

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Jastrzębska Dziesiątka 2019
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2019-09-21
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOSGEI Mathew	981		M20-29	1		00:00:01	00:08:43	00:14:55	00:22:02	00:28:10	00:29:58.35	00:29:59.85		2:59	20 (100%)
2	CHERUTICH Nelson Kipkogei	982		M20-29	2		00:00:00	00:08:45	00:14:55	00:22:04	00:28:19	00:30:10.10	00:30:10.95	+00:00:11 (0.6%)	3:01	19.9 (99.5%)
3	KIBIRE Moses Kipruto	335	BENEDEK-TEAM	M30-39	1		00:00:01	00:08:44	00:14:55	00:22:12	00:28:36	00:30:25.95	00:30:27.10	+00:00:27 (1.5%)	3:02	19.7 (98.5%)
4	MRÓWKA Mateusz	350		M20-29	3	Biegacze	00:00:00	00:08:45	00:14:56	00:22:11	00:28:38	00:30:29.35	00:30:29.80	+00:00:31 (1.7%)	3:02	19.7 (98.5%)
5	WAMBUA Elijah Mutuku	983		M20-29	4		00:00:00	00:08:44	00:14:56	00:22:36	00:29:24	00:31:23.40	00:31:24.35	+00:01:25 (4.5%)	3:08	19.1 (95.5%)
6	CIEPŁAK Marcin	352		M20-29	5	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04	00:30:47	00:32:45.25	00:32:45.70	+00:02:46 (8.5%)	3:16	18.3 (91.5%)
7	ZAJĄC Bartosz	412		M20-29	6	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11	00:30:59	00:32:51.30	00:32:51.80	+00:02:52 (8.8%)	3:17	18.3 (91.5%)
8	DROŹDŹ Damian	363		M30-39	2	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20	00:31:08	00:33:05.30	00:33:06.45	+00:03:06 (9.4%)	3:18	18.1 (90.5%)
9	LYSKO Jakub	383		M30-39	3		00:00:01	00:09:50	00:16:30	00:24:21	00:31:10	00:33:08.75	00:33:10.25	+00:03:10 (9.6%)	3:18	18.1 (90.5%)
10	ŻURAWIK Daniel	415		M30-39	4		00:00:01	00:09:50	00:16:46	00:24:53	00:31:46	00:33:47.60	00:33:49.05	+00:03:49 (11.3%)	3:22	17.8 (89.0%)
11	KWESTOROWSKI Bartosz	380		M30-39	5		00:00:01	00:09:50	00:16:44	00:24:59	00:32:04	00:34:06.60	00:34:08.15	+00:04:08 (12.1%)	3:24	17.6 (88.0%)
12	LUBIENIECKI Maciej	382		M40-49	1		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01	00:34:07.20	00:34:08.45	+00:04:08 (12.2%)	3:24	17.6 (88.0%)
13	SZRENIAWA Paweł	406		M20-29	7		00:00:01	00:09:52	00:16:57	00:25:11	00:32:15	00:34:14.25	00:34:15.30	+00:04:15 (12.5%)	3:25	17.5 (87.5%)
14	PIEPRZYCKI Robert	394		M20-29	8		00:00:01	00:10:05	00:17:03	00:25:12	00:32:21	00:34:25.85	00:34:27.35	+00:04:27 (12.9%)	3:26	17.4 (87.0%)
15	MUSKIETORZ Piotr	388		M30-39	6	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25	00:32:41	00:34:45.05	00:34:45.75	+00:04:46 (13.8%)	3:28	17.3 (86.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	CZAPLA Piotr	362		M20-29	9		00:00:01	00:10:14	00:17:25	00:25:42	00:32:51	00:34:53.55	00:34:55.10	+00:04:55 (14.1%)	3:29	17.2 (86.0%)
17	LIZAK Wociech	381		M30-39	7	Niesłony Lizak	00:00:00	00:10:15	00:17:26	00:25:44	00:32:52	00:34:56.75	00:34:57.65	+00:04:58 (14.2%)	3:29	17.2 (86.0%)
18	KARDAS Arkadiusz	373		M30-39	8		00:00:01	00:10:23	00:17:37	00:25:59	00:33:06	00:35:05.10	00:35:06.45	+00:05:06 (14.6%)	3:30	17.1 (85.5%)
19	BULIK Witold	359		M50-59	1	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43	00:33:05	00:35:18.65	00:35:20.60	+00:05:20 (15.1%)	3:31	17 (85.0%)
20	HATALA Paweł	369		M30-39	9		00:00:02	00:10:38	00:18:06	00:26:42	00:34:09	00:36:16.15	00:36:18.85	+00:06:17 (17.4%)	3:37	16.5 (82.5%)
21	KLIMEK Wojciech	376		M16-19	1		00:00:01	00:10:41	00:18:07	00:26:42	00:34:09	00:36:16.50	00:36:17.85	+00:06:18 (17.4%)	3:37	16.5 (82.5%)
22	PORĘBA Grzegorz	396		M30-39	10	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39	00:34:13	00:36:21.35	00:36:21.95	+00:06:23 (17.6%)	3:38	16.5 (82.5%)
23	BŁASZCZYK Dominik	358		M30-39	11		00:00:01	00:10:32	00:17:51	00:26:49	00:34:19	00:36:28.40	00:36:29.85	+00:06:30 (17.8%)	3:38	16.5 (82.5%)
24	URBANIAK Witek	407		M30-39	12		00:00:01	00:10:32	00:18:01	00:26:45	00:34:19	00:36:30.55	00:36:32.35	+00:06:32 (17.9%)	3:39	16.4 (82.0%)
25	SOBOL Tomasz	401		M40-49	2		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24	00:36:31.15	00:36:32.95	+00:06:32 (17.9%)	3:39	16.4 (82.0%)
26	ALBRECHT Krystian	355		M16-19	2	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27	00:36:31.50	00:36:33.90	+00:06:33 (17.9%)	3:39	16.4 (82.0%)
27	RAJWA Roman	397		M20-29	10	Biegacze	00:00:01	00:10:31	00:18:06	00:27:03	00:34:33	00:36:34.05	00:36:35.30	+00:06:35 (18.0%)	3:39	16.4 (82.0%)
28	CICHOŃ Roman	361		M40-49	3		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26	00:36:36.50	00:36:39.20	+00:06:38 (18.1%)	3:39	16.4 (82.0%)
29	BARTOSIK Sebastian	357		M30-39	13	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50	00:34:25	00:36:39.20	00:36:41.30	+00:06:40 (18.2%)	3:39	16.4 (82.0%)
30	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49	4		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35	00:36:44.30	00:36:46.50	+00:06:45 (18.4%)	3:40	16.3 (81.5%)
31	SEIFFERT Markus	400		M30-39	14	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02	00:34:38	00:36:44.75	00:36:47.75	+00:06:46 (18.4%)	3:40	16.3 (81.5%)
32	KNESZ Marek	460		M50-59	2		00:00:01	00:10:39	00:18:09	00:27:02	00:34:36	00:36:51.70	00:36:53.25	+00:06:53 (18.7%)	3:41	16.3 (81.5%)
33	JASICA Mateusz	371		M16-19	3	KUSY Bukowno	00:00:01	00:10:42	00:18:13	00:27:02	00:34:39	00:36:53.10	00:36:54.75	+00:06:54 (18.7%)	3:41	16.3 (81.5%)
34	DUŻNIAK Dominik	364		M30-39	15		00:00:02	00:10:39	00:18:11	00:27:06	00:34:41	00:36:56.95	00:36:59.05	+00:06:58 (18.9%)	3:41	16.2 (81.0%)
35	WALCZYŃSKI Mariusz	408		M30-39	16	Niewybiegani	00:00:02	00:10:53	00:18:25	00:27:15	00:34:51	00:37:00.65	00:37:02.90	+00:07:02 (19.0%)	3:42	16.2 (81.0%)
36	STARZYCKI Przemysław	402		M20-29	11	KB MCKIS Jaworzno	00:00:02	00:10:34	00:18:17	00:27:13	00:34:57	00:37:08.45	00:37:10.95	+00:07:10 (19.3%)	3:42	16.2 (81.0%)
37	KUBIK Arkadiusz	464		M40-49	5	Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58	00:37:10.45	00:37:13.10	+00:07:12 (19.4%)	3:43	16.1 (80.5%)
38	FIRLA Arkadiusz	365		M40-49	6		00:00:02	00:10:42	00:18:17	00:27:13	00:34:58	00:37:14.90	00:37:17.05	+00:07:16 (19.5%)	3:43	16.1 (80.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	JARCO Dominik	370		M20-29	12		00:00:01	00:10:28	00:18:16	00:27:32	00:35:08	00:37:18.25	00:37:20.05	+00:07:19 (19.7%)	3:43	16.1 (80.5%)
40	GIŻYŃSKI Damian	366		M30-39	17	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11	00:37:18.40	00:37:20.65	+00:07:20 (19.7%)	3:43	16.1 (80.5%)
41	OSETEK Paweł	392		M30-39	18	Radlinioki w biegu	00:00:01	00:10:45	00:18:36	00:27:26	00:35:07	00:37:19.75	00:37:21.10	+00:07:21 (19.7%)	3:44	16.1 (80.5%)
42	ZYGMA Kordian	414		M20-29	13		00:00:01	00:10:51	00:18:31	00:27:38	00:35:18	00:37:26.70	00:37:28.35	+00:07:28 (20.0%)	3:44	16 (80.0%)
43	KAŁUŻNY Adam	372		M30-39	19	SOCIOS SILESIA	00:00:02	00:10:47	00:18:28	00:27:27	00:35:14	00:37:31.75	00:37:34.30	+00:07:33 (20.1%)	3:45	16 (80.0%)
44	WOWRY Klaudiusz	410		M16-19	4	Olza Cieszyn	00:00:00	00:10:57	00:18:38	00:27:41	00:35:24	00:37:32.50	00:37:33.35	+00:07:34 (20.2%)	3:45	16 (80.0%)
45	NIEMIEC Mirek	487		M50-59	3	Olza Cieszyn	00:00:01	00:10:41	00:18:29	00:27:31	00:35:18	00:37:37.90	00:37:39.20	+00:07:39 (20.4%)	3:45	15.9 (79.5%)
46	SZKODA Dariusz	405		M30-39	20	SOCIOS SILESIA	00:00:02	00:10:59	00:18:39	00:27:41	00:35:26	00:37:42.65	00:37:44.90	+00:07:44 (20.5%)	3:46	15.9 (79.5%)
47	RĘBISZ Mariusz	398		M40-49	7		00:00:01	00:11:09	00:18:49	00:27:49	00:35:31	00:37:46.55	00:37:48.15	+00:07:48 (20.7%)	3:46	15.9 (79.5%)
48	CHRAPKIEWICZ Michał	360		M30-39	21	Olza Cieszyn	00:00:02	00:10:56	00:18:39	00:27:44	00:35:34	00:37:47.70	00:37:50.10	+00:07:49 (20.7%)	3:46	15.9 (79.5%)
49	MOLA Mateusz	485		M16-19	5	Olza Cieszyn	00:00:04	00:11:06	00:18:50	00:28:00	00:35:48	00:37:51.35	00:37:55.40	+00:07:53 (20.8%)	3:47	15.9 (79.5%)
50	ŻERDKA Michał	542		M30-39	22		00:00:03	00:11:04	00:18:49	00:28:06	00:35:48	00:37:51.95	00:37:54.95	+00:07:53 (20.8%)	3:47	15.9 (79.5%)
51	NOGA Krystian	488		M30-39	23	FORMA Wodzisław Śląski	00:00:04	00:11:11	00:18:59	00:28:05	00:35:51	00:37:54.55	00:37:59.40	+00:07:56 (20.9%)	3:47	15.8 (79.0%)
52	KOGUCIUK Karol	377		M20-29	14	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50	00:37:55.45	00:37:57.60	+00:07:57 (21.0%)	3:47	15.8 (79.0%)
53	PRZYBYŁA Przemek	507		M40-49	8		00:00:01	00:11:08	00:18:52	00:27:51	00:35:41	00:37:56.00	00:37:57.85	+00:07:57 (21.0%)	3:47	15.8 (79.0%)
54	FILIP Bartosz	437		M20-29	15	SOCIOS SILESIA	00:00:02	00:10:47	00:18:44	00:28:04	00:35:50	00:37:56.65	00:37:59.05	+00:07:58 (21.0%)	3:47	15.8 (79.0%)
55	ZIELIŃSKI Rafał	413		M30-39	24	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52	00:38:05.90	00:38:07.50	+00:08:07 (21.3%)	3:48	15.7 (78.5%)
56	JASTRZĘBSKI Piotr	451		M30-39	25		00:00:02	00:11:03	00:18:50	00:27:57	00:35:50	00:38:07.35	00:38:09.95	+00:08:09 (21.4%)	3:48	15.7 (78.5%)
57	MALINA Adam	477		M40-49	9		00:00:02	00:11:15	00:19:10	00:28:17	00:36:04	00:38:20.80	00:38:23.65	+00:08:22 (21.8%)	3:50	15.6 (78.0%)
58	ADAMSKI Robert	353		M30-39	26	Brykająca Grupa Biegowa	00:00:03	00:11:38	00:19:34	00:28:38	00:36:14	00:38:27.00	00:38:30.35	+00:08:28 (22.0%)	3:50	15.6 (78.0%)
59	MAROSZEK Szymon	480		M30-39	27		00:00:04	00:11:22	00:19:13	00:28:28	00:36:14	00:38:27.30	00:38:31.35	+00:08:28 (22.1%)	3:50	15.6 (78.0%)
60	FURMAN Dawid	438		M30-39	28		00:00:04	00:11:31	00:19:26	00:28:38	00:36:21	00:38:37.15	00:38:41.15	+00:08:38 (22.4%)	3:51	15.5 (77.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
61	NIEŚŁONY Filip	390		M20-29	16	Nieślony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30	00:38:40.70	00:38:43.30	+00:08:42 (22.5%)	3:52	15.5 (77.5%)
62	SAMBAK Tadeusz	399		M50-59	4	Zadyszka Oświęcim	00:00:03	00:11:27	00:19:15	00:28:21	00:36:23	00:38:43.60	00:38:47.15	+00:08:45 (22.6%)	3:52	15.5 (77.5%)
63	MENCEWICZ Paweł	484		M40-49	10	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20	00:38:49.25	00:38:51.95	+00:08:50 (22.8%)	3:52	15.5 (77.5%)
64	DZIARSKI Wiesław	436		M60-69	1		00:00:04	00:11:12	00:19:09	00:28:24	00:36:32	00:38:54.15	00:38:58.20	+00:08:55 (23.0%)	3:53	15.4 (77.0%)
65	GRUDZIŃ Krzysztof	368		M40-49	11		00:00:03	00:11:07	00:19:04	00:28:32	00:36:35	00:38:55.50	00:38:58.70	+00:08:57 (23.0%)	3:53	15.4 (77.0%)
