
430	WILK Kuba	971	WILK	M-20	102	00:01:13	00:25:44	00:51:03	01:16:30	01:42:51	01:48:32.30	01:49:45.35	+00:40:41 (37.5%)	5:08	11.7 (62.6%)
431	USZKO Grzegorz	354		M-40	105	00:00:20	00:25:23	00:51:01	01:17:37	01:44:12	01:49:26.90	01:49:47.20	+00:41:35 (38.0%)	5:11	11.6 (62.0%)
432	LISOWSKI Jacek	765		M-40	99	00:01:25	00:25:48	00:50:53	01:16:29	01:42:44	01:48:25.85	01:49:51.80	+00:40:34 (37.4%)	5:08	11.7 (62.6%)
433	RUSIN Marcin	195		M-20	103	00:01:17	00:26:27	00:51:41	01:17:04	01:42:53	01:48:34.80	01:49:52.25	+00:40:43 (37.5%)	5:08	11.7 (62.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
434	MICHALAK Grzegorz	690	TOTALNY AMATOR	M-40	108	00:00:12	00:24:47	00:50:27	01:16:55	01:44:00	01:49:41.70	01:49:54.05	+00:41:50 (38.1%)	5:11	11.5 (61.5%)
435	MOCEK Roman	990		M-50	20	00:01:12	00:26:27	00:52:06	01:17:31	01:43:22	01:48:42.75	01:49:54.85	+00:40:51 (37.6%)	5:09	11.6 (62.0%)
436	FLORIAN Krzysztof	976		M-30	165	00:00:56	00:26:13	00:52:59	01:18:56	01:44:13	01:48:58.10	01:49:55.05	+00:41:06 (37.7%)	5:09	11.6 (62.0%)
437	PRUSKO Adrian	302		M-40	107	00:00:17	00:25:47	00:51:27	01:17:01	01:43:39	01:49:37.80	01:49:55.65	+00:41:46 (38.1%)	5:11	11.5 (61.5%)
438	GAJDA Marek	945		M-20	106	00:00:49	00:25:17	00:51:14	01:16:51	01:43:18	01:49:09.30	01:49:58.50	+00:41:18 (37.8%)	5:10	11.6 (62.0%)
439	GRUSZCZYŃSKI Bogusław	647		M-60	2	00:00:43	00:25:16	00:50:48	01:16:51	01:43:28	01:49:16.00	01:49:59.75	+00:41:24 (37.9%)	5:10	11.6 (62.0%)
440	NOWAK Bartosz	1270		M-30	172	00:00:19	00:25:11	00:53:36	01:19:34	01:44:20	01:49:41.25	01:50:00.80	+00:41:49 (38.1%)	5:11	11.5 (61.5%)
441	TOMCZAK Karol	1038	BRAK	M-30	170	00:00:32	00:26:05	00:52:16	01:17:43	01:43:57	01:49:29.90	01:50:02.20	+00:41:38 (38.0%)	5:11	11.6 (62.0%)
442	KOCIOK Gabriela	205		K-40	3	00:00:52	00:26:11	00:51:56	01:17:43	01:43:41	01:49:11.50	01:50:04.40	+00:41:20 (37.9%)	5:10	11.6 (62.0%)
443	BIGOS Grzegorz	954	GRAMMI	M-30	179	00:00:18	00:23:28	00:49:45	01:16:14	01:44:16	01:49:50.75	01:50:08.75	+00:41:59 (38.2%)	5:12	11.5 (61.5%)
444	PILCH Michał	1218		M-30	164	00:01:22	00:25:58	00:51:01	01:17:13	01:43:21	01:48:49.20	01:50:11.25	+00:40:57 (37.6%)	5:09	11.6 (62.0%)
445	WEBER Krzysztof	1031		M-30	161	00:01:42	00:26:52	00:52:36	01:18:17	01:43:26	01:48:32.75	01:50:15.10	+00:40:41 (37.5%)	5:08	11.7 (62.6%)
446	NOWAKOWSKI Sławomir	448	GRUPA BIEGOWA PARKRUN WARSZAWA-PRAGA	M-30	159	00:01:51	00:26:16	00:52:01	01:17:40	01:43:16	01:48:24.60	01:50:15.60	+00:40:33 (37.4%)	5:08	11.7 (62.6%)
447	KUMASZKA Anna	809	ZABIEGANI TEAM	K-30	19	00:00:00					01:50:16.00	01:50:16.00	+00:42:24 (38.5%)	5:13	11.5 (61.5%)
448	WIŚNIEWSKI Paweł	713	JW AGAT	M-30	182	00:00:13	00:24:52	00:50:41	01:17:20	01:44:27	01:50:02.95	01:50:16.05	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
449	LANGOSZ Grzegorz	420		M-40	104	00:00:55	00:26:45	00:53:06	01:18:46	01:44:04	01:49:25.95	01:50:21.25	+00:41:34 (38.0%)	5:11	11.6 (62.0%)
450	KROPKA Szymon	130	NIGHT RUNNERS GLIWICE	M-30	178	00:00:33	00:26:00	00:52:13	01:18:25	01:44:30	01:49:49.20	01:50:23.15	+00:41:57 (38.2%)	5:12	11.5 (61.5%)
451	BLASZKE Beata	303	NIGHT RUNNERS	K-40	4	00:00:47	00:26:49	00:52:34	01:18:21	01:44:10	01:49:37.55	01:50:24.70	+00:41:46 (38.1%)	5:11	11.5 (61.5%)
452	BRYKOWSKI Przemysław	682	EVENT 360 RUNNING TEAM	M-30	169	00:01:10	00:26:19	00:52:23	01:18:28	01:43:56	01:49:14.60	01:50:25.25	+00:41:23 (37.9%)	5:10	11.6 (62.0%)
453	WÓJCIK Rafał	784		M-40	96	00:02:19	00:24:58	00:49:51	01:15:38	01:42:24	01:48:05.80	01:50:25.40	+00:40:14 (37.2%)	5:07	11.7 (62.6%)
454	ADAMSKI Kamil	32	LEGION WILCZE GARDŁO	M-20	105	00:01:37	00:26:05	00:51:55	01:17:20	01:43:17	01:48:52.25	01:50:29.25	+00:41:00 (37.7%)	5:09	11.6 (62.0%)
455	KONDRUSIEWICZ Michał	331	BIEGACZE CSR	M-20	113	00:00:42	00:26:28	00:52:52	01:19:04	01:44:38	01:49:48.00	01:50:30.45	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
456	WANDOCH Tyberiusz	305		M-30	176	00:00:43	00:25:37	00:50:51	01:16:44	01:43:49	01:49:47.70	01:50:30.75	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
457	BUŁA Tomasz	286		M-20	108	00:01:10	00:26:24	00:52:27	01:18:41	01:44:12	01:49:22.70	01:50:32.95	+00:41:31 (38.0%)	5:10	11.6 (62.0%)
458	GŁOGOWSKI Konrad	313		M-20	107	00:01:17	00:26:16	00:52:21	01:18:37	01:44:08	01:49:15.60	01:50:33.35	+00:41:24 (37.9%)	5:10	11.6 (62.0%)
459	KNAFEL-LESZCZYŃSKA Agata	1299	STRZELIŃSKI KLUB BIEGACZA	K-30	17	00:01:05	00:26:07	00:51:43	01:17:42	01:43:58	01:49:28.35	01:50:33.75	+00:41:37 (38.0%)	5:11	11.6 (62.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
460	KULPA Marek	846	AKMB PĘDZIWIATR GLIWICE	M-40	110	00:00:38	00:24:44	00:50:23	01:16:03	01:43:58	01:49:57.00	01:50:35.85	+00:42:05 (38.3%)	5:12	11.5 (61.5%)
461	RYBICKI Jerzy	712		M-50	23	00:00:17	00:24:40	00:49:46	01:15:56	01:43:53	01:50:20.35	01:50:37.35	+00:42:29 (38.5%)	5:13	11.5 (61.5%)
462	GRABARCZYK Mateusz	1015	ALLIANZ RUNNING TEAM	M-30	187	00:00:11	00:24:37	00:50:33	01:17:27	01:44:44	01:50:25.95	01:50:37.45	+00:42:34 (38.6%)	5:14	11.5 (61.5%)
463	ŁUKASZEK Krzysztof	974		M-40	102	00:01:48	00:27:32	00:54:13	01:19:28	01:43:47	01:48:51.30	01:50:40.25	+00:41:00 (37.7%)	5:09	11.6 (62.0%)
464	BOGULAK Grzegorz	241	RUN GB, RUN!	M-30	173	00:00:57	00:26:32	00:52:36	01:18:29	01:44:10	01:49:43.15	01:50:40.40	+00:41:51 (38.2%)	5:11	11.5 (61.5%)
465	KACZKIEWICZ Damian	1271	NIGHT RUNNERS GLIWICE	M-40	103	00:01:16	00:27:05	00:53:06	01:19:29	01:43:59	01:49:24.60	01:50:40.85	+00:41:33 (38.0%)	5:11	11.6 (62.0%)
466	BŁASZCZYSZYN Łukasz	676	HEAVY METAL ALL-STAR TEAM	M-20	109	00:01:10	00:26:20	00:52:27	01:18:27	01:44:01	01:49:31.70	01:50:41.80	+00:41:40 (38.0%)	5:11	11.6 (62.0%)
467	LEWANDOWSKI Henryk	527		M-30	160	00:02:13	00:25:47	00:50:46	01:16:25	01:42:54	01:48:28.80	01:50:42.60	+00:40:37 (37.4%)	5:08	11.7 (62.6%)
468	WADOWSKI Paweł	1074		M-20	104	00:02:04	00:26:16	00:51:27	01:16:24	01:43:17	01:48:38.85	01:50:43.00	+00:40:47 (37.5%)	5:08	11.7 (62.6%)
469	JAGIEŁA Michał	252		M-20	118	00:00:41	00:24:08	00:48:33	01:14:11	01:43:46	01:50:04.00	01:50:45.15	+00:42:12 (38.4%)	5:12	11.5 (61.5%)
470	JASIŃSKI Dawid	794		M-20	110	00:01:11	00:26:22	00:52:28	01:18:47	01:44:09	01:49:35.95	01:50:47.50	+00:41:44 (38.1%)	5:11	11.6 (62.0%)
471	KRZYWICKI Jan	650		M-60	4	00:00:29	00:25:21	00:50:56	01:17:02	01:44:33	01:50:20.30	01:50:49.55	+00:42:29 (38.5%)	5:13	11.5 (61.5%)
472	MACIEJEWSKI Wiesław	238	AKB-KNURÓW	M-70	1	00:00:24	00:25:25	00:51:05	01:17:44	01:44:42	01:50:25.70	01:50:50.15	+00:42:34 (38.6%)	5:14	11.5 (61.5%)
473	KROWIAK Grzegorz	735		M-40	106	00:01:15	00:26:35	00:52:32	01:18:22	01:44:19	01:49:34.65	01:50:50.30	+00:41:43 (38.1%)	5:11	11.6 (62.0%)
474	MICHEWICZ Małgorzata	732		K-20	18	00:01:51	00:26:16	00:52:03	01:17:40	01:43:34	01:49:00.80	01:50:52.15	+00:41:09 (37.8%)	5:10	11.6 (62.0%)
475	JANIK Ireneusz	1025		M-40	111	00:00:49	00:26:32	00:52:34	01:18:32	01:44:49	01:50:03.55	01:50:53.30	+00:42:12 (38.3%)	5:12	11.5 (61.5%)
476	JURKIEWICZ Agnieszka	1283		K-30	18	00:00:44	00:25:34	00:51:04	01:17:22	01:44:27	01:50:08.70	01:50:53.55	+00:42:17 (38.4%)	5:13	11.5 (61.5%)
477	PILCH Zofia	701		K-20	19	00:01:21	00:26:00	00:51:02	01:17:15	01:44:07	01:49:33.75	01:50:55.65	+00:41:42 (38.1%)	5:11	11.6 (62.0%)
478	WOZNIAK Marek	875		M-30	171	00:01:24	00:26:28	00:52:35	01:18:21	01:43:59	01:49:32.55	01:50:57.00	+00:41:41 (38.1%)	5:11	11.6 (62.0%)
479	CZERWIŃSKI Tomasz	183		M-30	177	00:01:09	00:26:51	00:52:51	01:18:39	01:44:17	01:49:48.05	01:50:57.80	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
480	MUSIALIK Jan	890		M-40	115	00:00:10	00:24:59	00:50:52	01:17:22	01:44:55	01:50:47.80	01:50:58.55	+00:42:56 (38.8%)	5:15	11.4 (61.0%)
481	MATUSZCZAK Witold	718		M-20	114	00:01:09	00:25:04	00:50:08	01:16:33	01:44:20	01:49:50.10	01:50:59.95	+00:41:58 (38.2%)	5:12	11.5 (61.5%)
482	POŚPIECH Rafał	733		M-30	183	00:00:54	00:26:46	00:53:07	01:18:47	01:44:39	01:50:06.30	01:51:00.70	+00:42:15 (38.4%)	5:13	11.5 (61.5%)
483	PŁOCH Tomasz	1291	PACEMAKER	M-20	115	00:01:05	00:26:25	00:52:32	01:18:46	01:44:30	01:49:58.00	01:51:03.00	+00:42:06 (38.3%)	5:12	11.5 (61.5%)
484	MIESZAŁA Tomasz	750	KW PSP WROCŁAW	M-30	180	00:01:05	00:26:26	00:52:32	01:18:50	01:44:36	01:49:57.65	01:51:03.60	+00:42:06 (38.3%)	5:12	11.5 (61.5%)
485	SZAFRUGA Piotr	594		M-30	181	00:01:03	00:26:24	00:52:27	01:18:24	01:44:36	01:50:02.30	01:51:05.55	+00:42:11 (38.3%)	5:12	11.5 (61.5%)

											Net time 21.1km	Czas brutto 21.1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km			Gap		
486	DZIAMSKI Ryszard	807	FUNDACJA ISKIERKA - BIEGAM DLA MIRKI	M-30	175	00:01:19	00:26:16	00:52:36	01:18:33	01:44:12	01:49:46.65	01:51:06.05	+00:41:55 (38.2%)	5:12	11.5 (61.5%)
487	BIELA Marcin	1086		M-30	190	00:00:25	00:25:41	00:51:41	01:18:05	01:45:10	01:50:41.15	01:51:06.65	+00:42:49 (38.7%)	5:14	11.4 (61.0%)
488	GRESZTA Grzegorz	366	JAH RASTAFARAJ	M-30	198	00:00:00			01:14:37		01:51:08.00	01:51:08.00	+00:43:16 (38.9%)	5:16	11.4 (61.0%)
489	STABLA Marek	154	NIGHT RUNNERS GLIWICE	M-20	117	00:01:06	00:26:27	00:52:20	01:18:43	01:44:34	01:50:03.05	01:51:09.55	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
490	PRZYBYLSKI Mariusz	215	PGB SPORTOWA PACZKA	M-30	191	00:00:26	00:25:16	00:50:48	01:16:52	01:44:30	01:50:43.10	01:51:09.85	+00:42:51 (38.7%)	5:14	11.4 (61.0%)
491	FAMUŁA Tomasz	1103	FUTURE PROCESSING RUNNING CLUB	M-20	116	00:01:10	00:26:21	00:52:27	01:18:42	01:44:29	01:49:59.40	01:51:10.10	+00:42:08 (38.3%)	5:12	11.5 (61.5%)
492	POPIEL Wojciech	383		M-20	111	00:01:31	00:24:10	00:48:41	01:14:53	01:44:09	01:49:38.90	01:51:10.40	+00:41:47 (38.1%)	5:11	11.5 (61.5%)
493	HANO Jan	400	PĘDZIWIATR GLIWICE	M-60	5	00:00:41	00:25:54	00:51:50	01:17:59	01:44:53	01:50:29.75	01:51:11.25	+00:42:38 (38.6%)	5:14	11.5 (61.5%)
494	PARUZEL Ireneusz	112		M-40	112	00:00:58	00:24:54	00:50:02	01:16:07	01:44:23	01:50:13.70	01:51:12.00	+00:42:22 (38.4%)	5:13	11.5 (61.5%)
495	BIAŁOSKÓRSKI Grzegorz	102		M-30	195	00:00:21	00:25:14	00:50:28	01:16:29	01:44:27	01:50:50.95	01:51:12.55	+00:42:59 (38.8%)	5:15	11.4 (61.0%)
496	PRZYBYLSKI Witek	71	OTK RZEŹNIK	M-30	199	00:00:00	00:27:29	00:53:55	01:19:52		01:51:12.65	01:51:12.65	+00:43:21 (39.0%)	5:16	11.4 (61.0%)
497	KWAPIEŃ Aleksander	1009		M-30	188	00:00:39	00:25:43	00:52:08	01:18:36	01:45:11	01:50:39.10	01:51:18.90	+00:42:47 (38.7%)	5:14	11.4 (61.0%)
498	KWAŚNIOK Rafał	87	NIGHT RUNNERS GLIWICE	M-20	119	00:01:17	00:27:41	00:55:26	01:20:35	01:45:09	01:50:05.45	01:51:22.95	+00:42:14 (38.4%)	5:13	11.5 (61.5%)
499	RYZIŃSKA Aneta	143		K-40	5	00:00:28	00:26:31	00:52:44	01:18:57	01:45:26	01:50:57.00	01:51:25.95	+00:43:05 (38.8%)	5:15	11.4 (61.0%)
500	TEICHMANN Norbert	381		M-50	24	00:00:40	00:27:01	00:52:59	01:18:32	01:45:15	01:50:46.75	01:51:27.15	+00:42:55 (38.7%)	5:15	11.4 (61.0%)
501	FLORECKI Andrzej	88	AKMB PĘDZIWIATR GLIWICE	M-60	6	00:00:28	00:25:08	00:50:42	01:17:42	01:45:17	01:51:00.95	01:51:29.75	+00:43:09 (38.9%)	5:15	11.4 (61.0%)
502	STARŻYK Andrzej	139	RUNSTARS	M-30	197	00:00:29	00:25:15	00:51:10	01:17:42	01:45:19	01:51:02.05	01:51:31.25	+00:43:10 (38.9%)	5:15	11.4 (61.0%)
503	PODSTUFKA Szymon	774		M-20	120	00:00:57	00:26:17	00:52:40	01:18:32	01:45:02	01:50:37.30	01:51:35.25	+00:42:46 (38.7%)	5:14	11.4 (61.0%)
504	BAUMERT Rafał	430	ISTA BIEGAMY	M-30	186	00:01:11	00:26:22	00:52:30	01:19:04	01:45:18	01:50:24.05	01:51:35.55	+00:42:32 (38.5%)	5:13	11.5 (61.5%)
505	PAWLUSZUK Bogdan	261		M-40	113	00:01:06	00:25:38	00:50:51	01:16:50	01:44:45	01:50:29.95	01:51:36.15	+00:42:38 (38.6%)	5:14	11.5 (61.5%)
506	KUJAWSKI Tomasz	210	NIGHT RUNNERS GLIWICE	M-40	114	00:01:05	00:25:34	00:50:38	01:16:08	01:44:12	01:50:31.20	01:51:37.15	+00:42:39 (38.6%)	5:14	11.5 (61.5%)
507	TURNIAK Miłosz	613		M-20	123	00:00:50	00:25:06	00:50:16	01:16:53	01:44:58	01:50:56.50	01:51:47.05	+00:43:05 (38.8%)	5:15	11.4 (61.0%)
508	POPŁAWSKA-WAL Agata	1099		K-30	22	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	01:51:26.75	01:51:57.25	+00:43:35 (39.1%)	5:16	11.4 (61.0%)
509	KUPKA Bartosz	1100		M-30	201	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	01:51:26.55	01:51:57.45	+00:43:35 (39.1%)	5:16	11.4 (61.0%)
