



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VIII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2022-10-22
Gliwice
22 km

VIII PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	2054	KWK MARCEL RADLINIOKI W BIEGU	M-20	1		00:35:09	01:02:27.00		2:57	20.3 (100%)
1	KOKOT Daniel	2734	RAJSPOORT ACTIVE	M-30	1		00:35:09	01:02:27.00	+00:00:00 (0.0%)	2:57	20.3 (100%)
1	DROŹDŹ Damian	2423	CONCRETE DM SP. Z O.O.	M-30	2		00:35:10	01:02:27.00	+00:00:00 (0.0%)	2:57	20.3 (100%)
4	PIELA Stanisław	2457		M-30	3	01:03:12		01:12:48.55	+00:10:21 (14.2%)	3:27	17.4 (85.7%)
5	STRZELCZAK Sebastian	2597	TL ROW RYBNIK	M-40	1		00:56:24	01:22:55.15	+00:20:28 (24.7%)	3:55	15.3 (75.4%)
6	MACHOŃ Marcin	2587	TEAM KOPEĆ	M-30	4	00:36:51	00:56:20	01:23:20.60	+00:20:53 (25.1%)	3:56	15.2 (74.9%)
7	KOWOLIK Maciej	2839		M-30	5	00:37:26	00:56:24	01:23:39.60	+00:21:12 (25.4%)	3:57	15.1 (74.4%)
8	SUDARA Robert	2583		M-30	6	00:38:08	00:56:54	01:24:19.85	+00:21:52 (25.9%)	3:59	15 (73.9%)
9	WRÓBEL Paweł	2349	NA BANI WYBIEGANI	M-30	7	00:38:35	00:56:52	01:24:35.00	+00:22:08 (26.2%)	4:00	15 (73.9%)
10	GÓRAK Przemysław	2639	KB SOBÓTKA	M-40	2	00:37:47	00:56:46	01:24:39.70	+00:22:12 (26.2%)	4:00	15 (73.9%)
11	MAŚLANKA Tomasz	2080	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	1	00:38:03	00:56:45	01:24:42.20	+00:22:15 (26.3%)	4:00	14.9 (73.4%)
12	URBAŃSKI Sławomir	2719	KS GEPARD KĘPNO	M-50	2	00:38:03	00:56:45	01:24:44.80	+00:22:17 (26.3%)	4:00	14.9 (73.4%)
13	GRABOWSKI Karol	2849	CKS BUDOWLANI CZĘSTOCHOWA	M-30	8	01:03:04		01:24:45.20	+00:22:18 (26.3%)	4:00	14.9 (73.4%)
14	KAUF Damian	2694		M-40	3	00:37:06	00:56:32	01:24:55.05	+00:22:28 (26.5%)	4:01	14.9 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
15	KUROWSKI Andrew	2118		M-30	9	00:37:58	00:56:30	01:25:04.10	+00:22:37 (26.6%)	4:01	14.9 (73.4%)
16	JAROSZ Marek	2535	STELMACH TEAM	M-40	4	00:38:35	00:57:17	01:25:19.20	+00:22:52 (26.8%)	4:02	14.8 (72.9%)
17	KRZĄPA Łukasz	2128	NOWAK-TEAM	M-30	10	00:38:14	00:57:00	01:25:52.05	+00:23:25 (27.3%)	4:04	14.7 (72.4%)
18	WACHLA Rafał	2242	TOURSPORT RUNNING TEAM	M-40	5	00:38:11	00:57:16	01:26:22.20	+00:23:55 (27.7%)	4:05	14.7 (72.4%)
19	EISLER Tomasz	2661	BIEGAM, BO MNIE ŻONA ZAPISUJE	M-40	6	00:38:25	00:57:27	01:26:59.50	+00:24:32 (28.2%)	4:07	14.6 (71.9%)
20	FURMANEK Łukasz	2251	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	7	00:38:46	00:58:18	01:27:35.05	+00:25:08 (28.7%)	4:09	14.5 (71.4%)
21	KAMPA Rafał	2452	PIAST GLIWICE	M-30	11	00:39:12	00:58:44	01:28:01.25	+00:25:34 (29.1%)	4:10	14.4 (70.9%)
22	PIENIAŻEK Krzysztof	2194	INŻYNIERIA BIEGANIA TEAM	M-40	8	00:38:50	00:58:20	01:28:04.05	+00:25:37 (29.1%)	4:10	14.4 (70.9%)
23	GRIMAN Joanna	2289	MOJŻYSZ TEAM/ERIGO	K-40	1	00:39:09	00:58:51	01:28:05.80	+00:25:38 (29.1%)	4:10	14.4 (70.9%)
24	PRZYBYŁKO Nikodem	2340	THE PROSECCOS	M-30	12	00:39:37	00:59:03	01:29:09.55	+00:26:42 (30.0%)	4:13	14.2 (70.0%)
25	KWAŚNIEWICZ Przemysław	2662		M-30	13	00:40:35	01:00:06	01:29:21.15	+00:26:54 (30.1%)	4:14	14.2 (70.0%)
26	GŁADYSZ Leszek	2096	AUGUSTEAM	M-40	9	00:40:41	01:00:38	01:30:35.85	+00:28:08 (31.1%)	4:17	14 (69.0%)
27	DUŻNIAK Dominik	2183	STEP-DANCE	M-30	14	00:40:27	01:00:37	01:31:35.80	+00:29:08 (31.8%)	4:20	13.8 (68.0%)
28	BROL Dominika	2338	ENDURANCE TEAM	K-30	1	00:41:41	01:01:51	01:31:55.75	+00:29:28 (32.1%)	4:21	13.8 (68.0%)
29	PRZELIORZ Tomasz	2374	INŻYNIERIA BIEGANIA TEAM	M-30	15	00:42:23	01:02:29	01:32:08.15	+00:29:41 (32.2%)	4:21	13.7 (67.5%)
30	WARZOCHA Karol	2806		M-40	10	00:42:10	01:02:05	01:32:16.00	+00:29:49 (32.3%)	4:22	13.7 (67.5%)
31	WISZYŃSKI Damian	2500		M-30	16	00:41:32	01:01:45	01:32:18.10	+00:29:51 (32.3%)	4:22	13.7 (67.5%)
32	PLAZA Łukasz	2703	O CO BIEGA W KALETACH	M-40	11	00:41:50	01:02:05	01:32:22.05	+00:29:55 (32.4%)	4:22	13.7 (67.5%)
33	DZIENDZIEL Piotr	2630		M-30	17	00:42:29	01:02:47	01:32:23.20	+00:29:56 (32.4%)	4:22	13.7 (67.5%)
34	KACZMAREK Łukasz	2837	#ACT	M-30	18	00:42:22	01:02:41	01:32:29.85	+00:30:02 (32.5%)	4:22	13.7 (67.5%)
35	FILAK Tomasz	2070		M-30	19	00:43:32	01:02:51	01:32:42.00	+00:30:15 (32.6%)	4:23	13.7 (67.5%)
36	MATERNA Mateusz	2737	ANIA HALSKA COACHING	M-30	20	00:42:38	01:02:55	01:32:47.65	+00:30:20 (32.7%)	4:23	13.6 (67.0%)
37	CIEŚLAK Jacek	2642		M-40	12	00:43:10	01:02:38	01:32:53.85	+00:30:26 (32.8%)	4:24	13.6 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
38	SIKORA Rafał	2643		M-40	13	00:40:49	01:01:27	01:33:00.90	+00:30:33 (32.9%)	4:24	13.6 (67.0%)
39	BIAŁY Kamil	2574	FAST FOOT TEAM SIEWIERZ	M-30	21	00:42:08	01:02:24	01:33:14.90	+00:30:47 (33.0%)	4:25	13.6 (67.0%)
40	TRZCIONKA Maciej	2529		M-30	22	00:42:07	01:02:36	01:33:22.10	+00:30:55 (33.1%)	4:25	13.6 (67.0%)
41	TRACZUK Marek	2214		M-50	3	00:42:30	01:02:49	01:33:22.70	+00:30:55 (33.1%)	4:25	13.6 (67.0%)
42	WIERZCHOWSKI Tomasz	2652	BLEES.CO	M-30	23	00:41:34	01:02:00	01:33:23.35	+00:30:56 (33.1%)	4:25	13.6 (67.0%)
43	MASNY Michał	2223		M-30	24	00:42:28	01:02:43	01:33:29.50	+00:31:02 (33.2%)	4:25	13.5 (66.5%)
44	STOLORZ Wojciech	2127	BIEGAMYSŁOWICE	M-30	25	00:42:30	01:02:49	01:33:33.05	+00:31:06 (33.2%)	4:26	13.5 (66.5%)
45	MARCOL Sebastian	2595	PACEMAKER	M-30	26	00:42:39	01:03:01	01:33:36.40	+00:31:09 (33.3%)	4:26	13.5 (66.5%)
46	PISZCZEK Stanisław	2648		M-40	14	00:39:47	01:04:26	01:34:28.00	+00:32:01 (33.9%)	4:28	13.4 (66.0%)
47	SMYCZEK Bartosz	2503	KILOMETROŻERCA	M-30	27	00:42:30	01:03:10	01:34:34.35	+00:32:07 (34.0%)	4:28	13.4 (66.0%)
48	OCZKO Dominik	2670	ENDURANCE TEAM	M-40	15	00:42:42	01:03:10	01:34:35.85	+00:32:08 (34.0%)	4:28	13.4 (66.0%)
49	PODSIADŁO Adam	2120		M-40	16	00:41:25	01:02:08	01:34:38.75	+00:32:11 (34.0%)	4:29	13.4 (66.0%)
50	KASZOWSKI Marcin	2673	CHRZĄSZCZE CHRABĄSZCZE DZIKI	M-40	17	00:45:03	01:04:39	01:35:04.65	+00:32:37 (34.3%)	4:30	13.3 (65.5%)
51	NOWICKI Szymon	2672		M-30	28	00:41:45	01:02:43	01:35:10.25	+00:32:43 (34.4%)	4:30	13.3 (65.5%)
52	WIŚNIEWSKI Tomasz	2099		M-40	18	00:43:10	01:03:01	01:35:10.50	+00:32:43 (34.4%)	4:30	13.3 (65.5%)
53	WOJDA Mariusz	2177		M-40	19	00:43:21	01:03:23	01:35:17.35	+00:32:50 (34.5%)	4:30	13.3 (65.5%)
54	WYLEŻAŁEK Alina	2200		K-30	2	00:42:37	01:03:32	01:35:30.10	+00:33:03 (34.6%)	4:31	13.3 (65.5%)
55	PIKUŁA Jacek	2050	RUNAWAYS, WATAHA ŁĄCZY NAS BIEGANIE	M-40	20	00:44:06	01:04:12	01:35:30.25	+00:33:03 (34.6%)	4:31	13.3 (65.5%)
56	KĄŚ Iwona	2638	TIKTEAM	K-40	2	00:43:16	01:03:43	01:35:31.45	+00:33:04 (34.6%)	4:31	13.3 (65.5%)
57	ZYMELA Dawid	2665		M-30	29	00:44:19	01:04:25	01:35:40.45	+00:33:13 (34.7%)	4:32	13.2 (65.0%)
58	BORSIAK Sebastian	2152	BRAK	M-40	21	00:41:58	01:02:46	01:35:43.10	+00:33:16 (34.8%)	4:32	13.2 (65.0%)
59	PALA Marcin	2750	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	M-40	22	00:44:04	01:04:14	01:35:46.45	+00:33:19 (34.8%)	4:32	13.2 (65.0%)
60	GRZESIKIEWICZ Mariusz	2188		M-40	23	00:42:27	01:02:55	01:35:50.75	+00:33:23 (34.8%)	4:32	13.2 (65.0%)

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61	POKRYSZKA Bartosz	2031		M-30	30	00:44:16	01:04:15	01:36:04.10	+00:33:37 (35.0%)	4:33	13.2 (65.0%)
62	OWERKO Piotr	2792		M-30	31	00:44:22	01:04:19	01:36:05.05	+00:33:38 (35.0%)	4:33	13.2 (65.0%)
63	BRYŁA Grzegorz	2525	KLUB JEDNEGO BIEGACZA	M-40	24	00:44:17	01:04:12	01:36:15.55	+00:33:48 (35.1%)	4:33	13.2 (65.0%)
64	KLIMA Adam	2551	RUNHOGS TYCHY	M-30	32	00:43:04	01:03:39	01:36:22.45	+00:33:55 (35.2%)	4:34	13.1 (64.5%)
65	BEDNARCZYK Marcin	2473	GISZOWIEC BIEGA RAZEM	M-30	33	00:42:38	01:04:06	01:36:43.85	+00:34:16 (35.4%)	4:35	13.1 (64.5%)
66	WOLNY Ariel	2515		M-40	25	00:42:35	01:03:53	01:36:48.15	+00:34:21 (35.5%)	4:35	13.1 (64.5%)
67	TUSZYŃSKI Kamil	2637		M-30	34	00:41:36	01:06:01	01:37:07.90	+00:34:40 (35.7%)	4:36	13 (64.0%)
68	FAŁEK Adam	2575	ŁAMIGNATY	M-20	2	00:41:43	01:03:10	01:37:13.85	+00:34:46 (35.8%)	4:36	13 (64.0%)
69	CZAJKA Tomasz	2521		M-40	26	00:44:52	01:05:11	01:37:14.95	+00:34:47 (35.8%)	4:36	13 (64.0%)
70	KANTOCH Lukasz	2455		M-30	35	00:44:34	01:04:49	01:37:17.30	+00:34:50 (35.8%)	4:36	13 (64.0%)
71	MASŁOŃ Błażej	2558		M-50	4	00:43:46	01:04:24	01:37:24.90	+00:34:57 (35.9%)	4:36	13 (64.0%)
72	HORNIK Jarek	2105		M-50	5	00:44:27	01:04:46	01:37:29.90	+00:35:02 (35.9%)	4:37	13 (64.0%)
73	BEM Adam	2196	GISZOWIEC BIEGA RAZEM	M-50	6	00:42:38	01:04:07	01:37:37.80	+00:35:10 (36.0%)	4:37	13 (64.0%)
74	MAŁECKI Grzegorz	2041		M-40	27	00:42:35	01:03:29	01:37:38.65	+00:35:11 (36.0%)	4:37	13 (64.0%)
75	CHOMIK Rafał	2740	3COACH	M-40	28	00:43:09	01:04:38	01:37:39.10	+00:35:12 (36.0%)	4:37	13 (64.0%)
76	OSIŃSKI Robert	2647		M-40	29	00:44:24	01:05:02	01:37:53.55	+00:35:26 (36.2%)	4:38	12.9 (63.5%)
77	NOGA Jacek	2198		M-40	30	00:44:53	01:05:21	01:37:58.70	+00:35:31 (36.3%)	4:38	12.9 (63.5%)
78	KUNA Piotr	2675	TRIWISE	M-40	31	00:41:37	01:06:12	01:37:58.75	+00:35:31 (36.3%)	4:38	12.9 (63.5%)
79	SROCZYŃSKI Dariusz	2181	NGK RUNNING TEAM	M-40	32	00:45:01	01:05:25	01:37:59.60	+00:35:32 (36.3%)	4:38	12.9 (63.5%)
80	DOBICZEK Łukasz	2562	42KPRO	M-40	33	00:44:08	01:04:53	01:38:07.30	+00:35:40 (36.4%)	4:39	12.9 (63.5%)
81	SITEK Krzysztof	2619		M-50	7	00:44:49	01:05:15	01:38:08.70	+00:35:41 (36.4%)	4:39	12.9 (63.5%)
82	BIELA Grzegorz	2460	NIGHT RUNNERS PYSKOWICE	M-30	36	00:44:14	01:04:38	01:38:10.85	+00:35:43 (36.4%)	4:39	12.9 (63.5%)
83	CHEJDYS Krystian	2027	BIEGNĘ ALE DOKĄD?	M-30	37	00:44:16	01:05:11	01:38:13.50	+00:35:46 (36.4%)	4:39	12.9 (63.5%)

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84	WIECHUŁA Marcin	2816	MOMO RUNNING TEAM	M-40	34	00:40:12	01:05:38	01:38:15.80	+00:35:48 (36.4%)	4:39	12.9 (63.5%)
85	WOJTUKIEWICZ Artur	2136		M-40	35	00:45:42	01:06:05	01:38:18.20	+00:35:51 (36.5%)	4:39	12.9 (63.5%)
86	MALINOWSKI Krzysztof	2129	POWOLI DO CELU	M-50	8	00:44:46	01:05:16	01:38:22.70	+00:35:55 (36.5%)	4:39	12.9 (63.5%)
87	PAWŁUSZEK Piotr	2293	KB ORŁY Z KNUROWA	Niepełnosprawni M	1	00:41:22	01:06:54	01:38:34.20	+00:36:07 (36.6%)	4:40	12.8 (63.1%)
88	BOSOWSKI Tomasz	2400		M-40	36	00:43:27	01:04:34	01:38:34.35	+00:36:07 (36.6%)	4:40	12.8 (63.1%)
89	KNYPS Adam	2659	OPONY SERAFINOWSKI	M-40	37	00:46:13	01:06:32	01:38:43.60	+00:36:16 (36.7%)	4:40	12.8 (63.1%)
90	KOLANEK Tomasz	2354	MAM WYBIEGANE	M-40	38	00:44:57	01:05:54	01:38:52.95	+00:36:25 (36.8%)	4:41	12.8 (63.1%)
91	ZALEWSKI Wojciech	2059		M-40	39	00:45:38	01:06:15	01:38:57.20	+00:36:30 (36.9%)	4:41	12.8 (63.1%)