66	ALBRECHT Arkadiusz	354		M40-49	12	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42	00:38:57.65	00:39:03.30	+00:08:59 (23.1%)	3:53	15.4 (77.0%)
67	TRAFIAŁEK Miłosz	528		M30-39	29		00:00:04	00:11:16	00:19:16	00:28:46	00:36:46	00:39:07.55	00:39:11.90	+00:09:09 (23.4%)	3:54	15.3 (76.5%)
68	KAWCZYŃSKI Radosław	457		M30-39	30	Team URODZENI BIEGACZE	00:00:05	00:11:35	00:19:35	00:29:01	00:36:58	00:39:14.50	00:39:19.90	+00:09:16 (23.6%)	3:55	15.3 (76.5%)
69	STUCHLIK Marek	520		M30-39	31	Aktywna Pszczyna Runners Team	00:00:04	00:11:35	00:19:39	00:29:01	00:37:00	00:39:17.95	00:39:22.00	+00:09:19 (23.7%)	3:55	15.3 (76.5%)
70	WANTULOK Paweł	531		M20-29	17		00:00:05	00:11:37	00:19:35	00:29:00	00:37:03	00:39:18.90	00:39:24.20	+00:09:20 (23.8%)	3:55	15.3 (76.5%)
71	OLBRICH Artur	391		M30-39	32		00:00:03	00:11:25	00:19:23	00:28:42	00:36:58	00:39:19.55	00:39:22.80	+00:09:21 (23.8%)	3:55	15.3 (76.5%)
72	PALT Tomasz	499		M40-49	13		00:00:04	00:11:39	00:19:39	00:29:00	00:37:00	00:39:20.10	00:39:24.45	+00:09:21 (23.8%)	3:56	15.3 (76.5%)
73	KILJAN Mariusz	375		M40-49	14	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01	00:39:20.55	00:39:23.45	+00:09:22 (23.8%)	3:56	15.2 (76.0%)
74	BIAŁOŻYT Michał	422		M16-19	6		00:00:03	00:11:49	00:19:48	00:29:01	00:37:07	00:39:26.70	00:39:29.85	+00:09:28 (24.0%)	3:56	15.2 (76.0%)
75	BEZUCH Paweł	421		M20-29	18		00:00:06	00:11:47	00:19:57	00:29:17	00:37:22	00:39:38.05	00:39:44.60	+00:09:39 (24.4%)	3:57	15.1 (75.5%)
76	SZPYRKA Sebastian	523		M20-29	19		00:00:02	00:11:45	00:19:51	00:29:15	00:37:27	00:39:38.45	00:39:41.35	+00:09:40 (24.4%)	3:57	15.1 (75.5%)
77	WOLNY Ariel	535		M30-39	33		00:00:06	00:11:47	00:19:46	00:29:19	00:37:24	00:39:39.80	00:39:45.90	+00:09:41 (24.4%)	3:57	15.1 (75.5%)
78	MEREDYK Adrian	387		M30-39	34		00:00:02	00:11:17	00:19:26	00:29:05	00:37:30	00:39:41.50	00:39:43.95	+00:09:43 (24.5%)	3:58	15.1 (75.5%)
79	SKIBA Ryszard	517		M40-49	15		00:00:05	00:11:36	00:19:42	00:29:20	00:37:27	00:39:45.75	00:39:51.10	+00:09:47 (24.6%)	3:58	15.1 (75.5%)
80	BRYŁA Rafał	427		M30-39	35	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29	00:39:46.15	00:39:51.85	+00:09:47 (24.6%)	3:58	15.1 (75.5%)
81	LORANC Maciej	473		M50-59	5	NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56	00:37:43	00:39:53.95	00:39:58.60	+00:09:55 (24.9%)	3:59	15 (75.0%)
82	PAGIEŁA Łukasz	497		M30-39	36	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06	00:38:04	00:40:05.95	00:40:07.80	+00:10:07 (25.3%)	4:00	15 (75.0%)
83	KNAPEK Łukasz	603		M20-29	20		00:00:11	00:11:58	00:20:07	00:29:35	00:37:44	00:40:07.50	00:40:19.25	+00:10:09 (25.3%)	4:00	15 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km					
84	SURWIŁO Sandro	521		M30-39	37		00:00:03	00:12:04	00:20:25	00:29:59	00:37:59	00:40:10.90	00:40:14.25	+00:10:12 (25.4%)	4:01	14.9 (74.5%)
85	KLYSZCZ Paweł	459		M20-29	21		00:00:04	00:11:35	00:19:49	00:29:33	00:37:57	00:40:13.10	00:40:17.60	+00:10:14 (25.5%)	4:01	14.9 (74.5%)
86	CIECIAK Grzegorz	430		M40-49	16		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54	00:40:19.25	00:40:28.40	+00:10:20 (25.7%)	4:01	14.9 (74.5%)
87	BORCHERT Marcin	425		M30-39	38	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59	00:38:05	00:40:21.50	00:40:25.55	+00:10:23 (25.7%)	4:02	14.9 (74.5%)
88	HEJNA Michał	587		M30-39	39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44	00:37:59	00:40:21.60	00:40:29.15	+00:10:23 (25.7%)	4:02	14.9 (74.5%)
89	RYCHCZYŃSKI Jonatan	512		M20-29	22		00:00:13	00:11:58	00:20:20	00:30:02	00:38:05	00:40:27.50	00:40:41.30	+00:10:29 (25.9%)	4:02	14.8 (74.0%)
90	NOWICKI Tomasz	491		M30-39	40	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08	00:40:30.65	00:40:36.75	+00:10:32 (26.0%)	4:03	14.8 (74.0%)
91	SPYRKA Piotr	518		M30-39	41	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11	00:40:38.50	00:40:44.15	+00:10:40 (26.3%)	4:03	14.8 (74.0%)
92	MARCZAK Piotr	478		M30-39	42		00:00:05	00:11:30	00:19:47	00:29:39	00:38:11	00:40:40.35	00:40:45.45	+00:10:42 (26.3%)	4:04	14.8 (74.0%)
93	MALINOWSKI Krzysztof	386		M50-59	6		00:00:02	00:11:45	00:20:07	00:29:57	00:38:20	00:40:40.55	00:40:42.95	+00:10:42 (26.3%)	4:04	14.8 (74.0%)
94	KOWAL Łukasz	609		M20-29	23		00:00:06	00:12:22	00:20:40	00:30:16	00:38:27	00:40:45.00	00:40:51.95	+00:10:46 (26.4%)	4:04	14.7 (73.5%)
95	ADAMCZEWSKI Waldemar	543		M50-59	7	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34	00:40:53.55	00:41:00.00	+00:10:55 (26.7%)	4:05	14.7 (73.5%)
96	SIEGMUND Tadeusz	679		M40-49	17	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31	00:40:56.55	00:40:59.15	+00:10:58 (26.8%)	4:05	14.7 (73.5%)
97	RESPONDEK Leszek	673		M30-39	43		00:00:08	00:12:09	00:20:30	00:30:13	00:38:38	00:40:59.30	00:41:07.95	+00:11:00 (26.9%)	4:05	14.6 (73.0%)
98	RAJWA Jan	508		M30-39	44	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40	00:41:02.65	00:41:07.95	+00:11:04 (27.0%)	4:06	14.6 (73.0%)
99	WOWRY Grzegorz	409		M30-39	45	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19	00:38:44	00:41:05.55	00:41:06.50	+00:11:07 (27.1%)	4:06	14.6 (73.0%)
100	STACHOWSKI Ireneusz	519		M40-49	18	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41	00:41:07.45	00:41:09.90	+00:11:09 (27.1%)	4:06	14.6 (73.0%)
101	BRZÓSKA Rafał	428		M40-49	19		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51	00:41:08.50	00:41:14.40	+00:11:10 (27.1%)	4:06	14.6 (73.0%)
102	TOKAREWICZ Damian	525		M30-39	46		00:00:09	00:11:55	00:20:08	00:29:54	00:38:38	00:41:10.50	00:41:20.05	+00:11:12 (27.2%)	4:07	14.6 (73.0%)
103	MARTOWSKI Przemysław	481		M30-39	47		00:00:04	00:11:52	00:20:12	00:29:59	00:38:38	00:41:11.60	00:41:16.25	+00:11:13 (27.2%)	4:07	14.6 (73.0%)
104	WRZECIONKOWSKI Adrian	536		M30-39	48		00:00:10	00:12:12	00:20:38	00:30:26	00:38:47	00:41:14.85	00:41:25.30	+00:11:16 (27.3%)	4:07	14.5 (72.5%)
105	BIAŁECKI Tomasz	548		M40-49	20	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47	00:41:16.80	00:41:22.50	+00:11:18 (27.4%)	4:07	14.5 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	MAJ Przemysław	476		M30-39	49	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48	00:41:17.35	00:41:25.15	+00:11:19 (27.4%)	4:07	14.5 (72.5%)
107	PALKA Dawid	650		M40-49	21	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33	00:41:17.40	00:41:23.00	+00:11:19 (27.4%)	4:07	14.5 (72.5%)
108	HANKUS Łukasz	447		M30-39	50		00:00:07	00:11:49	00:19:52	00:29:43	00:38:37	00:41:18.85	00:41:26.30	+00:11:20 (27.5%)	4:07	14.5 (72.5%)
109	ROMIK Krzysztof	510		M40-49	22		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48	00:41:19.50	00:41:26.50	+00:11:21 (27.5%)	4:07	14.5 (72.5%)
110	GÓRSKI Michał	583		M20-29	24		00:00:08	00:12:24	00:20:50	00:30:40	00:39:07	00:41:20.15	00:41:29.05	+00:11:21 (27.5%)	4:08	14.5 (72.5%)
111	MROWIEC Bernard	640		M50-59	8		00:00:07	00:12:26	00:20:49	00:30:39	00:39:04	00:41:21.45	00:41:29.40	+00:11:23 (27.5%)	4:08	14.5 (72.5%)
112	BEREZOWSKI Tomasz	419		M30-39	51		00:00:10	00:12:04	00:20:21	00:30:14	00:38:54	00:41:22.50	00:41:33.05	+00:11:24 (27.6%)	4:08	14.5 (72.5%)
113	NIEŚŁONY Dominik	389		M20-29	25	Nieślony Lizak	00:00:02	00:12:05	00:20:38	00:30:34	00:39:07	00:41:26.95	00:41:29.50	+00:11:28 (27.7%)	4:08	14.5 (72.5%)
114	GLAJCAR Tomasz	582		M40-49	23		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24	00:41:33.00	00:41:45.45	+00:11:34 (27.9%)	4:09	14.4 (72.0%)
115	SERAFIN Dariusz Izabela	514		M50-59	9	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17	00:41:34.15	00:41:37.95	+00:11:35 (27.9%)	4:09	14.4 (72.0%)
116	PLEWNIA Dawid	661		M20-29	26		00:00:18	00:12:15	00:20:32	00:30:25	00:39:02	00:41:35.40	00:41:53.85	+00:11:37 (27.9%)	4:09	14.4 (72.0%)
117	PRZYBYŁA Tadeusz	805		M30-39	52		00:00:07	00:12:24	00:21:00	00:30:59	00:39:25	00:41:39.05	00:41:46.10	+00:11:40 (28.0%)	4:09	14.4 (72.0%)
118	PALIGA Rafał	498		M40-49	24		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13	00:41:39.50	00:41:45.15	+00:11:41 (28.1%)	4:10	14.4 (72.0%)
119	PIŁATOWSKI Andrzej	501		M50-59	10		00:00:03	00:12:09	00:20:39	00:30:43	00:39:14	00:41:40.40	00:41:44.20	+00:11:42 (28.1%)	4:10	14.4 (72.0%)
120	KRUK Tomasz	462		M30-39	53	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30	00:39:14	00:41:40.45	00:41:46.60	+00:11:42 (28.1%)	4:10	14.4 (72.0%)
121	TOMCZYK Maurycy	527		M30-39	54		00:00:04	00:12:33	00:21:07	00:31:01	00:39:25	00:41:42.30	00:41:47.15	+00:11:43 (28.1%)	4:10	14.4 (72.0%)
122	KUŚ Tomasz	466		M30-39	55		00:00:12	00:12:20	00:20:48	00:30:39	00:39:11	00:41:42.60	00:41:55.00	+00:11:44 (28.1%)	4:10	14.4 (72.0%)
123	KUNINA Paweł	465		M40-49	25		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44	00:41:56.15	00:41:59.50	+00:11:57 (28.5%)	4:11	14.3 (71.5%)
124	ROEHRICH Krzysztof	509		M30-39	56		00:00:04	00:12:15	00:21:01	00:31:11	00:39:43	00:42:00.85	00:42:05.35	+00:12:02 (28.7%)	4:12	14.3 (71.5%)
125	MAZUR Marek	482		M40-49	26		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37	00:42:05.50	00:42:09.75	+00:12:07 (28.8%)	4:12	14.3 (71.5%)
126	ŻUKROWSKI Krzysztof	718		M30-39	57		00:00:17	00:12:23	00:20:54	00:31:03	00:39:44	00:42:07.15	00:42:25.00	+00:12:08 (28.8%)	4:12	14.2 (71.0%)
127	ZIELIŃSKI Ireneusz	540		M50-59	11		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38	00:42:07.20	00:42:11.85	+00:12:08 (28.8%)	4:12	14.2 (71.0%)
128	Kawecki Stanisław	601		M40-49	27	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46	00:42:14.50	00:42:24.50	+00:12:16 (29.0%)	4:13	14.2 (71.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
129	TŁŁKA Michał	524		M30-39	58		00:00:07	00:12:02	00:20:28	00:30:37	00:39:38	00:42:15.15	00:42:22.40	+00:12:16 (29.1%)	4:13	14.2 (71.0%)
130	SMOLIK Łukasz	897		M20-29	27	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20	00:39:53	00:42:17.50	00:42:35.75	+00:12:19 (29.1%)	4:13	14.2 (71.0%)
131	BARAN Bartosz	417		M20-29	28		00:00:12	00:12:27	00:21:02	00:31:06	00:39:48	00:42:17.95	00:42:30.85	+00:12:19 (29.1%)	4:13	14.2 (71.0%)
132	DEJEWSKI Jakub	433		M30-39	59	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48	00:42:18.00	00:42:33.60	+00:12:19 (29.1%)	4:13	14.2 (71.0%)
