



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organiser:
Date:
Place:
Distance:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

Classification: M-Open

Split point: 7,3 km

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
1	WÓJCIK Tomasz	38	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	Aktywna Pszczyna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23
2	ELASRI Abderrahim	27		M40-49		00:00:00	00:09:14	00:16:07	00:23:24
3	FIJAK Tomasz	33	MKS ŻYWIEC	M16-19		00:00:01	00:09:28	00:16:48	00:24:10
4	HARATYK Błażej	43	MKS USTRŃ	M16-19		00:00:00	00:09:29	00:16:49	00:24:12
5	LYSKO Jakub	24	WKB META LUBLINIEC	M30-39		00:00:01	00:09:38	00:16:54	00:24:13
6	RUDZINSKI Jacek	45		M30-39		00:00:00	00:09:40	00:16:57	00:24:28
7	MARCOL Sebastian	9	INŻYNIERIA BIEGANIA	M30-39	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55
8	ANTCZAK Robert	39		M40-49		00:00:00	00:09:39	00:17:04	00:24:58
9	GAJEWSKI Wojciech	15	UKS „OLIMPIA” ZABRZE	M40-49		00:00:00	00:09:45	00:17:21	00:25:23
10	PYRA Wiesław	129		M50-59		00:00:02	00:10:06	00:17:43	00:25:29
11	STRZODA Marcin	30	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M20-29		00:00:00	00:09:49	00:17:23	00:25:30
12	ALBRECHT Krystian	36	GB GALOPUJĄCE ŚLIMAKI	M20-29	Galopujące Ślimaki	00:00:01	00:09:52	00:17:35	00:25:32
13	WOJCIK Paweł	28	ZADYSZKA OŚWIĘCIM	M20-29	Zadyszka Oświęcim	00:00:01	00:10:10	00:17:48	00:25:40
14	LIZAK Wojciech	10	TL ATHLETICS JASTRZĘBIE	M40-49	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41
15	SZYMULA Michał	23		M30-39		00:00:02	00:10:08	00:17:48	00:25:41
16	PORĘBA Grzegorz	21	EVENTYR	M30-39		00:00:01	00:10:04	00:17:46	00:25:50
17	STARZYCKI Przemysław	34	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04
18	SOCHA Tymon	104	TL POGOŃ RUDA ŚLĄSKA	M16-19	TL Pogoń Ruda Śląska	00:00:03	00:10:21	00:18:10	00:26:08
19	ZYGMA Kordian	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39		00:00:01	00:10:05	00:17:58	00:26:24
20	OSETEK Paweł	72	RADLINIOKI W BIEGU	M30-39	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26
21	TOKAREWICZ Damian	13	ZEBRY	M40-49		00:00:03	00:10:17	00:18:11	00:26:27
22	OLEJNIK Franciszek	17	INŻYNIERIA BIEGANIA TEAM	M20-29	Inżynieria biegania	00:00:01	00:10:20	00:18:13	00:26:29
23	PALT Tomasz	62		M40-49		00:00:01	00:10:23	00:18:15	00:26:29
24	SZULIK Grzegorz	40	ZSRG SP Z O.O.	M40-49		00:00:01	00:10:08	00:18:05	00:26:31
25	GOŚCINIEWICZ Paweł	60		M30-39		00:00:02	00:10:29	00:18:24	00:26:35
26	BARTNIK Sebastian	2	STREET SPIRIT-TEAM NOWAK	M40-49	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47
27	MOSKWA Sławomir	18	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:01	00:10:36	00:18:36	00:26:50
28	JAROSZ Marek	32		M40-49		00:00:01	00:10:40	00:18:36	00:26:52