92	KAWELCZYK Robert	2431	POLSKA	M-50	9	00:44:51	01:05:15	01:38:58.80	+00:36:31 (36.9%)	4:41	12.8 (63.1%)
93	WASZTYL Tomasz	2068		M-50	10	00:44:03	01:04:47	01:39:02.95	+00:36:35 (37.0%)	4:41	12.8 (63.1%)
94	PILNY Karol	2401	EKO-OKNA RUNNERS	M-20	3	00:45:52	01:06:33	01:39:05.00	+00:36:38 (37.0%)	4:41	12.8 (63.1%)
95	TOKARCZYK Mateusz	2564		M-30	38	00:46:02	01:06:52	01:39:17.35	+00:36:50 (37.1%)	4:42	12.8 (63.1%)
96	KARNAUKHOV Andrzej	2288		M-20	4	00:45:15	01:06:07	01:39:18.20	+00:36:51 (37.1%)	4:42	12.7 (62.6%)
97	CIOSEK Mateusz	2203		M-30	39	00:45:04	01:05:56	01:39:19.25	+00:36:52 (37.1%)	4:42	12.7 (62.6%)
98	MALCZAK Leszek	2406		M-40	40	00:46:16	01:07:04	01:39:25.45	+00:36:58 (37.2%)	4:42	12.7 (62.6%)
99	PYTLIK Mirosław	2009	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-30	40	00:45:04	01:06:07	01:39:37.95	+00:37:10 (37.3%)	4:43	12.7 (62.6%)
100	BARAŃSKI Rafał	2543		M-40	41	00:45:39	01:06:32	01:39:41.55	+00:37:14 (37.4%)	4:43	12.7 (62.6%)
101	BOGATZKI Marek	2134		M-30	41	00:44:57	01:05:52	01:39:50.55	+00:37:23 (37.5%)	4:43	12.7 (62.6%)
102	BRZEZIŃSKI Karol	2739		M-30	42	00:45:21	01:06:08	01:39:52.00	+00:37:25 (37.5%)	4:43	12.7 (62.6%)
103	POŁOMSKI Grzegorz	2016	POLOMSCY TEAM	M-40	42	00:41:22	01:06:42	01:39:57.10	+00:37:30 (37.5%)	4:44	12.7 (62.6%)
104	KĄŁUS Wojciech	2358	NA BANI WYBIEGANI	M-30	43	00:43:26	01:04:10	01:40:00.20	+00:37:33 (37.6%)	4:44	12.7 (62.6%)
105	BALON Marek	2497		M-50	11		01:01:39	01:40:00.30	+00:37:33 (37.6%)	4:44	12.7 (62.6%)
106	SMÓŁKA Bartosz	2217		M-30	44	00:46:04	01:06:53	01:40:28.70	+00:38:01 (37.8%)	4:45	12.6 (62.1%)

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107	ZORAN Henryk	2450	WARTKIE PIERONY	M-50	12	00:45:19	01:06:20	01:40:33.95	+00:38:06 (37.9%)	4:45	12.6 (62.1%)
108	TAJAK Tomasz	2842		Niepełnosprawni M	2	00:45:46	01:06:39	01:40:42.45	+00:38:15 (38.0%)	4:46	12.6 (62.1%)
109	STRZYŻEWSKI Przemysław	2629		M-40	43	00:45:56	01:06:49	01:40:55.55	+00:38:28 (38.1%)	4:46	12.5 (61.6%)
110	DABROWSKI Bartosz	2132		M-30	45	00:47:03	01:07:56	01:40:59.20	+00:38:32 (38.2%)	4:47	12.5 (61.6%)
111	DOBIJA Wojciech	2538		M-30	46	00:45:24	01:06:49	01:40:59.40	+00:38:32 (38.2%)	4:47	12.5 (61.6%)
112	WARDZYK Damian	2299	ZŁOTA MARKA	M-20	5	00:45:21	01:05:55	01:41:05.40	+00:38:38 (38.2%)	4:47	12.5 (61.6%)
113	WIERCIŃSKI Mateusz	2766		M-30	47	00:46:14	01:07:40	01:41:07.90	+00:38:40 (38.2%)	4:47	12.5 (61.6%)
114	PIETYRA Grzegorz	2058		M-40	44	00:45:47	01:07:30	01:41:08.20	+00:38:41 (38.3%)	4:47	12.5 (61.6%)
115	JAŚKIEWICZ Sławomir	2207		M-40	45	00:46:14	01:06:51	01:41:08.85	+00:38:41 (38.3%)	4:47	12.5 (61.6%)
116	SOBOL Adam	2640		M-40	46	00:48:32	01:08:56	01:41:17.30	+00:38:50 (38.3%)	4:48	12.5 (61.6%)
117	TEMPKA Krzysztof	2445		M-50	13	00:45:18	01:06:16	01:41:18.85	+00:38:51 (38.4%)	4:48	12.5 (61.6%)
118	BUŁAWA Grzegorz	2465		M-40	47	00:45:40	01:06:52	01:41:22.10	+00:38:55 (38.4%)	4:48	12.5 (61.6%)
119	KUPIJAJ Marcin	2723	NGK RUNNING TEAM	M-30	48	00:46:53	01:08:08	01:41:32.65	+00:39:05 (38.5%)	4:48	12.5 (61.6%)
120	SIENKIEWICZ Wojciech	2483	SOCIOS SILESIA	M-30	49	00:47:04	01:08:19	01:41:39.30	+00:39:12 (38.6%)	4:49	12.5 (61.6%)
121	RATAJCZAK Aleksander	2276	LECZYMY DURŚ	M-50	14	00:45:39	01:06:47	01:41:41.65	+00:39:14 (38.6%)	4:49	12.5 (61.6%)
122	GOGOLIN Artur	2367	LOTOM PO ŚLĄSKU	M-30	50	00:46:13	01:07:58	01:41:48.20	+00:39:21 (38.7%)	4:49	12.4 (61.1%)
123	GARBACZ Damian	2845		M-30	51	00:46:39	01:08:08	01:41:50.50	+00:39:23 (38.7%)	4:49	12.4 (61.1%)
124	MARCZAK Krzysztof	2851		M-50	15	00:46:14	01:08:05	01:41:53.15	+00:39:26 (38.7%)	4:49	12.4 (61.1%)
125	GOLA Magda	2783		K-20	1	00:47:03	01:08:22	01:42:00.15	+00:39:33 (38.8%)	4:50	12.4 (61.1%)
126	GDOWSKI Sławek	2149		M-30	52	00:45:50	01:07:30	01:42:13.30	+00:39:46 (38.9%)	4:50	12.4 (61.1%)
127	SIEKIERDA Konrad	2344	SYNDYK BIEGA	M-30	53	00:46:14	01:08:00	01:42:14.75	+00:39:47 (38.9%)	4:50	12.4 (61.1%)
128	JANECZEK Marek	2768		M-40	48	00:46:26	01:07:55	01:42:15.05	+00:39:48 (38.9%)	4:50	12.4 (61.1%)
129	BURY Rafał	2420		M-50	16	00:46:39	01:08:00	01:42:17.75	+00:39:50 (39.0%)	4:50	12.4 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
130	NIEWALDA Marcin	2205		M-30	54	00:45:59	01:07:27	01:42:18.85	+00:39:51 (39.0%)	4:50	12.4 (61.1%)
131	KRĘŻOŁEK Daniel	2660		M-40	49	00:46:09	01:07:44	01:42:21.25	+00:39:54 (39.0%)	4:51	12.4 (61.1%)
132	CZAPLA Arkadiusz	2843		M-50	17	00:45:49	01:06:53	01:42:30.70	+00:40:03 (39.1%)	4:51	12.4 (61.1%)
133	STRZAŁKA Robert	2069	ŚLĘZAK TEAM	M-40	50	00:46:30	01:08:17	01:42:40.40	+00:40:13 (39.2%)	4:51	12.3 (60.6%)
134	KUKURBA Mikołaj	2626		M-30	55		01:06:49	01:42:52.30	+00:40:25 (39.3%)	4:52	12.3 (60.6%)
135	MARKOWSKI Przemysław	2606	PACEMAKER 1:40	M-30	56	00:46:12	01:07:57	01:42:54.45	+00:40:27 (39.3%)	4:52	12.3 (60.6%)
136	NOWACKI Wojciech	2590	PACEMAKER	M-30	57	00:46:13	01:07:58	01:42:54.90	+00:40:27 (39.3%)	4:52	12.3 (60.6%)
137	JASTRZEMBSKI Jakub	2115		M-30	58	00:46:06	01:07:52	01:43:00.35	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
137	DYRAGA Marcin	2744	SAINT-GOBAIN SQUAD	M-40	51	00:47:06	01:08:58	01:43:00.35	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
139	JAGIEŁA Michał	2065		M-30	59	00:46:08	01:07:02	01:43:00.80	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
140	OZYP Mariusz	2064		M-30	60	00:46:45	01:08:22	01:43:11.60	+00:40:44 (39.5%)	4:53	12.3 (60.6%)
141	PLESIŃSKI Sebastian	2277	FM LOGISTIC	M-40	52	00:46:16	01:07:51	01:43:11.85	+00:40:44 (39.5%)	4:53	12.3 (60.6%)
142	SYMIEC Dawid	2808		M-20	6	00:47:45	01:08:45	01:43:14.05	+00:40:47 (39.5%)	4:53	12.3 (60.6%)
143	ŁYSY Andrzej	2751	ENDURANCE TEAM	M-50	18	00:45:31	01:06:38	01:43:22.00	+00:40:55 (39.6%)	4:53	12.2 (60.1%)
144	STRASZEK Piotr	2151		M-30	61	00:47:33	01:08:58	01:43:28.90	+00:41:01 (39.7%)	4:54	12.2 (60.1%)
145	WIŚNIEWSKI Jarosław	2554		M-40	53	00:47:10	01:08:55	01:43:43.35	+00:41:16 (39.8%)	4:54	12.2 (60.1%)
146	ROZANSKI Michal	2435		M-40	54	00:46:33	01:08:07	01:43:54.80	+00:41:27 (39.9%)	4:55	12.2 (60.1%)
147	REDOSZ Oliwia	2770		K-30	3	00:48:08	01:09:32	01:44:02.80	+00:41:35 (40.0%)	4:55	12.2 (60.1%)
148	ORDOŃ Bartłomiej	2840	RYBNICKA GRUPA BIEGOWA	M-30	62	00:46:45	01:08:28	01:44:07.70	+00:41:40 (40.0%)	4:56	12.2 (60.1%)
149	MIRONOWICZ Bartek	2339		M-30	63	00:44:32	01:06:25	01:44:14.00	+00:41:47 (40.1%)	4:56	12.1 (59.6%)
150	LEŚNIAK Dawid	2577		M-20	7	00:47:19	01:09:14	01:44:18.60	+00:41:51 (40.1%)	4:56	12.1 (59.6%)
151	PRZEGENDZA Artur	2375		M-40	55	00:47:48	01:09:25	01:44:21.50	+00:41:54 (40.2%)	4:56	12.1 (59.6%)
152	WARZECHA Kamil	2392		M-30	64	00:47:41	01:09:47	01:44:31.60	+00:42:04 (40.3%)	4:57	12.1 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
153	IWANIUK Paweł	2625	AUGUSTEAM	M-40	56	00:46:58	01:09:13	01:44:36.20	+00:42:09 (40.3%)	4:57	12.1 (59.6%)
154	BENSZ Dariusz	2687		M-40	57	00:48:10	01:10:11	01:44:41.75	+00:42:14 (40.4%)	4:57	12.1 (59.6%)
155	GRUDNIEWSKI Tomasz	2085		M-40	58	00:49:29	01:11:10	01:44:44.85	+00:42:17 (40.4%)	4:57	12.1 (59.6%)
156	ŻAAK Michał	2370		M-40	59	00:47:33	01:09:34	01:44:59.35	+00:42:32 (40.5%)	4:58	12.1 (59.6%)
157	PIETYSZUK Dariusz	2717		M-40	60	00:47:11	01:08:52	01:45:01.65	+00:42:34 (40.5%)	4:58	12.1 (59.6%)
158	LIS Grzegorz	2362	EKO-OKNA RUNNERS	M-40	61	00:46:40	01:08:45	01:45:05.25	+00:42:38 (40.6%)	4:58	12 (59.1%)
159	WIORA Łukasz	2833		M-30	65	00:48:17	01:10:07	01:45:08.95	+00:42:41 (40.6%)	4:58	12 (59.1%)
160	WOSZCZAK Krystian	2633		M-30	66	00:47:52	01:09:57	01:45:16.90	+00:42:49 (40.7%)	4:59	12 (59.1%)
160	ZWIERZYŃSKI Piotr	2417	UNATCO	M-50	19	00:48:40	01:10:44	01:45:16.90	+00:42:49 (40.7%)	4:59	12 (59.1%)
162	FOLEK Adam	2300		M-30	67	00:46:18	01:08:03	01:45:18.40	+00:42:51 (40.7%)	4:59	12 (59.1%)
163	VATUICHAK Pavlo	2782		M-20	8	00:39:48	01:12:30	01:45:26.05	+00:42:59 (40.8%)	4:59	12 (59.1%)
164	WINCZAKIEWICZ Michał	2405	WINCZITEAM	M-30	68	00:48:04	01:10:48	01:45:47.60	+00:43:20 (41.0%)	5:00	12 (59.1%)
165	SOŁTYSIK Tomasz	2772	MARUDA TEAM	M-40	62	00:47:08	01:09:14	01:45:51.10	+00:43:24 (41.0%)	5:00	12 (59.1%)
166	SOJA Łukasz	2735	RUNNERS NIGHT PYSKOWICE	M-40	63	00:47:05	01:09:29	01:45:51.35	+00:43:24 (41.0%)	5:00	12 (59.1%)
167	MEJER Krzysztof	2586	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	20	00:49:45	01:11:43	01:46:08.15	+00:43:41 (41.2%)	5:01	11.9 (58.6%)
168	REJNIAK Mateusz	2439	REDYNA	M-30	69		01:03:32	01:46:20.90	+00:43:53 (41.3%)	5:02	11.9 (58.6%)
168	IWASZKOWSKI Dawid	2193	REDYNA TEAM	M-30	70	00:46:52	01:08:28	01:46:20.90	+00:43:53 (41.3%)	5:02	11.9 (58.6%)
170	KĘDZIORA Łukasz	2700		M-40	64	00:46:31	01:09:25	01:46:29.30	+00:44:02 (41.4%)	5:02	11.9 (58.6%)
171	SALAMON Emil	2154	STELLANTIS ACTIVE TEAM	M-30	71	00:48:10	01:10:13	01:46:32.15	+00:44:05 (41.4%)	5:02	11.9 (58.6%)
172	ŁATKA Marek	2567		M-40	65	00:49:11	01:11:18	01:46:34.10	+00:44:07 (41.4%)	5:03	11.9 (58.6%)
173	DUŚ Artur	2795	POLSKA GRUPA GÓRNICZA	M-50	21	00:50:09	01:12:13	01:46:38.95	+00:44:11 (41.4%)	5:03	11.9 (58.6%)
174	KUŹMIŃSKI Michał	2426		M-40	66		01:11:23	01:46:43.15	+00:44:16 (41.5%)	5:03	11.9 (58.6%)
175	GOLONKA Marek	2150		M-50	22	00:47:04	01:09:55	01:46:44.95	+00:44:17 (41.5%)	5:03	11.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
176	KULA Krzysztof	2130		M-40	67		01:10:37	01:46:45.85	+00:44:18 (41.5%)	5:03	11.9 (58.6%)
177	JABŁOŃSKI Łukasz	2202	Q-PERIOR TEAM	M-30	72	00:47:38	01:10:00	01:46:52.55	+00:44:25 (41.6%)	5:03	11.8 (58.1%)
178	CIĄGŁO Jakub	2332	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	M-30	73	00:46:58	01:09:13	01:46:54.15	+00:44:27 (41.6%)	5:03	11.8 (58.1%)
179	NOWAK Mariusz	2357	HIRSCHVOGEL	M-40	68	00:48:54	01:11:22	01:47:00.00	+00:44:33 (41.6%)	5:04	11.8 (58.1%)
180	HASSA Damian	2714		M-20	9	00:47:55	01:10:11	01:47:01.95	+00:44:34 (41.7%)	5:04	11.8 (58.1%)
181	SKRZYPEK Krzysztof	2235		M-40	69	00:48:42	01:11:19	01:47:02.10	+00:44:35 (41.7%)	5:04	11.8 (58.1%)
182	WIŚNIEWSKI Adam	2718		M-20	10	00:48:01	01:10:02	01:47:05.00	+00:44:38 (41.7%)	5:04	11.8 (58.1%)
183	TOCHOWICZ Bartosz	2787		M-50	23	00:48:02	01:10:26	01:47:09.35	+00:44:42 (41.7%)	5:04	11.8 (58.1%)
184	WŁOSIŃSKI Grzegorz	2712		M-20	11	00:49:02	01:11:03	01:47:11.55	+00:44:44 (41.7%)	5:04	11.8 (58.1%)
185	CZUCZ Michał	2166	PARKRUN CHRZANÓW	M-30	74	00:48:48	01:10:43	01:47:11.65	+00:44:44 (41.7%)	5:04	11.8 (58.1%)