133	GADAJ Grzegorz	439		M30-39	60		00:00:04	00:12:00	00:20:39	00:31:00	00:39:52	00:42:22.65	00:42:27.50	+00:12:24 (29.3%)	4:14	14.2 (71.0%)
134	ŁATKA Łukasz	626		M30-39	61		00:00:11	00:12:34	00:21:09	00:31:22	00:40:03	00:42:27.65	00:42:39.30	+00:12:29 (29.4%)	4:14	14.1 (70.5%)
135	LAZAR Damian	624		M30-39	62		00:00:17	00:12:40	00:21:17	00:31:22	00:40:05	00:42:32.80	00:42:50.50	+00:12:34 (29.6%)	4:15	14.1 (70.5%)
136	KUSY Rafał	622		M40-49	28	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00	00:42:34.65	00:42:42.75	+00:12:36 (29.6%)	4:15	14.1 (70.5%)
137	RUCIŃSKI Krzysztof	676		M40-49	29		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49	00:42:37.65	00:42:45.10	+00:12:39 (29.7%)	4:15	14.1 (70.5%)
137	ORŁOWSKI Grzegorz	646		M40-49	30		00:00:06	00:31:14	00:40:06			00:42:37.65	00:42:44.55	+00:12:39 (29.7%)	4:15	14.1 (70.5%)
139	KANCLERZ Tomasz	455		M40-49	31		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09	00:42:38.65	00:42:45.35	+00:12:40 (29.7%)	4:15	14.1 (70.5%)
140	KARPLEWICZ Andrzej	456		M50-59	12	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11	00:42:39.65	00:42:48.70	+00:12:41 (29.7%)	4:15	14.1 (70.5%)
141	TOMCZYK Lesław	526		M50-59	13	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23	00:40:06	00:42:40.25	00:42:48.30	+00:12:41 (29.8%)	4:16	14.1 (70.5%)
142	WOJCIECHOWSKI Marcin	833		M30-39	63	Radlinioki w biegu	00:00:01	00:31:22	00:40:11			00:42:41.80	00:42:43.75	+00:12:43 (29.8%)	4:16	14.1 (70.5%)
143	SIKORA Stefan	516		M70+	1		00:00:08	00:12:43	00:21:25	00:31:34	00:40:12	00:42:42.45	00:42:51.10	+00:12:44 (29.8%)	4:16	14 (70.0%)
144	KAMYCZEK Grzegorz	600		M40-49	32		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27	00:42:45.90	00:43:06.05	+00:12:47 (29.9%)	4:16	14 (70.0%)
145	LEŚNIAK Krzysztof	469		M40-49	33	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18	00:42:47.95	00:43:03.10	+00:12:49 (30.0%)	4:16	14 (70.0%)
146	LILLA Piotr	470		M30-39	64		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07	00:42:48.05	00:42:52.85	+00:12:49 (30.0%)	4:16	14 (70.0%)
147	DUDZIK Sebastian	568		M30-39	65		00:00:15	00:12:33	00:21:17	00:31:27	00:40:16	00:42:48.95	00:43:04.35	+00:12:50 (30.0%)	4:16	14 (70.0%)
148	OGIERMAN Grzegorz	494		M40-49	34	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27	00:42:49.35	00:42:56.00	+00:12:51 (30.0%)	4:17	14 (70.0%)
149	MĘŻYK Matik	635		M30-39	66	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11	00:40:15	00:42:50.20	00:42:57.15	+00:12:51 (30.0%)	4:17	14 (70.0%)
150	MICHALSKI Rafał	636		M40-49	35	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14	00:42:50.60	00:42:56.50	+00:12:52 (30.0%)	4:17	14 (70.0%)
151	GRUCEL Damian	445		M30-39	67	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28	00:40:19	00:42:53.10	00:43:01.20	+00:12:54 (30.1%)	4:17	14 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
152	BUĆKO Marcin	553		M40-49	36	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27	00:42:54.75	00:42:59.00	+00:12:56 (30.2%)	4:17	14 (70.0%)
153	GRZONKA Andrzej	446		M40-49	37	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28	00:42:56.65	00:42:59.30	+00:12:58 (30.2%)	4:17	14 (70.0%)
154	KNYPS Adam	761		M40-49	38		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29	00:42:56.95	00:43:15.60	+00:12:58 (30.2%)	4:17	14 (70.0%)
155	SZAREK Krzysztof	522		M30-39	68	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36	00:40:37	00:43:02.80	00:43:11.35	+00:13:04 (30.4%)	4:18	13.9 (69.5%)
156	KORCZ Daniel	461		M40-49	39	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49	00:43:07.80	00:43:15.40	+00:13:09 (30.5%)	4:18	13.9 (69.5%)
157	CHRUSZCZ Wojciech	429		M30-39	69	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39	00:43:08.50	00:43:16.60	+00:13:10 (30.5%)	4:18	13.9 (69.5%)
158	ANTONCZYK Adam	544		M50-59	14		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32	00:43:08.55	00:43:13.40	+00:13:10 (30.5%)	4:18	13.9 (69.5%)
159	WOJAKOWSKI Krzysztof	533		M40-49	40		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42	00:43:08.80	00:43:15.05	+00:13:10 (30.5%)	4:18	13.9 (69.5%)
160	SZKATUŁA Henryk	688		M50-59	15	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35	00:40:35	00:43:10.20	00:43:13.65	+00:13:11 (30.6%)	4:19	13.9 (69.5%)
161	NIEDZIELA Stefan	486		M60-69	2		00:00:03	00:12:10	00:21:05	00:31:34	00:40:35	00:43:10.40	00:43:13.85	+00:13:12 (30.6%)	4:19	13.9 (69.5%)
162	ŁYSEK Paweł	628		M40-49	41	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47	00:43:12.25	00:43:18.25	+00:13:13 (30.6%)	4:19	13.9 (69.5%)
163	MUSZEWSKI Bartłomiej	642		M40-49	42	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38	00:43:17.60	00:43:28.95	+00:13:19 (30.8%)	4:19	13.9 (69.5%)
164	GLINIECKI Bartłomiej	443		M40-49	43	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51	00:43:18.40	00:43:23.80	+00:13:20 (30.8%)	4:19	13.9 (69.5%)
165	WIELOPOLSKI Michał	532		M16-19	7		00:00:09	00:32:16	00:41:02			00:43:20.45	00:43:30.40	+00:13:22 (30.8%)	4:20	13.8 (69.0%)
166	PAPUGA Dariusz	652		M50-59	16	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32	00:40:35	00:43:20.50	00:43:23.70	+00:13:22 (30.8%)	4:20	13.8 (69.0%)
167	FLORKIEWICZ Sławomir	571		M50-59	17		00:00:08	00:12:24	00:21:13	00:31:50	00:40:48	00:43:22.95	00:43:31.00	+00:13:24 (30.9%)	4:20	13.8 (69.0%)
168	GIGOŃ Dariusz	442		M50-59	18	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07	00:40:50	00:43:24.25	00:43:32.30	+00:13:25 (30.9%)	4:20	13.8 (69.0%)
169	MACHEJ Remigiusz	629		M30-39	70	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55	00:43:24.70	00:43:33.90	+00:13:26 (31.0%)	4:20	13.8 (69.0%)
170	SMYCZEK Bartosz	898		M30-39	71		00:00:24	00:13:13	00:22:00	00:32:15	00:40:54	00:43:26.25	00:43:50.70	+00:13:27 (31.0%)	4:20	13.8 (69.0%)
171	BIELA Rafał	423		M40-49	44		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54	00:43:27.00	00:43:36.55	+00:13:28 (31.0%)	4:20	13.8 (69.0%)
172	DOBROWOLSKI Sławek	435		M50-59	19		00:00:11	00:13:02	00:21:50	00:32:14	00:41:01	00:43:27.10	00:43:38.35	+00:13:28 (31.0%)	4:20	13.8 (69.0%)
173	BULANDA Andrzej	554		M40-49	45		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58	00:43:30.20	00:43:36.10	+00:13:31 (31.1%)	4:21	13.8 (69.0%)
174	RZEPczyński Wiesław	677		M70+	2		00:00:13	00:12:49	00:21:39	00:32:02	00:40:52	00:43:31.05	00:43:44.90	+00:13:32 (31.1%)	4:21	13.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
175	JĘDRZEJAK Piotr	596		M40-49	46		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07	00:43:33.60	00:43:46.35	+00:13:35 (31.2%)	4:21	13.8 (69.0%)
176	KĄKOL Ryszard	458		M60-69	3		00:00:03	00:12:23	00:21:23	00:31:54	00:41:01	00:43:38.10	00:43:41.60	+00:13:39 (31.3%)	4:21	13.8 (69.0%)
177	GAUDYN Andrzej	440		M30-39	72		00:00:11	00:13:23	00:22:23	00:32:38	00:41:16	00:43:38.40	00:43:50.35	+00:13:40 (31.3%)	4:21	13.7 (68.5%)
178	DANIKIEWICZ Michał	432		M30-39	73	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24			00:43:39.10	00:43:52.85	+00:13:40 (31.3%)	4:21	13.7 (68.5%)
179	GRUDZIŃSKI Radosław	584		M30-39	74		00:00:06	00:12:54	00:21:54	00:32:20	00:41:09	00:43:40.20	00:43:46.85	+00:13:41 (31.4%)	4:22	13.7 (68.5%)
180	HIMEL Adrian	448		M20-29	29		00:00:03	00:12:07	00:20:59	00:31:44	00:41:07	00:43:40.35	00:43:44.10	+00:13:42 (31.4%)	4:22	13.7 (68.5%)
181	SZAREK Rafał	685		M40-49	47	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17	00:43:44.55	00:44:02.70	+00:13:46 (31.5%)	4:22	13.7 (68.5%)
182	JOCHLIK Szymon	452		M30-39	75		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24	00:43:49.00	00:43:56.85	+00:13:50 (31.6%)	4:22	13.7 (68.5%)
183	BAC Michał	545		M40-49	48		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17	00:43:49.90	00:44:04.80	+00:13:51 (31.6%)	4:23	13.7 (68.5%)
184	WYREMBELSKI Adam	713		M20-29	30		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14	00:43:51.00	00:43:58.10	+00:13:52 (31.6%)	4:23	13.7 (68.5%)
185	PRZYBYSZ Ryszard	667		M50-59	20		00:00:14	00:12:40	00:21:40	00:32:12	00:41:17	00:43:52.30	00:44:06.65	+00:13:53 (31.7%)	4:23	13.7 (68.5%)
186	BURYBA Jacek	557		M30-39	76	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34	00:43:59.45	00:44:07.50	+00:14:01 (31.9%)	4:23	13.6 (68.0%)
187	MAŁECKI Jacek	631		M30-39	77		00:00:16	00:13:16	00:22:23	00:32:46	00:41:29	00:44:01.20	00:44:17.95	+00:14:02 (31.9%)	4:24	13.6 (68.0%)
188	STROF Marcin	683		M30-39	78		00:00:10	00:13:11	00:22:14	00:32:49	00:41:42	00:44:04.50	00:44:14.50	+00:14:06 (32.0%)	4:24	13.6 (68.0%)
189	UCIEKLAK Waldemar	529		M50-59	21		00:00:08	00:12:40	00:21:41	00:32:31	00:41:38	00:44:09.95	00:44:18.25	+00:14:11 (32.1%)	4:25	13.6 (68.0%)
190	PRZELIORZ Oktawian	506		M30-39	79		00:00:14	00:13:20	00:22:27	00:33:04	00:41:47	00:44:14.30	00:44:28.95	+00:14:15 (32.2%)	4:25	13.6 (68.0%)
191	PRZELIORZ Oktawian	666		M30-39	80		00:00:14	00:13:20	00:22:27	00:33:04	00:41:48	00:44:14.85	00:44:29.15	+00:14:16 (32.3%)	4:25	13.6 (68.0%)
192	PAWLAS Damian	796		M20-29	31		00:00:12	00:13:27	00:22:34	00:33:06	00:41:50	00:44:15.15	00:44:28.10	+00:14:16 (32.3%)	4:25	13.6 (68.0%)
193	KUSTRA Józef	771		M50-59	22		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43	00:44:16.55	00:44:18.60	+00:14:18 (32.3%)	4:25	13.6 (68.0%)
194	POŁOMSKI Grzegorz	503		M30-39	81		00:00:00					00:44:17.45	00:44:17.45	+00:14:19 (32.3%)	4:25	13.5 (67.5%)
195	BALICKI Piotr	546		M30-39	82		00:00:15	00:12:23	00:22:19	00:32:50	00:41:44	00:44:19.80	00:44:35.00	+00:14:21 (32.4%)	4:26	13.5 (67.5%)
196	KOWALSKI Robert	610		M50-59	23		00:00:09	00:12:46	00:21:51	00:32:33	00:41:41	00:44:19.95	00:44:29.85	+00:14:21 (32.4%)	4:26	13.5 (67.5%)
197	GÓRNY Mirek	367		M50-59	24		00:00:01	00:12:08	00:21:04	00:32:02	00:41:34	00:44:21.00	00:44:22.95	+00:14:22 (32.4%)	4:26	13.5 (67.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
198	OPUCHLIK Roman	495		M30-39	83		00:00:03	00:13:18	00:22:45	00:33:40	00:42:02	00:44:23.30	00:44:26.85	+00:14:24 (32.5%)	4:26	13.5 (67.5%)
199	ZIELIŃSKI Jacek	716		M30-39	84		00:00:14	00:13:08	00:22:20	00:32:50	00:41:54	00:44:29.95	00:44:44.05	+00:14:31 (32.6%)	4:27	13.5 (67.5%)