29	PRZYBYLSKI Tomasz	14	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54
30	WOWRY Grzegorz	44	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56
31	NOWAK Michał	26	RYTM CZECHOWICE-DZIEDZICE	M20-29		00:00:02	00:10:18	00:18:26	00:27:00
32	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49		00:00:02	00:10:36	00:18:40	00:27:07

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
33	JARCZOK Miłosz	25	MKS CZECHOWICE DZIEDZICE	M30-39		00:00:02	00:10:44	00:18:52	00:27:19
34	STEC Łukasz	16	SKL SUCHA BESKIDZKA	M30-39		00:00:01	00:10:45	00:18:54	00:27:20
35	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49		00:00:03	00:10:43	00:18:59	00:27:25
36	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29
37	JĘDRUSIAK Przemysław	122		M40-49		00:00:03	00:10:46	00:18:53	00:27:41
38	KRĘCICHWOST Kamil	121		M30-39		00:00:02	00:10:38	00:19:00	00:27:49
39	DUŻNIAK Dominik	19	STEP-DANCE	M30-39		00:00:01	00:10:43	00:19:07	00:28:00
40	NALEPKA Adam	65	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:10	00:11:06	00:19:30	00:28:20
41	KRETEK Łukasz	130		M30-39		00:00:01	00:11:10	00:19:35	00:28:26
42	MATERNA Mateusz	118	AHC	M30-39		00:00:03	00:11:22	00:19:47	00:28:29
43	WRÓBEL Michał	133	FIT LAMKA TEAM	M30-39		00:00:02	00:11:16	00:19:49	00:28:38
44	SMYCZEK Bartosz	203	KILOMETROŻERCA	M30-39		00:00:04	00:10:49	00:19:16	00:28:42
45	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43
46	NIEBRZYDOWSKI Łukasz	50	NESSI TIME ŻORY	M30-39	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45
47	WIECZOREK Maciej	108	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:03	00:11:11	00:19:47	00:28:47
48	BIAŁY Kamil	79	FAST FOOT TEAM SIEWIERZ	M30-39		00:00:04	00:11:19	00:19:54	00:28:50
49	ŁATKA Łukasz	114		M40-49		00:00:03	00:11:20	00:19:57	00:28:51
50	TIDE Krzysztof	96		M20-29		00:00:04	00:11:27	00:20:01	00:28:53
51	KEMPA Piotr	76		M30-39		00:00:02	00:11:20	00:19:54	00:28:54
52	KYRCZ Mirosław	88		M40-49		00:00:03	00:11:27	00:20:05	00:28:56
53	SZAŁAŚNY Piotr	56	TESTYOUTDOOROWE.PL	M30-39		00:00:04	00:11:29	00:20:04	00:28:57
54	WRZECIONKOWSKI Adrian	105	TYSKIE DELFINY	M30-39		00:00:04	00:11:23	00:20:03	00:29:02
55	KUŚ Dawid	49	POLSKA GRUPA GÓRNICZA	M30-39		00:00:00	00:11:11	00:19:56	00:29:09
56	MRÓZEK Rafał	83	TEAM KOPEĆ	M30-39		00:00:02	00:11:05	00:19:55	00:29:11
57	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13
58	WOLNY Ariel	94		M40-49		00:00:02	00:11:33	00:20:07	00:29:15
59	MAZUR Marek	68		M40-49		00:00:04	00:11:30	00:20:11	00:29:15
60	TŁOŁKA Michał	58		M30-39		00:00:05	00:11:26	00:20:10	00:29:18
61	SAMBAK Tadeusz	90	ZADYSZKA OŚWIĘCIM	M50-59	Zadyszka Oświęcim	00:00:03	00:11:32	00:20:13	00:29:20
62	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20