186	HERUD Tomasz	2095	ROWEROWE GLIWICE	M-30	75	00:48:49	01:11:39	01:47:15.80	+00:44:48 (41.8%)	5:04	11.8 (58.1%)
187	MIGURSKI Jakub	2748	FUCHS OIL TEAM	M-30	76	00:50:58	01:13:33	01:47:26.05	+00:44:59 (41.9%)	5:05	11.8 (58.1%)
188	CIEŚLIK Bartłomiej	2232	CHATEAU CHALIN	M-40	70	00:48:33	01:11:17	01:47:34.50	+00:45:07 (41.9%)	5:05	11.8 (58.1%)
189	HALCZOK Janusz	2601	PACEMAKER	M-40	71	00:49:11	01:11:46	01:47:38.45	+00:45:11 (42.0%)	5:06	11.8 (58.1%)
190	KOWALSKI Grzegorz	2761	PACEMAKER/W POGONI ZA DUCHEM	M-40	72	00:49:10	01:11:46	01:47:39.10	+00:45:12 (42.0%)	5:06	11.8 (58.1%)
191	PTAK Krzysztof	2742	HRMAX ŻORY	M-40	73	00:49:02	01:11:41	01:47:41.15	+00:45:14 (42.0%)	5:06	11.8 (58.1%)
192	TOKARSKI Piotr	2379	TTAT	M-40	74	00:47:57	01:10:48	01:47:44.00	+00:45:17 (42.0%)	5:06	11.8 (58.1%)
193	KOBA Ania	2706	ROZBIEGANE MICHAŁOWICE	K-40	3	00:48:30	01:11:31	01:47:44.50	+00:45:17 (42.0%)	5:06	11.8 (58.1%)
194	RUTKOWSKI Michał	2407	LIDL	M-30	77	00:50:13	01:13:07	01:47:45.75	+00:45:18 (42.0%)	5:06	11.7 (57.6%)
195	CIEŚLIK Paweł	2230	CHATEAU CHALIN	M-40	75	00:48:44	01:11:31	01:47:47.00	+00:45:20 (42.1%)	5:06	11.7 (57.6%)
196	KUMOR Renata	2087	RUN GLORIA	K-50	1	00:47:59	01:10:35	01:47:47.05	+00:45:20 (42.1%)	5:06	11.7 (57.6%)
197	KLUK Justyna	2366	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	K-30	4	00:48:30	01:11:16	01:47:53.40	+00:45:26 (42.1%)	5:06	11.7 (57.6%)
198	PAJĄK Marek	2472	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	76	00:49:45	01:12:48	01:48:02.75	+00:45:35 (42.2%)	5:07	11.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
199	ROGOWSKI Jakub	2494		M-20	12	00:50:03	01:12:36	01:48:07.35	+00:45:40 (42.2%)	5:07	11.7 (57.6%)
200	POŁOMSKA Edyta	2036	POLOMSCY TEAM	K-40	4	00:48:18	01:11:06	01:48:09.90	+00:45:42 (42.3%)	5:07	11.7 (57.6%)
201	KWIATKOWSKI Marcin	2028		M-30	78	00:46:58	01:09:52	01:48:11.40	+00:45:44 (42.3%)	5:07	11.7 (57.6%)
202	ŁAJSZCZAK - GAJDA Dorota	2836		K-40	5	00:49:21	01:11:55	01:48:15.05	+00:45:48 (42.3%)	5:07	11.7 (57.6%)
203	BONIEWSKI Lech	2447	SP GLINOJECK	M-60	1	00:48:50	01:12:55	01:48:25.25	+00:45:58 (42.4%)	5:08	11.7 (57.6%)
204	NOWAK Wojciech	2399	BEFIT24TEAM	M-50	24	00:49:28	01:12:20	01:48:26.85	+00:45:59 (42.4%)	5:08	11.7 (57.6%)
205	KĘDZIERSKI Alfred	2311	KOLEJE ŚLĄSKIE	M-50	25	00:47:31	01:10:45	01:48:30.05	+00:46:03 (42.4%)	5:08	11.7 (57.6%)
206	MAZUR Patrycja	2504	HURGAN LIGOTA	K-40	6	00:48:29	01:11:22	01:48:31.10	+00:46:04 (42.5%)	5:08	11.7 (57.6%)
207	ULIASZ Krzysztof	2485	STELLANTIS ACTIVE TEAM	M-40	77	00:49:02	01:12:13	01:48:34.15	+00:46:07 (42.5%)	5:08	11.7 (57.6%)
208	JANDA Sebastian	2236	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M-40	78	00:47:43	01:10:34	01:48:38.85	+00:46:11 (42.5%)	5:08	11.7 (57.6%)
209	MIODEK Łukasz	2610	AKT WATRA	M-30	79	00:50:54	01:13:47	01:48:45.60	+00:46:18 (42.6%)	5:09	11.6 (57.1%)
210	POCHAŁA Andrzej	2736	NGK RUNNING TEAM	M-40	79	00:50:54	01:12:58	01:48:46.75	+00:46:19 (42.6%)	5:09	11.6 (57.1%)
211	PAJĄK Michał	2510		M-30	80	00:49:36	01:12:43	01:48:47.50	+00:46:20 (42.6%)	5:09	11.6 (57.1%)
212	ŚLUSARCZYK Gucio Andrzej	2720	DJ GUCIO SHOW MUST GO ON	M-50	26	00:45:54	01:08:36	01:48:49.40	+00:46:22 (42.6%)	5:09	11.6 (57.1%)
212	TREFON Iwona	2636		K-40	7	00:48:56	01:12:14	01:48:49.40	+00:46:22 (42.6%)	5:09	11.6 (57.1%)
214	ZIÓŁKOWSKI Grzegorz	2387		M-50	27	00:48:16	01:11:03	01:49:05.00	+00:46:38 (42.8%)	5:10	11.6 (57.1%)
215	PINKAWA Grzegorz	2324	GISZOWIEC BIEGA RAZEM	M-40	80	00:51:14	01:13:50	01:49:18.50	+00:46:51 (42.9%)	5:10	11.6 (57.1%)
216	HOBZDA Piotr	2167	#MYJUSWOJEZROBILI	M-40	81	00:48:08	01:10:55	01:49:20.85	+00:46:53 (42.9%)	5:10	11.6 (57.1%)
217	KOŁODZIEJSKI Emil	2039	BOJKÓW BIEGA	M-30	81	00:47:24	01:10:41	01:49:22.55	+00:46:55 (42.9%)	5:10	11.6 (57.1%)
218	LAMCZYK Piotr	2312		M-30	82	00:49:42	01:12:18	01:49:23.15	+00:46:56 (42.9%)	5:11	11.6 (57.1%)
219	TYSZKIEWICZ Cuma	2219		M-40	82	00:50:59	01:13:15	01:49:29.95	+00:47:02 (43.0%)	5:11	11.6 (57.1%)
220	CETERA Łukasz	2240	#HUTATEAM	M-30	83	00:48:05	01:11:28	01:49:30.25	+00:47:03 (43.0%)	5:11	11.6 (57.1%)
221	NIESLER Michał	2215	NTEAM	M-30	84	00:46:44	01:10:07	01:49:33.90	+00:47:06 (43.0%)	5:11	11.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
222	KWIATKOWSKI Grzegorz	2753		M-50	28	00:47:33	01:11:17	01:49:39.65	+00:47:12 (43.1%)	5:11	11.5 (56.7%)
223	PICZ Michał	2043	POMPEJANKA TEAM	M-30	85	00:52:23	01:15:06	01:49:45.35	+00:47:18 (43.1%)	5:12	11.5 (56.7%)
224	WYWIAŁ Łukasz	2548	SAINT-GOBAIN SQUAD	M-30	86	00:49:23	01:12:20	01:49:47.85	+00:47:20 (43.1%)	5:12	11.5 (56.7%)
225	SZAROWICZ Sebastian	2611		M-40	83	00:47:19	01:10:32	01:49:49.55	+00:47:22 (43.1%)	5:12	11.5 (56.7%)
226	BUJAK Magdalena	2646	NIGHT RUNNERS PYSKOWICE	K-30	5	00:48:58	01:12:11	01:49:58.65	+00:47:31 (43.2%)	5:12	11.5 (56.7%)
227	RAWŁUSZEWICZ Waldemar	2584		M-50	29	00:47:37	01:10:20	01:49:59.00	+00:47:32 (43.2%)	5:12	11.5 (56.7%)
228	ŻÓŁTOWSKI Michał	2514		M-30	87	00:50:05	01:12:13	01:50:05.80	+00:47:38 (43.3%)	5:13	11.5 (56.7%)
229	DUDA Jacek	2434	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	30	00:49:53	01:12:51	01:50:05.85	+00:47:38 (43.3%)	5:13	11.5 (56.7%)
230	MATEŃCZUK Lesław	2702		M-30	88	00:50:59	01:13:18	01:50:08.60	+00:47:41 (43.3%)	5:13	11.5 (56.7%)
231	WILK Mirosław	2437		M-40	84	00:47:35	01:10:33	01:50:16.30	+00:47:49 (43.4%)	5:13	11.5 (56.7%)
232	RODAK Karolina	2244		K-30	6	00:50:05	01:13:18	01:50:21.05	+00:47:54 (43.4%)	5:13	11.5 (56.7%)
233	KARWOT Piotr	2191	TEAM REDYNA	M-30	89	00:48:28	01:11:44	01:50:24.25	+00:47:57 (43.4%)	5:13	11.5 (56.7%)
234	CHWASTYK Łukasz	2220	LEGNICA TEAM	M-30	90	00:50:30	01:13:09	01:50:24.75	+00:47:57 (43.4%)	5:13	11.5 (56.7%)
235	MALOTTA Konrad	2195	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	91	00:51:17	01:14:24	01:50:27.85	+00:48:00 (43.5%)	5:14	11.5 (56.7%)
236	STAWARCZYK Krystian	2482	STELLANTIS ACTIVE TEAM	M-40	85	00:51:22	01:14:28	01:50:33.35	+00:48:06 (43.5%)	5:14	11.5 (56.7%)
237	KAMIŃSKI Jacek	2631	GOMOLA PACK-CENTER	M-40	86	00:48:12	01:12:13	01:50:39.30	+00:48:12 (43.6%)	5:14	11.4 (56.2%)
238	SKOTNICKI Paweł	2001		M-30	92	00:49:42	01:12:51	01:50:46.40	+00:48:19 (43.6%)	5:14	11.4 (56.2%)
239	SZYMSKI Tomasz	2153		M-40	87	00:49:23	01:12:44	01:50:46.50	+00:48:19 (43.6%)	5:14	11.4 (56.2%)
240	GIBEK Marcin	2305	KRUCA_FUKS_KAJ_TA_META	M-30	93	00:50:15	01:13:24	01:50:48.95	+00:48:21 (43.6%)	5:15	11.4 (56.2%)
241	ODZIOMEK Sebastian	2425		M-40	88	00:49:55	01:12:50	01:50:53.70	+00:48:26 (43.7%)	5:15	11.4 (56.2%)
242	STALICA Wojciech	2253	IZO ERG	M-50	31	00:49:11	01:12:26	01:50:54.20	+00:48:27 (43.7%)	5:15	11.4 (56.2%)
243	PIEKARSKI Wiktor	2519	140MINUT.PL	M-30	94	00:50:00	01:13:06	01:50:57.85	+00:48:30 (43.7%)	5:15	11.4 (56.2%)
244	ROMANOWSKI Krzysztof	2467	PKO BANK POLSKI	M-40	89	00:50:31	01:13:23	01:50:58.55	+00:48:31 (43.7%)	5:15	11.4 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
245	STACHA Paweł	2396		M-40	90	00:49:49	01:13:17	01:51:15.90	+00:48:48 (43.9%)	5:16	11.4 (56.2%)
246	KWIECIŃSKI Damian	2790		M-40	91	00:50:57	01:13:53	01:51:21.80	+00:48:54 (43.9%)	5:16	11.4 (56.2%)
247	TOMASZEWSKI Łukasz	2468		M-30	95	00:49:25	01:13:02	01:51:22.00	+00:48:55 (43.9%)	5:16	11.4 (56.2%)
248	ŚWIĘTEK Jacek	2170		M-40	92	00:49:39	01:12:49	01:51:32.40	+00:49:05 (44.0%)	5:17	11.4 (56.2%)
249	SPYRA Kamil	2158	4K P. K. S. SPYROWKA	M-30	96	00:50:07	01:13:44	01:51:38.95	+00:49:11 (44.1%)	5:17	11.3 (55.7%)
250	KOCHMAN Dawid	2817		M-40	93	00:50:43	01:14:04	01:51:43.55	+00:49:16 (44.1%)	5:17	11.3 (55.7%)
251	SOWKA Sebastian	2559		M-20	13	00:50:23	01:14:30	01:51:46.15	+00:49:19 (44.1%)	5:17	11.3 (55.7%)
252	HORNIK Mira	2106		K-50	2	00:50:46	01:14:06	01:51:50.60	+00:49:23 (44.2%)	5:18	11.3 (55.7%)
253	GIGON Krzysztof	2555	CZYSTY CIUL	M-40	94	00:49:32	01:13:05	01:51:54.80	+00:49:27 (44.2%)	5:18	11.3 (55.7%)
254	PŁONKA Krzysztof	2765	TEAM DKMS	M-50	32	00:47:48	01:10:46	01:51:54.85	+00:49:27 (44.2%)	5:18	11.3 (55.7%)
255	FLOREK Piotr	2131		M-30	97	00:48:58	01:12:31	01:52:00.10	+00:49:33 (44.2%)	5:18	11.3 (55.7%)
256	WOJEWÓDKA Grzegorz	2388	BRYGADA RR (RAZEM RAŻNIEJ)	M-40	95	00:49:44	01:13:17	01:52:00.55	+00:49:33 (44.2%)	5:18	11.3 (55.7%)
257	POGORZAŁEK Mateusz	2513		M-30	98	00:51:54	01:15:25	01:52:02.15	+00:49:35 (44.3%)	5:18	11.3 (55.7%)
258	CIEPLIK Grzegorz	2263		M-30	99	00:51:06	01:14:07	01:52:12.90	+00:49:45 (44.3%)	5:19	11.3 (55.7%)
259	SPENDE Tomasz	2811		M-40	96	00:48:40	01:11:58	01:52:16.60	+00:49:49 (44.4%)	5:19	11.3 (55.7%)
260	MACYSZYN Waldemar	2518	GLIWICE	M-60	2	00:50:41	01:14:28	01:52:17.05	+00:49:50 (44.4%)	5:19	11.3 (55.7%)
261	KRAJEWSKI Radosław	2218		M-30	100	00:51:21	01:14:34	01:52:18.20	+00:49:51 (44.4%)	5:19	11.3 (55.7%)
262	PURCZYŃSKI Jan	2404		M-50	33	00:52:30	01:16:09	01:52:19.30	+00:49:52 (44.4%)	5:19	11.3 (55.7%)
263	GĘBCZYŃSKI Oliwier	2259	G-TEAM	M-20	14	00:51:59	01:15:29	01:52:22.85	+00:49:55 (44.4%)	5:19	11.3 (55.7%)
264	LEDWOŃ Aneta	2113	NIGHT RUNNERS GLIWICE	K-40	8	00:51:17	01:15:14	01:52:24.95	+00:49:57 (44.4%)	5:19	11.3 (55.7%)
265	PLEWA Remigiusz	2262		M-40	97	00:53:32	01:16:45	01:52:25.90	+00:49:58 (44.5%)	5:19	11.3 (55.7%)
266	JAWOREK Jacek	2144	SPRYTNA BANIA SPONTAN TEAM / JBC365	M-30	101	00:54:01	01:17:09	01:52:26.15	+00:49:59 (44.5%)	5:19	11.3 (55.7%)
267	CZYZ Wojciech	2331		M-40	98	00:48:56	01:12:38	01:52:28.45	+00:50:01 (44.5%)	5:19	11.3 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
268	SEROCKI Michał	2199		M-30	102	00:51:40	01:15:21	01:52:29.70	+00:50:02 (44.5%)	5:19	11.3 (55.7%)
269	GAŁECZKA Paweł	2695	HURAGAN LIGOTA	M-40	99	00:50:05	01:14:05	01:52:29.95	+00:50:02 (44.5%)	5:19	11.3 (55.7%)
270	MARKOWICZ Mateusz	2471	BOJKÓW BIEGA	M-30	103	00:52:38	01:17:16	01:52:30.15	+00:50:03 (44.5%)	5:19	11.3 (55.7%)
271	BUDNY Kamil	2355		M-30	104	00:52:07	01:15:26	01:52:30.40	+00:50:03 (44.5%)	5:19	11.3 (55.7%)
272	PRADELA Mariusz	2092	DHL RUN CLUB	M-40	100	00:51:01	01:14:39	01:52:48.35	+00:50:21 (44.6%)	5:20	11.2 (55.2%)
273	KOŁODZIEJCZYK Bartek	2804		M-40	101	00:53:19	01:16:43	01:52:49.35	+00:50:22 (44.6%)	5:20	11.2 (55.2%)
274	SMOLEC Wojciech	2681		M-20	15	00:49:56	01:13:55	01:53:03.45	+00:50:36 (44.8%)	5:21	11.2 (55.2%)
275	BESALA Bogdan	2830		M-60	3	00:52:37	01:16:09	01:53:03.95	+00:50:36 (44.8%)	5:21	11.2 (55.2%)
276	CHWAŁEK Piotr	2683	ZABIEGANI W KIELCACH	M-50	34	00:51:47	01:15:37	01:53:05.70	+00:50:38 (44.8%)	5:21	11.2 (55.2%)