200	TRAWNICKI Maciej	695		M40-49	49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01	00:44:30.90	00:44:42.15	+00:14:32 (32.7%)	4:27	13.5 (67.5%)
201	MAZURKIEWICZ Jarosław	483		M50-59	25		00:00:16	00:12:53	00:22:05	00:32:47	00:41:52	00:44:32.50	00:44:49.10	+00:14:34 (32.7%)	4:27	13.5 (67.5%)
202	SPRATEK Bartosz	814		M20-29	32		00:00:23	00:13:28	00:22:36	00:33:11	00:42:09	00:44:33.20	00:44:57.15	+00:14:34 (32.7%)	4:27	13.5 (67.5%)
203	RADOMSKI Mariusz	670		M40-49	50		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53	00:44:33.60	00:45:10.85	+00:14:35 (32.7%)	4:27	13.5 (67.5%)
204	POŁEDNIK Tomasz	502		M40-49	51		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49	00:44:36.20	00:44:45.85	+00:14:37 (32.8%)	4:27	13.5 (67.5%)
205	WIERCIOCH Tomasz	706		M40-49	52		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59	00:44:37.20	00:44:55.20	+00:14:38 (32.8%)	4:27	13.4 (67.0%)
206	IZYDORCZYK Robert	588		M40-49	53		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58	00:44:37.60	00:44:47.35	+00:14:39 (32.8%)	4:27	13.4 (67.0%)
207	ZIĘTARA Paweł	717		M50-59	26		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53	00:44:39.60	00:44:47.90	+00:14:41 (32.9%)	4:27	13.4 (67.0%)
208	DOBRENIUK Krzysztof	434		M40-49	54		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13	00:44:40.40	00:44:43.60	+00:14:42 (32.9%)	4:28	13.4 (67.0%)
209	ŁUSZCZYK Sergiusz	627		M30-39	85		00:00:09	00:12:57	00:22:00	00:32:51	00:42:07	00:44:40.80	00:44:50.55	+00:14:42 (32.9%)	4:28	13.4 (67.0%)
210	RĘBISZ Paweł	674		M40-49	55		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13	00:44:42.50	00:45:01.50	+00:14:44 (33.0%)	4:28	13.4 (67.0%)
211	WOŹNIAK Przemysław	712		M30-39	86		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28	00:44:43.95	00:44:59.70	+00:14:45 (33.0%)	4:28	13.4 (67.0%)
212	KOŁEK Michał	763		M30-39	87		00:00:10	00:13:20	00:22:28	00:33:12	00:42:14	00:44:48.95	00:44:59.25	+00:14:50 (33.1%)	4:28	13.4 (67.0%)
213	LORENZ Marcin	474		M40-49	56	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55	00:44:49.35	00:45:05.35	+00:14:51 (33.1%)	4:28	13.4 (67.0%)
214	TIDE Krzysztof	693		M20-29	33		00:00:22	00:13:29	00:22:43	00:33:25	00:42:31	00:45:03.25	00:45:25.90	+00:15:04 (33.5%)	4:30	13.3 (66.5%)
215	FLISZTA Marcin	570		M30-39	88		00:00:07	00:13:00	00:22:26	00:33:13		00:45:03.30	00:45:11.10	+00:15:04 (33.5%)	4:30	13.3 (66.5%)
216	NYKIEL Mariusz	492		M30-39	89	SOCIOS SILESIA	00:00:00	00:10:46	00:20:39	00:32:36	00:42:27	00:45:14.45	00:45:14.45	+00:15:16 (33.7%)	4:31	13.3 (66.5%)
217	OGIEGŁO Łukasz	493		M30-39	90		00:00:09	00:12:46	00:22:05	00:33:01	00:42:32	00:45:14.85	00:45:24.75	+00:15:16 (33.8%)	4:31	13.3 (66.5%)
218	PIŁATOWSKI Mirosław	660		M50-59	27	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41	00:45:16.00	00:45:19.65	+00:15:17 (33.8%)	4:31	13.3 (66.5%)
219	KACZMAREK Jacek	453		M30-39	91	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28	00:42:37	00:45:16.20	00:45:28.90	+00:15:17 (33.8%)	4:31	13.3 (66.5%)
220	KRZYSTAŁA Paweł	615		M20-29	34		00:00:11	00:13:46	00:23:09	00:33:51	00:42:52	00:45:16.65	00:45:28.30	+00:15:18 (33.8%)	4:31	13.2 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
221	MAGOŃ Marcin	630		M40-49	57		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42	00:45:22.35	00:45:46.15	+00:15:24 (33.9%)	4:32	13.2 (66.0%)
222	KUŚ Dawid	623		M30-39	92		00:00:05	00:13:20	00:22:29	00:33:20	00:42:44	00:45:22.60	00:45:27.60	+00:15:24 (33.9%)	4:32	13.2 (66.0%)
223	KUBALA Jan	861		M30-39	93		00:00:14	00:13:28	00:22:45	00:33:43	00:42:59	00:45:24.45	00:45:39.20	+00:15:26 (34.0%)	4:32	13.2 (66.0%)
224	FROSZTĘGA Daniel	574		M30-39	94		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47	00:45:25.25	00:45:44.50	+00:15:26 (34.0%)	4:32	13.2 (66.0%)
225	GÓRECKI Wojciech	744		M30-39	95		00:00:13	00:12:53	00:22:04	00:33:20	00:42:39	00:45:25.65	00:45:39.15	+00:15:27 (34.0%)	4:32	13.2 (66.0%)
226	BORYCZKA Szymon	426		M30-39	96		00:00:11	00:12:50	00:22:15	00:33:12	00:42:41	00:45:26.40	00:45:37.70	+00:15:28 (34.0%)	4:32	13.2 (66.0%)
227	ONAK Paweł	645		M30-39	97		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05	00:45:26.75	00:45:47.65	+00:15:28 (34.0%)	4:32	13.2 (66.0%)
228	JANECKI Mateusz	591		M20-29	35	Biegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48	00:45:27.15	00:45:32.40	+00:15:28 (34.1%)	4:32	13.2 (66.0%)
229	MIKA Łukasz	637		M30-39	98		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56	00:45:28.50	00:45:41.45	+00:15:30 (34.1%)	4:32	13.2 (66.0%)
230	KIEPIELA Dawid	941		M30-39	99	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58	00:45:30.75	00:46:01.20	+00:15:32 (34.1%)	4:33	13.2 (66.0%)
231	DOCZEKALSKI Jarek	565		M40-49	58	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02	00:45:30.85	00:45:47.05	+00:15:32 (34.1%)	4:33	13.2 (66.0%)
232	TESSMER Tomasz	692		M20-29	36		00:00:18	00:13:46	00:22:58	00:33:49	00:43:04	00:45:31.05	00:45:49.70	+00:15:32 (34.2%)	4:33	13.2 (66.0%)
233	LIZAK Krzysztof	472		M40-49	59	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01	00:45:31.25	00:45:38.85	+00:15:32 (34.2%)	4:33	13.2 (66.0%)
234	CHROBOK Michał	561		M30-39	100	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42	00:43:02	00:45:31.35	00:45:48.05	+00:15:33 (34.2%)	4:33	13.2 (66.0%)
235	GROMEK Michał	444		M20-29	37		00:00:04	00:13:03	00:22:33	00:33:35	00:42:55	00:45:32.35	00:45:36.40	+00:15:34 (34.2%)	4:33	13.2 (66.0%)
236	ŻELECH Grzegorz	920		M30-39	101	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34	00:43:05	00:45:34.65	00:45:46.60	+00:15:36 (34.2%)	4:33	13.2 (66.0%)
237	KUBERA Dawid	463		M30-39	102		00:00:10	00:13:18	00:22:34	00:33:41	00:42:57	00:45:36.65	00:45:47.60	+00:15:38 (34.3%)	4:33	13.2 (66.0%)
238	BĄKOWSKI Michał	547		M30-39	103		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59	00:45:37.85	00:45:54.95	+00:15:39 (34.3%)	4:33	13.2 (66.0%)
239	MALIK Rafał	385		M30-39	104		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10	00:45:38.55	00:45:43.05	+00:15:40 (34.3%)	4:33	13.1 (65.5%)
240	JÓZEPIAK Rafał	597		M40-49	60	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17	00:45:40.30	00:45:51.35	+00:15:41 (34.4%)	4:34	13.1 (65.5%)
241	OGRODNIK Damian	644		M30-39	105		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05	00:45:40.75	00:45:55.40	+00:15:42 (34.4%)	4:34	13.1 (65.5%)
242	TYTKO Bartłomiej	698		M40-49	61		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59	00:45:41.35	00:45:45.45	+00:15:43 (34.4%)	4:34	13.1 (65.5%)
243	OWCZAREK Paweł	648		M40-49	62		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09	00:45:41.60	00:45:58.85	+00:15:43 (34.4%)	4:34	13.1 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
244	WIŚNIEWSKI Szymon	709		M40-49	63		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10	00:45:42.15	00:45:54.10	+00:15:43 (34.4%)	4:34	13.1 (65.5%)
245	PIECHOCKI Piotr	656		M40-49	64		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11	00:45:42.45	00:45:52.70	+00:15:44 (34.4%)	4:34	13.1 (65.5%)
246	NANTKA Witek	785		M40-49	65	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11	00:45:44.40	00:46:04.15	+00:15:46 (34.5%)	4:34	13.1 (65.5%)
247	HARAZIN Janusz	586		M30-39	106		00:00:11	00:13:44	00:23:11	00:34:10	00:43:18	00:45:47.85	00:45:59.55	+00:15:49 (34.6%)	4:34	13.1 (65.5%)
248	PIECZARA Błażej	657		M40-49	66	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19	00:45:47.90	00:45:54.45	+00:15:49 (34.6%)	4:34	13.1 (65.5%)
249	CHRAPKIEWICZ Marek	560		M30-39	107	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40	00:43:12	00:45:50.05	00:45:54.15	+00:15:51 (34.6%)	4:35	13.1 (65.5%)
250	POŁOWCZUK Krzysztof	665		M20-29	38		00:00:13	00:13:57	00:23:37	00:34:20	00:43:16	00:45:50.15	00:46:03.50	+00:15:51 (34.6%)	4:35	13.1 (65.5%)
251	FOKS Damian	572		M50-59	28		00:00:12	00:13:43	00:23:07	00:34:05	00:43:18	00:45:54.10	00:46:06.25	+00:15:55 (34.7%)	4:35	13.1 (65.5%)
252	MACH Sebastian	866		M30-39	108		00:00:26	00:13:47	00:23:07	00:34:01	00:43:14	00:45:54.75	00:46:21.35	+00:15:56 (34.7%)	4:35	13.1 (65.5%)
253	ZELEK Adam	979		M40-49	67		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31	00:46:00.35	00:46:34.85	+00:16:02 (34.9%)	4:36	13 (65.0%)
254	WOLLNY Kamil	534		M20-29	39	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15	00:43:31	00:46:02.20	00:46:12.50	+00:16:03 (34.9%)	4:36	13 (65.0%)
255	WALA Marek	823		M40-49	68		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30	00:46:02.85	00:46:22.95	+00:16:04 (34.9%)	4:36	13 (65.0%)
256	CZAPOROWSKI Tomasz	431		M30-39	109		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44	00:46:03.00	00:46:28.25	+00:16:04 (34.9%)	4:36	13 (65.0%)
257	WIEŁOPOLSKI Łukasz	705		M20-29	40		00:00:18	00:14:15	00:23:51	00:34:45	00:43:51	00:46:09.05	00:46:27.95	+00:16:10 (35.1%)	4:36	13 (65.0%)
258	BRANDYS Adam	551		M30-39	110		00:00:13	00:13:29	00:22:43	00:33:41	00:43:00	00:46:10.40	00:46:23.65	+00:16:12 (35.1%)	4:37	13 (65.0%)
259	BURAS Roman	555		M50-59	29		00:00:25	00:14:58	00:24:32	00:35:24	00:44:06	00:46:25.00	00:46:50.05	+00:16:26 (35.4%)	4:38	12.9 (64.5%)
260	JEZIERSKI Krzysztof	594		M40-49	69		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43	00:46:26.15	00:46:45.15	+00:16:27 (35.5%)	4:38	12.9 (64.5%)
261	RUBIN Andrzej	511		M40-49	70	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50	00:46:31.70	00:46:51.10	+00:16:33 (35.6%)	4:39	12.9 (64.5%)
262	JAKUBCZYK Jacek	449		M40-49	71		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49	00:46:36.60	00:46:47.35	+00:16:38 (35.7%)	4:39	12.9 (64.5%)
263	MAJKA Tomasz	777		M30-39	111	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07			00:46:37.05	00:46:57.70	+00:16:38 (35.7%)	4:39	12.9 (64.5%)
264	WIŚNIEWSKI Przemysław	708		M30-39	112		00:00:23	00:13:35	00:23:06	00:34:22	00:43:54	00:46:38.40	00:47:02.25	+00:16:40 (35.7%)	4:39	12.9 (64.5%)
265	LELENIEWSKI Jacek	625		M30-39	113		00:00:15	00:13:42	00:23:11	00:34:19	00:43:58	00:46:39.65	00:46:55.10	+00:16:41 (35.8%)	4:40	12.9 (64.5%)
266	KURTO Grzegorz	621		M40-49	72		00:00:08	00:34:45	00:44:13			00:46:39.70	00:46:48.35	+00:16:41 (35.8%)	4:40	12.9 (64.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
