



Organizator:
Data:
Miejsce:
Dystans:

Fundacja Bieg Rzeźnika
2016-10-23
Gliwice
21.1 km

III PÓŁMARATON GLIWICKI

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	STARŻYŃSKI Andrii	487	KLEMENTYNKA	M-20	1	00:00:01	00:16:03	00:32:28	00:49:00	01:03:29	01:06:06	01:10:24.45	01:10:25.85		3:20	18 (100%)
2	CIEPLAK Marcin	11	TL ROW RYBNIK	M-20	2	00:00:01	00:16:58	00:33:46	00:50:31	01:05:13	01:07:42	01:12:30.95	01:12:32.15	+00:02:06 (2.9%)	3:26	17.5 (97.2%)
3	NAGIZNJAK Wiktor	56	IKB RUDNIK	M-20	3	00:00:00	00:16:23	00:33:25	00:50:32	01:05:14	01:07:50	01:12:47.70	01:12:47.75	+00:02:23 (3.3%)	3:26	17.4 (96.7%)
4	KAWIK Tomasz	1049	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M-20	4	00:00:01	00:17:04	00:34:16	00:51:25	01:06:45	01:09:26	01:14:21.70	01:14:22.90	+00:03:57 (5.3%)	3:31	17 (94.4%)
5	GRAJCAR Łukasz	1181	CKS BUDOWLANI CZĘSTOCHOWA	M-20	5	00:00:01	00:16:42	00:34:02	00:52:01	01:07:40	01:10:32	01:15:50.05	01:15:51.65	+00:05:25 (7.2%)	3:35	16.7 (92.8%)
6	FORMICKI Rafał	450		M-20	6	00:00:01	00:17:04	00:34:31	00:52:24	01:08:12	01:11:03	01:16:25.10	01:16:26.95	+00:06:00 (7.9%)	3:37	16.6 (92.2%)
7	GORTEL-MACIUK Agnieszka	1506	NIEWYMIĘKACZE	K-30	1	00:00:02	00:17:54	00:35:54	00:54:05	01:10:05	01:12:57	01:17:55.35	01:17:57.55	+00:07:30 (9.6%)	3:41	16.2 (90.0%)
8	RZEPKA Bernard	805	#SOBASTEAM	M-40	1	00:00:02	00:18:05	00:36:41	00:55:31	01:11:57	01:14:54	01:20:08.20	01:20:10.90	+00:09:43 (12.1%)	3:47	15.8 (87.8%)
9	ŻABA Marek	1019	TRIATHLON X-TEAM	M-30	1	00:00:03	00:18:09	00:36:57	00:55:52	01:12:18	01:15:21	01:20:42.60	01:20:46.20	+00:10:18 (12.8%)	3:49	15.7 (87.2%)
10	KUCHARSKA Ewa	1310		K-30	2	00:00:01	00:18:54	00:38:01	00:56:43	01:12:55	01:15:49	01:20:51.95	01:20:53.85	+00:10:27 (12.9%)	3:49	15.7 (87.2%)
11	PAWEŁCZAK Mateusz	434	KB FLORIAN ZAJĄCZKI DRUGIE	M-20	7	00:00:01	00:17:39	00:35:58	00:55:33	01:12:51	01:15:51	01:21:19.30	01:21:21.25	+00:10:54 (13.4%)	3:51	15.6 (86.7%)
12	MUSKIETORZ Piotr	517		M-20	8	00:00:02	00:18:11	00:37:44	00:56:45	01:13:30	01:16:32	01:21:33.35	01:21:35.85	+00:11:08 (13.7%)	3:51	15.5 (86.1%)
13	SZCZECIŃSKI Maciej	1024		M-30	2	00:00:03	00:19:24	00:38:38	00:57:37	01:13:42	01:16:35	01:21:33.35	01:21:37.15	+00:11:08 (13.7%)	3:51	15.5 (86.1%)
14	BOCHEŃSKI Grzegorz	90	SBRT GLIWICE	M-40	2	00:00:03	00:18:49	00:37:47	00:56:56	01:13:58	01:17:00	01:22:27.35	01:22:30.45	+00:12:02 (14.6%)	3:54	15.4 (85.6%)
15	ŚLIWIŃSKI Piotr	252	OPEL ACTIVE TEAM GLIWICE	M-30	3	00:00:01	00:18:16	00:37:26	00:57:05	01:14:26	01:17:33	01:22:46.90	01:22:48.70	+00:12:22 (14.9%)	3:55	15.3 (85.0%)
16	NOWICKI Michał	669	KW GLIWICE	M-16	1	00:00:03	00:19:19	00:38:37	00:57:45	01:14:11	01:17:29	01:22:52.20	01:22:55.80	+00:12:27 (15.0%)	3:55	15.3 (85.0%)
17	FLIEGERT Mateusz	1222	SBRT GLIWICE	M-20	9	00:00:04	00:20:10	00:39:52	00:58:29	01:14:56	01:17:54	01:23:00.05	01:23:04.15	+00:12:35 (15.2%)	3:56	15.3 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
18	KULIG Rafał	28	6BPD	M-30	4	00:00:06	00:19:21	00:38:42	00:58:14	01:15:07	01:18:04	01:23:24.55	01:23:30.65	+00:13:00 (15.6%)	3:57	15.2 (84.4%)
19	MATLOK Marek	859	BIEGAJ Z PILECKIM	M-40	3	00:00:03	00:19:19	00:39:00	00:58:28	01:15:27	01:18:25	01:23:44.25	01:23:47.85	+00:13:19 (15.9%)	3:58	15.1 (83.9%)
20	NAGIRNIAK Natalia	496	LKB RUDNIK	K-20	1	00:00:02	00:18:44	00:37:48	00:56:53	01:14:37	01:17:58	01:23:50.25	01:23:52.30	+00:13:25 (16.0%)	3:58	15.1 (83.9%)
21	RAJEK Sebastian	1145		M-40	4	00:00:02	00:18:40	00:38:21	00:58:18	01:15:37	01:18:35	01:23:53.60	01:23:55.65	+00:13:29 (16.1%)	3:58	15.1 (83.9%)
22	KŁĘBEK Kamil	1182	AWF KATOWICE	M-20	10	00:00:03	00:18:44	00:38:11	00:58:00	01:15:21	01:18:30	01:23:59.35	01:24:02.35	+00:13:34 (16.2%)	3:58	15.1 (83.9%)
23	LUBNAU Marek	1203	HARPAGAN SOSNOWIEC	M-50	1	00:00:02	00:19:36	00:39:10	00:58:49	01:15:43	01:18:41	01:24:03.65	01:24:05.90	+00:13:39 (16.2%)	3:59	15.1 (83.9%)
24	KRZAK Robert	1312	AUTHOR BICYCLES	M-50	2	00:00:01	00:19:36	00:39:16	00:58:51	01:15:51	01:18:52	01:24:22.55	01:24:24.25	+00:13:58 (16.6%)	3:59	15 (83.3%)
25	BUDKA Borys	4	SEJM RP	M-30	5	00:00:01	00:19:36	00:39:16	00:58:52	01:15:52	01:18:53	01:24:22.50	01:24:24.40	+00:13:58 (16.6%)	3:59	15 (83.3%)
26	ROGACZ Piotr	583	SZAKALE	M-30	6	00:00:05	00:19:23	00:39:09	00:58:50	01:16:25	01:19:33	01:25:04.80	01:25:10.15	+00:14:40 (17.2%)	4:01	14.9 (82.8%)
27	POŚNIAK Tomasz	600	ISTA BIEGAMY	M-20	11	00:00:02	00:19:40	00:39:30	00:59:18	01:16:43	01:19:44	01:25:15.30	01:25:17.95	+00:14:50 (17.4%)	4:02	14.9 (82.8%)
28	HETMAN Radosław	662	GRUPA NOMAX	M-30	7	00:00:05	00:20:09	00:39:52	00:59:30	01:16:48	01:19:54	01:25:26.40	01:25:31.75	+00:15:01 (17.6%)	4:02	14.8 (82.2%)
29	GICZEWSKI Grzegorz	839	MIECHOWICKA GRUPA BIEGOWA	M-50	3	00:00:09	00:20:33	00:40:55	01:00:55	01:17:52	01:20:50	01:25:46.75	01:25:55.90	+00:15:22 (17.9%)	4:03	14.8 (82.2%)
30	HOZAKOWSKI Marcin	860		M-20	12	00:00:04	00:20:38	00:40:55	01:00:59	01:17:58	01:20:56	01:26:09.15	01:26:13.60	+00:15:44 (18.3%)	4:04	14.7 (81.7%)
31	PLOCH Jakub	229	NIGHT RUNNERS ZABRZE	M-20	13	00:00:02	00:19:21	00:39:47	01:00:08	01:17:40	01:20:50	01:26:34.70	01:26:37.55	+00:16:10 (18.7%)	4:06	14.6 (81.1%)
32	KRZESIAK Marcin	852		M-30	9	00:00:05	00:20:05	00:40:47	01:01:01	01:18:27		01:26:39.80	01:26:44.80	+00:16:15 (18.8%)	4:06	14.6 (81.1%)
33	SZECÓWKA Aneta	687		K-30	3	00:00:06	00:19:38	00:39:56	01:00:11	01:17:55	01:21:04	01:26:42.85	01:26:49.00	+00:16:18 (18.8%)	4:06	14.6 (81.1%)
34	NIESLON Marek	603		M-30	8	00:00:36	00:20:42	00:40:46	01:00:32	01:17:48	01:20:55	01:26:13.20	01:26:50.10	+00:15:48 (18.3%)	4:05	14.7 (81.7%)
35	SPYCHALSKI Adam	1204		M-40	5	00:00:03	00:19:46	00:40:03	01:00:18	01:17:57	01:21:08	01:26:52.40	01:26:55.55	+00:16:27 (19.0%)	4:07	14.6 (81.1%)
36	SZWEDA Piotr	778	MIECHOWICKA GRUPA BIEGOWA	M-40	6	00:00:09	00:20:32	00:40:36	01:00:46	01:18:18	01:21:29	01:27:09.65	01:27:19.40	+00:16:45 (19.2%)	4:07	14.5 (80.6%)
37	WOLNY Krzysztof	358		M-30	10	00:00:03	00:20:24	00:40:51	01:01:03	01:18:31	01:21:44	01:27:21.10	01:27:24.45	+00:16:56 (19.4%)	4:08	14.5 (80.6%)
38	STACHURA Mateusz	1213	SBRT GLIWICE	M-20	14	00:00:03	00:18:11	00:39:19	01:00:13	01:18:23	01:21:43	01:27:34.85	01:27:38.45	+00:17:10 (19.6%)	4:09	14.5 (80.6%)
39	PIEKARCYK Sławomir	650	UNIwersytet Śląski	M-20	15	00:00:05	00:19:44	00:40:04	01:00:31	01:18:35	01:21:52	01:27:43.95	01:27:48.95	+00:17:19 (19.7%)	4:09	14.4 (80.0%)
40	GROŃ Krystian	1043		M-20	16	00:00:06	00:20:08	00:40:16	01:00:40	01:18:38	01:21:58	01:27:49.35	01:27:55.75	+00:17:24 (19.8%)	4:09	14.4 (80.0%)
41	DUŻNIAK Dominik	166	STEP-DANCE RUN	M-30	11	00:00:02	00:19:41	00:40:01	01:00:25	01:18:33	01:22:07	01:27:57.20	01:27:59.45	+00:17:32 (19.9%)	4:10	14.4 (80.0%)
42	BIALIK Marcin	971		M-20	17	00:00:03	00:19:33	00:40:02	01:01:06	01:19:28	01:22:45	01:28:19.85	01:28:22.95	+00:17:55 (20.3%)	4:11	14.3 (79.4%)
43	SLADEK Dawid	210		M-20	18	00:00:05	00:19:52	00:40:24	01:00:56	01:18:55	01:22:19	01:28:21.85	01:28:27.65	+00:17:57 (20.3%)	4:11	14.3 (79.4%)
44	SZCZESNY Damian	1142	WIELUŃ BIEGA	M-30	13	00:00:07	00:20:10	00:40:38	01:00:59	01:19:14	01:22:34	01:28:27.75	01:28:34.75	+00:18:03 (20.4%)	4:11	14.3 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
45	OŚLIZŁO Tomasz	1132		M-20	19	00:00:04	00:21:21	00:42:32	01:02:52	01:20:22	01:23:29	01:28:51.00	01:28:55.75	+00:18:26 (20.8%)	4:12	14.2 (78.9%)
46	ORZECHOWSKI Arkadiusz	794	MIECHOWICKA GRUPA BIEGOWA	M-40	7	00:00:08	00:20:33	00:41:09	01:01:39	01:19:42	01:22:58	01:28:50.05	01:28:58.70	+00:18:25 (20.7%)	4:12	14.3 (79.4%)
47	WYLEŻAŁEK Alina	438	NIGHT RUNNERS GLIWICE	K-30	4	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09	01:23:18	01:29:02.85	01:29:09.65	+00:18:38 (20.9%)	4:13	14.2 (78.9%)
48	BIŃCZYK Dariusz	821	ZABIEGANI CZĘSTOCHOWA	M-30	14	00:00:04	00:20:41	00:41:30	01:02:13	01:20:22	01:23:39	01:29:19.10	01:29:23.85	+00:18:54 (21.2%)	4:13	14.2 (78.9%)
49	LIGOCKI Michał	959	CHOP ZE ŻELAZA TRI TEAM	M-30	15	00:00:03	00:20:34	00:41:21	01:02:08	01:20:22	01:23:36	01:29:22.60	01:29:25.60	+00:18:58 (21.2%)	4:14	14.2 (78.9%)
50	MAJCHRZAK Marcin	261	HOLBOX RUNNERS	M-40	8	00:00:05	00:20:21	00:41:01	01:01:54		01:23:38	01:29:25.40	01:29:31.10	+00:19:00 (21.3%)	4:14	14.2 (78.9%)
51	JACHYMEK Bartłomiej	1076	JACEKBIEGA RUNNING TEAM	M-40	9	00:00:05	00:20:56	00:41:45	01:02:41	01:20:36	01:23:51	01:29:34.50	01:29:39.65	+00:19:10 (21.4%)	4:14	14.1 (78.3%)
52	MAŁKA Bartosz	152		M-30	17	00:00:04	00:20:27	00:41:21	01:02:11	01:20:27	01:23:44	01:29:35.85	01:29:40.25	+00:19:11 (21.4%)	4:14	14.1 (78.3%)
53	WALKOWIAK Artur	634	UCIEKAM PRZED DOBRĄ ZMIANĄ	M-40	10	00:00:05	00:20:07	00:40:48	01:01:22	01:20:13	01:23:35	01:29:37.00	01:29:42.00	+00:19:12 (21.4%)	4:14	14.1 (78.3%)
54	BAGAN Grzegorz	12	GOGGLE PAE TEAM	M-40	11	00:00:03	00:19:53	00:40:26	01:01:54	01:20:26	01:23:48	01:29:39.30	01:29:42.80	+00:19:14 (21.5%)	4:14	14.1 (78.3%)
55	BĄBSKI Szymon	872	KS HALNY WĘGIERSKA GÓRKA	M-30	16	00:00:12	00:20:54	00:41:51	01:02:43	01:20:40	01:23:54	01:29:32.20	01:29:44.75	+00:19:07 (21.4%)	4:14	14.1 (78.3%)
56	SKORUPKA Adam	575	III LO IM. WINCENTEGO STYCZYŃSKIEGO	M-16	2	00:00:08	00:20:53	00:42:07	01:02:59	01:20:53	01:24:03	01:29:37.75	01:29:46.70	+00:19:13 (21.4%)	4:14	14.1 (78.3%)
57	MATERLA Marek	196	ZRYW SŁUPSKO	M-30	18	00:00:06	00:20:36	00:41:29	01:02:23	01:20:38	01:23:49	01:29:41.00	01:29:47.95	+00:19:16 (21.5%)	4:15	14.1 (78.3%)
58	MAŚCIBRZUCH Marcin	273		M-20	20	00:00:07	00:21:06	00:42:07	01:02:58	01:20:48	01:24:05	01:29:44.20	01:29:51.40	+00:19:19 (21.5%)	4:15	14.1 (78.3%)
59	BOGUS Bartosz	228		M-20	21	00:00:06	00:21:07	00:42:08	01:02:59	01:21:00	01:24:11	01:29:54.90	01:30:01.30	+00:19:30 (21.7%)	4:15	14.1 (78.3%)
60	WYŁUPEK Tomasz	812	SZAKALE	M-40	12	00:00:09	00:21:14	00:42:21	01:03:06	01:21:06	01:24:24	01:30:05.00	01:30:14.25	+00:19:40 (21.8%)	4:16	14.1 (78.3%)
61	CYROŃ Adrian	1122		M-30	19	00:00:07	00:21:15	00:42:18	01:03:11	01:21:18	01:24:33	01:30:07.30	01:30:14.95	+00:19:42 (21.9%)	4:16	14 (77.8%)
62	HOŁDA Marek	1510		M-20	23	00:00:05	00:21:09	00:42:07	01:02:59	01:20:51	01:24:10	01:30:11.10	01:30:16.90	+00:19:46 (21.9%)	4:16	14 (77.8%)
63	PACZKA Michał	1299		M-40	13	00:00:10	00:20:35	00:41:49	01:02:53	01:20:46	01:24:05	01:30:06.25	01:30:17.20	+00:19:41 (21.9%)	4:16	14 (77.8%)
64	SKRZYDELSKI Tomasz	1023		M-20	22	00:00:33	00:20:40	00:41:14	01:02:02	01:20:48	01:24:14	01:29:58.40	01:30:31.90	+00:19:33 (21.7%)	4:15	14.1 (78.3%)
65	KOCZUR Tamara	1085		K-30	5	00:00:06	00:20:25	00:41:29	01:02:39	01:21:07	01:24:26	01:30:27.45	01:30:33.55	+00:20:03 (22.2%)	4:17	14 (77.8%)
66	ŚWIDA Adam	1514	TRIDEA TEAM	M-30	20	00:00:07	00:21:15	00:42:19	01:03:01	01:21:17	01:24:38	01:30:33.25	01:30:40.85	+00:20:08 (22.2%)	4:17	14 (77.8%)
67	KUPIJAJ Marcin	410	SOCIOS GÓRNIK	M-20	24	00:00:30	00:20:44	00:41:43	01:02:36	01:21:09	01:24:34	01:30:30.40	01:31:00.40	+00:20:05 (22.2%)	4:17	14 (77.8%)
68	WIECHUŁA Marcin	169		M-30	21	00:00:06	00:20:02	00:40:56	01:02:20	01:21:12	01:24:42	01:31:01.15	01:31:07.95	+00:20:36 (22.6%)	4:18	13.9 (77.2%)
69	GRZYB Dariusz	894	BRAK	M-40	14	00:00:08	00:20:35	00:42:06	01:03:00	01:21:56	01:25:26	01:31:12.20	01:31:20.35	+00:20:47 (22.8%)	4:19	13.9 (77.2%)
70	POLACZEK Alexander	405		M-40	15	00:00:04	00:20:11	00:40:55	01:02:18	01:21:39	01:25:12	01:31:21.30	01:31:25.85	+00:20:56 (22.9%)	4:19	13.9 (77.2%)
71	BROSZ Michał	1175		M-40	17	00:00:00						01:31:47.00	01:31:47.00	+00:21:22 (23.3%)	4:20	13.8 (76.7%)

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72	PAWLIK Marek	192	ATHLETICS NYSA	M-40	16	00:00:06	00:21:22	00:42:43	01:04:09	01:22:41	01:26:02	01:31:45.90	01:31:52.00	+00:21:21 (23.3%)	4:20	13.8 (76.7%)
73	LASKOWSKI Tomasz	118	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:07	00:20:54	00:42:03	01:03:21	01:22:35	01:25:51	01:31:45.45	01:31:53.15	+00:21:21 (23.3%)	4:20	13.8 (76.7%)
74	NOGAJ Janusz	1037	OCHAJORUN & FRIENDS	M-30	23	00:00:08	00:21:09	00:42:11	01:03:31	01:22:35	01:25:57	01:31:50.25	01:31:58.90	+00:21:25 (23.3%)	4:21	13.8 (76.7%)
75	DAMEC Olek	718		M-40	18	00:00:07	00:21:11	00:42:13	01:03:35		01:26:07	01:31:52.35	01:32:00.25	+00:21:27 (23.4%)	4:21	13.8 (76.7%)
76	WOLNY Dariusz	336	LIDEON	M-30	24	00:00:06	00:20:55	00:42:08	01:03:13	01:22:25	01:25:58	01:32:07.85	01:32:13.85	+00:21:43 (23.6%)	4:21	13.7 (76.1%)
77	PYSZ Grzegorz	396	HR MAX ŻORY	M-40	19	00:00:10	00:20:32	00:41:24	01:02:42	01:22:36	01:25:58	01:32:05.10	01:32:15.95	+00:21:40 (23.5%)	4:21	13.7 (76.1%)
78	LEWICKI Tomasz	15	AKMB PĘDZIWIATR GLIWICE	M-30	25	00:00:07	00:20:45	00:42:03	01:03:30	01:22:44	01:26:11	01:32:10.55	01:32:17.85	+00:21:46 (23.6%)	4:22	13.7 (76.1%)
79	DWORNICZAK Łukasz	716		M-30	26	00:00:07	00:20:52	00:42:06	01:02:59	01:21:37	01:25:37	01:32:20.75	01:32:28.60	+00:21:56 (23.8%)	4:22	13.7 (76.1%)
80	JAWOROWSKI Witold	774	AMATOR	M-50	4	00:00:13	00:21:38	00:43:25	01:04:56	01:23:16	01:26:31	01:32:16.60	01:32:29.65	+00:21:52 (23.7%)	4:22	13.7 (76.1%)
81	SAP Karolina	355	NR GLIWICE	K-20	2	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09	01:26:36	01:32:27.80	01:32:34.95	+00:22:03 (23.9%)	4:22	13.7 (76.1%)
82	ZAWIŚŁAK Patryk	1119	RUNNERS WOJKOWICE TEAM	M-20	25	00:00:06	00:20:24	00:42:07	01:03:57		01:26:46	01:32:32.70	01:32:38.95	+00:22:08 (23.9%)	4:23	13.7 (76.1%)
83	SARNECKI Adam	801		M-30	27	00:00:12	00:21:03	00:42:03	01:03:11	01:22:11	01:25:52	01:32:29.05	01:32:41.55	+00:22:04 (23.9%)	4:22	13.7 (76.1%)
84	KILIŃSKI Jacek	1238		M-40	20	00:00:02	00:19:31	00:40:46	01:02:47	01:22:31	01:26:09	01:32:48.50	01:32:50.55	+00:22:24 (24.1%)	4:23	13.6 (75.6%)
85	RODAK Piotr	298	MZT	M-50	5	00:00:10	00:21:54	00:43:49	01:05:05	01:23:29	01:26:48	01:32:40.40	01:32:51.30	+00:22:15 (24.0%)	4:23	13.7 (76.1%)
86	OKOŃ Łukasz	226		M-30	28	00:00:08	00:20:37	00:42:15	01:03:58	01:23:04	01:26:35	01:32:46.10	01:32:54.30	+00:22:21 (24.1%)	4:23	13.6 (75.6%)
87	CHOMIK Rafał	869	T2 TRIATHLON TEAM	M-30	29	00:00:03	00:19:42	00:40:57	01:02:55	01:22:53	01:26:23	01:32:54.35	01:32:57.45	+00:22:29 (24.2%)	4:24	13.6 (75.6%)
88	OŚLIZŁO Marcin	1157	31 URODZINY:)	M-30	30	00:00:04	00:21:21	00:42:32	01:04:00	01:23:17	01:26:48	01:32:57.80	01:33:02.25	+00:22:33 (24.3%)	4:24	13.6 (75.6%)
89	HOŁA Paweł	1183	BTM RUNNERS	M-30	31	00:00:09	00:21:16	00:42:31	01:04:04	01:23:31	01:27:02	01:33:04.70	01:33:14.55	+00:22:40 (24.4%)	4:24	13.6 (75.6%)
90	CISZEWSKI Wojciech	957		M-40	23	00:00:04	00:20:11	00:41:43	01:04:41	01:23:50	01:27:18	01:33:11.10	01:33:16.05	+00:22:46 (24.4%)	4:25	13.6 (75.6%)
91	BOSAK Sławomir	760	BIŁGORAJ BIEGA	M-40	22	00:00:21	00:21:07	00:42:49	01:04:17	01:23:23	01:26:55	01:32:59.55	01:33:20.90	+00:22:35 (24.3%)	4:24	13.6 (75.6%)
92	BIELECKI Krzysztof	939		M-30	33	00:00:10	00:21:22	00:42:53	01:04:17	01:23:25	01:26:59	01:33:13.85	01:33:24.30	+00:22:49 (24.5%)	4:25	13.6 (75.6%)
93	CZABAŃSKI Rafał	259	RUNHOGS TYCHY	M-30	34	00:00:09	00:21:41	00:43:33	01:05:08	01:23:57	01:27:23	01:33:20.05	01:33:29.70	+00:22:55 (24.6%)	4:25	13.6 (75.6%)
94	SKWORC Grzegorz	1013	NIGHT RUNNERS GLIWICE	M-20	27	00:00:03	00:20:22	00:42:35	01:05:12	01:24:30	01:27:53	01:33:32.90	01:33:35.95	+00:23:08 (24.7%)	4:25	13.5 (75.0%)
95	RUDKO Michał	544	KLUCZBORSKA GRUPA BIEGOWA	M-20	28	00:00:05	00:19:33	00:40:06	01:01:43	01:22:20	01:26:23	01:33:37.55	01:33:42.85	+00:23:13 (24.8%)	4:26	13.5 (75.0%)
96	SURMA Jakub	1263		M-20	26	00:00:58	00:20:54	00:42:40	01:04:15	01:23:32	01:27:04	01:33:00.00	01:33:58.15	+00:22:35 (24.3%)	4:24	13.6 (75.6%)
97	GŁUSZAK Adam	721		M-30	32	00:00:59	00:21:21	00:42:40	01:04:10	01:23:14	01:26:50	01:33:11.05	01:34:10.90	+00:22:46 (24.4%)	4:24	13.6 (75.6%)
98	STASIAK Mirosław	588	NIGHT RUNNERS GLIWICE	M-30	35	00:00:30	00:21:11	00:42:26	01:05:06	01:24:19	01:27:43	01:33:47.15	01:34:17.65	+00:23:22 (24.9%)	4:26	13.5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
99	BAK Henryk	960		M-40	21	00:01:24	00:21:21	00:43:12	01:04:48	01:23:46	01:27:13	01:32:58.20	01:34:22.25	+00:22:33 (24.3%)	4:24	13.6 (75.6%)
100	LATOŃ Adam	748		M-30	38	00:00:08	00:21:35	00:43:46	01:05:43	01:24:37	01:28:05	01:34:15.25	01:34:23.50	+00:23:50 (25.3%)	4:28	13.4 (74.4%)
101	WÓJCIK Dariusz	1156		M-40	26	00:00:10	00:21:07	00:42:52	01:04:23	01:24:11	01:27:51	01:34:18.05	01:34:28.40	+00:23:53 (25.3%)	4:28	13.4 (74.4%)
102	FALKENBERG Ludwik	41	RUN-LOG.COM	M-40	25	00:00:21	00:21:14	00:42:59	01:04:58	01:24:36	01:28:06	01:34:12.00	01:34:33.65	+00:23:47 (25.3%)	4:27	13.4 (74.4%)
103	KRĘŻOŁEK Daniel	741		M-30	37	00:00:25	00:22:11	00:44:02	01:05:51	01:24:52	01:28:14	01:34:09.75	01:34:35.60	+00:23:45 (25.2%)	4:27	13.4 (74.4%)
104	KORKUŚ Jarosław	871	WOSIEK TEAM	M-30	40	00:00:08	00:21:58	00:43:47	01:05:17		01:28:18	01:34:26.80	01:34:35.75	+00:24:02 (25.5%)	4:28	13.4 (74.4%)
105	CHROBOK Łukasz	165	NIGHT RUNNERS ZABRZE	M-30	39	00:00:12	00:21:35	00:43:41	01:05:45	01:24:59	01:28:25	01:34:24.15	01:34:36.40	+00:23:59 (25.4%)	4:28	13.4 (74.4%)
106	IMAŃSKI Grzegorz	1136		M-40	27	00:00:08	00:21:20	00:42:59	01:05:00	01:24:44	01:28:17	01:34:29.30	01:34:38.15	+00:24:04 (25.5%)	4:28	13.4 (74.4%)
107	MUSZKIET Piotr	836	MAXIMUS ZAWADZKIE	M-40	28	00:00:05	00:21:09	00:42:09	01:04:06		01:28:05	01:34:33.75	01:34:39.05	+00:24:09 (25.5%)	4:28	13.4 (74.4%)
108	PETRUS Łukasz	1117		M-30	12	00:06:20	00:20:13	00:40:45	01:01:18	01:19:31	01:22:46	01:28:22.10	01:34:42.25	+00:17:57 (20.3%)	4:11	14.3 (79.4%)
109	KRÓL Dariusz	449	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	36	00:00:40	00:22:00	00:44:16	01:05:46	01:24:27	01:27:56	01:34:03.60	01:34:44.20	+00:23:39 (25.1%)	4:27	13.5 (75.0%)
110	SŁOMCZYŃSKI Bartosz	694	10 BLOG	M-30	41	00:00:09	00:21:54	00:43:52	01:05:47	01:25:16	01:28:47	01:34:39.20	01:34:48.25	+00:24:14 (25.6%)	4:29	13.4 (74.4%)
111	KOWALCZYK Adam	1025	STS BIEGATON	M-40	29	00:00:08	00:21:32	00:43:40	01:05:50	01:25:21	01:28:48	01:34:42.80	01:34:51.55	+00:24:18 (25.7%)	4:29	13.4 (74.4%)
112	OLESIŃSKI Tomasz	374		M-40	30	00:00:10	00:21:22	00:42:52	01:04:45	01:24:32	01:28:13	01:34:47.10	01:34:57.65	+00:24:22 (25.7%)	4:29	13.4 (74.4%)
113	WIECZOREK Andrzej	768	HASIOK	M-30	42	00:00:10	00:21:57	00:44:15	01:06:07	01:25:23	01:28:50	01:34:49.05	01:34:59.05	+00:24:24 (25.7%)	4:29	13.4 (74.4%)
114	KROCZEK Andrzej	1061		M-40	24	00:00:53	00:22:34	00:44:16	01:05:40	01:24:35	01:28:03	01:34:05.60	01:34:59.20	+00:23:41 (25.2%)	4:27	13.5 (75.0%)
115	WALIGÓRSKI Robert	633	PARKRUN KĘDZIERZYN-KOŹLE	M-40	31	00:00:07	00:21:18	00:42:58	01:04:58	01:25:08	01:28:40	01:34:57.75	01:35:05.35	+00:24:33 (25.9%)	4:30	13.3 (73.9%)
116	ZWOLAK Tomasz	190	NIGHT RUNNERS ZABRZE	M-30	44	00:00:12	00:21:34	00:43:42	01:05:45	01:25:22	01:28:51	01:34:56.50	01:35:08.55	+00:24:32 (25.8%)	4:29	13.3 (73.9%)
117	FIJAŁKOWSKI Paweł	936	KALINOWSKI TEAM	M-30	43	00:00:19	00:22:15	00:44:30	01:06:16	01:25:23	01:29:00	01:34:50.30	01:35:09.65	+00:24:25 (25.8%)	4:29	13.3 (73.9%)
118	RZEPKA Piotr	564	PARKRUN KATOWICE	M-20	29	00:00:29	00:22:20	00:44:27	01:06:28	01:25:39	01:29:04	01:34:42.85	01:35:12.05	+00:24:18 (25.7%)	4:29	13.4 (74.4%)
119	FIELHAUER Mateusz	673	KP PSP RACIBÓRZ / EASY RUN	M-20	30	00:00:11	00:21:59	00:44:12	01:06:07	01:25:44	01:29:11	01:35:00.70	01:35:12.35	+00:24:36 (25.9%)	4:30	13.3 (73.9%)
120	KARGÓL Rafał	658	LOGTECH TEAM RADZIONKÓW	M-30	45	00:00:17	00:23:26	00:45:56	01:07:36	01:26:26	01:29:46	01:34:58.65	01:35:15.80	+00:24:34 (25.9%)	4:30	13.3 (73.9%)
121	GRAMATYKA Jan	729		M-30	46	00:00:16	00:22:05	00:44:17	01:06:16	01:25:38	01:29:04	01:35:00.65	01:35:17.05	+00:24:36 (25.9%)	4:30	13.3 (73.9%)
122	RACZEK Sławomir	46	KELLER TEAM	M-30	47	00:00:06	00:21:09	00:43:03	01:05:31	01:25:38	01:29:17	01:35:17.95	01:35:24.55	+00:24:53 (26.1%)	4:30	13.3 (73.9%)
123	OZYP Mariusz	303	607376112	M-20	31	00:00:03	00:21:54	00:44:12	01:06:18		01:29:29	01:35:23.80	01:35:27.75	+00:24:59 (26.2%)	4:31	13.3 (73.9%)
124	OZYP Mariusz	1288	MOMO RESTAURANT & COCKTAIL BAR	M-20	32	00:00:03	00:21:54	00:44:13	01:06:18	01:25:58	01:29:29	01:35:24.40	01:35:28.05	+00:24:59 (26.2%)	4:31	13.3 (73.9%)
125	HRYSZKO Kazimierz	1170	40-LATEK TYCHY	M-50	6	00:00:22	00:23:00	00:44:59	01:06:41	01:25:38	01:29:05	01:35:10.35	01:35:32.45	+00:24:45 (26.0%)	4:30	13.3 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
126	WANIEWSKI Michał	250		M-30	48	00:00:18	00:22:47	00:45:14	01:06:59	01:26:13	01:29:38	01:35:20.85	01:35:39.15	+00:24:56 (26.2%)	4:31	13.3 (73.9%)
127	STAWARCZYK Krystian	840	OPEL ACTIVE TEAM	M-30	50	00:00:08	00:21:55	00:44:13	01:06:26	01:26:00	01:29:31	01:35:32.40	01:35:40.60	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
128	KANIA Michał	325		M-40	33	00:00:04	00:21:39	00:44:00	01:06:13	01:25:48	01:29:19	01:35:37.30	01:35:41.45	+00:25:12 (26.4%)	4:31	13.2 (73.3%)
129	SOSNA Adrian	1000		M-30	49	00:00:10	00:21:57	00:44:42	01:07:01	01:26:17	01:29:43	01:35:31.90	01:35:42.65	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
130	ŁUKASZEK Grzegorz	1230		M Open	1	00:00:10	00:21:57	00:44:42	01:07:01	01:26:16	01:29:42	01:35:32.15	01:35:42.80	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
131	KACZOR Sebastian	845	MIĘDZYGAŁAKTYCZNY KLUB ROZBIEGANYCH KACZEK	M-40	32	00:00:14	00:22:39	00:45:16	01:07:17	01:26:17	01:29:32	01:35:34.45	01:35:48.95	+00:25:10 (26.3%)	4:31	13.2 (73.3%)
132	BEHRENDT Jakub	931	KB LECE BO CHCE	M-40	34	00:00:08	00:21:10	00:43:38	01:06:15	01:25:59	01:29:28	01:35:41.65	01:35:49.80	+00:25:17 (26.4%)	4:32	13.2 (73.3%)
133	BEŚKA Sławomir	183	OCHAJORUN & FRIENDS	M-40	35	00:00:08	00:21:10	00:43:14	01:05:28	01:25:33	01:29:11	01:35:43.10	01:35:51.20	+00:25:18 (26.4%)	4:32	13.2 (73.3%)
134	KUCHNIA Krzysztof	909	TS REGLE SZKLARSKA PORĘBA	M-50	7	00:00:09	00:22:04	00:44:50	01:07:03	01:26:19	01:29:50	01:35:47.05	01:35:56.90	+00:25:22 (26.5%)	4:32	13.2 (73.3%)
135	STAROSTKA Jacek	1089	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	36	00:00:07	00:21:41	00:43:33	01:05:26	01:25:46	01:29:24	01:35:50.70	01:35:58.30	+00:25:26 (26.5%)	4:32	13.2 (73.3%)
136	ŚLIWA Paweł	908		M-20	34	00:00:14	00:23:02	00:45:15	01:07:16	01:26:17	01:29:41	01:35:44.45	01:35:58.55	+00:25:20 (26.5%)	4:32	13.2 (73.3%)
137	PTAK Krzysztof	777	HR MAX ŻORY	M-30	53	00:00:12	00:22:09	00:44:22	01:06:16	01:25:57	01:29:33	01:35:52.00	01:36:04.85	+00:25:27 (26.6%)	4:32	13.2 (73.3%)
138	DOMAŃSKI Marcin	83	BFRT & LAUF TEAM THIESEN	M-40	37	00:00:14	00:21:43	00:43:49	01:06:28	01:26:11	01:29:41	01:35:56.00	01:36:10.05	+00:25:31 (26.6%)	4:32	13.2 (73.3%)
139	DĄBROWSKI Piotr	1131	BIEGOWA ŚWIDNICA	M-30	51	00:00:38	00:21:56	00:44:11	01:06:30	01:26:04	01:29:31	01:35:34.10	01:36:12.80	+00:25:09 (26.3%)	4:31	13.2 (73.3%)
140	JACKOWSKI Piotr	646		M-40	38	00:00:06	00:22:15	00:44:49	01:07:30		01:30:19	01:36:08.70	01:36:14.75	+00:25:44 (26.8%)	4:33	13.2 (73.3%)
141	CHRAPKOWICZ Damian	365	304	M-20	33	00:00:37	00:22:11	00:44:18	01:06:29	01:26:19	01:29:44	01:35:37.85	01:36:15.20	+00:25:13 (26.4%)	4:31	13.2 (73.3%)
142	MICHALSKI Jarosław	832	HETMAN TARNOWSKIE GÓRY	M-30	56	00:00:05	00:21:12	00:43:07	01:05:47	01:26:07	01:29:47	01:36:14.35	01:36:20.00	+00:25:49 (26.8%)	4:33	13.2 (73.3%)
143	MAJERANOWSKI Marek	1063	SMOLEŃ BYTOM	M-30	54	00:00:17	00:21:13	00:43:43	01:06:13		01:29:41	01:36:06.45	01:36:23.70	+00:25:42 (26.7%)	4:33	13.2 (73.3%)
144	STRUK Maciej	974	DREAM RUN	M-30	52	00:00:36	00:22:03	00:44:22	01:06:23		01:29:37	01:35:49.30	01:36:26.00	+00:25:24 (26.5%)	4:32	13.2 (73.3%)
145	FOJCIK Rafał	411	OPEL ACTIV TEAM	M-30	55	00:00:19	00:21:29	00:43:35	01:06:03	01:26:09	01:29:49	01:36:07.95	01:36:27.65	+00:25:43 (26.8%)	4:33	13.2 (73.3%)
146	FURMANEK Łukasz	175	KLUB BIEGACZA SANTANDERA	M-30	57	00:00:08	00:21:42	00:43:25	01:05:30		01:29:48	01:36:28.30	01:36:36.75	+00:26:03 (27.0%)	4:34	13.1 (72.8%)
147	SIEJA Sebastian	7	JW 4415	M-20	36	00:00:11	00:22:19	00:44:23	01:06:58		01:30:33	01:36:29.45	01:36:40.75	+00:26:05 (27.0%)	4:34	13.1 (72.8%)
148	KOWOLIK Łukasz	994	AMATOR	M-20	35	00:00:20	00:22:11	00:44:55	01:07:15	01:26:37	01:30:11	01:36:22.75	01:36:42.85	+00:25:58 (26.9%)	4:34	13.1 (72.8%)