277	ZAJDEL Dariusz	2067	ZAWADZKIE BIEGNIE	M-60	4		01:16:46	01:53:07.00	+00:50:40 (44.8%)	5:21	11.2 (55.2%)
278	TRĄBAŁA Adam	2545		M-40	102	00:50:56	01:15:21	01:53:15.30	+00:50:48 (44.9%)	5:22	11.2 (55.2%)
279	NIKODON Paweł	2046	NIKODON DREAM TEAM	M-40	103	00:49:02	01:12:52	01:53:15.85	+00:50:48 (44.9%)	5:22	11.2 (55.2%)
280	DOMAŃSKI Marcin	2038	RUNNINGFISH74	M-40	104	00:52:31	01:16:06	01:53:20.00	+00:50:53 (44.9%)	5:22	11.2 (55.2%)
281	BODYCH Maciej	2667		M-40	105	00:51:14	01:15:06	01:53:24.25	+00:50:57 (44.9%)	5:22	11.2 (55.2%)
282	HELLWIG Adam	2658		M-40	106	00:51:40	01:15:10	01:53:25.30	+00:50:58 (44.9%)	5:22	11.2 (55.2%)
283	NIEWIADOMSKI Marek	2511	CROSS KRAPKOWICE	M-30	105	00:50:04	01:13:48	01:53:27.20	+00:51:00 (45.0%)	5:22	11.2 (55.2%)
284	JERUSZKA Paweł	2325		M-40	107	00:50:31	01:14:04	01:53:28.30	+00:51:01 (45.0%)	5:22	11.2 (55.2%)
285	PRZYŁĘCKA-HUSSAR Agnieszka	2775	BDB TEAM	K-30	7	00:50:43	01:14:47	01:53:30.60	+00:51:03 (45.0%)	5:22	11.2 (55.2%)
286	ŻMIJEWSKI Dariusz	2221	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	35	00:50:27	01:13:50	01:53:36.80	+00:51:09 (45.0%)	5:23	11.1 (54.7%)
287	SEMIK Jakub	2157		M-30	106	00:52:24	01:16:34	01:53:37.70	+00:51:10 (45.0%)	5:23	11.1 (54.7%)
288	BROZYNA Magdalena	2784	CO JA TU ROBIE?	K-30	8	00:52:47	01:15:58	01:53:39.10	+00:51:12 (45.1%)	5:23	11.1 (54.7%)
289	GMEREK Piotr	2617		M-30	107	00:48:34	01:12:24	01:53:40.25	+00:51:13 (45.1%)	5:23	11.1 (54.7%)
290	ANTOSZ Wojciech	2716		M-30	108	00:52:27	01:15:57	01:53:40.60	+00:51:13 (45.1%)	5:23	11.1 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
291	CZORNYJ Mateusz	2557	LECYMY DURŚ	M-30	109	00:52:11	01:16:14	01:53:43.90	+00:51:16 (45.1%)	5:23	11.1 (54.7%)
292	FAŁEK Krzysztof	2573	ŁAMIGNATY	M-40	108	00:51:23	01:15:10	01:53:50.85	+00:51:23 (45.1%)	5:23	11.1 (54.7%)
293	ZAMORA Marek	2052		M-50	36	00:52:56	01:16:59	01:53:52.55	+00:51:25 (45.2%)	5:23	11.1 (54.7%)
294	CZERWONKO Jakub	2627	#MYJUZSWOJEZROBILI	M-40	109	00:52:31	01:16:44	01:53:52.65	+00:51:25 (45.2%)	5:23	11.1 (54.7%)
295	POGORZELSKI Kamil	2117		M-20	16	00:52:35	01:16:45	01:53:53.40	+00:51:26 (45.2%)	5:23	11.1 (54.7%)
296	WEGNER Tomasz	2786	LECYMY DURŚ	M-40	110	00:50:04	01:13:35	01:53:54.10	+00:51:27 (45.2%)	5:23	11.1 (54.7%)
296	LIBISZ Marcin	2591		M-30	110	00:51:08	01:14:48	01:53:54.10	+00:51:27 (45.2%)	5:23	11.1 (54.7%)
298	NIGRINI Beata	2210		K-40	9	00:52:42	01:16:51	01:53:57.95	+00:51:30 (45.2%)	5:24	11.1 (54.7%)
299	RÓŻAŃSKI Tomasz	2378		M-40	111	00:50:40	01:14:16	01:54:01.15	+00:51:34 (45.2%)	5:24	11.1 (54.7%)
300	FRAĆ Dariusz	2476	BANDA Z POŁUDNIA	M-40	112	00:50:09	01:13:33	01:54:01.45	+00:51:34 (45.2%)	5:24	11.1 (54.7%)
301	IMIOŁCZYK Tomasz	2524	KOMANDOS	M-40	113	00:52:44	01:16:43	01:54:02.95	+00:51:35 (45.2%)	5:24	11.1 (54.7%)
302	MANDOK Bogdan	2422		M-40	114	00:49:11	01:13:42	01:54:09.40	+00:51:42 (45.3%)	5:24	11.1 (54.7%)
303	KOŁODZIEJ Dariusz	2805	W POGONI ZA DUCHEM	M-40	115	00:52:42	01:16:45	01:54:17.10	+00:51:50 (45.4%)	5:24	11.1 (54.7%)
304	WAWRZAK Ryszard	2612	RYSZARD RUN- PACEMAKER	M-40	116	00:52:42	01:16:46	01:54:17.25	+00:51:50 (45.4%)	5:24	11.1 (54.7%)
305	GOLA Daniel	2729	DO GÓRY NOGAMI	M-30	111	00:49:38	01:13:44	01:54:18.00	+00:51:51 (45.4%)	5:25	11.1 (54.7%)
306	RACZEK Wojciech	2441		M-40	117	00:49:26	01:13:41	01:54:19.50	+00:51:52 (45.4%)	5:25	11.1 (54.7%)
307	DOBOSZ Krzysztof	2119	AKMB PĘDZIWIATR GLIWICE	M-50	37	00:51:14	01:14:21	01:54:25.00	+00:51:58 (45.4%)	5:25	11.1 (54.7%)
308	RYSZCZYK Adam	2430	RUN2BFREE	M-40	118	00:54:02	01:18:20	01:54:26.65	+00:51:59 (45.4%)	5:25	11.1 (54.7%)
309	ORZECHOWSKI Marek	2003		M-30	112	00:51:41	01:14:58	01:54:29.75	+00:52:02 (45.5%)	5:25	11.1 (54.7%)
310	WARDEJN Sonia	2678	STG GLIWICE	K-20	2	00:52:15	01:16:31	01:54:33.55	+00:52:06 (45.5%)	5:25	11.1 (54.7%)
311	SZTELIGA Tomasz	2656		M-50	38	00:51:44	01:15:58	01:54:38.00	+00:52:11 (45.5%)	5:25	11 (54.2%)
312	LISEWSKI Bartłomiej	2382	...	M-40	119	00:52:34	01:16:38	01:54:45.25	+00:52:18 (45.6%)	5:26	11 (54.2%)
313	ZIELONKA Tomasz	2615	DESIGNBAY	M-20	17	00:52:12	01:16:37	01:54:46.75	+00:52:19 (45.6%)	5:26	11 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
314	MADEJ Marek	2384	KĘCKIE HARPAGANY	M-30	113	00:53:11	01:17:21	01:54:56.50	+00:52:29 (45.7%)	5:26	11 (54.2%)
315	SCHAB Bartłomiej	2185		M-30	114	00:51:03	01:15:32	01:54:59.05	+00:52:32 (45.7%)	5:26	11 (54.2%)
316	BABIS Izabela	2807	DEVINITI	K-30	9	00:53:15	01:17:23	01:54:59.25	+00:52:32 (45.7%)	5:26	11 (54.2%)
317	MACHATA Jacek	2797		M-40	120	00:53:17	01:17:24	01:55:01.40	+00:52:34 (45.7%)	5:27	11 (54.2%)
318	SZYDŁOWSKI Waldemar	2212	BIEGNĘ BYLE DOBIEĆ	M-40	121	00:50:18	01:14:04	01:55:04.60	+00:52:37 (45.7%)	5:27	11 (54.2%)
319	CZAJKA Roman	2264	POLISH RUNNERS SQUAD	M-40	122	00:52:17	01:16:42	01:55:10.90	+00:52:43 (45.8%)	5:27	11 (54.2%)
320	GRACH Aleksandra	2066		K-40	10	00:51:56	01:16:32	01:55:17.60	+00:52:50 (45.8%)	5:27	11 (54.2%)
321	GOLA Karolina	2020		K-30	10	00:52:08	01:16:08	01:55:19.70	+00:52:52 (45.9%)	5:27	11 (54.2%)
322	BARTOSZEWSKI Dariusz	2774	SCHUMACHER	M-30	115	00:49:13	01:13:49	01:55:21.60	+00:52:54 (45.9%)	5:28	11 (54.2%)
323	CIELOCH Tomasz	2832		M-20	18	00:41:47	01:06:00	01:55:22.15	+00:52:55 (45.9%)	5:28	11 (54.2%)
324	IGNACY Denis	2287		M-30	116	00:52:43	01:16:48	01:55:33.80	+00:53:06 (46.0%)	5:28	11 (54.2%)
325	MAŃKA Marcin	2013		M-30	117	00:52:18	01:16:40	01:55:35.05	+00:53:08 (46.0%)	5:28	11 (54.2%)
326	SZCZYRBA Marcin	2632		M-40	123	00:50:45	01:15:12	01:55:36.90	+00:53:09 (46.0%)	5:28	11 (54.2%)
327	STASICZEK Stanisław	2698		M-40	124	00:50:58	01:15:29	01:55:38.05	+00:53:11 (46.0%)	5:28	10.9 (53.7%)
328	WOJEWÓDKA Zofia	2389	BRYGADA RR (RAZEM RAŻNIEJ)	K-30	11	00:51:38	01:16:51	01:55:41.05	+00:53:14 (46.0%)	5:28	10.9 (53.7%)
329	GRYGIEREK Jarosław	2227		M-40	125	00:53:17	01:17:21	01:55:44.10	+00:53:17 (46.0%)	5:29	10.9 (53.7%)
330	ZIELONKA Jacek	2618	PSOFIX	M-40	126	00:54:39	01:18:28	01:55:48.75	+00:53:21 (46.1%)	5:29	10.9 (53.7%)
331	SKIBA Łukasz	2443	EASYRUN RACIBÓRZ	M-40	127	00:52:01	01:16:11	01:55:59.45	+00:53:32 (46.2%)	5:29	10.9 (53.7%)
332	CHRÓSZCZ Klaudia	2570	CHWALISZ CZY NIE CHWALISZ-LOTEJ Z NAMI	K-30	12	00:51:34	01:16:06	01:56:02.80	+00:53:35 (46.2%)	5:29	10.9 (53.7%)
333	PLUSZKE Paweł	2605		M-30	118	00:49:19	01:12:11	01:56:03.85	+00:53:36 (46.2%)	5:30	10.9 (53.7%)
334	WRÓBLEWSKI Mateusz	2691		M-30	119	00:52:27	01:19:05	01:56:06.10	+00:53:39 (46.2%)	5:30	10.9 (53.7%)
335	IGNACZAK Robert	2498		M-40	128	00:51:08	01:15:35	01:56:08.00	+00:53:41 (46.2%)	5:30	10.9 (53.7%)
336	BIEGALSKI Piotr	2823		M-30	120	00:52:08	01:16:10	01:56:09.55	+00:53:42 (46.2%)	5:30	10.9 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
337	BANASIK Dawid	2814		M-20	19	00:52:43	01:16:54	01:56:14.65	+00:53:47 (46.3%)	5:30	10.9 (53.7%)
338	GORAUS Karol	2576	TSH TEAM	M-30	121	00:52:39	01:16:55	01:56:16.50	+00:53:49 (46.3%)	5:30	10.9 (53.7%)
339	ZALESKI Arkadiusz	2082		M-50	39	00:52:10	01:16:44	01:56:25.95	+00:53:58 (46.4%)	5:31	10.9 (53.7%)
340	ŁĄCZKOWSKI Dawid	2291	ALURON CMC WARTA ZAWIERCIE	M-40	129	00:52:34	01:16:45	01:56:30.65	+00:54:03 (46.4%)	5:31	10.9 (53.7%)
341	SZWAJNOCH Piotr	2809		M-40	130	00:53:02	01:17:05	01:56:33.80	+00:54:06 (46.4%)	5:31	10.9 (53.7%)
342	DOBOSZ Daniel	2676	MOCNA EKIPA	M-40	131	00:51:13	01:16:26	01:56:49.60	+00:54:22 (46.5%)	5:32	10.8 (53.2%)
343	RYZIŃSKA Aneta	2174		K-40	11	00:51:56	01:17:02	01:56:51.65	+00:54:24 (46.6%)	5:32	10.8 (53.2%)
344	SMUDA Andrzej	2123	AKMB PĘDZIWIATR GLIWICE	M-40	132	00:50:16	01:14:38	01:56:53.45	+00:54:26 (46.6%)	5:32	10.8 (53.2%)
345	TOMALA Adam	2710		M-30	122	00:50:55	01:15:54	01:56:54.15	+00:54:27 (46.6%)	5:32	10.8 (53.2%)
346	LUDWIG Dawid	2733		M-30	123	00:54:42	01:19:15	01:56:56.40	+00:54:29 (46.6%)	5:32	10.8 (53.2%)
347	SZOŁTYSIK Bartosz	2489	LECYMY DURŚ	M-40	133	00:53:28	01:17:32	01:56:58.60	+00:54:31 (46.6%)	5:32	10.8 (53.2%)
348	ORLIK Jerzy	2116		M-60	5	00:53:54	01:18:23	01:57:06.65	+00:54:39 (46.7%)	5:32	10.8 (53.2%)
349	BANASZAK Marcin	2592		M-40	134	00:53:51	01:18:23	01:57:09.50	+00:54:42 (46.7%)	5:33	10.8 (53.2%)
350	GRONDYS Andrzej	2007	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	135	00:50:43	01:15:10	01:57:13.50	+00:54:46 (46.7%)	5:33	10.8 (53.2%)
351	ŁYCZBA Bogusław	2731		M-60	6	00:52:38	01:17:41	01:57:16.80	+00:54:49 (46.8%)	5:33	10.8 (53.2%)
352	NIESZWIC Terencjusz	2794	DZIAŁAMY SOBIE	M-20	20	00:49:30	01:12:44	01:57:19.15	+00:54:52 (46.8%)	5:33	10.8 (53.2%)
353	SEREDA Maciej	2565		M-20	21	00:53:47	01:18:35	01:57:22.50	+00:54:55 (46.8%)	5:33	10.8 (53.2%)
354	ZAWISZA Michał	2831		M-30	124	00:56:00	01:19:58	01:57:25.20	+00:54:58 (46.8%)	5:33	10.8 (53.2%)
355	ZGRZENDEK Maciej	2411	ING	M-30	125	00:52:24	01:17:01	01:57:32.20	+00:55:05 (46.9%)	5:34	10.8 (53.2%)
356	SOWIŃSKI Krzysztof	2247	BDB TEAM	M-30	126	00:50:21	01:13:34	01:57:33.90	+00:55:06 (46.9%)	5:34	10.8 (53.2%)
357	ANDRZEJEWSKI Martin	2730		M-30	127	00:55:57	01:21:30	01:57:34.05	+00:55:07 (46.9%)	5:34	10.8 (53.2%)
358	POKS Paweł	2257		M-20	22	00:55:43	01:20:15	01:57:34.90	+00:55:07 (46.9%)	5:34	10.8 (53.2%)
359	MICHALIK Piotr	2829	HDC	M-40	136	00:52:24	01:17:29	01:57:38.15	+00:55:11 (46.9%)	5:34	10.8 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
360	PASTERNAK Zbigniew	2315	STELLANTIS ACTIVE TEAM	M-50	40	00:53:23	01:17:47	01:57:41.55	+00:55:14 (46.9%)	5:34	10.8 (53.2%)
361	POPIEL-KRUK Aleksandra	2844		K-40	12	00:55:31	01:20:09	01:57:46.05	+00:55:19 (47.0%)	5:34	10.8 (53.2%)
362	CYGAN Tomasz	2140		M-40	137	00:52:13	01:16:40	01:57:46.80	+00:55:19 (47.0%)	5:34	10.8 (53.2%)
363	POŁAP Mariusz	2727	NGK RUNNING TEAM	M-40	138	00:49:58	01:16:05	01:57:47.65	+00:55:20 (47.0%)	5:34	10.7 (52.7%)
364	PETRYNA Bartosz	2318	FLUOR	M-40	139	00:49:38	01:13:21	01:57:49.75	+00:55:22 (47.0%)	5:35	10.7 (52.7%)
365	PIETRUCZUK Armin	2741		M-20	23	00:48:30	01:14:45	01:57:59.70	+00:55:32 (47.1%)	5:35	10.7 (52.7%)
366	DUSIŃSKA Justyna	2634		K-40	13	00:51:59	01:17:35	01:58:14.20	+00:55:47 (47.2%)	5:36	10.7 (52.7%)
367	KOMÓR Kinga	2682		K-20	3	00:52:17	01:16:36	01:58:15.25	+00:55:48 (47.2%)	5:36	10.7 (52.7%)
368	PRZESTALSKI Marian	2847	REAL ZALESIE	M-30	128	00:51:22	01:16:50	01:58:19.60	+00:55:52 (47.2%)	5:36	10.7 (52.7%)
369	KOWALCZYK Kasia	2077		K-30	13	00:52:41	01:18:04	01:58:27.20	+00:56:00 (47.3%)	5:36	10.7 (52.7%)