63	NOWICKI Tomasz	86	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23
64	ADAMSKI Robert	53	BRYKAJĄCA GRUPA BIEGOWA	M30-39	Brykająca Grupa Biegowa	00:00:04	00:11:34	00:20:19	00:29:31
65	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49		00:00:05	00:11:34	00:20:23	00:29:37
66	GOLUCH Robert	97	INŻYNIERIA BIEGANIA	M30-39		00:00:04	00:11:32	00:20:20	00:29:39
67	KARPLEWICZ Andrzej	70	GALOPUJĄCE ŚLIMAKI	M60-69	Galopujące Ślimaki	00:00:01	00:11:24	00:20:14	00:29:40
68	HORZELA Adam	93	HURAGAN LIGOTA	M30-39		00:00:06	00:11:52	00:20:50	00:30:01
69	WADELSKI Eugeniusz	103		M50-59		00:00:06	00:11:44	00:20:43	00:30:03
70	BRAŃSKI Tomasz	132		M40-49		00:00:04	00:11:50	00:20:58	00:30:25
71	CHRUSZCZ Wojciech	80	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27
72	POŁOMSKI Grzegorz	51	POLOMSCY TEAM	M40-49	POLOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31
73	MOŃKA Marcin	212		M40-49		00:00:11	00:12:04	00:21:13	00:30:35
74	BEZUCH Paweł	64		M20-29		00:00:15	00:12:14	00:21:14	00:30:35
75	BUĆKO Marcin	54	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36
76	GŁUSZYK Andrzej	218		M50-59		00:00:04	00:12:14	00:21:20	00:30:40
77	HERBA Grzegorz	99	KS GRYF KIETRZ	M40-49		00:00:04	00:12:02	00:21:10	00:30:42
78	MROWIEC Bernard	207	MKS SMS VICTORIA RACIBÓRZ	M50-59		00:00:05	00:12:07	00:21:09	00:30:44

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
79	KRAJEWSKI Tomasz	98		M40-49		00:00:10	00:12:23	00:21:25	00:30:44
80	BURAS Roman	163		M50-59		00:00:05	00:12:09	00:21:25	00:30:47
81	WIELOPOLSKI Michał	67		M20-29		00:00:07	00:12:15	00:21:24	00:30:53
82	STAMATEL Sebastian	126		M20-29		00:00:09	00:12:00	00:21:14	00:30:55
83	RUP Dariusz	131	BLUES BROTHERS OPOLE	M40-49		00:00:07	00:12:11	00:21:21	00:31:08
84	HEJNA Michał	188	KS M.E.T.A.	M30-39		00:00:07	00:12:27	00:21:45	00:31:14
85	WILDNER Witold	184	MINOVA EKOCEM	M40-49		00:00:07	00:12:23	00:21:37	00:31:18
86	MECHTA Sebastian	124	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20
87	URBAN Patryk	123		M30-39		00:00:03	00:11:51	00:21:23	00:31:23
88	RAJWA Jan	143	BZIEGACZE	M30-39	Bziegacze	00:00:04	00:12:23	00:21:44	00:31:27
89	WALA Piotr	29		M16-19		00:00:04	00:11:40	00:21:07	00:31:28
90	MAŁECKI Jacek	214		M30-39		00:00:12	00:12:43	00:21:43	00:31:29
91	BOCHENEK Adam	335	BRAK	M20-29		00:00:15	00:12:07	00:21:36	00:31:38
92	WRÓBEL Ryszard	185		M30-39		00:00:05	00:12:08	00:21:42	00:31:39
93	KĄKOL Ryszard	100	PĘDZIWIATRY NA ANIMUSZU	M60-69		00:00:03	00:12:29	00:22:05	00:31:51
94	LORENZ Marcin	166	GALOPUJĄCE ŚLIMAKI	M50-59	Galopujące Ślimaki	00:00:05	00:12:31	00:22:03	00:31:52
95	STATECZNY Patryk	182		M20-29		00:00:05	00:12:20	00:22:00	00:31:53
96	BIELA Rafał	78		M40-49		00:00:06	00:12:29	00:22:04	00:31:53