267	URBASIK Mariusz	700		M50-59	30		00:00:10	00:13:42	00:23:13	00:34:27	00:44:02	00:46:47.50	00:46:58.35	+00:16:49 (35.9%)	4:40	12.8 (64.0%)
268	KLINGER Alan	602		M30-39	114		00:00:19	00:13:44	00:23:23	00:34:39	00:44:21	00:46:53.15	00:47:12.25	+00:16:54 (36.1%)	4:41	12.8 (64.0%)
269	NIEMCZYK Rafał	643		M30-39	115	KB MCKIS Jaworzno	00:00:08	00:14:03	00:23:25	00:34:32	00:44:13	00:46:54.90	00:47:03.50	+00:16:56 (36.1%)	4:41	12.8 (64.0%)
270	MOTOWIDŁO Tomasz	638		M40-49	73		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07	00:46:55.05	00:47:05.80	+00:16:56 (36.1%)	4:41	12.8 (64.0%)
271	POJDA Grzegorz	664		M40-49	74		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23	00:46:55.55	00:47:10.95	+00:16:57 (36.1%)	4:41	12.8 (64.0%)
272	CIESIELSKI Dariusz	563		M50-59	31		00:00:10	00:13:53	00:23:33	00:34:55	00:44:18	00:46:58.35	00:47:08.70	+00:17:00 (36.2%)	4:41	12.8 (64.0%)
273	CEMPA Jacek	559		M40-49	75		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18	00:46:59.75	00:47:20.35	+00:17:01 (36.2%)	4:42	12.8 (64.0%)
274	PETRYNA Bartosz	655		M30-39	116		00:00:11	00:13:33	00:23:07	00:34:20	00:44:11	00:47:02.40	00:47:13.40	+00:17:04 (36.3%)	4:42	12.8 (64.0%)
275	URBASIK Daniel	909		M30-39	117		00:00:27	00:14:21	00:24:08	00:34:57	00:44:23	00:47:03.55	00:47:30.95	+00:17:05 (36.3%)	4:42	12.8 (64.0%)
276	KORZENIOWSKI Mateusz	607		M20-29	41		00:00:13	00:13:56	00:23:40	00:34:47	00:44:24	00:47:03.80	00:47:17.30	+00:17:05 (36.3%)	4:42	12.7 (63.5%)
277	PIETRASZ Krzysztof	658		M30-39	118		00:00:17	00:13:30	00:22:49	00:34:02	00:43:58	00:47:04.25	00:47:21.30	+00:17:05 (36.3%)	4:42	12.7 (63.5%)
278	PERLIKOWSKI Kamil	885		M20-29	42		00:00:09	00:14:05	00:23:43	00:35:00	00:44:28	00:47:04.50	00:47:14.20	+00:17:06 (36.3%)	4:42	12.7 (63.5%)
278	WOJCIECH Jarosław	832		M30-39	119	PoWoli do Celu	00:00:11	00:14:02	00:23:44	00:35:02	00:44:29	00:47:04.50	00:47:16.40	+00:17:06 (36.3%)	4:42	12.7 (63.5%)
280	APOSTOLSKI Wojciech	416		M40-49	76		00:00:09	00:13:29	00:23:06	00:34:28	00:44:22	00:47:06.10	00:47:15.65	+00:17:07 (36.4%)	4:42	12.7 (63.5%)
281	URBAN Patryk	699		M20-29	43		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10	00:47:08.00	00:47:29.55	+00:17:09 (36.4%)	4:42	12.7 (63.5%)
282	ZAWADA Sebastian	715		M40-49	77		00:00:21	00:13:59	00:23:18	00:34:47	00:44:28	00:47:09.90	00:47:30.95	+00:17:11 (36.5%)	4:42	12.7 (63.5%)
283	JESIONEK Krzysztof	593		M30-39	120		00:00:13	00:14:16	00:23:57	00:35:07	00:44:36	00:47:10.05	00:47:23.90	+00:17:11 (36.5%)	4:43	12.7 (63.5%)
284	KUCZERA Marek	617		M40-49	78	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39	00:47:18.05	00:47:36.70	+00:17:19 (36.6%)	4:43	12.7 (63.5%)
285	WANDZEL Tomasz	824		M30-39	121		00:00:13	00:14:03	00:23:38	00:34:51	00:44:31	00:47:19.15	00:47:32.35	+00:17:20 (36.7%)	4:43	12.7 (63.5%)
286	BYSTRYKOWSKI Marcin	558		M40-49	79	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35	00:47:20.55	00:47:34.25	+00:17:22 (36.7%)	4:44	12.7 (63.5%)
287	MARON Tomasz	479		M30-39	122	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55	00:44:43	00:47:27.50	00:47:51.30	+00:17:29 (36.8%)	4:44	12.6 (63.0%)
288	GORZELAK Zbigniew	515		M40-49	80		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52	00:47:27.65	00:47:40.55	+00:17:29 (36.8%)	4:44	12.6 (63.0%)
289	SKRZYPCZAK Dawid	895		M16-19	8		00:00:25	00:14:27	00:24:17	00:35:29	00:44:48	00:47:33.85	00:47:58.90	+00:17:35 (37.0%)	4:45	12.6 (63.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
290	RYBAK Tomasz	892		M30-39	123		00:00:12	00:13:44	00:23:29	00:35:07	00:45:01	00:47:40.00	00:47:52.85	+00:17:41 (37.1%)	4:46	12.6 (63.0%)
291	KAMIŃSKI Zbigniew	599		M30-39	124		00:00:13	00:14:12	00:24:01	00:35:18	00:44:52	00:47:41.35	00:47:54.35	+00:17:43 (37.2%)	4:46	12.6 (63.0%)
292	SZYMAŃSKI Piotr	690		M40-49	81		00:00:11	00:13:41	00:23:23	00:35:01	00:44:55	00:47:45.20	00:47:56.65	+00:17:46 (37.2%)	4:46	12.6 (63.0%)
293	PIDANTY Łukasz	797		M30-39	125		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18	00:47:45.95	00:48:09.50	+00:17:47 (37.3%)	4:46	12.6 (63.0%)
294	MARCHEWKA Bartosz	632		M30-39	126		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06	00:47:47.25	00:47:59.00	+00:17:48 (37.3%)	4:46	12.6 (63.0%)
295	FILUSZ Dawid	737		M20-29	44	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59			00:47:47.95	00:48:07.15	+00:17:49 (37.3%)	4:46	12.6 (63.0%)
296	WOJNAR Janusz	711		M30-39	127		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10	00:47:52.70	00:48:15.50	+00:17:54 (37.4%)	4:47	12.5 (62.5%)
297	JACH Marek	589		M40-49	82		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09	00:47:53.50	00:48:02.35	+00:17:55 (37.4%)	4:47	12.5 (62.5%)
298	OLSZYNA Mirosław	788		M40-49	83		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13	00:47:54.60	00:48:10.75	+00:17:56 (37.4%)	4:47	12.5 (62.5%)
299	BRACHMAŃSKI Dariusz	841		M50-59	32		00:00:14	00:14:23	00:24:07	00:35:43	00:45:12	00:47:56.55	00:48:11.45	+00:17:58 (37.5%)	4:47	12.5 (62.5%)
300	MROCZKOWSKI Tomasz	639		M40-49	84		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07	00:47:56.85	00:48:15.60	+00:17:58 (37.5%)	4:47	12.5 (62.5%)
301	OSZCZĘDA Bartosz	790		M20-29	45		00:00:19	00:14:32	00:24:22	00:35:53	00:45:24	00:47:57.35	00:48:16.65	+00:17:59 (37.5%)	4:47	12.5 (62.5%)
302	PODKOWIK Marcin	663		M30-39	128		00:00:18	00:14:04	00:23:58	00:35:24	00:45:08	00:47:58.85	00:48:17.15	+00:18:00 (37.5%)	4:47	12.5 (62.5%)
303	BURDA Marcin	731		M40-49	85		00:00:10	00:13:53	00:23:48	00:35:25	00:45:15	00:47:59.60	00:48:10.25	+00:18:01 (37.5%)	4:48	12.5 (62.5%)
304	PŁONKA Krzysztof	886		M50-59	33		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09	00:48:03.25	00:48:14.60	+00:18:04 (37.6%)	4:48	12.5 (62.5%)
305	JASIŃSKI Maksymilian	592		M50-59	34	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35	00:45:18	00:48:03.45	00:48:26.10	+00:18:05 (37.6%)	4:48	12.5 (62.5%)
306	PRZYBYŁA Tomasz	806		M40-49	86		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34	00:48:06.05	00:48:13.80	+00:18:07 (37.7%)	4:48	12.5 (62.5%)
307	BOTOREK Michał	550		M30-39	129		00:00:16	00:14:30	00:24:29	00:36:01	00:45:42	00:48:06.30	00:48:22.30	+00:18:07 (37.7%)	4:48	12.5 (62.5%)
308	GAŁKIEWICZ Michał	577		M40-49	87		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21	00:48:06.65	00:48:15.85	+00:18:08 (37.7%)	4:48	12.5 (62.5%)
309	POCZĄTEK Damian	662		M20-29	46	Gwiezdna Flota	00:00:09	00:14:18	00:24:12	00:35:48	00:45:27	00:48:09.10	00:48:18.60	+00:18:10 (37.8%)	4:48	12.5 (62.5%)
310	FILIKS Leszek	931		M40-49	88		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29	00:48:09.30	00:48:38.05	+00:18:10 (37.8%)	4:49	12.5 (62.5%)
311	RAJWA Stanisław	807		M20-29	47	Biegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32	00:48:10.35	00:48:29.85	+00:18:12 (37.8%)	4:49	12.5 (62.5%)
312	GOTTMAN Bogusław	854		M50-59	35		00:00:25	00:14:12	00:24:07	00:35:40	00:45:27	00:48:11.20	00:48:36.90	+00:18:12 (37.8%)	4:49	12.5 (62.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
313	URGACZ Mirosław	822		M40-49	89		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29	00:48:11.25	00:48:22.65	+00:18:12 (37.8%)	4:49	12.5 (62.5%)
314	WASILEWSKI Mateusz	702		M20-29	48		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27	00:48:16.40	00:48:21.55	+00:18:18 (37.9%)	4:49	12.4 (62.0%)
315	PAŁKA Krzysztof	651		M40-49	90		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29	00:48:17.05	00:48:26.95	+00:18:18 (37.9%)	4:49	12.4 (62.0%)
316	ADAMCZYK Andrzej	719		M40-49	91		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37	00:48:18.15	00:48:45.55	+00:18:19 (37.9%)	4:49	12.4 (62.0%)
317	WAWRÓW Mirosław	826		M30-39	130		00:00:22	00:14:19	00:24:10	00:35:44	00:45:31	00:48:19.70	00:48:41.95	+00:18:21 (38.0%)	4:49	12.4 (62.0%)
318	PETRYKOWSKI Grzegorz	654		M50-59	36		00:00:09	00:14:10	00:24:00	00:35:43	00:45:31	00:48:22.75	00:48:32.50	+00:18:24 (38.0%)	4:50	12.4 (62.0%)
319	GAWLAS Krzysztof	578		M30-39	131		00:00:17	00:13:43	00:23:46	00:35:53	00:45:50	00:48:24.90	00:48:42.05	+00:18:26 (38.1%)	4:50	12.4 (62.0%)
320	PASTWA Grzegorz	653		M40-49	92		00:00:00	00:13:12	00:22:30	00:34:46	00:45:20	00:48:25.30	00:48:25.30	+00:18:26 (38.1%)	4:50	12.4 (62.0%)
321	SKĘCZEK Arkadiusz	680		M40-49	93		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29	00:48:29.25	00:48:39.90	+00:18:30 (38.2%)	4:50	12.4 (62.0%)
322	KUCHARCZYK Mateusz	770		M30-39	132		00:00:06	00:13:47	00:23:45	00:35:32	00:45:39	00:48:31.80	00:48:38.75	+00:18:33 (38.2%)	4:51	12.4 (62.0%)
323	BRAUNER Wojciech	552		M30-39	133		00:00:21	00:14:34	00:24:33	00:36:09	00:45:57	00:48:32.60	00:48:54.35	+00:18:34 (38.3%)	4:51	12.4 (62.0%)
324	KOWAL Jakub	608		M16-19	9		00:00:06	00:13:19	00:23:22	00:35:24	00:45:43	00:48:35.70	00:48:42.60	+00:18:37 (38.3%)	4:51	12.3 (61.5%)
325	FOKS Marcin	573		M30-39	134		00:00:12	00:13:41	00:23:44	00:35:32	00:45:42	00:48:37.95	00:48:50.35	+00:18:39 (38.4%)	4:51	12.3 (61.5%)
326	BIŁKO Sławek	730		M40-49	94		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46	00:48:40.15	00:48:55.85	+00:18:41 (38.4%)	4:52	12.3 (61.5%)
327	PARTYKA Karol	794		M30-39	135		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48	00:48:41.90	00:48:55.25	+00:18:43 (38.5%)	4:52	12.3 (61.5%)
328	WISEŁKA Andrzej	707		M40-49	95	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08	00:48:43.55	00:48:59.00	+00:18:45 (38.5%)	4:52	12.3 (61.5%)
329	KAMIŃSKI Radek	598		M30-39	136		00:00:24	00:14:53	00:25:00	00:36:40	00:46:11	00:48:46.70	00:49:11.60	+00:18:48 (38.6%)	4:52	12.3 (61.5%)
330	TRZECIAK Krzysztof	696		M40-49	96		00:00:23	00:35:59	00:46:00			00:48:49.65	00:49:13.60	+00:18:51 (38.6%)	4:53	12.3 (61.5%)
331	NOWAK Ryszard	787		M60-69	4		00:00:21	00:14:27	00:24:20	00:35:55	00:45:58	00:48:52.40	00:49:14.15	+00:18:54 (38.7%)	4:53	12.3 (61.5%)
332	ŻALIŃSKI Zbigniew	835		M50-59	37		00:00:17	00:14:33	00:24:33	00:36:12	00:46:05	00:48:55.05	00:49:12.60	+00:18:56 (38.7%)	4:53	12.3 (61.5%)