370	BEDNAREK Krzysztof	2732		M-30	129	00:53:19	01:18:19	01:58:27.65	+00:56:00 (47.3%)	5:36	10.7 (52.7%)
371	KOWALCZYK Jordan	2088		M-30	130	00:52:40	01:18:04	01:58:28.70	+00:56:01 (47.3%)	5:36	10.7 (52.7%)
372	NEJMAN Mateusz	2537		M-30	131	00:56:26	01:21:11	01:58:29.50	+00:56:02 (47.3%)	5:36	10.7 (52.7%)
373	KOŚCIAŃSKI Oskar	2692		M-20	24	00:53:55	01:19:12	01:58:33.35	+00:56:06 (47.3%)	5:37	10.7 (52.7%)
374	ANIOŁ Bogusław	2427	SPRYTNA BANIA SPONTAN TEAM	M-40	140	00:54:01	01:18:48	01:58:37.30	+00:56:10 (47.4%)	5:37	10.7 (52.7%)
375	ROSADA Zdzisław	2081	PORUSZENI - AKTYWNI Z SOŚNICY	M-60	7	00:55:26	01:19:41	01:58:37.35	+00:56:10 (47.4%)	5:37	10.7 (52.7%)
376	FLAK Mateusz	2416		M-20	25		01:15:50	01:58:41.00	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
377	WÓJCIK Tomasz	2773	FDG SA	M-30	132	00:52:56	01:17:24	01:58:41.15	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
378	GIERAS Mirosław	2192		M-40	141	00:54:37	01:19:42	01:58:41.50	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
379	SZYMAŃSKI Krzysztof	2147		M-30	133	00:50:05	01:14:40	01:58:42.05	+00:56:15 (47.4%)	5:37	10.7 (52.7%)
380	KULA Radosław	2348		M-40	142	00:54:03	01:19:02	01:58:42.80	+00:56:15 (47.4%)	5:37	10.7 (52.7%)
381	MOTULEWICZ Jakub	2534		M-20	26	00:55:07	01:20:40	01:58:43.35	+00:56:16 (47.4%)	5:37	10.7 (52.7%)
382	ZYSK Dariusz	2608		M-40	143	00:52:51	01:17:33	01:58:49.90	+00:56:22 (47.4%)	5:37	10.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
383	GRABOŚ Karolina	2819		K-20	4	00:53:00	01:18:00	01:58:50.95	+00:56:23 (47.5%)	5:37	10.7 (52.7%)
384	MEOSSI Alessandro	2320	ZŁOTA MARKA	M-20	27	00:50:42	01:16:00	01:59:04.15	+00:56:37 (47.6%)	5:38	10.6 (52.2%)
385	MAZGAJSKA Monika	2616		K-30	14	00:53:18	01:18:42	01:59:04.25	+00:56:37 (47.6%)	5:38	10.6 (52.2%)
386	UKLEJA Michał	2433		M-40	144	00:52:53	01:17:38	01:59:16.75	+00:56:49 (47.6%)	5:39	10.6 (52.2%)
387	MAZGAJSKI Mateusz	2655		M-30	134	00:53:19	01:18:43	01:59:21.30	+00:56:54 (47.7%)	5:39	10.6 (52.2%)
388	SIESZPOWSKI Tomasz	2343		M-30	135	00:52:53	01:17:54	01:59:30.95	+00:57:03 (47.7%)	5:39	10.6 (52.2%)
389	PĘDOWSKA Bożena	2391		K-50	3	00:55:13	01:20:30	01:59:31.15	+00:57:04 (47.7%)	5:39	10.6 (52.2%)
390	SIDORSKI Robert	2062	STELLANTIS ACTIVE TEAM	M-40	145	00:52:54	01:17:55	01:59:35.30	+00:57:08 (47.8%)	5:40	10.6 (52.2%)
391	ĆWIKŁA Michał	2323	FLUOR	M-20	28	00:52:17	01:17:12	01:59:40.90	+00:57:13 (47.8%)	5:40	10.6 (52.2%)
392	JOP Grzegorz	2764	MEDUZY	M-30	136	00:52:30	01:17:06	01:59:41.25	+00:57:14 (47.8%)	5:40	10.6 (52.2%)
393	HERBUT Karolina	2810	DEVINITI	K-30	15	00:54:48	01:19:48	01:59:41.70	+00:57:14 (47.8%)	5:40	10.6 (52.2%)
394	KĄŁAMARZ Mariusz	2306	CROSSFIT SILESIA	M-40	146	00:51:46	01:17:42	01:59:42.05	+00:57:15 (47.8%)	5:40	10.6 (52.2%)
395	MALINOWSKI Adam	2372		M-40	147	00:55:47	01:20:54	01:59:46.20	+00:57:19 (47.9%)	5:40	10.6 (52.2%)
396	KOZIOŁEK Oliver	2283	OGIEŃ Z DUPY	M-20	29	00:53:08	01:17:47	01:59:48.05	+00:57:21 (47.9%)	5:40	10.6 (52.2%)
397	KOCULA Krzysztof	2079	PARKRUN KĘDZIERZYN-KOŹLE	M-40	148	00:56:17	01:21:03	01:59:51.75	+00:57:24 (47.9%)	5:40	10.6 (52.2%)
398	SZWEDA Piotr	2270		M-30	137	00:55:22	01:20:17	01:59:54.30	+00:57:27 (47.9%)	5:40	10.6 (52.2%)
399	STRZELCZYK Grażyna	2168		K-40	14	00:53:29	01:18:56	01:59:59.80	+00:57:32 (48.0%)	5:41	10.6 (52.2%)
400	ŁUKOMSKI Tomek	2258		M-20	30	00:56:41	01:21:41	02:00:00.55	+00:57:33 (48.0%)	5:41	10.6 (52.2%)
401	BOCZEK Krzysztof	2178	PER ASPERA AD ASTRA	M-50	41	00:53:32	01:18:32	02:00:00.60	+00:57:33 (48.0%)	5:41	10.6 (52.2%)
402	WRÓBLEWSKA Ewa	2049		K-50	4	00:52:21	01:17:44	02:00:06.05	+00:57:39 (48.0%)	5:41	10.5 (51.7%)
403	SZEWCZYK Łukasz	2726	NGK RUNNIG TEAM	M-30	138	00:53:50	01:19:10	02:00:06.65	+00:57:39 (48.0%)	5:41	10.5 (51.7%)
404	MICHALAK Grzegorz	2671	TOTALNY AMATOR	M-50	42	00:54:16	01:19:20	02:00:07.20	+00:57:40 (48.0%)	5:41	10.5 (51.7%)
405	STRZESAK Piotr	2418	ZMĘCZENI NA STARCIE DOBIEGNIEW	M-60	8	00:54:30	01:19:30	02:00:08.25	+00:57:41 (48.0%)	5:41	10.5 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
406	CABAJ Paulina	2463		K-30	16	00:53:53	01:19:13	02:00:09.95	+00:57:42 (48.0%)	5:41	10.5 (51.7%)
407	TOKARZ Joanna	2162	LECZMY DURŚ	K-30	17	00:55:11	01:20:39	02:00:16.25	+00:57:49 (48.1%)	5:41	10.5 (51.7%)
408	BORYCZKA Szymon	2771	BORUŚTEAM	M-40	149	00:53:44	01:19:19	02:00:18.60	+00:57:51 (48.1%)	5:42	10.5 (51.7%)
409	SZOŁTYSEK Denis	2547	LEŚNA OSTROPA	M-30	139	00:57:02	01:22:30	02:00:22.05	+00:57:55 (48.1%)	5:42	10.5 (51.7%)
410	MARCINIAK Krzysztof	2156	KS PEREŁECZKI	M-30	140	00:53:21	01:18:07	02:00:30.40	+00:58:03 (48.2%)	5:42	10.5 (51.7%)
411	WEGNER Agnieszka	2785	LECZMY DURŚ	K-40	15	00:55:21	01:20:49	02:00:30.70	+00:58:03 (48.2%)	5:42	10.5 (51.7%)
412	WÓJCIK Jakub	2560	TRIDIVISION TRIATHLON TEAM	M-40	150	00:55:08	01:20:26	02:00:31.15	+00:58:04 (48.2%)	5:42	10.5 (51.7%)
413	PELLE Laszlo	2680		M-50	43	00:53:27	01:18:28	02:00:33.85	+00:58:06 (48.2%)	5:42	10.5 (51.7%)
414	KOCUR Robert	2341	PROMUS KATOWICE	M-50	44	00:52:42	01:18:08	02:00:38.90	+00:58:11 (48.2%)	5:43	10.5 (51.7%)
415	PÓŁTORAK Kamil	2021		M-30	141	00:55:22	01:21:15	02:00:48.20	+00:58:21 (48.3%)	5:43	10.5 (51.7%)
416	DANISZ Małgorzata	2696	HURAGAN LIGOTA	K-40	16	00:54:27	01:20:28	02:00:50.75	+00:58:23 (48.3%)	5:43	10.5 (51.7%)
417	SPIECHOWICZ Andrzej	2620		M-30	142	00:54:27	01:19:21	02:00:51.55	+00:58:24 (48.3%)	5:43	10.5 (51.7%)
418	GANCARCZYK Maciej	2707	SZCOMPER GKW	M-20	31	00:57:47	01:21:32	02:00:52.05	+00:58:25 (48.3%)	5:43	10.5 (51.7%)
419	ZIMNY Ireneusz	2818	EKO-OKNA RUNNERS	M-40	151	00:55:20	01:20:39	02:00:57.05	+00:58:30 (48.4%)	5:43	10.5 (51.7%)
420	KULPIŃSKI Paweł	2614		M-40	152	00:53:22	01:19:49	02:00:59.35	+00:58:32 (48.4%)	5:44	10.5 (51.7%)
421	CIEŚLIK Maciej	2302		M-40	153	00:55:37	01:20:58	02:01:01.25	+00:58:34 (48.4%)	5:44	10.5 (51.7%)
422	MICHAŁEK Grzegorz	2588	GISZOWIEC BIEGA RAZEM	M-50	45	00:51:54	01:17:14	02:01:02.35	+00:58:35 (48.4%)	5:44	10.5 (51.7%)
423	MAREK Wioletta	2697		K-30	18	00:55:20	01:20:56	02:01:04.05	+00:58:37 (48.4%)	5:44	10.5 (51.7%)
424	GAWLIKOWSKA Agnieszka	2414		K-30	19	00:53:15	01:18:54	02:01:11.05	+00:58:44 (48.5%)	5:44	10.4 (51.2%)
425	HEWIG Marek	2690	ING TEAM	M-40	154	00:54:14	01:19:43	02:01:14.45	+00:58:47 (48.5%)	5:44	10.4 (51.2%)
426	GĘBCZYŃSKI Paweł	2112	GO4IT	M-40	155	00:55:25	01:20:45	02:01:14.60	+00:58:47 (48.5%)	5:44	10.4 (51.2%)
427	GÓRNY Piotr	2083	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	46	00:54:12	01:19:23	02:01:15.75	+00:58:48 (48.5%)	5:44	10.4 (51.2%)
428	ERDMANN Robert	2393		M-30	143	00:55:36	01:20:50	02:01:18.25	+00:58:51 (48.5%)	5:44	10.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
429	GRUCHALSKI Jakub	2505	ISTA BIEGAMY	M-30	144	00:55:30	01:20:59	02:01:18.55	+00:58:51 (48.5%)	5:44	10.4 (51.2%)
430	WARZECHA Mariusz	2329	ZEM ŁABĘDY SP. Z O.O.	M-40	156	00:53:34	01:18:08	02:01:21.70	+00:58:54 (48.5%)	5:45	10.4 (51.2%)
431	HAŁUPKA Paweł	2553	LEŚNA OSTROPA	M-30	145	00:57:03	01:22:31	02:01:22.25	+00:58:55 (48.5%)	5:45	10.4 (51.2%)
432	LECIEJEWSKI Mateusz	2635	WITKOWSKI RUNNING TEAM	M-30	146	00:57:03	01:22:31	02:01:22.35	+00:58:55 (48.5%)	5:45	10.4 (51.2%)
433	KWIATKOWSKA Katarzyna	2413	ING	K-50	5	00:53:55	01:20:02	02:01:23.90	+00:58:56 (48.6%)	5:45	10.4 (51.2%)
434	OSIŃSKI Paweł	2008	KS M.E.T.A	M-40	157	00:54:52	01:21:26	02:01:25.25	+00:58:58 (48.6%)	5:45	10.4 (51.2%)
435	ZAPART Marcin	2641		M-30	147	00:55:00	01:20:13	02:01:28.55	+00:59:01 (48.6%)	5:45	10.4 (51.2%)
436	SIKORA Michał	2273		M-40	158	00:52:13	01:17:16	02:01:31.70	+00:59:04 (48.6%)	5:45	10.4 (51.2%)
437	POLKO Adam	2546	POGORIA BIEGA	M-40	159	00:58:52	01:23:44	02:01:33.95	+00:59:06 (48.6%)	5:45	10.4 (51.2%)
438	WENGLORZ Marcin	2093		M-30	148	00:55:40	01:21:11	02:01:35.45	+00:59:08 (48.6%)	5:45	10.4 (51.2%)
439	KRÓLIKOWSKI Robert	2209		M-30	149	00:49:09	01:14:37	02:01:41.35	+00:59:14 (48.7%)	5:46	10.4 (51.2%)
440	GAWRON Konrad	2598		M-20	32	00:51:47	01:16:57	02:01:41.80	+00:59:14 (48.7%)	5:46	10.4 (51.2%)
441	BOJARSKI Marek	2709	WATRA	M-30	150	00:53:23	01:19:32	02:01:43.60	+00:59:16 (48.7%)	5:46	10.4 (51.2%)
442	ŁAKOMSKI Paweł	2281	BOJKÓW BIEGA	M-40	160	00:55:14	01:19:39	02:01:46.95	+00:59:19 (48.7%)	5:46	10.4 (51.2%)
443	GRZYWOCZ Tomasz	2451		M-20	33	00:52:27	01:17:16	02:01:47.35	+00:59:20 (48.7%)	5:46	10.4 (51.2%)
444	POLANECKA Malwina	2479		K-30	20	00:55:56	01:21:21	02:01:50.95	+00:59:23 (48.7%)	5:46	10.4 (51.2%)
445	PRZESTALSKI Kornel	2848	REAL ZALESIE	M-40	161	00:54:41	01:20:09	02:01:55.15	+00:59:28 (48.8%)	5:46	10.4 (51.2%)
446	NAWA Waldemar	2017	PARKRUN KĘDZIERZYN-KOŹLE	M-50	47	00:56:22	01:21:43	02:01:55.75	+00:59:28 (48.8%)	5:46	10.4 (51.2%)
447	WLAZŁOWSKI Rafał	2699		M-30	151	00:54:58	01:20:23	02:02:00.05	+00:59:33 (48.8%)	5:46	10.4 (51.2%)
448	HOŁYŃSKA-URBASIK Karolina	2478	RUN RYDUŁTOWY	K-30	21	00:54:15	01:19:45	02:02:02.95	+00:59:35 (48.8%)	5:47	10.4 (51.2%)
449	BUJALSKI Michał	2755		M-30	152	00:55:29	01:22:05	02:02:09.30	+00:59:42 (48.9%)	5:47	10.4 (51.2%)
450	ŻABICKI Mariusz	2623	TECHNOMEX	M-40	162	00:55:39	01:20:55	02:02:12.00	+00:59:45 (48.9%)	5:47	10.4 (51.2%)
451	STANISZ Marcin	2484	NIGHT RUNNERS PYSKOWICE	M-30	153	00:56:53	01:22:17	02:02:14.20	+00:59:47 (48.9%)	5:47	10.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
452	LEJA Bartosz	2516		M-30	154	00:54:24	01:20:14	02:02:15.60	+00:59:48 (48.9%)	5:47	10.4 (51.2%)
453	WARCHOŁ Paweł	2040	GLORIA RUN	M-30	155	00:56:11	01:21:09	02:02:20.00	+00:59:53 (49.0%)	5:47	10.3 (50.7%)
454	KABAT Radosław	2708	INOWROCŁAW BIEGA	M-20	34	00:55:12	01:21:17	02:02:29.30	+01:00:02 (49.0%)	5:48	10.3 (50.7%)
455	POŻOGA Patryk	2689		M-20	35	00:57:08	01:22:49	02:02:30.90	+01:00:03 (49.0%)	5:48	10.3 (50.7%)
456	CADER Wojciech	2812	LATAJĄCY KLIMZOWIEC	M-50	48	00:55:47	01:21:50	02:02:35.45	+01:00:08 (49.1%)	5:48	10.3 (50.7%)
457	JANIK Kamil	2580		M-30	156	00:53:57	01:20:20	02:02:36.35	+01:00:09 (49.1%)	5:48	10.3 (50.7%)
458	PIÓRKOWSKI Tomasz	2280		M-40	163	00:55:16	01:21:08	02:02:40.25	+01:00:13 (49.1%)	5:48	10.3 (50.7%)
459	KASZUBSKI Andrzej	2269		M-40	164	00:52:43	01:18:42	02:02:43.00	+01:00:16 (49.1%)	5:48	10.3 (50.7%)
460	CZAŚTKIEWICZ Marcin	2002		M-30	157	00:53:12	01:18:13	02:02:45.40	+01:00:18 (49.1%)	5:49	10.3 (50.7%)
461	UJMA Michał	2060	SII RUNNING TEAM	M-30	158	00:56:24	01:22:16	02:02:48.80	+01:00:21 (49.2%)	5:49	10.3 (50.7%)