510	ROŻEK Jacek	770	ETE SPORT TEAM	M-30	174	00:02:21	00:26:22	00:51:57	01:17:36	01:44:15	01:49:44.55	01:52:05.65	+00:41:53 (38.2%)	5:12	11.5 (61.5%)
511	POKRYSZKA Bartosz	28	KOMBO KURCZAKI	M-20	122	00:01:24	00:26:35	00:52:34	01:18:27	01:45:08	01:50:42.05	01:52:06.90	+00:42:50 (38.7%)	5:14	11.4 (61.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
512	POKRYSZKA Wojciech	240	KOMBO KURCZAKI	M-20	121	00:01:25	00:26:34	00:52:33	01:18:26	01:45:08	01:50:41.55	01:52:07.05	+00:42:50 (38.7%)	5:14	11.4 (61.0%)
513	PRENZENA Paweł	45		M-20	127	00:00:22	00:25:19	00:50:34	01:17:13	01:46:11	01:51:48.30	01:52:10.95	+00:43:57 (39.3%)	5:17	11.3 (60.4%)
514	WYSOCKI Tomasz	160	ETERUN	M-40	109	00:02:20	00:26:23	00:51:58	01:17:37	01:44:16	01:49:50.50	01:52:11.30	+00:41:59 (38.2%)	5:12	11.5 (61.5%)
515	UJMA Michał	98		M-30	207	00:00:22	00:26:34	00:52:31	01:19:06	01:45:51	01:51:49.25	01:52:12.20	+00:43:57 (39.3%)	5:18	11.3 (60.4%)
516	MARCZUK Tomasz	953		M-30	184	00:02:03	00:24:05	00:49:02	01:15:05	01:43:35	01:50:10.45	01:52:14.30	+00:42:19 (38.4%)	5:13	11.5 (61.5%)
517	WAGNER Mariusz	680		M-30	185	00:02:04	00:26:05	00:51:23	01:17:31	01:44:13	01:50:11.35	01:52:15.80	+00:42:20 (38.4%)	5:13	11.5 (61.5%)
518	GORCZEWSKA Renata	58		K-40	6	00:01:10	00:26:22	00:52:22	01:18:44	01:45:23	01:51:07.00	01:52:17.90	+00:43:15 (38.9%)	5:15	11.4 (61.0%)
519	ZDUŃCZYK Mariusz	1255		M-30	200	00:01:01	00:26:01	00:51:51	01:17:54	01:44:40	01:51:16.55	01:52:18.50	+00:43:25 (39.0%)	5:16	11.4 (61.0%)
520	KUBISZ Mariusz	544		M-20	124	00:01:19	00:26:49	00:53:15	01:18:51	01:45:29	01:51:00.25	01:52:20.00	+00:43:08 (38.9%)	5:15	11.4 (61.0%)
521	ZAJDEL Dariusz	980		M-50	25	00:01:22	00:24:56	00:50:28	01:17:07	01:44:48	01:50:58.80	01:52:21.05	+00:43:07 (38.9%)	5:15	11.4 (61.0%)
522	LAMPA Alicja	95	NIGHT RUNNERS GLIWICE	K-20	20	00:01:07	00:26:27	00:52:19	01:18:42	01:45:27	01:51:14.75	01:52:21.75	+00:43:23 (39.0%)	5:16	11.4 (61.0%)
523	CZERNIK Andrzej	134		M-60	3	00:02:23	00:25:40	00:50:53	01:16:42	01:44:03	01:49:58.60	01:52:22.00	+00:42:07 (38.3%)	5:12	11.5 (61.5%)
524	NOWAKOWSKA Beata	444		K-30	20	00:01:52	00:26:23	00:52:33	01:18:48	01:45:14	01:50:34.50	01:52:26.95	+00:42:43 (38.6%)	5:14	11.5 (61.5%)
525	JANTAS Dominika	1003		K-16	1	00:00:12	00:25:26	00:51:15	01:18:09	01:46:31	01:52:15.10	01:52:28.05	+00:44:23 (39.6%)	5:19	11.3 (60.4%)
526	SKÓRA Aneta	1091	NIGHT RUNNERS GLIWICE	K-30	23	00:00:46	00:26:33	00:52:52	01:19:06	01:45:52	01:51:47.20	01:52:33.50	+00:43:55 (39.3%)	5:17	11.3 (60.4%)
527	KALINOWSKI Krzysztof	885		M-30	189	00:01:53	00:26:40	00:52:42	01:19:14	01:45:24	01:50:40.80	01:52:33.90	+00:42:49 (38.7%)	5:14	11.4 (61.0%)
528	ŚLĄZOK Krzysztof	884		M-30	192	00:01:52	00:26:42	00:52:44	01:19:16	01:45:25	01:50:43.95	01:52:36.75	+00:42:52 (38.7%)	5:14	11.4 (61.0%)
529	OSEŁKA Magdalena	611		K-30	21	00:01:12	00:26:28	00:52:44	01:18:59	01:45:46	01:51:25.35	01:52:37.45	+00:43:34 (39.1%)	5:16	11.4 (61.0%)
530	ZIĘTERSKI Robert	339		M-30	196	00:01:41	00:25:59	00:51:23	01:17:43	01:45:23	01:50:59.15	01:52:41.00	+00:43:07 (38.9%)	5:15	11.4 (61.0%)
531	WILK Andrzej	818		M-40	118	00:01:08	00:26:19	00:51:53	01:17:57	01:45:42	01:51:34.10	01:52:42.15	+00:43:42 (39.2%)	5:17	11.3 (60.4%)
532	LEDWOŃ Jakub	122		M-30	203	00:01:06	00:26:31	00:51:39	01:17:05	01:45:34	01:51:37.05	01:52:43.90	+00:43:45 (39.2%)	5:17	11.3 (60.4%)
533	STROBA Marek	462	FC24	M-30	193	00:01:59	00:25:48	00:51:42	01:17:38	01:45:12	01:50:45.75	01:52:44.95	+00:42:54 (38.7%)	5:14	11.4 (61.0%)
534	KOMALA Wojciech	853		M-30	205	00:01:03	00:25:27	00:51:11	01:17:34	01:45:21	01:51:43.70	01:52:46.95	+00:43:52 (39.3%)	5:17	11.3 (60.4%)
535	BOIŃSKI Marcin	224		M-20	125	00:01:08	00:25:49	00:51:22	01:17:10	01:45:23	01:51:38.50	01:52:47.30	+00:43:47 (39.2%)	5:17	11.3 (60.4%)
536	BAK-CESARZ Damian	282		M-40	117	00:01:38	00:26:49	00:54:01	01:21:03	01:46:16	01:51:10.00	01:52:48.45	+00:43:18 (39.0%)	5:16	11.4 (61.0%)
537	JASTRZĘBSKI Rafał	57	EASY RUN RACIBÓRZ	M-30	202	00:01:15	00:27:28	00:54:41	01:20:41	01:46:11	01:51:35.30	01:52:50.65	+00:43:44 (39.2%)	5:17	11.3 (60.4%)

											Net time 21.1km	Czas brutto 21.1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km			Gap		
538	NIESZPOREK Adam	190	RUN-3	M-30	204	00:01:11	00:26:20	00:52:10	01:18:21	01:45:30	01:51:42.00	01:52:53.95	+00:43:50 (39.3%)	5:17	11.3 (60.4%)
539	SPODZIEJA Aleksandra	316	UKS MANTA KOCHŁOWICE	K-20	23	00:00:54	00:26:36	00:52:23	01:18:49	01:45:55	01:52:00.85	01:52:55.25	+00:44:09 (39.4%)	5:18	11.3 (60.4%)
540	KUŹNICKI Tomasz	627		M-30	194	00:02:09	00:26:12	00:52:16	01:17:59	01:45:02	01:50:46.70	01:52:56.25	+00:42:55 (38.7%)	5:15	11.4 (61.0%)
541	STRUG Mariusz	631		M-30	208	00:00:51	00:25:14	00:51:09	01:17:59	01:45:57	01:52:15.20	01:53:07.00	+00:44:23 (39.6%)	5:19	11.3 (60.4%)
542	SZELKA Andrzej	46	AKMB PĘDZIWIATR GLIWICE	M-50	26	00:01:31	00:25:20	00:50:39	01:17:15	01:45:33	01:51:37.35	01:53:08.70	+00:43:46 (39.2%)	5:17	11.3 (60.4%)
543	GIERAS Mirosław	506	DELOITTE ADVENTURE TEAM	M-40	116	00:02:07	00:25:56	00:52:08	01:18:27	01:45:11	01:51:04.15	01:53:11.25	+00:43:12 (38.9%)	5:15	11.4 (61.0%)
544	WYPYCHOWICZ Piotr	388	WWW.BURGMANIA.NET	M-40	123	00:00:20	00:23:43	00:48:06	01:15:41	01:46:26	01:52:53.95	01:53:14.45	+00:45:02 (39.9%)	5:21	11.2 (59.9%)
545	KWAPIEŃ Paweł	1069		M-30	214	00:00:39	00:25:43	00:52:08	01:18:38	01:46:18	01:52:36.25	01:53:15.50	+00:44:44 (39.7%)	5:20	11.2 (59.9%)
546	GOC Aleksandra	1279		K-30	28	00:00:30	00:26:20	00:53:02	01:19:44	01:47:07	01:52:47.75	01:53:18.45	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
547	GROŃSKI Janusz	598		M-50	27	00:00:30	00:26:19	00:53:01	01:19:44	01:47:05	01:52:48.45	01:53:18.55	+00:44:57 (39.8%)	5:20	11.2 (59.9%)
548	SUCHECKA Lucyna	19	FAST FOOT OPOLE	K-20	22	00:01:29	00:25:30	00:51:27	01:18:03	01:45:49	01:51:49.85	01:53:19.35	+00:43:58 (39.3%)	5:18	11.3 (60.4%)
549	SKOLUDEK Robert	447		M-20	130	00:00:43	00:26:30	00:53:17	01:20:36	01:47:34	01:52:38.10	01:53:21.15	+00:44:46 (39.8%)	5:20	11.2 (59.9%)
550	GRUSZKA Małgorzata	68	RYSIE	K-40	7	00:01:50	00:26:26	00:52:10	01:18:27	01:45:54	01:51:31.30	01:53:21.95	+00:43:40 (39.2%)	5:17	11.4 (61.0%)
551	ZDZIEBKO Artur	105		M-40	120	00:01:07	00:26:04	00:52:13	01:18:27	01:46:06	01:52:18.45	01:53:25.90	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
552	RUDNER Jakub	1105		M-20	131	00:00:45	00:27:05	00:53:46	01:20:06	01:47:06	01:52:42.60	01:53:27.70	+00:44:51 (39.8%)	5:20	11.2 (59.9%)
553	KAMECKI Maciej	873	GOOD TIME SPORT	M-30	210	00:01:11	00:26:05	00:52:45	01:18:44	01:46:16	01:52:19.15	01:53:30.25	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
554	KACZOR Rafał	1226	PKO BP	M-40	119	00:01:50	00:26:29	00:53:04	01:19:20	01:46:15	01:51:40.60	01:53:31.15	+00:43:49 (39.2%)	5:17	11.3 (60.4%)
555	GÓRKA Szymon	292	PRZODOWI SIEPACZE	M-30	206	00:01:43	00:24:58	00:50:17	01:17:05	01:45:31	01:51:49.00	01:53:32.80	+00:43:57 (39.3%)	5:17	11.3 (60.4%)
556	WALSKI Łukasz	546	RANGER SURVIVAL CLUB	M-20	126	00:01:53	00:27:38	00:54:27	01:21:24	01:46:40	01:51:40.00	01:53:33.55	+00:43:48 (39.2%)	5:17	11.3 (60.4%)
557	GAJEWSKI Michał	449		M-30	211	00:01:05	00:26:26	00:52:50	01:19:07	01:46:30	01:52:28.70	01:53:34.15	+00:44:37 (39.7%)	5:19	11.3 (60.4%)
558	RACZEK Magdalena	106		K-20	24	00:01:01	00:26:22	00:52:27	01:18:51	01:46:34	01:52:35.45	01:53:36.60	+00:44:44 (39.7%)	5:20	11.2 (59.9%)
559	NOWOROLNIK Paweł	649		M-30	209	00:01:18	00:26:31	00:53:09	01:20:10	01:46:49	01:52:19.05	01:53:37.35	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
560	BLACH Damian	556		M-20	128	00:01:18	00:28:14	00:55:11	01:21:59	01:47:14	01:52:19.85	01:53:37.85	+00:44:28 (39.6%)	5:19	11.3 (60.4%)
561	GRACH Aleksandra	670	EVENT 360 RUNNING TEAM	K-30	25	00:01:11	00:26:19	00:52:26	01:18:46	01:46:42	01:52:29.95	01:53:41.15	+00:44:38 (39.7%)	5:19	11.3 (60.4%)
562	BIEŃKOWSKI Piotr	384		M-20	133	00:00:37	00:23:36	00:49:14	01:17:25	01:47:01	01:53:07.00	01:53:44.55	+00:45:15 (40.0%)	5:21	11.2 (59.9%)
563	JANUS Monika	1085	SZCZAWNÓ RUN	K-30	29	00:00:46	00:26:28	00:52:55	01:19:17	01:47:06	01:52:58.50	01:53:45.35	+00:45:07 (39.9%)	5:21	11.2 (59.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
564	DANEK Maria	54	10 BLOG	K-20	26	00:00:13	00:26:05	00:53:06	01:20:48	01:48:03	01:53:33.45	01:53:46.55	+00:45:42 (40.2%)	5:22	11.1 (59.4%)
565	RUPNIK Joanna	43		K-30	27	00:01:06	00:26:51	00:52:54	01:19:03	01:46:44	01:52:40.45	01:53:47.30	+00:44:49 (39.8%)	5:20	11.2 (59.9%)
566	KUROWSKI Michał	742	NIGHT RUNNERS GLIWICE	M-20	129	00:01:16	00:27:05	00:53:06	01:19:34	01:46:54	01:52:34.75	01:53:50.85	+00:44:43 (39.7%)	5:20	11.2 (59.9%)
567	NIŻNIKIEWICZ Elżbieta	297		K-30	31	00:00:15	00:26:44	00:54:03	01:21:17	01:48:07	01:53:40.20	01:53:55.75	+00:45:48 (40.3%)	5:23	11.1 (59.4%)
568	KUCZMA Joanna	533		K-40	8	00:01:00	00:26:35	00:52:55	01:19:01	01:46:54	01:52:59.35	01:54:00.05	+00:45:08 (39.9%)	5:21	11.2 (59.9%)
569	PISKORZ Robert	948		M-40	122	00:01:12	00:25:44	00:52:28	01:18:54	01:46:46	01:52:47.55	01:54:00.30	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
570	JURASZCZYK Jan	865	FEBYS RUN TEAM	M-30	212	00:01:32	00:26:56	00:53:14	01:19:55	01:47:02	01:52:31.00	01:54:03.45	+00:44:39 (39.7%)	5:19	11.3 (60.4%)
571	JURASZCZYK Katarzyna	86	FEBYS RUN TEAM	K-30	26	00:01:32	00:26:57	00:53:14	01:19:55	01:47:02	01:52:31.20	01:54:03.65	+00:44:39 (39.7%)	5:19	11.3 (60.4%)
572	IMIOŁEK Arkadiusz	419	BIEGAM Z ED-CERT	M-40	124	00:00:38	00:26:33	00:53:02	01:19:48	01:47:40	01:53:25.10	01:54:03.95	+00:45:33 (40.2%)	5:22	11.2 (59.9%)
573	PAWLIK Wojciech	665		M-20	132	00:01:17	00:26:27	00:52:41	01:19:12	01:46:56	01:52:48.00	01:54:05.50	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
574	MASIAREK Mariusz	1265	DRUŻYNA MOJACUKRZYCA.PL	M-40	121	00:01:29	00:26:03	00:51:33	01:17:56	01:46:19	01:52:38.75	01:54:07.95	+00:44:47 (39.8%)	5:20	11.2 (59.9%)
575	GALMAN Iwona	737		K-30	32	00:00:18	00:26:11	00:53:07	01:19:49	01:47:36	01:53:50.50	01:54:09.15	+00:45:59 (40.4%)	5:23	11.1 (59.4%)
576	AMBICKA Jadzia	1049		K-20	21	00:02:24	00:25:32	00:51:07	01:17:59	01:45:43	01:51:46.40	01:54:11.30	+00:43:55 (39.3%)	5:17	11.3 (60.4%)
577	PIETRUCZUK Daria	373	PRO-RUN WROCŁAW	K-20	25	00:01:09	00:25:36	00:51:37	01:18:58	01:46:58	01:53:02.30	01:54:11.60	+00:45:11 (40.0%)	5:21	11.2 (59.9%)
578	GRĄBCZEWSKI Marcin	274		M-30	216	00:01:13	00:27:05	00:53:46	01:20:24	01:47:20	01:52:59.50	01:54:13.15	+00:45:08 (39.9%)	5:21	11.2 (59.9%)
579	PRUSOWSKA- BRZÓZKA Joanna	3	RYBICKA GRUPA BIEGOWA	K-30	24	00:02:00	00:27:06	00:53:12	01:19:35	01:46:34	01:52:13.10	01:54:13.65	+00:44:21 (39.5%)	5:19	11.3 (60.4%)
580	GRAMATYKA Paweł	499		M-30	217	00:01:10	00:25:41	00:51:37	01:18:36	01:46:58	01:53:04.00	01:54:14.05	+00:45:12 (40.0%)	5:21	11.2 (59.9%)
581	MAJEWSKI Grzegorz	318	BEZ KLUBU	M-30	213	00:01:43	00:25:43	00:52:10	01:18:28	01:46:42	01:52:35.60	01:54:19.55	+00:44:44 (39.7%)	5:20	11.2 (59.9%)
582	BUJAK Mateusz	679		M-20	134	00:00:59	00:26:13	00:52:09	01:19:22	01:47:40	01:53:20.15	01:54:19.70	+00:45:28 (40.1%)	5:22	11.2 (59.9%)
583	KORPAK Marta	880	MOTIVATO.PL	K-20	27	00:00:37	00:27:24	00:54:07	01:20:54	01:47:57	01:53:44.10	01:54:21.90	+00:45:52 (40.3%)	5:23	11.1 (59.4%)
584	KUMOR Tomasz	894		M-20	137	00:00:37	00:27:25	00:54:07	01:20:53	01:47:53	01:53:44.65	01:54:22.45	+00:45:53 (40.3%)	5:23	11.1 (59.4%)
585	KONIK Sylwia	386		K-30	30	00:00:51	00:26:14	00:52:03	01:19:02	01:47:12	01:53:31.15	01:54:22.80	+00:45:39 (40.2%)	5:22	11.2 (59.9%)
586	STANISZEWSKI Krzysztof	973	BIEGAMY Z SERCEM.PL	M-16	6	00:00:23	00:24:17	00:49:25	01:16:29	01:47:24	01:54:01.50	01:54:24.85	+00:46:10 (40.5%)	5:24	11.1 (59.4%)
587	ZEMŁA Piotr	235		M-40	125	00:00:48	00:26:51	00:53:41	01:20:40	01:47:48	01:53:42.65	01:54:31.60	+00:45:51 (40.3%)	5:23	11.1 (59.4%)
588	BORECKI Marcin	249		M-30	222	00:00:19	00:25:19	00:51:28	01:19:11	01:48:06	01:54:16.00	01:54:35.25	+00:46:24 (40.6%)	5:24	11.1 (59.4%)
589	WOJTASZEK Grzegorz	404		M-30	215	00:01:46	00:26:26	00:52:47	01:19:32	01:47:12	01:52:53.70	01:54:40.15	+00:45:02 (39.9%)	5:21	11.2 (59.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