333	BARAN Ryszard	722		M50-59	38		00:00:24	00:14:25	00:24:16	00:35:47	00:46:01	00:48:55.70	00:49:19.85	+00:18:57 (38.7%)	4:53	12.3 (61.5%)
334	KUBICA Tadeusz	862		M50-59	39		00:00:24	00:14:33	00:24:27	00:36:07	00:46:03	00:48:56.55	00:49:21.15	+00:18:58 (38.8%)	4:53	12.3 (61.5%)
335	GAWLAS Jan	739		M50-59	40		00:00:18	00:36:02	00:45:58			00:48:57.25	00:49:15.40	+00:18:58 (38.8%)	4:53	12.3 (61.5%)
336	SZCZEPANIAK Kamil	817		M20-29	49		00:00:22	00:14:24	00:24:32	00:36:19	00:46:05	00:48:58.55	00:49:20.75	+00:19:00 (38.8%)	4:53	12.3 (61.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
337	HEJNA Artur	856		M40-49	97	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10	00:48:59.10	00:49:16.10	+00:19:00 (38.8%)	4:53	12.2 (61.0%)
338	SZCZOTKA Arkadiusz	818		M40-49	98		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09	00:48:59.15	00:49:22.25	+00:19:00 (38.8%)	4:53	12.2 (61.0%)
339	BURNAGIEL Tomasz	556		M50-59	41		00:00:14	00:14:57	00:25:11	00:36:56	00:46:21	00:49:02.30	00:49:16.90	+00:19:03 (38.9%)	4:54	12.2 (61.0%)
340	DROBINA Jakub	735		M20-29	50		00:00:22	00:14:14	00:24:10	00:36:07	00:46:22	00:49:04.15	00:49:26.60	+00:19:05 (38.9%)	4:54	12.2 (61.0%)
341	KARAWACKI Grzegorz	758		M30-39	137		00:00:22	00:14:59	00:25:18	00:37:05	00:46:34	00:49:10.00	00:49:32.85	+00:19:11 (39.0%)	4:55	12.2 (61.0%)
342	GIERULA Artur	740		M30-39	138		00:00:16	00:14:34	00:24:38	00:36:39	00:46:26	00:49:13.20	00:49:30.15	+00:19:14 (39.1%)	4:55	12.2 (61.0%)
343	MAZUR Dariusz	869		M30-39	139		00:00:19	00:14:20	00:24:29	00:36:11	00:46:21	00:49:15.00	00:49:34.45	+00:19:16 (39.1%)	4:55	12.2 (61.0%)
344	FURMANIUK Artur	576		M40-49	99		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27	00:49:15.60	00:49:24.95	+00:19:17 (39.2%)	4:55	12.2 (61.0%)
345	KULAWIAK Bogdan	620		M50-59	42		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40	00:49:20.25	00:49:43.55	+00:19:21 (39.3%)	4:56	12.2 (61.0%)
346	PACH Janusz	496		M40-49	100		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26	00:49:23.25	00:49:45.55	+00:19:24 (39.3%)	4:56	12.1 (60.5%)
347	SZEREDA Robert	687		M40-49	101		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32	00:49:24.30	00:49:27.20	+00:19:25 (39.3%)	4:56	12.1 (60.5%)
348	KROCZEK Przemysław	766		M20-29	51		00:00:17	00:14:31	00:24:37	00:36:22	00:46:29	00:49:29.05	00:49:46.95	+00:19:30 (39.4%)	4:56	12.1 (60.5%)
349	STREIT Mariusz	682		M40-49	102		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38	00:49:32.65	00:49:57.55	+00:19:34 (39.5%)	4:57	12.1 (60.5%)
350	LIZAK Grzegorz	471		M30-39	140	Nieślony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33	00:49:39.05	00:49:43.85	+00:19:40 (39.6%)	4:57	12.1 (60.5%)
351	TORBIŃSKI Wiesław	820		M60-69	5		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43	00:49:39.75	00:49:56.70	+00:19:41 (39.6%)	4:58	12.1 (60.5%)
352	PALUCHIEWICZ Szymon	882		M40-49	103		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41	00:49:41.85	00:49:53.15	+00:19:43 (39.7%)	4:58	12.1 (60.5%)
353	MISIAK Piotr	783		M40-49	104		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48	00:49:44.20	00:49:58.00	+00:19:45 (39.7%)	4:58	12.1 (60.5%)
354	KORBUS Piotr	764		M30-39	141		00:00:26	00:14:53	00:25:08	00:36:59	00:46:57	00:49:45.35	00:50:11.75	+00:19:47 (39.8%)	4:58	12.1 (60.5%)
355	STARCZEWSKI Marcin	815		M30-39	142		00:00:17	00:14:36	00:24:48	00:36:39	00:46:51	00:49:46.60	00:50:04.55	+00:19:48 (39.8%)	4:58	12.1 (60.5%)
356	JANKO Kamil	751		M30-39	143		00:00:16	00:14:35	00:24:43	00:36:45	00:46:58	00:49:47.00	00:50:03.75	+00:19:48 (39.8%)	4:58	12.1 (60.5%)
357	KAPTUR Wojciech	756		M70+	3		00:00:18	00:14:40	00:24:42	00:36:46	00:46:51	00:49:49.95	00:50:08.15	+00:19:51 (39.9%)	4:59	12 (60.0%)
358	ŚPIEWAK Marek	691		M30-39	144		00:00:17	00:14:31	00:24:47	00:36:53	00:47:01	00:49:50.35	00:50:08.10	+00:19:52 (39.9%)	4:59	12 (60.0%)
359	SZCZEPANIAK Aleksander	686		M50-59	43		00:00:10	00:14:16	00:24:15	00:36:26	00:46:55	00:49:53.30	00:50:03.80	+00:19:54 (39.9%)	4:59	12 (60.0%)
359	RYBAK Remigiusz	891		M30-39	145		00:00:12	00:14:32	00:24:50	00:36:52	00:47:05	00:49:53.30	00:50:06.00	+00:19:54 (39.9%)	4:59	12 (60.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
361	POŁĘĆ Krzysztof	802		M30-39	146	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18	00:50:03.05	00:50:20.65	+00:20:04 (40.1%)	5:00	12 (60.0%)
362	SZCZECH Krzysztof	816		M40-49	105		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16	00:50:06.80	00:50:09.05	+00:20:08 (40.2%)	5:00	12 (60.0%)
363	NOWAK Krzysztof	490		M40-49	106		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15	00:50:10.45	00:50:16.85	+00:20:12 (40.3%)	5:01	12 (60.0%)
364	ZIELIŃSKI Andrzej	539		M30-39	147	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47	00:47:35	00:50:13.20	00:50:32.65	+00:20:14 (40.3%)	5:01	11.9 (59.5%)
365	GAŚOWSKI Szymon	851		M30-39	148		00:00:29	00:15:18	00:25:35	00:37:26	00:47:33	00:50:16.50	00:50:46.15	+00:20:18 (40.4%)	5:01	11.9 (59.5%)
366	PANNEK Marcin	793		M30-39	149		00:00:16	00:15:13	00:25:39	00:37:42	00:47:39	00:50:25.10	00:50:41.45	+00:20:26 (40.6%)	5:02	11.9 (59.5%)
367	GANDZEL Szymon	581		M30-39	150		00:00:23	00:14:55	00:25:14	00:37:16	00:47:35	00:50:26.05	00:50:49.10	+00:20:27 (40.6%)	5:02	11.9 (59.5%)
368	CHOLAJDA Roman	733		M40-49	107		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42	00:50:27.60	00:50:50.35	+00:20:29 (40.6%)	5:02	11.9 (59.5%)
369	ZAWADZKI Tyberiusz	834		M40-49	108		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41	00:50:34.35	00:50:47.85	+00:20:36 (40.7%)	5:03	11.9 (59.5%)
370	JANCZUKOWICZ Łukasz	750		M30-39	151	Decathlon & Przyjaciele	00:00:27	00:15:58	00:26:18	00:38:18	00:48:04	00:50:39.25	00:51:06.45	+00:20:40 (40.8%)	5:03	11.8 (59.0%)
371	LUBSZCZYK Adrian	774		M30-39	152		00:00:19	00:15:02	00:25:36	00:37:43	00:47:57	00:50:39.65	00:50:58.80	+00:20:41 (40.8%)	5:03	11.8 (59.0%)
372	WIDENKA Robert	704		M30-39	153		00:00:14	00:13:57	00:23:54	00:36:21	00:47:29	00:50:41.65	00:50:56.25	+00:20:43 (40.9%)	5:04	11.8 (59.0%)
373	PASZKOWSKI Cezary	883		M40-49	109	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42	00:50:42.40	00:51:07.00	+00:20:44 (40.9%)	5:04	11.8 (59.0%)
373	ZAWADA Jakub	915		M40-49	110		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50	00:50:42.40	00:51:02.05	+00:20:44 (40.9%)	5:04	11.8 (59.0%)
375	KONCKI Andrzej	605		M40-49	111		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47	00:50:44.50	00:51:16.35	+00:20:46 (40.9%)	5:04	11.8 (59.0%)
376	JĘDRYKA Sebastian	595		M40-49	112		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45	00:50:45.80	00:51:02.15	+00:20:47 (41.0%)	5:04	11.8 (59.0%)
377	TOCHOWICZ Bartosz	694		M50-59	44		00:00:20	00:14:46	00:25:18	00:37:29	00:47:57	00:50:46.10	00:51:06.15	+00:20:47 (41.0%)	5:04	11.8 (59.0%)
378	ORAWSKI Robert	789		M60-69	6		00:00:22	00:15:09	00:25:19	00:37:30	00:47:54	00:50:51.45	00:51:14.15	+00:20:53 (41.1%)	5:05	11.8 (59.0%)
379	BILIŃSKI Marcin	729		M30-39	154		00:00:19	00:14:58	00:25:23	00:37:41	00:47:57	00:50:51.90	00:51:11.65	+00:20:53 (41.1%)	5:05	11.8 (59.0%)
380	SOSNA Mariusz	903		M40-49	113		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10	00:50:59.35	00:51:14.15	+00:21:01 (41.2%)	5:06	11.8 (59.0%)
381	MAZUR Mariusz	870		M30-39	155		00:00:20	00:14:21	00:24:42	00:37:18	00:48:00	00:51:04.25	00:51:24.50	+00:21:05 (41.3%)	5:06	11.7 (58.5%)
382	ROZMUS Wojciech	890		M40-49	114	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00	00:51:04.60	00:51:16.25	+00:21:06 (41.3%)	5:06	11.7 (58.5%)
383	LANDZIŃSKI Jacek	865		M30-39	156		00:00:15	00:15:30	00:26:15	00:38:14	00:48:29	00:51:08.25	00:51:23.50	+00:21:09 (41.4%)	5:06	11.7 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
384	POŁOMSKI Jerzy	887		M40-49	115		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00	00:51:09.95	00:51:33.55	+00:21:11 (41.4%)	5:07	11.7 (58.5%)
385	ŚWIERKOT Przemek	143		M40-49	116		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30	00:51:10.85	00:51:25.35	+00:21:12 (41.4%)	5:07	11.7 (58.5%)
386	KOZIEŁ Dariusz	765		M50-59	45		00:00:29	00:14:57	00:25:20	00:37:39	00:48:05	00:51:18.25	00:51:47.35	+00:21:19 (41.6%)	5:07	11.7 (58.5%)
387	POŁOMSKI Dawid	803		M30-39	157		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10	00:51:20.90	00:51:56.35	+00:21:22 (41.6%)	5:08	11.7 (58.5%)
388	SOBAŃSKI Mateusz	899		M20-29	52		00:00:25	00:15:21	00:25:48	00:38:12	00:48:24	00:51:22.70	00:51:47.95	+00:21:24 (41.7%)	5:08	11.7 (58.5%)
389	CZARNOTA Leszek	845		M40-49	117		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36	00:51:29.35	00:51:52.75	+00:21:31 (41.8%)	5:08	11.7 (58.5%)
390	PAJĄCZKOWSKI Michał	879		M30-39	158		00:00:15	00:15:01	00:25:31	00:38:05	00:48:32	00:51:31.80	00:51:47.05	+00:21:33 (41.8%)	5:09	11.6 (58.0%)
391	LECHOWICZ Tadeusz	772		M50-59	46		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31	00:51:34.00	00:51:54.85	+00:21:35 (41.9%)	5:09	11.6 (58.0%)
392	KRÓLIK Arkadiusz	768		M40-49	118	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42	00:51:36.85	00:51:59.55	+00:21:38 (41.9%)	5:09	11.6 (58.0%)
393	RASZKA Janusz	808		M50-59	47	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28	00:48:58	00:51:38.55	00:51:59.45	+00:21:40 (42.0%)	5:09	11.6 (58.0%)
394	GRZEŚ Krzysztof	746		M50-59	48		00:00:15	00:14:40	00:25:35	00:38:04	00:48:39	00:51:51.35	00:52:06.50	+00:21:53 (42.2%)	5:11	11.6 (58.0%)
395	PIŻGAŁA Kordian	799		M20-29	53		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00	00:52:02.15	00:52:19.45	+00:22:03 (42.4%)	5:12	11.5 (57.5%)
396	SKIBA Maciej	894		M30-39	159		00:00:26	00:15:07	00:26:00	00:38:46	00:49:16	00:52:05.50	00:52:31.95	+00:22:07 (42.5%)	5:12	11.5 (57.5%)
397	WIEJACZ Wiejacz	828		M30-39	160		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19	00:52:07.75	00:52:33.55	+00:22:09 (42.5%)	5:12	11.5 (57.5%)
398	GUT Zbigniew	748		M30-39	161		00:00:22	00:15:19	00:25:52	00:38:37	00:49:12	00:52:10.60	00:52:33.05	+00:22:12 (42.6%)	5:13	11.5 (57.5%)
399	SOJ Przemysław	813		M40-49	119		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07	00:52:10.65	00:52:38.85	+00:22:12 (42.6%)	5:13	11.5 (57.5%)