461	KUBIT Bartłomiej	2738		M-30	159	00:56:24	01:22:16	02:02:48.80	+01:00:21 (49.2%)	5:49	10.3 (50.7%)
463	KOŁODZIEJ Jacek	2319	FLUOR	M-40	165	00:55:30	01:20:57	02:02:59.60	+01:00:32 (49.2%)	5:49	10.3 (50.7%)
464	GŁADKOWSKA Małgorzata	2229		K-30	22	00:54:47	01:20:57	02:03:02.95	+01:00:35 (49.2%)	5:49	10.3 (50.7%)
465	KRAJEWSKI Michał	2769		M-40	166	00:53:21	01:18:33	02:03:03.40	+01:00:36 (49.3%)	5:49	10.3 (50.7%)
466	BERESKA Bartek	2701		M-30	160	00:55:01	01:21:02	02:03:05.90	+01:00:38 (49.3%)	5:50	10.3 (50.7%)
467	PAWLIK Aneta	2523	STG GLIWICE	K-30	23	00:55:15	01:21:32	02:03:06.95	+01:00:39 (49.3%)	5:50	10.3 (50.7%)
468	ZASUN Marcin	2429		M-40	167	00:56:01	01:21:43	02:03:07.95	+01:00:40 (49.3%)	5:50	10.3 (50.7%)
469	COJG Jacek	2757		M-40	168	00:55:28	01:20:23	02:03:10.60	+01:00:43 (49.3%)	5:50	10.3 (50.7%)
470	COJG Mateusz	2421		M-20	36	00:55:28	01:20:22	02:03:10.70	+01:00:43 (49.3%)	5:50	10.3 (50.7%)
471	OLEŚ-ZDECHLIK Beata	2274	MIRAZ RACE TEAM	K-30	24	00:53:47	01:19:42	02:03:11.70	+01:00:44 (49.3%)	5:50	10.3 (50.7%)
472	- -	2825		K-20	5	00:57:05	01:22:43	02:03:22.25	+01:00:55 (49.4%)	5:50	10.3 (50.7%)
473	WOLIŃSKI Piotr	2074	JSB	M-40	169	00:55:33	01:21:42	02:03:27.40	+01:01:00 (49.4%)	5:51	10.3 (50.7%)
474	PAŁUS Bartłomiej	2686		M-20	37	00:56:16	01:22:14	02:03:29.75	+01:01:02 (49.4%)	5:51	10.3 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
475	NEUMANN Piotr	2360		M-30	161	00:56:25	01:21:55	02:03:30.60	+01:01:03 (49.4%)	5:51	10.3 (50.7%)
476	BEŁŻEK Bartłomiej	2721		M-30	162	00:55:28	01:20:58	02:03:36.20	+01:01:09 (49.5%)	5:51	10.2 (50.2%)
477	RYK Łukasz	2793		M-40	170	00:56:09	01:22:11	02:03:36.50	+01:01:09 (49.5%)	5:51	10.2 (50.2%)
478	MĄDRZAK Monika	2838		K-20	6	00:56:27	01:22:13	02:03:38.90	+01:01:11 (49.5%)	5:51	10.2 (50.2%)
479	BĄK-CESARZ Damian	2674		M-40	171	01:00:40	01:26:17	02:03:39.75	+01:01:12 (49.5%)	5:51	10.2 (50.2%)
480	BRZozowska Katarzyna	2542		K-40	17	00:57:06	01:22:57	02:03:41.95	+01:01:14 (49.5%)	5:51	10.2 (50.2%)
481	BONISCH Szymon	2826		M-30	163	00:54:01	01:19:41	02:03:46.20	+01:01:19 (49.5%)	5:51	10.2 (50.2%)
482	KACZOR Rafał	2461	PKO BANK POLSKI	M-40	172	00:56:26	01:22:09	02:03:48.55	+01:01:21 (49.6%)	5:52	10.2 (50.2%)
483	BUCZYŃSKI Radosław	2594	PACEMAKER	M-30	164	00:56:42	01:22:25	02:03:54.45	+01:01:27 (49.6%)	5:52	10.2 (50.2%)
484	GOMOLA Zbigniew	2578	ŁAMIGNATY	M-50	49	00:58:20	01:23:36	02:03:55.30	+01:01:28 (49.6%)	5:52	10.2 (50.2%)
485	ZARZYCKI Robert	2850		M-30	165	00:50:43	01:15:47	02:03:59.30	+01:01:32 (49.6%)	5:52	10.2 (50.2%)
486	PIŁAT Jarosław	2593	PACEMAKER	M-40	173	00:57:07	01:22:55	02:04:09.95	+01:01:42 (49.7%)	5:53	10.2 (50.2%)
487	STĘPIEŃ Wojciech	2589	PACEMAKER	M-40	174	00:56:53	01:22:44	02:04:12.50	+01:01:45 (49.7%)	5:53	10.2 (50.2%)
488	ŚLIWIŃSKA Alicja	2333		K-40	18	00:56:13	01:22:25	02:04:17.50	+01:01:50 (49.8%)	5:53	10.2 (50.2%)
489	KRZYSZKOWSKA Agnieszka	2487	DRUŻYNA ING	K-40	19	00:54:48	01:21:33	02:04:20.45	+01:01:53 (49.8%)	5:53	10.2 (50.2%)
490	GABOR Robert	2063		M-30	166	00:55:11	01:21:27	02:04:20.85	+01:01:53 (49.8%)	5:53	10.2 (50.2%)
491	POSMYK Przemysław	2456		M-40	175	00:56:39	01:22:43	02:04:21.05	+01:01:54 (49.8%)	5:53	10.2 (50.2%)
492	ZYGMAŃSKI Piotr	2108		M-40	176	00:54:31	01:21:09	02:04:25.45	+01:01:58 (49.8%)	5:53	10.2 (50.2%)
493	GAJEWSKI Jacek	2530	KURCZAK I AGATKA	M-50	50	00:56:55	01:23:08	02:04:25.60	+01:01:58 (49.8%)	5:53	10.2 (50.2%)
494	BUFNAL Krzysztof	2155		M-40	177	00:58:19	01:23:53	02:04:30.70	+01:02:03 (49.8%)	5:54	10.2 (50.2%)
495	PIEKARCZYK Katarzyna	2245		K-20	7	00:56:31	01:22:22	02:04:31.85	+01:02:04 (49.9%)	5:54	10.2 (50.2%)
496	SZCZEPANIAK Kamil	2206	BIEGAJ Z NAMI NA STADIONIE ŚLĄSKIM	M-20	38	00:52:47	01:18:21	02:04:34.30	+01:02:07 (49.9%)	5:54	10.2 (50.2%)
497	MATULICZ Damian	2486		M-40	178	00:53:06	01:19:38	02:04:37.65	+01:02:10 (49.9%)	5:54	10.2 (50.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
498	RAJTOR Klaudiusz	2624		M-60	9	00:57:01	01:23:01	02:04:44.80	+01:02:17 (49.9%)	5:54	10.1 (49.8%)
499	MAŁECKI Jacek	2466		M-50	51	00:53:34	01:20:03	02:04:46.40	+01:02:19 (49.9%)	5:54	10.1 (49.8%)
500	ROSIŃSKA Katarzyna	2107	BANDA Z POŁÓDNIA	K-40	20	00:57:25	01:23:32	02:04:50.20	+01:02:23 (50.0%)	5:54	10.1 (49.8%)
501	KACZYŃSKI Marek	2254	MOSTOSTAL ZABRZE UNITED	M-30	167	00:56:39	01:22:39	02:04:50.30	+01:02:23 (50.0%)	5:54	10.1 (49.8%)
502	SKRODZKI Michał	2668	REMONDIS	M-30	168	00:53:02	01:18:33	02:04:52.45	+01:02:25 (50.0%)	5:55	10.1 (49.8%)
503	STANEK Karolina	2047		K-30	25	00:56:36	01:22:57	02:04:54.75	+01:02:27 (50.0%)	5:55	10.1 (49.8%)
504	URBAŃSKI Adam	2512		M-50	52	00:57:37	01:23:21	02:05:07.75	+01:02:40 (50.1%)	5:55	10.1 (49.8%)
505	MAJEWSKA Gizela	2540	NIGHT RUNNERS PYSKOWICE	K-50	6	00:56:00	01:22:36	02:05:15.20	+01:02:48 (50.1%)	5:56	10.1 (49.8%)
506	POLAK Sylwia	2006		K-20	8	00:56:43	01:23:00	02:05:16.30	+01:02:49 (50.1%)	5:56	10.1 (49.8%)
507	KACZYŃSKI Michał	2743		M-30	169	00:55:57	01:21:56	02:05:27.30	+01:03:00 (50.2%)	5:56	10.1 (49.8%)
508	KEMPKIEWICZ Brygida	2613		K-40	21	00:57:00	01:23:17	02:05:32.75	+01:03:05 (50.3%)	5:56	10.1 (49.8%)
509	SROCZYŃSKA Anna	2182		K-40	22	00:57:38	01:24:19	02:05:33.20	+01:03:06 (50.3%)	5:57	10.1 (49.8%)
510	NOWOMIEJSKI Sylwester	2424	AMATOR	M-50	53	00:55:09	01:21:52	02:05:40.00	+01:03:13 (50.3%)	5:57	10.1 (49.8%)
511	GOŁĘBIEWSKI Kazimierz	2004	KEMPER TEAM	M-40	179	00:54:14	01:21:36	02:05:42.75	+01:03:15 (50.3%)	5:57	10.1 (49.8%)
512	MIKOŁAJCZYK Marcin	2507	PKO BANK POLSKI	M-40	180	00:55:52	01:22:21	02:05:45.05	+01:03:18 (50.3%)	5:57	10.1 (49.8%)
513	JACZEWSKI Arkadiusz	2353		M-40	181	00:56:43	01:22:44	02:05:55.60	+01:03:28 (50.4%)	5:58	10.1 (49.8%)
514	BIENIEK Kewin	2301		M-20	39	00:53:58	01:20:54	02:06:01.95	+01:03:34 (50.4%)	5:58	10 (49.3%)
515	BRZUSKA Grzegorz	2346		M-30	170	00:52:31	01:19:05	02:06:15.65	+01:03:48 (50.5%)	5:59	10 (49.3%)
516	TOSZEK Sebastian	2377		M-20	40	00:56:50	01:23:05	02:06:16.05	+01:03:49 (50.5%)	5:59	10 (49.3%)
517	KOZIOŁ Piotr	2072		M-40	182	00:56:06	01:22:00	02:06:33.05	+01:04:06 (50.7%)	5:59	10 (49.3%)
518	MICHAŁSKI Andrzej	2342		M-30	171	00:57:18	01:24:06	02:06:35.20	+01:04:08 (50.7%)	5:59	10 (49.3%)
519	WASIEWICZ Michał	2747		M-30	172	00:57:16	01:23:42	02:06:43.70	+01:04:16 (50.7%)	6:00	10 (49.3%)
520	KOWALCZYK Tomasz	2234	AKMB PĘDZIWIATR GLIWICE	M-40	183	00:55:31	01:21:31	02:06:53.00	+01:04:26 (50.8%)	6:00	10 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
521	ŁOBEJKO Adam	2520		M-30	173	00:55:30	01:21:30	02:06:59.55	+01:04:32 (50.8%)	6:01	10 (49.3%)
522	OCHMAN Klaudia	2550		K-20	9	00:55:30	01:21:30	02:07:01.55	+01:04:34 (50.8%)	6:01	10 (49.3%)
523	KOJ Jakub	2752	MATYLDA TEAM	M-30	174	00:55:28	01:22:04	02:07:02.95	+01:04:35 (50.8%)	6:01	10 (49.3%)
524	KARWOT Leszek	2335		M-40	184	00:57:55	01:24:50	02:07:06.10	+01:04:39 (50.9%)	6:01	10 (49.3%)
525	GĄTARSKI Krzysztof	2781		M-30	175	00:56:57	01:22:54	02:07:07.25	+01:04:40 (50.9%)	6:01	10 (49.3%)
526	ANTCZAK Krzysztof	2436		M-40	185	00:56:59	01:23:49	02:07:09.80	+01:04:42 (50.9%)	6:01	10 (49.3%)
527	FAJKOWSKI Patryk	2327	FLUOR	M-30	176	00:54:58	01:21:42	02:07:12.95	+01:04:45 (50.9%)	6:01	10 (49.3%)
528	WANIEK Zbigniew	2231	THE WANIEKS	M-40	186	00:56:34	01:22:50	02:07:21.35	+01:04:54 (51.0%)	6:02	9.9 (48.8%)
529	WÓJCIK Rafał	2397		M-40	187	00:56:54	01:24:06	02:07:24.70	+01:04:57 (51.0%)	6:02	9.9 (48.8%)
530	DURAK Lukasz	2025		M-40	188	00:56:45	01:22:55	02:07:35.10	+01:05:08 (51.1%)	6:02	9.9 (48.8%)
531	KULCZYK Adam	2600	SAINT GOBAIN SWISSPACER	M-40	189	00:56:28	01:22:53	02:07:37.40	+01:05:10 (51.1%)	6:02	9.9 (48.8%)
532	MORAWSKI Szymon	2579		M-30	177		01:24:34	02:07:38.40	+01:05:11 (51.1%)	6:02	9.9 (48.8%)
533	NOWICKA Karolina	2328	FLUOR	K-30	26	00:57:04	01:23:10	02:07:40.65	+01:05:13 (51.1%)	6:03	9.9 (48.8%)
534	MATUSZNY Barbara	2097		K-50	7	00:54:26	01:21:50	02:07:41.60	+01:05:14 (51.1%)	6:03	9.9 (48.8%)
535	KUZMYNSKA Kate	2321	ZŁOTA MARKA	K-30	27	00:56:49	01:23:11	02:07:46.05	+01:05:19 (51.1%)	6:03	9.9 (48.8%)
536	SZWARCZYŃSKI Jakub	2561		M-30	178	00:57:25	01:23:55	02:07:51.85	+01:05:24 (51.2%)	6:03	9.9 (48.8%)
537	GOŁKOWSKI Radosław	2780		M-30	179	00:56:14	01:23:40	02:08:05.05	+01:05:38 (51.2%)	6:04	9.9 (48.8%)
538	KOWALEWSKI Krzysztof	2184	WIECZORNE BIEGANIE W OPOLU	M-30	180	00:54:14	01:21:38	02:08:26.00	+01:05:59 (51.4%)	6:05	9.9 (48.8%)
539	BUKOWSKA Magdalena	2091		K-30	28	01:00:07	01:26:54	02:08:28.80	+01:06:01 (51.4%)	6:05	9.9 (48.8%)
540	ŚRUTWA Zbigniew	2090		M-50	54	00:57:52	01:24:23	02:08:43.30	+01:06:16 (51.5%)	6:06	9.8 (48.3%)
541	LACHOWICZ Izabela	2568	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	29	00:56:22	01:23:55	02:08:52.65	+01:06:25 (51.5%)	6:06	9.8 (48.3%)
542	GABRUŚ Iwona	2386	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-50	8	00:56:23	01:23:55	02:08:53.25	+01:06:26 (51.5%)	6:06	9.8 (48.3%)
543	MICHOŃ Maciej	2664	-	M-20	41	00:58:10	01:24:32	02:08:56.85	+01:06:29 (51.6%)	6:06	9.8 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
544	GRUSZCZYŃSKI Bogusław	2256		M-60	10	00:57:23	01:23:53	02:09:00.35	+01:06:33 (51.6%)	6:06	9.8 (48.3%)
545	MALINIECKI Daniel	2688	NIE LUBIĘ BIEGAĆ	M-50	55	00:59:13	01:26:42	02:09:14.20	+01:06:47 (51.7%)	6:07	9.8 (48.3%)
546	CIMPRICHOVÁ Jana	2459	ŠENOV	K-40	23	00:57:09	01:24:11	02:09:15.00	+01:06:48 (51.7%)	6:07	9.8 (48.3%)
547	BOHN Mariusz	2506	PIEKARY ŚLĄSKIE	M-50	56	00:55:00	01:21:48	02:09:31.80	+01:07:04 (51.8%)	6:08	9.8 (48.3%)
548	BĄK Katarzyna	2779		K-40	24	00:57:31	01:24:15	02:09:49.55	+01:07:22 (51.9%)	6:09	9.8 (48.3%)
549	GÓRECKI Janusz	2109		M-50	57	00:56:53	01:24:24	02:09:59.75	+01:07:32 (52.0%)	6:09	9.7 (47.8%)
550	MRZYGLÓD Robert	2057		M-30	181	00:57:22	01:24:22	02:10:07.40	+01:07:40 (52.0%)	6:10	9.7 (47.8%)
551	SZUBA Czesław	2628		M-60	11	00:58:59	01:26:35	02:10:07.80	+01:07:40 (52.0%)	6:10	9.7 (47.8%)
552	KOWALIK Karolina	2403		K-30	30	00:57:27	01:24:32	02:10:10.25	+01:07:43 (52.0%)	6:10	9.7 (47.8%)
553	TOMSIA Łukasz	2679		M-40	190	00:57:27	01:24:33	02:10:11.10	+01:07:44 (52.0%)	6:10	9.7 (47.8%)
554	PIEKARCZYK Dawid	2125		M-30	182	00:55:39	01:22:36	02:10:12.25	+01:07:45 (52.0%)	6:10	9.7 (47.8%)
555	STAWSKA Joanna	2265	BIEGAJ Z TRENERAMI	K-50	9	00:59:29	01:26:59	02:10:15.35	+01:07:48 (52.1%)	6:10	9.7 (47.8%)