590	ĆWIK Paweł	1024		M-40	126	00:00:53	00:26:39	00:52:55	01:19:44	01:48:17	01:53:49.80	01:54:43.40	+00:45:58 (40.4%)	5:23	11.1 (59.4%)
591	WILK Andrzej	764		M-20	135	00:01:02	00:24:46	00:50:52	01:18:03	01:47:26	01:53:43.20	01:54:46.15	+00:45:51 (40.3%)	5:23	11.1 (59.4%)
592	OCHMAN Ireneusz	1073	OPEL ACTIVE TEAM	M-40	130	00:00:17	00:24:41	00:51:13	01:18:37	01:48:15	01:54:31.35	01:54:48.90	+00:46:40 (40.7%)	5:25	11.1 (59.4%)
593	KOKOSZKA Marcin	609	EMEDIATOR.PL	M-20	139	00:00:54	00:28:03	00:55:52	01:23:06	01:48:42	01:54:00.85	01:54:55.35	+00:46:09 (40.5%)	5:24	11.1 (59.4%)
594	MIKETA Marek	1090	RYBICKA GRUPA BIEGOWA	M-40	132	00:00:27	00:27:47	00:54:56	01:21:08	01:48:31	01:54:35.65	01:55:02.95	+00:46:44 (40.8%)	5:25	11 (58.8%)
595	KOWALCZYK Robert	433	ISTA BIEGAMY	M-40	128	00:00:59	00:25:34	00:51:46	01:18:59	01:47:54	01:54:06.85	01:55:06.55	+00:46:15 (40.5%)	5:24	11.1 (59.4%)
596	SIUDA Krzysztof	858		M-20	142	00:00:39	00:28:01	00:54:32	01:20:58	01:48:42	01:54:27.75	01:55:07.25	+00:46:36 (40.7%)	5:25	11.1 (59.4%)
597	GRUSZKA Tomasz	1276		M-40	129	00:00:49	00:26:38	00:52:42	01:19:10	01:48:08	01:54:23.80	01:55:13.55	+00:46:32 (40.7%)	5:25	11.1 (59.4%)
598	SZAMRYK Konrad	789		M-30	223	00:00:56	00:26:53	00:53:01	01:19:39	01:48:06	01:54:19.60	01:55:16.15	+00:46:28 (40.6%)	5:25	11.1 (59.4%)
599	SZARUGA Jan	266		M-20	136	00:01:34	00:27:13	00:53:13	01:18:58	01:47:29	01:53:44.20	01:55:18.75	+00:45:52 (40.3%)	5:23	11.1 (59.4%)
600	FIELHAUER Damian	685		M-20	140	00:00:57	00:25:36	00:51:02	01:17:50	01:47:50	01:54:22.45	01:55:20.40	+00:46:31 (40.7%)	5:25	11.1 (59.4%)
601	KRZYSZTOFOWICZ Monika	591		K-30	35	00:00:37	00:26:01	00:52:53	01:20:21	01:48:50	01:54:45.35	01:55:22.55	+00:46:54 (40.9%)	5:26	11 (58.8%)
602	KURC Iwona	763	RAJSPORT ACTIVE ANTON TEAM	K-30	34	00:00:40	00:26:50	00:53:19	01:19:55	01:48:21	01:54:42.50	01:55:23.15	+00:46:51 (40.8%)	5:26	11 (58.8%)
603	KUCZYŃSKA Kinga	816		K-20	28	00:00:40	00:26:50	00:53:19	01:19:55	01:48:22	01:54:42.60	01:55:23.35	+00:46:51 (40.8%)	5:26	11 (58.8%)
604	FUGOWSKI Grzegorz	341		M-30	221	00:01:19	00:26:28	00:53:37	01:20:32	01:48:33	01:54:08.30	01:55:28.05	+00:46:17 (40.6%)	5:24	11.1 (59.4%)
605	MRÓZEK Przemysław	612	PŁOMIEŃ OPATÓW	M-30	228	00:00:29	00:24:52	00:50:35	01:17:49	01:48:25	01:54:59.40	01:55:28.95	+00:47:08 (41.0%)	5:26	11 (58.8%)
606	OSIŃSKI Paweł	322	NIGHT RUNNERS GLIWICE	M-30	218	00:02:11	00:25:25	00:51:46	01:19:23	01:47:18	01:53:18.15	01:55:29.70	+00:45:26 (40.1%)	5:22	11.2 (59.9%)
607	ADAMOWSKI Jacek	48	NIGHT RUNNERS GLIWICE	M-30	219	00:01:42	00:26:36	00:52:16	01:18:28	01:47:35	01:53:47.45	01:55:30.25	+00:45:56 (40.4%)	5:23	11.1 (59.4%)
608	WACŁAWSKA Agnieszka	255		K-30	33	00:01:04	00:25:57	00:55:06	01:22:12	01:48:58	01:54:26.95	01:55:31.70	+00:46:35 (40.7%)	5:25	11.1 (59.4%)
609	KRZYSZKOWSKA Agnieszka	490	BRAK	K-30	37	00:00:23	00:26:09	00:53:06	01:20:33	01:49:15	01:55:10.60	01:55:33.65	+00:47:19 (41.1%)	5:27	11 (58.8%)
610	SŁUSZNIAK Sławomir	752		M-40	137	00:00:37	00:26:30	00:53:05	01:20:20	01:49:00	01:54:57.50	01:55:34.75	+00:47:06 (41.0%)	5:26	11 (58.8%)
611	SOKÓŁ Dorota	926	BIEGACZE CSR	K-40	9	00:00:40	00:26:28	00:53:05	01:20:35	01:49:13	01:54:54.75	01:55:35.45	+00:47:03 (41.0%)	5:26	11 (58.8%)
612	UTRATNY Ludomir Jan	284		M-40	136	00:00:41	00:26:30	00:53:12	01:20:45	01:49:12	01:54:56.40	01:55:37.50	+00:47:05 (41.0%)	5:26	11 (58.8%)
613	PAWLAK Katarzyna	360	RADIO WROCŁAW	K-30	36	00:00:31	00:26:29	00:53:28	01:21:23	01:49:22	01:55:06.30	01:55:37.85	+00:47:15 (41.0%)	5:27	11 (58.8%)
614	PATRYAS Arkadiusz	985		M-40	133	00:00:59	00:27:46	00:55:16	01:22:54	01:49:21	01:54:44.05	01:55:43.45	+00:46:52 (40.9%)	5:26	11 (58.8%)
615	RÓG Marcin	892	NIGHT RUNNERS KATOWICE	M-20	145	00:00:38	00:25:00	00:49:22	01:17:00	01:48:41	01:55:06.20	01:55:45.15	+00:47:14 (41.0%)	5:27	11 (58.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
616	MAZUR Krzysztof	1288	NOWA GLIWICE	M-30	220	00:01:38	00:27:22	00:54:21	01:21:00	01:48:11	01:54:07.70	01:55:45.75	+00:46:16 (40.5%)	5:24	11.1 (59.4%)
617	KONIK Tomasz	385		M-40	134	00:00:52	00:26:17	00:52:40	01:19:36	01:48:40	01:54:54.40	01:55:47.20	+00:47:03 (40.9%)	5:26	11 (58.8%)
618	BEDNARSKI Tomasz	457	NR GLIWICE	M-20	138	00:02:00	00:29:26	00:55:57	01:22:59	01:48:44	01:53:47.95	01:55:47.95	+00:45:56 (40.4%)	5:23	11.1 (59.4%)
619	ZABIEROWSKI Witold	1046	ADAMIETZ	M-50	28	00:01:16	00:27:17	00:54:25	01:21:44	01:48:58	01:54:32.20	01:55:48.70	+00:46:40 (40.8%)	5:25	11.1 (59.4%)
620	GRABOWSKI Maciej	788		M-30	225	00:01:05	00:27:16	00:53:52	01:20:37	01:48:50	01:54:43.40	01:55:49.35	+00:46:52 (40.9%)	5:26	11 (58.8%)
621	WIERZBICA Adrian	730		M Open	2	00:01:23	00:27:49	00:54:45	01:21:36	01:48:37	01:54:26.40	01:55:50.35	+00:46:35 (40.7%)	5:25	11.1 (59.4%)
622	KULIK Adam	989		M-40	139	00:00:40	00:26:04	00:52:44	01:19:49	01:48:57	01:55:11.65	01:55:51.65	+00:47:20 (41.1%)	5:27	11 (58.8%)
623	ZIĘBIK Grzegorz	1017		M-30	230	00:00:38	00:26:48	00:53:28	01:21:13	01:49:28	01:55:13.95	01:55:52.35	+00:47:22 (41.1%)	5:27	11 (58.8%)
624	BOROWSKI Sławomir	482	SOLVITUR AMBULANDO	M-30	227	00:01:01	00:26:00	00:51:52	01:18:53	01:48:42	01:54:55.60	01:55:57.40	+00:47:04 (41.0%)	5:26	11 (58.8%)
625	ADAMSKI Maciej	927	WROCŁAW MARATHON TEAM	M-20	143	00:01:14	00:26:41	00:53:10	01:20:12	01:48:44	01:54:45.65	01:55:59.85	+00:46:54 (40.9%)	5:26	11 (58.8%)
626	BŁASZCZYSZYN Maciej	1290		M-50	29	00:01:20	00:28:15	00:55:47	01:22:28	01:49:12	01:54:44.10	01:56:04.25	+00:46:52 (40.9%)	5:26	11 (58.8%)
627	PYKA Dariusz	1127		M-40	127	00:01:58	00:27:55	00:55:42	01:23:21	01:48:50	01:54:06.25	01:56:04.40	+00:46:14 (40.5%)	5:24	11.1 (59.4%)
628	ŻĄDŁO Łukasz	344	CABALLO BLANCO TEAM	M-30	231	00:00:30	00:28:36	00:56:59	01:25:02	01:50:43	01:55:33.85	01:56:04.70	+00:47:42 (41.3%)	5:28	11 (58.8%)
629	WIORA Łukasz	1284		M-30	234	00:00:32	00:27:59	00:56:18	01:23:35	01:50:09	01:55:39.15	01:56:11.45	+00:47:47 (41.3%)	5:28	10.9 (58.3%)
630	CZARNIK-PECIAK Aleksandra	801		K-40	11	00:00:30	00:26:47	00:53:31	01:20:49	01:49:33	01:55:41.75	01:56:11.75	+00:47:50 (41.4%)	5:28	10.9 (58.3%)
631	RYMASZEWSKI Wojciech	469		M-30	229	00:01:02	00:25:23	00:51:11	01:17:29	01:48:59	01:55:10.75	01:56:13.15	+00:47:19 (41.1%)	5:27	11 (58.8%)
632	SKOTNICKI Paweł	83		M-20	146	00:01:07	00:26:34	00:52:55	01:19:46	01:49:16	01:55:07.20	01:56:14.80	+00:47:15 (41.1%)	5:27	11 (58.8%)
633	GRONDECKI Grzegorz	310	BIEGAMY Z SERCEM.PL	M-40	135	00:01:20	00:27:18	00:54:09	01:21:39	01:49:18	01:54:55.75	01:56:15.75	+00:47:04 (41.0%)	5:26	11 (58.8%)
634	CHROBOK Mateusz	905	NIGHT RUNNERS ZABRZE	M-20	148	00:00:14	00:25:48	00:53:15	01:20:31	01:49:42	01:56:03.30	01:56:17.85	+00:48:12 (41.5%)	5:30	10.9 (58.3%)
635	GABRYŚ Jola	1285	NIGHT RUNNERS GLIWICE	K-40	12	00:00:18	00:26:01	00:53:04	01:20:50	01:50:06	01:56:03.35	01:56:21.60	+00:48:12 (41.5%)	5:30	10.9 (58.3%)
636	MIKUŁA Leszek	617		M-40	144	00:00:25	00:25:28	00:51:24	01:19:06	01:49:36	01:56:01.30	01:56:26.50	+00:48:10 (41.5%)	5:29	10.9 (58.3%)
637	WIĄCEK Krzysztof	25		M-50	30	00:01:23	00:27:49	00:55:12	01:22:17	01:49:25	01:55:05.20	01:56:28.75	+00:47:13 (41.0%)	5:27	11 (58.8%)
637	GRABOWSKI Michał	568		M-40	142	00:00:35	00:27:51	00:55:34	01:22:58	01:50:03	01:55:53.75	01:56:28.75	+00:48:02 (41.5%)	5:29	10.9 (58.3%)
639	CZARNOTA Arkadiusz	555		M-30	236	00:00:27	00:26:43	00:54:15	01:21:56	01:50:05	01:56:01.85	01:56:29.30	+00:48:10 (41.5%)	5:29	10.9 (58.3%)
640	CHAVEZ Christina	814	UKS OLIMPIA ZABRZE	K-16	2	00:01:26	00:27:38	00:55:03	01:21:46	01:49:42	01:55:05.10	01:56:31.45	+00:47:13 (41.0%)	5:27	11 (58.8%)
641	ALEKSANDROWICZ Krzysztof	1104	FIZJO RUNNERS UMED WROCŁAW	M-40	138	00:01:32	00:26:45	00:53:31	01:20:47	01:49:06	01:55:03.75	01:56:36.70	+00:47:12 (41.0%)	5:27	11 (58.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
642	BOJDA Dawid	1152		M-20	144	00:01:36	00:27:41	00:55:18	01:22:18	01:49:14	01:55:01.20	01:56:37.60	+00:47:09 (41.0%)	5:27	11 (58.8%)
643	KOZIELEC Tomasz	372		M-40	140	00:01:18	00:27:05	00:53:52	01:21:07	01:49:25	01:55:20.35	01:56:39.25	+00:47:29 (41.2%)	5:28	11 (58.8%)
643	BARAŃSKA Celestyna	358	ACCENTURE	K-30	38	00:01:23	00:27:23	00:54:48	01:22:11	01:49:44	01:55:16.10	01:56:39.25	+00:47:24 (41.1%)	5:27	11 (58.8%)
645	SERWACZAK Joanna	33	BIEGAMY Z SERCEM.PL	K-20	31	00:01:07	00:27:29	00:54:36	01:21:52	01:49:33	01:55:35.50	01:56:43.15	+00:47:44 (41.3%)	5:28	11 (58.8%)
646	WOŹNIAK Marek	277		M-40	131	00:02:08	00:27:06	00:53:32	01:20:45	01:48:34	01:54:35.00	01:56:43.25	+00:46:43 (40.8%)	5:25	11 (58.8%)
647	DE LA MERCED PUGA Daniel	1070		M-20	141	00:02:18	00:26:55	00:53:11	01:19:09	01:47:36	01:54:25.40	01:56:44.15	+00:46:34 (40.7%)	5:25	11.1 (59.4%)
648	DUDEK Łukasz	307		M-30	224	00:02:08	00:27:07	00:53:31	01:20:45	01:48:34	01:54:36.25	01:56:44.75	+00:46:44 (40.8%)	5:25	11 (58.8%)
648	GOŁĄBEK Agnieszka	1002	BBL MIKOŁÓW	K-30	39	00:01:19	00:25:51	00:52:34	01:20:07	01:49:17	01:55:25.55	01:56:44.75	+00:47:34 (41.2%)	5:28	11 (58.8%)
650	BŁASZCZYK Paulina	36		K-20	29	00:01:27	00:27:17	00:54:09	01:21:27	01:49:25	01:55:23.20	01:56:50.95	+00:47:31 (41.2%)	5:28	11 (58.8%)
651	GALERT Adam	17	PRO-RUN WROCŁAW	M-30	233	00:01:14	00:25:57	00:52:08	01:18:46	01:49:19	01:55:38.00	01:56:52.80	+00:47:46 (41.3%)	5:28	10.9 (58.3%)
652	KONOPKA Agnieszka	80		K-30	43	00:00:41	00:26:56	00:53:39	01:20:49	01:50:03	01:56:12.70	01:56:53.70	+00:48:21 (41.6%)	5:30	10.9 (58.3%)
653	KSIĘŻYK Anna	486		K-30	42	00:00:54	00:27:22	00:54:51	01:22:08	01:50:00	01:56:04.70	01:56:58.90	+00:48:13 (41.5%)	5:30	10.9 (58.3%)
654	KOZDRA Krzysztof	736	NIEZRZESZONY	M-40	149	00:00:00					01:57:04.00	01:57:04.00	+00:49:12 (42.0%)	5:32	10.8 (57.8%)
655	BUTOR Arkadiusz	651	12TRI.PL	M-30	238	00:00:40	00:26:43	00:53:23	01:20:46	01:49:07	01:56:25.05	01:57:05.55	+00:48:33 (41.7%)	5:31	10.9 (58.3%)
656	STASIAK Michał	180		M-40	143	00:01:05	00:27:13	00:54:14	01:21:24	01:49:53	01:56:00.05	01:57:05.75	+00:48:08 (41.5%)	5:29	10.9 (58.3%)
657	ANDRZEJ Kuś	1080	PURE JATOMI FORUM GLIWICE	M-30	237	00:01:00	00:27:42	00:55:15	01:22:44	01:50:18	01:56:09.40	01:57:09.40	+00:48:18 (41.6%)	5:30	10.9 (58.3%)
657	POPIEL Artur	414	NIGHT RUNNERS GLIWICE	M-40	146	00:01:00	00:27:40	00:55:14	01:22:43	01:50:35	01:56:08.60	01:57:09.40	+00:48:17 (41.6%)	5:30	10.9 (58.3%)
659	TYLMAN-MADEJCZYK Marta	262	MTM	K-30	45	00:00:43	00:27:41	00:54:35	01:21:46	01:50:22	01:56:28.90	01:57:11.95	+00:48:37 (41.7%)	5:31	10.9 (58.3%)
660	CZAUDERNA Klaudia	258	ETERUN	K-40	10	00:02:07	00:26:49	00:53:08	01:21:02	01:49:03	01:55:06.70	01:57:13.80	+00:47:15 (41.1%)	5:27	11 (58.8%)
661	WIEDERMANN Krzysztof	624	PEDRAFORCA	M-30	226	00:02:26	00:27:04	00:53:34	01:20:58	01:48:37	01:54:48.95	01:57:15.75	+00:46:57 (40.9%)	5:26	11 (58.8%)
662	KAZULA Grzegorz	251		M-30	232	00:01:39	00:27:33	00:54:38	01:22:00	01:49:48	01:55:36.40	01:57:16.35	+00:47:45 (41.3%)	5:28	10.9 (58.3%)
663	DOMARADZKA Ewa	441		K-40	16	00:00:44	00:26:42	00:54:20	01:21:42	01:50:32	01:56:35.30	01:57:19.30	+00:48:44 (41.8%)	5:31	10.9 (58.3%)
664	GRABOWSKI Lech	870		M-50	33	00:00:07	00:26:21	00:54:11	01:22:24	01:51:12	01:57:14.60	01:57:21.80	+00:49:23 (42.1%)	5:33	10.8 (57.8%)
665	GUTOWSKI Łukasz	312		M-20	156	00:00:20	00:27:27	00:55:04	01:22:46	01:51:06	01:57:01.30	01:57:21.95	+00:49:10 (42.0%)	5:32	10.8 (57.8%)
666	CURYŁO Maria	941		K-20	30	00:01:55	00:27:29	00:54:45	01:21:46	01:49:32	01:55:28.30	01:57:23.30	+00:47:37 (41.2%)	5:28	11 (58.8%)
667	WAWRZYNIAK Magdalena	480	10 BLOG OPOLE	K-20	32	00:00:44	00:27:14	00:55:05	01:23:09	01:50:49	01:56:40.15	01:57:24.40	+00:48:48 (41.8%)	5:31	10.9 (58.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
668	ALBERT Łukasz	481	10 BLOG OPOLE	M-30	241	00:00:44	00:27:14	00:55:05	01:23:11	01:50:51	01:56:40.15	01:57:24.70	+00:48:48 (41.8%)	5:31	10.9 (58.3%)
669	ANDRZEJCZAK Michał	247		M-30	235	00:01:37	00:27:29	00:55:05	01:22:16	01:49:39	01:55:48.20	01:57:25.90	+00:47:56 (41.4%)	5:29	10.9 (58.3%)
670	JANY Kamil	545		M-40	145	00:01:20	00:27:35	00:54:40	01:22:13	01:50:03	01:56:07.00	01:57:27.70	+00:48:15 (41.6%)	5:30	10.9 (58.3%)