97	GANCARCZYK Adam	181	BIEGOWE WARIATY	M30-39		00:00:04	00:12:10	00:21:49	00:31:58
98	CZUWAJ Krzysztof	186		M50-59		00:00:08	00:12:34	00:22:07	00:31:59
99	RAJWA Roman	57	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00
100	ZĘBIK Tomasz	216		M40-49		00:00:04	00:12:22	00:22:03	00:32:01
101	CIESIELSKI Dariusz	187		M50-59		00:00:04	00:12:38	00:22:19	00:32:05
102	TOMCZYK Lesław	117		M60-69		00:00:11	00:12:48	00:22:16	00:32:06
103	PIECHACZEK Jacek	175		M40-49		00:00:10	00:12:33	00:22:12	00:32:11
104	OWCZAREK Paweł	258		M40-49		00:00:08	00:12:31	00:22:06	00:32:12
105	TOCHOWICZ Bartosz	228		M50-59		00:00:05	00:12:37	00:22:19	00:32:14
106	ŁYSEK Paweł	66	BZIEGACZE	M40-49	Bziegacze	00:00:04	00:12:38	00:22:18	00:32:15
107	ZELEK Adam	89	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16
108	KUBOŃ Mateusz	435	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:03	00:12:10	00:21:53	00:32:17
109	MAREK Rafał	201	KAC RUNNERS	M50-59		00:00:08	00:12:36	00:22:18	00:32:20
110	JANECKI Mateusz	52	BZIEGACZE	M20-29	Bziegacze	00:00:04	00:12:39	00:22:21	00:32:29
111	SOJKA Wojciech	204	KAC RUNNERS	M50-59		00:00:09	00:12:43	00:22:25	00:32:33
112	GÓRAL Stanisław	268		M30-39		00:00:11	00:12:52	00:22:44	00:32:36
113	LOKAJCZYK Olivier	422		M16-19		00:00:12	00:13:02	00:22:43	00:32:39
114	MIROSŁAW Piotr	199		M20-29		00:00:07	00:12:28	00:22:09	00:32:40
115	WRANA Radosław	220		M20-29		00:00:16	00:13:23	00:22:54	00:32:40
116	SWISTEK Marcin	71		M40-49		00:00:07	00:12:35	00:22:19	00:32:42
117	KOŹLIK Tomek	211	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44
118	GROBORZ Mateusz	222	KLUB BIEGACZA FARTLEK	M20-29	Klub Biegacza Fartlek	00:00:10	00:13:06	00:22:47	00:32:47
119	RATKA-MATEJKO Marcin	174		M30-39		00:00:05	00:12:16	00:22:17	00:32:55
120	MACH Sebastian	304	PORANNY BESKID RUN	M40-49		00:00:12	00:12:59	00:22:47	00:32:55
121	JĘDRZEJAK Piotr	485		M40-49		00:00:16	00:13:07	00:22:47	00:32:58
122	PRÓSZYŃSKI Sławomir	160		M40-49		00:00:17	00:12:46	00:22:08	00:32:58
123	PRZYBYSZ Ryszard	162		M50-59		00:00:13	00:13:01	00:22:49	00:33:00
124	PAWŁOWSKI Tomasz	224	NIEZRZESZONY	M40-49		00:00:10	00:12:51	00:22:45	00:33:02

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
125	BRYŁA Rafał	81	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05
126	DRÓŻDŻ Marcin	300		M30-39		00:00:13	00:12:28	00:22:35	00:33:05
127	MALIK Rafał	63	AMATOR	M30-39		00:00:06	00:12:37	00:22:30	00:33:10
128	DUROK Wojciech	202	KAC RUNNERS	M40-49		00:00:09	00:12:57	00:22:51	00:33:10
129	FLISZTA Marcin	161	HARPAGAN SOSNOWIEC	M40-49		00:00:07	00:12:39	00:22:45	00:33:11
130	HENCZKO Karol	369	AKTYWNIE NAKRĘCENI	M30-39		00:00:16	00:13:07	00:22:52	00:33:11
131	BAKOWSKI Michał	235	YNOULTRA	M30-39		00:00:17	00:12:50	00:22:44	00:33:13