149	WAWRZAK Ryszard	1515	SBRT	M-40	39	00:00:16	00:21:27	00:43:42	01:06:24	01:26:36	01:30:12	01:36:37.15	01:36:53.15	+00:26:12 (27.1%)	4:34	13.1 (72.8%)
150	BŁACH Piotr	1221	SBRT GLIWICE	M-40	41	00:00:08	00:21:18	00:43:03	01:06:32	01:26:43	01:30:20	01:36:45.20	01:36:53.40	+00:26:20 (27.2%)	4:35	13.1 (72.8%)
151	BARAN Łukasz	1108		M-30	58	00:00:21	00:22:50	00:45:25	01:07:56	01:27:08	01:30:35	01:36:32.50	01:36:54.35	+00:26:08 (27.1%)	4:34	13.1 (72.8%)
152	ŁUSZCZ Remigiusz	589	NASNIEDOGONIAT	M-16	3	00:00:47	00:20:12	00:41:02	01:03:33	01:25:29	01:29:39	01:36:10.10	01:36:57.75	+00:25:45 (26.8%)	4:33	13.2 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
153	OLSZESKI Zbigniew	1303	ROZTOCZE KRASNOBRÓD	M-40	43	00:00:10		00:44:42	01:07:01	01:27:05	01:30:45	01:36:54.35	01:37:04.90	+00:26:29 (27.3%)	4:35	13.1 (72.8%)
154	MYKAŁA Rafał	393	NBK	M-40	42	00:00:19	00:23:23	00:46:39	01:09:58	01:28:29	01:31:31	01:36:47.95	01:37:07.90	+00:26:23 (27.3%)	4:35	13.1 (72.8%)
155	GOLDA Piotr	827		M-40	40	00:00:26	00:24:12	00:46:36	01:08:27	01:27:29	01:30:51	01:36:44.80	01:37:11.25	+00:26:20 (27.2%)	4:35	13.1 (72.8%)
156	PUŚCIZNA Paweł	775	SAINT-GOBAIN SQUAD	M-40	45	00:00:08	00:22:28	00:45:09	01:07:43	01:27:26	01:30:58	01:37:04.15	01:37:13.10	+00:26:39 (27.5%)	4:36	13 (72.2%)
157	NOWAKOWSKI Zenon	841	-	M-50	8	00:00:14	00:23:11	00:45:32	01:07:51	01:27:26	01:30:53	01:37:00.95	01:37:15.45	+00:26:36 (27.4%)	4:35	13 (72.2%)
158	GOŁĘBIEWSKI Bartek	696		M-40	44	00:00:18	00:22:44	00:45:37	01:08:07		01:30:50	01:36:58.20	01:37:16.80	+00:26:33 (27.4%)	4:35	13.1 (72.8%)
159	ROSKOSZ Rafał	1178	OBERSCHLESIEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	60	00:00:41	00:22:40	00:45:46	01:08:25	01:27:26	01:30:47	01:36:36.65	01:37:18.15	+00:26:12 (27.1%)	4:34	13.1 (72.8%)
160	SZKÓŁKA Marcin	896	WARY PANY	M-30	59	00:00:43	00:22:45	00:45:21	01:07:39	01:26:54	01:30:25	01:36:35.60	01:37:19.55	+00:26:11 (27.1%)	4:34	13.1 (72.8%)
161	MULARCZYK Marek	320		M-20	38	00:00:29	00:21:21	00:43:41	01:06:36	01:27:11	01:30:52	01:37:05.15	01:37:34.30	+00:26:40 (27.5%)	4:36	13 (72.2%)
162	ZOK Karol	221		M-30	61	00:00:27	00:22:33	00:44:47	01:07:13	01:27:15	01:30:51	01:37:09.90	01:37:37.40	+00:26:45 (27.5%)	4:36	13 (72.2%)
163	KĘSICKI Robert	1004	NIGHT RUNNERS GLIWICE	M-30	64	00:00:06	00:21:59	00:44:19	01:06:28	01:26:59	01:30:47	01:37:39.15	01:37:45.25	+00:27:14 (27.9%)	4:37	13 (72.2%)
164	FRĄC Dariusz	1296	MOMO RESTAURANT & COCKTAIL BAR	M-40	47	00:00:14	00:22:16	00:44:46	01:07:24	01:27:33	01:31:09	01:37:33.90	01:37:48.45	+00:27:09 (27.8%)	4:37	13 (72.2%)
165	BOROWIAK Piotr	465		M-40	46	00:00:39	00:23:03	00:46:19	01:09:23		01:31:36	01:37:09.55	01:37:48.75	+00:26:45 (27.5%)	4:36	13 (72.2%)
166	HILASZEK Agata	124	NIGHT RUNNERS GLIWICE	K-20	3	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04	01:31:31	01:37:33.35	01:37:49.55	+00:27:08 (27.8%)	4:37	13 (72.2%)
167	SLUPINA Maciej	270		M-30	65	00:00:05	00:21:54	00:44:42	01:07:28	01:27:40	01:31:22	01:37:47.30	01:37:53.00	+00:27:22 (28.0%)	4:38	12.9 (71.7%)
168	DRAGA Marek	773		M-40	48	00:00:07	00:21:08	00:43:33	01:06:38	01:27:24	01:31:11	01:37:53.50	01:38:00.75	+00:27:29 (28.1%)	4:38	12.9 (71.7%)
169	FYSZ Karolina	1215	SBRT GLIWICE	K-20	4	00:00:11	00:22:25	00:45:05	01:07:41	01:27:55	01:31:29	01:37:49.65	01:38:01.10	+00:27:25 (28.0%)	4:38	12.9 (71.7%)
170	DIDYK Grzegorz	826	MIASTO NIERUCHOMOŚCI BYTOM	M-30	66	00:00:18	00:22:44	00:45:27	01:08:04	01:28:07		01:37:51.80	01:38:10.55	+00:27:27 (28.1%)	4:38	12.9 (71.7%)
171	WIECZOREK Dawid	638	PSYCHONAUCI	M-30	62	00:00:54	00:22:40	00:45:03	01:07:37	01:27:34	01:31:04	01:37:20.50	01:38:15.25	+00:26:56 (27.7%)	4:36	13 (72.2%)
172	WAWRZYNIAK Mariusz	780	DIKOM	M-30	63	00:00:37	00:22:37	00:45:05	01:07:46	01:27:51	01:31:21	01:37:38.35	01:38:15.40	+00:27:13 (27.9%)	4:37	13 (72.2%)
173	BRYKOWSKI Przemysław	500	RUN AND FUN TEAM	M-30	67	00:00:15	00:23:10	00:46:13	01:08:35	01:28:12	01:31:42	01:38:06.50	01:38:21.95	+00:27:42 (28.2%)	4:38	12.9 (71.7%)
174	KSIĄŻKIEWICZ Bartłomiej	732	ROCKY BALBOA RUNNING CLUB	M-30	70	00:00:03	00:21:20	00:43:54	01:07:14	01:28:02	01:31:50	01:38:19.20	01:38:22.75	+00:27:54 (28.4%)	4:39	12.9 (71.7%)
175	ĆWIKLIŃSKI Piotr	932	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	69	00:00:13	00:23:15	00:46:08	01:08:49	01:28:32	01:32:03	01:38:09.65	01:38:23.10	+00:27:45 (28.3%)	4:39	12.9 (71.7%)
176	SMUDA Grzegorz	1138		M-30	72	00:00:00	00:22:57	00:45:54	01:08:47	01:28:49	01:32:23	01:38:25.30	01:38:25.30	+00:28:00 (28.5%)	4:39	12.9 (71.7%)
177	NIŻNIKIEWICZ Grzegorz	577		M-40	50	00:00:09	00:22:35	00:45:46	01:08:47	01:28:41	01:32:17	01:38:17.55	01:38:26.95	+00:27:53 (28.4%)	4:39	12.9 (71.7%)
178	KAWELCZYK Robert	973		M-40	52	00:00:04	00:21:07	00:42:45	01:05:25		01:31:07	01:38:26.80	01:38:31.70	+00:28:02 (28.5%)	4:39	12.9 (71.7%)
179	BERNACKI Eugeniusz	1006	GPRS HYDROKOP	M-50	9	00:00:50	00:21:59	00:44:45	01:07:45	01:27:46	01:31:24	01:37:44.45	01:38:35.40	+00:27:20 (28.0%)	4:37	13 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
180	SADŁO Tomasz	278	KOLEGIUM SĘDZIÓW ZABRZE	M-30	68	00:00:27	00:22:51	00:45:55	01:08:41	01:28:14	01:31:47	01:38:08.50	01:38:35.75	+00:27:44 (28.3%)	4:39	12.9 (71.7%)
181	SIKORA Rafał	849	NIGHT RUNNERS ZABRZE	M-30	71	00:00:15	00:21:52	00:45:03	01:07:58	01:28:22	01:32:01	01:38:21.05	01:38:36.65	+00:27:56 (28.4%)	4:39	12.9 (71.7%)
182	KOCHUIEVSKYI Oleksandr	904		M-20	37	00:01:35	00:22:39	00:45:22	01:07:54	01:27:41	01:31:11	01:37:05.10	01:38:40.85	+00:26:40 (27.5%)	4:36	13 (72.2%)
183	CHOJNA Zygmunt	933	SOCIOS GÓRNIK	M-50	10	00:00:04	00:21:43	00:44:55	01:08:12	01:28:45	01:32:22	01:38:38.40	01:38:43.10	+00:28:13 (28.6%)	4:40	12.8 (71.1%)
184	BYLINOWSKI Oleg	1307	GTT	M-40	53	00:00:14	00:23:12	00:46:18	01:08:56	01:28:37	01:32:13	01:38:30.20	01:38:44.25	+00:28:05 (28.5%)	4:40	12.9 (71.7%)
185	PIENIAŻEK Krzysztof	318		M-40	51	00:00:24	00:22:34	00:45:25	01:08:18	01:28:28	01:32:04	01:38:20.35	01:38:44.90	+00:27:55 (28.4%)	4:39	12.9 (71.7%)
186	JANIK Johan	1177	NIGHT RUNNERS GLIWICE	M-30	74	00:00:15	00:22:49	00:45:48	01:08:40	01:28:31	01:32:13	01:38:35.55	01:38:50.60	+00:28:11 (28.6%)	4:40	12.8 (71.1%)
187	BURZAWA Grzegorz	1518		M-30	75	00:00:12	00:23:30	00:46:45	01:09:42		01:32:30	01:38:44.10	01:38:56.90	+00:28:19 (28.7%)	4:40	12.8 (71.1%)
188	DZIEDZIC Andrzej	582	BHP	M-40	54	00:00:11	00:21:54	00:44:53	01:08:16	01:28:41	01:32:19	01:38:49.50	01:39:00.85	+00:28:25 (28.8%)	4:40	12.8 (71.1%)
189	LESZCZYŃSKI Mariusz	843		M-40	55	00:00:13	00:22:33	00:45:12	01:08:16	01:28:38	01:32:21	01:38:50.10	01:39:03.70	+00:28:25 (28.8%)	4:41	12.8 (71.1%)
190	BRONOWSKI Dariusz	276	SZOMBIERKI RUNNERS / BIEGAM PO ŚLĄSKU	M-30	73	00:00:40	00:23:29	00:46:44	01:09:38	01:29:50	01:33:13	01:38:26.15	01:39:06.15	+00:28:01 (28.5%)	4:39	12.9 (71.7%)
191	BEZUSZKO Tomasz	206		M-40	49	00:01:08	00:23:26	00:46:17	01:08:32	01:28:13	01:31:49	01:37:58.85	01:39:07.15	+00:27:34 (28.1%)	4:38	12.9 (71.7%)
192	GRAETSCH Sebastian	1266		M-30	77	00:00:07	00:21:06	00:43:01	01:06:03	01:28:11	01:32:08	01:39:02.55	01:39:10.00	+00:28:38 (28.9%)	4:41	12.8 (71.1%)
193	ROSIKOŃ Tomasz	934		M-30	76	00:00:20	00:22:33	00:45:16	01:08:09	01:28:36	01:32:20	01:38:53.90	01:39:14.05	+00:28:29 (28.8%)	4:41	12.8 (71.1%)
194	ŁYCZAK Artur	653	VIBOVIT KNURÓW	M-40	56	00:00:21	00:22:35	00:45:40	01:08:53	01:29:05	01:32:41	01:38:53.05	01:39:14.10	+00:28:28 (28.8%)	4:41	12.8 (71.1%)
195	PUC Paweł	1104		M-30	78	00:00:16	00:21:03	00:43:12	01:06:42	01:28:16	01:32:11	01:39:04.75	01:39:21.25	+00:28:40 (28.9%)	4:41	12.8 (71.1%)
196	CHRZANOWSKA Barbara	1285	ZDZIERAJ KAPCIE WWW.AGATSU.PL	K-30	6	00:00:07	00:22:37	00:45:36	01:08:48	01:29:11	01:32:51	01:39:14.95	01:39:22.35	+00:28:50 (29.1%)	4:42	12.8 (71.1%)
197	KAŁAMARZ Mariusz	1099	RUN KAZIK RUN	M-40	57	00:00:09	00:22:02	00:45:08	01:08:23	01:29:07	01:32:46	01:39:12.90	01:39:22.80	+00:28:48 (29.0%)	4:42	12.8 (71.1%)
198	SKOWROŃSKI Michał	993		M-20	40	00:00:45	00:23:13	00:46:26	01:09:23	01:29:08	01:32:39	01:38:42.60	01:39:27.80	+00:28:18 (28.7%)	4:40	12.8 (71.1%)
199	ZASADA Adrian	756	BETANIA TEAM	M-20	42	00:00:07	00:21:42	00:43:48	01:06:07	01:27:32	01:31:48	01:39:27.55	01:39:34.75	+00:29:03 (29.2%)	4:42	12.7 (70.6%)
200	BOROWSKI Piotr	177	OPEL ACTIVE TEAM	M-50	11	00:00:31	00:22:51	00:45:36	01:08:40	01:29:20	01:32:58	01:39:11.00	01:39:42.20	+00:28:46 (29.0%)	4:42	12.8 (71.1%)
201	KĘDZIOR Łukasz	536	HOLBOX RUNNERS	M-30	80	00:00:33	00:22:47	00:46:03	01:09:14	01:29:20	01:33:02	01:39:14.35	01:39:47.95	+00:28:49 (29.1%)	4:42	12.8 (71.1%)
202	MISZTAL Kamil	1012		M-30	82	00:00:22	00:23:20	00:46:36	01:09:56	01:30:14	01:33:45	01:39:28.25	01:39:51.05	+00:29:03 (29.2%)	4:42	12.7 (70.6%)
203	BULIŃSKI Przemysław			M-20	41	00:00:33	00:22:26	00:45:22	01:08:32	01:29:09	01:32:57	01:39:21.35	01:39:54.50	+00:28:56 (29.1%)	4:42	12.7 (70.6%)
204	LOSKA Tomasz	644	TOMASZ LOSKA	M-20	43	00:00:22	00:24:10	00:47:47	01:10:39	01:30:03	01:33:32	01:39:35.45	01:39:57.45	+00:29:11 (29.3%)	4:43	12.7 (70.6%)
205	KLYSZCZ Michał	382		M-20	39	00:01:37	00:24:19	00:46:57	01:09:26	01:28:47	01:32:19	01:38:22.65	01:40:00.50	+00:27:58 (28.4%)	4:39	12.9 (71.7%)
206	SZCZEPAŃSKI Tomasz	964		M-30	84	00:00:13	00:23:03	00:46:26	01:09:37	01:29:54	01:33:32	01:39:47.80	01:40:00.95	+00:29:23 (29.4%)	4:43	12.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
207	PODRYGAŁA Tomasz	1223	RYBNICKA GRUPA BIEGOWA	M-40	58	00:00:24	00:22:33	00:45:40	01:09:02	01:29:46	01:33:22	01:39:39.60	01:40:03.75	+00:29:15 (29.4%)	4:43	12.7 (70.6%)
208	DZIUBAŃSKI Grzegorz	1110	OPEL ACTIVE TEAM	M-30	89	00:00:07	00:21:06	00:42:57	01:06:37	01:28:56	01:32:59	01:40:01.50	01:40:08.85	+00:29:37 (29.6%)	4:44	12.7 (70.6%)
209	CZAJA Jarosław	502	FUTURE PROCESSING RUNNING TEAM	M-30	85	00:00:15	00:23:29	00:46:45	01:10:04	01:30:22	01:33:52	01:39:53.85	01:40:09.10	+00:29:29 (29.5%)	4:44	12.7 (70.6%)
209	SKOWRON Marcin	714		M-30	86	00:00:14	00:23:30	00:46:46	01:10:05		01:33:52	01:39:54.40	01:40:09.10	+00:29:29 (29.5%)	4:44	12.7 (70.6%)
211	SZPILOWSKA Paulina	146	KS OLKUSZ	K-20	5	00:00:00	00:23:42	00:46:59	01:10:17	01:30:30	01:33:58	01:40:10.20	01:40:10.20	+00:29:45 (29.7%)	4:44	12.6 (70.0%)
212	MARKOWSKI Przemysław	700	MIECHOWICKA GRUPA BIEGOWA	M-20	44	00:00:10	00:25:09	00:47:14	01:09:56	01:30:02	01:33:40	01:40:04.85	01:40:14.90	+00:29:40 (29.6%)	4:44	12.7 (70.6%)
213	ZDEBEL Dariusz	401		M-40	60	00:00:06	00:22:33	00:45:27	01:08:58	01:29:38	01:33:19	01:40:09.70	01:40:16.25	+00:29:45 (29.7%)	4:44	12.6 (70.0%)
214	MEKIER Bartek	262		M-30	87	00:00:22	00:23:21	00:46:37	01:09:56	01:30:16	01:33:55	01:39:55.20	01:40:17.85	+00:29:30 (29.5%)	4:44	12.7 (70.6%)
215	MARCINIAK Damian	750		M-20	45	00:00:11	00:22:29	00:46:04	01:09:27	01:29:54	01:33:35	01:40:06.95	01:40:18.50	+00:29:42 (29.7%)	4:44	12.6 (70.0%)
216	PIETREK Daniel	1034		M-40	59	00:00:14	00:23:28	00:46:44	01:10:03	01:30:17	01:33:50	01:40:04.15	01:40:18.65	+00:29:39 (29.6%)	4:44	12.7 (70.6%)
217	KOCZAR Paulina	368		K-16	1	00:00:42	00:23:02	00:46:18	01:09:36	01:29:55	01:33:34	01:39:37.50	01:40:20.00	+00:29:13 (29.3%)	4:43	12.7 (70.6%)
218	GAŁKIEWICZ Marcin	1046	WOJEWÓDZKIE POGOTOWIE RATUNKOWE W KATOWICACH	M-30	88	00:00:20	00:23:34	00:46:41	01:09:58	01:30:08	01:33:45	01:40:00.35	01:40:20.60	+00:29:35 (29.6%)	4:44	12.7 (70.6%)
219	WILK Andrzej	605		M-30	79	00:01:12	00:22:16	00:45:13	01:08:21	01:29:01	01:32:43	01:39:09.30	01:40:21.40	+00:28:44 (29.0%)	4:41	12.8 (71.1%)
220	POPIEL- KRUK Aleksandra	1209	SBRT GLIWICE	K-30	7	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20	01:33:56	01:40:06.20	01:40:22.15	+00:29:41 (29.7%)	4:44	12.6 (70.0%)
221	FLASIŃSKI Michał	912		M-30	90	00:00:17	00:23:03	00:46:20	01:09:54		01:33:51	01:40:11.35	01:40:28.80	+00:29:46 (29.7%)	4:44	12.6 (70.0%)
222	MAJEREK Marek	199		M-40	63	00:00:10	00:22:38	00:45:44	01:08:57	01:29:40	01:33:30	01:40:21.25	01:40:31.95	+00:29:56 (29.8%)	4:45	12.6 (70.0%)
223	JACHIMOWSKI Waldemar	383	VIBOVIT KNURÓW	M-40	61	00:00:21	00:22:36	00:45:40	01:08:54	01:30:04	01:33:41	01:40:10.55	01:40:32.40	+00:29:46 (29.7%)	4:44	12.6 (70.0%)
224	ZAWADA Sebastian	350	BIEGAMY DLA LAURY	M-30	93	00:00:20	00:22:31	00:46:05	01:09:51	01:30:19	01:33:56	01:40:18.20	01:40:38.45	+00:29:53 (29.8%)	4:45	12.6 (70.0%)
225	PODOLAK Alfred	1501	PIAST GLIWICE	M-50	14	00:00:15	00:23:26	00:46:43	01:10:02	01:30:20	01:34:00	01:40:26.50	01:40:41.85	+00:30:02 (29.9%)	4:45	12.6 (70.0%)
226	KUKUCZKA Mateusz	846		M-30	92	00:00:29	00:23:22	00:46:55	01:09:50	01:30:07	01:33:48	01:40:12.40	01:40:42.35	+00:29:47 (29.7%)	4:44	12.6 (70.0%)
227	GOCYK Leszek	572		M-30	91	00:00:31	00:23:03	00:46:18	01:09:39	01:29:57	01:33:40	01:40:11.70	01:40:43.15	+00:29:47 (29.7%)	4:44	12.6 (70.0%)
228	ŚWIDEREK Andrzej	460	MIECHOWICKA GRUPA BIEGOWA	M-50	12	00:00:38	00:23:31	00:46:46	01:09:40	01:29:58	01:33:38	01:40:05.05	01:40:43.45	+00:29:40 (29.7%)	4:44	12.6 (70.0%)
229	ANDRACZEK Bartosz	1265		M-40	64	00:00:17	00:23:11	00:46:34	01:09:36	01:30:20	01:33:56	01:40:28.40	01:40:45.45	+00:30:03 (29.9%)	4:45	12.6 (70.0%)
230	GOLEC Ryszard	145	KT ŻYWIEC	M-40	65	00:00:13	00:23:23	00:46:40	01:10:06		01:34:01	01:40:34.05	01:40:47.15	+00:30:09 (30.0%)	4:45	12.6 (70.0%)
231	SZWAJNOCH Piotr	584	IMPERIAL PIOTR SZWAJNOCH	M-30	96	00:00:23	00:22:51	00:46:23	01:09:51		01:33:58	01:40:27.70	01:40:51.30	+00:30:03 (29.9%)	4:45	12.6 (70.0%)
232	BUJOK Mariusz	787		M-30	94	00:00:30	00:22:37	00:45:16	01:08:08	01:29:16	01:33:14	01:40:21.90	01:40:52.45	+00:29:57 (29.8%)	4:45	12.6 (70.0%)
233	TRZASKALIK Piotr	1137		M-40	66	00:00:08	00:23:36	00:46:53	01:10:23	01:30:59	01:34:43	01:40:45.15	01:40:53.60	+00:30:20 (30.1%)	4:46	12.6 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
234	MADEJCZYK Tomasz	381	MTM	M-30	81	00:01:39	00:22:53	00:45:47	01:08:44	01:29:02	01:32:44	01:39:15.55	01:40:55.50	+00:28:51 (29.1%)	4:42	12.8 (71.1%)
235	MILLER Ryszard	639	BIEGNĘ, ŻEBY BARTEK MÓGLE BIEGAĆ	M-50	13	00:00:30	00:23:13	00:46:29	01:09:49	01:30:12	01:33:57	01:40:26.35	01:40:57.05	+00:30:01 (29.9%)	4:45	12.6 (70.0%)
236	URBAŃCZYK Karol	160	NIGHT RUNNERS GLIWICE	M-20	47	00:00:13	00:23:28	00:46:45	01:10:05	01:30:23	01:34:03	01:40:44.65	01:40:58.25	+00:30:20 (30.1%)	4:46	12.6 (70.0%)
237	BŁASZCZYK Dominik	170	NIGHT RUNNER GLIWICE	M-20	48	00:00:13	00:23:28	00:46:45	01:10:04	01:30:22		01:40:44.75	01:40:58.35	+00:30:20 (30.1%)	4:46	12.6 (70.0%)
238	PODGÓRSKI Tomasz	541		M-30	95	00:00:39	00:24:03	00:47:26	01:10:27	01:30:21	01:34:01	01:40:22.40	01:41:02.10	+00:29:57 (29.9%)	4:45	12.6 (70.0%)
239	TYRTANIA Tomasz	925	BOR TEAM BORUSZOWICE	M-40	68	00:00:11	00:24:23	00:48:31	01:11:31	01:31:22	01:34:49	01:40:54.40	01:41:06.15	+00:30:29 (30.2%)	4:46	12.5 (69.4%)
240	PACAN Tomasz	448		M-30	99	00:00:14	00:23:29	00:46:46	01:10:05	01:30:32	01:34:16	01:40:58.85	01:41:12.95	+00:30:34 (30.3%)	4:47	12.5 (69.4%)
241	BELUCH Witold	322		M-40	69	00:00:17	00:23:26	00:46:32	01:09:56	01:30:27	01:34:17	01:40:58.85	01:41:16.60	+00:30:34 (30.3%)	4:47	12.5 (69.4%)
242	KUSEK Andrzej	1226		M-40	67	00:00:25	00:25:32	00:49:52	01:13:05	01:32:01	01:35:19	01:40:54.25	01:41:19.65	+00:30:29 (30.2%)	4:46	12.5 (69.4%)
243	OZIĘBAŁA Ignacy	284	WKB META LUBLINIEC	M-60	1	00:01:29	00:23:31	00:46:32	01:09:50	01:30:03	01:33:35	01:39:53.35	01:41:22.45	+00:29:28 (29.5%)	4:44	12.7 (70.6%)
244	RIMPLER Łukasz	1050	BIEGNĘ DLA ZUZI	M-30	101	00:00:16	00:23:36	00:47:09	01:10:44	01:31:23	01:35:02	01:41:16.60	01:41:33.25	+00:30:52 (30.5%)	4:48	12.5 (69.4%)
245	HULIN Sebastian	885	UKS JUDO MYSŁOWICE	M-40	62	00:01:24	00:23:54	00:47:03	01:10:03	01:30:18	01:33:58	01:40:14.55	01:41:38.55	+00:29:50 (29.8%)	4:45	12.6 (70.0%)
246	KADZIELA Jan	795		M-30	103	00:00:19	00:23:25	00:46:41	01:10:03	01:30:39	01:34:30	01:41:19.50	01:41:38.85	+00:30:55 (30.5%)	4:48	12.5 (69.4%)
247	CZAUDERNA Adrian	179	OCHAJORUN&FRIENDS	M-40	70	00:00:20	00:23:25	00:46:39	01:10:02	01:30:48	01:34:39	01:41:18.90	01:41:39.50	+00:30:54 (30.5%)	4:48	12.5 (69.4%)
248	GŁOWACKI Jordan	727	JW 4115	M-30	83	00:02:10	00:23:52	00:46:20	01:09:51	01:29:56	01:33:39	01:39:31.75	01:41:42.45	+00:29:07 (29.3%)	4:43	12.7 (70.6%)
249	SUTKOWSKI Jan	614		M-30	98	00:00:51	00:23:56	00:47:36	01:10:53	01:30:50	01:34:28	01:40:51.35	01:41:42.55	+00:30:26 (30.2%)	4:46	12.6 (70.0%)
250	SYDA Andrzej	1225	GORKI TEAM	M-40	71	00:00:05	00:22:24	00:45:45	01:09:44	01:31:12	01:35:00	01:41:38.20	01:41:43.55	+00:31:13 (30.7%)	4:49	12.5 (69.4%)
250	TRZASKA Wojciech	935	FUCHS OIL TEAM	M-20	46	00:01:08	00:24:56	00:49:26	01:12:42	01:31:52	01:35:10	01:40:34.80	01:41:43.55	+00:30:10 (30.0%)	4:46	12.6 (70.0%)
252	BORSIAK Sebastian	151		M-30	97	00:01:01	00:23:23	00:46:36	01:10:05	01:30:37	01:34:17	01:40:43.60	01:41:45.35	+00:30:19 (30.1%)	4:46	12.6 (70.0%)
253	ŻEBROWSKI Cezary	1115		M-50	16	00:00:07	00:21:46	00:45:27	01:09:53	01:31:34	01:35:28	01:41:58.75	01:42:05.95	+00:31:34 (31.0%)	4:49	12.4 (68.9%)
254	GAWEŁKO Janusz	953		M-50	15	00:00:11	00:23:13	00:46:49	01:10:24	01:31:31	01:35:17	01:41:56.10	01:42:07.75	+00:31:31 (30.9%)	4:49	12.4 (68.9%)
255	PACUŁA Piotr	194	OPEL ACTIVE TEAM GLIWICE	M-50	17	00:00:03	00:23:18	00:46:49	01:10:17	01:31:30	01:35:16	01:42:04.80	01:42:07.80	+00:31:40 (31.0%)	4:50	12.4 (68.9%)
256	ŻEBROWSKI Adrian	404		M-20	49	00:00:38	00:22:26	00:46:09	01:09:59	01:31:11	01:35:05	01:41:30.85	01:42:09.15	+00:31:06 (30.6%)	4:48	12.5 (69.4%)
257	TYCZYŃSKI Ryszard	1075	FC KNURÓW/COMBAT 56	M-30	102	00:00:53	00:23:04	00:46:34	01:09:57	01:30:48	01:34:34	01:41:16.65	01:42:10.05	+00:30:52 (30.5%)	4:48	12.5 (69.4%)
258	KURCZEK Tomasz	484		M-40	75	00:00:11	00:23:23	00:47:07	01:10:56	01:31:42	01:35:31	01:41:59.15	01:42:11.00	+00:31:34 (31.0%)	4:50	12.4 (68.9%)
259	SZOŁTYSEK Wojciech	1128	OCHAJORUN&FRIENDS	M-40	72	00:00:22	00:23:47	00:47:25	01:10:57	01:31:25	01:35:08	01:41:50.95	01:42:13.45	+00:31:26 (30.9%)	4:49	12.4 (68.9%)
260	SKRZYPCZYK Paweł	948		M-40	73	00:00:22	00:22:52	00:46:35	01:10:11	01:31:17	01:35:07	01:41:51.70	01:42:14.25	+00:31:27 (30.9%)	4:49	12.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
261	SIEKIERKA Janusz	76		M-30	106	00:00:07	00:23:11	00:46:54	01:10:19	01:31:21	01:35:11	01:42:07.15	01:42:15.10	+00:31:42 (31.1%)	4:50	12.4 (68.9%)
262	SZNYDER Wojciech	439	SPORTSTYLE GLIWICE	M-40	76	00:00:15	00:24:01	00:48:01	01:11:33	01:31:58	01:35:38	01:42:02.40	01:42:17.40	+00:31:37 (31.0%)	4:50	12.4 (68.9%)
263	IMIOŁEK Krzysztof	717		M-30	105	00:00:14	00:23:29	00:46:46	01:10:07		01:35:05	01:42:05.20	01:42:19.70	+00:31:40 (31.0%)	4:50	12.4 (68.9%)
264	NOCOŃ Sławek	831	GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ !!!	M-40	77	00:00:09	00:22:55	00:46:07	01:09:53	01:31:00	01:34:58	01:42:17.35	01:42:27.20	+00:31:52 (31.2%)	4:50	12.4 (68.9%)
265	SZPONARSKI Paweł	1020	MASAKRA RZECZYCE	M-40	74	00:00:31	00:22:51	00:45:59	01:09:23	01:31:04	01:35:08	01:41:56.30	01:42:27.80	+00:31:31 (30.9%)	4:49	12.4 (68.9%)
266	PRACKI Dariusz	473		M-30	100	00:01:33	00:23:22	00:46:52	01:10:14	01:30:44	01:34:26	01:41:03.40	01:42:37.25	+00:30:38 (30.3%)	4:47	12.5 (69.4%)
267	NAWRAT Piotr	132		M-30	108	00:00:05	00:21:47	00:45:14	01:09:26	01:31:35	01:35:40	01:42:32.45	01:42:38.30	+00:32:08 (31.3%)	4:51	12.3 (68.3%)
268	MAZUR Krzysztof	1007	NOWA GLIWICE	M-40	79	00:00:25	00:24:04	00:47:43	01:11:01	01:31:53	01:35:42	01:42:18.95	01:42:44.55	+00:31:54 (31.2%)	4:50	12.4 (68.9%)
269	SZCZYRA Jan	592	ISTA BIEGAMY	M-30	104	00:01:11	00:23:25	00:47:19	01:10:49	01:31:32	01:35:16	01:41:35.15	01:42:46.95	+00:31:10 (30.7%)	4:48	12.5 (69.4%)
270	KUBACZ Piotr	227		M-40	78	00:00:28	00:23:58	00:48:01	01:12:00	01:32:51	01:36:24	01:42:18.55	01:42:47.45	+00:31:54 (31.2%)	4:50	12.4 (68.9%)
271	ZIAJA Stefan	453		M-40	83	00:00:12	00:23:23	00:46:24	01:10:47	01:32:38	01:36:38	01:42:39.65	01:42:52.15	+00:32:15 (31.4%)	4:51	12.3 (68.3%)
272	SOSINOWSKI-MRÓZ Tomasz	1123	MIECHOWICKA GRUPA BIEGOWA	M-30	109	00:00:17	00:23:34	00:48:05	01:12:02	01:32:37	01:36:20	01:42:37.55	01:42:55.25	+00:32:13 (31.4%)	4:51	12.3 (68.3%)
273	JEZUSEK Piotr	432	SBRT	M-30	110	00:00:17	00:22:51	00:45:49	01:09:10	01:31:13	01:35:28	01:42:41.60	01:42:58.90	+00:32:17 (31.4%)	4:51	12.3 (68.3%)
274	GĄSZCZYK Grzegorz	1152	NOWA HUTA TEAM	M-40	81	00:00:31	00:24:03	00:48:11	01:11:20	01:32:17	01:36:13	01:42:32.45	01:43:03.80	+00:32:08 (31.3%)	4:51	12.3 (68.3%)
275	KUBIS Adrian	954		M-40	85	00:00:21	00:23:47	00:47:22	01:11:01	01:32:23	01:36:19	01:42:46.00	01:43:07.05	+00:32:21 (31.5%)	4:52	12.3 (68.3%)
276	GRAJNY Piotr	1153	AMATORSKIE BIEGANIE/ULKS LACHOWICE	M-40	80	00:00:39	00:23:46	00:46:56	01:11:01	01:31:53	01:35:45	01:42:28.15	01:43:07.85	+00:32:03 (31.3%)	4:51	12.4 (68.9%)
277	GORCZYCA Jakub	808		M-40	86	00:00:07	00:23:26	00:47:26	01:11:31	01:32:36	01:36:28	01:43:01.15	01:43:09.05	+00:32:36 (31.7%)	4:52	12.3 (68.3%)
278	MIELCZAREK Aleksandra	928	STS BIEGATON MIKOŁÓW	K-40	1	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00	01:36:41	01:42:59.15	01:43:11.65	+00:32:34 (31.6%)	4:52	12.3 (68.3%)
279	WALICKI Bogdan	1047	OPEL ACTIVE TEAM	M-40	82	00:00:41	00:23:44	00:47:47	01:11:38	01:32:33	01:36:10	01:42:34.70	01:43:16.00	+00:32:10 (31.4%)	4:51	12.3 (68.3%)
280	PLUSZKE Paweł	880	BIEGACZE CSR	M-20	50	00:01:36	00:25:49	00:50:31	01:13:43	01:32:23	01:35:48	01:41:48.50	01:43:24.60	+00:31:24 (30.8%)	4:49	12.4 (68.9%)
281	KRAJEWSKI Michał	818		M-30	114	00:00:28	00:25:29	00:50:02	01:13:34	01:33:22	01:36:48	01:43:00.10	01:43:28.30	+00:32:35 (31.6%)	4:52	12.3 (68.3%)
282	WALKOWSKI Kamil	943	TEAM PAPRY 20	M-20	51	00:01:18	00:24:27	00:48:32	01:11:44	01:32:30	01:36:08	01:42:12.15	01:43:31.05	+00:31:47 (31.1%)	4:50	12.4 (68.9%)
283	RUTKOWSKI Michał	224		M-20	52	00:01:16	00:24:51	00:48:58	01:12:29	01:32:41	01:36:18	01:42:18.40	01:43:34.80	+00:31:53 (31.2%)	4:50	12.4 (68.9%)
284	BONK Sebastian	82	BMS	M-40	84	00:00:50	00:23:41	00:47:18	01:11:09	01:32:21	01:36:11	01:42:45.05	01:43:35.10	+00:32:20 (31.5%)	4:52	12.3 (68.3%)
285	FLORIAN Krzysztof	459		M-30	117	00:00:23	00:23:44	00:47:24	01:11:42	01:32:58	01:36:37	01:43:13.35	01:43:36.75	+00:32:48 (31.8%)	4:53	12.3 (68.3%)
286	SKOLUDEK Robert	98		M-20	54	00:00:36	00:24:54	00:49:29	01:13:20		01:37:17	01:43:01.70	01:43:38.10	+00:32:37 (31.7%)	4:52	12.3 (68.3%)
287	ZASUŃ Marcin	1315		M-30	118	00:00:17	00:23:30	00:46:50	01:10:52	01:32:31	01:36:26	01:43:22.95	01:43:40.25	+00:32:58 (31.9%)	4:53	12.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
288	KIEŁBASA Artur	779	DIKOM	M-30	116	00:00:37	00:25:28	00:49:35	01:13:00	01:33:10	01:36:48	01:43:10.45	01:43:47.45	+00:32:46 (31.8%)	4:53	12.3 (68.3%)
289	STANISŁAWCZUK Sebastian	689		M-30	122	00:00:13	00:23:20	00:46:43	01:10:43	01:33:00	01:36:57	01:43:35.05	01:43:48.95	+00:33:10 (32.0%)	4:54	12.2 (67.8%)
290	KUSZ Janusz	706		M-30	120	00:00:24	00:23:29	00:47:30	01:12:03	01:33:12	01:37:00	01:43:27.45	01:43:51.45	+00:33:03 (31.9%)	4:54	12.2 (67.8%)
291	ZAWADZKI Karol	533	RADLIN	M-20	53	00:01:05	00:25:18	00:49:42	01:13:01	01:33:23	01:36:51	01:42:47.70	01:43:53.20	+00:32:23 (31.5%)	4:52	12.3 (68.3%)
292	HANKE Dominika	367		K-40	2	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55	01:36:44	01:43:12.15	01:43:54.65	+00:32:47 (31.8%)	4:53	12.3 (68.3%)
293	JASIŃSKI Dawid	802		M-16	4	00:00:52	00:23:50	00:47:15	01:11:28	01:32:33	01:36:27	01:43:13.80	01:44:05.95	+00:32:49 (31.8%)	4:53	12.3 (68.3%)
294	GIEROŃ Bartosz	920		M-20	57	00:00:15	00:22:06	00:45:37	01:10:21	01:33:01	01:37:02	01:43:50.40	01:44:06.35	+00:33:25 (32.2%)	4:55	12.2 (67.8%)
295	MIECZNIKOWSKI Jacek	1173		M-40	89	00:00:25	00:24:50	00:49:13	01:13:17	01:33:56	01:37:30	01:43:42.75	01:44:08.50	+00:33:18 (32.1%)	4:54	12.2 (67.8%)
296	WRÓBEL Adam	59		M-30	107	00:01:54	00:22:30	00:45:40	01:09:29		01:35:35	01:42:15.60	01:44:09.60	+00:31:51 (31.1%)	4:50	12.4 (68.9%)