400	WEYGAND Patryk	703		M30-39	162	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14	00:52:11.35	00:52:32.95	+00:22:13 (42.6%)	5:13	11.5 (57.5%)
401	WILCZOK Daniel	831		M30-39	163		00:00:17	00:15:06	00:26:01	00:38:24	00:49:01	00:52:13.40	00:52:30.70	+00:22:15 (42.6%)	5:13	11.5 (57.5%)
402	MUSIAŁ Łukasz	874		M30-39	164	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18	00:52:14.95	00:52:36.70	+00:22:16 (42.6%)	5:13	11.5 (57.5%)
403	BAJOR Paweł	837		M30-39	165		00:00:15	00:15:02	00:26:09	00:39:02	00:49:30	00:52:15.35	00:52:31.20	+00:22:17 (42.6%)	5:13	11.5 (57.5%)
404	DOMASZK Paweł	566		M20-29	54		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13	00:52:18.95	00:52:33.25	+00:22:20 (42.7%)	5:13	11.5 (57.5%)
405	ĆMIL Marek	928		M40-49	120		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22	00:52:21.90	00:52:38.05	+00:22:23 (42.8%)	5:14	11.5 (57.5%)
406	KAWIK Janusz	759		M40-49	121		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31	00:52:29.35	00:52:36.00	+00:22:31 (42.9%)	5:15	11.4 (57.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
407	PAWĘŻOWSKI Jacek	884		M50-59	49		00:00:22	00:15:04	00:25:34	00:38:22	00:49:17	00:52:33.05	00:52:55.25	+00:22:34 (43.0%)	5:15	11.4 (57.0%)
408	TOMASICZEK Dawid	972		M20-29	55		00:00:21	00:15:12	00:26:00	00:38:55	00:49:47	00:52:33.90	00:52:55.35	+00:22:35 (43.0%)	5:15	11.4 (57.0%)
409	MATUSZEK Tomasz	781		M40-49	122	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35	00:52:40.95	00:52:59.05	+00:22:42 (43.1%)	5:16	11.4 (57.0%)
410	ANTOŃCZYK Przemysław	720		M30-39	166		00:00:19	00:15:32	00:26:17	00:38:58	00:49:41	00:52:45.80	00:53:05.75	+00:22:47 (43.2%)	5:16	11.4 (57.0%)
411	GÓRALSKI Jarosław	855		M50-59	50		00:00:08	00:15:06	00:25:58	00:38:54	00:49:35	00:52:46.45	00:52:55.30	+00:22:48 (43.2%)	5:16	11.4 (57.0%)
412	ZABIEGLIŃSKI Andrzej	714		M30-39	167	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56	00:52:49.80	00:53:03.30	+00:22:51 (43.3%)	5:17	11.4 (57.0%)
413	WILSZ Adam	911		M40-49	123		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08	00:52:50.60	00:53:07.10	+00:22:52 (43.3%)	5:17	11.4 (57.0%)
414	SŁOWIŃSKI Jacek	963		M30-39	168		00:00:27	00:15:57	00:26:42	00:39:34	00:50:13	00:52:51.05	00:53:18.95	+00:22:52 (43.3%)	5:17	11.4 (57.0%)
415	NOWAK Patryk	786		M20-29	56	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54	00:52:59.80	00:53:25.95	+00:23:01 (43.4%)	5:17	11.3 (56.5%)
416	ŚMIETANA Grzegorz	819		M40-49	124		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21	00:53:00.60	00:53:14.60	+00:23:02 (43.5%)	5:18	11.3 (56.5%)
417	BIELICH Adrian	728		M30-39	169	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28	00:50:03	00:53:04.95	00:53:12.10	+00:23:06 (43.5%)	5:18	11.3 (56.5%)
418	SLADECZEK Jarek	896		M40-49	125		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18	00:53:13.60	00:53:41.00	+00:23:15 (43.7%)	5:19	11.3 (56.5%)
419	JAGIEŁA Marcin	857		M40-49	126		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06	00:53:14.55	00:53:36.10	+00:23:16 (43.7%)	5:19	11.3 (56.5%)
420	FRĄTCZAK Bartosz	850		M30-39	170	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55	00:53:16.60	00:53:37.20	+00:23:18 (43.7%)	5:19	11.3 (56.5%)
421	KUBULUS Tomasz	863		M40-49	127		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08	00:53:18.00	00:53:43.85	+00:23:19 (43.8%)	5:19	11.3 (56.5%)
422	GŁADYSZ Leszek	741		M40-49	128		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16	00:53:20.30	00:53:36.05	+00:23:21 (43.8%)	5:20	11.2 (56.0%)
423	SZCZUCHNIAK Grzegorz	969		M40-49	129		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21	00:53:20.85	00:53:39.25	+00:23:22 (43.8%)	5:20	11.2 (56.0%)
424	JASIŃSKI Krzysztof	858		M30-39	171		00:00:24	00:15:06	00:26:11	00:39:22	00:50:24	00:53:27.75	00:53:52.45	+00:23:29 (43.9%)	5:20	11.2 (56.0%)
425	SKĘCZEK Marcin	811		M40-49	130		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22	00:53:28.65	00:53:46.65	+00:23:30 (44.0%)	5:20	11.2 (56.0%)
426	GÓRECKI Adam	743		M20-29	57		00:00:28	00:15:35	00:26:37	00:39:44	00:50:32	00:53:28.80	00:53:56.85	+00:23:30 (44.0%)	5:20	11.2 (56.0%)
427	ZAWIERUCHA Aleksander	916		M50-59	51	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54	00:50:38	00:53:31.45	00:53:53.60	+00:23:33 (44.0%)	5:21	11.2 (56.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
428	PALA Mariusz	792		M30-39	172		00:00:15	00:14:44	00:25:47	00:39:13	00:50:37	00:53:36.35	00:53:51.45	+00:23:38 (44.1%)	5:21	11.2 (56.0%)
429	HUCHRO Tomasz	749		M20-29	58		00:00:12	00:15:39	00:26:41	00:39:41	00:50:51	00:53:39.70	00:53:52.05	+00:23:41 (44.1%)	5:22	11.2 (56.0%)
430	JASZCZYK Łukasz	937		M30-39	173		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32	00:53:42.45	00:54:01.35	+00:23:44 (44.2%)	5:22	11.2 (56.0%)
431	BOŚ Przemysław	549		M30-39	174	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29	00:50:25	00:53:47.95	00:54:07.60	+00:23:49 (44.3%)	5:22	11.2 (56.0%)
432	MALISZEWSKI Marcin	779		M30-39	175		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44	00:53:51.10	00:54:13.15	+00:23:52 (44.3%)	5:23	11.1 (55.5%)
433	MALISZEWSKI Dariusz	778		M30-39	176		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44	00:53:52.50	00:54:14.50	+00:23:54 (44.4%)	5:23	11.1 (55.5%)
434	KOZACZKA Włodzimierz	611		M40-49	131		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57	00:53:54.15	00:54:23.15	+00:23:55 (44.4%)	5:23	11.1 (55.5%)
435	BORUCKI Darek	840		M40-49	132		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49	00:53:56.35	00:54:21.10	+00:23:58 (44.4%)	5:23	11.1 (55.5%)
436	KULA Radosław	864		M30-39	177		00:00:08	00:15:02	00:26:07	00:39:39	00:50:51	00:53:59.05	00:54:07.35	+00:24:00 (44.5%)	5:23	11.1 (55.5%)
437	PIÓR Krzysztof	798		M40-49	133		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55	00:53:59.90	00:54:16.20	+00:24:01 (44.5%)	5:24	11.1 (55.5%)
438	SUBIK Tomasz	684		M30-39	178		00:00:19	00:15:06	00:25:51	00:39:04	00:50:52	00:54:03.50	00:54:22.75	+00:24:05 (44.6%)	5:24	11.1 (55.5%)
439	CHROBOK Gerard	844		M50-59	52	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00	00:50:57	00:54:09.35	00:54:21.60	+00:24:11 (44.7%)	5:24	11.1 (55.5%)
440	METLAK Piotr	980		M40-49	134		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58	00:54:09.60	00:54:10.40	+00:24:11 (44.7%)	5:25	11.1 (55.5%)
441	ZMUDA Dariusz	918		M40-49	135		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10	00:54:22.95	00:54:48.65	+00:24:24 (44.9%)	5:26	11 (55.0%)
442	GMYREK Michał	853		M40-49	136		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17	00:54:23.15	00:54:35.60	+00:24:24 (44.9%)	5:26	11 (55.0%)
443	PRZYBYŁA Krystian	804		M20-29	59		00:00:18	00:15:53	00:27:07	00:40:33	00:51:15	00:54:28.45	00:54:46.65	+00:24:30 (45.0%)	5:26	11 (55.0%)
444	MAKOWSKI Grzegorz	867		M20-29	60		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43	00:54:28.50	00:54:53.25	+00:24:30 (45.0%)	5:26	11 (55.0%)
445	ĆWIOK Marek	929		M40-49	137		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19	00:54:29.25	00:54:45.55	+00:24:30 (45.0%)	5:26	11 (55.0%)
446	OGIERMAN Mariusz	876		M20-29	61		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13	00:54:35.55	00:54:56.40	+00:24:37 (45.1%)	5:27	11 (55.0%)
447	DURAJ Dariusz	848		M30-39	179	WKURW_TEAM	00:00:16	00:15:53	00:26:53	00:40:15	00:51:31	00:54:35.80	00:54:52.45	+00:24:37 (45.1%)	5:27	11 (55.0%)
448	KUŚKA Tadeusz	952		M30-39	180		00:00:29	00:15:45	00:26:57	00:40:12	00:51:35	00:54:37.25	00:55:06.65	+00:24:38 (45.1%)	5:27	11 (55.0%)
449	SOBIERAJSKI Przemek	812		M40-49	138		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43	00:54:40.40	00:55:04.50	+00:24:42 (45.2%)	5:28	11 (55.0%)
450	GOIK Damian	742		M20-29	62	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32	00:54:53.40	00:55:13.45	+00:24:55 (45.4%)	5:29	10.9 (54.5%)
451	KUBIENIEC Grzegorz	769		M40-49	139		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45	00:54:56.65	00:55:17.30	+00:24:58 (45.4%)	5:29	10.9 (54.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
452	PAJĄK Paweł	880		M40-49	140		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48	00:55:07.05	00:55:23.85	+00:25:08 (45.6%)	5:30	10.9 (54.5%)
453	STEKLA Bartłomiej	904		M20-29	63		00:00:14	00:15:02	00:26:11	00:39:53	00:51:43	00:55:08.70	00:55:22.75	+00:25:10 (45.6%)	5:30	10.9 (54.5%)
454	BRYŚ Sebastian	842		M40-49	141		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46	00:55:08.75	00:55:29.80	+00:25:10 (45.6%)	5:30	10.9 (54.5%)
455	GIBAS Damian	852		M20-29	64		00:00:14	00:39:46	00:51:42			00:55:09.75	00:55:24.35	+00:25:11 (45.7%)	5:31	10.9 (54.5%)
456	FELSKI Krzysztof	849		M30-39	181		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00	00:55:16.95	00:55:42.75	+00:25:18 (45.8%)	5:31	10.9 (54.5%)
457	OSIEWACZ Zbigniew	877		M30-39	182		00:00:18	00:16:03	00:27:18	00:40:44	00:52:09	00:55:18.95	00:55:37.60	+00:25:20 (45.8%)	5:31	10.8 (54.0%)
458	KMIECIAK Bogdan	942		M40-49	142		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54	00:55:20.35	00:55:48.50	+00:25:22 (45.8%)	5:32	10.8 (54.0%)
459	WICZKOWSKI Michał	827		M20-29	65		00:00:20	00:16:53	00:28:11	00:41:23	00:52:30	00:55:22.75	00:55:43.40	+00:25:24 (45.9%)	5:32	10.8 (54.0%)
460	JESIONEK Bogusław	939		M50-59	53		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08	00:55:27.75	00:55:55.15	+00:25:29 (46.0%)	5:32	10.8 (54.0%)
461	BARANKIEWICZ Irek	724		M40-49	143		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15	00:55:29.55	00:55:53.75	+00:25:31 (46.0%)	5:32	10.8 (54.0%)
462	KONOPKA Jarosław	945		M50-59	54		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23	00:55:33.90	00:56:00.85	+00:25:35 (46.1%)	5:33	10.8 (54.0%)
463	PAJĄK Marcin	791		M20-29	66		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36	00:55:34.65	00:55:52.05	+00:25:36 (46.1%)	5:33	10.8 (54.0%)
464	ŻYŁA Wojciech	921		M30-39	183		00:00:24	00:15:41	00:27:24	00:41:03	00:52:28	00:55:37.80	00:56:02.70	+00:25:39 (46.1%)	5:33	10.8 (54.0%)
465	WILCZEK Marek	830		M40-49	144		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21	00:55:39.70	00:56:01.90	+00:25:41 (46.2%)	5:33	10.8 (54.0%)