132	TURAK Rafał	164		M50-59		00:00:04	00:12:39	00:22:46	00:33:20
133	KIEPIELA Dawid	139	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20
134	ADAMCZYK Andrzej	226	RUN RYDUŁTOWY	M40-49		00:00:12	00:12:43	00:22:44	00:33:24
135	ORŁOWSKI Grzegorz	209		M40-49		00:00:07	00:13:17	00:23:12	00:33:26
136	GRZONKA Andrzej	180		M40-49		00:00:03	00:13:02	00:23:03	00:33:34
137	BALICKI Piotr	332	WSPÓLNA TEAM	M30-39		00:00:14	00:13:13	00:23:07	00:33:34
138	DĄBROWSKI Marcin	420		M30-39		00:00:04	00:13:12	00:23:18	00:33:35
139	NIZIOŁEK Marcin	249		M40-49		00:00:07	00:13:24	00:23:28	00:33:43
140	JACH Marek	147		M50-59	Street Spirit-Team Nowak	00:00:13	00:12:47	00:22:53	00:33:50
141	BIAŁECKI Zbigniew	439	WATAHA	M16-19	WATAHA	00:00:05	00:12:52	00:22:51	00:33:52
142	BERKE Krzysztof	284		M50-59		00:00:07	00:13:18	00:23:26	00:33:53
143	KUBIŚ Krzysztof	217		M40-49		00:00:07	00:13:07	00:23:17	00:33:54
144	PETRYNA Bartosz	248	OCHAJO RUN AND FRIENDS	M40-49		00:00:04	00:12:41	00:22:49	00:33:55
145	TUPAJ Jarosław	299	AKTYWNI RYDUŁTOWY	M30-39		00:00:11	00:13:14	00:23:06	00:33:58
146	FOKS Damian	272		M50-59		00:00:05	00:13:16	00:23:21	00:33:59
147	CEGLARSKI Adrian	165	JEJKOWICE BIEGAJĄ	M30-39	Jejkowice Biegają	00:00:06	00:13:17	00:23:21	00:34:00
148	BEZWIŃSKI Piotr	156	KOKO DŻAMBO I DO PRZODU	M40-49		00:00:08	00:12:56	00:23:04	00:34:00
149	GAŁKIEWICZ Michał	172		M40-49		00:00:02	00:13:00	00:23:13	00:34:03
150	URGACZ Mirosław	291		M40-49		00:00:07	00:13:16	00:23:25	00:34:10
151	ADAMCZEWSKI Waldemar	150	KLUB BIEGACZA FARTLEK	M50-59	Klub Biegacza Fartlek	00:00:08	00:13:04	00:23:22	00:34:11
152	PIETRASZ Krzysztof	221		M30-39		00:00:10	00:13:20	00:23:40	00:34:14
153	URBASIK Mariusz	193	RUN RYDUŁTOWY	M50-59		00:00:12	00:13:27	00:23:34	00:34:17
154	PŁONKA Krzysztof	346	DKMS	M50-59		00:00:16	00:13:30	00:23:44	00:34:22
155	WUWER Łukasz	303		M30-39		00:00:17	00:13:33	00:23:36	00:34:22
156	CHROBOK Michał	325		M30-39		00:00:09	00:13:22	00:23:42	00:34:27
157	MOTOWIDŁO Tomasz	337		M40-49		00:00:12	00:13:25	00:23:48	00:34:37
158	ŚMIETANA Grzegorz	169	EASYRUN RACIBÓRZ	M40-49		00:00:11	00:13:35	00:23:58	00:34:40
159	MARYNIOK Marian	265	SEGURIDAD	M60-69		00:00:07	00:13:25	00:23:56	00:34:42
160	CISOWSKI Kamil	288	PREZESA	M30-39		00:00:08	00:13:35	00:24:08	00:34:51
161	STREIT Mariusz	293		M40-49		00:00:09	00:13:18	00:23:53	00:34:57
162	LELENIEWSKI Jacek	140		M40-49		00:00:06	00:13:34	00:24:01	00:34:58
163	HARAZIN Janusz	178	2 TM 4,7	M30-39		00:00:09	00:13:54	00:24:17	00:35:06
164	MAREK Robert	158		M40-49		00:00:10	00:13:46	00:24:26	00:35:09
165	ZIĘTARA Paweł	236		M50-59		00:00:16	00:13:53	00:24:13	00:35:11
166	KORBUS Piotr	339	PORANNY BESKID RUN	M40-49		00:00:12	00:13:50	00:24:22	00:35:19