297	CHMURKO Michał	1278		M-30	124	00:00:26	00:24:00	00:48:39	01:13:03	01:33:49	01:37:31	01:43:43.30	01:44:10.20	+00:33:18 (32.1%)	4:54	12.2 (67.8%)
298	BŁASZCZYK Marek	495	OPEL ACTIVE TEAM GLIWICE	M-40	90	00:00:16	00:24:04	00:48:19	01:12:21		01:37:18	01:43:56.05	01:44:12.05	+00:33:31 (32.3%)	4:55	12.2 (67.8%)
299	SZCZEPAŃSKI Rafał	864	OPEL ACTIVE TEAM	M-40	88	00:00:41	00:23:27	00:46:57	01:11:07	01:32:49	01:36:39	01:43:33.60	01:44:15.30	+00:33:09 (32.0%)	4:54	12.2 (67.8%)
300	SUDNIK Krzysztof	1015		M-30	126	00:00:15	00:23:29	00:46:47	01:10:15	01:32:26	01:36:40	01:44:03.00	01:44:18.55	+00:33:38 (32.3%)	4:55	12.2 (67.8%)
301	SŁODKOWSKI Marek	392	MALA PANA ZAWADZKIE	M-30	123	00:00:39	00:22:46	00:45:59	01:09:44	01:32:12	01:36:18	01:43:39.45	01:44:18.85	+00:33:15 (32.1%)	4:54	12.2 (67.8%)
302	DESZYŃSKI Damian	590	ISTA BIEGAMY	M-30	127	00:00:09	00:23:45	00:47:50	01:11:56	01:33:41	01:37:44	01:44:10.00	01:44:19.65	+00:33:45 (32.4%)	4:56	12.2 (67.8%)
303	BUCHAŁA Bartek	479		M-30	113	00:01:30	00:24:09	00:48:09	01:11:37	01:32:26	01:36:22	01:42:58.85	01:44:29.15	+00:32:34 (31.6%)	4:52	12.3 (68.3%)
304	SZULC Sebastian	114	EXLABS	M-20	60	00:00:13	00:24:14	00:47:58	01:11:34	01:33:29	01:37:33	01:44:15.55	01:44:29.30	+00:33:51 (32.5%)	4:56	12.1 (67.2%)
305	HADZIK Rafał	602		M-30	125	00:00:37	00:24:32	00:49:06	01:13:37	01:34:06	01:37:47	01:43:53.45	01:44:30.95	+00:33:29 (32.2%)	4:55	12.2 (67.8%)
306	FILIPCZYK Przemysław	995		M-30	115	00:01:22	00:24:41	00:48:44	01:12:13	01:32:48	01:36:45	01:43:09.50	01:44:31.50	+00:32:45 (31.7%)	4:53	12.3 (68.3%)
307	GRONDYS Michał	17	SBRT	M-30	128	00:00:21	00:23:23	00:46:41	01:11:00	01:33:10	01:37:08	01:44:10.60	01:44:31.95	+00:33:46 (32.4%)	4:56	12.2 (67.8%)
308	NITARSKI Patryk	899		M-30	111	00:01:44	00:23:51	00:47:53	01:11:49		01:36:34	01:42:48.80	01:44:32.80	+00:32:24 (31.5%)	4:52	12.3 (68.3%)
309	BIAŁOŃCZYK Joanna	876		K-20	6	00:00:30	00:24:06	00:48:37	01:13:04	01:34:05	01:37:51	01:44:02.75	01:44:33.00	+00:33:38 (32.3%)	4:55	12.2 (67.8%)
310	GIESE Michał	609		M-30	112	00:01:43	00:23:52	00:47:54	01:11:50	01:32:47	01:36:35	01:42:49.70	01:44:33.45	+00:32:25 (31.5%)	4:52	12.3 (68.3%)
311	NITKA Sebastian	52		M-40	91	00:00:30	00:23:40	00:47:49	01:11:54		01:37:37	01:44:05.15	01:44:35.55	+00:33:40 (32.4%)	4:55	12.2 (67.8%)
312	GARUS Tomasz	611	304	M-20	55	00:00:52	00:23:56	00:47:41	01:11:39	01:33:04	01:36:54	01:43:46.50	01:44:39.00	+00:33:22 (32.2%)	4:55	12.2 (67.8%)
313	SZOT Wojciech	11		M-30	119	00:01:13	00:24:51	00:48:38	01:12:15	01:33:04	01:36:46	01:43:26.05	01:44:39.55	+00:33:01 (31.9%)	4:54	12.2 (67.8%)
314	LEBEK Adam	503	VEGE RUNNERS	M-20	59	00:00:30	00:23:56	00:48:30	01:12:59	01:34:08	01:37:51	01:44:10.65	01:44:41.50	+00:33:46 (32.4%)	4:56	12.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
315	STACHOWICZ Michał	407	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	121	00:01:12	00:25:26	00:49:21	01:12:58	01:33:33	01:37:19	01:43:30.25	01:44:42.85	+00:33:05 (32.0%)	4:54	12.2 (67.8%)
316	ADAMSKI Kamil	655	LEGION WILCZE GARDŁO	M-20	56	00:00:53	00:23:51	00:47:50	01:12:06	01:33:32	01:37:17	01:43:49.25	01:44:43.10	+00:33:24 (32.2%)	4:55	12.2 (67.8%)
317	PIŁAT Jarosław	65	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	130	00:00:11	00:22:27	00:46:01	01:11:17	01:33:42	01:37:43	01:44:31.90	01:44:43.75	+00:34:07 (32.6%)	4:57	12.1 (67.2%)
318	TOMAL Marek	1314		M-50	18	00:00:15	00:23:44	00:48:06	01:12:25	01:34:01	01:37:52	01:44:31.95	01:44:47.00	+00:34:07 (32.6%)	4:57	12.1 (67.2%)
319	MULEWSKI Bogdan	454	NIGHT RUNNERS ZABRZE	M-40	87	00:01:27	00:25:11	00:49:17	01:13:04	01:33:21	01:37:02	01:43:29.55	01:44:56.75	+00:33:05 (32.0%)	4:54	12.2 (67.8%)
320	LUBICKI Wojciech	14	TRIUMF	M-50	19	00:00:13	00:24:02	00:48:11	01:12:24	01:33:42	01:37:39	01:44:50.30	01:45:03.70	+00:34:25 (32.8%)	4:58	12.1 (67.2%)
321	BEHRENDT Bartek	695	NIGHT RUNNERS GLIWICE	M-40	92	00:00:50	00:24:04	00:48:11	01:12:32	01:34:26	01:38:14	01:44:22.20	01:45:13.15	+00:33:57 (32.5%)	4:56	12.1 (67.2%)
322	ŁAKOMSKI Marcin	203		M-40	93	00:00:32	00:24:50	00:49:36	01:13:44	01:34:22	01:38:07	01:44:41.05	01:45:13.45	+00:34:16 (32.7%)	4:57	12.1 (67.2%)
323	PTASZYŃSKI Tomasz	157	STARY HANGAR	M-30	134	00:00:16	00:23:11	00:46:50	01:12:39	01:34:44	01:38:31	01:45:04.05	01:45:20.95	+00:34:39 (33.0%)	4:58	12 (66.7%)
324	KŁOSOWSKI Karol	237	LOS TREPOS COMPANIEROS	M-30	131	00:00:38	00:22:25	00:46:08	01:11:02	01:33:39	01:37:44	01:44:45.25	01:45:23.85	+00:34:20 (32.8%)	4:57	12.1 (67.2%)
325	MARCOL Tomasz	941		M-20	58	00:01:14	00:23:46	00:48:12	01:12:21	01:33:17	01:37:10	01:44:09.10	01:45:24.05	+00:33:44 (32.4%)	4:56	12.2 (67.8%)
325	BOCHEŃSKA Agnieszka	91	SBRT GLIWICE	K-30	8	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37	01:38:27	01:45:08.15	01:45:24.05	+00:34:43 (33.0%)	4:59	12 (66.7%)
327	CICHY Andrzej	651	OPEL ACTIVE TEAM	M-20	61	00:00:06	00:21:16	00:45:07	01:11:35	01:34:45	01:38:34	01:45:23.20	01:45:29.75	+00:34:58 (33.2%)	4:59	12 (66.7%)
328	HOŁYŃSKI Tomasz	477		M-40	94	00:00:28	00:24:06	00:48:40	01:13:16	01:35:07	01:38:55	01:45:06.60	01:45:34.95	+00:34:42 (33.0%)	4:58	12 (66.7%)
329	NOGA Łukasz	879	ZDZIERAJ KAPCIE	M-30	139	00:00:07	00:23:13	00:47:35	01:12:57	01:35:15	01:39:03	01:45:27.70	01:45:35.05	+00:35:03 (33.2%)	4:59	12 (66.7%)
330	WALASZEK Sławomir	507		M-30	137	00:00:27	00:24:08	00:48:43	01:13:20	01:35:10	01:38:57	01:45:09.55	01:45:36.80	+00:34:45 (33.0%)	4:59	12 (66.7%)
331	KILIJANEK Adrian	1163		M-30	129	00:01:09	00:24:11	00:48:20	01:13:05	01:34:21	01:38:14	01:44:29.75	01:45:39.15	+00:34:05 (32.6%)	4:57	12.1 (67.2%)
332	MĄCZKA Bronisław	987		M-60	2	00:00:32	00:23:58	00:47:55	01:12:21	01:34:10	01:38:05	01:45:07.15	01:45:39.65	+00:34:42 (33.0%)	4:58	12 (66.7%)
333	NOWAK Mariusz	813	HIRSCHVOGEL COMPONENTS POLAND	M-30	136	00:00:35	00:25:04	00:49:29	01:13:36	01:34:38	01:38:25	01:45:05.35	01:45:41.00	+00:34:40 (33.0%)	4:58	12 (66.7%)
334	HAŁADUS Dominik	1026	ŻYCIE CZĘSTOCHOWY TEAM	M-30	138	00:00:19	00:24:11	00:48:36	01:13:06	01:34:55	01:38:51	01:45:25.30	01:45:44.35	+00:35:00 (33.2%)	4:59	12 (66.7%)
335	NASIENIAK-CZECH Anna	766		K-30	9	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18	01:39:04	01:45:18.70	01:45:46.35	+00:34:54 (33.1%)	4:59	12 (66.7%)
336	KUCZMA Jarosław	161		M-40	95	00:00:30	00:25:10	00:49:56	01:14:27	01:35:15	01:39:01	01:45:22.75	01:45:53.15	+00:34:58 (33.2%)	4:59	12 (66.7%)
337	FILIPIAK Hieronim	1171	KADRA BOBREK-CENTRUM	M-40	99	00:00:16	00:25:35	00:50:12	01:14:34	01:35:36	01:39:20	01:45:39.75	01:45:56.10	+00:35:15 (33.4%)	5:00	12 (66.7%)
338	SZEREMETA Andrzej	759	PZU SPORT TEAM	M-40	100	00:00:13	00:23:40	00:48:13	01:13:08	01:35:27	01:39:16	01:45:42.90	01:45:56.25	+00:35:18 (33.4%)	5:00	12 (66.7%)
339	PĘDOWSKI Wojciech	1056		M-50	21	00:00:54	00:25:15	00:50:39	01:14:31	01:34:59	01:38:39	01:45:02.75	01:45:57.15	+00:34:38 (33.0%)	4:58	12.1 (67.2%)
340	BIERNAT Wojtek	93	OPEL ACTIVE TEAM	M-40	98	00:00:21	00:24:14	00:48:21	01:12:46	01:34:48	01:38:55	01:45:37.00	01:45:58.50	+00:35:12 (33.3%)	5:00	12 (66.7%)
341	RAJTOR Paweł	558		M-30	141	00:00:16	00:25:47	00:50:39	01:15:09	01:35:43	01:39:28	01:45:42.70	01:45:58.80	+00:35:18 (33.4%)	5:00	12 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
342	NOWAKOWSKI Jarosław	555	FORGOSIA	M-40	101	00:00:15	00:25:14	00:50:11	01:14:39	01:35:39	01:39:23	01:45:44.35	01:45:59.40	+00:35:19 (33.4%)	5:00	12 (66.7%)
343	MIROWSKI Zbigniew	1098	48605681921	M-50	22	00:00:20	00:24:45	00:49:14	01:13:45	01:35:09	01:39:04	01:45:39.90	01:46:00.35	+00:35:15 (33.4%)	5:00	12 (66.7%)
344	ULIASZ Krzysztof	979		M-30	133	00:00:59	00:24:13	00:48:52	01:13:19	01:34:24	01:38:17	01:45:02.95	01:46:02.25	+00:34:38 (33.0%)	4:58	12.1 (67.2%)
345	FUGOWSKI Roman	380		M-50	23	00:00:13	00:23:53	00:47:45	01:12:02	01:34:33	01:38:39	01:45:51.00	01:46:04.95	+00:35:26 (33.5%)	5:00	12 (66.7%)
346	SOLICH Patryk	1208	SBRT GLIWICE	M-30	144	00:00:20	00:23:55	00:48:29	01:13:02	01:34:57	01:38:53	01:45:50.40	01:46:10.55	+00:35:25 (33.5%)	5:00	12 (66.7%)
347	WANDOCH Tyberiusz	333	CARRY ON WCZORAJSI	M-30	140	00:00:38	00:24:01	00:48:25	01:12:46	01:34:34	01:38:35	01:45:33.65	01:46:11.70	+00:35:09 (33.3%)	5:00	12 (66.7%)
348	PLOCH Adam	886		M-30	135	00:01:09	00:24:24	00:48:56	01:12:28	01:34:10	01:38:10	01:45:04.40	01:46:13.55	+00:34:39 (33.0%)	4:58	12 (66.7%)
349	ORLIK Jerzy	340	PLASTIC OMNIUM	M-50	20	00:01:24	00:24:27	00:48:32	01:12:52	01:34:15	01:38:07	01:44:57.35	01:46:22.30	+00:34:32 (32.9%)	4:58	12.1 (67.2%)
350	PANZ Krzysztof	838		M-30	142	00:00:36	00:25:12	00:49:53	01:14:25	01:35:38	01:39:19	01:45:46.30	01:46:23.20	+00:35:21 (33.4%)	5:00	12 (66.7%)
351	WALSKI Łukasz	680	RANGER SURVIVAL CLUB	M-30	132	00:01:42	00:26:20	00:50:46	01:14:13	01:34:42	01:38:25	01:44:45.70	01:46:28.55	+00:34:21 (32.8%)	4:57	12.1 (67.2%)
352	FaŁEK Krzysztof	475		M-40	96	00:01:08	00:25:20	00:49:13	01:13:11	01:34:34	01:38:29	01:45:23.15	01:46:31.35	+00:34:58 (33.2%)	4:59	12 (66.7%)
353	CHWALISZEWSKI Jarosław	585	NIGHT RUNNERS GLIWICE	M-40	102	00:00:33	00:23:57	00:49:10	01:13:54	01:35:04	01:39:00	01:46:00.75	01:46:34.40	+00:35:36 (33.6%)	5:01	11.9 (66.1%)
354	KABAŁA Sebastian	1241		M-40	104	00:00:16	00:25:26	00:50:52	01:15:38	01:36:45	01:40:24	01:46:23.60	01:46:39.70	+00:35:59 (33.8%)	5:02	11.9 (66.1%)
355	STASIK Krzysztof	666	LOGTECH TEAM RADZIONKÓW	M-30	147	00:00:17	00:23:48	00:48:22	01:13:17	01:35:15	01:39:22	01:46:22.25	01:46:40.20	+00:35:57 (33.8%)	5:02	11.9 (66.1%)
356	ŻUKOWSKA Anna	862	ATHLETICS NYSA	K-40	3	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40	01:38:32	01:45:23.25	01:46:46.20	+00:34:58 (33.2%)	4:59	12 (66.7%)
357	KRUK Tomasz	861	NYSA BIEGA	M-40	97	00:01:23	00:24:23	00:48:15	01:12:38	01:34:38	01:38:31	01:45:23.15	01:46:46.70	+00:34:58 (33.2%)	4:59	12 (66.7%)
358	CHWAŁ Magdalena	573		K-30	10	00:00:25	00:25:24	00:50:35	01:15:24	01:36:29	01:40:13	01:46:23.85	01:46:48.95	+00:35:59 (33.8%)	5:02	11.9 (66.1%)
359	ZIELONKA Jacek	457		M-30	146	00:00:45	00:25:07	00:49:47	01:14:22	01:35:55	01:39:40	01:46:16.80	01:47:01.95	+00:35:52 (33.8%)	5:02	11.9 (66.1%)
360	PIKTAS Paweł	811		M-40	107	00:00:10	00:23:23	00:46:50	01:11:51	01:35:13	01:39:30	01:46:53.80	01:47:04.45	+00:36:29 (34.1%)	5:03	11.8 (65.6%)
361	WÓJCIK Rafał	807		M-30	149	00:00:19	00:24:49	00:49:48	01:14:47	01:36:28	01:40:10	01:46:46.35	01:47:06.00	+00:36:21 (34.1%)	5:03	11.9 (66.1%)
362	MATERZOK Aleksandra	388	FUTURE PROCESSING RUNNING TEAM	K-20	7	00:00:13	00:23:21	00:47:58	01:13:09		01:39:48	01:46:53.60	01:47:07.50	+00:36:29 (34.1%)	5:03	11.8 (65.6%)
363	MALEC Arkadiusz	875		M-30	143	00:01:21	00:24:15	00:49:33	01:14:30	01:35:47	01:39:31	01:45:47.85	01:47:09.55	+00:35:23 (33.5%)	5:00	12 (66.7%)
364	FRANKIEWICZ Artur	915		M-30	148	00:00:36	00:25:12	00:49:53	01:14:25	01:35:52	01:39:48	01:46:33.05	01:47:09.60	+00:36:08 (33.9%)	5:02	11.9 (66.1%)
365	STANIK Bogdan	763	6 BPD	M-30	145	00:00:59	00:24:24	00:49:03	01:14:16	01:36:11	01:40:08	01:46:10.95	01:47:10.55	+00:35:46 (33.7%)	5:01	11.9 (66.1%)
366	BIAŁAS Krzysztof	47	ZESPÓŁ SZKÓŁ NR 2 W RUDZIE ŚLĄSKIEJ	M-40	103	00:01:07	00:26:10	00:51:29	01:15:57	01:36:10	01:39:43	01:46:03.25	01:47:10.95	+00:35:38 (33.6%)	5:01	11.9 (66.1%)
366	PRENZENA Paweł	64		M-20	64	00:00:19	00:22:46	00:47:32	01:13:09	01:36:06	01:40:00	01:46:51.60	01:47:10.95	+00:36:27 (34.1%)	5:03	11.8 (65.6%)
368	SZEWCZYK Michał	911		M-20	62	00:01:05	00:23:22	00:47:42	01:12:13	01:34:50	01:38:57	01:46:05.60	01:47:11.20	+00:35:41 (33.6%)	5:01	11.9 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
369	DACZYŃSKI Michał	431	GRUPA CMYKI	M-30	150	00:00:22	00:25:39	00:50:25	01:15:13	01:36:43	01:40:24	01:46:54.70	01:47:17.35	+00:36:30 (34.1%)	5:04	11.8 (65.6%)
370	BLASZKE Beata	158	NIGHT RUNNERS GLIWICE	K-40	4	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09	01:40:06	01:47:02.80	01:47:17.95	+00:36:38 (34.2%)	5:04	11.8 (65.6%)
371	OCHMAN Ireneusz	234	OPEL ACTIVE TEAM	M-40	105	00:00:40	00:23:44	00:48:39	01:13:39	01:36:02	01:39:55	01:46:41.15	01:47:21.65	+00:36:16 (34.0%)	5:03	11.9 (66.1%)
372	URBANEK Darek	635	PRZED LIMITEM	M-40	110	00:00:14	00:24:09	00:49:39	01:15:03	01:37:01	01:40:49	01:47:08.55	01:47:23.05	+00:36:44 (34.3%)	5:04	11.8 (65.6%)
373	BARTECKA Sabina	853	HRMAX ŻORY	K-30	11	00:00:24	00:24:35	00:49:48	01:15:02	01:36:35	01:40:20	01:47:05.15	01:47:29.70	+00:36:40 (34.3%)	5:04	11.8 (65.6%)
374	STALICA Wojciech	723	IZOERG	M-40	113	00:00:13	00:24:16	00:49:40	01:15:04		01:40:50	01:47:20.10	01:47:34.00	+00:36:55 (34.4%)	5:05	11.8 (65.6%)
375	JAMRÓZ Wojciech	625		M-40	115	00:00:09	00:21:24	00:45:56	01:11:50	01:35:46	01:40:14	01:47:27.95	01:47:37.10	+00:37:03 (34.5%)	5:05	11.8 (65.6%)
376	KONIK Tomasz	370	KONIK TEAM	M-40	109	00:00:37	00:24:19	00:49:14	01:14:09	01:36:23	01:40:12	01:47:03.20	01:47:40.55	+00:36:38 (34.2%)	5:04	11.8 (65.6%)
377	TEICHMANN Norbert	1002		M-50	24	00:01:21	00:25:43	00:50:56	01:14:47		01:39:37	01:46:24.75	01:47:46.55	+00:36:00 (33.8%)	5:02	11.9 (66.1%)
378	NAWARA Arkadiusz	720		M-20	63	00:01:10	00:25:03	00:49:26	01:13:58	01:35:51	01:39:46	01:46:36.60	01:47:47.45	+00:36:12 (34.0%)	5:03	11.9 (66.1%)
379	KOTAJNY Piotr	704		M-40	112	00:00:34	00:24:59	00:49:31	01:14:00	01:36:02	01:40:06	01:47:15.70	01:47:50.30	+00:36:51 (34.4%)	5:05	11.8 (65.6%)
380	LIGOCKI Szymon	1255	CHOP ZE ŻELAZA TRI TEAM	M-20	65	00:00:19	00:23:50	00:48:45	01:14:11	01:36:52	01:40:48	01:47:31.30	01:47:50.45	+00:37:06 (34.5%)	5:05	11.8 (65.6%)
381	NIEDZIELA Janusz	850		M-30	153	00:00:34	00:23:08	00:46:45	01:11:49	01:35:14	01:39:41	01:47:18.85	01:47:52.90	+00:36:54 (34.4%)	5:05	11.8 (65.6%)
382	JAZOWY Tomasz	1261		M-30	157	00:00:08	00:24:11	00:49:19	01:14:34	01:36:55	01:40:54	01:47:45.50	01:47:54.15	+00:37:21 (34.7%)	5:06	11.7 (65.0%)
383	STRUG Mariusz	800		M-40	106	00:01:14	00:25:01	00:49:29	01:14:05	01:35:51	01:39:46	01:46:41.90	01:47:56.25	+00:36:17 (34.0%)	5:03	11.9 (66.1%)
384	PIETRAS Sylwia	463	MIECHOWICKA GRUPA BIEGOWA	K-20	8	00:00:23	00:25:47	00:50:10	01:15:05	01:36:41	01:40:37	01:47:34.50	01:47:57.90	+00:37:10 (34.6%)	5:05	11.8 (65.6%)
385	PIELKA Erwin	197		M-50	25	00:00:24	00:22:41	00:45:55	01:11:10	01:35:34	01:39:58	01:47:37.15	01:48:01.15	+00:37:12 (34.6%)	5:06	11.8 (65.6%)
386	KARŁOWSKA Katarzyna	528		K-30	12	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35	01:40:27	01:47:28.70	01:48:05.40	+00:37:04 (34.5%)	5:05	11.8 (65.6%)
387	MODZELEWSKI Michał	1074		M-30	151	00:01:01	00:25:04	00:50:22	01:14:45	01:36:28	01:40:17	01:47:06.70	01:48:08.00	+00:36:42 (34.3%)	5:04	11.8 (65.6%)
388	KRZYWICKI Jan	923		M-60	3	00:00:40	00:24:35	00:49:23	01:14:23	01:36:44	01:40:41	01:47:29.55	01:48:10.35	+00:37:05 (34.5%)	5:05	11.8 (65.6%)
389	MIERZWA Adam	569		M-40	117	00:00:22	00:23:21	00:47:43	01:14:26	01:38:04	01:41:47	01:47:47.90	01:48:10.50	+00:37:23 (34.7%)	5:06	11.7 (65.0%)
390	ŁOBKO Adam	1052		M-40	108	00:01:10	00:25:18	00:49:32	01:14:30	01:36:03	01:40:04	01:47:00.75	01:48:11.10	+00:36:36 (34.2%)	5:04	11.8 (65.6%)
391	KOSMACZEWSKI Michał	684		M-20	66	00:00:20	00:23:49	00:48:03	01:13:03	01:36:06	01:40:22	01:47:51.95	01:48:12.35	+00:37:27 (34.7%)	5:06	11.7 (65.0%)
392	ŻÓRAW Tomek	754	BETANIA TEAM	M-20	68	00:00:10	00:21:42	00:46:24	01:11:40	01:35:24	01:39:56	01:48:10.80	01:48:21.55	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
393	KOZIELEC Tomasz	240	PĘDZĄCE MISIE	M-40	119	00:00:22	00:25:05	00:50:07	01:15:05	01:36:50	01:40:50	01:48:01.35	01:48:23.65	+00:37:36 (34.8%)	5:07	11.7 (65.0%)
394	KOWAL Bartosz	95		M-30	152	00:01:06	00:24:07	00:48:21	01:13:23	01:35:40	01:39:49	01:47:18.45	01:48:24.90	+00:36:54 (34.4%)	5:05	11.8 (65.6%)
395	DYMNICKI Andrzej	120	OCHAJORUN & FRIENDS	M-40	122	00:00:20	00:23:29	00:47:32	01:12:17	01:34:59	01:40:53	01:48:06.65	01:48:27.30	+00:37:42 (34.9%)	5:07	11.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
396	CIEŚLIK Paweł	421	CHATEAU CHALIN	M-40	120	00:00:26		00:51:23	01:16:25	01:37:43	01:41:27	01:48:03.25	01:48:30.00	+00:37:38 (34.8%)	5:07	11.7 (65.0%)
397	MACIASZEK Maciek	202		M-30	165	00:00:09	00:24:25	00:49:36	01:14:33	01:36:55	01:41:02	01:48:21.60	01:48:31.15	+00:37:57 (35.0%)	5:08	11.7 (65.0%)
398	ZAMOJSKI Bartek	796	MIECHOWICKA GRUPA BIEGOWA	M-40	118	00:00:41	00:24:51	00:49:36	01:14:15	01:36:33	01:40:41	01:47:54.80	01:48:35.80	+00:37:30 (34.8%)	5:06	11.7 (65.0%)
399	ZAWADZKI Robert	937		M-30	163	00:00:16	00:25:47	00:50:55	01:16:03	01:37:53	01:41:38	01:48:19.40	01:48:36.15	+00:37:54 (35.0%)	5:08	11.7 (65.0%)
400	JAWOREK Jacek	837	OPEL ACTIVE TEAM	M-30	154	00:01:02	00:25:03	00:50:48	01:16:16	01:37:20	01:41:05	01:47:33.65	01:48:36.60	+00:37:09 (34.5%)	5:05	11.8 (65.6%)
401	CHODAWSKA Dorota	790	OPEL ACTIVE TEAM	K-30	13	00:00:42	00:25:28	00:50:30	01:15:35	01:37:34	01:41:22	01:47:54.40	01:48:36.90	+00:37:29 (34.8%)	5:06	11.7 (65.0%)
402	SOBEL Łukasz	419	OPEL ACTIVE TEAM	M-30	159	00:00:41	00:25:29	00:50:31	01:15:36	01:37:36	01:41:23	01:47:55.90	01:48:37.75	+00:37:31 (34.8%)	5:06	11.7 (65.0%)
403	SWOBODA Jarosław	1158	NIGHT RUNNERS GLIWICE	M-30	156	00:00:59	00:25:51	00:50:51	01:15:34	01:37:07	01:40:57	01:47:38.40	01:48:37.85	+00:37:13 (34.6%)	5:06	11.8 (65.6%)
404	BŁĄŻYTKO Monika	31	BIEGAJ Z TRENERAMI GLIWICE	K-20	9	00:00:12	00:23:33	00:47:25	01:12:41	01:36:01	01:40:23	01:48:27.30	01:48:39.65	+00:38:02 (35.1%)	5:08	11.7 (65.0%)
405	STOLARCZYK Marcin	1291	MOMO RESTAURANT & COCKTAIL BAR	M-40	123	00:00:32	00:25:19	00:50:08	01:15:02	01:37:03	01:41:03	01:48:07.85	01:48:40.70	+00:37:43 (34.9%)	5:07	11.7 (65.0%)
406	BORSUK Mirosław	682	NIGHT RUNNERS GLIWICE	M-40	116	00:01:01	00:25:49	00:50:50	01:15:32	01:37:06	01:40:55	01:47:41.65	01:48:43.20	+00:37:17 (34.6%)	5:06	11.8 (65.6%)
407	DAWIEC Michał	418	FAT ZABRZE	M-30	155	00:01:09	00:25:45	00:50:45	01:15:16	01:36:53	01:40:50	01:47:34.75	01:48:43.85	+00:37:10 (34.6%)	5:05	11.8 (65.6%)
408	PRZYBYLSKI Mariusz	330		M-40	126	00:00:26	00:25:39	00:50:59	01:15:43	01:37:20	01:41:20	01:48:18.80	01:48:45.30	+00:37:54 (35.0%)	5:08	11.7 (65.0%)
409	KONOPACKA-BESSA Magdalena	1267		K-30	14	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57	01:41:07	01:48:32.00	01:48:45.45	+00:38:07 (35.1%)	5:08	11.7 (65.0%)
410	GAWROŃSKI Paweł	967		M-40	124	00:00:35	00:24:47	00:49:17	01:15:04	01:36:51	01:40:56	01:48:11.25	01:48:46.55	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
411	BĄK-CESARZ Damian	552		M-40	111	00:01:38	00:26:39	00:52:55	01:17:40	01:37:47	01:41:15	01:47:08.60	01:48:47.20	+00:36:44 (34.3%)	5:04	11.8 (65.6%)
412	SELIGA Paweł	60	BIEGAJ Z TRENERAMI GLIWICE	M-30	169	00:00:13	00:24:16	00:49:12	01:14:26	01:37:41	01:41:50	01:48:36.70	01:48:50.00	+00:38:12 (35.2%)	5:08	11.7 (65.0%)
413	STAŃCZAK Grzegorz	173		M-20	70	00:00:09	00:23:12	00:47:56	01:13:27	01:36:50	01:41:04	01:48:44.95	01:48:54.25	+00:38:20 (35.3%)	5:09	11.6 (64.4%)
414	MANDRYSZ Jacek	1055		M-30	160	00:00:50	00:25:06	00:50:27	01:15:32	01:37:10	01:41:09	01:48:04.40	01:48:55.00	+00:37:39 (34.9%)	5:07	11.7 (65.0%)
415	CZYŻYKOWSKI Marcin	898		M-40	114	00:01:33	00:25:03	00:49:44	01:14:47	01:36:41	01:40:39	01:47:23.25	01:48:56.65	+00:36:58 (34.4%)	5:05	11.8 (65.6%)
415	KRAKOWCZYK Adam	496	SBRT GLIWICE	M-30	170	00:00:19	00:25:45	00:51:27	01:16:58	01:38:20	01:42:08	01:48:37.05	01:48:56.65	+00:38:12 (35.2%)	5:08	11.7 (65.0%)
417	JASIK Grzegorz	1293	MOMO RESTAURANT & COCKTAIL BAR	M-40	128	00:00:19	00:23:56	00:48:31	01:13:34	01:37:18	01:41:26	01:48:39.15	01:48:58.80	+00:38:14 (35.2%)	5:08	11.7 (65.0%)
418	ZIĘBIK Grzegorz	891		M-30	162	00:00:46	00:25:18	00:50:48	01:16:11	01:37:48	01:41:37	01:48:12.20	01:48:59.05	+00:37:47 (34.9%)	5:07	11.7 (65.0%)
419	KOŁODZIEJ Kamil	1276	PB TEAM PYSKOWICE	M-30	168	00:00:27	00:25:39	00:51:03	01:16:24	01:38:20	01:42:08	01:48:33.95	01:49:01.10	+00:38:09 (35.1%)	5:08	11.7 (65.0%)
420	MAJEWSKA Gizela	24	BIEGAJ Z TRENERAMI FC24	K-40	5	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37	01:41:31	01:48:17.35	01:49:01.95	+00:37:52 (35.0%)	5:07	11.7 (65.0%)
421	DRYNDA Andrzej	18		M-40	127	00:00:40	00:25:36	00:51:08	01:16:37	01:38:04	01:41:48	01:48:21.95	01:49:02.25	+00:37:57 (35.0%)	5:08	11.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
422	KOZIEŁ Kamil	893		M-30	167	00:00:30	00:25:33	00:50:52	01:16:01	01:37:55	01:41:52	01:48:32.80	01:49:03.65	+00:38:08 (35.1%)	5:08	11.7 (65.0%)
423	MAŁEK Andrzej	970	ABAKON	M-20	69	00:00:33	00:23:40	00:48:33	01:14:00	01:37:05	01:41:14	01:48:31.15	01:49:04.60	+00:38:06 (35.1%)	5:08	11.7 (65.0%)
424	SPINCZYK Andrzej	1009		M-40	121	00:00:59	00:24:19	00:49:16	01:14:49	01:37:09	01:41:10	01:48:06.10	01:49:05.70	+00:37:41 (34.9%)	5:07	11.7 (65.0%)
425	KOŁODZIEJ Jacek	70	NIGHT RUNNERS GLIWICE	M-40	129	00:00:20	00:25:46	00:50:56	01:16:10	01:38:04	01:41:59	01:48:45.65	01:49:06.00	+00:38:21 (35.3%)	5:09	11.6 (64.4%)
426	ŻARSKI Sławomir	867		M-50	27	00:00:39	00:25:05	00:50:22	01:15:24	01:37:31	01:41:28	01:48:26.45	01:49:06.20	+00:38:02 (35.1%)	5:08	11.7 (65.0%)
427	GRUSZKA Sławomir	740		M-30	158	00:01:13	00:25:57	00:51:38	01:16:33	01:37:37	01:41:25	01:47:53.75	01:49:06.95	+00:37:29 (34.7%)	5:06	11.7 (65.0%)
428	BOJANEK Tomasz	1031		M-20	72	00:00:20	00:24:12	00:48:29	01:13:12	01:36:55	01:41:14	01:48:53.85	01:49:14.25	+00:38:29 (35.3%)	5:09	11.6 (64.4%)
429	KLAMECKI Marek	789		M-30	161	00:01:03	00:23:48	00:48:25	01:13:11	01:36:37	01:40:58	01:48:10.90	01:49:14.35	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
430	RYBIŃSKI Łukasz	854	EŁKA TEAM	M-30	166	00:00:47	00:23:24	00:47:37	01:12:24	01:36:04	01:40:13	01:48:28.15	01:49:15.70	+00:38:03 (35.1%)	5:08	11.7 (65.0%)
431	BRZEZINA Arkadiusz	54	TARNOGÓRSKA GRUPA BIEGOWA	M-30	171	00:00:29	00:25:38	00:51:20	01:16:38	01:38:18	01:42:10	01:48:46.90	01:49:16.25	+00:38:22 (35.3%)	5:09	11.6 (64.4%)
432	KŁYK Dominik	1127	RUN FOREST! RUN!!!	M-30	172	00:00:29	00:26:11	00:51:24	01:16:51		01:42:41	01:48:48.00	01:49:17.20	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
433	PATYNEK Sebastian	516	BRAK	M-30	175	00:00:18	00:25:22	00:51:05	01:16:29	01:38:52	01:42:36	01:48:59.70	01:49:18.40	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
434	LEWICKA Justyna	235	AKMB PĘDZIWIATR GLIWICE	K-30	17	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55	01:42:00	01:49:07.35	01:49:19.35	+00:38:42 (35.5%)	5:10	11.6 (64.4%)
435	MASARCZYK Wojciech	269	NIEZRZESZONY	M-20	73	00:00:17	00:23:55	00:48:45	01:17:00	01:38:34	01:42:23	01:49:03.20	01:49:20.25	+00:38:38 (35.4%)	5:10	11.6 (64.4%)
436	KUŹNICKI Tomasz	686		M-30	173	00:00:31	00:24:02	00:49:06	01:14:33	01:37:16	01:41:27	01:48:51.10	01:49:22.85	+00:38:26 (35.3%)	5:09	11.6 (64.4%)
436	PIECUCH Agnieszka	1217	SBRT GLIWICE	K-20	10	00:00:20	00:25:54	00:51:23	01:16:47	01:38:28	01:42:14	01:49:02.25	01:49:22.85	+00:38:37 (35.4%)	5:10	11.6 (64.4%)
438	GOLIASZ Bartłomiej	1100		M-30	176	00:00:23	00:25:42	00:51:26	01:16:55	01:38:42	01:42:32	01:49:00.35	01:49:23.50	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
439	PIETRZAK Marcin	244	STRAŻAK JRG GLIWICE	M-40	130	00:00:19	00:23:51	00:48:45	01:14:12	01:37:22	01:41:35	01:49:05.60	01:49:24.70	+00:38:41 (35.5%)	5:10	11.6 (64.4%)
440	KUCH Paweł	630		M-50	28	00:00:38	00:24:21	00:49:03	01:14:00	01:37:28	01:41:30	01:48:47.90	01:49:26.20	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
441	DYLONG Piotr	265		M-50	26	00:01:13	00:24:48	00:49:19	01:14:44	01:37:13	01:41:16	01:48:16.40	01:49:29.90	+00:37:51 (35.0%)	5:07	11.7 (65.0%)
442	JARUGA Damian Izabela	944	DIKOM.PL	M-30	174	00:00:36	00:25:39	00:50:54	01:15:54	01:37:55	01:41:56	01:48:55.05	01:49:31.45	+00:38:30 (35.4%)	5:09	11.6 (64.4%)
443	FIDOR Damian	924	RUNHOGS TYCHY	M-30	178	00:00:24	00:25:40	00:51:21	01:16:53	01:38:50	01:42:36	01:49:08.40	01:49:32.60	+00:38:43 (35.5%)	5:10	11.6 (64.4%)
444	SŁOWIKOWSKI Damian	707		M-20	67	00:01:27	00:24:44	00:49:35	01:14:52	01:37:41	01:41:45	01:48:06.35	01:49:34.25	+00:37:41 (34.9%)	5:07	11.7 (65.0%)