671	SAP Alina	958	NIGHT RUNNERS	K-40	15	00:01:01	00:27:19	00:54:22	01:22:03	01:50:25	01:56:28.35	01:57:29.60	+00:48:37 (41.7%)	5:31	10.9 (58.3%)
671	JANIK Janusz	131	NIGHT RUNNERS GLIWICE	M-30	239	00:01:02	00:27:16	00:54:21	01:22:02	01:50:27	01:56:27.50	01:57:29.60	+00:48:36 (41.7%)	5:31	10.9 (58.3%)
673	BOGUCKA Joanna	979	NIGHT RUNNERS GLIWICE	K-40	14	00:01:02	00:27:18	00:54:21	01:22:02	01:50:27	01:56:27.75	01:57:29.85	+00:48:36 (41.7%)	5:31	10.9 (58.3%)
673	TKACZUK Marcin	191	NIGHT RUNNERS GLIWICE	M-30	240	00:00:59	00:27:21	00:54:24	01:22:05	01:50:27	01:56:30.10	01:57:29.85	+00:48:38 (41.8%)	5:31	10.9 (58.3%)
675	KOZŁOWSKI Przemysław	808		M-30	242	00:00:49	00:27:56	00:55:25	01:22:39	01:50:38	01:56:43.65	01:57:32.90	+00:48:52 (41.9%)	5:31	10.8 (57.8%)
676	OPALIŃSKI Tomasz	938	GOOD TIME SPORT	M-20	150	00:01:11	00:28:02	00:56:06	01:23:47	01:50:47	01:56:23.65	01:57:35.50	+00:48:32 (41.7%)	5:30	10.9 (58.3%)
677	GOSŁAWSKI Piotr	1262		M-40	147	00:01:13	00:27:18	00:53:53	01:21:09	01:50:04	01:56:24.25	01:57:38.15	+00:48:32 (41.7%)	5:31	10.9 (58.3%)
678	BATEJKO Beata	257	CHORZOWSKIE CENTRUM SZTUK I SPORTÓW WALKI	K-40	13	00:01:29	00:26:10	00:52:38	01:20:33	01:49:53	01:56:10.60	01:57:40.10	+00:48:19 (41.6%)	5:30	10.9 (58.3%)
679	NIEDZIELA Janusz	760		M-20	149	00:01:36	00:24:35	00:49:52	01:16:15	01:48:43	01:56:04.85	01:57:41.45	+00:48:13 (41.5%)	5:30	10.9 (58.3%)
680	SULIN Marek	904		M-40	141	00:02:11	00:28:10	00:55:52	01:22:47	01:49:43	01:55:31.80	01:57:42.95	+00:47:40 (41.3%)	5:28	11 (58.8%)
681	KŁOBUSZEWSKI Stanisław	62		M-50	31	00:02:05	00:28:05	00:55:49	01:23:03	01:50:07	01:55:38.75	01:57:44.55	+00:47:47 (41.3%)	5:28	10.9 (58.3%)
682	WIŚNIEWSKI Paweł	265		M-20	152	00:01:04	00:27:21	00:54:20	01:22:02	01:50:32	01:56:40.45	01:57:45.30	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
682	POPIEL Adriana	368	NIGHT RUNNERS GLIWICE	K-30	46	00:01:00	00:27:40	00:55:14	01:22:44	01:50:36	01:56:45.00	01:57:45.30	+00:48:53 (41.9%)	5:31	10.8 (57.8%)
684	SZALIŃSKI Krzysztof	975	PRYWATNY	M-40	151	00:00:09	00:27:29	00:55:27	01:23:12	01:51:47	01:57:35.50	01:57:45.35	+00:49:44 (42.3%)	5:34	10.8 (57.8%)
685	BUCZYŃSKI Radosław	53	NIGHT RUNNERS GLIWICE	M-20	153	00:01:04	00:27:21	00:54:20	01:22:02	01:50:31	01:56:41.10	01:57:45.90	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
686	STOCHLA Małgorzata	1142		K-30	47	00:00:55	00:27:33	00:54:37	01:22:24	01:50:53	01:56:57.70	01:57:52.75	+00:49:06 (42.0%)	5:32	10.8 (57.8%)
687	MALINOWSKI Piotr	913	NIEZRZESZONY	M-40	148	00:01:14	00:26:56	00:54:21	01:21:56	01:50:22	01:56:39.95	01:57:54.00	+00:48:48 (41.8%)	5:31	10.9 (58.3%)
688	ŻOŁNOWSKA Anna	553		K-30	40	00:02:02	00:26:28	00:52:25	01:19:45	01:49:37	01:55:52.50	01:57:55.10	+00:48:01 (41.4%)	5:29	10.9 (58.3%)
689	CHOJCAN Beata	128	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	41	00:01:59	00:27:11	00:54:13	01:22:05	01:50:14	01:55:56.85	01:57:56.60	+00:48:05 (41.5%)	5:29	10.9 (58.3%)
690	GĘBCZYŃSKI Paweł	201		M-30	244	00:00:58	00:25:36	00:51:32	01:18:37	01:49:54	01:57:03.65	01:58:02.10	+00:49:12 (42.0%)	5:32	10.8 (57.8%)
691	NANCKA Brygida	455		K-40	18	00:01:19	00:27:41	00:55:07	01:22:49	01:51:03	01:56:44.90	01:58:03.95	+00:48:53 (41.9%)	5:31	10.8 (57.8%)
692	MACIASZEK Jarosław	513		M-20	147	00:02:16	00:27:28	00:54:46	01:22:26	01:49:51	01:55:47.85	01:58:04.65	+00:47:56 (41.4%)	5:29	10.9 (58.3%)
693	MICHNA Wojciech	1077		M-20	157	00:01:03	00:25:29	00:52:49	01:20:30	01:50:22	01:57:06.60	01:58:09.75	+00:49:15 (42.1%)	5:32	10.8 (57.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
694	SZUŁCZYŃSKI Karol	451		M-50	32	00:01:47	00:27:17	00:53:58	01:20:59	01:50:02	01:56:24.55	01:58:11.65	+00:48:33 (41.7%)	5:30	10.9 (58.3%)
695	KULIK Katarzyna	402		K-30	48	00:00:57	00:27:38	00:54:39	01:22:08	01:51:00	01:57:17.50	01:58:15.25	+00:49:26 (42.1%)	5:33	10.8 (57.8%)
696	ZASADA Edwin	982	ZABIJGRUBASA.PL	M-20	154	00:01:21	00:28:27	00:56:40	01:24:05	01:51:03	01:56:53.70	01:58:15.55	+00:49:02 (42.0%)	5:32	10.8 (57.8%)
697	CZOIK Tomasz	978	NIGHT RUNNERS GLIWICE	M-20	155	00:01:19	00:28:29	00:56:42	01:23:50	01:51:05	01:56:55.75	01:58:15.65	+00:49:04 (42.0%)	5:32	10.8 (57.8%)
698	WIELOCH Gabriela	423	LEWIN BIEGA	K-30	44	00:02:01	00:28:10	00:55:16	01:22:58	01:50:34	01:56:18.45	01:58:20.15	+00:48:27 (41.7%)	5:30	10.9 (58.3%)
699	BYCZYK Jarosław	536	KB SWIATDOMU.COM	M-40	150	00:01:03	00:27:03	00:53:43	01:21:04	01:50:53	01:57:18.45	01:58:22.15	+00:49:27 (42.2%)	5:33	10.8 (57.8%)
700	SKORUPA Agnieszka	771	MALA PANA	K-40	17	00:01:40	00:27:54	00:55:28	01:22:54	01:50:47	01:56:44.20	01:58:24.80	+00:48:52 (41.9%)	5:31	10.8 (57.8%)
701	FEODORÓW Małgorzata	529		K-40	19	00:00:54	00:27:34	00:54:39	01:22:26	01:51:14	01:57:31.55	01:58:26.25	+00:49:40 (42.3%)	5:34	10.8 (57.8%)
702	CZARNECKA Aneta	706		K-20	34	00:00:46	00:27:14	00:54:49	01:22:58	01:51:18	01:57:41.20	01:58:27.25	+00:49:49 (42.3%)	5:34	10.8 (57.8%)
703	DUSZA Michał	158	BIEGOWE NIEDZIELNE PORANKI W ŻERNICY	M-30	245	00:01:23	00:25:22	00:50:38	01:18:26	01:50:09	01:57:07.20	01:58:30.85	+00:49:15 (42.1%)	5:33	10.8 (57.8%)
704	KAMIŃSKA Anna	429	ISTA BIEGAMY	M-20	151	00:02:00	00:29:26	00:55:57	01:22:59	01:50:53	01:56:38.10	01:58:38.55	+00:48:46 (41.8%)	5:31	10.9 (58.3%)
705	RENKE Piotr	841		M-40	152	00:01:00	00:26:02	00:52:42	01:20:54	01:50:45	01:57:43.40	01:58:43.80	+00:49:52 (42.4%)	5:34	10.8 (57.8%)
706	TWARDOWSKI Jacek	152		M-30	243	00:01:51	00:27:10	00:53:56	01:21:17	01:50:50	01:56:54.85	01:58:45.90	+00:49:03 (42.0%)	5:32	10.8 (57.8%)
707	WOLAŃSKI Michał	1051		M-20	158	00:01:37	00:25:45	00:53:26	01:22:12	01:51:28	01:57:17.95	01:58:55.00	+00:49:26 (42.2%)	5:33	10.8 (57.8%)
708	MACIEJCZYK Marcin	117	AKS DRAGON	M-20	160	00:00:58	00:26:54	00:53:17	01:20:28	01:51:43	01:57:57.45	01:58:56.05	+00:50:06 (42.5%)	5:35	10.7 (57.2%)
709	DOMINIK Monika	799		K-30	49	00:01:17	00:27:27	00:54:58	01:22:49	01:51:27	01:57:42.25	01:58:59.90	+00:49:50 (42.4%)	5:34	10.8 (57.8%)
710	CYGAN Agata	839		K-20	33	00:01:22	00:28:43	00:56:32	01:23:46	01:51:54	01:57:37.55	01:59:00.00	+00:49:46 (42.3%)	5:34	10.8 (57.8%)
711	KLAWENDER Ryszard	1269	BIEGAMY Z SERCEM.PL	M-50	36	00:00:42	00:27:58	00:55:22	01:23:24	01:52:14	01:58:23.40	01:59:05.75	+00:50:32 (42.7%)	5:36	10.7 (57.2%)
712	SMAKOSZ Wojciech	888		M-50	34	00:01:34	00:28:00	00:55:41	01:23:15	01:51:44	01:57:32.90	01:59:07.60	+00:49:41 (42.3%)	5:34	10.8 (57.8%)
713	KREMPA Sławomir	727		M-30	249	00:01:20	00:28:31	00:56:41	01:23:49	01:51:58	01:57:48.10	01:59:08.85	+00:49:56 (42.4%)	5:34	10.7 (57.2%)
714	BRZÓZKA Sebastian	412	SBD ENERGETYK RYBNIK	M-30	246	00:02:00	00:27:07	00:53:56	01:22:01	01:50:46	01:57:09.20	01:59:09.20	+00:49:17 (42.1%)	5:33	10.8 (57.8%)
715	WILK Mariusz	142		M-40	157	00:00:41	00:27:06	00:55:02	01:23:35	01:52:26	01:58:28.35	01:59:09.35	+00:50:37 (42.7%)	5:36	10.7 (57.2%)
716	WNUK Grzegorz	896	SBD ENERGETYK RYBNIK	M-40	153	00:01:21	00:28:21	00:56:49	01:25:19	01:52:22	01:57:47.60	01:59:09.50	+00:49:56 (42.4%)	5:34	10.7 (57.2%)
717	KRAWCZYK Jakub	1119		M-30	247	00:01:54	00:27:51	00:55:20	01:23:03	01:51:23	01:57:15.65	01:59:10.00	+00:49:24 (42.1%)	5:33	10.8 (57.8%)
718	MAJEWSKA Guzel	1028	BIEGAJ Z TRENERAMI	K-40	20	00:00:43	00:27:11	00:53:18	01:20:36	01:52:01	01:58:30.90	01:59:13.95	+00:50:39 (42.7%)	5:36	10.7 (57.2%)
719	DYCHA Eliza	163		K-30	50	00:01:12	00:27:08	00:54:46	01:23:05	01:52:09	01:58:06.85	01:59:19.65	+00:50:15 (42.6%)	5:35	10.7 (57.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
720	URBANIAK Andrzej	1063	SKLEP BIEGACZA	M-40	159	00:00:33	00:27:40	00:55:22	01:23:08	01:52:10	01:58:46.05	01:59:19.75	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
721	MUCHA Adam	925		M-30	248	00:01:52	00:27:11	00:54:56	01:22:16	01:51:11	01:57:28.00	01:59:20.25	+00:49:36 (42.2%)	5:34	10.8 (57.8%)
722	CZERNIAK Tobiasz	23	RAJSPOORT ACTIVE ANTON TEAM	M-20	163	00:00:13	00:25:06	00:51:04	01:20:15	01:52:17	01:59:06.85	01:59:20.80	+00:51:15 (43.0%)	5:38	10.6 (56.7%)
723	MERCIK Marta	1034		K-20	39	00:00:38	00:28:24	00:56:30	01:24:24	01:52:42	01:58:42.35	01:59:21.00	+00:50:51 (42.8%)	5:37	10.7 (57.2%)
724	FRANKE Tomasz	458		M-40	154	00:01:23	00:27:48	00:55:44	01:23:31	01:51:38	01:57:58.35	01:59:21.35	+00:50:07 (42.5%)	5:35	10.7 (57.2%)
725	MATECKI Maciej	126	2XM	M-30	263	00:00:40	00:28:01	00:55:45	01:23:38	01:52:45	01:58:55.25	01:59:35.35	+00:51:03 (42.9%)	5:38	10.6 (56.7%)
726	JĘDRZEJOWSKI Andrzej	333	BIEGACZE CSR	M-30	261	00:00:41	00:28:11	00:56:09	01:23:49	01:52:35	01:58:54.00	01:59:35.65	+00:51:02 (42.9%)	5:38	10.6 (56.7%)
727	WANAT Wacław	315	PRO-RUN WROCLAW.	M-60	7	00:01:28	00:27:52	00:55:21	01:23:44	01:52:07	01:58:08.65	01:59:37.50	+00:50:17 (42.6%)	5:35	10.7 (57.2%)
728	WALCZAK Bartłomiej	1057		M-30	253	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	01:58:33.60	01:59:38.15	+00:50:42 (42.8%)	5:37	10.7 (57.2%)
729	KEMONA Dorota	969		K-30	53	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	01:58:34.25	01:59:38.40	+00:50:42 (42.8%)	5:37	10.7 (57.2%)
730	BAROS Grzegorz	836	FALSTART RUDNIKI	M-40	158	00:01:02	00:27:15	00:55:12	01:23:45	01:52:35	01:58:36.30	01:59:39.05	+00:50:45 (42.8%)	5:37	10.7 (57.2%)
731	HILASZEK Agata	674		K-20	37	00:01:24	00:28:00	00:56:22	01:24:59	01:52:35	01:58:14.20	01:59:39.10	+00:50:22 (42.6%)	5:36	10.7 (57.2%)
732	URBANEK Marcin	439	ISTA BIEGAMY	M-30	255	00:00:57	00:26:39	00:53:52	01:22:13	01:52:05	01:58:44.15	01:59:41.85	+00:50:52 (42.9%)	5:37	10.7 (57.2%)
733	SZŁĘZAK Andrzej	1048		M-20	161	00:01:35	00:28:51	00:57:06	01:25:03	01:52:27	01:58:08.45	01:59:44.05	+00:50:17 (42.6%)	5:35	10.7 (57.2%)
734		1133				00:01:08	00:27:55	00:55:34	01:23:40	01:52:52	01:58:38.55	01:59:47.30	+00:50:47 (42.8%)	5:37	10.7 (57.2%)
735	KIŚLUK Elżbieta	688		K-20	40	00:00:46	00:25:53	00:52:43	01:22:46	01:52:54	01:59:02.30	01:59:48.50	+00:51:11 (43.0%)	5:38	10.6 (56.7%)
735	WARMINSKA Anna	314	ANTON TEAM	K-30	57	00:00:36	00:27:53	00:56:13	01:24:19	01:53:30	01:59:11.90	01:59:48.50	+00:51:20 (43.1%)	5:38	10.6 (56.7%)
737	WADOWSKI Adrian	1075		M-20	159	00:02:03	00:29:32	00:57:21	01:24:24	01:52:06	01:57:49.10	01:59:52.65	+00:49:57 (42.4%)	5:35	10.7 (57.2%)
738	JASIŃSKI Tomasz	805		M-40	155	00:01:36	00:27:13	00:54:10	01:22:49	01:51:52	01:58:16.25	01:59:52.95	+00:50:24 (42.6%)	5:36	10.7 (57.2%)
739	MATERLA Julita	231		K-30	51	00:01:43	00:27:33	00:55:11	01:23:15	01:52:28	01:58:12.90	01:59:56.75	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
740	MATERLA Marek	233	ZRYW SŁUPSKO	M-30	250	00:01:45	00:27:30	00:55:08	01:23:12	01:52:25	01:58:12.65	01:59:57.75	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
740	PAWLIK Agnieszka	379		K-40	21	00:01:13	00:27:33	00:55:24	01:23:57	01:52:44	01:58:44.70	01:59:57.75	+00:50:53 (42.9%)	5:37	10.7 (57.2%)
742	PIELKA Erwin	234	ZRYW SŁUPSKO	M-50	35	00:01:44	00:27:31	00:55:09	01:23:12	01:52:26	01:58:12.95	01:59:57.85	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
743	SALA Nela	476		K-20	38	00:01:19	00:27:22	00:55:14	01:23:50	01:52:30	01:58:38.30	01:59:58.05	+00:50:47 (42.8%)	5:37	10.7 (57.2%)
744	HANKE Klaudia	1068		K-40	24	00:00:12	00:27:48	00:55:58	01:24:04	01:53:27	01:59:45.80	01:59:58.10	+00:51:54 (43.3%)	5:40	10.6 (56.7%)
745	NYGA Robert	550	FUTURE PROCESSING RUNNING TEAM	M-20	162	00:01:10	00:25:59	00:53:52	01:22:46	01:52:56	01:58:48.15	01:59:58.60	+00:50:56 (42.9%)	5:37	10.7 (57.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
746	LUKOSZEK Marek	194	RUN 3	M-30	257	00:01:13	00:27:08	00:54:26	01:21:41	01:52:18	01:58:46.10	01:59:59.55	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
747	STEC Marcin	633	KW GLIWICE	M-30	251	00:01:45	00:28:06	00:56:19	01:24:10	01:52:20	01:58:13.85	01:59:59.80	+00:50:22 (42.6%)	5:36	10.7 (57.2%)
748	DZIEWIOR Marek	1000		M-40	165	00:00:36	00:26:30	00:53:24	01:21:36	01:52:28	01:59:23.50	02:00:00.45	+00:51:32 (43.2%)	5:39	10.6 (56.7%)
749	WARCZYŃSKA Beata	575		K-30	52	00:01:33	00:28:51	00:56:29	01:24:23	01:52:40	01:58:28.55	02:00:02.15	+00:50:37 (42.7%)	5:36	10.7 (57.2%)
750	WARSZAWIK Antoni	723	EXTEAM	M-40	160	00:01:12	00:25:31	00:51:49	01:19:36	01:51:47	01:58:50.25	02:00:02.55	+00:50:58 (42.9%)	5:37	10.7 (57.2%)