167	FILIKS Leszek	533		M40-49		00:00:13	00:13:41	00:24:17	00:35:22
168	GŁĘBOCKI Grzegorz	324	BIEGAM SOBIE	M50-59		00:00:14	00:13:53	00:24:30	00:35:23
169	MAGA Przemysław	205		M40-49		00:00:13	00:13:56	00:24:25	00:35:28
170	REK Krzysztof	345	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
171	KARWOT Maciej	148	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31
172	NIESŁAŃCZYK Jan	310		M40-49		00:00:15	00:13:37	00:24:20	00:35:32
173	SŁOWIŃSKI Dawid	286		M30-39		00:00:14	00:14:01	00:24:39	00:35:33
174	PODKOWIK Marcin	267	ŻORY	M40-49		00:00:13	00:13:49	00:24:29	00:35:36
175	DOBRENIUK Krzysztof	196		M40-49		00:00:05	00:13:44	00:24:32	00:35:39
176	WIELOPOLSKI Łukasz	159		M30-39		00:00:12	00:14:04	00:24:47	00:35:41
177	GURGOŃ Marcin	415		M30-39		00:00:15	00:13:19	00:24:16	00:35:44
178	TESSMER Tomasz	333		M20-29		00:00:19	00:14:33	00:25:01	00:35:45
179	CZAPOROWSKI Tomasz	142		M40-49		00:00:12	00:14:16	00:24:53	00:35:50
180	HAJSKI Kamil	391		M30-39		00:00:10	00:14:15	00:24:58	00:35:51
181	CZYRNEK Dariusz	289	SMAKI BIEGANIA	M40-49	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53
182	KUŁACZ Wiesław	311		M40-49		00:00:11	00:13:46	00:24:30	00:35:53
183	PRZYŁUDZKI Janusz	326	STS BIEGATON	M70+		00:00:11	00:14:09	00:24:51	00:35:56
184	REMIORZ Piotr	128	ABOVE2000	M50-59		00:00:08	00:13:37	00:23:57	00:35:57
185	FRITZ Tomasz	403		M40-49		00:00:16	00:14:08	00:24:50	00:35:59
186	PASZKOWSKI Cezary	233		M40-49	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01
187	ADAMCZYK Dominik	227	RUN RYDUŁTOWY	M16-19		00:00:11	00:13:18	00:24:19	00:36:03
188	SOBEL Adrian	230		M30-39		00:00:17	00:14:09	00:24:37	00:36:03
189	RYSZKA Eugeniusz	319	KS FORMA WODZISŁAW ŚLĄSKI	M40-49		00:00:07	00:13:35	00:24:30	00:36:04
190	FIEROCH Karol	367		M30-39		00:00:18	00:14:22	00:24:52	00:36:04
191	OGRODNIK Damian	152		M40-49		00:00:14	00:14:08	00:24:50	00:36:07
192	CIEŚLA Jonasz	137	RYBNICKI KLUB JU JITSU SPORTOWEGO	M16-19	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:14:17	00:25:12	00:36:07
193	KUBIK Arkadiusz	135	DYSTANS LUBOMIA	M50-59		00:00:19	00:14:39	00:25:03	00:36:07
194	WINCIERZ Sławomir	263		M30-39		00:00:11	00:14:03	00:24:57	00:36:09
195	KOZIK Marcin	305	DELOITTE ADVENTURE TEAM	M30-39		00:00:15	00:14:19	00:25:14	00:36:10
196	COJG Mateusz	241		M20-29		00:00:14	00:14:25	00:25:16	00:36:13
197	WARZOCHA Mirosław	308		M60-69		00:00:10	00:13:58	00:24:43	00:36:17
198	BERNAT Tomasz	414	OPEL FIJAŁKOWSKI TEAM	M20-29		00:00:17	00:14:01	00:24:50	00:36:17
199	SKRABEL Artur	431	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18
200	GOŁAWSKI Łukasz	592	OPEL FIJAŁKOWSKI	M30-39		00:00:16	00:14:00	00:24:49	00:36:18
201	MACHARZYŃSKI Piotr	242	NESSI TEAM ŻORY	M40-49	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19