445	GÓRKA Szymon	833		M-30	164	00:01:19	00:24:43	00:49:05	01:14:26	01:37:12	01:41:17	01:48:20.30	01:49:39.95	+00:37:55 (35.0%)	5:08	11.7 (65.0%)
446	GRABOWSKA Joanna	1164		K-40	8	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56	01:49:02.55	01:49:41.60	+00:38:38 (35.4%)	5:10	11.6 (64.4%)
447	DUDEK Jan	828	HONOROWI DAWCY KRWI	M-40	132	00:00:25	00:23:17	00:47:57	01:13:35	01:37:29	01:41:48	01:49:16.45	01:49:42.25	+00:38:52 (35.6%)	5:10	11.6 (64.4%)
448	LIC Janusz	693		M-40	133	00:00:23	00:24:07	00:48:05	01:12:44	01:37:04	01:41:32	01:49:19.50	01:49:43.20	+00:38:55 (35.6%)	5:10	11.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
449	JAGŁA Aleksandra	798	RFC ACTIVE TEAM	K-30	15	00:00:53	00:24:37	00:49:32	01:15:04	01:37:35	01:41:39	01:48:50.35	01:49:43.45	+00:38:25 (35.3%)	5:09	11.6 (64.4%)
450	KOTNIS Bogusław	620		M-40	125	00:01:31	00:25:24	00:50:59	01:16:10	01:37:36	01:41:28	01:48:12.25	01:49:43.95	+00:37:47 (34.9%)	5:07	11.7 (65.0%)
451	RAWŁUSZEWICZ Maksymilian	956		M-20	78	00:00:13	00:25:16	00:51:02	01:16:39	01:38:42	01:42:44	01:49:32.35	01:49:45.45	+00:39:07 (35.7%)	5:11	11.6 (64.4%)
452	SADOWSKI Tomasz	1072		M-30	179	00:00:36	00:24:40	00:49:30	01:14:38	01:37:42	01:41:49	01:49:10.25	01:49:46.30	+00:38:45 (35.5%)	5:10	11.6 (64.4%)
452	RENKE Piotr	565	BAUREN TEAM	M-40	131	00:00:33	00:24:44	00:49:48	01:15:18	01:38:09	01:42:16	01:49:12.65	01:49:46.30	+00:38:48 (35.5%)	5:10	11.6 (64.4%)
454	JANTAS Dominika	300	OCHAJORUN&FRIENDS	K-16	2	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48	01:42:07	01:49:28.95	01:49:46.90	+00:39:04 (35.7%)	5:11	11.6 (64.4%)
455	CZAUDERNA Klaudia	178		K-40	6	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53	01:41:50	01:48:49.60	01:49:46.95	+00:38:25 (35.3%)	5:09	11.6 (64.4%)
456	DROZD Grzegorz	274		M-20	74	00:00:43	00:26:13	00:51:14	01:16:01	01:38:13	01:42:10	01:49:04.20	01:49:47.80	+00:38:39 (35.4%)	5:10	11.6 (64.4%)
457	BOGACZ Paweł	481		M-30	182	00:00:22	00:25:40	00:51:25	01:16:54	01:38:51	01:42:39	01:49:27.65	01:49:49.90	+00:39:03 (35.7%)	5:11	11.6 (64.4%)
458	BAJ Tomasz	236	KOMBO KURCZAKI	M-20	77	00:00:19	00:23:37	00:48:27	01:14:35	01:38:14	01:42:16	01:49:30.25	01:49:50.15	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
459	POKRYSZKA Bartosz	156		M-30	181	00:00:25	00:25:42	00:51:21	01:16:54	01:38:50	01:42:33	01:49:25.75	01:49:51.35	+00:39:01 (35.7%)	5:11	11.6 (64.4%)
460	NIŻNIKIEWICZ Elżbieta	578		K-30	19	00:00:10	00:24:53	00:50:04	01:15:49	01:38:44	01:42:45	01:49:42.00	01:49:52.10	+00:39:17 (35.8%)	5:11	11.5 (63.9%)
461	POGORZALEK Mateusz	1231		M-20	75	00:00:45	00:25:57	00:51:33	01:16:37	01:38:53	01:42:49	01:49:07.15	01:49:53.10	+00:38:42 (35.5%)	5:10	11.6 (64.4%)
462	LASICZ Aleksandra	702	ALEKSANDRA K. LASICZ	K-30	16	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38	01:42:32	01:48:59.75	01:49:53.85	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
463	SCHAB Bartłomiej	642		M-20	76	00:00:38	00:23:41	00:48:29	01:14:15	01:37:30	01:41:45	01:49:15.75	01:49:54.15	+00:38:51 (35.6%)	5:10	11.6 (64.4%)
464	PYTLASIŃSKI Adam	672		M-40	137	00:00:14	00:24:28	00:49:23	01:14:38	01:38:37	01:42:48	01:49:40.30	01:49:55.05	+00:39:15 (35.8%)	5:11	11.5 (63.9%)
465	WAŚ Szymon	1292		M-20	79	00:00:20	00:25:43	00:51:02	01:16:21	01:38:43	01:42:41	01:49:35.30	01:49:55.45	+00:39:10 (35.8%)	5:11	11.6 (64.4%)
466	SKÓRA Aneta	1268	NIGHT RUNNERS GLIWICE	K-30	18	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54	01:42:44	01:49:37.25	01:49:55.75	+00:39:12 (35.8%)	5:11	11.5 (63.9%)
467	GRUSZCZYŃSKI Bogusław	902		M-60	4	00:00:32	00:24:57	00:50:16	01:15:28	01:38:03	01:42:04	01:49:23.90	01:49:56.10	+00:38:59 (35.6%)	5:11	11.6 (64.4%)
468	STULIK Paweł	661		M-30	186	00:00:22	00:23:55	00:48:40	01:14:19	01:37:45	01:41:53	01:49:35.25	01:49:57.35	+00:39:10 (35.8%)	5:11	11.6 (64.4%)
469	ZAJDEL Dariusz	390		M-50	29	00:00:30	00:25:42	00:51:20	01:16:48		01:42:37	01:49:28.65	01:49:59.10	+00:39:04 (35.7%)	5:11	11.6 (64.4%)
470	KULASEK Michał	917	BYTOM	M-20	83	00:00:08	00:22:13	00:46:48	01:12:43	01:37:28	01:42:14	01:49:54.00	01:50:02.65	+00:39:29 (35.9%)	5:12	11.5 (63.9%)
471	KIDOŃ Krzysztof	877		M-30	184	00:00:30	00:23:51	00:48:43	01:14:32	01:37:57	01:42:10	01:49:34.85	01:50:05.40	+00:39:10 (35.7%)	5:11	11.6 (64.4%)
471	WALCZAK Mateusz	734		M-30	185	00:00:30	00:25:30	00:50:56	01:16:18	01:38:30	01:42:26	01:49:34.95	01:50:05.40	+00:39:10 (35.7%)	5:11	11.6 (64.4%)
473	MUCHA Krzysztof	938		M-20	71	00:01:18	00:24:27	00:48:32	01:14:09	01:37:20	01:41:28	01:48:47.45	01:50:05.55	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
474	SKOTNICKI Paweł	34	TEAM PAPRY 20	M-20	81	00:00:20	00:24:13	00:49:15	01:15:06	01:38:19	01:42:32	01:49:48.65	01:50:09.30	+00:39:24 (35.9%)	5:12	11.5 (63.9%)
475	HAJDA Marek	749		M-40	135	00:00:41	00:24:48	00:50:26	01:15:42	01:38:33	01:42:25	01:49:29.15	01:50:10.25	+00:39:04 (35.7%)	5:11	11.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
476	KASZUBSKI Andrzej	1212	SBRT GLIWICE	M-30	183	00:00:40	00:23:02	00:47:13	01:14:00	01:38:22	01:42:07	01:49:30.20	01:50:10.50	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
477	IZBICKI Zbigniew	1113		M-40	138	00:00:28	00:25:25	00:50:33	01:15:52	01:38:30	01:42:34	01:49:45.00	01:50:13.00	+00:39:20 (35.8%)	5:12	11.5 (63.9%)
478	WIEKIERA Adam	385		M-30	192	00:00:11	00:23:41	00:48:09	01:13:53	01:37:52	01:42:13	01:50:02.70	01:50:14.45	+00:39:38 (36.0%)	5:12	11.5 (63.9%)
479	SOŚNIAK Tomasz	25	KUDŁATY ART ACTIVE TEAM	M-30	189	00:00:21	00:25:35	00:51:03	01:16:10	01:38:22	01:42:24	01:49:53.30	01:50:14.75	+00:39:28 (35.9%)	5:12	11.5 (63.9%)
480	BOCZAROWSKI Michał	1014	EXPERT TRAVEL	M-40	136	00:00:45	00:24:57	00:50:02	01:15:15	01:38:07	01:42:18	01:49:29.70	01:50:14.90	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
481	GORECKI Janusz	361		M-50	30	00:00:18	00:25:22	00:51:05	01:16:29	01:38:54	01:42:50	01:49:56.75	01:50:15.55	+00:39:32 (36.0%)	5:12	11.5 (63.9%)
482	SZADKOWSKI Paweł	1313	NIGHT RUNNERS GLIWICE	M-30	190	00:00:18	00:25:43	00:51:27	01:16:58	01:38:53	01:42:43	01:49:57.25	01:50:15.85	+00:39:32 (36.0%)	5:12	11.5 (63.9%)
483	STĘPIEŃ Wojciech	217	NIGHT RUNNERS GLIWICE	M-40	141	00:00:18	00:25:44	00:51:27	01:16:58	01:38:54	01:42:43	01:49:57.80	01:50:16.05	+00:39:33 (36.0%)	5:12	11.5 (63.9%)
484	RAWŁUSZEWICZ Waldemar	674		M-50	31	00:00:12	00:25:17	00:51:03	01:16:40	01:38:43	01:42:45	01:50:04.00	01:50:16.80	+00:39:39 (36.0%)	5:12	11.5 (63.9%)
485	MACEŁAJTIS Elżbieta	105		K-20	11	00:01:12	00:25:56	00:50:55	01:16:18	01:38:25	01:42:22	01:49:06.15	01:50:19.05	+00:38:41 (35.5%)	5:10	11.6 (64.4%)
486	ZDZIEBKO Artur	176		M-40	140	00:00:24	00:26:01	00:51:47	01:17:11	01:39:12	01:43:08	01:49:56.10	01:50:20.25	+00:39:31 (36.0%)	5:12	11.5 (63.9%)
487	FAMUŁA Tomasz	389	FUTURE PROCESSING RUNNING TEAM	M-30	177	00:01:19	00:25:49	00:51:29	01:17:18		01:42:45	01:49:00.90	01:50:20.55	+00:38:36 (35.4%)	5:10	11.6 (64.4%)
488	MAY-MAJEWSKI Michał	793		M-30	187	00:00:48	00:25:35	00:51:01	01:16:19		01:42:46	01:49:37.40	01:50:26.00	+00:39:12 (35.8%)	5:11	11.5 (63.9%)
489	ROŻEK Jacek	53	PSYCHONAUCI	M-30	191	00:00:28	00:23:59	00:50:11	01:16:21	01:38:42	01:42:36	01:50:00.90	01:50:29.15	+00:39:36 (36.0%)	5:12	11.5 (63.9%)
490	CZARNIK-PECIAK Aleksandra	198	BRAK	K-40	9	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14	01:43:19	01:50:27.65	01:50:31.80	+00:40:03 (36.3%)	5:14	11.5 (63.9%)
491	PAWLIK Wojtek	736		M-30	193	00:00:25	00:25:46	00:51:53	01:17:54	01:39:54	01:43:42	01:50:09.25	01:50:34.60	+00:39:44 (36.1%)	5:13	11.5 (63.9%)
492	RYZIŃSKA Aneta	150	AMATOR	K-40	7	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39	01:42:27	01:48:54.85	01:50:35.40	+00:38:30 (35.4%)	5:09	11.6 (64.4%)
493	KORPETTA Andrzej	568		M-40	134	00:01:13	00:25:56	00:51:38	01:16:41	01:38:23	01:42:20	01:49:22.85	01:50:36.35	+00:38:58 (35.6%)	5:11	11.6 (64.4%)
494	KRUK Krzysztof	842	CROSSFIT ZABRZE	M-30	194	00:00:26	00:25:32	00:51:25	01:17:18	01:39:50	01:43:45	01:50:12.60	01:50:39.30	+00:39:48 (36.1%)	5:13	11.5 (63.9%)
495	IMIOŁEK Arkadiusz	121	ED-CERT	M-40	143	00:00:15	00:25:24	00:51:11	01:17:01	01:39:42	01:43:46	01:50:30.00	01:50:45.95	+00:40:05 (36.3%)	5:14	11.5 (63.9%)
496	KARSKI Oskar	745		M-20	80	00:01:02	00:25:19	00:50:52	01:16:23	01:39:03	01:43:06	01:49:44.70	01:50:46.95	+00:39:20 (35.8%)	5:12	11.5 (63.9%)
497	WIKIERSKI Michał	36		M-30	196	00:00:24	00:25:40	00:51:23	01:16:53	01:38:55	01:43:04	01:50:24.25	01:50:49.05	+00:39:59 (36.2%)	5:13	11.5 (63.9%)
498	TURNIAK Miłosz	373		M-20	85	00:00:34	00:24:31	00:49:36	01:15:01	01:38:17	01:42:30	01:50:15.85	01:50:50.20	+00:39:51 (36.1%)	5:13	11.5 (63.9%)
499	KOŁAK Szymon	335	PIAST GLIWICE	M-20	86	00:00:24	00:23:20	00:47:52	01:13:24	01:37:41	01:42:19	01:50:29.80	01:50:54.25	+00:40:05 (36.3%)	5:14	11.5 (63.9%)
500	SMOLARCZYK Agnieszka	314		K-30	20	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33	01:42:43	01:50:03.90	01:50:56.95	+00:39:39 (36.0%)	5:12	11.5 (63.9%)
501	KĄDZIOŁKA Jan	868	NIGHT RUNNERS GLIWICE	M-40	142	00:00:35	00:25:39	00:51:24	01:17:06	01:39:39	01:43:41	01:50:23.40	01:50:58.45	+00:39:58 (36.2%)	5:13	11.5 (63.9%)
502	DYDO Arkadiusz	865		M-40	145	00:00:22	00:25:39	00:51:08	01:16:52	01:39:18	01:43:27	01:50:38.95	01:51:00.95	+00:40:14 (36.4%)	5:14	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
503	ZAWADA Marcin	79	NIGHT RUNNERS	M-20	82	00:01:12	00:25:57	00:50:54	01:16:18		01:42:51	01:49:51.20	01:51:03.95	+00:39:26 (35.9%)	5:12	11.5 (63.9%)
504	MILER Ireneusz	182		M-30	188	00:01:23	00:25:54	00:51:29	01:16:31	01:38:37	01:42:43	01:49:40.75	01:51:04.65	+00:39:16 (35.8%)	5:11	11.5 (63.9%)
504	CHROBOK Mateusz	164	NIGHT RUNNERS ZABRZE	M-20	88	00:00:16	00:23:48	00:48:22	01:13:53	01:38:34	01:43:16	01:50:48.25	01:51:04.65	+00:40:23 (36.5%)	5:15	11.4 (63.3%)
506	ORZECH Michał	857	AMATOR	M-30	198	00:00:27	00:25:19	00:50:08	01:15:04	01:38:26	01:42:50	01:50:38.95	01:51:06.15	+00:40:14 (36.4%)	5:14	11.4 (63.3%)
507	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	3	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44	01:43:53	01:50:46.55	01:51:07.30	+00:40:22 (36.4%)	5:15	11.4 (63.3%)
508	SŁOMIAN Marcelina	1011		K-20	12	00:00:26	00:25:32	00:51:24	01:17:18	01:39:49	01:43:45	01:50:41.65	01:51:07.90	+00:40:17 (36.4%)	5:14	11.4 (63.3%)
509	MRÓZ Dawid	746		M-30	180	00:01:50	00:25:40	00:51:33	01:16:15	01:38:27	01:42:24	01:49:20.10	01:51:10.10	+00:38:55 (35.6%)	5:10	11.6 (64.4%)
510	ĆWIK Paweł	1003		M-40	144	00:00:39	00:25:37	00:51:13	01:17:21	01:39:46	01:43:46	01:50:33.65	01:51:12.85	+00:40:09 (36.3%)	5:14	11.5 (63.9%)
511	SMUDA Andrzej	512	AKMB PĘDZIWIATR GLIWICE	M-40	139	00:01:26	00:26:13	00:51:46	01:17:12	01:38:59	01:42:58	01:49:47.10	01:51:13.70	+00:39:22 (35.9%)	5:12	11.5 (63.9%)
512	KONIK Sylwia	369	KONIKI TEAM	K-40	10	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53	01:43:09	01:50:37.85	01:51:14.55	+00:40:13 (36.4%)	5:14	11.4 (63.3%)
513	PUDLO Hanna	945		K-30	22	00:00:49	00:25:14	00:50:22	01:15:32	01:38:35	01:42:49	01:50:25.35	01:51:15.15	+00:40:00 (36.2%)	5:14	11.5 (63.9%)
514	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	11	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50	01:43:57	01:50:59.60	01:51:16.95	+00:40:35 (36.6%)	5:15	11.4 (63.3%)
515	KNUTELSKI Mariusz	1155		M-30	202	00:00:18	00:23:36	00:48:41	01:14:49	01:38:51	01:43:17	01:51:00.50	01:51:19.05	+00:40:36 (36.6%)	5:15	11.4 (63.3%)
516	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	23	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45	01:43:52	01:50:56.25	01:51:24.50	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
517	KACZKIEWICZ Damian	683	NIGHT RUNNERS GLIWICE	M-40	148	00:00:28	00:25:35	00:51:17	01:16:49	01:39:46	01:43:52	01:50:56.80	01:51:24.90	+00:40:32 (36.5%)	5:15	11.4 (63.3%)
518	KREMPA Sławomir	1030		M-30	203	00:00:25	00:25:39	00:51:16	01:16:43	01:39:40	01:43:50	01:51:04.30	01:51:29.35	+00:40:39 (36.6%)	5:15	11.4 (63.3%)
519	IZDEBSKI Adrian	527		M-30	199	00:00:55	00:26:23	00:53:43	01:18:41	01:40:36	01:44:18	01:50:41.65	01:51:36.70	+00:40:17 (36.4%)	5:14	11.4 (63.3%)
520	KAFARSKI Robert	829	MALA PANA ZAWADZKIE	M-40	147	00:00:42	00:25:26	00:50:43	01:16:31	01:39:29	01:43:38	01:50:56.15	01:51:38.50	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
521	TALKOWSKI Gabriel	1513	EXLABS	M-20	89	00:00:47	00:26:19	00:52:07	01:18:15	01:40:24	01:44:20	01:50:53.30	01:51:40.60	+00:40:28 (36.5%)	5:15	11.4 (63.3%)
522	CZERNY Michał	464		M-30	197	00:01:08	00:25:51	00:51:35	01:17:07		01:43:33	01:50:33.15	01:51:42.00	+00:40:08 (36.3%)	5:14	11.5 (63.9%)
523	CANIBOŁ Anna	444		K-20	13	00:00:42	00:25:45	00:51:46	01:17:25	01:40:17	01:44:26	01:51:01.10	01:51:43.95	+00:40:36 (36.6%)	5:15	11.4 (63.3%)
524	ZIOBER Grzegorz	1092	SPARTA PLATFUS	M-30	205	00:00:33	00:27:21	00:54:12	01:19:33	01:40:51	01:44:40	01:51:10.95	01:51:44.05	+00:40:46 (36.7%)	5:16	11.4 (63.3%)
525	DZIURA Arkadiusz	50		M-40	146	00:00:48	00:26:05	00:51:28	01:17:04	01:39:42	01:43:50	01:50:55.80	01:51:44.15	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
526	KONDRUSIEWICZ Michał	1064	BIEGACZE CSR	M-20	84	00:01:36	00:26:43	00:52:16	01:17:40	01:39:36	01:43:34	01:50:08.10	01:51:44.45	+00:39:43 (36.1%)	5:13	11.5 (63.9%)
527	ADAMOWSKI Jacek	1005	NIGHT RUNNERS GLIWICE	M-30	201	00:00:54	00:23:37	00:48:49	01:14:31	01:38:44	01:43:08	01:50:50.45	01:51:45.05	+00:40:26 (36.5%)	5:15	11.4 (63.3%)
528	WIECHOWSKI Artur	209	SPARTA PLATFUS	M-30	206	00:00:33	00:27:22	00:54:12	01:19:32	01:40:52	01:44:41	01:51:12.35	01:51:45.35	+00:40:47 (36.7%)	5:16	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
529	OLSZEWSKI Tomasz	440		M-20	87	00:01:16	00:25:41	00:51:54	01:17:35	01:39:57	01:43:53	01:50:31.10	01:51:47.15	+00:40:06 (36.3%)	5:14	11.5 (63.9%)
530	SKACZKOWSKA Barbara	863	POLSKI KLUB MTB	K-30	24	00:00:32	00:25:11	00:50:57	01:16:45	01:39:57	01:44:15	01:51:17.80	01:51:49.95	+00:40:53 (36.7%)	5:16	11.4 (63.3%)
531	ĆWIKŁA Kamil	315	HARPAGANY	M-30	207	00:00:36	00:25:15	00:50:47	01:16:10	01:39:20	01:43:43	01:51:14.45	01:51:51.00	+00:40:50 (36.7%)	5:16	11.4 (63.3%)
532	GANSZCZYK Rafał	823	OPEL ACTIVE TEAM	M-30	204	00:00:43	00:26:11	00:52:50	01:19:00	01:40:33	01:44:29	01:51:09.95	01:51:53.75	+00:40:45 (36.7%)	5:16	11.4 (63.3%)
533	PISINGAS Mariusz	1150		M-30	200	00:01:13	00:25:38	00:51:41	01:17:25	01:39:55	01:44:07	01:50:44.40	01:51:57.90	+00:40:19 (36.4%)	5:14	11.4 (63.3%)
534	TROJAK Grzegorz	1116		M-16	5	00:01:13	00:26:32	00:52:04	01:17:48	01:40:30	01:44:31	01:50:45.25	01:51:59.10	+00:40:20 (36.4%)	5:14	11.4 (63.3%)
535	BŁOŃSKA Monika	692		K-30	21	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06	01:43:58	01:50:22.95	01:51:59.20	+00:39:58 (36.2%)	5:13	11.5 (63.9%)
536	CIEŚLIK Bartłomiej	531	CHATEAU CHALIN	M-30	208	00:00:26	00:25:39	00:51:23	01:16:58	01:39:47	01:44:05	01:51:33.20	01:51:59.40	+00:41:08 (36.9%)	5:17	11.3 (62.8%)
537	SPIECHOWICZ Andrzej	703	POLICJA	M-30	195	00:01:42	00:24:33	00:49:27	01:15:12	01:38:36	01:42:50	01:50:18.60	01:52:01.55	+00:39:54 (36.2%)	5:13	11.5 (63.9%)
538	RÓG Marcin	1054		M-20	92	00:00:19	00:25:54	00:51:02	01:15:59	01:39:51	01:44:12	01:51:53.10	01:52:12.25	+00:41:28 (37.1%)	5:18	11.3 (62.8%)
539	DYCHA Eliza	33		K-30	25	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37	01:44:37	01:51:31.00	01:52:20.30	+00:41:06 (36.9%)	5:17	11.4 (63.3%)
540	NIESZPOREK Adam	344	RUN-3	M-40	150	00:00:56	00:25:34	00:50:57	01:16:20	01:39:24	01:43:45	01:51:27.25	01:52:23.35	+00:41:02 (36.8%)	5:16	11.4 (63.3%)
541	GOMOLA Zbigniew	461		M-40	149	00:01:07	00:26:10	00:51:29	01:16:13	01:38:34	01:43:54	01:51:18.45	01:52:26.15	+00:40:54 (36.7%)	5:16	11.4 (63.3%)
542	SITEK Grzegorz	892	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	153	00:00:38	00:25:34	00:51:22	01:17:17	01:40:27	01:44:39	01:51:49.70	01:52:28.60	+00:41:25 (37.0%)	5:18	11.3 (62.8%)
543	ZDANIEWICZ Radosław	1065	PSYCHONAUCI	M-30	210	00:00:56	00:26:39	00:52:54	01:18:43	01:40:54	01:44:52	01:51:34.55	01:52:30.85	+00:41:10 (36.9%)	5:17	11.3 (62.8%)
544	CIMAŁA Rafał	598	ISTA BIEGAMY	M-40	151	00:00:55	00:27:39	00:54:19	01:20:08	01:41:32	01:45:14	01:51:36.80	01:52:32.10	+00:41:12 (36.9%)	5:17	11.3 (62.8%)
545	PIETRYSIAK Stefan	772		M-50	35	00:00:32	00:25:31	00:50:38	01:16:11	01:40:00	01:44:17	01:52:00.10	01:52:32.15	+00:41:35 (37.1%)	5:18	11.3 (62.8%)
546	SOREMSKI Dominik	480	BZUT	M-20	93	00:00:39	00:26:43	00:53:11	01:18:37	01:41:03	01:45:01	01:51:53.75	01:52:32.75	+00:41:29 (37.1%)	5:18	11.3 (62.8%)
547	GOLEC Aleksandra	212	PTTK ŻYWIEC	K-40	12	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52	01:44:55	01:51:56.20	01:52:33.70	+00:41:31 (37.1%)	5:18	11.3 (62.8%)
548	JAGODA Mateusz	972	FUCHS OIL TEAM	M-20	90	00:01:10	00:26:28	00:52:52	01:17:54	01:40:44	01:44:43	01:51:26.15	01:52:36.95	+00:41:01 (36.8%)	5:16	11.4 (63.3%)
549	DZIDA Janusz	999	EXME BERGER GROUP ZOK SPÓŁKA Z O.O.	M-30	216	00:00:18	00:24:22	00:50:02	01:16:17	01:40:09	01:44:35	01:52:18.60	01:52:37.05	+00:41:54 (37.3%)	5:19	11.3 (62.8%)
550	MICHALAK Grzegorz	659	TOTALNY AMATOR	M-40	157	00:00:20	00:24:48	00:50:33	01:17:01	01:40:23	01:44:47	01:52:18.20	01:52:38.95	+00:41:53 (37.3%)	5:19	11.3 (62.8%)
551	BAUMERT Rafał	597	ISTA BIEGAMY	M-30	212	00:00:47	00:26:09	00:52:23	01:18:45	01:41:14	01:45:05	01:51:52.85	01:52:40.30	+00:41:28 (37.1%)	5:18	11.3 (62.8%)
552	KUROWSKI Michał	540	NIGHT RUNNERS GLIWICE	M-20	91	00:01:00	00:25:30	00:51:22	01:17:42	01:40:52	01:44:52	01:51:40.80	01:52:40.95	+00:41:16 (37.0%)	5:17	11.3 (62.8%)
553	MAJDA Kamil	786	PSYCHONAUCI	M-30	211	00:00:53	00:25:37	00:50:29	01:15:02	01:38:50	01:43:24	01:51:48.25	01:52:42.20	+00:41:23 (37.0%)	5:17	11.3 (62.8%)
554	GRĄBCZEWSKI Marcin	171		M-30	218	00:00:21	00:25:43	00:51:31	01:17:21	01:41:11	01:45:21	01:52:22.20	01:52:43.40	+00:41:57 (37.3%)	5:19	11.3 (62.8%)
555	WALCZAK Bartłomiej	1287		M-30	220	00:00:11	00:25:29	00:51:13	01:16:59	01:40:20	01:44:43	01:52:35.10	01:52:46.30	+00:42:10 (37.5%)	5:20	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
556	ORZECH Michał	820		M-30	214	00:00:44	00:24:07	00:49:20	01:15:35	01:39:37	01:44:07	01:52:05.55	01:52:49.60	+00:41:41 (37.2%)	5:18	11.3 (62.8%)
557	MARCINKIEWICZ Paweł	1036	UNIwersytet Opolski	M-40	154	00:00:37	00:25:32	00:51:11	01:17:50	01:41:16	01:45:20	01:52:12.50	01:52:50.35	+00:41:48 (37.3%)	5:19	11.3 (62.8%)
558	BUDKA Henryk	632		M-50	32	00:01:25	00:26:43	00:52:02	01:17:21	01:39:50	01:44:01	01:51:25.75	01:52:50.95	+00:41:01 (36.8%)	5:16	11.4 (63.3%)
559	FATYGA Arkadiusz	1302		M-30	213	00:00:56	00:25:10	00:50:28	01:16:00	01:39:52	01:44:15	01:51:55.35	01:52:51.60	+00:41:30 (37.1%)	5:18	11.3 (62.8%)
560	PARUZEL Ireneusz	681		M-40	155	00:00:38	00:24:22	00:49:34	01:15:21	01:40:06	01:44:40	01:52:15.85	01:52:54.15	+00:41:51 (37.3%)	5:19	11.3 (62.8%)
561	JANKOWSKA Justyna	1059		K-30	26	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20	01:45:27	01:52:36.75	01:52:55.10	+00:42:12 (37.5%)	5:20	11.2 (62.2%)
562	DELEWSKA Dorota	735	NIGHT RUNNERS ZABRZE	K-40	13	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51	01:44:58	01:52:08.20	01:52:55.35	+00:41:43 (37.2%)	5:18	11.3 (62.8%)
563	KLIKS Andrzej	125	UNISONO	M-40	152	00:01:09	00:25:21	00:51:14	01:17:28		01:44:38	01:51:46.65	01:52:56.50	+00:41:22 (37.0%)	5:17	11.3 (62.8%)
564	CIEŚLAK Paweł	725		M-30	215	00:00:44	00:25:08	00:50:41	01:16:33	01:39:50	01:44:20	01:52:17.20	01:53:02.05	+00:41:52 (37.3%)	5:19	11.3 (62.8%)
565	MALINOWSKI Mihał	952		M-30	219	00:00:38	00:25:26	00:51:06	01:16:51	01:40:20	01:44:44	01:52:27.80	01:53:05.95	+00:42:03 (37.4%)	5:19	11.3 (62.8%)
565	KALUS Marta	1060		K-20	14	00:01:17	00:27:00	00:53:09	01:18:33	01:41:33	01:45:29	01:51:48.15	01:53:05.95	+00:41:23 (37.0%)	5:17	11.3 (62.8%)
567	MACIOSZEK Mariusz	712		M-20	95	00:00:22	00:25:50	00:51:39	01:17:32	01:41:13	01:45:33	01:52:44.70	01:53:06.75	+00:42:20 (37.6%)	5:20	11.2 (62.2%)
568	MIKA Szymon	628		M-20	96	00:00:14	00:26:20	00:52:46	01:18:37	01:41:32	01:45:44	01:52:54.35	01:53:08.85	+00:42:29 (37.6%)	5:21	11.2 (62.2%)
569	WOJTAS Marcin	593	ISTA BIEGAMY	M-30	209	00:01:38	00:27:53	00:54:46	01:20:32	01:42:06	01:45:46	01:51:34.45	01:53:12.75	+00:41:10 (36.9%)	5:17	11.3 (62.8%)
570	POPLAWSKA-WAL Agata	1120	OPEL ACTIVE TEAM	K-30	27	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19	01:45:33	01:52:37.95	01:53:13.60	+00:42:13 (37.5%)	5:20	11.2 (62.2%)
571	KUPKA Bartosz	1232	OPEL ACTIV TEAM	M-30	222	00:00:36	00:25:44	00:52:00	01:18:21		01:45:32	01:52:37.25	01:53:13.65	+00:42:12 (37.5%)	5:20	11.2 (62.2%)
572	WICHARY Marcin	594	ISTA BIEGAMY	M-30	221	00:00:40	00:25:51	00:52:30	01:18:52	01:41:37	01:45:42	01:52:36.05	01:53:16.20	+00:42:11 (37.5%)	5:20	11.2 (62.2%)
573	MADEJSKI Kamil	1502		M-20	94	00:00:56	00:25:18	00:51:24	01:17:23	01:40:49	01:44:56	01:52:26.85	01:53:23.25	+00:42:02 (37.4%)	5:19	11.3 (62.8%)
574	KOSMAL Marek	1159		M-50	33	00:01:52	00:27:00	00:53:03	01:18:48	01:40:43	01:44:41	01:51:31.75	01:53:24.65	+00:41:07 (36.9%)	5:17	11.4 (63.3%)
575	SOSZYŃSKI Wojtek	291	PZU SPORT TEAM	M-40	161	00:00:26	00:25:55	00:51:46	01:17:31	01:41:02	01:45:17	01:53:00.60	01:53:27.20	+00:42:36 (37.7%)	5:21	11.2 (62.2%)
576	MOCEK Roman	751		M-50	34	00:01:54	00:26:19	00:52:14	01:17:55	01:40:11	01:44:19	01:51:34.30	01:53:28.65	+00:41:09 (36.9%)	5:17	11.3 (62.8%)
577	KWAPIEŃ Paweł	1133		M-30	228	00:00:09	00:25:38	00:51:37	01:17:45	01:41:32	01:45:47	01:53:21.95	01:53:31.90	+00:42:57 (37.9%)	5:22	11.2 (62.2%)
578	JANUSZKA Mariusz	822		M-40	159	00:00:50	00:26:51	00:53:26	01:19:26	01:42:02	01:46:06	01:52:43.95	01:53:34.75	+00:42:19 (37.5%)	5:20	11.2 (62.2%)
579	STEC Marcin	657	KW GLIWICE	M-30	223	00:00:35	00:25:28	00:51:11	01:16:45	01:40:24	01:44:51	01:53:00.35	01:53:36.05	+00:42:35 (37.7%)	5:21	11.2 (62.2%)
580	DADAŚ Janusz	13		M-40	162	00:00:37	00:25:37	00:51:15	01:17:02	01:40:40	01:44:58	01:53:02.35	01:53:40.10	+00:42:37 (37.7%)	5:21	11.2 (62.2%)
581	BIEŃKOWSKI Piotr	922		M-20	100	00:00:21	00:24:01	00:49:12	01:15:49		01:45:33	01:53:25.25	01:53:46.65	+00:43:00 (37.9%)	5:22	11.2 (62.2%)
582	STEFAŃCZYK Krzysztof	752		M-30	217	00:01:28	00:24:49	00:50:06	01:15:59	01:39:54	01:44:21	01:52:19.45	01:53:47.70	+00:41:55 (37.3%)	5:19	11.3 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
583	KOWALCZYK Grzegorz	247		M-40	164	00:00:27	00:23:28	00:47:51	01:14:54	01:40:44	01:45:34	01:53:24.40	01:53:52.35	+00:42:59 (37.9%)	5:22	11.2 (62.2%)
584	WILSZ Adam	27	UNISONO	M-40	158	00:01:10	00:28:19	00:55:12	01:20:16	01:41:54	01:45:47	01:52:43.90	01:53:53.95	+00:42:19 (37.5%)	5:20	11.2 (62.2%)
585	WRÓBEL Maciej	1289	MOMO RESTAURANT & COCKTAIL BAR	M-30	229	00:00:34	00:26:26	00:52:19	01:18:46	01:41:55	01:46:11	01:53:21.95	01:53:56.40	+00:42:57 (37.9%)	5:22	11.2 (62.2%)
586	RYZIŃSKI Dariusz	255		M-40	156	00:01:40	00:25:20	00:51:01	01:17:03		01:44:45	01:52:16.05	01:53:56.75	+00:41:51 (37.3%)	5:19	11.3 (62.8%)
587	DOBOSZ Mariusz	130	GO-LEASING	M-30	231	00:00:23	00:26:22	00:52:49	01:19:30	01:42:45	01:47:01	01:53:37.10	01:54:00.20	+00:43:12 (38.0%)	5:23	11.1 (61.7%)
588	DROZD Kajetan	677	STREFAGITARY.PL	M-30	230	00:00:28	00:26:04	00:51:57	01:18:39	01:42:18	01:46:39	01:53:34.10	01:54:02.70	+00:43:09 (38.0%)	5:22	11.1 (61.7%)
589	GRYSZYN Michał	1035		M-20	101	00:00:35	00:23:48	00:48:10	01:15:15	01:42:11	01:46:32	01:53:28.35	01:54:03.95	+00:43:03 (38.0%)	5:22	11.2 (62.2%)
590	HNATIUK Mateusz	679		M-20	98	00:01:06	00:27:58	00:54:50	01:20:36	01:42:36	01:46:31	01:53:06.70	01:54:13.25	+00:42:42 (37.8%)	5:21	11.2 (62.2%)
591	PANOCHA Daniel	452		M-30	227	00:01:06	00:25:03	00:50:41	01:16:24	01:40:42	01:45:07	01:53:11.75	01:54:17.80	+00:42:47 (37.8%)	5:21	11.2 (62.2%)
592	KOWALCZYK Robert	599	BIEGAMY	M-40	165	00:00:46	00:26:12	00:52:50	01:19:16	01:42:16	01:46:30	01:53:31.65	01:54:17.85	+00:43:07 (38.0%)	5:22	11.2 (62.2%)
593	TUREK Maciej	375		M-40	163	00:01:06	00:26:20	00:53:30	01:20:17	01:43:03	01:46:52	01:53:11.85	01:54:18.30	+00:42:47 (37.8%)	5:21	11.2 (62.2%)