751	ZALEWSKI Krzysztof	790	ZALEWSKI ARCHITECTURE GROUP	M-40	167	00:00:38	00:28:39	00:57:12	01:25:51	01:53:34	01:59:25.70	02:00:03.80	+00:51:34 (43.2%)	5:39	10.6 (56.7%)
752	JANKOWSKA Karolina	729	RAJSPOORT ACTIVE ANTONTEAM	K-20	43	00:00:36	00:26:19	00:53:31	01:22:20	01:53:11	01:59:27.65	02:00:03.95	+00:51:36 (43.2%)	5:39	10.6 (56.7%)
753	MIERZEJEWSKI Jacek	150	AMATOR	M-40	169	00:00:29	00:27:00	00:54:16	01:23:18	01:53:31	01:59:37.65	02:00:06.85	+00:51:46 (43.3%)	5:40	10.6 (56.7%)
754	HAHN Piotr	349	FABRIKA NORDIKA	M-30	254	00:01:27	00:26:35	00:53:04	01:21:05	01:51:58	01:58:40.60	02:00:07.60	+00:50:49 (42.8%)	5:37	10.7 (57.2%)
755	WIKIERSKI Michał	671	DARIUSZ MAX	M-30	258	00:01:23	00:27:51	00:55:37	01:23:25	01:52:36	01:58:46.10	02:00:09.65	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
756	GDULA Teodozja	269		K-60	1	00:01:29	00:28:15	00:55:53	01:23:42	01:52:29	01:58:41.05	02:00:10.35	+00:50:49 (42.8%)	5:37	10.7 (57.2%)
757	OCHÓD Dawid	618	DRUŻYNA CSR	M-30	268	00:00:41	00:26:27	00:53:16	01:21:41	01:52:56	01:59:30.60	02:00:11.60	+00:51:39 (43.2%)	5:39	10.6 (56.7%)
758	GAJEWSKI Łukasz	515		M-30	260	00:01:31	00:26:56	00:54:13	01:21:48	01:52:24	01:58:51.90	02:00:23.05	+00:51:00 (42.9%)	5:38	10.7 (57.2%)
759	KOCHANEK - STOLARCZYK Anna	562		K-30	55	00:01:34	00:28:49	00:56:29	01:24:25	01:52:39	01:58:48.75	02:00:23.50	+00:50:57 (42.9%)	5:37	10.7 (57.2%)
760	TETLAK - TRACZ Barbara	574		K-30	56	00:01:33	00:28:50	00:56:30	01:24:26	01:52:40	01:58:49.75	02:00:23.55	+00:50:58 (42.9%)	5:37	10.7 (57.2%)
761	MACIEJASZ Piotr	1062		M-30	252	00:02:06	00:25:49	00:51:57	01:19:55	01:51:05	01:58:17.80	02:00:23.85	+00:50:26 (42.6%)	5:36	10.7 (57.2%)
762	MORDARSKI Artur	392		M-30	267	00:01:03	00:28:11	00:56:42	01:24:49	01:53:47	01:59:25.20	02:00:28.25	+00:51:33 (43.2%)	5:39	10.6 (56.7%)
763	BIAŁOŻYT Agata	1056		K-20	36	00:02:16	00:28:41	00:56:30	01:24:04	01:52:01	01:58:13.40	02:00:29.65	+00:50:22 (42.6%)	5:36	10.7 (57.2%)
764	BIAŁOŻYT Ewa	1055		K-20	35	00:02:16	00:28:46	00:56:31	01:24:03	01:52:01	01:58:13.10	02:00:29.75	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
765	KRAKOWSKI Jacek	565		M-40	156	00:02:07	00:28:10	00:56:08	01:24:55	01:52:54	01:58:25.40	02:00:32.60	+00:50:34 (42.7%)	5:36	10.7 (57.2%)
766	RENKIEL Tomasz	1282		M-40	163	00:01:16	00:27:43	00:56:03	01:24:26	01:53:17	01:59:16.90	02:00:33.15	+00:51:25 (43.1%)	5:39	10.6 (56.7%)
767	WIRA Agnieszka	454		K-20	41	00:01:31	00:28:03	00:56:38	01:25:06	01:52:44	01:59:03.85	02:00:35.70	+00:51:12 (43.0%)	5:38	10.6 (56.7%)
768	ATLASIK Tom	1268	SASOZ	M-50	37	00:01:30	00:27:48	00:55:38	01:24:04	01:53:01	01:59:07.10	02:00:37.55	+00:51:15 (43.0%)	5:38	10.6 (56.7%)
769	SZENDZIELORZ Jan	539		M-50	38	00:00:46	00:28:25	00:57:04	01:26:23	01:54:11	01:59:57.45	02:00:43.60	+00:52:06 (43.4%)	5:41	10.6 (56.7%)
770	ŻYDEK Sławomir	2	RYBICKA GRUPA BIEGOWA	M-30	259	00:01:57	00:27:10	00:54:15	01:22:07	01:52:14	01:58:47.55	02:00:44.55	+00:50:56 (42.9%)	5:37	10.7 (57.2%)
771	SAMUELSKA Ewelina	1153	RGB	K-30	54	00:01:57	00:27:11	00:54:15	01:22:06	01:52:14	01:58:47.45	02:00:44.75	+00:50:56 (42.9%)	5:37	10.7 (57.2%)

											Net time 21.1km	Czas brutto 21.1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km			Gap		
772	ZNAMIROWSKI Krzysztof	361	RADIO WROCŁAW	M-40	172	00:00:32	00:26:43	00:54:29	01:23:41	01:53:51	02:00:13.50	02:00:45.55	+00:52:22 (43.6%)	5:41	10.5 (56.1%)
773	MACHNOWSKI Wojciech	203		M-30	270	00:00:55	00:28:38	00:56:35	01:24:23	01:53:29	01:59:50.45	02:00:45.65	+00:51:59 (43.4%)	5:40	10.6 (56.7%)
774	TEIXEIRA Alice	1294		K-20	42	00:01:29	00:28:14	00:56:35	01:25:11	01:53:21	01:59:17.35	02:00:46.40	+00:51:26 (43.1%)	5:39	10.6 (56.7%)
775	WIECZORKE Marcin	741		M-40	173	00:00:24	00:26:28	00:53:32	01:23:29	01:53:48	02:00:23.75	02:00:48.55	+00:52:32 (43.6%)	5:42	10.5 (56.1%)
776	PIONTEK Michał	762		M-30	256	00:02:04	00:28:20	00:55:57	01:23:52	01:52:26	01:58:45.55	02:00:49.95	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
777	WOŹNICA Elżbieta	263	KIELECKIBIEGACZ.PL	K-20	44	00:01:16	00:26:21	00:54:15	01:23:32	01:53:12	01:59:34.95	02:00:51.90	+00:51:43 (43.3%)	5:40	10.6 (56.7%)
778	PROKOPCZYK Anna	446	BBL GRÓJEC	K-40	22	00:02:06	00:28:11	00:56:09	01:24:56	01:52:54	01:58:48.45	02:00:55.35	+00:50:57 (42.9%)	5:37	10.7 (57.2%)
779	GRYNICKI Jacek	804		M-40	171	00:00:43	00:29:17	00:57:36	01:25:55	01:54:27	02:00:13.15	02:00:56.50	+00:52:21 (43.6%)	5:41	10.5 (56.1%)
780	CHICHY Jacek	1257		M-30	266	00:01:36	00:28:14	00:55:22	01:23:37	01:53:07	01:59:20.45	02:00:57.15	+00:51:29 (43.1%)	5:39	10.6 (56.7%)
781	WIADEREK Piotr	510	PĘDZĄCE ŻÓŁWIE	M-30	269	00:01:15	00:28:03	00:56:45	01:25:10	01:53:45	01:59:45.45	02:01:00.95	+00:51:54 (43.3%)	5:40	10.6 (56.7%)
782	KOPIEL Grzegorz	780		M-40	164	00:01:41	00:27:01	00:55:07	01:23:52	01:53:09	01:59:20.40	02:01:01.40	+00:51:29 (43.1%)	5:39	10.6 (56.7%)
783	SAŁATA Miłosz	621		M-20	164	00:00:59	00:27:33	00:55:14	01:23:05	01:53:37	02:00:03.10	02:01:02.50	+00:52:11 (43.5%)	5:41	10.5 (56.1%)
784	ROZWADOWSKI Dariusz	924		M-40	162	00:01:50	00:28:03	00:55:50	01:24:01	01:52:58	01:59:13.75	02:01:04.00	+00:51:22 (43.1%)	5:39	10.6 (56.7%)
784	ROZWADOWSKA Grażyna	923		K-40	23	00:01:50	00:28:04	00:55:50	01:24:02	01:52:58	01:59:13.75	02:01:04.00	+00:51:22 (43.1%)	5:39	10.6 (56.7%)
786	ZIMPOCH Beata	635		K-30	61	00:00:31	00:28:15	00:56:33	01:25:48	01:54:44	02:00:32.90	02:01:04.75	+00:52:41 (43.7%)	5:42	10.5 (56.1%)
787	ZIMPOCH Grzegorz	636		M-30	274	00:00:31	00:28:16	00:56:33	01:25:48	01:54:44	02:00:33.80	02:01:05.05	+00:52:42 (43.7%)	5:42	10.5 (56.1%)
788	MICHALIK Bartłomiej	928	BIEGACZE CSR	M-30	275	00:00:08	00:25:02	00:53:03	01:22:14	01:53:50	02:00:58.30	02:01:06.65	+00:53:07 (43.9%)	5:43	10.5 (56.1%)
789	DACZYŃSKI Michał	40	GRUPA CMYKI	M-30	262	00:02:13	00:28:27	00:56:20	01:24:20	01:52:40	01:58:54.30	02:01:07.40	+00:51:03 (42.9%)	5:38	10.6 (56.7%)
790	DORCZAK Jarosław	906	TATA W ETE	M-30	264	00:01:50	00:28:11	00:56:13	01:24:21	01:53:06	01:59:17.85	02:01:08.00	+00:51:26 (43.1%)	5:39	10.6 (56.7%)
791	LALA Mariusz	1177		M-40	161	00:01:57	00:27:56	00:55:44	01:23:40	01:52:52	01:59:10.65	02:01:08.60	+00:51:19 (43.1%)	5:38	10.6 (56.7%)
792	GRABOWSKI Maciej	911		M-20	165	00:00:46	00:27:53	00:56:05	01:24:31	01:54:10	02:00:24.90	02:01:11.35	+00:52:33 (43.6%)	5:42	10.5 (56.1%)
793	DĄBROWSKI Marcin	39		M-30	265	00:01:52	00:27:40	00:55:14	01:23:36	01:53:09	01:59:20.00	02:01:12.25	+00:51:28 (43.1%)	5:39	10.6 (56.7%)
794	BOCZAROWSKI Michał	1058	EXPERT TRAVEL	M-40	170	00:01:28	00:27:11	00:54:26	01:22:27	01:53:07	01:59:50.85	02:01:19.30	+00:51:59 (43.4%)	5:40	10.6 (56.7%)
795	WRÓBEL Jarosław	641		M-30	277	00:00:17	00:29:05	00:58:04	01:26:43	01:55:06	02:01:07.15	02:01:24.65	+00:53:15 (44.0%)	5:44	10.5 (56.1%)
796	WILSZ Adam	657		M-40	166	00:02:12	00:28:55	00:57:14	01:25:25	01:53:47	01:59:24.65	02:01:37.05	+00:51:33 (43.2%)	5:39	10.6 (56.7%)
797	SCHUMANN Robert	1097	UNISONO	M-60	8	00:02:09	00:28:56	00:57:14	01:25:27	01:53:49	01:59:27.75	02:01:37.15	+00:51:36 (43.2%)	5:39	10.6 (56.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
798	HRYSZKIEWICZ Janusz	933	UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE	M-40	168	00:02:09	00:28:57	00:57:14	01:25:27	01:53:50	01:59:27.90	02:01:37.75	+00:51:36 (43.2%)	5:39	10.6 (56.7%)
799	PREJS Beata Marta	1089	NIGHT RUNNERS ŚLĄSK	K-30	58	00:01:17	00:28:43	00:57:30	01:25:20	01:53:36	02:00:21.00	02:01:38.85	+00:52:29 (43.6%)	5:42	10.5 (56.1%)
800	DOMAGAŁA Grażyna	1143	NIGHT RUNNERS WROCŁAW	K-20	45	00:01:17	00:28:44	00:57:30	01:25:20	01:53:36	02:00:21.25	02:01:39.00	+00:52:29 (43.6%)	5:42	10.5 (56.1%)
801	SZEWCZYK Marcin	835		M-30	271	00:01:44	00:27:53	00:56:51	01:24:56	01:53:47	01:59:58.35	02:01:42.60	+00:52:07 (43.4%)	5:41	10.6 (56.7%)
802	WÓJCIK Rafał	719		M-40	175	00:01:14	00:28:18	00:56:29	01:25:14	01:54:15	02:00:39.50	02:01:54.45	+00:52:48 (43.8%)	5:43	10.5 (56.1%)
803	RUTKOWSKI Tadeusz	731		M-30	273	00:01:25	00:28:18	00:57:09	01:25:12	01:54:28	02:00:32.90	02:01:58.20	+00:52:41 (43.7%)	5:42	10.5 (56.1%)
804	ROGOZIK Szymon	1126		M-30	272	00:01:55	00:27:57	00:55:43	01:23:43	01:53:55	02:00:04.10	02:01:59.45	+00:52:12 (43.5%)	5:41	10.5 (56.1%)
805	BOROWICZ Roksana	75	NIGHT RUNNERS GLIWICE	K-20	46	00:01:01	00:28:47	00:57:09	01:25:43	01:54:50	02:01:01.45	02:02:02.45	+00:53:10 (43.9%)	5:44	10.5 (56.1%)
806	FARON Agnieszka	1221	NORAFSPORT	K-30	65	00:00:21	00:23:59	00:48:29	01:13:32	01:55:41	02:01:46.00	02:02:07.45	+00:53:54 (44.3%)	5:46	10.4 (55.6%)
807	WALKE Piotr	350	NIGHT RUNNERS GLIWICE	M-40	177	00:00:44	00:24:26	00:48:37	01:13:03	01:55:18	02:01:23.45	02:02:07.80	+00:53:32 (44.1%)	5:45	10.4 (55.6%)
808	SKORUPSKI Grzegorz	823		M-40	176	00:01:36	00:28:03	00:56:16	01:24:45	01:53:42	02:00:43.85	02:02:19.95	+00:52:52 (43.8%)	5:43	10.5 (56.1%)
809	BĄBKA Tomasz	939		M-30	276	00:01:24	00:29:01	00:57:52	01:26:46	01:55:10	02:01:04.80	02:02:29.60	+00:53:13 (44.0%)	5:44	10.5 (56.1%)
810	CAPEK Katarzyna	1206		K-30	64	00:00:45	00:28:40	00:56:58	01:25:43	01:55:11	02:01:44.80	02:02:30.20	+00:53:53 (44.3%)	5:46	10.4 (55.6%)
811	SMOLEŃ Magdalena	502		K-30	62	00:01:33	00:29:14	00:58:30	01:27:09	01:55:04	02:01:00.20	02:02:33.55	+00:53:08 (43.9%)	5:44	10.5 (56.1%)
812	KASIŃSKA Ewa	296	BBL GRÓJEC	K-30	59	00:02:05	00:28:10	00:56:13	01:25:02	01:54:18	02:00:28.70	02:02:33.70	+00:52:37 (43.7%)	5:42	10.5 (56.1%)
813	WOJCIECHOWSKI Ireneusz	311	BBL GRÓJEC	M-40	174	00:02:06		00:56:12		01:54:16	02:00:27.85	02:02:34.00	+00:52:36 (43.7%)	5:42	10.5 (56.1%)
814	MAJEWSKA Kinga	291	BBL GRÓJEC	K-30	60	00:02:04	00:28:10	00:56:10	01:24:57	01:54:17	02:00:29.40	02:02:34.05	+00:52:38 (43.7%)	5:42	10.5 (56.1%)
815	WALASZCZYK Grzegorz	798		M-50	40	00:00:28	00:28:35	00:57:17	01:26:05	01:55:46	02:02:06.05	02:02:34.20	+00:54:14 (44.4%)	5:47	10.4 (55.6%)
816	MUSIOŁ Helena	90		K-30	63	00:01:02	00:27:32	00:56:02	01:25:16	01:54:52	02:01:36.45	02:02:39.05	+00:53:45 (44.2%)	5:45	10.4 (55.6%)
817	SZCZURASZEK Anna	606		K-40	25	00:01:44	00:27:56	00:55:53	01:24:22	01:54:31	02:01:01.60	02:02:46.00	+00:53:10 (43.9%)	5:44	10.5 (56.1%)
818	INGLANT Zbigniew	1030		M-40	178	00:01:21	00:30:17	01:00:00	01:28:06	01:55:41	02:01:25.75	02:02:47.15	+00:53:34 (44.1%)	5:45	10.4 (55.6%)
819	BŁACH Lech	722		M-50	39	00:01:58	00:27:16	00:54:58	01:23:42	01:54:01	02:00:49.70	02:02:47.85	+00:52:58 (43.8%)	5:43	10.5 (56.1%)
820	SOŚNIAK Tomasz	56	KUDŁATY ART ACTIVE TEAM	M-30	278	00:01:09	00:27:10	00:55:31	01:23:57	01:54:37	02:01:53.95	02:03:03.25	+00:54:02 (44.3%)	5:46	10.4 (55.6%)
821	GOCYK Leszek	932		M-30	282	00:00:51	00:26:12	00:53:04	01:21:31	01:54:27	02:02:12.70	02:03:04.45	+00:54:21 (44.5%)	5:47	10.4 (55.6%)
822	ROGACKA-RZEPKA Maria	860	SBD ENERGETYK RYBNIK	K-40	27	00:01:20	00:28:22	00:56:50	01:25:20	01:55:31	02:01:49.70	02:03:10.55	+00:53:58 (44.3%)	5:46	10.4 (55.6%)
823	KAŁUŻA Aleksander	1256		M-40	179	00:01:19	00:28:20	00:57:27	01:25:39	01:55:33	02:02:01.65	02:03:20.75	+00:54:10 (44.4%)	5:46	10.4 (55.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
824	SYGUŁA Katarzyna	785	KB MCKIS JAWORZNO	K-40	26	00:01:43	00:28:02	00:56:03	01:25:23	01:55:33	02:01:37.35	02:03:20.95	+00:53:46 (44.2%)	5:45	10.4 (55.6%)
825	WARDZIŃSKI Paweł	821	RUN AND GUN	M-30	283	00:01:25	00:28:58	00:58:11	01:26:49	01:55:47	02:02:13.70	02:03:38.70	+00:54:22 (44.5%)	5:47	10.4 (55.6%)
826	NESTER Łukasz	50		M-30	281	00:01:37	00:28:48	00:57:02	01:25:17	01:56:15	02:02:09.40	02:03:47.15	+00:54:18 (44.5%)	5:47	10.4 (55.6%)
827	POZOWSKI Włodzimierz	335	EKOINSTAL	M-60	9	00:00:28	00:27:18	00:55:39	01:25:34	01:56:47	02:03:18.35	02:03:47.25	+00:55:27 (45.0%)	5:50	10.3 (55.1%)
828	WESTER Halina	1113		K-40	28	00:00:47	00:28:01	00:56:35	01:25:52	01:56:22	02:03:00.65	02:03:48.30	+00:55:09 (44.8%)	5:49	10.3 (55.1%)
829	BUDZIŃSKA Ania	571		K-30	70	00:00:51	00:26:48	00:54:20	01:24:18	01:56:08	02:02:58.30	02:03:49.70	+00:55:07 (44.8%)	5:49	10.3 (55.1%)
830	PRACKA Danuta	525	BRAK	K-30	66	00:01:49	00:27:36	00:55:56	01:24:52	01:55:42	02:02:02.10	02:03:51.50	+00:54:10 (44.4%)	5:47	10.4 (55.6%)