202	MROCZKOWSKI Tomasz	309		M40-49		00:00:14	00:14:16	00:25:06	00:36:22
203	OLMA Władysław	382	JASTRZĘBIE - BIEGAM BO LUBIĘ	M50-59		00:00:10	00:14:02	00:24:57	00:36:24
204	WOJNAR Janusz	331		M40-49		00:00:15	00:14:00	00:25:02	00:36:25
205	SIKORA Stefan	173		M70+		00:00:16	00:14:17	00:25:02	00:36:27
206	STARCZEWSKI Marcin	247		M30-39		00:00:09	00:14:15	00:25:09	00:36:28
207	KRASKA Włodzimierz	151	NIEZRZESZONY	M70+		00:00:08	00:14:05	00:25:00	00:36:30
208	BORYCZKA Szymon	292		M40-49		00:00:11	00:14:05	00:24:47	00:36:30
209	ORAWSKI Robert	377	MIKI	M60-69		00:00:12	00:14:26	00:25:22	00:36:30
210	BRÓZDA Tomasz	307	MDM NT TEAM	M30-39	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30
211	WILK Grzegorz	323		M40-49		00:00:09	00:14:23	00:25:15	00:36:37
212	KUBICA Tadeusz	425	NESSI TIME ŻORY	M60-69	Nessi Time Żory	00:00:08	00:14:25	00:25:24	00:36:44
213	RASZCZYK Szymon	296	AKTYWNI LYSKI	M40-49		00:00:14	00:14:36	00:25:20	00:36:44
214	WOŹNIAK Przemysław	253		M30-39		00:00:19	00:14:53	00:25:50	00:36:48
215	MALICH Dominik	501		M20-29		00:00:06	00:14:29	00:25:29	00:36:49
216	SPYRKA Piotr	229	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
217	NIEWRZOŁ Łukasz	343		M40-49		00:00:10	00:14:18	00:25:15	00:36:50
218	KAWIK Janusz	255		M50-59		00:00:03	00:14:23	00:25:27	00:37:00
219	BUCHTA Michał	493		M40-49		00:00:11	00:14:31	00:25:39	00:37:00
220	BOBER Wojciech	394	PIERUNSKIE CANGÓRY	M30-39	PieRUNskie CanGóry	00:00:06	00:14:12	00:25:11	00:37:03
221	GRALAK Wojciech	347		M20-29		00:00:18	00:15:01	00:26:09	00:37:12
222	JĘDRYKA Sebastian	320	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15
223	MARCZYNSKI Sebastian	213	BEACHVOLLEYBALL	M30-39		00:00:10	00:14:01	00:25:21	00:37:15
224	PŁASKA Grzegorz	473	WRM MC POLAND	M50-59		00:00:08	00:14:08	00:25:21	00:37:20
225	JASIŃSKI Maksymilian	252	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	MARO Team Jastrzębie-Żory	00:00:19	00:14:55	00:26:01	00:37:21
226	HEJNA Artur	585	RADLINIOKI W BIEGU	M50-59	Radlinioki w biegu	00:00:11	00:14:24	00:25:28	00:37:29
227	KRAJCARZ Tomasz	432		M30-39		00:00:12	00:14:26	00:25:35	00:37:34
228	KROCHMAL Artur	274	MDM NT TEAM	M40-49	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40
229	BAJOR Paweł	480		M40-49		00:00:07	00:13:33	00:25:04	00:37:41
230	DOMASZK Paweł	250		M20-29	Street Spirit-Team Nowak	00:00:15	00:14:34	00:25:56	00:37:41
231	TORBIŃSKI Wiesław	237		M70+	Szare Morsy	00:00:07	00:14:27	00:25:43	00:37:42
232	RUCIŃSKI Krzysztof	190		M50-59		00:00:18	00:15:03	00:26:15	00:37:51
233	KUBULUS Tomasz	366	DO PORZYGU OCR TEAM	M40-49		00:00:17	00:14:55	00:25:53	00:37:56
234	SZCZYRBOWSKI Jan	322		M60-69		00:00:12	00:15:05	00:26:27	00:37:57