594	SIWCZYK Robert	538		M-20	97	00:01:20	00:24:55	00:50:01	01:15:51	01:40:31	01:45:14	01:52:57.95	01:54:18.90	+00:42:33 (37.7%)	5:21	11.2 (62.2%)
594	CZARNIK Stanisław	848	MIECHOWICKA GRUPA BIEGOWA	M-30	235	00:00:09	00:26:37	00:53:06	01:19:31	01:43:06	01:47:13	01:54:09.25	01:54:18.90	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
596	RUPNIK Asia	188		K-30	29	00:00:22	00:25:43	00:51:32	01:17:33	01:42:05	01:46:32	01:53:59.75	01:54:21.90	+00:43:35 (38.2%)	5:24	11.1 (61.7%)
597	JADCZYK Jarosław	753	JCOMMERCE	M-20	99	00:01:14	00:26:16	00:52:42	01:18:17	01:41:08	01:45:27	01:53:09.30	01:54:23.80	+00:42:44 (37.8%)	5:21	11.2 (62.2%)
598	DYMAREK Łukasz	57	KM PSP GLIWICE	M-30	234	00:00:18	00:25:56	00:52:11	01:19:02	01:42:47	01:47:10	01:54:08.75	01:54:27.60	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
599	NANCKA Brygida	406		K-40	14	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43	01:47:02	01:54:07.55	01:54:31.10	+00:43:43 (38.3%)	5:24	11.1 (61.7%)
600	NAWROCKI Paweł	1118		M-40	160	00:01:34	00:25:30	00:50:47	01:16:37	01:40:11	01:44:45	01:52:57.00	01:54:31.40	+00:42:32 (37.7%)	5:21	11.2 (62.2%)
600	MACYSZYN Waldemar	730		M-50	36	00:01:34	00:25:30	00:50:47	01:16:37	01:40:12	01:44:45	01:52:56.90	01:54:31.40	+00:42:32 (37.7%)	5:21	11.2 (62.2%)
602	LUKOSZEK Marek	349	RUN3	M-40	166	00:00:56	00:26:06	00:52:18	01:18:08	01:41:26	01:45:55	01:53:37.60	01:54:33.70	+00:43:13 (38.0%)	5:23	11.1 (61.7%)
603	SZOTA Magdalena	1091		K-30	30	00:00:24	00:26:30	00:53:15	01:19:42	01:42:58	01:47:05	01:54:09.20	01:54:34.00	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
604	PAWIŃSKI Wojciech	285		M-40	168	00:00:50	00:27:46	00:55:32	01:21:33	01:43:29	01:47:16	01:53:46.60	01:54:36.60	+00:43:22 (38.1%)	5:23	11.1 (61.7%)
605	WILCZEK Małgorzata	596	ISTA BIEGAMY	K-30	31	00:00:28	00:25:54	00:52:42	01:19:04	01:42:30	01:46:42	01:54:12.45	01:54:41.10	+00:43:48 (38.4%)	5:24	11.1 (61.7%)
606	KLEWANIEC Jakub	299		M-30	233	00:00:37	00:25:45	00:51:52	01:18:23	01:42:02	01:46:18	01:54:04.85	01:54:42.60	+00:43:40 (38.3%)	5:24	11.1 (61.7%)
606	WOLAŃCZYK Kamila	1149		K-30	28	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37	01:46:40	01:53:54.50	01:54:42.60	+00:43:30 (38.2%)	5:23	11.1 (61.7%)
608	BUJALSKI Michał	571	AKS DRAGON	M-30	225	00:01:32	00:27:08	00:53:00	01:18:42	01:41:30	01:45:43	01:53:10.55	01:54:43.35	+00:42:46 (37.8%)	5:21	11.2 (62.2%)
609	MACIEJCZYK Marcin	429	AKS DRAGON	M-30	226	00:01:32	00:27:08	00:53:00	01:18:41	01:41:29	01:45:43	01:53:11.40	01:54:43.50	+00:42:46 (37.8%)	5:21	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
610	GÓRNIAK Adam	884	HARPAGAN SOSNOWIEC	M-40	170	00:00:34	00:26:39	00:53:17	01:19:37	01:42:56	01:47:08	01:54:10.75	01:54:45.50	+00:43:46 (38.3%)	5:24	11.1 (61.7%)
611	SZOLC Grzegorz	1078		M-40	167	00:01:05	00:26:17	00:52:40	01:18:48	01:42:04	01:46:13	01:53:41.80	01:54:46.90	+00:43:17 (38.1%)	5:23	11.1 (61.7%)
612	WIORA Łukasz	297		M-30	236	00:00:23	00:25:47	00:51:36	01:17:44	01:41:49	01:46:21	01:54:26.00	01:54:49.55	+00:44:01 (38.5%)	5:25	11.1 (61.7%)
613	OSIŃSKI Paweł	187	NIGHT RUNNERS GLIWICE	M-30	237	00:00:24	00:25:35	00:52:00	01:18:52	01:42:48	01:47:10	01:54:26.25	01:54:50.30	+00:44:01 (38.5%)	5:25	11.1 (61.7%)
614	ZWALIŃSKI Przemysław	671		M-20	102	00:00:37	00:22:41	00:47:49	01:14:34	01:41:00	01:46:02	01:54:13.55	01:54:50.55	+00:43:49 (38.4%)	5:24	11.1 (61.7%)
615	RABIEJ Rafał	906		M-40	171	00:00:35	00:25:39	00:51:24	01:17:50	01:41:51	01:46:17	01:54:16.80	01:54:51.85	+00:43:52 (38.4%)	5:24	11.1 (61.7%)
616	BEDNORZ Adam	1243		M-30	238	00:00:09	00:25:11	00:52:41	01:19:21	01:43:05	01:47:20	01:54:49.55	01:54:58.65	+00:44:25 (38.7%)	5:26	11 (61.1%)
617	GAWEŁ Krzysztof	1029	NIEZRZESZONY	M-50	38	00:00:34	00:25:07	00:51:24	01:17:53	01:42:20	01:46:38	01:54:27.30	01:55:02.20	+00:44:02 (38.5%)	5:25	11.1 (61.7%)
618	CZEMPIEL Łukasz	441		M-30	224	00:01:53	00:26:45	00:52:52	01:18:11	01:41:28	01:45:47	01:53:09.75	01:55:03.35	+00:42:45 (37.8%)	5:21	11.2 (62.2%)
618	ZIMPOCH Grzegorz	215		M-30	239	00:00:12	00:26:19	00:54:41	01:22:40	01:43:44	01:47:43	01:54:50.60	01:55:03.35	+00:44:26 (38.7%)	5:26	11 (61.1%)
620	KOWALSKI Rafał	494		M-20	103	00:00:47	00:27:21	00:54:20	01:20:47	01:43:16	01:47:17	01:54:16.25	01:55:03.55	+00:43:51 (38.4%)	5:24	11.1 (61.7%)
621	SPODZIEJA Aleksandra	137		K-20	15	00:01:03	00:28:12	00:55:09	01:20:46	01:43:04	01:47:12	01:54:06.10	01:55:09.20	+00:43:41 (38.3%)	5:24	11.1 (61.7%)
622	SOJKA Łukasz	1301		M-30	232	00:01:29	00:25:26	00:51:12	01:17:11	01:41:25	01:45:58	01:53:40.30	01:55:09.60	+00:43:15 (38.1%)	5:23	11.1 (61.7%)
623	MUSIALIK Jan	991	CARPE DIEM	M-40	172	00:00:44	00:26:11	00:52:53	01:19:11	01:42:34	01:46:50	01:54:27.25	01:55:12.15	+00:44:02 (38.5%)	5:25	11.1 (61.7%)
624	RACZEK Magdalena	649		K-30	33	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17	01:47:30	01:54:44.15	01:55:13.85	+00:44:19 (38.6%)	5:26	11 (61.1%)
625	POKRYSZKA Wojciech	360		M-20	106	00:00:29	00:25:39	00:51:49	01:18:56	01:43:39	01:47:46	01:54:47.05	01:55:16.50	+00:44:22 (38.7%)	5:26	11 (61.1%)
626	CZERNIK Andrzej	337		M-60	5	00:02:18	00:25:39	00:51:15	01:17:19	01:41:19	01:45:33	01:53:01.15	01:55:19.25	+00:42:36 (37.7%)	5:21	11.2 (62.2%)
627	CHOJCAN Beata	1228	RYBNICKA GRUPA BIEGOWA PEDZIMY RAZEM	K-30	34	00:00:24	00:26:49	00:53:38	01:20:32	01:44:00	01:47:59	01:54:56.35	01:55:21.15	+00:44:31 (38.7%)	5:26	11 (61.1%)
628	WALASZCZYK Anna	451	RUN & FUN	K-30	37	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38	01:47:10	01:55:05.65	01:55:22.70	+00:44:41 (38.8%)	5:27	11 (61.1%)
629	SZESZKO Sławomir	612		M-50	37	00:01:34	00:27:26	00:54:33	01:20:57	01:43:32	01:47:27	01:53:57.50	01:55:32.35	+00:43:33 (38.2%)	5:24	11.1 (61.7%)
630	GOGOLIN Anna	1107		K-30	32	00:01:19	00:26:59	00:53:38	01:20:17	01:43:11	01:47:10	01:54:14.15	01:55:33.70	+00:43:49 (38.4%)	5:24	11.1 (61.7%)
631	SIEJA Szymon	1103	JW AGAT	M-20	108	00:00:10	00:24:04	00:49:46	01:16:48	01:42:31	01:47:17	01:55:24.50	01:55:35.35	+00:45:00 (39.0%)	5:28	11 (61.1%)
632	SAMUL Bartłomiej	1121	WKS DESANT BOKS	M-20	107	00:00:11	00:24:04	00:49:45	01:16:48	01:42:33	01:47:15	01:55:24.10	01:55:35.60	+00:44:59 (39.0%)	5:28	11 (61.1%)
633	SIKORA Grzegorz	882		M-40	169	00:01:51	00:26:35	00:52:38	01:18:56	01:42:13	01:46:34	01:53:47.50	01:55:39.00	+00:43:23 (38.1%)	5:23	11.1 (61.7%)
634	PENKALA Artur	131	GO-LEASING	M-30	243	00:00:23	00:26:22	00:52:50	01:19:30	01:43:22	01:47:49	01:55:17.50	01:55:40.85	+00:44:53 (38.9%)	5:27	11 (61.1%)
635	BALWIERZ Kamil	907		M-20	104	00:01:10	00:24:28	00:48:55	01:14:23	01:40:24	01:45:35	01:54:31.00	01:55:41.55	+00:44:06 (38.5%)	5:25	11.1 (61.7%)
636	ROŻEK Michał	550		M-40	173	00:01:03	00:26:43	00:53:24	01:20:17	01:43:33	01:47:44	01:54:39.15	01:55:43.10	+00:44:14 (38.6%)	5:26	11 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
637	KWAPIEŃ Aleksander	1111		M-30	246	00:00:09	00:25:38	00:51:38	01:17:45	01:42:15	01:47:10	01:55:35.00	01:55:44.60	+00:45:10 (39.1%)	5:28	11 (61.1%)
638	GRODZKA-SZKÓŁKA Ewa	895		K-30	36	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51	01:47:15	01:55:01.40	01:55:46.15	+00:44:36 (38.8%)	5:27	11 (61.1%)
639	KAMPKA Aleksander	149		M-40	177	00:00:34	00:26:34	00:53:29	01:20:21	01:43:51	01:47:59	01:55:18.75	01:55:53.70	+00:44:54 (38.9%)	5:27	11 (61.1%)
640	KONIECKO Łukasz	545		M-30	242	00:00:49	00:27:09	00:53:54	01:20:30	01:43:25	01:47:36	01:55:08.85	01:55:58.15	+00:44:44 (38.9%)	5:27	11 (61.1%)
641	KARNIA Agnieszka	617	SBRT	K-30	38	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22	01:47:39	01:55:21.65	01:56:00.75	+00:44:57 (39.0%)	5:28	11 (61.1%)
642	PODSIADŁY Tomasz	616		M-30	244	00:00:39	00:27:09	00:53:39	01:19:58	01:43:22	01:47:39	01:55:21.95	01:56:01.10	+00:44:57 (39.0%)	5:28	11 (61.1%)
643	GERLE Anna	287		K-30	40	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27	01:48:01	01:55:25.80	01:56:01.50	+00:45:01 (39.0%)	5:28	11 (61.1%)
644	NOWAKOWSKI Dominik	1294	MOMO RESTAURANT & COCKTAIL BAR	Mieszkańcy Gliwic	1	00:01:05	00:24:18	00:50:17	01:17:13	01:43:19	01:48:07	01:54:56.25	01:56:02.00	+00:44:31 (38.7%)	5:26	11 (61.1%)
645	WOŹNIAK Marek	608		M-40	178	00:00:45	00:26:26	00:53:18	01:19:43	01:43:32	01:47:52	01:55:22.15	01:56:07.65	+00:44:57 (39.0%)	5:28	11 (61.1%)
646	GRAMATYKA Paweł	631		M-40	179	00:00:31	00:25:32	00:51:20	01:17:24	01:43:08	01:48:05	01:55:36.90	01:56:08.00	+00:45:12 (39.1%)	5:28	10.9 (60.6%)
647	GŁOWACKA Małgorzata	728	NOWOSOLSKA GRUPA BIEGOWA	K-30	39	00:00:48	00:26:30	00:52:45	01:19:22	01:43:25	01:47:47	01:55:22.25	01:56:11.15	+00:44:57 (39.0%)	5:28	11 (61.1%)
648	PAWLINA Piotr	103		M-40	174	00:01:27	00:27:06	00:54:03	01:20:50	01:43:26	01:47:38	01:54:46.35	01:56:13.40	+00:44:21 (38.7%)	5:26	11 (61.1%)
649	SIKORA Mariusz	758		M-40	181	00:00:29	00:25:44	00:51:29	01:17:43	01:42:24	01:47:00	01:55:45.35	01:56:14.45	+00:45:20 (39.2%)	5:29	10.9 (60.6%)
650	KOŁAKOWSKI Bartosz	817		M-20	109	00:00:50	00:26:08	00:52:40	01:19:27	01:43:05	01:47:21	01:55:25.45	01:56:15.50	+00:45:01 (39.0%)	5:28	11 (61.1%)
651	GRABOWSKI Maciej	61		M-30	245	00:00:49	00:26:18	00:52:45	01:19:18	01:43:28	01:47:58	01:55:29.70	01:56:19.00	+00:45:05 (39.0%)	5:28	11 (61.1%)
652	KONOPKA Agnieszka	68		K-30	35	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53	01:47:13	01:54:57.65	01:56:21.75	+00:44:33 (38.8%)	5:26	11 (61.1%)
653	SOSNOWSKI Maciej	581		M-30	240	00:01:24	00:26:59	00:52:29	01:18:48	01:43:07	01:47:44	01:55:00.05	01:56:24.75	+00:44:35 (38.8%)	5:27	11 (61.1%)
654	WIETRZYCKI Mariusz	353	BIEGAJ Z TRENERAMI	M-30	249	00:00:20	00:25:43	00:51:02	01:17:10	01:44:36	01:48:53	01:56:05.05	01:56:25.10	+00:45:40 (39.3%)	5:30	10.9 (60.6%)
655	WITEK Jacek	1086	OPEL ACTIVE TEAM	M-30	248	00:00:42	00:25:35	00:51:23	01:18:16	01:43:18	01:47:43	01:55:46.55	01:56:29.45	+00:45:22 (39.2%)	5:29	10.9 (60.6%)
656	SŁUSZNIAK Sławomir	799		M-40	175	00:01:21	00:25:35	00:51:28	01:18:46	01:43:18	01:47:39	01:55:08.05	01:56:29.95	+00:44:43 (38.8%)	5:27	11 (61.1%)
657	WARECKA Agata	697		K-20	16	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05	01:48:06	01:55:06.60	01:56:30.20	+00:44:42 (38.8%)	5:27	11 (61.1%)
658	ZYMELA Dawid	524		M-30	247	00:00:54	00:25:32	00:51:50	01:18:31	01:43:12	01:47:36	01:55:36.50	01:56:31.40	+00:45:12 (39.1%)	5:28	10.9 (60.6%)
659	BALCAREK Grzegorz	1073		M-30	241	00:01:30	00:27:22	00:54:49	01:20:56	01:43:31	01:47:44	01:55:03.05	01:56:33.75	+00:44:38 (38.8%)	5:27	11 (61.1%)
660	BUK Marcin	286		M-20	105	00:01:53	00:27:19	00:54:11	01:20:49	01:43:37	01:47:37	01:54:43.15	01:56:36.30	+00:44:18 (38.6%)	5:26	11 (61.1%)
661	GABOR Katarzyna	1235		K-20	17	00:01:20	00:27:37	00:55:00	01:21:30	01:44:11	01:48:16	01:55:16.65	01:56:37.25	+00:44:52 (38.9%)	5:27	11 (61.1%)
662	WIETRZYCKI Zenon	354	POLSKA	M-50	39	00:00:19	00:25:46	00:51:04	01:17:11	01:44:40	01:49:02	01:56:21.05	01:56:40.70	+00:45:56 (39.5%)	5:30	10.9 (60.6%)
663	SZUMSKI Tomasz	321		M-40	183	00:00:27	00:25:52	00:51:47	01:18:47	01:43:38	01:48:16	01:56:16.85	01:56:44.15	+00:45:52 (39.5%)	5:30	10.9 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
664	KACZOR Rafał	1027	PKO BANK POLSKI	M-40	176	00:01:27	00:26:32	00:53:08	01:19:45	01:43:33	01:47:49	01:55:18.35	01:56:46.25	+00:44:53 (38.9%)	5:27	11 (61.1%)
665	WÓJCIK Bartłomiej	670		M-20	111	00:01:08	00:27:08	00:53:50	01:21:06	01:44:27	01:48:37	01:55:38.80	01:56:47.55	+00:45:14 (39.1%)	5:28	10.9 (60.6%)
666	DZIECIĄTKOWSKI Jarosław	1237	OPEL ACTIVE TEAM	M-30	250	00:00:42	00:24:48	00:51:42	01:19:01		01:48:16	01:56:06.55	01:56:48.90	+00:45:42 (39.4%)	5:30	10.9 (60.6%)
667	MAJ-DZIUBAŃSKA Izabela	1239	PYSKOWICE	K-30	42	00:00:42	00:24:34	00:49:28	01:16:09	01:43:36	01:48:16	01:56:06.95	01:56:49.15	+00:45:42 (39.4%)	5:30	10.9 (60.6%)
668	ŻOŁNOWSKA Anna	427		K-30	41	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58	01:47:36	01:55:27.65	01:56:51.40	+00:45:03 (39.0%)	5:28	11 (61.1%)
669	KĘPSKI Albert	784		M-20	110	00:01:21	00:28:04	00:56:07	01:21:54	01:44:45	01:48:44	01:55:30.75	01:56:52.00	+00:45:06 (39.0%)	5:28	11 (61.1%)
670	RATAJCZAK Krystian	1042		M-20	112	00:01:08	00:27:08	00:53:51	01:21:05		01:48:29	01:55:43.10	01:56:52.05	+00:45:18 (39.2%)	5:29	10.9 (60.6%)
671	LEWANDOWSKI Henryk	733		M-40	182	00:01:03	00:25:23	00:51:03	01:17:34	01:43:07	01:47:49	01:55:54.80	01:56:58.05	+00:45:30 (39.3%)	5:29	10.9 (60.6%)
672	DUDA Piotr	1162		M-30	251	00:00:36	00:24:42	00:49:26	01:15:02	01:41:35	01:47:04	01:56:24.10	01:57:00.35	+00:45:59 (39.5%)	5:30	10.9 (60.6%)
673	GIERAS Mirosław	469		M-40	184	00:00:33	00:25:29	00:51:22	01:19:30	01:44:43	01:49:07	01:56:27.45	01:57:00.80	+00:46:03 (39.5%)	5:31	10.9 (60.6%)
674	MILIK Dagmara	986		K-20	19	00:00:50	00:26:20	00:52:59	01:20:06	01:44:26	01:48:42	01:56:13.45	01:57:04.05	+00:45:49 (39.4%)	5:30	10.9 (60.6%)
675	HAHN Piotr	532	NORRUN TEAM	M-30	254	00:00:34	00:27:19	00:54:20	01:21:08	01:44:50	01:49:11	01:56:29.65	01:57:04.55	+00:46:05 (39.6%)	5:31	10.9 (60.6%)
676	BABIŃSKI Szymon	263		M-30	252	00:00:44	00:26:08	00:52:47	01:20:01	01:44:20	01:48:49	01:56:26.40	01:57:10.75	+00:46:01 (39.5%)	5:31	10.9 (60.6%)
677	BZOWSKA Aleksandra	86	NIGHT RUNNERS GLIWICE	K-30	43	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23	01:48:51	01:56:26.65	01:57:10.90	+00:46:02 (39.5%)	5:31	10.9 (60.6%)
678	OLESIŃSKA Joanna	372		K-40	16	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56	01:49:13	01:56:43.85	01:57:12.75	+00:46:19 (39.7%)	5:31	10.8 (60.0%)
679	ZEMŁA Piotr	195		M-40	185	00:00:42	00:26:25	00:53:40	01:20:46	01:44:33	01:48:51	01:56:30.85	01:57:13.55	+00:46:06 (39.6%)	5:31	10.9 (60.6%)
680	MATUSIK-SKALSKA Renata	966		K-40	15	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27	01:48:46	01:56:13.40	01:57:14.15	+00:45:48 (39.4%)	5:30	10.9 (60.6%)
681	ZELMANOWICZ Jacek	1272		M-40	187	00:00:24	00:25:24	00:51:51	01:19:29	01:45:15	01:49:39	01:56:52.00	01:57:16.15	+00:46:27 (39.8%)	5:32	10.8 (60.0%)
682	WIERZBICA Adrian	403		M-30	257	00:00:33	00:27:34	00:54:56	01:21:56	01:45:08	01:49:27	01:56:44.85	01:57:18.30	+00:46:20 (39.7%)	5:31	10.8 (60.0%)
683	GADAWSKI Bartłomiej	242	SBRT GLIWICE	M-16	6	00:00:45	00:26:09	00:53:12	01:20:38	01:44:46	01:49:10	01:56:33.00	01:57:18.95	+00:46:08 (39.6%)	5:31	10.9 (60.6%)
684	SZOŁTYSEK - GRZESIKIEWICZ Anna	425	TORCIDA GLIWICE	K-30	45	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17	01:50:25	01:56:48.50	01:57:19.35	+00:46:24 (39.7%)	5:32	10.8 (60.0%)
685	KOZMINCZUK-MARKULAK Agnieszka	1101		K-30	46	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26	01:49:15	01:56:50.85	01:57:23.25	+00:46:26 (39.7%)	5:32	10.8 (60.0%)
686	HOMA Dorota	551		K-20	18	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50	01:48:09	01:55:47.80	01:57:24.50	+00:45:23 (39.2%)	5:29	10.9 (60.6%)
687	KROPKA Szymon	140	NIGHT RUNNERS GLIWICE	M-30	260	00:00:28	00:26:40	00:54:08	01:21:18	01:45:37	01:49:56	01:56:57.70	01:57:26.55	+00:46:33 (39.8%)	5:32	10.8 (60.0%)
688	KOWALCZYK Józef	1045		M-40	180	00:01:43	00:27:19	00:54:20	01:21:46	01:44:27	01:48:33	01:55:44.35	01:57:27.65	+00:45:19 (39.2%)	5:29	10.9 (60.6%)
689	SKRABA Krzysztof	1077	AMATOR SZCZYGLOWICE	M-30	255	00:00:59	00:28:49	00:56:28	01:22:39	01:45:48	01:49:56	01:56:29.75	01:57:28.80	+00:46:05 (39.6%)	5:31	10.9 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
690	RYMASZEWSKI Wojciech	20		M-30	256	00:00:55	00:26:04	00:51:48	01:17:35	01:43:26	01:49:16	01:56:38.90	01:57:34.10	+00:46:14 (39.6%)	5:31	10.9 (60.6%)
691	KWIATKOWSKI Krzysztof	1087		M-30	261	00:00:35	00:24:57	00:51:26	01:19:11	01:44:45	01:49:23	01:56:59.25	01:57:34.55	+00:46:34 (39.8%)	5:32	10.8 (60.0%)
692	GRONDECKI Grzegorz	302	BIEGAMY Z SERCEM.PL	M-40	188	00:00:18	00:25:06	00:50:55	01:17:28	01:45:01	01:49:31	01:57:19.30	01:57:37.35	+00:46:54 (40.0%)	5:33	10.8 (60.0%)
693	KUŚKA Paweł	346		M-30	258	00:00:45	00:26:03	00:52:55	01:20:12	01:44:54	01:49:26	01:56:53.05	01:57:38.90	+00:46:28 (39.8%)	5:32	10.8 (60.0%)
694	ŁĄTKOWSKI Marcin	1205	SBRT GLIWICE	M-20	113	00:01:26	00:26:53	00:53:36	01:20:19	01:44:27	01:48:51	01:56:13.90	01:57:39.95	+00:45:49 (39.4%)	5:30	10.9 (60.6%)
695	LAMPA Alicja	84	NIGHT RUNNERS GLIWICE	K-20	20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58	01:50:10	01:57:16.10	01:57:42.20	+00:46:51 (40.0%)	5:33	10.8 (60.0%)
696	WÓJCIK Tomasz	22		M-30	253	00:01:16	00:26:37	00:53:17	01:19:47	01:44:05	01:48:29	01:56:29.50	01:57:46.20	+00:46:05 (39.6%)	5:31	10.9 (60.6%)
697	SZCZĘŚNIAK Krzysztof	1264		M-20	114	00:01:08	00:26:35	00:53:19	01:20:22	01:44:44	01:49:19	01:56:50.40	01:57:58.65	+00:46:25 (39.7%)	5:32	10.8 (60.0%)
698	KOPCIK Tomasz	982	COMBAT56	M-30	265	00:00:34	00:25:47	00:52:01	01:20:17	01:45:36	01:49:58	01:57:27.90	01:58:02.55	+00:47:03 (40.1%)	5:34	10.8 (60.0%)
699	KUCZMA Joanna	162		K-40	18	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59	01:57:21.10	01:58:03.55	+00:46:56 (40.0%)	5:33	10.8 (60.0%)
700	MALSKA - WYROZUMSKA Małgorzata	984	NIGHT RUNNERS GLIWICE	K-30	49	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40	01:49:59	01:57:45.70	01:58:04.80	+00:47:21 (40.2%)	5:34	10.8 (60.0%)
701	HORDZIEJEWICZ-KARASIŃSKA Ewa	816	PURE FIRE BYTOM	K-40	17	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37	01:49:56	01:57:07.80	01:58:05.15	+00:46:43 (39.9%)	5:33	10.8 (60.0%)
702	MICHALSKI Bartosz	85		M-40	186	00:01:14	00:27:21	00:54:28	01:21:31	01:45:20	01:49:40	01:56:50.60	01:58:05.55	+00:46:26 (39.7%)	5:32	10.8 (60.0%)
703	BŁASZCZYSZYN Łukasz	135	HEAVY METAL ALL-STAR TEAM	M-30	262	00:00:58	00:26:58	00:54:08	01:21:04	01:45:17	01:49:48	01:57:10.10	01:58:08.85	+00:46:45 (39.9%)	5:33	10.8 (60.0%)
704	CHUDZIŃSKI Tomasz	835		M-40	190	00:00:15	00:23:54	00:49:27	01:16:50	01:46:03	01:50:27	01:57:55.90	01:58:11.50	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
705	KOCIELSKA Anna	810	AKMB PĘDZIWIATR GLIWICE	K-20	21	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36	01:49:56	01:57:46.45	01:58:15.00	+00:47:22 (40.2%)	5:34	10.7 (59.4%)
706	SKRZYPCZAK Tomasz	288	KFPR	M-30	259	00:01:19	00:27:42	00:55:04	01:22:16	01:45:54	01:50:00	01:56:56.85	01:58:16.05	+00:46:32 (39.8%)	5:32	10.8 (60.0%)
707	SZULC Michał	1021	4M	M-40	189	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:35	01:57:31.25	01:58:20.50	+00:47:06 (40.1%)	5:34	10.8 (60.0%)
708	BDZIONEK Jolanta	958		K-30	44	00:01:36	00:27:29	00:54:37	01:21:47	01:45:22	01:49:36	01:56:46.00	01:58:22.95	+00:46:21 (39.7%)	5:32	10.8 (60.0%)
709	KOLASIŃSKA Monika	292		K-20	23	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47	01:51:14	01:58:12.30	01:58:24.15	+00:47:47 (40.4%)	5:36	10.7 (59.4%)
710	KUZIOR Karol	1256		M-20	115	00:01:33	00:24:29	00:53:11	01:20:56	01:45:31	01:49:44	01:56:52.30	01:58:25.95	+00:46:27 (39.8%)	5:32	10.8 (60.0%)
711	PŁOTEK Tomasz	561		M-30	268	00:00:32	00:25:44	00:52:11	01:19:44	01:45:37	01:50:06	01:57:56.95	01:58:29.90	+00:47:32 (40.3%)	5:35	10.7 (59.4%)
712	TKOCZ Rafał	323		M-30	263	00:01:09	00:27:22	00:54:37	01:21:58	01:46:03	01:50:14	01:57:21.75	01:58:31.70	+00:46:57 (40.0%)	5:33	10.8 (60.0%)
713	BIOLIK Piotr	413	--	M-40	193	00:00:21	00:24:21	00:50:29	01:18:58	01:45:24	01:50:02	01:58:15.00	01:58:36.80	+00:47:50 (40.5%)	5:36	10.7 (59.4%)
714	LIPKA Katarzyna	1017	NIGHT RUNNERS GLIWICE	K-20	22	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19	01:50:44	01:57:59.50	01:58:37.35	+00:47:35 (40.3%)	5:35	10.7 (59.4%)
715	WOLANIN Maciej	645		M-20	120	00:00:38	00:27:37	00:55:12	01:22:05	01:46:16	01:50:42	01:57:59.35	01:58:37.45	+00:47:34 (40.3%)	5:35	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
716	SZWAJKOSZ Szczepan	275	NIGHT RUNNERS GLIWICE	M-20	121	00:00:26	00:25:36	00:51:19	01:16:52	01:43:12	01:48:30	01:58:11.35	01:58:38.15	+00:47:46 (40.4%)	5:36	10.7 (59.4%)
717	KOSTRZAK Czesław	489	KB ENDURANCE SOLIDARNI KNURÓW	M-50	41	00:01:02	00:26:45	00:55:00	01:23:15	01:46:55	01:51:06	01:57:36.70	01:58:39.05	+00:47:12 (40.1%)	5:34	10.8 (60.0%)
718	TATERKA Michał	764		M-20	116	00:01:37	00:28:14	00:54:10	01:20:48	01:45:42	01:50:06	01:57:02.75	01:58:40.25	+00:46:38 (39.8%)	5:32	10.8 (60.0%)
719	JARECKI Ryszard	1180		M-50	42	00:00:46	00:27:29	00:55:15	01:22:49	01:46:23	01:50:31	01:57:55.05	01:58:41.20	+00:47:30 (40.3%)	5:35	10.7 (59.4%)
720	GAŁECZKA Michał	548		M-20	119	00:01:06	00:28:43	00:56:30	01:23:06	01:46:12	01:50:27	01:57:35.20	01:58:41.95	+00:47:10 (40.1%)	5:34	10.8 (60.0%)
721	KULIK Katarzyna	462	NIGHT RUNNERS GLIWICE	K-30	50	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24	01:50:48	01:58:25.95	01:58:45.50	+00:48:01 (40.6%)	5:36	10.7 (59.4%)
722	ZACHARA Michał	1051		M-20	118	00:01:31	00:26:15	00:54:03	01:21:05	01:44:58	01:49:14	01:57:15.75	01:58:46.90	+00:46:51 (40.0%)	5:33	10.8 (60.0%)
723	KOZDRA Krzysztof	579	NIEZRZESZONY	M-50	40	00:01:38	00:27:25	00:54:39	01:21:28	01:45:31	01:49:46	01:57:09.85	01:58:48.45	+00:46:45 (39.9%)	5:33	10.8 (60.0%)
724	JAGOSZ Patryk	519	PATRYK JAGOSZ	M-30	267	00:00:54	00:26:24	00:53:44	01:20:28	01:45:09	01:49:45	01:57:55.55	01:58:50.15	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
725	URBANEK Marcin	595	ISTA BIEGAMY	M-30	272	00:00:46	00:26:21	00:53:29	01:20:23	01:45:12	01:49:50	01:58:05.95	01:58:52.70	+00:47:41 (40.4%)	5:35	10.7 (59.4%)
726	LUDWIG Marcin	518		M-30	271	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:36	01:58:05.30	01:58:54.50	+00:47:40 (40.4%)	5:35	10.7 (59.4%)
727	FUGOWSKI Grzegorz	283		M-30	264	00:01:33	00:25:47	00:53:00	01:20:45	01:45:18	01:49:32	01:57:22.85	01:58:56.80	+00:46:58 (40.0%)	5:33	10.8 (60.0%)
728	JĘDRYCHA Zbigniew	709		M-60	6	00:00:38	00:27:39	00:55:24	01:22:59	01:46:56	01:51:10	01:58:19.45	01:58:58.40	+00:47:55 (40.5%)	5:36	10.7 (59.4%)
729	SMOTER Wojciech	35		M-30	266	00:01:27	00:25:00	00:50:23	01:16:45	01:43:59	01:48:57	01:57:30.70	01:58:58.45	+00:47:06 (40.1%)	5:34	10.8 (60.0%)
730	KRUSZYŃSKI Marcin	301	STADO PĘDZĄCYCH IMADEŁ	M-40	192	00:00:46	00:26:07	00:51:58	01:18:59	01:45:13	01:50:09	01:58:12.50	01:58:59.05	+00:47:48 (40.4%)	5:36	10.7 (59.4%)
731	IGNASIAK Rafał	378	XXX	M-30	274	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	01:58:31.80	01:58:59.55	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
732	MRÓZEK Przemysław	379	KB ŚPIOCHY OPATÓW	M-30	275	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	01:58:31.95	01:58:59.65	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
732	KOWALSKI Zbyszek	913	MARYSIA & SZYMEK TEAM	M-30	270	00:00:56	00:27:21	00:55:05	01:22:39	01:46:30	01:50:41	01:58:03.40	01:58:59.65	+00:47:38 (40.4%)	5:35	10.7 (59.4%)
734	JĘDRYCHA Artur	708		M-40	195	00:00:38	00:27:39	00:55:24	01:22:59	01:46:55	01:51:10	01:58:21.50	01:58:59.85	+00:47:57 (40.5%)	5:36	10.7 (59.4%)
735	ŁUKASZKIEWICZ Michał	530		M-30	273	00:00:35	00:25:37	00:51:25	01:18:28	01:45:53	01:50:21	01:58:25.35	01:59:01.25	+00:48:00 (40.5%)	5:36	10.7 (59.4%)
736	ŚNIEGOWSKA Julia	1102		K-20	24	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50	01:51:16	01:58:40.00	01:59:06.80	+00:48:15 (40.7%)	5:37	10.7 (59.4%)
737	PRACKA Danuta	377		K-30	47	00:01:33	00:27:02	00:54:27	01:22:04		01:50:25	01:57:34.35	01:59:08.00	+00:47:09 (40.1%)	5:34	10.8 (60.0%)
738	ŻUCHOWSKA Aneta	834		K-40	19	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42	01:57:36.20	01:59:10.60	+00:47:11 (40.1%)	5:34	10.8 (60.0%)
739	BARAŃSKI Grzegorz	111		M-30	269	00:01:12	00:27:29	00:54:53	01:22:11	01:46:04	01:50:25	01:58:01.95	01:59:14.25	+00:47:37 (40.3%)	5:35	10.7 (59.4%)
740	CHROBAK Ania	767	OPEL ACTIVE TEAM	K-30	48	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09	01:49:42	01:57:45.45	01:59:16.15	+00:47:21 (40.2%)	5:34	10.8 (60.0%)
741	PŁOMIN Marcin	1206	SBRT GLIWICE	M-30	276	00:00:39	00:27:41	00:55:26	01:23:00	01:47:12	01:51:25	01:58:39.50	01:59:19.00	+00:48:15 (40.7%)	5:37	10.7 (59.4%)
742	GONERA Paweł	676		M-40	197	00:00:47	00:25:59	00:53:27	01:21:34	01:46:28	01:51:08	01:58:31.80	01:59:19.35	+00:48:07 (40.6%)	5:37	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