831	REPLIŃSKA Edyta	20	BIEGAM, BO LUBIĘ JEŚĆ	K-30	67	00:01:22	00:28:44	00:57:27	01:26:40	01:56:09	02:02:30.70	02:03:53.35	+00:54:39 (44.6%)	5:48	10.3 (55.1%)
832	BOGACZ Paweł	777		M-30	279	00:01:55	00:28:06	00:56:54	01:24:44	01:55:08	02:01:58.35	02:03:54.30	+00:54:07 (44.4%)	5:46	10.4 (55.6%)
833	HUREC Justyna	684	TRIVITAL	K-20	47	00:01:06	00:27:36	00:55:17	01:24:19	01:56:05	02:02:50.65	02:03:56.85	+00:54:59 (44.8%)	5:49	10.3 (55.1%)
834	KOPCIK Tomasz	1020	FC KUNRÓW/COMBAT 56	M-30	284	00:01:32	00:27:04	00:54:06	01:23:33	01:55:36	02:02:29.85	02:04:02.55	+00:54:38 (44.6%)	5:48	10.3 (55.1%)
835	KRZYWIECKI Maciej	812		M-30	280	00:02:06	00:28:32	00:56:12	01:24:28	01:55:51	02:02:07.50	02:04:13.55	+00:54:16 (44.4%)	5:47	10.4 (55.6%)
836	TOMKOWICZ Rafał	881	SFERA BIEGANIA	M-30	286	00:01:30	00:27:46	00:55:59	01:24:50	01:56:08	02:02:45.40	02:04:15.50	+00:54:54 (44.7%)	5:49	10.3 (55.1%)
837	BADAWCZESKA Anna	1102		K-20	48	00:00:15	00:27:56	00:58:09	01:27:59	01:57:42	02:04:03.10	02:04:18.85	+00:56:11 (45.3%)	5:52	10.2 (54.5%)
838	KOŹUCH Agnieszka	289		K-40	29	00:00:54	00:28:43	00:57:33	01:26:52	01:57:14	02:03:27.10	02:04:21.85	+00:55:35 (45.0%)	5:51	10.3 (55.1%)
839	HUZIOR Roman	1225		M-40	181	00:01:11	00:28:16	00:56:35	01:25:29	01:56:32	02:03:23.55	02:04:35.25	+00:55:32 (45.0%)	5:50	10.3 (55.1%)
840	FORBOT Dominika	714		K-20	49	00:00:38	00:26:29	00:53:56	01:24:01	01:56:51	02:04:04.90	02:04:43.25	+00:56:13 (45.3%)	5:52	10.2 (54.5%)
841	RYDZYŃSKI Jacek	270	RYSIE	M-30	285	00:02:12	00:26:05	00:54:20	01:24:32	01:56:10	02:02:37.70	02:04:50.20	+00:54:46 (44.7%)	5:48	10.3 (55.1%)
842	DĄBROWSKA Halina	746		K-30	68	00:01:54	00:28:03	00:56:39	01:26:05	01:56:21	02:02:55.60	02:04:50.55	+00:55:04 (44.8%)	5:49	10.3 (55.1%)
843	KLIKS Andrzej	655	UNISONO	M-40	180	00:02:04	00:29:01	00:57:21	01:25:32	01:55:39	02:02:50.50	02:04:55.45	+00:54:59 (44.8%)	5:49	10.3 (55.1%)
844	WILCZEK Małgorzata	323		K-30	69	00:01:59	00:28:51	00:58:10	01:27:52	01:57:07	02:02:57.55	02:04:57.25	+00:55:06 (44.8%)	5:49	10.3 (55.1%)
845	OBCOWSKI Maciej	797		M-30	290	00:00:41	00:26:44	00:56:38	01:26:28	01:57:43	02:04:19.30	02:05:00.95	+00:56:28 (45.4%)	5:53	10.2 (54.5%)
846	CIMAŁA Rafał	440	ISTA BIEGAMY	M-30	288	00:00:58	00:28:21	00:57:01	01:26:22	01:57:22	02:04:03.05	02:05:01.25	+00:56:11 (45.3%)	5:52	10.2 (54.5%)
847	KOŁODZIEJ Jacek	223	NIGHT RUNNERS GLIWICE, ENERGY TEAM	M-40	182	00:01:16	00:27:42	00:56:33	01:25:32	01:56:56	02:03:45.55	02:05:02.25	+00:55:54 (45.2%)	5:51	10.2 (54.5%)
848	CHWALISZEWSKI Jarosław	35	NIGHT RUNNERS GLIWICE	M-40	183	00:01:17	00:27:40	00:56:32	01:25:19	01:56:55	02:03:45.65	02:05:02.65	+00:55:54 (45.2%)	5:51	10.2 (54.5%)
849	KOTWICKI Marek	1260		M-30	287	00:01:53	00:27:38	00:56:14	01:25:16	01:56:32	02:03:16.05	02:05:09.20	+00:55:24 (45.0%)	5:50	10.3 (55.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
850	HANZEL Anna	193		K-50	3	00:01:20	00:28:13	00:56:40	01:26:06	01:57:26	02:03:51.55	02:05:12.25	+00:56:00 (45.2%)	5:52	10.2 (54.5%)
851	MITRĘGA Paweł	994		M-40	184	00:01:18	00:29:02	00:58:19	01:27:10	01:57:28	02:03:59.25	02:05:18.05	+00:56:07 (45.3%)	5:52	10.2 (54.5%)
852	MARTYNOWICZ Radosław	702		M-20	166	00:01:25	00:28:16	00:57:10	01:25:45	01:57:15	02:04:08.45	02:05:33.55	+00:56:17 (45.3%)	5:52	10.2 (54.5%)
853	KIONKA Katarzyna	327		K-20	50	00:01:28	00:28:01	00:56:57	01:26:29	01:57:50	02:04:14.85	02:05:43.25	+00:56:23 (45.4%)	5:53	10.2 (54.5%)
854	GRUCA Aleksandra	970		K-30	71	00:01:24	00:30:20	01:00:24	01:29:16	01:58:27	02:04:21.25	02:05:45.70	+00:56:29 (45.4%)	5:53	10.2 (54.5%)
855	WOJTASIŃSKI Robert	628	MIECHOWICKA GRUPA BIEGOWA	M-30	289	00:01:44	00:29:45	00:58:00	01:26:56	01:57:23	02:04:05.30	02:05:49.85	+00:56:14 (45.3%)	5:52	10.2 (54.5%)
856	MEDWID Iwona	472		K-40	30	00:01:51	00:28:09	00:56:51	01:25:51	01:57:12	02:04:07.65	02:05:59.05	+00:56:16 (45.3%)	5:52	10.2 (54.5%)
857	PRZESTALSKI Leszek	225		M-20	168	00:01:46	00:29:54	00:59:06	01:28:24	01:58:29	02:04:15.50	02:06:01.90	+00:56:24 (45.4%)	5:53	10.2 (54.5%)
858	STAŚ Adam	940		M-20	167	00:01:52	00:28:32	00:56:56	01:26:09	01:57:25	02:04:12.15	02:06:04.60	+00:56:20 (45.4%)	5:53	10.2 (54.5%)
859	POLISZUK Małgorzata	852		K-40	31	00:00:58	00:28:59	00:58:06	01:28:09	01:58:32	02:05:09.00	02:06:07.65	+00:57:17 (45.8%)	5:55	10.1 (54.0%)
860	SYPEK Grzegorz	443	GET RUN	M-30	292	00:00:56	00:28:25	00:57:12	01:26:06	01:58:03	02:05:15.85	02:06:12.50	+00:57:24 (45.8%)	5:56	10.1 (54.0%)
861	MATUSIAK Anna	494	RAJSPOORT ACTIVE ANTON TEAM	K-30	72	00:01:05	00:28:31	00:56:57	01:26:33	01:58:44	02:05:22.40	02:06:28.05	+00:57:31 (45.9%)	5:56	10.1 (54.0%)
862	SZAŁACIŃSKA Marta	60	TRIBITION TEAM	K-30	73	00:01:11	00:27:59	00:56:34	01:25:57	01:58:36	02:05:32.30	02:06:43.35	+00:57:41 (45.9%)	5:56	10.1 (54.0%)
863	KŁĘKA Bartłomiej	167		M-30	291	00:01:47	00:28:57	00:58:16	01:26:55	01:57:46	02:05:00.05	02:06:48.00	+00:57:08 (45.7%)	5:55	10.1 (54.0%)
864	DAWIDKO Paweł	89		M-20	169	00:01:48	00:31:06	01:02:23	01:33:49		02:05:02.60	02:06:50.60	+00:57:11 (45.7%)	5:55	10.1 (54.0%)
865	FRĄCKOWIAK Marzena	1141		K-30	75	00:00:33	00:29:14	00:58:31	01:28:38	01:59:45	02:06:20.40	02:06:53.50	+00:58:29 (46.3%)	5:59	10 (53.5%)
866	WESTER Mieczysław	1114	NIGHT RUNNERS GLIWICE	M-30	296	00:00:38	00:27:41	00:55:50	01:25:07	01:58:29	02:06:17.30	02:06:56.05	+00:58:26 (46.3%)	5:59	10 (53.5%)
867	ŚNIEGOWSKA Marta	518		K-20	51	00:01:21	00:27:05	00:55:21	01:25:58	01:58:56	02:05:40.40	02:07:02.30	+00:57:49 (46.0%)	5:57	10.1 (54.0%)
868	SOBIESKA Aleksandra	759		K-30	76	00:00:34	00:28:37	00:57:56	01:28:03	01:59:38	02:06:30.35	02:07:05.15	+00:58:39 (46.4%)	5:59	10 (53.5%)
869	BUCHAL Grzegorz	581		M-40	185	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	02:05:31.80	02:07:10.60	+00:57:40 (45.9%)	5:56	10.1 (54.0%)
870	BUCHAL Katarzyna	582		K-40	32	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	02:05:32.65	02:07:10.70	+00:57:41 (46.0%)	5:56	10.1 (54.0%)
871	ŻYŁKA Grzegorz	844		M-30	293	00:01:56	00:30:56	01:01:29	01:30:28	01:59:16	02:05:18.90	02:07:15.45	+00:57:27 (45.9%)	5:56	10.1 (54.0%)
872	SOSNA Adrian	485		M-30	294	00:01:48	00:30:58	01:01:55	01:31:11	01:59:52	02:05:36.15	02:07:24.65	+00:57:44 (46.0%)	5:57	10.1 (54.0%)
873	ŚLEMP Bernadetta	659		K-40	33	00:01:21	00:29:19	00:58:30	01:28:29	01:59:37	02:06:08.10	02:07:29.40	+00:58:16 (46.2%)	5:58	10 (53.5%)
874	JANTAS Andrzej	986		M-40	187	00:00:14	00:26:59	00:57:07	01:28:32	02:00:45	02:07:17.15	02:07:31.15	+00:59:25 (46.7%)	6:01	9.9 (52.9%)
875	GILEWSKI Franciszek	363	BIEGAMY Z SERCEM .PL	M-70	2	00:00:42	00:28:28	00:58:10	01:28:58	02:00:13	02:06:51.15	02:07:33.80	+00:58:59 (46.5%)	6:00	10 (53.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
876	BAŃCZYK Piotr	961	NIGHT RUNNERS KATOWICE / SKPB KATOWICE	M-30	298	00:00:17	00:28:42	00:57:41	01:27:44	02:00:11	02:07:17.20	02:07:34.40	+00:59:25 (46.7%)	6:01	9.9 (52.9%)
877	GOLEC Przemysław	893		M-30	295	00:01:48	00:30:52	01:00:01	01:28:46	01:59:00	02:05:49.35	02:07:37.75	+00:57:58 (46.1%)	5:57	10.1 (54.0%)
878	SIKORSKA Katarzyna	73	BIEGAJ Z TRENERAMI	K-30	77	00:01:02	00:27:18	00:56:30	01:26:48	01:59:35	02:06:41.95	02:07:44.55	+00:58:50 (46.4%)	6:00	10 (53.5%)
879	LEŚNIAK Ewa	931		K-30	74	00:01:42	00:28:37	00:56:45	01:26:14	01:59:07	02:06:03.15	02:07:45.15	+00:58:11 (46.2%)	5:58	10 (53.5%)
880	FRANCZYK Michał	159	GLIWICE	M-30	299	00:00:05	00:29:00	00:58:15	01:29:03	02:01:09	02:07:44.00	02:07:49.90	+00:59:52 (46.9%)	6:03	9.9 (52.9%)
881	CIEŚLA Adam	209	KLUB: RYBNICKI KLUB JU JITSU SPORTOWEGO	M-40	188	00:00:12	00:25:34	00:54:03	01:25:18	01:59:55	02:07:41.65	02:07:53.95	+00:59:50 (46.9%)	6:03	9.9 (52.9%)
882	CAPUTA Piotr	998		M-40	186	00:01:14	00:26:18	00:54:04	01:24:37	01:59:41	02:06:42.50	02:07:56.70	+00:58:51 (46.4%)	6:00	10 (53.5%)
883	JAREK Dominika	972	WILK	K-20	52	00:01:04	00:28:59	00:58:04	01:28:56	02:00:21	02:06:53.95	02:07:58.35	+00:59:02 (46.5%)	6:00	10 (53.5%)
884	WARDZIŃSKI Mateusz	887		M-20	172	00:00:49	00:26:01	00:52:51	01:22:17	01:58:27	02:07:19.75	02:08:08.95	+00:59:28 (46.7%)	6:02	9.9 (52.9%)
885	KALETA Łukasz	769		M-30	297	00:01:47	00:28:46	00:57:55	01:27:25	01:59:12	02:06:25.55	02:08:12.90	+00:58:34 (46.3%)	5:59	10 (53.5%)
886	KALINOWSKI Dawid	783		M-20	170	00:01:51	00:29:19	00:58:38	01:28:43	02:00:09	02:06:26.80	02:08:18.30	+00:58:35 (46.3%)	5:59	10 (53.5%)
887	BOROWIEC Wojciech	521		M-20	173	00:00:46	00:27:07	00:55:24	01:25:47	02:00:19	02:07:32.05	02:08:18.60	+00:59:40 (46.8%)	6:02	9.9 (52.9%)
888	KONIKOWSKI Paweł	942	NIEZRZESZONY	M-60	10	00:01:34	00:28:39	00:57:52	01:28:04	01:59:48	02:06:43.95	02:08:18.70	+00:58:52 (46.5%)	6:00	10 (53.5%)
889	GOŁĘBIEWSKA Aleksandra	1263	BIEGAJ Z TRENERAMI	K-40	34	00:00:43	00:28:27	00:57:29	01:28:09	02:00:44	02:07:35.75	02:08:18.95	+00:59:44 (46.8%)	6:02	9.9 (52.9%)
890	LEWANDOWICZ Monika	1266	NR GLIWICE	K-30	81	00:00:33	00:28:07	00:56:48	01:26:42	02:00:54	02:07:45.40	02:08:19.05	+00:59:54 (46.9%)	6:03	9.9 (52.9%)
891	TARTANUS-ORYSZCZAK Marta	661		K-30	78	00:01:35	00:30:06	01:00:31	01:30:11	02:00:26	02:06:44.70	02:08:20.05	+00:58:53 (46.5%)	6:00	10 (53.5%)
892	PRZYBYSZ Magdalena	840		K-30	79	00:01:35	00:29:29	00:59:08	01:28:58	02:00:20	02:06:57.90	02:08:33.00	+00:59:06 (46.6%)	6:01	10 (53.5%)
893	ŚWIATŁOŃ Małgorzata	692		K-20	54	00:00:00					02:08:46.00	02:08:46.00	+01:00:54 (47.3%)	6:06	9.8 (52.4%)
894	GAIM Jacek	946	SOSNOWIEC	M-40	190	00:00:53	00:29:20	00:58:47	01:29:30	02:01:50	02:08:27.95	02:09:20.95	+01:00:36 (47.2%)	6:05	9.9 (52.9%)
895	BAJOROWICZ Paulina	1013		K-20	53	00:01:38	00:27:36	00:56:32	01:27:22	02:00:56	02:07:48.95	02:09:27.25	+00:59:57 (46.9%)	6:03	9.9 (52.9%)
896	MARCINEK Ewa	1067		K-50	4	00:02:00	00:29:29	00:59:20	01:29:56	02:00:31	02:07:27.10	02:09:27.95	+00:59:35 (46.8%)	6:02	9.9 (52.9%)
897	SOWA Maciej	500	ELECTROCHEMISTRY GROUP	M-20	171	00:02:16	00:28:56	00:58:10	01:28:49	02:01:56	02:07:13.00	02:09:29.10	+00:59:21 (46.7%)	6:01	10 (53.5%)
898	PEREK Justyna	118	GTT - INTER PROJEKT	K-30	80	00:01:46	00:30:22	01:00:25	01:31:10	02:01:57	02:07:45.25	02:09:31.25	+00:59:53 (46.9%)	6:03	9.9 (52.9%)
898	CZERNIEWICZ Anna	268		K-40	36	00:01:45	00:30:23	01:00:26	01:31:11	02:01:58	02:07:45.30	02:09:31.25	+00:59:54 (46.9%)	6:03	9.9 (52.9%)
900	CHOJOWSKA Edyta	260		K-40	35	00:01:55	00:30:14	01:00:08	01:30:27	02:01:10	02:07:39.40	02:09:34.60	+00:59:48 (46.8%)	6:02	9.9 (52.9%)
901	GRABOWSKI Zbigniew	871		M-60	11	00:00:58	00:28:52	00:58:16	01:29:25	02:02:02	02:08:54.05	02:09:52.25	+01:01:02 (47.4%)	6:06	9.8 (52.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
902	FIEDOR Anna	603		K-30	82	00:01:45	00:30:23	01:00:26	01:30:16	02:01:57	02:08:14.65	02:10:00.50	+01:00:23 (47.1%)	6:04	9.9 (52.9%)
903	PORĘBSKA Monika	721		K-30	83	00:01:32	00:29:09	00:59:21	01:30:21	02:01:42	02:08:30.80	02:10:03.35	+01:00:39 (47.2%)	6:05	9.9 (52.9%)
904	POREBSKI Paweł	720		M-30	300	00:01:32	00:29:08	00:59:22	01:30:21	02:01:41	02:08:30.85	02:10:03.40	+01:00:39 (47.2%)	6:05	9.9 (52.9%)
905	MICHALSKI Bartosz	1281		M-40	189	00:01:39	00:29:08	00:58:23	01:28:28	02:02:04	02:08:26.25	02:10:05.90	+01:00:34 (47.2%)	6:05	9.9 (52.9%)
906	WOLIŃSKI Józef	406		M-50	41	00:01:30	00:28:29	00:57:31	01:28:24	02:01:28	02:08:38.70	02:10:09.40	+01:00:47 (47.3%)	6:05	9.8 (52.4%)
907	WIADEREK Sławomir	509	PĘDZĄCE ŻÓŁWIE	M-50	42	00:01:15	00:29:03	00:58:53	01:29:49	02:02:18	02:09:03.65	02:10:19.20	+01:01:12 (47.4%)	6:07	9.8 (52.4%)
908	HAMANN Sławomir	239		M-30	301	00:01:45	00:31:08	01:01:59	01:32:24	02:02:13	02:08:38.45	02:10:24.15	+01:00:47 (47.3%)	6:05	9.8 (52.4%)
909	JASIŃSKI Mateusz	838		M-30	302	00:01:39	00:31:53	01:02:06	01:32:30	02:02:19	02:08:45.05	02:10:24.20	+01:00:53 (47.3%)	6:06	9.8 (52.4%)
910	KUBACKI Adam	966	BIEGAM Z SERCEM	M-30	303	00:01:59	00:29:09	00:58:51	01:28:34	02:01:46	02:08:47.50	02:10:46.75	+01:00:56 (47.3%)	6:06	9.8 (52.4%)
911	PISKORZ Daria	947	DRUŻYNA SZPIKU SITECH	K-40	37	00:01:12	00:28:40	00:59:17	01:30:06	02:02:58	02:09:52.75	02:11:05.40	+01:02:01 (47.8%)	6:09	9.7 (51.9%)
912	KANIA Dominik	326		M-20	174	00:01:30	00:28:32	00:58:59	01:29:48	02:02:41	02:09:36.45	02:11:06.55	+01:01:45 (47.6%)	6:08	9.8 (52.4%)