556	SOKOŁOWSKI Krzysztof	2138		M-30	183	00:56:58	01:22:51	02:10:15.40	+01:07:48 (52.1%)	6:10	9.7 (47.8%)
557	KLIKS Kazimierz	2189		M-60	12	00:56:40	01:24:44	02:10:38.05	+01:08:11 (52.2%)	6:11	9.7 (47.8%)
558	SKĘCZEK Arkadiusz	2061	POWOLI DO CELU	M-40	191	00:56:19	01:24:39	02:10:41.70	+01:08:14 (52.2%)	6:11	9.7 (47.8%)
559	MICHALSKI Marek	2261		M-40	192	00:56:21	01:24:40	02:10:42.80	+01:08:15 (52.2%)	6:11	9.7 (47.8%)
560	PALIK Jakub	2359		M-30	184	00:58:23	01:25:23	02:10:49.80	+01:08:22 (52.3%)	6:11	9.7 (47.8%)
561	MYRCIK Bernard	2186		M-50	58	00:56:01	01:23:56	02:10:51.00	+01:08:24 (52.3%)	6:12	9.7 (47.8%)
562	WAŻNY Wojciech	2412	ING TEAM	M-40	193	00:57:52	01:25:34	02:10:54.10	+01:08:27 (52.3%)	6:12	9.7 (47.8%)
563	FLISIAK Jakub	2533	PKO BANK POLSKI	M-30	185	00:55:54	01:24:40	02:10:59.40	+01:08:32 (52.3%)	6:12	9.7 (47.8%)
564	SOBANIA Rafał	2508		M-40	194	00:55:47	01:22:59	02:11:10.00	+01:08:43 (52.4%)	6:12	9.7 (47.8%)
565	WILCZEK Małgorzata	2279		K-30	31	01:00:40	01:28:05	02:11:10.75	+01:08:43 (52.4%)	6:12	9.7 (47.8%)
566	SZYMAŃSKA Magdalena	2791	MIRAZ RAZE TEAM	K-30	32	00:59:35	01:27:33	02:11:14.50	+01:08:47 (52.4%)	6:13	9.6 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
567	URBAN-MISZTALSKA Aleksandra	2037	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-40	25	00:56:10	01:23:49	02:11:26.20	+01:08:59 (52.5%)	6:13	9.6 (47.3%)
568	KULCZYK Anna	2480		K-40	26	00:58:02	01:25:37	02:11:28.30	+01:09:01 (52.5%)	6:13	9.6 (47.3%)
569	LEPIARCZYK Anna	2275	MOSTOSTAL ZABRZE UNITED	K-30	33	00:57:49	01:24:34	02:11:33.00	+01:09:06 (52.5%)	6:14	9.6 (47.3%)
570	PIKOŃ Krzysztof	2821		M-50	59	00:52:50	01:18:55	02:11:43.50	+01:09:16 (52.6%)	6:14	9.6 (47.3%)
571	POMORSKI Przemysław	2260		M-40	195	01:00:55	01:26:37	02:11:45.40	+01:09:18 (52.6%)	6:14	9.6 (47.3%)
572	WOJTOWICZ Karolina	2419	MADIZAR SISTERS	K-40	27	00:57:27	01:25:22	02:11:46.40	+01:09:19 (52.6%)	6:14	9.6 (47.3%)
573	CIEŚLA Arkadiusz	2722	BIEGAMY Z SERCEM	M-40	196	00:56:55	01:24:05	02:11:46.60	+01:09:19 (52.6%)	6:14	9.6 (47.3%)
574	LENCZYK Mariusz	2749		M-20	42	00:55:22	01:23:14	02:11:58.50	+01:09:31 (52.7%)	6:15	9.6 (47.3%)
575	GAWEŁ Artur	2501	LECYMY DURŚ	M-30	186	00:56:30	01:23:19	02:11:59.90	+01:09:32 (52.7%)	6:15	9.6 (47.3%)
576	SKOWROŃSKI Michał	2330	AKADEMICKI KLUB TURYSTYCZNY WATRA	M-20	43	00:58:35	01:25:53	02:12:02.15	+01:09:35 (52.7%)	6:15	9.6 (47.3%)
577	PODOLAK Alfred	2290		M-60	13	01:00:13	01:28:22	02:12:04.20	+01:09:37 (52.7%)	6:15	9.6 (47.3%)
578	WOJTUKIEWICZ Kamila	2135		K-30	34	01:01:35	01:29:19	02:12:09.20	+01:09:42 (52.7%)	6:15	9.6 (47.3%)
579	JANIEC Witold	2522		M-50	60	00:54:16	01:23:26	02:12:17.90	+01:09:50 (52.8%)	6:16	9.6 (47.3%)
580	DITTMANN Robert	2122		M-20	44	00:59:42	01:28:36	02:12:20.90	+01:09:53 (52.8%)	6:16	9.6 (47.3%)
581	CHOJKOWSKI Michał	2249		M-40	197	00:59:26	01:27:12	02:12:25.15	+01:09:58 (52.8%)	6:16	9.6 (47.3%)
582	PODOLSKI Bartłomiej	2364	SPARTAN TEAM	M-40	198	00:56:48	01:25:41	02:12:41.75	+01:10:14 (52.9%)	6:17	9.5 (46.8%)
583	WANIEK Sara	2756		K-30	35	00:59:39	01:28:12	02:12:45.20	+01:10:18 (53.0%)	6:17	9.5 (46.8%)
584	BIERNAT Tomisław	2449	TS RUNNERS	M-20	45	00:58:25	01:25:36	02:12:48.85	+01:10:21 (53.0%)	6:17	9.5 (46.8%)
585	KOBA STASIAK Urszula	2490	LECYMY DURŚ	K-30	36	00:58:35	01:26:49	02:13:12.15	+01:10:45 (53.1%)	6:18	9.5 (46.8%)
586	PRACKA Danuta	2159		K-30	37	00:56:45	01:25:17	02:13:16.35	+01:10:49 (53.1%)	6:18	9.5 (46.8%)
587	GUMUŁKA Joanna	2491	LECYMY DURŚ	K-30	38	00:56:27	01:23:16	02:13:16.80	+01:10:49 (53.1%)	6:18	9.5 (46.8%)
588	JOCHER Marcin	2187		M-30	187	01:02:23	01:30:47	02:13:27.00	+01:11:00 (53.2%)	6:19	9.5 (46.8%)
589	WOJTKOWIAK Piotr	2566		M-40	199	00:58:32	01:26:00	02:13:30.10	+01:11:03 (53.2%)	6:19	9.5 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
590	PEPLIŃSKI Jakub	2474	KB ORŁY Z KNUROWA	M-30	188	01:01:48	01:29:33	02:13:31.30	+01:11:04 (53.2%)	6:19	9.5 (46.8%)
591	PAWŁUSZEK Agnieszka	2285	TUR-BORÓWKA	K-40	28	00:59:27	01:28:33	02:13:37.05	+01:11:10 (53.3%)	6:19	9.5 (46.8%)
592	KOZAK Jakub	2509		M-40	200	01:02:12	01:30:21	02:13:42.45	+01:11:15 (53.3%)	6:20	9.5 (46.8%)
593	KOWALCZYK Anna	2296		K-40	29	01:02:29	01:30:12	02:13:45.20	+01:11:18 (53.3%)	6:20	9.5 (46.8%)
594	BUSZKA Tomasz	2094		M-50	61	00:59:36	01:26:42	02:13:52.50	+01:11:25 (53.4%)	6:20	9.5 (46.8%)
595	KOSNO Łukasz	2026		M-30	189	00:59:14	01:26:49	02:13:54.80	+01:11:27 (53.4%)	6:20	9.5 (46.8%)
596	NIEMIEC Sławek	2102	INTERGRAFIK.PL	M-40	201	00:55:56	01:23:26	02:14:03.15	+01:11:36 (53.4%)	6:21	9.4 (46.3%)
597	CZERNEK Marek	2444	BIEGAJ Z TRENERAMI	M-50	62	00:56:51	01:23:59	02:14:03.40	+01:11:36 (53.4%)	6:21	9.4 (46.3%)
598	FRUK Kamil	2089	TEAMPIEROŻKI	M-30	190	01:03:00	01:30:43	02:14:14.05	+01:11:47 (53.5%)	6:21	9.4 (46.3%)
599	FRUK Natalia	2012	NAJKI POLONIA BYTOM	K-30	39	01:03:01	01:30:45	02:14:15.50	+01:11:48 (53.5%)	6:21	9.4 (46.3%)
600	JESIONOWSKI Marcin	2222		M-40	202	01:02:29	01:30:10	02:14:24.50	+01:11:57 (53.5%)	6:22	9.4 (46.3%)
601	KIERA Szymon	2398	TS RUNNERS	M-40	203	00:58:07	01:26:23	02:14:26.70	+01:11:59 (53.5%)	6:22	9.4 (46.3%)
602	ŁAZOWSKI Mariusz	2408	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	204	00:59:17	01:27:56	02:14:37.15	+01:12:10 (53.6%)	6:22	9.4 (46.3%)
603	PODSTUFKA Szymon	2345		M-30	191	00:57:17	01:24:23	02:14:38.35	+01:12:11 (53.6%)	6:22	9.4 (46.3%)
604	KREMPA Sławomir	2834		M-30	192	00:55:57	01:24:24	02:14:41.85	+01:12:14 (53.6%)	6:22	9.4 (46.3%)
605	ZŁOTOŚ Mariusz	2316	BIEG Z CHRYSTUSEM!	M-50	63	01:02:23	01:30:58	02:14:51.75	+01:12:24 (53.7%)	6:23	9.4 (46.3%)
606	STACHOWSKI Grzegorz	2835	ATOMOWY TEAM GOŁUCHÓW	M-20	46	00:56:27	01:24:23	02:14:55.10	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
607	GRZYWOCZ Daniel	2376		M-20	47	00:57:47	01:26:12	02:14:55.15	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
608	PAWLICZEK Szymon	2495		M-20	48	01:02:36	01:29:57	02:15:03.50	+01:12:36 (53.8%)	6:24	9.4 (46.3%)
609	MACZUGA Bartłomiej	2705	PACEMAKER	M-30	193	01:02:29	01:30:14	02:15:08.60	+01:12:41 (53.8%)	6:24	9.4 (46.3%)
610	GAICKI Dawid	2322	FLUOR	M-20	49	00:55:28	01:23:11	02:15:14.55	+01:12:47 (53.8%)	6:24	9.4 (46.3%)
611	CHROSTOWSKI Mateusz	2526		M-40	205	00:58:04	01:26:31	02:15:15.30	+01:12:48 (53.8%)	6:24	9.4 (46.3%)
612	ZAMYSŁOWSKA Marzena	2685		K-40	30	00:59:35	01:27:34	02:15:26.90	+01:12:59 (53.9%)	6:25	9.3 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
613	GRYGIEREK Jarosław	2380		M-30	194	00:54:19	01:22:47	02:15:32.50	+01:13:05 (53.9%)	6:25	9.3 (45.8%)
614	HALSZKA Joanna	2650		K-40	31	01:01:05	01:29:18	02:15:35.85	+01:13:08 (53.9%)	6:25	9.3 (45.8%)
615	ZEMŁA Piotr	2462		M-50	64	01:00:49	01:29:09	02:15:48.60	+01:13:21 (54.0%)	6:26	9.3 (45.8%)
616	KWAPIEŃ Paweł	2827		M-40	206	01:00:40	01:29:10	02:15:49.05	+01:13:22 (54.0%)	6:26	9.3 (45.8%)
617	SELIGA Paweł	2475	BIEGAJ Z TRENERAMI GLIWICE	M-40	207	00:58:25	01:26:48	02:15:49.80	+01:13:22 (54.0%)	6:26	9.3 (45.8%)
618	SKRĘT Kamil	2121		M-20	50	00:57:30	01:25:26	02:15:50.15	+01:13:23 (54.0%)	6:26	9.3 (45.8%)
619	ZAWISZA Dominika	2410		K-30	40	01:00:36	01:29:20	02:15:59.55	+01:13:32 (54.1%)	6:26	9.3 (45.8%)
620	MAŃKO Emilia	2531		K-20	10	01:02:07	01:30:11	02:16:06.15	+01:13:39 (54.1%)	6:27	9.3 (45.8%)
621	DANIELSKI Patryk	2272		M-30	195	01:02:08	01:30:11	02:16:06.70	+01:13:39 (54.1%)	6:27	9.3 (45.8%)
622	NICIŃSKI Dariusz	2539	BIEG Z CHRYSTUSEM	M-50	65	01:02:22	01:31:01	02:16:09.15	+01:13:42 (54.1%)	6:27	9.3 (45.8%)
623	LUBICKI Wojciech	2172	DWÓJKA BEZ SERNIKA	M-50	66	00:57:03	01:25:29	02:16:10.30	+01:13:43 (54.1%)	6:27	9.3 (45.8%)
624	CIUMAN Piotr	2763	PHD RUNNERS	M-30	196	01:00:59	01:28:38	02:16:14.95	+01:13:47 (54.2%)	6:27	9.3 (45.8%)
625	JURETKO Agata	2477		K-20	11	00:58:24	01:27:50	02:16:19.55	+01:13:52 (54.2%)	6:27	9.3 (45.8%)
626	ŁATAK - SKRABUT Basia	2603	PACEMAKER	K-40	32	01:03:44	01:31:26	02:16:24.80	+01:13:57 (54.2%)	6:27	9.3 (45.8%)
627	LEWANDOWSKI Henryk	2084		M-40	208	00:58:06	01:28:36	02:16:35.35	+01:14:08 (54.3%)	6:28	9.3 (45.8%)
628	GÓRECKA Weronika	2604		K-20	12	01:01:00	01:29:38	02:16:36.15	+01:14:09 (54.3%)	6:28	9.3 (45.8%)
629	FORYŚ Piotr	2073	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	209	00:58:04	01:27:40	02:16:49.10	+01:14:22 (54.4%)	6:29	9.3 (45.8%)
630	CETERA Kamila	2241	BIEGAJ Z TRENERAMI	K-40	33	01:02:30	01:30:27	02:17:12.15	+01:14:45 (54.5%)	6:30	9.2 (45.3%)
631	JASIŃSKI Krzysztof	2044	RUNAWAYS	M-40	210	01:01:24	01:30:08	02:17:16.85	+01:14:49 (54.5%)	6:30	9.2 (45.3%)
632	STYPUŁKOWSKI Dariusz	2432		M-40	211	01:01:26	01:30:12	02:17:19.55	+01:14:52 (54.5%)	6:30	9.2 (45.3%)
633	PARTYKA Agata	2313	RUNAWAYS	K-40	34	01:01:27	01:30:12	02:17:20.15	+01:14:53 (54.5%)	6:30	9.2 (45.3%)
634	GERYCKI Łukasz	2271	RUNAWAYS	M-30	197	01:01:28	01:30:13	02:17:20.75	+01:14:53 (54.5%)	6:30	9.2 (45.3%)
635	BATEJKO Beata	2369	SPORT WSPIERAMY NAUKOWO	K-50	10	01:01:23	01:30:32	02:17:23.50	+01:14:56 (54.5%)	6:30	9.2 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
636	MARSZAŁEK Dominik	2171		M-20	51	00:57:38	01:25:17	02:17:36.00	+01:15:09 (54.6%)	6:31	9.2 (45.3%)
637	SZOBLIK Darek	2098	SZOBLIK AUTO SERWIS	M-40	212	00:57:52	01:27:17	02:17:38.40	+01:15:11 (54.6%)	6:31	9.2 (45.3%)
638	OSTROWSKI Zygmunt	2076		M-60	14	01:02:11	01:31:50	02:17:38.50	+01:15:11 (54.6%)	6:31	9.2 (45.3%)
639	DEBERNY Dawid	2745		M-30	198	01:00:34	01:29:10	02:17:40.10	+01:15:13 (54.6%)	6:31	9.2 (45.3%)
640	BRESKE Dagmara	2440		K-40	35	01:02:48	01:31:36	02:17:54.50	+01:15:27 (54.7%)	6:32	9.2 (45.3%)
641	DZIEWIĘCKI Jacek	2363		M-40	213	00:57:56	01:27:03	02:17:56.65	+01:15:29 (54.7%)	6:32	9.2 (45.3%)
642	MARKOWSKA Sylwia	2143		K-30	41	01:01:40	01:30:42	02:18:04.35	+01:15:37 (54.8%)	6:32	9.2 (45.3%)
643	MAJOS Karolina	2767		K-30	42	01:03:23	01:31:30	02:18:05.85	+01:15:38 (54.8%)	6:32	9.2 (45.3%)
644	WOJCIECH Drobnik	2005		M-30	199	01:01:55	01:30:49	02:18:09.60	+01:15:42 (54.8%)	6:32	9.2 (45.3%)
645	STRONCZYŃSKI Andrzej	2334	WATRA	M-30	200	00:56:12	01:22:41	02:18:10.20	+01:15:43 (54.8%)	6:32	9.2 (45.3%)
646	PALMOWSKA Agnieszka	2075	PHD RUNNERS	K-30	43	01:01:23	01:30:21	02:18:16.10	+01:15:49 (54.8%)	6:33	9.2 (45.3%)
647	RUBINSKA Małgorzata	2677		K-50	11	01:06:14		02:18:44.35	+01:16:17 (55.0%)	6:34	9.1 (44.8%)
648	GRABARA Adam	2133		M-40	214	01:03:47	01:32:59	02:18:56.00	+01:16:29 (55.1%)	6:35	9.1 (44.8%)