466	WOWRA Robert	914		M30-39	184		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47	00:55:53.75	00:56:26.60	+00:25:55 (46.4%)	5:35	10.7 (53.5%)
467	BARAN Dawid	838		M30-39	185		00:00:26	00:15:20	00:26:47	00:40:43	00:52:45	00:55:56.40	00:56:22.50	+00:25:58 (46.4%)	5:35	10.7 (53.5%)
468	KRAMER Piotr	860		M40-49	145		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44	00:56:06.80	00:56:37.30	+00:26:08 (46.6%)	5:36	10.7 (53.5%)
469	GUJA Bogusław	747		M60-69	7		00:00:12	00:16:44	00:28:13	00:41:50	00:52:53	00:56:10.40	00:56:23.35	+00:26:12 (46.6%)	5:37	10.7 (53.5%)
470	JELEŃ Michał	938		M20-29	67		00:00:14	00:14:57	00:26:22	00:40:28	00:53:05	00:56:16.35	00:56:30.50	+00:26:18 (46.7%)	5:37	10.7 (53.5%)
471	PYZIK Marcin	888		M40-49	146	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06	00:56:20.75	00:56:37.90	+00:26:22 (46.8%)	5:38	10.7 (53.5%)
471	PAWŁOWSKI Rafał	958		M20-29	68		00:00:27	00:17:12	00:29:06	00:42:32	00:53:27	00:56:20.75	00:56:47.80	+00:26:22 (46.8%)	5:38	10.7 (53.5%)
473	WOLIŃSKI Józef	913		M50-59	55		00:00:23	00:16:31	00:27:51	00:41:25	00:53:03	00:56:23.25	00:56:46.55	+00:26:24 (46.8%)	5:38	10.6 (53.0%)
474	KOTERZYNA Janusz	859		M60-69	8		00:00:23	00:16:51	00:28:12	00:41:44	00:53:01	00:56:25.85	00:56:49.75	+00:26:27 (46.9%)	5:38	10.6 (53.0%)
475	MARCINIAK Artur	780		M50-59	56		00:00:29	00:16:27	00:28:27	00:41:53	00:53:30	00:56:47.45	00:57:16.75	+00:26:49 (47.2%)	5:40	10.6 (53.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
476	SCHAB Paweł	678		M30-39	186		00:00:00	00:20:58	00:30:53	00:43:07	00:53:42	00:56:52.20	00:56:52.20	+00:26:53 (47.3%)	5:41	10.6 (53.0%)
477	SŁOWIŃSKI Kamil	964		M30-39	187		00:00:28	00:17:16	00:29:07	00:42:57	00:53:51	00:57:01.00	00:57:29.00	+00:27:02 (47.4%)	5:42	10.5 (52.5%)
478	DRĄG Rafał	847		M30-39	188		00:00:26	00:16:46	00:28:31	00:42:15	00:53:59	00:57:06.05	00:57:32.80	+00:27:07 (47.5%)	5:42	10.5 (52.5%)
479	PIETRZYK Marek	959		M60-69	9		00:00:25	00:17:00	00:28:45	00:42:44	00:54:17	00:57:25.50	00:57:51.45	+00:27:27 (47.8%)	5:44	10.4 (52.0%)
480	KRÓL Michał	767		M40-49	147		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52	00:57:29.00	00:57:34.70	+00:27:30 (47.9%)	5:44	10.4 (52.0%)
481	FLASZ Dawid	738		M40-49	148		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27	00:57:32.55	00:57:57.80	+00:27:34 (47.9%)	5:45	10.4 (52.0%)
482	BARTOS Grzegorz	725		M20-29	69		00:00:21	00:16:57	00:28:58	00:43:07	00:54:29	00:57:35.05	00:57:56.95	+00:27:36 (48.0%)	5:45	10.4 (52.0%)
483	MROZEK Maciej	784		M40-49	149		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07	00:57:39.50	00:58:03.65	+00:27:41 (48.0%)	5:45	10.4 (52.0%)
484	CIEŚLA Adam	564		M40-49	150	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05	00:57:43.40	00:58:15.00	+00:27:45 (48.1%)	5:46	10.4 (52.0%)
485	MORAWSKI Janusz	873		M40-49	151		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23	00:57:45.80	00:58:11.00	+00:27:47 (48.1%)	5:46	10.4 (52.0%)
486	CIEŚLA Artur	734		M30-39	189		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50	00:57:46.35	00:58:12.95	+00:27:48 (48.1%)	5:46	10.4 (52.0%)
487	BUCZAK Łukasz	926		M30-39	190		00:00:07	00:14:45	00:27:26	00:42:23	00:54:34	00:57:55.60	00:58:03.05	+00:27:57 (48.3%)	5:47	10.4 (52.0%)
488	LEJKOWSKI Sebastian	953		M30-39	191		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37	00:57:56.50	00:58:26.75	+00:27:58 (48.3%)	5:47	10.4 (52.0%)
489	STEFAŃSKI Piotr	967		M40-49	152		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40	00:57:57.55	00:58:28.25	+00:27:59 (48.3%)	5:47	10.4 (52.0%)
490	ZIMNY Ireneusz	917		M40-49	153		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44	00:58:00.30	00:58:20.30	+00:28:01 (48.3%)	5:48	10.3 (51.5%)
491	WOLIŃSKI Dariusz	912		M40-49	154		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06	00:58:19.80	00:58:48.30	+00:28:21 (48.6%)	5:50	10.3 (51.5%)
492	SOBEK Mariusz	901		M30-39	192		00:00:27	00:16:24	00:28:02	00:42:18	00:54:46	00:58:21.85	00:58:48.95	+00:28:23 (48.6%)	5:50	10.3 (51.5%)
493	PAJESTKA Marek	881		M40-49	155	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11	00:58:25.10	00:58:48.90	+00:28:26 (48.7%)	5:50	10.3 (51.5%)
494	MICUDA Jan	955		M60-69	10		00:00:28	00:17:01	00:28:56	00:43:05	00:55:10	00:58:33.00	00:59:01.80	+00:28:34 (48.8%)	5:51	10.2 (51.0%)
495	MARON Tadeusz	633		M30-39	193		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35	00:58:48.85	00:59:12.65	+00:28:50 (49.0%)	5:52	10.2 (51.0%)
496	CZAPSKI Janusz	927		M40-49	156		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20	00:58:56.15	00:59:26.00	+00:28:57 (49.1%)	5:53	10.2 (51.0%)
497	DYL Ireneusz	736		M40-49	157		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46	00:59:01.25	00:59:22.70	+00:29:02 (49.2%)	5:54	10.2 (51.0%)
498	SOSNA Daniel	966		M20-29	70		00:00:31	00:18:00	00:29:45	00:44:27	00:55:27	00:59:02.05	00:59:33.90	+00:29:03 (49.2%)	5:54	10.2 (51.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
499	POSTUPALSKI Marcin	962		M40-49	158		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59	00:59:06.10	00:59:33.95	+00:29:07 (49.3%)	5:54	10.2 (51.0%)
500	STOCHNIJ Karol	905		M30-39	194		00:00:26	00:17:17	00:29:14	00:43:41	00:56:17	00:59:25.10	00:59:51.20	+00:29:26 (49.6%)	5:56	10.1 (50.5%)
501	SZEFER Bartłomiej	970		M40-49	159		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09	00:59:27.30	00:59:54.55	+00:29:28 (49.6%)	5:56	10.1 (50.5%)
502	KRZYSTOLIK Damian	948		M30-39	195		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06	00:59:27.95	00:59:54.05	+00:29:29 (49.6%)	5:56	10.1 (50.5%)
503	GIL Krzysztof	935		M50-59	57		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13	00:59:30.00	00:59:55.65	+00:29:31 (49.6%)	5:57	10.1 (50.5%)
504	KRETEK Krzysztof	336	CE PROGRESS	M40-49	160		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34	00:59:55.65	01:00:23.95	+00:29:57 (50.0%)	5:59	10 (50.0%)
505	UKLEJA Sebastian	821		M40-49	161		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16	01:00:05.00	01:00:14.15	+00:30:06 (50.1%)	6:00	10 (50.0%)
506	MOCHNACZ Patryk	956		M40-49	162		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55	01:00:31.35	01:00:55.15	+00:30:33 (50.5%)	6:03	9.9 (49.5%)
507	CHMIEL Jacek	732		M60-69	11		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13	01:00:41.35	01:01:09.85	+00:30:43 (50.6%)	6:04	9.9 (49.5%)
508	SOBIERAJ Paweł	902		M40-49	163		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15	01:00:49.70	01:01:17.35	+00:30:51 (50.7%)	6:05	9.9 (49.5%)
509	KRAJEWSKI Damian	946		M50-59	58	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41	01:01:13.20	01:01:42.65	+00:31:14 (51.0%)	6:07	9.8 (49.0%)
510	MACHEJ Piotr	776		M20-29	71	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38	00:58:04	01:01:19.45	01:01:28.50	+00:31:21 (51.1%)	6:07	9.8 (49.0%)
511	OGRODNIK Sebastian	957		M30-39	196		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58	01:01:40.30	01:01:55.05	+00:31:41 (51.4%)	6:10	9.7 (48.5%)
512	BURDA Andrzej	843		M30-39	197	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38	00:58:26	01:01:55.40	01:02:23.05	+00:31:57 (51.6%)	6:11	9.7 (48.5%)
513	WILMANOWICZ Rafał	975		M20-29	72		00:00:19	00:17:36	00:30:13	00:45:20	00:58:26	01:01:59.40	01:02:19.15	+00:32:01 (51.6%)	6:12	9.7 (48.5%)
514	MIKODA Stanisław	871		M40-49	164	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25	01:02:24.25	01:02:45.50	+00:32:25 (52.0%)	6:14	9.6 (48.0%)
515	BALICKI Paweł	923		M30-39	198		00:00:04	00:15:50	00:29:17	00:45:28	00:59:24	01:02:58.25	01:03:03.05	+00:32:59 (52.4%)	6:17	9.5 (47.5%)
516	WIECZOREK Henryk	142		M50-59	59		00:00:15	00:18:32	00:31:20	00:46:44	00:59:35	01:03:24.75	01:03:40.70	+00:33:26 (52.7%)	6:20	9.5 (47.5%)
517	TRAWNICKI Jan	908		M60-69	12		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43	01:03:55.80	01:04:21.05	+00:33:57 (53.1%)	6:23	9.4 (47.0%)
518	WÓJCIK Dariusz	977		M40-49	165		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53	01:04:30.65	01:04:59.95	+00:34:32 (53.5%)	6:27	9.3 (46.5%)
519	KUCZMIERCZYK Janusz	951		M70+	4		00:00:28	00:18:44	00:31:58	00:47:35	01:00:50	01:04:35.80	01:05:04.60	+00:34:37 (53.6%)	6:27	9.3 (46.5%)
520	POŁOK Robert	801		M20-29	73		00:00:26	00:17:02	00:29:56	00:46:17	01:00:56	01:05:20.75	01:05:47.15	+00:35:22 (54.1%)	6:32	9.2 (46.0%)
521	TRAFIAŁEK Mirosław	973		M50-59	60		00:00:24	00:18:21	00:31:41	00:48:11	01:02:19	01:06:19.50	01:06:43.85	+00:36:21 (54.8%)	6:37	9 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
522	LIZAK Adam	773		M40-49	166	Nieślony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59	01:07:17.75	01:07:46.05	+00:37:19 (55.5%)	6:43	8.9 (44.5%)
523	KOŁODZIEJCZAK Damian	943		M40-49	167		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19	01:07:32.55	01:07:46.70	+00:37:34 (55.6%)	6:45	8.9 (44.5%)
524	KUCHARCZYK Marek	950		M50-59	61		00:00:35	00:18:09	00:32:33	00:50:09	01:03:58	01:07:55.25	01:08:30.70	+00:37:56 (55.9%)	6:47	8.8 (44.0%)
525	KUBAS Mariusz	949		M40-49	168	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28	01:08:35.15	01:09:05.35	+00:38:36 (56.3%)	6:51	8.7 (43.5%)
526	PIOTROWSKI Mieczysław	961		M70+	5		00:00:16	00:19:41	00:33:35	00:51:07	01:05:10	01:09:21.15	01:09:38.10	+00:39:22 (56.8%)	6:56	8.6 (43.0%)
527	WARDACH Tomasz	825		M30-39	199		00:00:26	00:19:07	00:33:04	00:50:13	01:05:25	01:09:45.70	01:10:12.30	+00:39:47 (57.0%)	6:58	8.6 (43.0%)
528	PIOTROWICZ Rysiek	960		M50-59	62		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13	01:12:26.05	01:12:34.55	+00:42:27 (58.6%)	7:14	8.3 (41.5%)
529	LEDWOŃ Paweł	468		M30-39	200		00:00:03	00:11:04	00:18:48	00:27:54				+00:05:53	3:49	15.7 (78.5%)
530	KOŹMIŃSKI Józef	378		M30-39	201		00:00:01	00:09:55	00:17:07					+00:02:13	3:25	17.5 (87.5%)
531	FOJCIK Piotr	932		M50-59	63		00:00:32	00:16:19	00:35:03					+00:20:08	7:00	8.6 (43.0%)
532	URBAŚ Roman	530		M40-49	169		00:00:00	00:13:37						+	4:41	12.8 (64.0%)
533	KONCKI Ryszard	944		M70+	6		00:00:33									(0.0%)

Znaleziono 533 wynik(ów)