913	JAWOREK Jacek	491	OPEL ACTIVE TEAM	M-30	306	00:01:26	00:29:03	00:58:35	01:28:40	02:02:18	02:09:43.95	02:11:09.95	+01:01:52 (47.7%)	6:08	9.8 (52.4%)
914	PALENGA Adrian	1053	OPEL ACTIVE TEAM	M-30	307	00:01:26	00:29:03	00:58:36	01:28:41	02:02:18	02:09:44.40	02:11:10.40	+01:01:53 (47.7%)	6:08	9.8 (52.4%)
915	ROGOWSKI Tadeusz	728		M-40	192	00:01:25	00:29:04	00:58:36	01:28:41	02:02:20	02:09:44.60	02:11:10.55	+01:01:53 (47.7%)	6:08	9.8 (52.4%)
916	CHOJOWSKI Oskar	259		M-40	191	00:01:55	00:30:14	01:00:09	01:30:27	02:02:31	02:09:23.25	02:11:18.60	+01:01:31 (47.6%)	6:07	9.8 (52.4%)
917	NAPORA Łukasz	293		M-30	304	00:02:03	00:28:12	00:56:28	01:26:01	02:01:24	02:09:16.55	02:11:20.00	+01:01:25 (47.5%)	6:07	9.8 (52.4%)
917	BAL-BURZAWA Renata	1349	HIRSCHVOGEL	K-30	85	00:00:10	00:26:58	00:57:43	01:28:46	02:03:17	02:11:09.65	02:11:20.00	+01:03:18 (48.3%)	6:12	9.7 (51.9%)
919	MICEK Marek	608		M-30	305	00:01:57	00:29:14	00:58:14	01:28:34	02:02:19	02:09:30.05	02:11:27.85	+01:01:38 (47.6%)	6:08	9.8 (52.4%)
920	GERLE Anna	147		K-30	84	00:00:46	00:28:38	00:58:02	01:27:50	02:03:16	02:10:55.25	02:11:41.70	+01:03:03 (48.2%)	6:12	9.7 (51.9%)
921	LEWANDOWSKA Magdalena	531	RUNNERS HIGH	K-30	87	00:00:30	00:29:12	00:59:27	01:30:47	02:04:05	02:11:25.20	02:11:55.60	+01:03:33 (48.4%)	6:13	9.6 (51.3%)
922	MASTERNAK Albert	1084	SZCZAWNÓ RUN	M-50	43	00:00:47	00:30:53	01:01:44	01:33:07	02:04:45	02:11:18.05	02:12:05.05	+01:03:26 (48.3%)	6:13	9.6 (51.3%)
923	MALISZEWSKI Jakub	950	TECHNOMEX	M-30	309	00:01:30	00:29:33	01:00:50	01:31:34	02:03:35	02:10:49.70	02:12:20.35	+01:02:58 (48.1%)	6:12	9.7 (51.9%)
924	GŁOWACKI Michał	398	TEAM GŁOWACKI	M-20	177	00:01:20	00:26:55	00:55:35	01:26:42	02:03:37	02:11:16.55	02:12:37.15	+01:03:25 (48.3%)	6:13	9.6 (51.3%)
925	BUK Marcin	597		M-20	175	00:01:24	00:29:40	00:59:25	01:29:08	02:03:35	02:11:14.70	02:12:38.75	+01:03:23 (48.3%)	6:13	9.6 (51.3%)
926	KOŁTKO Łukasz	610		M-20	176	00:01:23	00:29:41	00:59:26	01:29:09	02:03:35	02:11:15.45	02:12:39.20	+01:03:24 (48.3%)	6:13	9.6 (51.3%)
927	TURKO Katarzyna	1231	PKO BP	K-40	38	00:01:45	00:29:11	00:59:20	01:30:33	02:04:18	02:10:55.15	02:12:40.30	+01:03:03 (48.2%)	6:12	9.7 (51.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
928	MACIEJ Artur	320	ELECTROCHEMISTRY GROUP	M-30	308	00:02:16	00:28:56	00:58:10	01:28:49	02:03:19	02:10:29.05	02:12:45.15	+01:02:37 (48.0%)	6:11	9.7 (51.9%)
929	SZKUDLAREK Michał	744		M-30	310	00:01:39	00:28:11	00:58:51	01:31:24	02:04:44	02:11:12.80	02:12:52.65	+01:03:21 (48.3%)	6:13	9.6 (51.3%)
930	ZAGASKA Linda	244		K-20	56	00:01:22	00:30:05	01:01:00	01:32:10	02:04:54	02:11:41.95	02:13:04.15	+01:03:50 (48.5%)	6:14	9.6 (51.3%)
931	KONTNY Paweł	1007	-	M-70	3	00:02:03	00:30:46	01:00:49	01:31:50	02:04:22	02:11:02.60	02:13:05.95	+01:03:11 (48.2%)	6:12	9.7 (51.9%)
932	BUFNAL Krzysztof	710		M-40	193	00:02:17	00:30:38	01:01:58	01:32:47	02:04:09	02:10:53.30	02:13:10.65	+01:03:02 (48.2%)	6:12	9.7 (51.9%)
933	JUSZCZAK Kalina	856		K-20	58	00:00:57	00:31:41	01:02:25	01:33:16	02:05:26	02:12:13.50	02:13:11.45	+01:04:22 (48.7%)	6:16	9.6 (51.3%)
934	ORLIK Zdzisława	256	AKMB 'PĘDZIWIATR' GLIWICE	K-50	5	00:01:58	00:30:27	01:01:02	01:32:39	02:04:34	02:11:12.70	02:13:11.65	+01:03:21 (48.3%)	6:13	9.6 (51.3%)
935	ZAWADA Piotr	739	NIGHT RUNNERS ZABRZE	M-20	178	00:01:38	00:31:00	01:01:44	01:32:34	02:04:44	02:11:33.25	02:13:12.20	+01:03:41 (48.4%)	6:14	9.6 (51.3%)
936	ZAWADA Ewa	738	NIGHT RUNNERS ZABRZE	K-20	55	00:01:39	00:30:57	01:01:43	01:32:33	02:04:44	02:11:33.00	02:13:12.40	+01:03:41 (48.4%)	6:14	9.6 (51.3%)
937	WYPCHOŁ Piotr	936		M-50	44	00:01:34	00:29:20	01:00:04	01:32:07	02:04:39	02:11:39.05	02:13:13.25	+01:03:47 (48.5%)	6:14	9.6 (51.3%)
938	LAMPART Marta	658	NIGHT RUNNERS	K-30	90	00:00:45	00:29:10	00:59:47	01:31:35	02:05:50	02:12:29.65	02:13:15.25	+01:04:38 (48.8%)	6:16	9.6 (51.3%)
939	PASEK Anna	192	PIELUCHORUNTEAM	K-40	40	00:00:58	00:28:41	00:58:07	01:31:31	02:05:14	02:12:17.35	02:13:15.95	+01:04:26 (48.7%)	6:16	9.6 (51.3%)
940	KLYTA Wojciech	1071	NIEZRZESZONY	M-40	194	00:01:53	00:27:16	00:55:46	01:27:32	02:03:46	02:11:25.05	02:13:18.50	+01:03:33 (48.4%)	6:13	9.6 (51.3%)
941	BIER Agnieszka	811		K-30	86	00:02:06	00:30:02	01:00:41	01:31:39	02:04:24	02:11:16.15	02:13:22.30	+01:03:24 (48.3%)	6:13	9.6 (51.3%)
942	WOLIŃSKA Anna	1275		K-20	57	00:01:30	00:30:04	01:01:18	01:32:25	02:04:50	02:11:52.15	02:13:23.05	+01:04:00 (48.5%)	6:15	9.6 (51.3%)
943	CICHY Agnieszka	559		K-30	89	00:01:26	00:29:38	01:00:57	01:32:37	02:05:00	02:11:58.05	02:13:24.85	+01:04:06 (48.6%)	6:15	9.6 (51.3%)
944	ROJEK Grzegorz	1076		M-40	195	00:01:43	00:31:21	01:02:28	01:33:54	02:05:21	02:11:47.60	02:13:31.15	+01:03:56 (48.5%)	6:14	9.6 (51.3%)
945	WALCZYŃSKA Karolina	1261		K-30	91	00:00:53	00:29:07	00:58:37	01:31:40	02:05:35	02:12:38.70	02:13:31.75	+01:04:47 (48.8%)	6:17	9.5 (50.8%)
946	MIŚKIEWICZ Lucyna	187		K-40	39	00:01:46	00:30:49	01:01:33	01:32:58	02:05:20	02:11:47.15	02:13:33.60	+01:03:55 (48.5%)	6:14	9.6 (51.3%)
947	MIŚKIEWICZ Andrzej	188		M-40	196	00:01:46	00:30:50	01:01:42	01:33:12	02:05:22	02:11:59.95	02:13:46.65	+01:04:08 (48.6%)	6:15	9.6 (51.3%)
948	ZDEB Barbara	370	NIGHT RUNNERS ZABRZE	K-30	88	00:02:00	00:30:50	01:02:08	01:33:36	02:05:06	02:11:51.50	02:13:51.65	+01:04:00 (48.5%)	6:14	9.6 (51.3%)
949	GAJDA Małgorzata	653		K-30	92	00:00:55	00:28:57	00:58:53	01:30:15	02:04:57	02:12:57.90	02:13:53.80	+01:05:06 (49.0%)	6:18	9.5 (50.8%)
950	WITCZAK Dagmara	1035	ZADYSZKA	K-30	97	00:00:16	00:29:56	01:00:45	01:32:49	02:06:58	02:14:10.20	02:14:26.65	+01:06:18 (49.4%)	6:21	9.4 (50.3%)
951	JAWOREK Dariusz	31	SPORT-RELAKS.PL	M-40	197	00:01:52	00:29:50	01:00:20	01:31:34	02:05:00	02:12:43.90	02:14:36.25	+01:04:52 (48.9%)	6:17	9.5 (50.8%)
951	BOŚ Iwona	390	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	44	00:00:27	00:29:55	01:01:34	01:33:51	02:07:17	02:14:09.10	02:14:36.25	+01:06:17 (49.4%)	6:21	9.4 (50.3%)
953	GORZELANY Ewa	547	WISLAŃSKA AKADEMIA BIEGOWA	K-30	96	00:00:27	00:29:55	01:01:34	01:33:52	02:07:17	02:14:08.60	02:14:36.35	+01:06:17 (49.4%)	6:21	9.4 (50.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
954	FERFECKI Dawid	1137		M-30	311	00:01:22	00:28:55	01:00:17	01:32:19	02:05:46	02:13:21.35	02:14:43.95	+01:05:30 (49.1%)	6:19	9.5 (50.8%)
955	CIOMEK Marta	552		K-20	61	00:00:26	00:29:04	00:59:40	01:31:32	02:06:52	02:14:17.65	02:14:44.25	+01:06:26 (49.5%)	6:21	9.4 (50.3%)
956	PIĘTERA Agnieszka	754		K-40	42	00:01:40	00:30:46	01:01:38	01:33:21	02:06:05	02:13:04.70	02:14:44.95	+01:05:13 (49.0%)	6:18	9.5 (50.8%)
957	OPANOWSKA Anna	145		K-40	43	00:01:18	00:28:43	01:00:00	01:32:16	02:06:35	02:13:27.35	02:14:45.95	+01:05:36 (49.2%)	6:19	9.5 (50.8%)
958	JANKOWSKA Anna	963		K-30	94	00:01:34	00:28:50	00:57:17	01:28:47	02:05:23	02:13:12.30	02:14:46.75	+01:05:21 (49.1%)	6:18	9.5 (50.8%)
959	KOSIOR Bożena	826	BRAK	K-40	45	00:00:17	00:27:48	00:56:53	01:29:46	02:06:40	02:14:31.50	02:14:48.50	+01:06:40 (49.6%)	6:22	9.4 (50.3%)
960	WILSZ Ewa	656		K-40	41	00:02:02	00:30:34	01:02:05	01:33:36	02:06:04	02:12:49.20	02:14:51.95	+01:04:57 (48.9%)	6:17	9.5 (50.8%)
961	KRUSZYŃSKI Marcin	570		M-40	200	00:00:34	00:26:36	00:55:03	01:28:40	02:06:34	02:14:36.95	02:15:11.75	+01:06:45 (49.6%)	6:22	9.4 (50.3%)
962	PADOŁ Zbigniew	586		M-50	45	00:00:15	00:30:05	01:00:58	01:32:55	02:07:19	02:14:57.70	02:15:13.25	+01:07:06 (49.7%)	6:23	9.4 (50.3%)
963	DUDEK Marzena	869		K-30	93	00:02:13	00:31:05	01:03:27	01:35:14	02:06:51	02:12:59.80	02:15:13.35	+01:05:08 (49.0%)	6:18	9.5 (50.8%)
964	ŁAGOSZ Katarzyna	1140		K-30	95	00:01:43	00:31:09	01:02:26	01:34:13	02:05:24	02:13:30.45	02:15:13.65	+01:05:39 (49.2%)	6:19	9.5 (50.8%)
965	GÓRNY Magdalena	1139	CAAKTYWNI	K-20	60	00:01:43	00:31:10	01:02:26	01:33:53	02:05:24	02:13:45.20	02:15:28.45	+01:05:53 (49.3%)	6:20	9.5 (50.8%)
966	ADAMSKI Tomasz	280		M-40	199	00:01:10	00:30:28	01:02:59	01:34:41	02:07:44	02:14:21.75	02:15:31.80	+01:06:30 (49.5%)	6:22	9.4 (50.3%)
967	NADOLNY Wiesław	833	SOLIDARNOŚĆ MZA I TW	M-40	198	00:02:01	00:30:36	01:02:04	01:33:55	02:06:33	02:13:36.95	02:15:38.10	+01:05:45 (49.2%)	6:19	9.5 (50.8%)
968	KOWALSKA Natalia	237		K-20	59	00:02:02	00:30:05	01:01:35	01:33:45	02:06:40	02:13:37.20	02:15:39.95	+01:05:45 (49.2%)	6:19	9.5 (50.8%)
969	KAMIŃSKA- KORZENIOWSKA Joanna	663		K-30	99	00:01:30	00:29:53	01:01:29	01:33:12	02:07:31	02:14:34.75	02:16:04.90	+01:06:43 (49.6%)	6:22	9.4 (50.3%)
970	NIEGOWSKA Anna	108		K-40	46	00:00:48	00:30:22	01:01:35	01:34:01	02:08:15	02:15:21.50	02:16:09.85	+01:07:30 (49.9%)	6:24	9.4 (50.3%)
971	MACKIEWICZ Katarzyna	411		K-50	6	00:01:54	00:30:51	01:02:19	01:33:49	02:07:15	02:14:19.20	02:16:14.00	+01:06:27 (49.5%)	6:21	9.4 (50.3%)
972	CZOSNOWSKA Anna	715	CZOSTEAM	K-30	98	00:01:44	00:30:53	01:02:27	01:33:54	02:07:23	02:14:31.00	02:16:15.95	+01:06:39 (49.6%)	6:22	9.4 (50.3%)
973	CZOSNOWSKI Tomasz	1272	OTK RZEŹNIK	M-30	313	00:01:44	00:31:07	01:02:28	01:33:54	02:07:23	02:14:31.45	02:16:16.30	+01:06:40 (49.6%)	6:22	9.4 (50.3%)
974	URBANEK Arkadiusz	878		M-20	179	00:01:55	00:30:17	01:01:02	01:32:04	02:06:54	02:14:34.45	02:16:29.55	+01:06:43 (49.6%)	6:22	9.4 (50.3%)
975	MAKSYMIOUK- KONOPKA Ewa	334		K-30	101	00:01:24	00:31:30	01:03:27	01:34:54	02:08:28	02:15:06.05	02:16:30.80	+01:07:14 (49.8%)	6:24	9.4 (50.3%)
976	PAUL Violetta	185	NIGHT RUNNERS GLIWICE	K-40	48	00:00:48	00:31:46	01:03:30	01:36:00	02:09:07	02:15:42.80	02:16:31.55	+01:07:51 (50.0%)	6:25	9.3 (49.7%)
977	LEWICKA Beata	189	NIGHT RUNNERS GLIWICE	K-30	100	00:01:41	00:30:53	01:02:37	01:35:07	02:08:16	02:14:54.05	02:16:35.35	+01:07:02 (49.7%)	6:23	9.4 (50.3%)
978	KOSIERKIEWICZ Kamil	1066		M-40	201	00:01:58	00:33:47	01:07:04	01:40:05	02:09:28	02:14:42.00	02:16:40.85	+01:06:50 (49.6%)	6:23	9.4 (50.3%)
979	STOLARCZYK Maciej	1134		M-30	312	00:02:25	00:24:20	00:47:14	01:11:22	02:07:31	02:14:20.25	02:16:45.30	+01:06:28 (49.5%)	6:21	9.4 (50.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
980	BRZEZIŃSKA Teresa	136	NIGHT RUNNERS GLIWICE	K-30	107	00:00:49	00:30:13	01:01:17	01:34:04	02:09:06	02:15:56.30	02:16:45.35	+01:08:05 (50.1%)	6:26	9.3 (49.7%)
981	DROZD Ola	944	DREAM RUN	K-30	104	00:01:10	00:31:51	01:02:54	01:34:46	02:08:35	02:15:39.90	02:16:50.55	+01:07:48 (50.0%)	6:25	9.3 (49.7%)
982	URBAN Dariusz	1012		M-40	202	00:00:40	00:29:11	00:59:31	01:31:57	02:08:19	02:16:21.20	02:17:01.50	+01:08:29 (50.2%)	6:27	9.3 (49.7%)
983	GRZYŚKA Katarzyna	554		K-30	106	00:01:27	00:29:36	01:00:56	01:32:51	02:08:35	02:15:46.00	02:17:13.00	+01:07:54 (50.0%)	6:26	9.3 (49.7%)
984	PECYNA Katarzyna	1138		K-30	103	00:01:43	00:31:10	01:02:28	01:34:27	02:08:26	02:15:31.50	02:17:14.85	+01:07:40 (49.9%)	6:25	9.3 (49.7%)
985	RECHMAN-NOWAKOWSKA Dorota	273		K-40	49	00:01:09	00:30:30	01:03:00	01:35:20	02:09:01	02:16:06.50	02:17:16.05	+01:08:15 (50.1%)	6:27	9.3 (49.7%)
986	JENDRZYCA-CZAPLA Magdalena	64		K-30	109	00:00:58	00:30:05	01:01:58	01:34:39	02:08:56	02:16:18.90	02:17:17.85	+01:08:27 (50.2%)	6:27	9.3 (49.7%)
987	GROSS Teresa	646	UNISONO	K-40	47	00:02:02	00:30:34	01:02:06	01:33:36	02:07:16	02:15:21.90	02:17:24.75	+01:07:30 (49.9%)	6:24	9.4 (50.3%)
988	DANIELEWSKA Anna	605		K-30	105	00:01:45	00:30:45	01:02:00	01:34:19	02:08:25	02:15:44.65	02:17:30.20	+01:07:53 (50.0%)	6:26	9.3 (49.7%)
989	SZYPUŁA Michał	629		M-20	180	00:02:02	00:31:26	01:03:34	01:36:05	02:08:51	02:15:30.35	02:17:32.55	+01:07:39 (49.9%)	6:25	9.3 (49.7%)
990	JAROSZ Katarzyna	616		K-30	102	00:02:02	00:31:26	01:03:34	01:36:06	02:08:51	02:15:30.90	02:17:33.00	+01:07:39 (49.9%)	6:25	9.3 (49.7%)
991	WINICKA Daria	935	AMATOR	K-30	108	00:01:41	00:29:39	01:01:04	01:34:05	02:08:40	02:16:12.55	02:17:54.40	+01:08:21 (50.2%)	6:27	9.3 (49.7%)
992	WINKLER Aleksandra	94	BIEGAM, BO LUBIĘ JEŚC...	K-30	110	00:01:23	00:30:40	01:02:21	01:34:41	02:09:07	02:16:34.05	02:17:57.20	+01:08:42 (50.3%)	6:28	9.3 (49.7%)
993	BRODIUK Norbert	148	TRAINPAUL	M-40	205	00:00:24	00:28:45	01:00:44	01:35:27	02:10:40	02:17:47.45	02:18:11.80	+01:09:56 (50.8%)	6:31	9.2 (49.2%)