743	GRUSZKA Michał	371		M-40	191	00:01:26	00:27:37	00:55:44	01:23:44	01:47:14	01:51:22	01:57:56.25	01:59:23.20	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
744	SZMIDT Marcin	1216	SBRT GLIWICE	M-20	117	00:02:19	00:26:08	00:51:34	01:17:56	01:44:27	01:48:58	01:57:04.45	01:59:23.95	+00:46:40 (39.9%)	5:32	10.8 (60.0%)
745	WILIMSKI Tomasz	101	SBRT GLIWICE	M-40	200	00:00:34	00:27:41	00:55:28	01:23:01	01:47:14	01:51:50	01:58:49.70	01:59:24.30	+00:48:25 (40.7%)	5:37	10.7 (59.4%)
746	ADAMCZYK Marcin	364		M-20	123	00:00:32	00:24:04	00:50:45	01:19:18	01:46:49	01:51:09	01:58:52.65	01:59:24.70	+00:48:28 (40.8%)	5:38	10.7 (59.4%)
747	WYPCHOŁ Piotr	254		M-50	43	00:01:11	00:27:58	00:54:55	01:22:28	01:46:39	01:50:59	01:58:14.60	01:59:26.40	+00:47:50 (40.5%)	5:36	10.7 (59.4%)
748	HRYSZKIEWICZ Janusz	467	UNISONO/AKMB PĘDZIWIATR GLIWICE	M-40	194	00:01:10	00:28:19	00:55:14	01:22:27	01:46:40	01:50:58	01:58:15.55	01:59:26.50	+00:47:51 (40.5%)	5:36	10.7 (59.4%)
749	RENKIEL Tomasz	55	NIGHT RUNNERS GLIWICE	M-40	196	00:01:00	00:28:03	00:55:53	01:23:50	01:47:25	01:51:35	01:58:31.75	01:59:31.85	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
750	MACIASZEK Grzegorz	414		M-20	125	00:00:17	00:27:58	00:55:52	01:22:53	01:46:58	01:51:31	01:59:16.05	01:59:33.05	+00:48:51 (41.0%)	5:39	10.6 (58.9%)
751	KOWALCZYK Anna	814	HIRSCHVOGEL COMPONENTS POLAND	K-40	22	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59	01:51:18	01:58:40.85	01:59:34.45	+00:48:16 (40.7%)	5:37	10.7 (59.4%)
752	RADECKA Paulina	167		K-20	25	00:00:43	00:27:54	00:55:21	01:22:44	01:46:51	01:51:14	01:58:51.10	01:59:34.65	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
753	PYZIK Marek	96	OPEL ACTIVE TEAM	M-50	45	00:00:28	00:26:25	00:53:30	01:21:52	01:46:54	01:51:21	01:59:05.90	01:59:34.75	+00:48:41 (40.9%)	5:38	10.6 (58.9%)
754	PAWEŁKÓW Alicja	168		K-20	26	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52	01:51:15	01:58:51.30	01:59:34.85	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
755	POPIEL Artur	21		M-40	199	00:01:08	00:27:56	00:55:15	01:23:09	01:47:38	01:51:59	01:58:32.35	01:59:40.95	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
756	UJMA Michał	962		M-30	278	00:00:51	00:28:44	00:55:06	01:22:51	01:46:48	01:51:13	01:58:51.05	01:59:42.90	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
757	KUBIT Bartłomiej	1304		M-30	277	00:00:55	00:28:41	00:55:02		01:46:54	01:51:10	01:58:47.90	01:59:43.20	+00:48:23 (40.7%)	5:37	10.7 (59.4%)
758	URBANKE Bartosz	1305		M-20	122	00:01:07	00:28:29	00:54:52	01:22:35	01:46:43	01:50:58	01:58:36.90	01:59:44.30	+00:48:12 (40.6%)	5:37	10.7 (59.4%)
759	SZPALA Ireneusz	897	WKU GLIWICE	M-50	44	00:01:09	00:27:14	00:55:16	01:23:31	01:47:24	01:51:30	01:58:35.05	01:59:44.80	+00:48:10 (40.6%)	5:37	10.7 (59.4%)
760	BIAŁY Dagmara	996		K-40	20	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56	01:50:15	01:57:58.35	01:59:44.90	+00:47:33 (40.3%)	5:35	10.7 (59.4%)
761	BIAŁECKI Jan	916	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-60	7	00:01:09	00:26:35	00:53:16	01:21:15	01:46:23	01:50:58	01:58:36.85	01:59:45.95	+00:48:12 (40.6%)	5:37	10.7 (59.4%)
762	KRZYSZKOWSKA Agnieszka	1211	SBRT GLIWICE	K-30	54	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11	01:51:40	01:59:17.15	01:59:48.65	+00:48:52 (41.0%)	5:39	10.6 (58.9%)
763	PILCH-NANOWSKA Agnieszka	587		K-30	51	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41	01:51:01	01:58:33.85	01:59:51.40	+00:48:09 (40.6%)	5:37	10.7 (59.4%)
764	HONISZ Andrzej	1179		M-30	280	00:00:52	00:27:24	00:55:10	01:22:44	01:46:56	01:51:33	01:59:00.05	01:59:52.75	+00:48:35 (40.8%)	5:38	10.6 (58.9%)
765	PAWLIK Agnieszka	193	ATHLETICS NYSA	K-40	21	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32	01:50:53	01:58:31.55	01:59:54.80	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
766	TARTANUS-ORYSZCZAK Marta	239		K-30	52	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23	01:50:50	01:58:34.45	01:59:56.05	+00:48:10 (40.6%)	5:37	10.7 (59.4%)
767	SZYLER Kamil	660		M-20	124	00:00:45	00:27:30	00:55:16	01:22:53	01:47:04	01:51:39	01:59:12.00	01:59:57.20	+00:48:47 (40.9%)	5:38	10.6 (58.9%)
768	UCHNAST Sebastian	990		M-40	198	00:01:26	00:27:37	00:55:43	01:23:44	01:47:15	01:51:22	01:58:31.80	01:59:58.75	+00:48:07 (40.6%)	5:37	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
769	PACAN Krzysztof	713		M-30	287	00:00:15	00:25:01	00:51:39	01:19:48	01:46:15	01:51:10	01:59:56.05	02:00:11.35	+00:49:31 (41.3%)	5:41	10.6 (58.9%)
770	ŁUSIAK Mariusz	1135		M-30	283	00:00:45	00:27:33	00:55:21	01:22:55	01:47:10	01:51:41	01:59:32.90	02:00:18.35	+00:49:08 (41.1%)	5:39	10.6 (58.9%)
771	TISZBIEREK Henryk	180	SBRT GLIWICE	M-40	202	00:01:12	00:27:58	00:55:43	01:23:35	01:47:38	01:51:51	01:59:07.85	02:00:19.90	+00:48:43 (40.9%)	5:38	10.6 (58.9%)
772	TYLMAN-MADEJCZYK Marta	1	MTM	K-30	53	00:01:40	00:27:44	00:54:54	01:22:08	01:46:44	01:51:04	01:58:43.60	02:00:24.35	+00:48:19 (40.7%)	5:37	10.7 (59.4%)
773	DĄBROWSKI Marcin	257		M-30	281	00:01:10	00:26:33	00:54:30	01:22:35	01:47:48	01:51:57	01:59:15.65	02:00:26.00	+00:48:51 (41.0%)	5:39	10.6 (58.9%)
774	KAMECKI Maciej	870	GOOD TIME - SPORT	M-30	285	00:00:42	00:25:44	00:52:00	01:20:12	01:46:32	01:51:20	01:59:44.95	02:00:26.95	+00:49:20 (41.2%)	5:40	10.6 (58.9%)
775	BIERNAT Adam	268		M-40	201	00:01:38	00:28:06	00:55:49	01:23:20	01:47:40	01:51:46	01:58:50.85	02:00:29.45	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
776	ROLEK Marcin	73		M-30	279	00:01:39	00:27:27	00:55:06	01:22:17	01:47:15	01:51:33	01:58:54.55	02:00:33.95	+00:48:30 (40.8%)	5:38	10.6 (58.9%)
777	POPIEL Adriana	23		K-30	55	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42	01:52:02	01:59:29.15	02:00:34.30	+00:49:04 (41.1%)	5:39	10.6 (58.9%)
778	STYPA Jerzy	415	STONOGI MILANÓWEK	M-50	46	00:00:55	00:28:39	00:56:54	01:24:33	01:48:15	01:52:29	01:59:40.20	02:00:36.15	+00:49:15 (41.2%)	5:40	10.6 (58.9%)
779	OSIŃSKI Robert	399	NIGHT RUNNERS GLIWICE	M-30	284	00:00:55	00:28:39	00:56:54	01:24:33	01:48:16	01:52:29	01:59:41.05	02:00:36.20	+00:49:16 (41.2%)	5:40	10.6 (58.9%)
780	KOPLIN Kasia	281		K-30	57	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16	01:52:01	02:00:20.05	02:00:37.50	+00:49:55 (41.5%)	5:42	10.5 (58.3%)
781	KAISER-CHROMIK Beata	258		K-40	25	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43	01:52:54	02:00:07.30	02:00:39.90	+00:49:42 (41.4%)	5:41	10.5 (58.3%)
782	PECIAK Kamila	606		K-30	56	00:00:31	00:26:04	00:54:04	01:22:34	01:48:13	01:52:37	02:00:12.10	02:00:43.65	+00:49:47 (41.4%)	5:41	10.5 (58.3%)
783	STANISZEWSKI Krzysiek	637	BIEGAMY Z SERCEM.PL	M-20	126	00:01:20	00:25:06	00:50:15	01:18:24	01:46:16	01:51:06	01:59:24.10	02:00:44.30	+00:48:59 (41.0%)	5:39	10.6 (58.9%)
784	MIŚKÓW Marcin	629	ZARAZIĆ PASJĄ	M-30	282	00:01:20	00:25:05	00:50:15	01:18:24	01:46:16	01:51:05	01:59:24.55	02:00:44.85	+00:49:00 (41.0%)	5:39	10.6 (58.9%)
785	WIŚNIEWSKI Paweł	1169	JW AGAT	M-30	289	00:00:39	00:26:52	00:54:18	01:22:19	01:47:53	01:52:31	02:00:09.40	02:00:48.80	+00:49:44 (41.4%)	5:41	10.5 (58.3%)
786	PADOŁ Zbigniew	141	NIEZRZESZONY	M-50	48	00:00:17	00:27:56	00:56:03	01:23:34	01:48:31	01:53:00	02:00:37.00	02:00:54.35	+00:50:12 (41.6%)	5:42	10.5 (58.3%)
787	PRUSKO Adrian	627		M-40	203	00:00:11	00:25:07	00:52:29	01:20:42	01:47:20	01:52:08	02:00:44.45	02:00:56.20	+00:50:20 (41.7%)	5:43	10.5 (58.3%)
788	BOROWIEC Wojciech	946		M-20	127	00:01:31	00:26:23	00:54:06	01:21:44	01:46:45	01:51:30	01:59:26.75	02:00:58.30	+00:49:02 (41.1%)	5:39	10.6 (58.9%)
789	MELCHER Ewa	950		K-40	23	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02	01:52:13	01:59:26.85	02:01:01.55	+00:49:02 (41.1%)	5:39	10.6 (58.9%)
790	KOŁODZIEJ Paweł	505		M-30	292	00:00:39	00:27:49	00:55:27	01:23:12	01:47:49	01:52:18	02:00:23.70	02:01:02.80	+00:49:59 (41.5%)	5:42	10.5 (58.3%)
791	KANIGOWSKA Kaja	1058		K-20	27	00:01:18	00:27:02	00:54:41	01:22:18	01:47:10	01:52:04	01:59:54.25	02:01:12.35	+00:49:29 (41.3%)	5:40	10.6 (58.9%)
792	KOWALCZYK Bożena	1044		K-40	24	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26	01:51:54	01:59:29.55	02:01:12.60	+00:49:05 (41.1%)	5:39	10.6 (58.9%)
793	MAJEWSKI Grzegorz	108		M-30	288	00:01:19	00:25:19	00:52:53	01:21:02	01:47:26	01:52:13	01:59:56.15	02:01:15.15	+00:49:31 (41.3%)	5:41	10.6 (58.9%)
794	BAK Magdalena	1048		K-20	28	00:01:14	00:28:20	00:56:25	01:24:23	01:48:24	01:52:54	02:00:01.80	02:01:16.45	+00:49:37 (41.3%)	5:41	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
795	TOCZYDŁOWSKI Łukasz	1095	HALEMBA	M-30	290	00:01:07	00:28:35	00:56:32	01:24:20		01:53:40	02:00:18.70	02:01:26.65	+00:49:54 (41.5%)	5:42	10.5 (58.3%)
796	GRYGIEREK Marcin	420		M-20	129	00:00:34	00:26:14	00:53:38	01:21:57	01:47:49	01:52:37	02:00:53.35	02:01:27.50	+00:50:28 (41.8%)	5:43	10.5 (58.3%)
797	KOŚNIEWSKI Paweł	245		M-30	293	00:00:48	00:27:36	00:55:16	01:22:52	01:47:57	01:52:34	02:00:41.90	02:01:30.55	+00:50:17 (41.7%)	5:43	10.5 (58.3%)
798	FEREFCKI Paweł	604		M-30	291	00:01:15	00:25:40	00:53:16	01:21:55	01:47:47	01:52:17	02:00:19.75	02:01:35.20	+00:49:55 (41.5%)	5:42	10.5 (58.3%)
799	MA CZKO Jan	914		M-50	47	00:01:04	00:27:57	00:56:22	01:24:32	01:48:53	01:53:11	02:00:31.90	02:01:36.70	+00:50:07 (41.6%)	5:42	10.5 (58.3%)
800	NIEGOWSKA Anna	94	ZSO10 GLIWICE	K-50	1	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17	02:00:09.90	02:01:37.65	+00:49:45 (41.4%)	5:41	10.5 (58.3%)
801	LERCH Dagmara	1126		K-40	26	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36	01:53:19	02:00:59.60	02:01:40.15	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
802	CZAJKA Aleksander	1124		M-40	205	00:00:40	00:27:36	00:55:26	01:23:24	01:48:37	01:53:19	02:01:00.30	02:01:40.30	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
803	KLEKOWSKI Włodzimierz	1028	NIGHT RUNNERS ZABRZE	M-50	49	00:00:49	00:27:16	00:54:52	01:22:47	01:48:08	01:52:44	02:00:53.65	02:01:42.65	+00:50:29 (41.8%)	5:43	10.5 (58.3%)
804	STAROŃ Sylwester	470		M-40	204	00:01:04	00:27:31	00:55:35	01:24:01	01:48:52	01:53:13	02:00:44.65	02:01:48.90	+00:50:20 (41.7%)	5:43	10.5 (58.3%)
805	KRZOS Piotr	74		M-30	286	00:01:57	00:29:08	00:57:45	01:25:17	01:48:34		01:59:52.65	02:01:50.00	+00:49:28 (41.3%)	5:40	10.6 (58.9%)
806	WIECZOREK Jarosław	2		M-30	295	00:00:54	00:29:07	00:57:05	01:25:09	01:49:16	01:53:24	02:00:56.85	02:01:51.10	+00:50:32 (41.8%)	5:43	10.5 (58.3%)
807	ROZCIECHA Radosław	1069		M-20	128	00:01:15	00:27:00	00:54:41	01:22:21	01:48:34	01:53:16	02:00:38.70	02:01:54.45	+00:50:14 (41.6%)	5:43	10.5 (58.3%)
808	ŁAGOSZ Kasia	1509	CA AKTYWNI / BROKER	K-30	60	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.30	02:01:56.25	+00:51:00 (42.0%)	5:45	10.4 (57.8%)
809	GÓRNY Magdalena	1511	CA AKTYWNI	K-30	61	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	02:01:25.75	02:01:56.50	+00:51:01 (42.0%)	5:45	10.4 (57.8%)
810	KRAJEWSKI Radosław	486		M-30	297	00:00:41	00:26:05	00:53:18	01:20:38	01:47:12	01:52:27	02:01:23.00	02:02:04.95	+00:50:58 (42.0%)	5:45	10.4 (57.8%)
811	MULARCZYK Agnieszka	888		K-30	59	00:00:51	00:27:27	00:55:30	01:24:45	01:50:00	01:54:18	02:01:16.70	02:02:07.75	+00:50:52 (41.9%)	5:44	10.4 (57.8%)
812	BOROWICZ Roksana	776	NIGHT RUNNERS GLIWICE	K-20	29	00:00:30	00:27:59	00:56:30	01:25:10	01:50:18	01:54:34	02:01:42.20	02:02:12.75	+00:51:17 (42.1%)	5:46	10.4 (57.8%)
813	CEGIELSKA Dorota	977		K-30	63	00:00:42	00:27:44	00:55:54	01:24:14	01:49:39	01:53:54	02:01:34.60	02:02:16.65	+00:51:10 (42.1%)	5:45	10.4 (57.8%)
814	PTAK Leszek	824		M-40	206	00:00:21	00:26:04	00:53:28	01:22:13	01:49:02	01:53:56	02:01:56.10	02:02:17.90	+00:51:31 (42.3%)	5:46	10.4 (57.8%)
815	WOJTASIŃSKI Robert	819	MIECHOWICKA GRUPA BIEGOWA	M-30	299	00:00:16	00:27:03	00:54:34	01:22:32	01:49:37	01:54:14	02:02:02.60	02:02:18.65	+00:51:38 (42.3%)	5:47	10.4 (57.8%)
816	HANZEL Anna	110	AKMB PĘDZIWIATR GLIWICE	K-50	2	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06	02:01:42.55	02:02:23.65	+00:51:18 (42.2%)	5:46	10.4 (57.8%)
817	WRÓBEL Jarosław	1233		M-30	296	00:01:25	00:27:34	00:55:15	01:23:32	01:49:27	01:53:52	02:01:00.30	02:02:25.30	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
818	BULENDA Patrycja	351		K-30	66	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18	01:54:54	02:02:10.80	02:02:26.70	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
819	BALIŃSKA-SANOCKA Aneta	334		K-30	62	00:01:01	00:28:03	00:55:56	01:25:21	01:50:00	01:54:15	02:01:34.30	02:02:35.80	+00:51:09 (42.1%)	5:45	10.4 (57.8%)
820	BATKO Dawid	711		M-30	298	00:00:47	00:27:43	00:54:48	01:22:49	01:50:12	01:54:39	02:01:52.20	02:02:40.10	+00:51:27 (42.2%)	5:46	10.4 (57.8%)
821	RYGIEL Sebastian	143		M-30	294	00:01:54	00:29:04	00:57:51	01:25:35	01:49:13	01:53:35	02:00:45.70	02:02:40.40	+00:50:21 (41.7%)	5:43	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
822	STUDNICKA Katarzyna	1038		K-30	58	00:01:41	00:27:22	00:54:51	01:23:16	01:48:41	01:53:12	02:01:00.70	02:02:42.15	+00:50:36 (41.8%)	5:44	10.5 (58.3%)
823	MELLER Tadeusz	312		M-20	130	00:01:21	00:26:58	00:53:24	01:21:09	01:48:32	01:53:18	02:01:30.50	02:02:51.55	+00:51:06 (42.1%)	5:45	10.4 (57.8%)
824	KOZŁOWSKI Przemysław	549		M-30	302	00:00:43	00:27:49	00:55:38	01:23:32	01:49:05	01:53:33	02:02:14.60	02:02:58.55	+00:51:50 (42.4%)	5:47	10.4 (57.8%)
825	CZAJKA Edward	1234	BRAK	M-40	208	00:00:47	00:26:27	00:54:12	01:22:45	01:49:44	01:54:15	02:02:17.20	02:03:04.65	+00:51:52 (42.4%)	5:47	10.4 (57.8%)
826	SIUDEK Kazimierz	1088		M-50	50	00:00:26	00:25:48	00:53:46	01:22:46	01:49:47	01:54:25	02:02:48.95	02:03:15.60	+00:52:24 (42.7%)	5:49	10.3 (57.2%)
827	DREWUSZEWSKI Maciej	515	4M	M-30	306	00:00:49	00:25:34	00:54:04	01:22:24	01:49:01	01:53:45	02:02:38.15	02:03:27.15	+00:52:13 (42.6%)	5:48	10.3 (57.2%)
828	NIKODON Paweł	343	PLASTIC OMNIUM	M-30	300	00:01:25	00:26:14	00:51:49	01:21:17	01:49:45	01:54:10	02:02:03.50	02:03:29.45	+00:51:39 (42.3%)	5:47	10.4 (57.8%)
829	KAROLCZAK Joanna	791		K-40	30	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14	01:55:15	02:03:05.60	02:03:33.95	+00:52:41 (42.8%)	5:50	10.3 (57.2%)
830	MICEK Marek	929		M-30	303	00:01:13	00:27:57	00:57:13	01:26:37	01:50:46	01:55:16	02:02:21.00	02:03:34.55	+00:51:56 (42.5%)	5:47	10.3 (57.2%)
831	BUCZYŃSKI Radosław	307	NIGHT RUNNERS GLIWICE	M-30	311	00:00:18	00:25:21	00:51:24	01:21:11	01:49:36	01:55:23	02:03:17.50	02:03:35.65	+00:52:53 (42.9%)	5:50	10.3 (57.2%)
832	BUGAJSKI Mariusz	844		M-40	214	00:00:02	00:24:36	00:52:11	01:21:05	01:49:22	01:54:27	02:03:34.40	02:03:36.95	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
833	GUZDEK Sławomir	940		M-30	301	00:01:32	00:29:22	00:58:03	01:26:32	01:50:33	01:54:56	02:02:05.25	02:03:37.45	+00:51:40 (42.3%)	5:47	10.4 (57.8%)
834	CICHOWSKI Marcin	722		M-30	310	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:11	02:03:15.35	02:03:38.00	+00:52:50 (42.9%)	5:50	10.3 (57.2%)
835	KATA Damian	1207	SBRT GLIWICE	M-20	131	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:10	02:03:15.70	02:03:38.05	+00:52:51 (42.9%)	5:50	10.3 (57.2%)
836	ERDMANN Robert	280		M-30	307	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	02:02:43.75	02:03:43.35	+00:52:19 (42.6%)	5:49	10.3 (57.2%)
837	CZERNIAK Żaneta	249		K-40	28	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58	02:02:10.50	02:03:43.60	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
837	JANOSZEK Piotr	293		M-30	308	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	02:02:44.20	02:03:43.60	+00:52:19 (42.6%)	5:49	10.3 (57.2%)
839	WÓJCIAK Katarzyna	1229		K-30	65	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24	01:53:59	02:02:10.45	02:03:44.00	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
840	SZKUDLAREK Michał	761		M-30	309	00:00:42	00:26:34	00:54:17	01:22:56	01:50:25	01:55:01	02:03:01.50	02:03:44.40	+00:52:37 (42.8%)	5:49	10.3 (57.2%)
841	NAGEL Jan	1227		M-30	304	00:01:16	00:27:03	00:54:36	01:22:33	01:48:31	01:53:33	02:02:29.35	02:03:45.50	+00:52:04 (42.5%)	5:48	10.3 (57.2%)
842	PORĘBA Gabriela	554		K-40	27	00:01:41	00:28:48	00:57:20	01:25:11		01:54:13	02:02:05.20	02:03:46.55	+00:51:40 (42.3%)	5:47	10.4 (57.8%)
843	JANIK Basia	615		K-30	64	00:01:41	00:26:57	00:54:44	01:23:12	01:49:17	01:54:08	02:02:05.80	02:03:46.80	+00:51:41 (42.3%)	5:47	10.4 (57.8%)
844	ŁĘCZNAR Ewelina	998		K-30	68	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07	01:54:44	02:02:32.90	02:03:48.55	+00:52:08 (42.5%)	5:48	10.3 (57.2%)
845	HEFFNER Remigiusz	762	OPEL ACTIVE TEAM	M-30	305	00:01:15	00:28:02	00:56:08	01:24:47	01:50:08	01:54:44	02:02:35.60	02:03:51.05	+00:52:11 (42.6%)	5:48	10.3 (57.2%)
846	KLAWENDER Ryszard	1090	BIEGAMY Z SERCEM.PL	M-50	51	00:00:43	00:27:44	00:56:12	01:24:55	01:50:56	01:55:20	02:03:07.70	02:03:51.20	+00:52:43 (42.8%)	5:50	10.3 (57.2%)
847	MUZA Karolina	126		K-30	69	00:00:52	00:29:25	00:57:46	01:25:31	01:50:17	01:54:50	02:03:00.20	02:03:52.35	+00:52:35 (42.8%)	5:49	10.3 (57.2%)
848	SANOCKA Dorota	331		K-40	29	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44	01:55:12	02:02:51.50	02:03:54.75	+00:52:27 (42.7%)	5:49	10.3 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
849	SZOŁTYSIK Paweł	213	SPARTA PLATFUS	M-30	313	00:00:33	00:27:22	00:55:22	01:23:36	01:49:46	01:54:36	02:03:23.85	02:03:57.35	+00:52:59 (42.9%)	5:50	10.3 (57.2%)
850	KRAKOWSKI Jacek	1505		M-40	209	00:01:18	00:29:36	00:59:00	01:27:31	01:51:36	01:55:50	02:02:42.85	02:04:01.25	+00:52:18 (42.6%)	5:48	10.3 (57.2%)
851	PROKOP Elżbieta	546		K-50	3	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25	02:03:05.75	02:04:02.50	+00:52:41 (42.8%)	5:50	10.3 (57.2%)
852	JACHYMSKA Katarzyna	1290	MOMO RESTAURANT & COCKTAIL BAR	K-40	31	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18	01:55:48	02:03:29.05	02:04:02.55	+00:53:04 (43.0%)	5:51	10.3 (57.2%)
853	BRZEZIŃSKA Teresa	251	NIGHT RUNNERS GLIWICE	K-40	33	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21	02:03:34.00	02:04:03.60	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
854	BUFNAL Krzysztof	574		M-40	207	00:01:53	00:29:00	00:56:08	01:24:11	01:49:21	01:54:13	02:02:14.90	02:04:08.55	+00:51:50 (42.4%)	5:47	10.4 (57.8%)
855	SALA Nela	621	AKTYWNE ATOMOOFKI	K-30	67	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48	01:54:31	02:02:32.20	02:04:09.05	+00:52:07 (42.5%)	5:48	10.3 (57.2%)
856	GUJA Bogusław	858		M-60	8	00:00:27	00:25:51	00:53:07	01:22:25	01:49:53	01:54:59	02:03:43.70	02:04:11.50	+00:53:19 (43.1%)	5:51	10.2 (56.7%)
857	BLASZKE Waldemar	159	NIGHT RUNNERS GLIWICE	M-50	52	00:00:51	00:27:46	00:55:31	01:24:26	01:50:22	01:55:05	02:03:21.00	02:04:12.95	+00:52:56 (42.9%)	5:50	10.3 (57.2%)
858	SZAMPERA Agnieszka	771	RUN AND FUN TEAM	K-30	70	00:00:43	00:27:06	00:55:10	01:23:33	01:50:26	01:55:02	02:03:31.00	02:04:14.20	+00:53:06 (43.0%)	5:51	10.2 (56.7%)
859	KANIOWSKI Andrzej	205		M-30	314	00:00:23	00:25:51	00:52:17	01:21:32	01:50:14	01:55:18	02:03:54.10	02:04:17.55	+00:53:29 (43.2%)	5:52	10.2 (56.7%)
860	GLINIANY Adam	1082	ZABIEGANA RODZINKA	M-40	210	00:01:28	00:29:04	00:57:58	01:26:14	01:51:02	01:55:26	02:02:49.60	02:04:18.30	+00:52:25 (42.7%)	5:49	10.3 (57.2%)
861	BŁASZCZYSZYN Michał	138		M-20	133	00:00:58	00:28:33	00:57:24	01:25:27	01:50:44	01:55:24	02:03:21.85	02:04:20.60	+00:52:57 (42.9%)	5:50	10.3 (57.2%)
862	DĘBSKI Mariusz	1270	NIGHT RUNNER'S GLIWICE	M-40	217	00:00:29	00:27:59	00:55:54	01:24:48	01:50:52	01:55:31	02:03:52.95	02:04:22.80	+00:53:28 (43.2%)	5:52	10.2 (56.7%)
863	LESZCZYŃSKA Małgorzata	189	STEP-DANCE RUN	K-40	32	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30	02:03:31.80	02:04:23.05	+00:53:07 (43.0%)	5:51	10.2 (56.7%)
864	JABŁOŃSKI Łukasz	889	UNISONO	M-20	132	00:01:07	00:30:06	00:59:29	01:27:56	01:51:58	01:56:09	02:03:18.80	02:04:26.60	+00:52:54 (42.9%)	5:50	10.3 (57.2%)
865	SOŁTYSIAK Robert	1258	HALEMBA	M-30	312	00:01:08	00:28:34	00:56:32	01:24:19	01:50:28	01:55:16	02:03:22.60	02:04:31.25	+00:52:58 (42.9%)	5:50	10.3 (57.2%)
866	KUROWICZ Marcin	539	NIEZRZESZONY	M-40	211	00:01:18	00:28:43	00:57:40	01:25:26		01:55:03	02:03:16.90	02:04:35.65	+00:52:52 (42.9%)	5:50	10.3 (57.2%)
867	ZWOLIŃSKI Gabriel	1273		M-30	315	00:00:44	00:26:49	00:54:55	01:24:15	01:51:00	01:55:41	02:03:59.90	02:04:44.55	+00:53:35 (43.2%)	5:52	10.2 (56.7%)
868	KOCÓJ Dominika	534	NIGHT RUNNER'S GLIWICE	K-20	30	00:00:29	00:28:00	00:56:56	01:26:15	01:51:58	01:56:36	02:04:18.10	02:04:47.25	+00:53:53 (43.4%)	5:53	10.2 (56.7%)
869	ZGÓRSKI Grzegorz	116		M-30	316	00:00:42	00:25:47	00:52:30	01:22:42	01:51:39	01:55:52	02:04:07.80	02:04:50.70	+00:53:43 (43.3%)	5:52	10.2 (56.7%)
870	DOMARADZKA Ewa	306		K-40	36	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08	01:56:03	02:04:25.60	02:04:50.90	+00:54:01 (43.4%)	5:53	10.2 (56.7%)
871	WIECZORKE Marcin	488		M-40	216	00:01:05	00:25:26	00:52:56	01:22:23	01:50:14	01:55:02	02:03:46.50	02:04:51.95	+00:53:22 (43.1%)	5:51	10.2 (56.7%)
872	ZALEWSKI Krzysztof	900		M-40	218	00:00:47	00:26:46	00:54:47	01:22:31	01:50:17	01:55:04	02:04:04.95	02:04:52.20	+00:53:40 (43.3%)	5:52	10.2 (56.7%)
873	NOWAKOWSKI Marek	386	AMEC FOSTER WHEELER RUNNING TEAM	M-40	212	00:01:44	00:27:01	00:54:24	01:22:48	01:49:58	01:54:48	02:03:18.05	02:05:02.55	+00:52:53 (42.9%)	5:50	10.3 (57.2%)
874	CIASTO Sebastian	1039		M-30	317	00:00:39	00:26:51	00:54:50	01:23:05	01:50:31	01:55:53	02:04:23.50	02:05:02.95	+00:53:59 (43.4%)	5:53	10.2 (56.7%)
875	BURLIGA Mariusz	492	KB ENDURANCE SOLIDARNI KNURÓW	M-40	215	00:01:23	00:29:10	00:58:02	01:26:20	01:51:10	01:55:41	02:03:44.70	02:05:07.85	+00:53:20 (43.1%)	5:51	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
876	KLYTA Wojciech	1284		M-40	213	00:01:41	00:27:13	00:54:21	01:22:05	01:49:30	01:54:34	02:03:28.40	02:05:10.35	+00:53:03 (43.0%)	5:51	10.3 (57.2%)
877	RYCHLEWSKA Kasia	279	KATE & KATE	K-40	34	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08	01:55:49	02:04:05.60	02:05:12.65	+00:53:41 (43.3%)	5:52	10.2 (56.7%)
878	KRZESIAK Michał	1041	3SOFT S.A.	M-30	318	00:00:51	00:26:28	00:54:03	01:22:34	01:50:22	01:55:35	02:04:25.95	02:05:17.75	+00:54:01 (43.4%)	5:53	10.2 (56.7%)
879	WÓJCIK Rafał	327		M-40	220	00:00:35	00:27:40	00:55:24	01:23:39	01:51:29	01:56:21	02:04:44.70	02:05:20.40	+00:54:20 (43.6%)	5:54	10.1 (56.1%)
880	KRÓL Krystyna	478	RAJSPOORT ACTIVE	K-40	35	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18	01:56:00	02:04:09.90	02:05:22.85	+00:53:45 (43.3%)	5:53	10.2 (56.7%)
881	SIEDLECKA Anna	400	NIGHT RUNNERS GLIWICE	K-30	72	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55	01:56:34	02:04:53.90	02:05:28.15	+00:54:29 (43.6%)	5:55	10.1 (56.1%)
882	ZDRZĄLEK Jan	624		M-20	134	00:01:58	00:29:04	00:58:21	01:26:46	01:51:12	01:55:40	02:03:33.70	02:05:32.15	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
883	WITCZAK Dagmara	1144		K-30	71	00:01:23	00:28:24	00:57:29	01:27:01	01:51:50	01:56:23	02:04:17.45	02:05:40.70	+00:53:53 (43.4%)	5:53	10.2 (56.7%)
884	ŻBEL Anna	1129		K-30	74	00:00:28	00:28:02	00:56:29	01:25:54	01:52:37	01:57:26	02:05:12.90	02:05:41.35	+00:54:48 (43.8%)	5:56	10.1 (56.1%)
885	BILON Bogdan	1146	ZBROJOWNIA SULECHÓW	M-60	9	00:00:53	00:28:46	00:57:55	01:26:53	01:52:50	01:57:11	02:04:48.45	02:05:41.45	+00:54:24 (43.6%)	5:54	10.1 (56.1%)
886	GABRYŚ Jola	1300	NIGHT RUNNERS GLIWICE	K-40	40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37	02:05:17.80	02:05:47.55	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
887	WIEDERMANN Anita	1308		K-30	73	00:00:44	00:27:46	00:56:49	01:26:13	01:52:28	01:56:57	02:05:05.75	02:05:50.20	+00:54:41 (43.7%)	5:55	10.1 (56.1%)
888	HARAZIN Anna	142		K-20	31	00:00:57	00:28:30	00:57:41	01:26:25	01:52:28	01:57:05	02:04:53.45	02:05:50.70	+00:54:29 (43.6%)	5:55	10.1 (56.1%)