649	KUBICA-BADORA Rozalia	2139		K-30	44	01:01:53	01:31:09	02:19:21.15	+01:16:54 (55.2%)	6:36	9.1 (44.8%)
650	OGRODZKI Krzysztof	2266	BIEGOWA BRENNA	M-30	201	00:56:53	01:27:24	02:19:23.10	+01:16:56 (55.2%)	6:36	9.1 (44.8%)
651	KRAWCZYŃSKI Mirosław	2278	GÓRNA13	M-40	215	01:01:36	01:30:48	02:19:27.60	+01:17:00 (55.2%)	6:36	9.1 (44.8%)
652	MARKOWSKI Kamil	2146		M-40	216	01:03:05	01:32:08	02:19:30.30	+01:17:03 (55.2%)	6:36	9.1 (44.8%)
653	DEMBOWSKA Bożena	2569		K-40	36	01:01:05	01:30:39	02:19:42.45	+01:17:15 (55.3%)	6:37	9.1 (44.8%)
654	ZACHARA Michał	2225		M-30	202	00:58:04	01:27:59	02:19:42.90	+01:17:15 (55.3%)	6:37	9.1 (44.8%)
655	PIETRZAK Marcin	2541		M-50	67	00:59:05	01:28:02	02:19:46.70	+01:17:19 (55.3%)	6:37	9.1 (44.8%)
656	WARZECHA Arkadiusz	2528	PKO BANK POLSKI	M-40	217	01:02:38	01:32:07	02:20:06.40	+01:17:39 (55.4%)	6:38	9 (44.3%)
657	FUGOWSKI Grzegorz	2018		M-30	203	01:00:26	01:31:35	02:20:22.15	+01:17:55 (55.5%)	6:39	9 (44.3%)
658	WILKOŃ Artur	2019	#HUTATEAM	M-40	218	00:58:13	01:27:19	02:20:43.65	+01:18:16 (55.6%)	6:40	9 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
659	BARTKÓW Kamil	2165		M-30	204	00:57:10	01:27:41	02:20:50.90	+01:18:23 (55.7%)	6:40	9 (44.3%)
660	IZYDORCZYK Mirosław	2309	NIEZRZESZONY	M-60	15	01:00:45	01:30:08	02:20:53.10	+01:18:26 (55.7%)	6:40	9 (44.3%)
661	CHŁĄD Bartosz	2644		M-20	52	00:55:49	01:26:42	02:20:54.55	+01:18:27 (55.7%)	6:40	9 (44.3%)
662	KACZKIEWICZ Damian	2824	NIGHT RUNNERS GLIWICE	M-40	219	00:59:23	01:29:22	02:21:09.05	+01:18:42 (55.8%)	6:41	9 (44.3%)
663	KISIELA Mariusz	2758	MAKOSZOWY	M-20	53	00:58:22	01:30:05	02:21:24.65	+01:18:57 (55.8%)	6:42	9 (44.3%)
664	MICZKA Łukasz	2024	NIECHCEMISIE	M-30	205	01:01:55	01:29:45	02:21:51.95	+01:19:24 (56.0%)	6:43	8.9 (43.8%)
665	KALETA Aleksandra	2776		K-20	13	00:59:24	01:29:40	02:22:10.45	+01:19:43 (56.1%)	6:44	8.9 (43.8%)
666	WÓJCIK Dariusz	2438		M-40	220	00:59:32	01:29:11	02:22:43.45	+01:20:16 (56.2%)	6:45	8.9 (43.8%)
667	MALINOWSKI Bartosz	2813		M-20	54	01:03:24	01:33:04	02:22:48.25	+01:20:21 (56.3%)	6:46	8.9 (43.8%)
668	OCHODEK Andrzej	2381	AKT WATRA	M-30	206	01:01:37	01:32:43	02:22:50.25	+01:20:23 (56.3%)	6:46	8.9 (43.8%)
669	KURKOWSKA Aldona	2160	AUGUSTEAM	K-60	1	01:04:30	01:34:39	02:22:54.65	+01:20:27 (56.3%)	6:46	8.9 (43.8%)
670	POLISZUK Małgorzata	2250		K-50	12	01:04:07	01:34:36	02:22:59.55	+01:20:32 (56.3%)	6:46	8.9 (43.8%)
671	RACIS Małgorzata	2303		K-20	14	01:03:50	01:34:29	02:23:12.60	+01:20:45 (56.4%)	6:47	8.8 (43.3%)
672	KROTOS Krzysztof	2371	OQS	M-40	221	01:04:13	01:34:44	02:23:13.20	+01:20:46 (56.4%)	6:47	8.8 (43.3%)
673	MATERA Kinga	2746		K-40	37	01:02:16	01:32:54	02:23:27.35	+01:21:00 (56.5%)	6:47	8.8 (43.3%)
674	CIEJOWSKI Andrzej	2815		M-40	222	01:02:20	01:31:50	02:23:38.45	+01:21:11 (56.5%)	6:48	8.8 (43.3%)
675	BIELSKI Michał	2488		M-50	68	01:03:56	01:36:17	02:23:45.20	+01:21:18 (56.6%)	6:48	8.8 (43.3%)
676	KUCHARSKA Aleksandra	2373		K-40	38	01:05:10	01:35:21	02:23:55.05	+01:21:28 (56.6%)	6:49	8.8 (43.3%)
677	KUSZTELAK Daria	2307		K-30	45	01:27:22		02:24:01.05	+01:21:34 (56.6%)	6:49	8.8 (43.3%)
678	GĘBSKI Dawid	2317	FLUOR	M-30	207	01:01:55	01:31:57	02:24:26.55	+01:21:59 (56.8%)	6:50	8.8 (43.3%)
679	ZAWIŁA Dariusz	2778		M-40	223	00:59:51	01:31:08	02:24:45.45	+01:22:18 (56.9%)	6:51	8.7 (42.9%)
680	TĘCZA Marcelina	2014	HAGER SPORT TEAM	K-20	15	00:57:28	01:29:14	02:24:56.45	+01:22:29 (56.9%)	6:52	8.7 (42.9%)
681	WOJDAS Izabela	2086		K-40	39	01:04:43	01:35:20	02:24:58.40	+01:22:31 (56.9%)	6:52	8.7 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
682	MIŁKOWSKI Andrzej	2527		M-60	16	01:03:58	01:34:41	02:25:50.55	+01:23:23 (57.2%)	6:54	8.7 (42.9%)
683	MUC Bartosz	2208		M-30	208	00:55:56	01:25:49	02:26:20.10	+01:23:53 (57.3%)	6:56	8.7 (42.9%)
684	CZYŻYKOWSKI Marcin	2453		M-40	224	01:04:23	01:36:18	02:26:35.60	+01:24:08 (57.4%)	6:56	8.6 (42.4%)
685	FRANKIEWICZ Marzena	2268		K-40	40	01:04:24	01:36:19	02:26:36.65	+01:24:09 (57.4%)	6:56	8.6 (42.4%)
686	NOWAK Krzysztof	2711		M-30	209	00:59:59	01:28:39	02:26:53.05	+01:24:26 (57.5%)	6:57	8.6 (42.4%)
687	JAGODA Adam	2645	FUCHS OIL TEAM	M-50	69	01:05:49	01:37:05	02:26:54.60	+01:24:27 (57.5%)	6:57	8.6 (42.4%)
688	MOTYCZKA Marzena	2190		K-30	46	01:03:12	01:32:49	02:27:20.05	+01:24:53 (57.6%)	6:58	8.6 (42.4%)
689	KUBIAK Celina	2585		K-40	41	01:03:59	01:35:24	02:27:33.85	+01:25:06 (57.7%)	6:59	8.6 (42.4%)
690	SIRKO Łukasz	2104		M-40	225	01:06:22	01:36:08	02:28:02.25	+01:25:35 (57.8%)	7:00	8.6 (42.4%)
691	SIRKO Sabina	2034		K-30	47	01:03:12	01:32:14	02:28:03.15	+01:25:36 (57.8%)	7:00	8.6 (42.4%)
692	MIGDAŁ Iwona	2042	SLOW JOGGING GLIWICE	K-40	42	01:05:54	01:36:48	02:28:14.65	+01:25:47 (57.9%)	7:01	8.5 (41.9%)
693	CIEŚŁOK Adam	2599	K.S. M.E.T.A.	M-30	210	01:04:45	01:35:49	02:28:31.75	+01:26:04 (58.0%)	7:02	8.5 (41.9%)
694	OLSCHIMKE Kasia	2124	KS META, GISZOWIEC BIEGA RAZEM	K-40	43	01:04:45	01:35:43	02:28:31.95	+01:26:04 (58.0%)	7:02	8.5 (41.9%)
695	KAUFFMANN Ewa	2657		K-30	48	01:08:36	01:39:46	02:28:44.40	+01:26:17 (58.0%)	7:02	8.5 (41.9%)
696	BRZEZINA Arkadiusz	2032	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	226	01:01:42	01:32:58	02:28:52.80	+01:26:25 (58.1%)	7:03	8.5 (41.9%)
697	KASPEREK Magdalena	2179	Q-PERIOR TEAM	K-40	44	01:07:13	01:40:39	02:29:04.00	+01:26:37 (58.1%)	7:03	8.5 (41.9%)
698	MAJSNEROWSKA Ewelina	2197		K-30	49	01:03:13	01:37:36	02:29:08.45	+01:26:41 (58.1%)	7:04	8.5 (41.9%)
699	ZBOREK Dominika	2201		K-30	50	01:03:14	01:37:36	02:29:08.70	+01:26:41 (58.1%)	7:04	8.5 (41.9%)
700	SKOP Karolina	2713	AKT WATRA	K-30	51	01:05:46	01:36:19	02:29:11.25	+01:26:44 (58.1%)	7:04	8.5 (41.9%)
701	SYMELA-BOCHEŃSKA Katarzyna	2023	POMPEJANKA TEAM	K-40	45	01:07:46	01:41:32	02:29:11.75	+01:26:44 (58.1%)	7:04	8.5 (41.9%)
702	SZABLA Marcin	2802		M-40	227	01:04:47	01:38:12	02:29:23.00	+01:26:56 (58.2%)	7:04	8.5 (41.9%)
703	MICHNIEWSKI Piotr	2801	GIT EKIPA!	M-30	211	01:04:32	01:38:09	02:29:23.60	+01:26:56 (58.2%)	7:04	8.5 (41.9%)
704	SMOCZYŃSKI Artur	2799		M-30	212	01:04:34		02:29:23.70	+01:26:56 (58.2%)	7:04	8.5 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
705	KRZYŻOWSKI Tomasz	2175	ACTIVE TEAM OZIMEK	M-60	17	01:07:48	01:40:06	02:29:42.65	+01:27:15 (58.3%)	7:05	8.5 (41.9%)
706	OLIWA Violetta	2145	ACTIV TEAM OZIMEK	K-50	13	01:07:49	01:40:06	02:29:43.30	+01:27:16 (58.3%)	7:05	8.5 (41.9%)
707	STOCHAJ Anna	2448		K-40	46	01:05:25	01:38:01	02:29:43.65	+01:27:16 (58.3%)	7:05	8.5 (41.9%)
708	PAWELAK Szymon	2395		M-20	55	00:57:02	01:28:32	02:30:43.75	+01:28:16 (58.6%)	7:08	8.4 (41.4%)
709	WIECZORKE Marcin	2337		M-40	228	01:02:01	01:34:21	02:31:25.65	+01:28:58 (58.8%)	7:10	8.4 (41.4%)
710	CIMPRICH Marcel	2607	ŠENOV	M-50	70	01:07:43	01:39:43	02:31:51.60	+01:29:24 (58.9%)	7:11	8.3 (40.9%)
711	POGORZELSKA-KLIKS Agata	2173	Q-PERIOR TEAM	K-40	47	01:07:11	01:39:21	02:31:57.75	+01:29:30 (58.9%)	7:12	8.3 (40.9%)
712	KLIKS Andrzej	2100		M-40	229	01:07:12	01:39:52	02:31:58.00	+01:29:31 (58.9%)	7:12	8.3 (40.9%)
713	SOMERLA Maciej	2621		M-20	56	01:06:08	01:37:45	02:32:19.95	+01:29:52 (59.0%)	7:13	8.3 (40.9%)
714	PAWLIK Michał	2571		M-30	213	01:04:13	01:36:41	02:34:41.30	+01:32:14 (59.6%)	7:19	8.2 (40.4%)
715	CIUK Iwona	2651		K-50	14	01:05:45	01:38:12	02:36:13.00	+01:33:46 (60.0%)	7:24	8.1 (39.9%)
716	JOCHYMEK Karolina	2295		K-30	52	01:12:57	01:45:43	02:38:28.45	+01:36:01 (60.6%)	7:30	8 (39.4%)
717	KASPEREK Ireneusz	2180	Q-PERIOR TEAM	M-40	230	01:07:13	01:40:39	02:38:36.80	+01:36:09 (60.6%)	7:30	8 (39.4%)
718	KASZUBA Aleksandra	2394		K-30	53	01:06:53	01:40:20	02:38:59.50	+01:36:32 (60.7%)	7:32	8 (39.4%)
719	LESZCZYK Krzysztof	2841		M-50	71	01:10:52	01:42:56	02:39:01.75	+01:36:34 (60.7%)	7:32	8 (39.4%)
720	DYŁĄG Roman	2055		M-60	18	01:11:16	01:46:13	02:40:45.15	+01:38:18 (61.2%)	7:37	7.9 (38.9%)
721	MOKRZYCKI Patryk	2286	TUR-BORÓWKA	M-40	231	01:06:31	01:43:34	02:40:46.40	+01:38:19 (61.2%)	7:37	7.9 (38.9%)
722	SITKO Dagmara	2126	KOBIETY NA 5+	K-30	54	01:12:40	01:48:50	02:41:22.00	+01:38:55 (61.3%)	7:38	7.8 (38.4%)
723	WALCZYŃSKA Katarzyna	2101		K-40	48	01:06:05	01:41:32	02:41:24.40	+01:38:57 (61.3%)	7:38	7.8 (38.4%)
724	WOLIŃSKI Józef	2361		M-50	72	01:10:01	01:44:06	02:41:28.40	+01:39:01 (61.3%)	7:39	7.8 (38.4%)
725	KAPICKI Jan	2415		M-60	19	01:10:16	01:46:11	02:41:31.95	+01:39:04 (61.3%)	7:39	7.8 (38.4%)
726	DUDKIEWICZ Anna	2549	EKO - OKNA RUNNERS	K-40	49	01:08:42	01:43:05	02:41:35.00	+01:39:08 (61.4%)	7:39	7.8 (38.4%)
727	WOJDANOWSKA Małgorzata	2326	LECZYMY DURŚ	K-30	55	01:08:48	01:43:46	02:41:44.15	+01:39:17 (61.4%)	7:39	7.8 (38.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
728	SZOŁTYSEK Grzegorz	2454		M-20	57	01:10:08	01:44:25	02:43:04.70	+01:40:37 (61.7%)	7:43	7.8 (38.4%)
729	KILAR-HOSZOWSKA Sabina	2728	MEDUZY	K-40	50	01:06:32	01:42:25	02:44:21.10	+01:41:54 (62.0%)	7:47	7.7 (37.9%)
730	BOGACZ Jagoda	2015	POMPEJANKA TEAM	K-40	51	01:07:47	01:44:31	02:47:07.90	+01:44:40 (62.6%)	7:55	7.6 (37.4%)
731	KASPRZYK Agnieszka	2294		K-30	56	01:09:45	01:46:07	02:49:30.75	+01:47:03 (63.2%)	8:01	7.5 (36.9%)
732	SZYLEWSKA Ewa	2103	KB JÓZEFINKA	K-50	15	01:12:40	01:58:41	02:52:17.35	+01:49:50 (63.8%)	8:09	7.3 (36.0%)
733	KACZMARCZYK-ZIELIŃSKA Magdalena	2308	RUNTEAM PAWŁOWICE	K-30	57	01:12:29	01:48:24	02:53:10.30	+01:50:43 (63.9%)	8:12	7.3 (36.0%)
734	SOKÓŁ-OLEŚ Ewelina	2246	RUNTEAM PAWŁOWICE	K-50	16	01:12:28	01:48:22	02:53:10.70	+01:50:43 (63.9%)	8:12	7.3 (36.0%)
735	WINECKI Piotr	2470	PW7	M-30	214	01:09:09	01:49:07	02:54:46.10	+01:52:19 (64.3%)	8:16	7.2 (35.5%)
736	WACŁAWEK Tomek	2502	TEAM TOMSON	M-20	58	01:17:36	01:56:04	02:56:19.40	+01:53:52 (64.6%)	8:21	7.2 (35.5%)
737	ZALEWSKI Artur	2284		M-30	215	00:41:43	01:02:14		+00:27:05	4:08	14.5 (71.4%)
738	SZYMAŃSKI Paweł	2596	PRZESTWORZE.PL - ARCHITEKTURA WNĘTRZ	M-30	216	00:36:29				3:38	16.4 (80.8%)
739	MALOK Mateusz	2654		M-40	232	00:47:01				4:42	12.8 (63.1%)
740	KARWOWSKI Jarosław	2469		M-50	73	00:51:14				5:07	11.7 (57.6%)
741	PAŁKA Piotr	2803	CKS BUDOWLANI CZĘSTOCHOWA	M-30	217	01:02:17				6:13	9.6 (47.3%)
742	KASPRZAK Radosław	2684	INŻYNIERIA BIEGANIA	M-30	218	01:03:04				6:18	9.5 (46.8%)
743	KUTERAK Marcin	2609		M-50	74						(0.0%)
744	KAŻMIERCZAK Darek	2759		M-50	75						(0.0%)
745	WARAT-STASZEWSKA Katarzyna	2693	YES3	K-30	58						(0.0%)
	KRZYWICKI Jan	2385	-----	M-60		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 746 wynik(ów)