994	WEKWERT Witold	283	BIEGAMYZSERCEM.PL	M-50	46	00:00:25	00:29:03	01:00:24	01:34:19	02:10:31	02:17:48.75	02:18:13.85	+01:09:57 (50.8%)	6:31	9.2 (49.2%)
995	WEKWERT Dariusz	285	BIEGAMYZSERCEM.PL	M-30	316	00:00:25	00:29:03	01:00:23	01:34:19	02:10:31	02:17:48.65	02:18:14.15	+01:09:57 (50.8%)	6:31	9.2 (49.2%)
996	KOSTRZEWA Krzysztof	41	BIEGAM, BO LUBIĘ	M-30	314	00:01:24	00:30:37	01:02:19	01:35:15	02:09:54	02:16:56.05	02:18:20.35	+01:09:04 (50.4%)	6:29	9.2 (49.2%)
997	PŁOTEK Tomasz	921		M-30	317	00:00:30	00:28:24	00:58:12	01:32:25	02:10:03	02:17:54.30	02:18:24.40	+01:10:03 (50.8%)	6:32	9.2 (49.2%)
998	TISZBIEREK Henryk	324		M-40	204	00:01:35	00:31:30	01:03:10	01:34:57	02:09:35	02:17:04.55	02:18:39.60	+01:09:13 (50.5%)	6:29	9.2 (49.2%)
999	MIGDAŁ Grzegorz	325		M-40	203	00:01:35	00:31:31	01:03:10	01:34:57	02:09:35	02:17:04.10	02:18:39.65	+01:09:12 (50.5%)	6:29	9.2 (49.2%)
1000	CHYB Natasza	24		K-40	50	00:02:06	00:32:35	01:04:47	01:37:15	02:10:01	02:16:39.90	02:18:46.85	+01:08:48 (50.3%)	6:28	9.3 (49.7%)
1001	ORYSZCZAK Łukasz	662		M-30	315	00:01:35	00:30:06	01:01:19	01:34:06	02:09:52	02:17:14.80	02:18:50.30	+01:09:23 (50.6%)	6:30	9.2 (49.2%)
1002	RÓŻYC Barbara	306	NIGHT RUNNERS ZABRZE	K-40	51	00:01:29	00:30:40	01:02:37	01:34:44	02:10:31	02:17:41.05	02:19:10.80	+01:09:49 (50.7%)	6:31	9.2 (49.2%)
1002	MULARCZYK Agnieszka	1050	VICTORIA ZAWIERCIE	K-30	112	00:00:36	00:28:01	00:59:25	01:33:42	02:11:02	02:18:34.20	02:19:10.80	+01:10:42 (51.0%)	6:34	9.1 (48.7%)
1002	LESZCZYŃSKA Małgorzata	577		K-40	52	00:00:36	00:28:02	00:59:25	01:33:42	02:11:02	02:18:34.15	02:19:10.80	+01:10:42 (51.0%)	6:34	9.1 (48.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1005	OSUBNIAK Tomasz	467		M-30	318	00:01:09	00:26:42	00:56:11	01:31:06	02:09:58	02:18:10.75	02:19:20.25	+01:10:19 (50.9%)	6:32	9.2 (49.2%)
1006	BATKO Dawid	1016		M-30	319	00:00:29	00:26:40	00:58:02	01:33:16	02:11:37	02:18:55.90	02:19:25.75	+01:11:04 (51.2%)	6:35	9.1 (48.7%)
1007	RUDNER Ula	461	A WOMAN'S PLACE IS ON TOP	K-20	62	00:00:31	00:27:43	00:58:00	01:31:13	02:10:37	02:19:20.75	02:19:52.50	+01:11:29 (51.3%)	6:36	9.1 (48.7%)
1008	FRYDRYK Ryszard	1264	EKO-ATOM.PL	M-50	47	00:01:39	00:31:03	01:03:41	01:37:45	02:11:45	02:18:17.35	02:19:57.05	+01:10:26 (50.9%)	6:33	9.2 (49.2%)
1009	SALONI Kasia	753		K-30	111	00:01:40	00:30:46	01:02:09	01:34:47	02:11:19	02:18:18.10	02:19:58.95	+01:10:26 (50.9%)	6:33	9.2 (49.2%)
1010	OLCZYK Adrian	983	SMSAPI	M-20	181	00:02:13	00:31:05	01:03:10	01:35:14	02:10:36	02:17:54.10	02:20:07.15	+01:10:02 (50.8%)	6:32	9.2 (49.2%)
1011	ZIEMBIŃSKA- BUCZYŃSKA Aleksandra	1523		K-30	113	00:01:39	00:30:59	01:02:41	01:35:14	02:11:09	02:18:34.35	02:20:13.45	+01:10:43 (51.0%)	6:34	9.1 (48.7%)
1012	LIPOWSKA Barbara	592		K-50	7	00:01:55	00:31:15	01:03:09	01:36:30	02:11:19	02:18:21.35	02:20:16.80	+01:10:30 (51.0%)	6:33	9.2 (49.2%)
1013	SMOŁA Mieczysław	228	AKMB PĘDZIWIATR GLIWICE	M-60	13	00:00:16	00:28:57	00:59:22	01:33:27	02:11:43	02:20:16.05	02:20:32.45	+01:12:24 (51.6%)	6:38	9 (48.1%)
1014	GRUBICH Irena	226		K-60	2	00:00:15	00:28:58	00:59:23	01:33:29	02:11:45	02:20:17.30	02:20:32.70	+01:12:26 (51.6%)	6:38	9 (48.1%)
1015	LUKOSZEK Weronika	1116		K-16	3	00:01:31	00:30:42	01:02:18	01:34:52	02:11:50	02:19:44.45	02:21:15.65	+01:11:53 (51.4%)	6:37	9.1 (48.7%)
1016	DOBREK Wojciech	851	WIECZORNEBIEGANIE	M-40	206	00:02:11	00:30:05	01:03:17	01:38:44	02:12:15	02:19:14.10	02:21:25.70	+01:11:22 (51.3%)	6:35	9.1 (48.7%)
1017	WODARSKA Santia	587		K-20	63	00:01:43	00:31:11	01:02:34	01:35:10	02:11:53	02:19:51.35	02:21:34.85	+01:12:00 (51.5%)	6:37	9.1 (48.7%)
1018	JĘDRYCHA Zbigniew	694		M-60	12	00:02:01	00:33:44	01:07:01	01:40:04	02:12:42	02:19:34.65	02:21:36.30	+01:11:43 (51.4%)	6:36	9.1 (48.7%)
1018	JĘDRYCHA Bożena	831		K-30	114	00:01:58	00:33:47	01:07:04	01:40:06	02:12:44	02:19:37.85	02:21:36.30	+01:11:46 (51.4%)	6:37	9.1 (48.7%)
1020	JĘDRYCHA Artur	830		M-40	207	00:02:02	00:33:44	01:07:00	01:40:03	02:12:41	02:19:33.80	02:21:36.35	+01:11:42 (51.4%)	6:36	9.1 (48.7%)
1021	JĘDRYCHA Michał	695	CFO RUNNING TEAM	M-30	320	00:02:02	00:33:44	01:07:00	01:40:03	02:12:41	02:19:33.85	02:21:36.50	+01:11:42 (51.4%)	6:36	9.1 (48.7%)
1022	TUL Małgorzata	132	DRUŻYNA SZPIKU	K-40	53	00:01:48	00:30:13	01:01:32	01:35:38	02:12:45	02:20:31.10	02:22:19.60	+01:12:39 (51.7%)	6:39	9 (48.1%)
1023	DUDEK Katarzyna	492		K-30	115	00:01:54	00:31:37	01:04:59	01:38:24	02:13:25	02:20:40.10	02:22:34.55	+01:12:48 (51.8%)	6:40	9 (48.1%)
1024	OSTAFIŃSKI Bartosz	850		M-30	321	00:01:54	00:31:37	01:04:59	01:38:25	02:13:26	02:20:40.60	02:22:34.85	+01:12:49 (51.8%)	6:40	9 (48.1%)
1025	MIELCZAREK Ilona	178	RYSIE	K-30	116	00:01:50	00:31:57	01:05:03	01:38:29	02:13:30	02:20:55.80	02:22:46.40	+01:13:04 (51.9%)	6:40	9 (48.1%)
1026	KALISZ Krzysztof	689		M-30	322	00:01:40	00:29:50	01:02:02	01:34:53	02:12:39	02:21:09.85	02:22:50.30	+01:13:18 (51.9%)	6:41	9 (48.1%)
1027	SABATOWSKA Magda	595		K-30	117	00:01:27	00:31:35	01:05:00	01:39:01	02:13:29	02:21:25.00	02:22:52.45	+01:13:33 (52.0%)	6:42	9 (48.1%)
1028	ZAWADA Michał	601		M-30	323	00:00:45	00:29:24	00:59:58	01:32:58	02:12:12	02:22:07.55	02:22:53.45	+01:14:16 (52.3%)	6:44	8.9 (47.6%)
1029	BORYGA Joanna K	639		K-30	118	00:02:01	00:29:54	01:01:25	01:35:31	02:13:29	02:21:40.45	02:23:42.10	+01:13:49 (52.1%)	6:42	8.9 (47.6%)
1030	ODZIOMEK Alicja	213		K-30	120	00:00:33	00:31:50	01:04:11	01:37:58	02:15:39	02:23:28.40	02:24:01.85	+01:15:37 (52.7%)	6:47	8.8 (47.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1031	ŻELEZNY Tomasz	295	NIGHT RUNNERS GLIWICE	M-20	182	00:01:56	00:30:55	01:02:15	01:35:09	02:14:37	02:22:08.65	02:24:05.20	+01:14:17 (52.3%)	6:44	8.9 (47.6%)
1032	KAPUSTA Grzegorz	1108		M-40	208	00:00:18	00:32:10	01:05:13	01:40:02	02:16:38	02:24:31.50	02:24:49.65	+01:16:40 (53.0%)	6:50	8.8 (47.1%)
1033	GRANAT Jarosław	243		M-20	183	00:01:38	00:31:41	01:04:28	01:38:15	02:15:44	02:23:28.45	02:25:07.35	+01:15:37 (52.7%)	6:48	8.8 (47.1%)
1034	FLOREK Anna	470		K-30	119	00:02:12	00:33:34	01:06:51	01:39:54	02:15:24	02:23:00.45	02:25:13.15	+01:15:09 (52.6%)	6:46	8.9 (47.6%)
1035	DYLONG Mariola	230		K-16	4	00:00:56	00:31:01	01:03:23	01:37:01	02:15:39	02:24:17.95	02:25:14.10	+01:16:26 (53.0%)	6:50	8.8 (47.1%)
1036	MAJCHRAK Paweł	1081		M-30	324	00:02:22	00:32:03	01:05:08	01:39:28	02:15:11	02:23:00.75	02:25:23.00	+01:15:09 (52.6%)	6:46	8.9 (47.6%)
1037	WASILEWSKA Aleksandra	1006		K-30	122	00:01:38	00:31:26	01:04:12	01:37:54	02:15:12	02:23:50.10	02:25:28.35	+01:15:58 (52.8%)	6:49	8.8 (47.1%)
1038	BIENIEK Beata	1258		K-40	54	00:02:00	00:32:26	01:06:21	01:42:28	02:17:00	02:23:41.65	02:25:42.25	+01:15:50 (52.8%)	6:48	8.8 (47.1%)
1039	MIERZWIŃSKA Katarzyna	1259		K-30	121	00:02:00	00:32:26	01:06:22	01:42:28	02:17:00	02:23:41.45	02:25:42.30	+01:15:50 (52.8%)	6:48	8.8 (47.1%)
1040	DROZDOWSKI Wojciech	1059	BIEGAJZ TRENERAMI	M-30	325	00:00:43	00:30:13	01:02:58	01:36:56	02:17:41	02:25:21.30	02:26:04.95	+01:17:30 (53.3%)	6:53	8.7 (46.5%)
1041	ŚWITAŁA Józef	1008	FALSTART RUDNIKI	M-60	14	00:01:02	00:27:16	00:55:12	01:29:49	02:15:00	02:25:24.80	02:26:27.05	+01:17:33 (53.3%)	6:53	8.7 (46.5%)
1042	ZAPOTOCZNA Renata	859		K-40	55	00:02:18	00:29:25	01:01:59	01:36:32	02:15:43	02:24:22.25	02:26:40.95	+01:16:30 (53.0%)	6:50	8.8 (47.1%)
1043	ULIASZ Anna	817		K-30	123	00:00:33	00:29:59	01:04:17	01:39:01	02:18:04	02:26:47.65	02:27:20.70	+01:18:56 (53.8%)	6:57	8.6 (46.0%)
1044	SPÓŁNIK Stanisław	567	KRAKOWSKI KLUB LAJKONIK	M-60	15	00:01:53	00:32:13	01:07:41	01:42:53	02:18:30	02:26:06.55	02:28:00.30	+01:18:15 (53.6%)	6:55	8.7 (46.5%)
1045	MAĆKOWIAK- RYDZYŃSKA Anna	607		K-40	56	00:01:28	00:31:36	01:05:01	01:40:07	02:18:55	02:27:15.95	02:28:44.00	+01:19:24 (53.9%)	6:58	8.6 (46.0%)
1046	SIKORA Michał	825	MSH	M-30	326	00:01:27	00:31:35	01:05:00	01:40:07	02:18:53	02:27:16.80	02:28:44.20	+01:19:25 (53.9%)	6:58	8.6 (46.0%)
1047	PRUS Dariusz	123	BRAK	M-50	48	00:02:03	00:32:50	01:07:37	01:42:42	02:18:55	02:26:44.90	02:28:48.75	+01:18:53 (53.8%)	6:57	8.6 (46.0%)
1048	FORYST Wojciech	626		M-60	16	00:01:31	00:30:36	01:02:43	01:37:36	02:18:17	02:27:18.95	02:28:50.75	+01:19:27 (53.9%)	6:58	8.6 (46.0%)
1049	BOBKOWSKI Maciej	393		M-40	209	00:00:45	00:31:05	01:05:59	01:43:38	02:22:10	02:29:59.70	02:30:45.10	+01:22:08 (54.8%)	7:06	8.4 (44.9%)
1050	STERNAL Marta	522		K-20	64	00:00:46	00:29:52	01:04:00	01:40:54	02:20:50	02:30:15.65	02:31:01.80	+01:22:24 (54.8%)	7:07	8.4 (44.9%)
1051	MARQUARDT Adam	691		M-30	327	00:01:40	00:30:07	01:02:32	01:37:49	02:19:48	02:29:21.00	02:31:01.95	+01:21:29 (54.6%)	7:04	8.5 (45.5%)
1052	SKUBIS Barbara	81	NIGHT RUNNERS GLIWICE	K-30	124	00:01:55	00:33:41	01:08:32	01:44:33	02:21:50	02:29:10.55	02:31:06.30	+01:21:19 (54.5%)	7:04	8.5 (45.5%)
1053	STOKŁOSA Magdalena	219		K-30	125	00:01:42	00:33:50	01:08:17	01:44:27	02:22:05	02:30:01.40	02:31:43.80	+01:22:10 (54.8%)	7:06	8.4 (44.9%)
1054	STOKŁOSA Marcin	220		M-30	328	00:01:42	00:33:50	01:08:17	01:44:28	02:22:04	02:30:02.15	02:31:44.50	+01:22:10 (54.8%)	7:06	8.4 (44.9%)
1055	WIERZBICKA Aleksandra	1044	HR MAX ŻORY	K-40	57	00:01:42	00:32:26	01:07:22	01:43:49	02:22:17	02:30:23.20	02:32:06.10	+01:22:31 (54.9%)	7:07	8.4 (44.9%)
1056	DOŁĘGA Andrzej	827		M-40	210	00:02:21	00:32:24	01:07:47	01:42:24	02:21:11	02:30:18.05	02:32:40.00	+01:22:26 (54.9%)	7:07	8.4 (44.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5km	10km	15km	20km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1057	MACHAŁA Tomasz	453		M-40	211	00:02:12	00:31:56	01:06:18	01:43:29	02:22:46	02:30:58.60	02:33:11.40	+01:23:07 (55.1%)	7:09	8.4 (44.9%)
1058	WRZESIŃSKI Zbyszek	867		M-40	212	00:02:13	00:33:25	01:07:29	01:42:33	02:23:03	02:31:52.05	02:34:05.80	+01:24:00 (55.3%)	7:11	8.3 (44.4%)
1059	KRYWALSKI Wilhelm	202		M-40	213	00:02:08	00:35:03	01:10:41	01:48:16	02:24:33	02:32:24.20	02:34:32.55	+01:24:32 (55.5%)	7:13	8.3 (44.4%)
1060	KAMROWSKI Łukasz	1135		M-30	329	00:01:47	00:31:08	01:04:06	01:41:00	02:24:32	02:33:27.75	02:35:15.10	+01:25:36 (55.8%)	7:16	8.2 (43.9%)
1061	BIEL Michał	758		M-40	214	00:01:51	00:32:06	01:06:28	01:43:25	02:26:09	02:35:10.10	02:37:01.15	+01:27:18 (56.3%)	7:21	8.2 (43.9%)
1062	PYTEL Klaudia	317	NIGHT RUNNERS ZABRZE	K-40	58	00:02:00	00:34:25	01:10:51	01:48:33	02:27:54	02:35:49.40	02:37:49.70	+01:27:58 (56.5%)	7:23	8.1 (43.3%)
1063	GLIŃSKI Michał	1286	NIGHT RUNNERS GLIWICE	M-40	215	00:01:42	00:34:07	01:09:58	01:48:51	02:30:23	02:38:41.95	02:40:24.65	+01:30:50 (57.2%)	7:31	8 (42.8%)
1064	GLIŃSKA Agnieszka	1280	NIGHT RUNNERS	K-40	59	00:01:42	00:34:06	01:09:57	01:48:42	02:30:23	02:38:42.15	02:40:24.75	+01:30:50 (57.2%)	7:31	8 (42.8%)
1065	GRUSZKA Michał	1039		M-40	216	00:01:31	00:32:34	01:08:02	01:46:57	02:30:33	02:40:24.50	02:41:56.45	+01:32:33 (57.7%)	7:36	7.9 (42.2%)
1066	MEJ Paweł	734	NIEZRZESZONY - BOSY BIEGACZ	M-40	218	00:00:04	00:36:15	01:20:45	02:03:27	02:46:14	02:56:19.55	02:56:23.65	+01:48:28 (61.5%)	8:21	7.2 (38.5%)
1067	MIRECKI Jan	757		M-40	217	00:00:35	00:39:11	01:20:14	02:02:57	02:45:43	02:55:47.95	02:56:23.75	+01:47:56 (61.4%)	8:19	7.2 (38.5%)
1068	CHMIELOWIEC Patryk	1093		M-20	184	00:00:01	00:11:13	00:22:21	00:34:30	00:50:17			+	2:30	23.9 (127.8%)
1069	ZDUNIAK Robert	49		M-30	330	00:01:09	00:27:52	00:55:32	01:24:09	01:53:18			+00:48:58	5:39	10.6 (56.7%)
1070	RACZKOWSKI Denis	673		M-20	185	00:02:00	00:31:02	01:02:15	01:33:41	02:06:04			+01:01:43	6:18	9.5 (50.8%)
1071	USZYŃSKA Aldona	254	OTK / NR GLIWICE	K-40	60	00:00:21	00:23:13	00:46:53	01:11:55				+00:23:49	4:47	12.5 (66.8%)
1072	PUCHAŁA Ewelina	1293	PACEMAKER	K-20	65	00:00:00	00:27:29		01:19:52				+	5:19	11.3 (60.4%)
1073	ŻURAWIECKA Anna	1082		K-20	66	00:01:28	00:28:55	00:58:23	01:28:26				+00:40:20	5:53	10.2 (54.5%)
1074	TRZEJA ZDANOWSKA Dorota	557	URODZENI BIEGACZE	K-40	61	00:00:21	00:23:52	00:47:46					+00:15:52	4:46	12.6 (67.4%)
1075	MADEJCZYK Tomasz	264	MTM	M-30	331	00:00:42	00:23:28						+00:07:39	4:41	12.8 (68.4%)
1076	IGNASIAK Jakub	862		M-20	186	00:00:12	00:27:29						+00:11:40	5:29	10.9 (58.3%)
1077	PRÓBAN Robert	44		M-30	332	00:00:19									(0.0%)
1078	MĄCZKA Krystyna	137	OTK RZEŹNIK / RYKI	K-60	3	00:01:15									(0.0%)

Total 1078 results.