889	WANAT Wacław	1008	SKY TOWER RUNNERS WROCŁAW	M-70	1	00:01:05	00:29:28	00:58:29	01:27:39	01:52:43	01:57:05	02:04:45.25	02:05:51.00	+00:54:20 (43.6%)	5:54	10.1 (56.1%)
890	HANKE Klaudia	815		K-40	42	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36	01:56:28	02:05:52.15	02:06:00.35	+00:55:27 (44.1%)	5:57	10.1 (56.1%)
891	GOŁOFIT Aneta	570		K-30	75	00:00:45	00:28:44	00:58:10	01:27:43	01:53:13	01:57:38	02:05:18.35	02:06:04.30	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
892	GLINIANY Małgorzata	1083	ZABIEGANA RODZINKA	K-40	37	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03	01:56:35	02:04:42.45	02:06:11.15	+00:54:18 (43.5%)	5:54	10.2 (56.7%)
893	ROKOSZ Łukasz	128		M-20	135	00:01:36	00:30:39	00:59:47	01:28:02	01:52:35	01:57:06	02:04:37.05	02:06:13.65	+00:54:12 (43.5%)	5:54	10.2 (56.7%)
894	WILCZOK Krzysztof	129		M-20	136	00:01:36	00:30:39	00:59:47	01:28:03	01:52:34	01:57:06	02:04:37.45	02:06:13.75	+00:54:13 (43.5%)	5:54	10.2 (56.7%)
895	BOGULAK Grzegorz	184	RUN GB! RUN	M-30	321	00:00:29	00:27:06	00:54:37	01:23:13	01:52:04	01:57:15	02:05:48.25	02:06:17.80	+00:55:23 (44.0%)	5:57	10.1 (56.1%)
896	WYLEŻAŁEK Irek	985	NIGHT RUNNER GLIWICE	M-40	219	00:01:47	00:28:19	00:57:12	01:26:17	01:51:56	01:56:34	02:04:33.05	02:06:20.50	+00:54:08 (43.5%)	5:54	10.2 (56.7%)
897	KRZAK Wioleta	675		K-20	32	00:00:55	00:26:29	00:54:31	01:25:02	01:52:36	01:57:23	02:05:28.75	02:06:24.30	+00:55:04 (43.9%)	5:56	10.1 (56.1%)
898	STOKŁOSA Magdalena	223		K-40	38	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50	02:05:15.90	02:06:27.55	+00:54:51 (43.8%)	5:56	10.1 (56.1%)
899	SYGUŁA Katarzyna	647	KB MCKIS JAWORZNO	K-40	39	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57	01:57:38	02:05:17.50	02:06:33.10	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
900	BUCHAL Katarzyna	783		K-40	41	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28	01:57:08	02:05:35.45	02:06:35.75	+00:55:11 (43.9%)	5:57	10.1 (56.1%)
901	BUCHAL Grzegorz	782		M-40	221	00:01:00	00:28:32	00:57:34	01:26:25	01:52:22	01:57:08	02:05:36.05	02:06:36.35	+00:55:11 (43.9%)	5:57	10.1 (56.1%)
902	ZIELIŃSKI Marek	317		M-30	319	00:01:47	00:27:52	00:55:55	01:24:37	01:51:15	01:56:17	02:05:00.65	02:06:48.40	+00:54:36 (43.7%)	5:55	10.1 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	5_km	10_km	15_km	19_km	20_km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	19.2km	19.9km	netto 21.1km	brutto 21.1km			
903	ZIMOCH Beata	214		K-30	79	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16	01:57:41	02:06:35.65	02:06:48.60	+00:56:11 (44.4%)	6:00	10 (55.6%)
904	KOTWICKI Marek	332		M-30	320	00:01:46	00:28:03	00:56:34	01:25:32	01:51:59	01:56:31	02:05:05.60	02:06:51.60	+00:54:41 (43.7%)	5:55	10.1 (56.1%)
905	SATKO Jacek	238		M-50	53	00:00:51	00:30:04	00:59:38	01:28:53	01:53:52	01:58:20	02:06:08.80	02:07:00.25	+00:55:44 (44.2%)	5:58	10 (55.6%)
906	MACHNOWSKI Wojciech	19	NIGHT RUNNERS GLIWICE	M-30	322	00:01:02	00:28:02	00:55:51	01:24:09	01:52:42	01:57:38	02:05:59.45	02:07:02.25	+00:55:35 (44.1%)	5:58	10 (55.6%)
907	OGIŃSKI Daniel	1106	1992	M-20	138	00:00:47	00:27:52	00:57:12	01:25:56	01:53:54	01:59:00	02:06:17.55	02:07:04.60	+00:55:53 (44.3%)	5:59	10 (55.6%)
908	DACZYŃSKI Kajetan	458	GRUPA CMYKI	M-16	7	00:00:53	00:29:57	01:00:19	01:30:18	01:55:26	01:59:44	02:06:20.35	02:07:13.35	+00:55:55 (44.3%)	5:59	10 (55.6%)
909	WINICKA Daria	710	AMATOR	K-30	77	00:00:50	00:27:49	00:56:45	01:26:19	01:53:15	01:58:06	02:06:23.80	02:07:14.75	+00:55:59 (44.3%)	5:59	10 (55.6%)
910	GĄSZCZAK Tadeusz	1279		M-70	2	00:00:32	00:29:15	00:58:24	01:28:08	01:53:35	01:58:24	02:06:41.95	02:07:14.90	+00:56:17 (44.4%)	6:00	10 (55.6%)
911	SMAGOROWICZ Artur	1079	W POGONI ZA DUCHEM	M-40	222	00:00:58	00:28:21	00:59:08	01:28:22	01:53:10	01:58:15	02:06:18.80	02:07:17.55	+00:55:54 (44.3%)	5:59	10 (55.6%)
912	UCIŃSKA Anna	1080		K-30	76	00:00:58	00:28:21	00:59:09	01:28:22	01:53:17	01:58:15	02:06:18.95	02:07:17.75	+00:55:54 (44.3%)	5:59	10 (55.6%)
913	KOWALCZYK Wojciech	738	RUN AND FUN	M-30	324	00:00:44	00:27:28	00:55:16	01:25:14	01:53:40	01:58:30	02:06:36.15	02:07:20.20	+00:56:11 (44.4%)	6:00	10 (55.6%)
914	KOWALCZYK Katarzyna	739	RUN AND FUN	K-30	80	00:00:44	00:27:28	00:55:16	01:25:14	01:53:41	01:58:30	02:06:36.30	02:07:20.35	+00:56:11 (44.4%)	6:00	10 (55.6%)
915	MULLER Rafał	890		M-20	139	00:00:41	00:27:57	00:57:10	01:26:21	01:54:19	01:59:18	02:06:42.15	02:07:23.60	+00:56:17 (44.4%)	6:00	10 (55.6%)
916	WOJTAS Paweł	510		M-20	140	00:00:43	00:27:48	00:56:30	01:26:04	01:53:10	01:58:16	02:06:46.50	02:07:29.80	+00:56:22 (44.5%)	6:00	10 (55.6%)
917	KAPICA Wojciech	883	BANDA PE	M-20	141	00:00:00						02:07:42.00	02:07:42.00	+00:57:17 (44.9%)	6:03	9.9 (55.0%)
918	STOKŁOSA Marcin	222		M-40	223	00:01:11	00:30:23	00:59:25	01:27:51	01:53:42	01:58:34	02:06:34.20	02:07:46.15	+00:56:09 (44.4%)	5:59	10 (55.6%)
919	ŚLĘZAK Jakub	963	BANDA PE	M-20	137	00:01:32	00:29:55	01:00:23	01:30:24	01:54:45	01:59:04	02:06:15.40	02:07:48.00	+00:55:50 (44.2%)	5:59	10 (55.6%)
920	CIESIELSKI Radosław	757	BETANIA TEAM	M-30	326	00:00:22	00:28:16	00:56:05	01:30:35	01:55:44	02:00:12	02:07:25.55	02:07:48.20	+00:57:01 (44.7%)	6:02	9.9 (55.0%)
921	BARAN Michalina	1139		K-30	83	00:00:21	00:28:13	00:57:03	01:26:48	01:54:06	01:58:57	02:07:27.75	02:07:49.00	+00:57:03 (44.8%)	6:02	9.9 (55.0%)
922	GRACH Tomasz	311	RUN AND FUN TEAM	M-40	224	00:00:59	00:29:53	01:00:06	01:28:31	01:54:28	01:59:02	02:06:53.45	02:07:52.65	+00:56:29 (44.5%)	6:00	10 (55.6%)
923	DYLONG Natalia	947		K-16	4	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57	01:59:35	02:07:08.60	02:07:52.95	+00:56:44 (44.6%)	6:01	10 (55.6%)
924	POSTÓŁ Karolina	983	NIGHT RUNNERS GLIWICE	K-30	82	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02	01:59:13	02:07:25.85	02:07:55.70	+00:57:01 (44.7%)	6:02	9.9 (55.0%)
925	MAKSYMIUK-KONOPKA Ewa	557		K-40	43	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38	02:06:30.60	02:07:57.10	+00:56:06 (44.3%)	5:59	10 (55.6%)
926	KORDECKI Bartosz	1071		M-30	323	00:01:35	00:30:33	01:01:02	01:29:57	01:54:39	01:59:14	02:06:22.80	02:07:57.95	+00:55:58 (44.3%)	5:59	10 (55.6%)
927	MAŚLANKA Ireneusz	1093	NIGHT RUNNERS GLIWICE	M-50	54	00:00:58	00:29:18	00:59:04	01:29:19	01:55:16	01:59:44	02:06:59.30	02:07:58.25	+00:56:34 (44.6%)	6:01	10 (55.6%)
928	KNAPIK Karolina	1174		K-30	78	00:01:46	00:28:55	00:57:42	01:26:47	01:53:30	01:58:14	02:06:28.05	02:08:14.10	+00:56:03 (44.3%)	5:59	10 (55.6%)
929	SEWERYNIAK Adam	1260		M-50	55	00:00:56	00:29:14	00:58:41	01:28:06	01:54:23	01:59:06	02:07:19.65	02:08:15.65	+00:56:55 (44.7%)	6:02	9.9 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
930	ORYSZCZAK Łukasz	313		M-30	325	00:01:21	00:27:13	00:56:17	01:26:03	01:53:08	01:57:59	02:07:02.15	02:08:23.20	+00:56:37 (44.6%)	6:01	10 (55.6%)
931	CYWIŃSKI Robert	1176		M-40	225	00:00:58	00:29:58	00:59:41	01:29:24	01:54:55	01:59:36	02:07:29.50	02:08:27.50	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
931	CYWIŃSKA Elżbieta	1010		K-40	44	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57	01:59:36	02:07:29.50	02:08:27.50	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
933	SZUBERT Grzegorz	6		M-40	226	00:00:46	00:26:29	00:55:26	01:25:20	01:53:53	01:58:48	02:07:43.20	02:08:29.75	+00:57:18 (44.9%)	6:03	9.9 (55.0%)
934	MUSIOŁ Janusz	830	UNISONO	M-30	327	00:01:05	00:30:06	00:59:15	01:28:00	01:54:12	01:59:06	02:07:30.00	02:08:35.85	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
935	DZIERŻANOWSKA Blanka	654	NIGHT RUNNERS ZABRZE	K-20	33	00:00:46	00:27:21	00:56:39	01:26:21	01:54:22	01:59:15	02:07:52.25	02:08:39.10	+00:57:27 (44.9%)	6:03	9.9 (55.0%)
936	PUŁTORAK Roksana	1504		K-30	81	00:01:48	00:28:55	00:57:53	01:26:52	01:53:27	01:58:25	02:07:00.10	02:08:48.70	+00:56:35 (44.6%)	6:01	10 (55.6%)
937	SAP Alina	362	NR GLIWICE	K-40	45	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57	02:08:01.55	02:08:52.20	+00:57:37 (45.0%)	6:04	9.9 (55.0%)
938	FIEDOR Anna	107		K-30	84	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49	02:00:11	02:07:38.10	02:09:04.75	+00:57:13 (44.8%)	6:02	9.9 (55.0%)
939	GABRYŚ Seba	1277	NIGHT RUNNERS GLIWICE	M-40	228	00:00:30	00:30:02	01:00:31	01:30:24	01:56:40	02:01:08	02:08:36.60	02:09:06.65	+00:58:12 (45.3%)	6:05	9.8 (54.4%)
940	CZAPEK Marek	309	NIGHT RUNNERS GLIWICE	M-40	227	00:00:34	00:29:58	01:00:25	01:30:20	01:56:36	02:01:04	02:08:32.10	02:09:06.75	+00:58:07 (45.2%)	6:05	9.8 (54.4%)
940	CZAPEK Anna	310	NIGHT RUNNERS GLIWICE	K-40	49	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05	02:08:33.15	02:09:06.75	+00:58:08 (45.2%)	6:05	9.8 (54.4%)
942	NIESLER Magdalena	338	NIGHT RUNNERS GLIWICE	K-30	87	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42		02:08:33.10	02:09:10.95	+00:58:08 (45.2%)	6:05	9.8 (54.4%)
943	CHOJOWSKA Edyta	153		K-40	46	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47	02:00:31	02:08:11.95	02:09:13.25	+00:57:47 (45.1%)	6:04	9.9 (55.0%)
944	MAŁKOWSKI Tomasz	207	NIGHT RUNNERS ZABRZE	M-30	329	00:00:00	00:26:30	00:51:49	01:17:16	01:51:27	01:59:07	02:09:13.35	02:09:13.35	+00:58:48 (45.5%)	6:07	9.8 (54.4%)
945	CHMIELEWSKA Anna	144		K-30	86	00:01:01	00:29:21	00:59:32	01:29:22	01:56:06	02:00:37	02:08:13.80	02:09:15.20	+00:57:49 (45.1%)	6:04	9.9 (55.0%)
946	KOŻUCH Agnieszka	139	1975	K-40	48	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07	02:00:37	02:08:17.80	02:09:19.35	+00:57:53 (45.1%)	6:04	9.9 (55.0%)
947	WOJTAS Magdalena	498		K-30	85	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55	01:58:18	02:07:55.10	02:09:31.65	+00:57:30 (45.0%)	6:03	9.9 (55.0%)
948	KĘDZIOR Wiesława	961	NAS NIE DOGONIAM	K-50	4	00:00:48	00:30:01	01:00:10	01:30:21	01:56:17	02:00:48	02:08:46.30	02:09:34.65	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
949	SOSIN Adam	200	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	328	00:01:20	00:30:12	00:59:43	01:29:06	01:55:10	01:59:52	02:08:16.55	02:09:37.15	+00:57:52 (45.1%)	6:04	9.9 (55.0%)
950	SOSIN Sylwia	201	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K-40	47	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10	01:59:52	02:08:16.90	02:09:37.25	+00:57:52 (45.1%)	6:04	9.9 (55.0%)
951	BIAŁOŻYT Agata	873		K-20	34	00:01:32	00:29:56	01:00:23	01:30:24	01:55:48	02:00:14	02:08:13.45	02:09:46.00	+00:57:49 (45.1%)	6:04	9.9 (55.0%)
952	MANDOK Bogdan	742		M-30	334	00:00:07	00:28:10	00:59:23	01:30:02	01:56:19	02:01:10	02:09:41.60	02:09:48.65	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
953	KURIANOWICZ Wiesław	436	BIEGAM BO LUBIĘ	M-50	56	00:01:32	00:28:45	00:57:19	01:27:09	01:55:15	01:59:52	02:08:20.30	02:09:52.85	+00:57:55 (45.1%)	6:04	9.9 (55.0%)
954	KLEJNOWSKI Mateusz	878		M-20	142	00:01:19	00:30:23	01:01:55	01:33:25	01:57:34	02:01:54	02:08:36.45	02:09:55.45	+00:58:12 (45.3%)	6:05	9.8 (54.4%)
955	ORLEF Jarosław	566		M-40	231	00:00:39	00:28:19	00:57:34	01:27:43	01:56:03	02:01:09	02:09:18.25	02:09:58.15	+00:58:53 (45.5%)	6:07	9.8 (54.4%)
956	PLEWIK Michał	667	GRAMMI	M-40	229	00:00:41	00:28:17	00:57:32	01:27:41	01:56:00	02:01:07	02:09:17.20	02:09:58.35	+00:58:52 (45.5%)	6:07	9.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	5_km	10_km	15_km	19_km	20_km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	19.2km	19.9km	netto 21.1km	brutto 21.1km			
957	MIRSKI Rafał	663	IMPULS DO DZIAŁANIA	M-40	230	00:00:40	00:28:18	00:57:34	01:27:43	01:56:02	02:01:08	02:09:17.70	02:09:58.45	+00:58:53 (45.5%)	6:07	9.8 (54.4%)
958	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	50	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06	02:00:56	02:09:18.70	02:09:59.65	+00:58:54 (45.6%)	6:07	9.8 (54.4%)
959	GÓRECKA Anna	474		K-30	90	00:00:31	00:27:45	00:57:59	01:28:18	01:56:26	02:01:19	02:09:37.50	02:10:09.15	+00:59:13 (45.7%)	6:08	9.8 (54.4%)
960	BUDZIŃSKA Ania	567		K-30	88	00:01:12	00:27:29	00:56:45	01:27:17		02:00:19	02:08:59.00	02:10:11.30	+00:58:34 (45.4%)	6:06	9.8 (54.4%)
961	SITKO Filip	387		M-20	146	00:00:14	00:24:50	00:52:19	01:23:21	01:54:23	02:00:06	02:10:00.50	02:10:15.00	+00:59:36 (45.8%)	6:09	9.7 (53.9%)
962	LEWICKI Krzysztof	43	NIGHT RUNNERS GLIWICE	M-30	330	00:00:51	00:29:41	01:00:09	01:30:25	01:56:44	02:01:31	02:09:23.85	02:10:15.25	+00:58:59 (45.6%)	6:07	9.8 (54.4%)
963	TKACZUK Marcin	1016	NIGHT RUNNERS GLIWICE	M-30	331	00:00:50	00:29:42	01:00:10	01:30:26	01:56:44	02:01:32	02:09:24.85	02:10:15.65	+00:59:00 (45.6%)	6:08	9.8 (54.4%)
964	ULIASZ Natalia	980		K-20	38	00:00:34	00:28:23	00:58:13	01:28:40	01:56:24	02:01:05	02:09:41.80	02:10:15.85	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
965	SYNÓWKA Maciej	981		M-30	333	00:00:34	00:28:23	00:58:13	01:28:40	01:56:23	02:01:05	02:09:41.40	02:10:16.15	+00:59:16 (45.7%)	6:08	9.8 (54.4%)
966	DWORNICZAK Paweł	887		M-20	143	00:01:34	00:29:32	01:00:38	01:31:21	01:57:03	02:01:30	02:08:45.80	02:10:19.85	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
966	HRYSZKO Jagoda	1172		K-20	35	00:01:34	00:29:32	01:00:39	01:31:21	01:57:03	02:01:30	02:08:45.60	02:10:19.85	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
968	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	52	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46	02:09:29.30	02:10:20.35	+00:59:04 (45.6%)	6:08	9.8 (54.4%)
969	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	51	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46	02:09:29.10	02:10:20.50	+00:59:04 (45.6%)	6:08	9.8 (54.4%)
970	JUSZCZAK Kalina	181		K-20	37	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27	02:01:15	02:09:38.90	02:10:26.35	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
970	WIŚNIEWSKI Paweł	5	NIGHT RUNNERS GLIWICE	M-20	144	00:00:47	00:28:47	00:59:04	01:29:38	01:56:28	02:01:15	02:09:39.10	02:10:26.35	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
972	RATAJ Adrianna	825	1992	K-20	41	00:00:18	00:28:22	00:57:34	01:27:49	01:56:37	02:01:26	02:10:08.75	02:10:26.90	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
972	SALICKA Izabela	1143	PURE FIRE TEAM	K-20	42	00:00:17	00:28:23	00:57:35	01:27:50	01:56:38	02:01:28	02:10:08.95	02:10:26.90	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
974	STOLARCZYK Robert	115	NIGHT RUNNERS	M-30	332	00:00:49	00:30:01	01:00:23	01:30:22	01:56:24	02:01:13	02:09:38.80	02:10:28.65	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
975	PREJS Beata	1224	NIGHT RUNNER'S	K-30	91	00:00:49	00:30:02	01:00:23	01:30:22	01:56:25	02:01:12	02:09:39.10	02:10:28.90	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
976	WOŁOWSKI Michał	1160	SLAM DRINKERS BIŁGORAJ	M-20	147	00:00:10	00:28:08	00:55:53	01:25:02	01:56:12	02:01:52	02:10:19.65	02:10:30.10	+00:59:55 (46.0%)	6:10	9.7 (53.9%)
977	BOH Mariusz	1306		M-60	10	00:00:52	00:30:00	01:00:20	01:30:20	01:56:27	02:01:13	02:09:41.70	02:10:34.20	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
978	GORELL Bogumiła	446		K-30	92	00:00:53	00:30:11	01:00:47	01:30:55	01:57:14	02:02:04	02:09:48.60	02:10:41.60	+00:59:24 (45.8%)	6:09	9.8 (54.4%)
979	GRZESIKIEWICZ Mariusz	426		M-30	335	00:00:53	00:30:11	01:00:47	01:30:55	01:57:15	02:02:04	02:09:48.40	02:10:41.70	+00:59:23 (45.8%)	6:09	9.8 (54.4%)
980	KRASZKIEWICZ Aleksander	968	NASNIEDOGONIAT	M-30	336	00:00:50	00:29:59	01:00:08	01:30:19	01:56:57	02:01:36	02:09:53.00	02:10:43.65	+00:59:28 (45.8%)	6:09	9.7 (53.9%)
981	KRASZKIEWICZ Marta	969	NASNIEDOGONIAT	K-30	94	00:00:51	00:29:59	01:00:08	01:30:19	01:56:57	02:01:35	02:09:52.45	02:10:43.80	+00:59:28 (45.8%)	6:09	9.7 (53.9%)
982	KWAŚNIOK Rafał	348	NIGHT RUNNERS GLIWICE	M-20	145	00:01:04	00:29:54	01:00:42	01:30:51	01:57:13	02:01:48	02:09:46.55	02:10:50.80	+00:59:22 (45.7%)	6:09	9.8 (54.4%)
983	BIGAJ Agnieszka	347		K-20	39	00:01:04	00:29:54	01:00:42	01:30:51		02:01:48	02:09:46.80	02:10:51.00	+00:59:22 (45.7%)	6:09	9.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
984	WOŁCZYK Aldona	881		K-20	40	00:00:54	00:28:29	00:57:42	01:28:19	01:56:07	02:01:15	02:09:57.65	02:10:52.55	+00:59:33 (45.8%)	6:09	9.7 (53.9%)
985	CICHY Agnieszka	408		K-30	89	00:01:20	00:29:14	00:59:41	01:29:38	01:56:32	02:01:20	02:09:33.50	02:10:53.60	+00:59:09 (45.7%)	6:08	9.8 (54.4%)
986	MUSIOŁ Grzegorz	394	OPEL ACTIVE TEAM	M-40	233	00:00:46	00:28:37	00:57:49	01:28:25	01:56:42	02:01:37	02:10:09.30	02:10:55.60	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
987	MUSIOŁ Małgorzata	395		K-30	95	00:00:46	00:28:37	00:57:49	01:28:26	01:56:43	02:01:37	02:10:09.20	02:10:55.85	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
988	CHOJOWSKI Oskar	154		M-40	232	00:01:02	00:29:53	00:59:52	01:29:38	01:56:31	02:01:26	02:09:56.90	02:10:59.00	+00:59:32 (45.8%)	6:09	9.7 (53.9%)
989	STERNAL Marta	951		K-20	36	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10	02:01:00	02:09:31.90	02:11:03.45	+00:59:07 (45.6%)	6:08	9.8 (54.4%)
990	WESTER Halina	1274	NIGHT RUNNERS	K-40	56	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55	02:10:30.00	02:11:04.25	+01:00:05 (46.0%)	6:11	9.7 (53.9%)
991	ONAK Izabela	1134	OCHAJORUN & FRIENDS	K-40	53	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25	02:09:50.55	02:11:04.35	+00:59:26 (45.8%)	6:09	9.7 (53.9%)
992	FURMAN Agnieszka	1140	OCHAJO RUN&FRIENDS	K-30	93	00:01:15	00:30:20	01:00:21	01:30:06	01:56:42	02:01:23	02:09:51.65	02:11:06.70	+00:59:27 (45.8%)	6:09	9.7 (53.9%)
993	DEBOIBE Loic	341	PLASTIC OMNIUM	M-20	148	00:00:28	00:26:47	00:54:15	01:24:52	01:56:45	02:01:53	02:10:43.30	02:11:11.30	+01:00:18 (46.1%)	6:11	9.7 (53.9%)
994	MURDZEK Aleksandra	997	PURE FIRE BYTOM	K-20	43	00:00:57	00:28:55	00:58:53	01:29:20	01:56:33	02:01:33	02:10:16.15	02:11:13.70	+00:59:51 (46.0%)	6:10	9.7 (53.9%)
995	DYNEK Sebastian		PĘDZIWIATR	M-30	339	00:00:00	00:31:32	01:02:59	01:32:14	01:58:33	02:03:12	02:11:15.45	02:11:15.45	+01:00:51 (46.4%)	6:13	9.6 (53.3%)
996	DĘBSKA Joanna		NIGHT RUNNERS GLIWICE	K-40	55	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50	02:10:26.00	02:11:16.30	+01:00:01 (46.0%)	6:10	9.7 (53.9%)
997	SZCZEŚNIAK Barbara	580		K-30	96	00:00:50	00:29:44	01:00:10	01:30:06	01:56:52	02:01:50	02:10:26.15	02:11:16.45	+01:00:01 (46.0%)	6:10	9.7 (53.9%)
998	HAŃCZUR Józef	792	B T M RUNNERS	M-50	57	00:01:14	00:30:53	01:02:01	01:31:02	01:58:49	02:03:07	02:10:03.50	02:11:18.40	+00:59:39 (45.9%)	6:09	9.7 (53.9%)
999	SZOŁTYSEK Beata	1282	OCHAJORUN & FRIENDS	K-40	58	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09	02:02:02	02:10:48.75	02:11:18.70	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1000	WILSZ Ewa	26	UNISONO	K-40	54	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15	02:02:03	02:10:15.10	02:11:21.40	+00:59:50 (45.9%)	6:10	9.7 (53.9%)
1001	KAPIAS Krystian	521		M-40	234	00:01:07	00:30:05	01:00:12	01:30:21	01:57:15	02:02:02	02:10:36.20	02:11:43.40	+01:00:11 (46.1%)	6:11	9.7 (53.9%)
1002	ĆWIOK Barbara	806	UNISONO	K-40	57	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16	02:02:06	02:10:39.75	02:11:46.35	+01:00:15 (46.1%)	6:11	9.7 (53.9%)
1003	BŁASZCZYK Paulina	37		K-30	98	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48	02:01:54	02:10:48.85	02:11:47.60	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1004	STANGEL Dorota	1262		K-30	97	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54	02:02:33	02:10:45.85	02:12:01.90	+01:00:21 (46.2%)	6:11	9.7 (53.9%)
1005	PRYMAS Krystian	32		M-30	338	00:00:48	00:26:24	00:55:23	01:29:02	01:57:25	02:02:27	02:11:13.60	02:12:02.50	+01:00:49 (46.3%)	6:13	9.6 (53.3%)
1006	JANGROT Dominika	1081	NIGHT RUNNERS GLIWICE	K-30	100	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22	02:02:25	02:11:12.55	02:12:02.60	+01:00:48 (46.3%)	6:13	9.6 (53.3%)
1007	HRISTOVA-KOSOBUDZKA Daria	1097	SPOT PSZCZYNA	K-20	44	00:01:21	00:29:34	00:59:52	01:29:52	01:57:02	02:02:00	02:10:42.90	02:12:04.20	+01:00:18 (46.1%)	6:11	9.7 (53.9%)
1008	BURY Mirosław	271		M-20	149	00:01:17	00:27:16	00:54:13	01:21:55	01:54:00	02:00:26	02:10:48.80	02:12:06.40	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1009	MAZUR Ewelina	102		K-40	59	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27	02:11:09.90	02:12:07.30	+01:00:45 (46.3%)	6:12	9.7 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1010	SKORUPA Agnieszka	391	RUN AND FUN	K-40	60	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:13.90	02:12:12.95	+01:00:49 (46.3%)	6:13	9.6 (53.3%)
1011	NAWROT Bożena	804		K-40	61	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	02:11:15.15	02:12:14.40	+01:00:50 (46.4%)	6:13	9.6 (53.3%)
1012	GRABOWSKI Lech	1165		M-50	58	00:00:06	00:26:55	00:56:12	01:28:19	01:57:40	02:03:11	02:12:16.20	02:12:22.90	+01:01:51 (46.8%)	6:16	9.6 (53.3%)
1013	DROZDOWSKI Wojciech	1125	BIEGAJ Z TRENERAMI	M-30	340	00:00:37	00:28:06	00:58:11	01:29:39	01:58:05	02:03:13	02:11:48.15	02:12:25.20	+01:01:23 (46.6%)	6:14	9.6 (53.3%)
1014	GORUS Anna	113	NIGHT RUNNERS ZABRZE	K-30	99	00:01:52	00:31:35	01:01:55	01:31:26	01:58:28	02:03:00	02:10:49.10	02:12:41.25	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1015	LIPSKI Dariusz	71		M-30	337	00:01:52	00:29:39	01:00:59	01:30:22	01:57:15	02:02:20	02:10:52.65	02:12:45.50	+01:00:28 (46.2%)	6:12	9.7 (53.9%)
1016	DĄBROWSKA Halina	1130	BIEGOWA ŚWIDNICA	K-30	101	00:00:45	00:29:01	00:59:37	01:31:06	01:58:42	02:03:35	02:12:07.25	02:12:52.35	+01:01:42 (46.7%)	6:15	9.6 (53.3%)
1017	STANIK Sonia	765		K-20	45	00:00:59	00:27:20	00:57:34	01:28:36	01:57:22	02:03:14	02:11:57.75	02:12:57.60	+01:01:33 (46.6%)	6:15	9.6 (53.3%)
1018	KUPCZAK Rafał	1084		M-40	235	00:01:05	00:30:32	01:00:55	01:31:52	01:58:50	02:03:42	02:12:23.25	02:13:28.25	+01:01:58 (46.8%)	6:16	9.6 (53.3%)
1019	SOKÓŁ-OLEŚ Ewelina	656	RUNTEAM PAWŁOWICE	K-40	62	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01	02:03:39	02:11:37.65	02:13:29.75	+01:01:13 (46.5%)	6:14	9.6 (53.3%)
1020	CABAŁA Adam	918		M-20	150	00:01:02	00:29:49	00:59:30	01:30:09	01:58:23	02:04:03	02:12:37.85	02:13:40.65	+01:02:13 (46.9%)	6:17	9.5 (52.8%)
1021	MACKIEWICZ Katarzyna	308		K-50	5	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39	02:13:07.05	02:13:47.60	+01:02:42 (47.1%)	6:18	9.5 (52.8%)
1022	WIEDERMANN Krzysztof	1309	PEDRA FORCH	M-30	342	00:00:44	00:28:21	00:58:19	01:29:28	01:58:20	02:03:31	02:13:10.55	02:13:54.85	+01:02:46 (47.1%)	6:18	9.5 (52.8%)
1023	KOWALIK Tomasz	1066	KALINOWSKI TEAM	M-30	343	00:00:53	00:28:51	00:59:27	01:31:09	01:59:14	02:04:39	02:13:13.20	02:14:06.65	+01:02:48 (47.1%)	6:18	9.5 (52.8%)
1024	SKĄPSKA Joanna	688		K-20	47	00:00:57	00:32:37	01:04:01	01:34:46	02:00:55	02:05:39	02:13:10.25	02:14:07.75	+01:02:45 (47.1%)	6:18	9.5 (52.8%)
1025	MARKOWICZ Piotr	1298	MOMO RESTAURANT & COCKTAIL BAR	M-30	341	00:01:15	00:30:51	01:02:25	01:32:54	01:59:28	02:04:25	02:12:58.25	02:14:13.70	+01:02:33 (47.1%)	6:18	9.5 (52.8%)
1026	MATECKI Maciej	520	2XM	M-30	344	00:00:56	00:30:04	01:00:25	01:30:36	01:59:11	02:04:36	02:13:18.80	02:14:15.55	+01:02:54 (47.2%)	6:19	9.5 (52.8%)
1027	MIGDAŁ Grzegorz	29	SBRT GLIWICE	M-40	236	00:01:12	00:29:31	00:59:49	01:30:07	01:58:57	02:04:12	02:13:05.65	02:14:17.95	+01:02:41 (47.1%)	6:18	9.5 (52.8%)
1028	KOŁODZIEJCZYK Zbigniew	491	KB ENDURANCE SOLIDARNI KNURÓW	M-60	11	00:01:42	00:28:01	00:56:08	01:26:32	01:57:35	02:02:53	02:12:46.45	02:14:28.90	+01:02:22 (47.0%)	6:17	9.5 (52.8%)
1029	WRÓBLEWSKI Robert	456	MIECHOWICKA GRUPA BIEGOWA	M-40	237	00:00:54	00:27:48	00:56:43	01:28:04	02:00:20	02:05:13	02:13:42.80	02:14:36.95	+01:03:18 (47.3%)	6:20	9.5 (52.8%)
1029	KONIECZKA Katarzyna	455	MIECHOWICKA GRUPA BIEGOWA	K-40	63	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20	02:05:13	02:13:42.70	02:14:36.95	+01:03:18 (47.3%)	6:20	9.5 (52.8%)
1031	ZAMOJSKA Iwona	797	MIECHOWICKA GRUPA BIEGOWA	K-30	102	00:00:41	00:28:01	00:57:04	01:29:31	02:00:33	02:05:26	02:13:55.80	02:14:37.20	+01:03:31 (47.4%)	6:20	9.5 (52.8%)
1032	SAWIONEK Robert	1516		M-40	238	00:00:23	00:25:25	00:53:57	01:27:01	01:58:45	02:03:29	02:14:17.80	02:14:41.70	+01:03:53 (47.6%)	6:21	9.4 (52.2%)
1033	FURMANIK Jacek	648	AKMB PĘDZIWIATR GLIWICE	M-50	59	00:01:53	00:30:56	01:00:54	01:31:40	01:59:24	02:04:22	02:12:56.45	02:14:49.50	+01:02:32 (47.0%)	6:18	9.5 (52.8%)
1034	WÓJTOWICZ Liza	514		K-20	46	00:01:51	00:30:56	01:03:22	01:35:38	02:01:45	02:06:05	02:13:09.60	02:15:00.70	+01:02:45 (47.1%)	6:18	9.5 (52.8%)
1035	PASSIA Robert	1141		M-30	345	00:01:19	00:30:59	01:03:32	01:35:37	02:01:40	02:06:09	02:13:51.40	02:15:10.40	+01:03:26 (47.4%)	6:20	9.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1036	SMIESZKOŁ-BRYKOWSKA Sonia	501	RUN AND FUN TEAM	K-30	103	00:00:57	00:29:55	01:00:15	01:30:15	01:58:42	02:04:34	02:14:49.30	02:15:46.65	+01:04:24 (47.8%)	6:23	9.4 (52.2%)
1037	ĆWIKŁA Andrzej	1067	TENT GRUPA	M-60	12	00:01:00	00:30:16	01:00:59	01:31:54	02:00:33	02:05:53	02:14:57.00	02:15:57.45	+01:04:32 (47.8%)	6:23	9.4 (52.2%)
1038	STOLARZ Agnieszka	976	NIGHT RUNNERS GLIWICE	K-40	65	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32	02:15:16.80	02:16:08.75	+01:04:52 (48.0%)	6:24	9.4 (52.2%)
1039	BIERNACKI Tomasz	626		M-40	239	00:01:19	00:30:59	01:02:44	01:34:51	02:02:00	02:06:43	02:14:59.55	02:16:19.20	+01:04:35 (47.8%)	6:23	9.4 (52.2%)
1040	BIERNACKA Agnieszka	623		K-30	104	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00	02:06:44	02:15:02.20	02:16:21.90	+01:04:37 (47.9%)	6:23	9.4 (52.2%)
1041	STALICA Marzena	468		K-40	64	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34	02:06:30	02:14:59.75	02:16:24.55	+01:04:35 (47.8%)	6:23	9.4 (52.2%)
1042	KOSTORZ Paweł	613	PAWEŁ KOSTORZ	M-20	151	00:01:21	00:29:15	00:59:52	01:30:34	02:00:59	02:06:12	02:15:04.35	02:16:25.45	+01:04:39 (47.9%)	6:24	9.4 (52.2%)
1043	STEINHOFF Adam	1033	WIKTOR TEAM	M-40	240	00:01:15	00:30:19	01:01:06	01:32:11	02:01:21	02:06:38	02:15:14.30	02:16:29.85	+01:04:49 (47.9%)	6:24	9.4 (52.2%)
1044	BOŚ Iwona	690	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	66	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19	02:07:14	02:15:21.25	02:16:46.60	+01:04:56 (48.0%)	6:24	9.4 (52.2%)
1045	RÓŻYC Barbara	366	NIGHT RUNNERS ZABRZE	K-40	68	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31	02:07:31	02:15:35.80	02:16:48.45	+01:05:11 (48.1%)	6:25	9.3 (51.7%)
1046	BUKSINSKA Iwona	272		K-40	69	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50	02:07:09	02:16:00.30	02:16:49.00	+01:05:35 (48.2%)	6:26	9.3 (51.7%)
1047	KLEJNOWSKA Katarzyna	903		K-20	49	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19	02:07:09	02:15:35.70	02:16:54.30	+01:05:11 (48.1%)	6:25	9.3 (51.7%)
1048	PIKULSKA Beata	104	NIGHT RUNNERS	K-30	105	00:01:37	00:30:46	01:02:15	01:33:43	02:01:29	02:06:38	02:15:22.00	02:16:59.75	+01:04:57 (48.0%)	6:24	9.4 (52.2%)
1049	RECHMAN-NOWAKOWSKA Dorota	122	NIGHT RUNNERS	K-40	67	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38	02:15:21.70	02:17:00.00	+01:04:57 (48.0%)	6:24	9.4 (52.2%)
1050	KOWALSKA Natalia	219	NIGHT RUNNERS GLIWICE	K-20	48	00:01:39	00:30:56	01:02:21	01:34:34	02:02:14	02:07:20	02:15:22.45	02:17:01.65	+01:04:58 (48.0%)	6:24	9.4 (52.2%)
1051	MULARCZYK Teresa	409	BIEGAM,	K-50	6	00:00:57	00:29:33	01:00:01	01:32:05	02:01:40	02:06:50	02:16:04.15	02:17:01.95	+01:05:39 (48.3%)	6:26	9.3 (51.7%)
1052	BALICZ Agnieszka	148		K-20	50	00:00:55	00:30:16	01:01:06	01:33:38	02:02:36	02:07:23	02:16:12.85	02:17:08.50	+01:05:48 (48.3%)	6:27	9.3 (51.7%)
1053	ESTKO Anna	788		K-30	106	00:01:27	00:30:56	01:02:23	01:34:01	02:01:56	02:06:57	02:15:42.40	02:17:10.05	+01:05:17 (48.1%)	6:25	9.3 (51.7%)
1054	SZYMAŃSKI Jacek	472	TELESKOPY.PL	M-40	241	00:01:41	00:32:57	01:04:35	01:36:13	02:03:08	02:07:51	02:15:56.00	02:17:37.05	+01:05:31 (48.2%)	6:26	9.3 (51.7%)
1055	MĄCZKA Krystyna	988		K-60	1	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05	02:08:03	02:16:50.25	02:17:44.40	+01:06:25 (48.5%)	6:29	9.3 (51.7%)
1056	KUŚ Michał	1236	1982	M-30	346	00:01:16	00:30:09	01:01:21	01:32:52	02:01:49	02:07:04	02:16:30.20	02:17:46.40	+01:06:05 (48.4%)	6:28	9.3 (51.7%)
1057	WOJTAS - WÓJCIK Justyna	511		K-20	51	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13	02:08:02	02:17:03.85	02:18:03.15	+01:06:39 (48.6%)	6:29	9.2 (51.1%)
1058	KOPYŚĆ Jarosław	1112	PSZCZÓŁKOWSKI TEAM	M-40	242	00:01:43	00:32:01	01:04:02	01:35:53	02:03:30	02:08:30	02:16:25.80	02:18:09.70	+01:06:01 (48.4%)	6:27	9.3 (51.7%)
1059	BRODIUK Norbert	622	SBRT GLIWICE	M-40	243	00:00:37	00:28:02	00:59:02	01:32:26	02:03:02	02:08:37	02:17:44.10	02:18:21.10	+01:07:19 (48.9%)	6:31	9.2 (51.1%)
1060	POŁOK Adrian	1022	OPEL ACTIVE TEAM	M-30	347	00:00:52	00:29:58	01:00:19	01:32:12	02:02:30	02:08:12	02:17:41.50	02:18:33.85	+01:07:17 (48.9%)	6:31	9.2 (51.1%)
1061	ŻOCHOWSKI Leszek	225		M-40	244	00:00:52	00:29:58	01:00:21	01:31:40	02:02:54	02:08:24	02:17:53.70	02:18:46.15	+01:07:29 (48.9%)	6:32	9.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1062	MIŚKIEWICZ Andrzej	1147		M-50	60	00:01:22	00:31:41	01:03:50	01:36:06	02:03:59	02:08:50	02:17:25.10	02:18:47.35	+01:07:00 (48.8%)	6:30	9.2 (51.1%)
1063	WIRA Agnieszka	1161	NIGHT RUNNERS GLIWICE	K-20	52	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01	02:08:02	02:17:06.75	02:18:56.75	+01:06:42 (48.6%)	6:29	9.2 (51.1%)
1063	TUMIDAJEWICZ Beata	1151		K-30	107	00:01:49	00:29:10	00:59:56	01:32:13	02:03:03	02:08:03	02:17:07.50	02:18:56.75	+01:06:43 (48.7%)	6:29	9.2 (51.1%)
1065	DYLONG Mariola	266		K-16	5	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45	02:08:26	02:18:31.25	02:18:57.60	+01:08:06 (49.2%)	6:33	9.1 (50.6%)
1066	STACHOWSKI Wojciech	930		M-30	348	00:01:30	00:30:12	01:01:48	01:34:18	02:03:35	02:08:51	02:18:03.95	02:19:34.00	+01:07:39 (49.0%)	6:32	9.2 (51.1%)
1067	SZAŁAJKO Jerzy	665	DUCH GÓR	M-50	61	00:01:28	00:28:44	00:59:03	01:32:19	02:04:15	02:09:08	02:18:09.55	02:19:37.95	+01:07:45 (49.0%)	6:32	9.2 (51.1%)
1068	KUSZ Gosia	705		K-30	108	00:00:51	00:28:56	01:00:00	01:33:28	02:04:32	02:09:41	02:18:49.25	02:19:40.90	+01:08:24 (49.3%)	6:34	9.1 (50.6%)
1069	GRUCHALSKI Jakub	591	ISTA BIEGAMY	M-30	349	00:01:23	00:30:10	01:02:32	01:34:27	02:03:34	02:08:38	02:18:23.20	02:19:47.10	+01:07:58 (49.1%)	6:33	9.1 (50.6%)
1070	STĘPIEŃ-KUCHNIA Anna	910	TS REGLE SZKLARSKA PORĘBA	K-40	70	00:01:10	00:30:59	01:02:33	01:35:19	02:05:00	02:09:54	02:18:40.95	02:19:51.80	+01:08:16 (49.2%)	6:34	9.1 (50.6%)
1071	DOGIEL Agnieszka	1109		K-30	109	00:00:53	00:30:08	01:02:46	01:36:47	02:05:30	02:10:31	02:19:08.50	02:20:01.65	+01:08:44 (49.4%)	6:35	9.1 (50.6%)
1072	CIEŚLAK Michał	376		M-30	350	00:01:37	00:30:22	01:01:59	01:35:16	02:04:23	02:09:34	02:18:31.10	02:20:08.95	+01:08:06 (49.2%)	6:33	9.1 (50.6%)
1073	BOBKOWSKI Maciej	58	PĘDZACE ŻÓŁWIE	M-40	248	00:00:48	00:28:52	00:59:47	01:34:01	02:04:58	02:10:29	02:19:27.20	02:20:15.90	+01:09:02 (49.5%)	6:36	9.1 (50.6%)
1074	DUDZIAK Piotr	978	OPEL ACTIVE TEAM	M-40	246	00:01:17	00:30:55	01:03:09	01:36:04	02:05:09	02:10:20	02:19:06.00	02:20:23.65	+01:08:41 (49.4%)	6:35	9.1 (50.6%)
1075	WOJTASZEK Grzegorz	324	MOSIR PIEKARY ŚLĄSKIE	M-40	245	00:01:43	00:28:50	01:00:13	01:34:33	02:04:52	02:10:04	02:18:54.75	02:20:38.45	+01:08:30 (49.3%)	6:35	9.1 (50.6%)
1076	WALIGÓRA Aleksander	769	BBL KĘDZIERZYN-KOŹLE	M-40	247	00:01:17	00:30:50	01:02:31	01:34:45	02:04:44	02:09:55	02:19:23.50	02:20:41.25	+01:08:59 (49.5%)	6:36	9.1 (50.6%)
1077	WALIGÓRA Aleksandra	770	BBL KĘDZIERZYN-KOŹLE	K-40	71	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45	02:09:55	02:19:24.25	02:20:41.30	+01:08:59 (49.5%)	6:36	9.1 (50.6%)
1078	ŁYSIUK Grzegorz	506		M-30	351	00:01:30	00:30:59	01:03:13	01:35:58	02:04:51	02:10:14	02:19:15.00	02:20:45.00	+01:08:50 (49.4%)	6:35	9.1 (50.6%)
1079	CIOMEK Marta	99	SBRT	K-20	54	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43	02:09:52	02:20:03.40	02:20:47.10	+01:09:38 (49.7%)	6:38	9 (50.0%)
1080	CESARZ Alicja	553		K-30	110	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32	02:09:50	02:19:18.95	02:20:56.95	+01:08:54 (49.5%)	6:36	9.1 (50.6%)
1081	KURPIOS Piotr	542		M-30	352	00:01:35	00:34:02	01:06:49	01:37:57	02:05:43	02:10:41	02:19:28.30	02:21:03.40	+01:09:03 (49.5%)	6:36	9.1 (50.6%)
1082	MIŚKIEWICZ Lucyna	1148		K-50	7	00:01:22	00:31:41	01:03:50	01:36:04	02:05:41	02:10:34	02:19:46.70	02:21:09.65	+01:09:22 (49.6%)	6:37	9.1 (50.6%)
1083	MALCHERCZYK Anna	866		K-20	53	00:01:45	00:30:42	01:02:13	01:34:07	02:04:42	02:10:20	02:19:51.65	02:21:36.90	+01:09:27 (49.7%)	6:37	9.1 (50.6%)
1084	BANASIK Wiesław	1062		M-50	62	00:00:49	00:30:04	01:02:16	01:35:56	02:05:54	02:11:32	02:20:51.15	02:21:41.05	+01:10:26 (50.0%)	6:40	9 (50.0%)
1085	BOGACZ Jadwiga	482	JAGODA TEAM	K-30	111	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26	02:10:38	02:20:01.65	02:21:49.55	+01:09:37 (49.7%)	6:38	9 (50.0%)
1086	BATEJKO Beata	417		K-40	73	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33	02:11:08	02:21:06.55	02:22:03.45	+01:10:42 (50.1%)	6:41	9 (50.0%)
1087	MISZTAL Andrzej	975		M-40	249	00:01:52	00:30:56	01:02:52	01:36:06	02:06:19	02:11:35	02:20:14.15	02:22:06.35	+01:09:49 (49.8%)	6:38	9 (50.0%)
1088	GILEWSKI Franciszek	543	BIEGAMY Z SERCEM	M-70	4	00:00:43	00:31:25	01:04:02	01:36:50	02:07:06	02:12:27	02:21:28.20	02:22:11.65	+01:11:03 (50.2%)	6:42	8.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
1089	KONTNY Paweł	1032		M-70	3	00:01:55	00:31:00	01:02:50	01:35:38	02:05:53	02:11:15	02:20:18.60	02:22:14.35	+01:09:54 (49.8%)	6:39	9 (50.0%)
1090	DYRAGA Barbara	204	NIEZRZESZONA	K-30	112	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44	02:11:56	02:20:37.50	02:22:14.60	+01:10:13 (49.9%)	6:39	9 (50.0%)
1091	DYRAGA Marcin	559	SAINT-GOBAIN SQUAD	M-40	250	00:01:37	00:33:04	01:05:54	01:38:24	02:06:45	02:11:56	02:20:37.80	02:22:15.30	+01:10:13 (49.9%)	6:39	9 (50.0%)
1092	LEDWOŃ Aneta	88	NIGHT RUNNERS GLIWICE	K-40	72	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38	02:21:00.95	02:22:19.00	+01:10:36 (50.1%)	6:40	9 (50.0%)
1093	RÓŻOWICZ Eliza	1188	SPARTANIE DZIECIOM	K-30	113	00:01:01	00:30:57	01:03:54	01:37:50	02:06:35	02:11:32	02:21:32.00	02:22:33.85	+01:11:07 (50.3%)	6:42	8.9 (49.4%)
1094	LEŚNIEWSKI Michał	1252	SPARTANIE DZIECIOM	M-40	259	00:01:01	00:30:59	01:03:57	01:37:52	02:06:32	02:11:31	02:21:33.10	02:22:34.25	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1095	SERWACZYŃSKI Mirosław	1191	SPARTANIE DZIECIOM	M-50	65	00:01:04	00:30:57	01:03:51	01:37:47	02:06:32	02:11:29	02:21:30.55	02:22:34.85	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1096	CHRYCIUK Wojciech	1245	SPARTANIE DZIECIOM	M-50	63	00:01:10	00:30:54	01:03:49	01:37:45	02:06:34	02:11:22	02:21:24.20	02:22:35.15	+01:10:59 (50.2%)	6:42	9 (50.0%)
1097	BĄK Katarzyna	1249	SPARTANIE DZIECIOM	K-30	115	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:33.30	02:22:35.35	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1098	DOBAJ Katarzyna	1246	SPARTANIE DZIECIOM	K-40	75	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.40	02:22:35.90	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1099	STĘPKA Daria	1253	SPARTANIE DZIECIOM	K-40	76	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	02:21:33.45	02:22:36.00	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1100	DOROTA Jola	1503	RUN RUN OLESZYCE	K-40	74	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.85	02:22:36.30	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1100	RAJCHERT Joanna	1254	SPARTANIE DZIECIOM	K-30	114	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	02:21:32.70	02:22:36.30	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1102	RAKOWSKA Katarzyna	1187	SPARTANIE DZIECIOM	K-30	116	00:01:03	00:30:56	01:03:54	01:38:34		02:11:32	02:21:33.90	02:22:36.95	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1103	CZAPKIEWICZ Gosia	1201	SPARTANIE DZIECIOM	K-40	77	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37	02:11:32	02:21:34.05	02:22:37.00	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1104	SULIN Marek	949	SPARTANIE DZIECIOM	M-40	257	00:01:06	00:30:56	01:03:52	01:37:48	02:06:34	02:11:29	02:21:31.30	02:22:37.35	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1105	SOLBIATI Davide	1199	SPARTANIE DZIECIOM	M-40	255	00:01:06	00:30:56	01:03:52	01:37:47	02:06:33	02:11:29	02:21:30.90	02:22:37.80	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1106	NOWAK Wiktor	1186	SPARTANIE DZIECIOM	M-50	67	00:01:04	00:30:57	01:03:54	01:37:48	02:06:35	02:11:31	02:21:34.05	02:22:38.10	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1107	MAŁKOWSKI Bogdan	1202	SPARTANIE DZIECIOM	M-40	252	00:01:08	00:30:55	01:03:53	01:37:49	02:06:32	02:11:28	02:21:29.35	02:22:38.15	+01:11:04 (50.2%)	6:42	8.9 (49.4%)
1108	DOROTA Zbigniew	1247	SPARTANIE DZIECIOM	M-40	251	00:01:09	00:30:55	01:03:52	01:37:44	02:06:27	02:11:26	02:21:28.85	02:22:38.70	+01:11:04 (50.2%)	6:42	8.9 (49.4%)
1108	GRONOWSKI Waldemar	1198	SPARTANIE DZIECIOM	M-50	64	00:01:09	00:30:54	01:03:51	01:37:48	02:06:31	02:11:27	02:21:29.60	02:22:38.70	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1110	SZAFRAŃSKI Krzysztof	295	SPARTANIE DZIECIOM	M-40	258	00:01:07	00:30:56	01:03:53	01:37:50	02:06:35	02:11:29	02:21:31.95	02:22:39.50	+01:11:07 (50.3%)	6:42	8.9 (49.4%)
1111	LASKOWSKI Piotr	1251	SPARTANIE DZIECIOM	M-40	260	00:01:06	00:30:54	01:03:53	01:37:49	02:06:36	02:11:30	02:21:33.20	02:22:39.80	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1112	PTAK Arkadiusz	1197	SPARTANIE DZIECIOM	M-30	355	00:01:09	00:30:55	01:03:53	01:37:46	02:06:34	02:11:28	02:21:30.50	02:22:40.10	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1113	BEJNAROWICZ Damian	1196	SPARTANIE DZIECIOM	M-20	155	00:01:04	00:30:58	01:03:56	01:37:52	02:06:39	02:11:33	02:21:35.90	02:22:40.60	+01:11:11 (50.3%)	6:42	8.9 (49.4%)
1114	KREMPA Michał	1192	SPARTANIE DZIECIOM	M-40	261	00:01:05	00:30:56	01:03:53	01:37:49	02:06:40	02:11:33	02:21:35.10	02:22:40.70	+01:11:10 (50.3%)	6:42	8.9 (49.4%)
1115	PIORKOWSKI Karol	1193	SPARTANIE DZIECIOM	M-40	262	00:01:05	00:30:52	01:03:55	01:37:51	02:06:39	02:11:32	02:21:36.05	02:22:41.05	+01:11:11 (50.3%)	6:42	8.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1116	SZAŁĄSNY Piotr	601	TESTYOUTDOOROWE.PL	M-20	153	00:01:11	00:30:54	01:03:51	01:37:47	02:06:33	02:11:28	02:21:30.00	02:22:41.55	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1117	KRÓL Adam	1250	SPARTANIE DZIECIOM	M-50	66	00:01:10	00:30:54	01:03:45	01:37:40	02:06:34	02:11:28	02:21:31.15	02:22:41.80	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1118	KOWALCZYK Mariusz	1185	SPARTANIE DZIECIOM	M-40	256	00:01:11	00:30:54	01:03:50	01:37:47	02:06:33	02:11:28	02:21:31.15	02:22:42.30	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1119	KANIEWSKI Paweł	1248		M-30	354	00:01:12	00:30:53	01:03:50	01:37:47	02:06:34	02:11:27	02:21:29.65	02:22:42.40	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1120	SANECKI Patryk	1194	SPARTANIE DZIECIOM	M-20	154	00:01:11	00:30:54	01:03:52	01:37:48	02:06:36	02:11:28	02:21:31.10	02:22:43.05	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1121	ZYCH Dawid	1190	SPARTANIE DZIECIOM	M-40	253	00:01:13	00:30:53	01:03:50	01:37:46	02:06:34	02:11:27	02:21:29.70	02:22:43.50	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1122	KOŁKOWSKI Andrzej	1189	SPARTANIE DZIECIOM	M-40	254	00:01:13	00:30:53	01:03:50	01:37:46	02:06:32	02:11:27	02:21:30.45	02:22:43.95	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1123	RESZKE Michał	1195	SPARTANIE DZIECIOM	M-30	356	00:01:08	00:30:55	01:03:52	01:37:49	02:06:39	02:11:31	02:21:35.95	02:22:44.15	+01:11:11 (50.3%)	6:42	8.9 (49.4%)
1124	KĘCIK Janusz	1184	SPARTANIE DZIECIOM	M-60	13	00:01:14	00:30:53	01:03:50	01:37:46	02:06:38	02:11:26	02:21:30.15	02:22:44.50	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1125	LEDWOŃ Jakub	87	NIGHT RUNNERS GLIWICE	M-30	353	00:01:17	00:31:01	01:03:41	01:36:37	02:05:30	02:10:39	02:21:27.30	02:22:44.80	+01:11:02 (50.2%)	6:42	9 (50.0%)
1126	GORZAWSKI Andrzej	1200	SPARTANIE DZIECIOM	M-20	152	00:01:38	00:30:20	01:03:18	01:37:22	02:06:11	02:11:00	02:21:06.95	02:22:44.95	+01:10:42 (50.1%)	6:41	9 (50.0%)
1127	ZUWAŁA Robert	1168	RAGNAR TEAM	M-40	263	00:01:29	00:30:36	01:02:27	01:35:29	02:06:12	02:11:54	02:22:13.45	02:23:42.75	+01:11:49 (50.5%)	6:44	8.9 (49.4%)
1128	ZUWAŁA Anna	1167	RAGNAR TEAM	K-40	78	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14	02:11:56	02:22:14.20	02:23:43.00	+01:11:49 (50.5%)	6:44	8.9 (49.4%)
1129	ŚCISŁOWICZ Natalia	989		K-30	117	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01	02:13:45	02:23:38.55	02:25:09.30	+01:13:14 (51.0%)	6:48	8.8 (48.9%)
1130	KONOPKA Marek	556	ŚAF-OBRO	M-40	265	00:01:25	00:30:38	01:02:32	01:36:10	02:08:45	02:14:36	02:23:51.00	02:25:16.55	+01:13:26 (51.1%)	6:49	8.8 (48.9%)
1131	NOWAK-BODUCH Joanna	1259	NIGHT RUNNERS	K-50	8	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00	02:24:28.90	02:25:22.80	+01:14:04 (51.3%)	6:50	8.8 (48.9%)
1132	KOŁODZIEJCZAK Kinga	63	ACCENTURE	K-30	120	00:01:01	00:29:28	01:01:25	01:36:04	02:08:39	02:14:41	02:24:36.70	02:25:37.85	+01:14:12 (51.3%)	6:51	8.8 (48.9%)
1133	WESTER Mieczysław	1219	SBRT GLIWICE	M-40	264	00:02:18	00:26:09	00:53:01	01:25:13	01:59:31	02:06:32	02:23:22.25	02:25:41.10	+01:12:57 (50.9%)	6:47	8.8 (48.9%)
1134	BRZÓZKA Sebastian	233	SBD ENERGETYK RYBNIK	M-30	357	00:01:26	00:29:07	01:00:46	01:35:59	02:08:01	02:13:55	02:24:15.40	02:25:41.45	+01:13:50 (51.2%)	6:50	8.8 (48.9%)
1135	SZALA Beata	191	SBD ENERGETYK RYBNIK	K-30	119	00:01:25	00:29:08	01:00:46	01:35:59	02:08:02	02:13:55	02:24:16.30	02:25:41.95	+01:13:51 (51.2%)	6:50	8.8 (48.9%)
1136	MOKRZYCKA Justyna	493	BIEGAMY Z SERCEM	K-30	118	00:01:52	00:31:37	01:03:11	01:36:55	02:08:36	02:13:52	02:23:52.60	02:25:45.20	+01:13:28 (51.1%)	6:49	8.8 (48.9%)
1137	GAWLIK - RYBIŃSKA Kasia	855	EŁKA TEAM	K-30	121	00:00:48	00:30:50	01:03:16	01:37:30	02:09:26	02:15:15	02:25:15.05	02:26:03.15	+01:14:50 (51.5%)	6:53	8.7 (48.3%)
1138	FLORECKI Andrzej	112	AKMB PĘDZIWIATR GLIWICE	M-60	14	00:00:44	00:30:51	01:03:30	01:37:30	02:09:25	02:15:21	02:25:59.35	02:26:44.10	+01:15:34 (51.8%)	6:55	8.7 (48.3%)
1139	STAŃCZYK Paulina	1275		K-20	55	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49	02:15:24	02:25:26.40	02:27:12.95	+01:15:01 (51.6%)	6:53	8.7 (48.3%)
1140	MAŁYSA Łukasz	509		M-30	358	00:01:28	00:30:18	01:03:22	01:37:20	02:08:45	02:15:09	02:25:44.80	02:27:13.00	+01:15:20 (51.7%)	6:54	8.7 (48.3%)
1141	WŁOSZCZYŃSKA Ewa	329		K-30	122	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25	02:17:30	02:25:59.70	02:27:30.00	+01:15:35 (51.8%)	6:55	8.7 (48.3%)
1142	JEŻEWSKI Adam	328	VRC	M-30	359	00:01:28	00:31:15	01:04:09	01:38:42	02:11:09	02:17:02	02:27:15.40	02:28:43.80	+01:16:50 (52.2%)	6:58	8.6 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1143	GRUBICH Irena	526		K-60	2	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10	02:17:35	02:28:42.75	02:28:45.50	+01:18:18 (52.7%)	7:02	8.5 (47.2%)
1144	ROJEK Michał	856		M-30	360	00:00:58	00:29:20	01:02:08	01:36:14	02:11:15	02:17:28	02:27:59.45	02:28:57.75	+01:17:35 (52.4%)	7:00	8.6 (47.8%)
1145	SOJKA Anna	685		K-30	123	00:01:22	00:29:50	01:02:33	01:37:56	02:10:43	02:17:15	02:27:43.20	02:29:06.00	+01:17:18 (52.3%)	7:00	8.6 (47.8%)
1146	KOCH Marta	942		K-30	124	00:01:19	00:32:21	01:06:26	01:41:27	02:12:50	02:18:21	02:28:21.10	02:29:40.90	+01:17:56 (52.5%)	7:01	8.5 (47.2%)
1147	BOBA Ryszard	485		M-60	15	00:01:31	00:30:25	01:04:21	01:38:56	02:11:51	02:17:47	02:28:20.75	02:29:52.60	+01:17:56 (52.5%)	7:01	8.5 (47.2%)
1148	PLESZCZYŃSKA Iwona	743		K-30	125	00:01:04	00:31:36	01:04:58	01:40:23	02:13:25	02:19:03	02:29:07.35	02:30:12.05	+01:18:42 (52.8%)	7:04	8.5 (47.2%)
1149	ZAWISZA Joanna	106		K-20	56	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37	02:21:00	02:29:54.60	02:31:15.80	+01:19:30 (53.0%)	7:06	8.4 (46.7%)
1150	BUCHALIK Katarzyna	513		K-20	57	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34	02:19:04	02:30:14.65	02:31:37.55	+01:19:50 (53.1%)	7:07	8.4 (46.7%)
1151	FORYST Wojciech	560		M-60	16	00:01:22	00:31:01	01:03:26	01:38:35	02:13:56	02:19:55	02:30:36.70	02:31:58.80	+01:20:12 (53.3%)	7:08	8.4 (46.7%)
1152	SUSEŁ Aleksander	16		M-20	156	00:00:00	00:31:26	01:04:00	01:42:57	02:20:05	02:26:02	02:32:22.75	02:32:23.00	+01:21:58 (53.8%)	7:13	8.3 (46.1%)
1153	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	79	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25	02:30:47.65	02:32:28.80	+01:20:23 (53.3%)	7:08	8.4 (46.7%)
1153	BOGDANOWICZ Maja	304		K-30	126	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36	02:20:26	02:30:48.05	02:32:28.80	+01:20:23 (53.3%)	7:08	8.4 (46.7%)
1155	RAKINT Bogdan	44	PIŃCET PLUS	M-30	361	00:01:53	00:31:56	01:05:30	01:42:23	02:15:23	02:21:08	02:30:59.45	02:32:53.40	+01:20:35 (53.4%)	7:09	8.4 (46.7%)
1156	JURETKO Adam	97		M-40	266	00:00:56	00:32:56	01:07:59	01:43:05	02:15:41	02:21:26	02:31:59.85	02:32:56.55	+01:21:35 (53.7%)	7:12	8.3 (46.1%)
1157	WALCZYŃSKA Karolina	747	NIGHT RUNNERS GLIWICE	K-30	127	00:01:30	00:35:11	01:10:04	01:45:00	02:15:28	02:20:52	02:31:29.55	02:32:59.65	+01:21:05 (53.5%)	7:10	8.4 (46.7%)
1158	DZIEDZIC Dominik	39	PIŃCET PLUS	M-30	362	00:01:52	00:32:10	01:05:23	01:41:01	02:15:22	02:21:09	02:31:08.25	02:33:01.00	+01:20:43 (53.4%)	7:09	8.4 (46.7%)
1159	GROSS Teresa	231	UNISONO	K-40	80	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14	02:25:54	02:37:16.30	02:38:22.40	+01:26:51 (55.2%)	7:27	8.1 (45.0%)
1160	BIJAK Adriana	1508	NIGHT RUNNER'S	K-30	128	00:01:30	00:35:11	01:10:03	01:46:38	02:20:50	02:26:42	02:37:02.70	02:38:32.85	+01:26:38 (55.2%)	7:26	8.1 (45.0%)
1161	RUDNICKA Maria	803	BBL KĘDZIERZYN-KOŹŁE	K-50	9	00:01:18	00:34:03	01:10:29	01:46:51	02:21:20	02:27:08	02:37:14.70	02:38:33.15	+01:26:50 (55.2%)	7:27	8.1 (45.0%)
1162	NOWAK-KASPRZAK Anna	127		K-30	129	00:01:18	00:32:35	01:08:08	01:45:55	02:21:12	02:27:05	02:37:34.65	02:38:52.75	+01:27:10 (55.3%)	7:28	8 (44.4%)
1163	DRABIK Krzysztof	1257	FUNDACJA DZIECIOM TWÓJ REKORD POMAGA	M-30	363	00:01:56	00:30:41	01:02:13	01:35:35	02:13:36	02:22:47	02:37:20.50	02:39:17.00	+01:26:56 (55.3%)	7:27	8 (44.4%)
1164	ŻELEZNY Tomasz	69	NIGHT RUNNERS GLIWICE	M-30	364	00:01:33	00:35:07	01:10:02	01:46:36	02:21:19	02:27:45	02:37:45.00	02:39:18.10	+01:27:20 (55.4%)	7:28	8 (44.4%)
1165	ZAWADA Ewa	77	NIGHT RUNNERS	K-20	58	00:01:51	00:36:29	01:13:27	01:47:45	02:21:56	02:27:27	02:38:05.30	02:39:57.20	+01:27:40 (55.5%)	7:29	8 (44.4%)
1165	ZAWADA Piotr	78	NIGHT RUNNERS	M-30	365	00:01:51	00:36:29	01:13:28	01:47:45	02:21:57	02:27:27	02:38:06.20	02:39:57.20	+01:27:41 (55.5%)	7:29	8 (44.4%)
1167	RECZKO Mariusz	476		M-40	267	00:01:27	00:32:11	01:09:31	01:47:32	02:23:51	02:29:33	02:40:30.30	02:41:57.40	+01:30:05 (56.1%)	7:36	7.9 (43.9%)
1168	PASIEKA Anna	402		K-30	130	00:01:02	00:33:15	01:10:05	01:48:35	02:25:03	02:31:21	02:42:30.90	02:43:33.40	+01:32:06 (56.7%)	7:42	7.8 (43.3%)
1169	DYDYCZ Marta	652	AKMB PĘDZIWIATR GLIWICE	K-20	59	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22	02:32:23	02:44:08.00	02:44:27.55	+01:33:43 (57.1%)	7:46	7.7 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1170	LATOS Barbara	874	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	3	00:01:26	00:36:25	01:15:04	01:55:17	02:31:35	02:38:14	02:50:34.65	02:52:00.70	+01:40:10 (58.7%)	8:05	7.4 (41.1%)
1171	RESZKE Marek	1154	OPOLEBIEGA.PL	M-20	157	00:00:34	00:21:53	00:43:34						+00:11:06	4:21	13.8 (76.7%)
1172	SMOŁA Mieczysław	1240	PĘDZIWIATR GLIWICE	M-60	17	00:00:02	00:27:57	00:56:01						+00:23:34	5:36	10.7 (59.4%)
1173	WOJTUKIEWICZ Artur	691		M-30	366	00:01:35	00:28:58	01:02:18						+00:29:51	6:13	9.6 (53.3%)
1174	JASIKOWSKI Łukasz	89		M-20	158	00:01:23	00:27:20							+00:11:16	5:28	11 (61.1%)
1175	KACZMARCZYK Grzegorz	186		M-30	367	00:00:56										(0.0%)
DQ	LEGIEŻYŃSKI Krzysztof	45	KATAGURUME	M-30		DQ	DQ	00:24:04 DQ	DQ	00:48:09 DQ	00:52:36 DQ	01:00:06.15 DQ	DQ		-	- (0.0%)

Znaleziono 1176 wynik(ów)