235	MROWCZYK Michał	210		M30-39		00:00:09	00:14:41	00:26:00	00:38:00
236	OGIERMAN Mariusz	245	SOCIOS SILESIA	M20-29		00:00:09	00:14:16	00:25:41	00:38:09
237	WEYGAND Patryk	478	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:18	00:15:27	00:26:42	00:38:17
238	GORZELAK Zbigniew	454		M40-49		00:00:18	00:15:23	00:26:42	00:38:18
239	MARCINIAK Artur	341		M50-59		00:00:21	00:15:13	00:26:39	00:38:18
240	BAJKACZ Krzysztof	429		M30-39		00:00:05	00:14:19	00:25:49	00:38:24
241	SOJ Przemysław	238		M40-49		00:00:18	00:15:06	00:26:21	00:38:25
242	JAWOREK Rafał	374	WSPÓLNA TEAM	M40-49		00:00:14	00:15:06	00:26:39	00:38:29
243	MISZ Hubert	445	WSPÓLNA TEAM	M40-49		00:00:14	00:15:07	00:26:38	00:38:30
244	PIŁATOWSKI Mirosław	138	TL ATHLETICS JASTRZĘBIE	M50-59	TL Athletics Jastrzębie	00:00:10	00:15:05	00:26:33	00:38:32
245	BRACHMAŃSKI Dariusz	281	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50-59		00:00:11	00:15:10	00:26:42	00:38:33
246	PIDANTY Łukasz	264		M30-39		00:00:12	00:15:13	00:26:48	00:38:36
247	ŻYWICA Tadeusz	275		M60-69		00:00:15	00:15:20	00:26:46	00:38:37
248	RASZKA Janusz	336	DARK ONE	M50-59		00:00:09	00:15:07	00:26:33	00:38:38
249	ŚMIETANA Mariusz	471	TUPOT MAŁYCH STÓPEK	M40-49		00:00:11	00:15:00	00:26:30	00:38:46
250	ZIMNY Ireneusz	260	EKO-OKNA RUNNERS	M40-49		00:00:10	00:14:52	00:26:34	00:38:51
251	BARAN Dawid	364	DO PORZYGU OCR TEAM	M30-39		00:00:18	00:15:27	00:27:05	00:38:53
252	JAGIEŁA Marcin	354	KRS TKKF MORSY.PL	M40-49		00:00:20	00:15:30	00:27:05	00:38:54
253	BIEDA Piotr	277	RUNNERS TEAM NYSA	M30-39		00:00:09	00:15:20	00:26:51	00:38:59
254	TARGOSZ Piotr	270	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03
255	MAZURKIEWICZ Rafał	424		M40-49		00:00:06	00:15:13	00:26:55	00:39:13
256	POŁOMSKI Jerzy	407	WISAGER ACTIVE	M40-49		00:00:18	00:14:49	00:26:36	00:39:18
257	PODLEŚNY Michał	438	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:04	00:14:15	00:25:57	00:39:20
258	BADURA Artur	521	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21
259	MAKOŚ Tomek	428		M40-49		00:00:18	00:16:02	00:27:54	00:39:34
260	CIEŚLA Adam	350	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38
261	SŁOWIŃSKI Kamil	449		M40-49		00:00:16	00:15:44	00:27:32	00:39:39
262	KĘDZIERSKI Krzysztof	486		M50-59		00:00:08	00:15:16	00:27:05	00:39:44

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
263	NOWOMIEJSKI Sylwester	405	AMATOR	M50-59		00:00:04	00:14:54	00:26:54	00:39:45
264	DEJEWSKI Jakub	402	GB GALOPUJĄCE ŚLIMAKI	M30-39	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45
265	ZMORZYŃSKI Marcin	408		M40-49		00:00:14	00:15:25	00:27:15	00:39:58
266	RUDNICKI Maciej	525	BĄBELKI	M50-59		00:00:21	00:15:43	00:27:40	00:40:05
267	ŻYŁA Wojciech	582		M40-49		00:00:14	00:14:58	00:27:08	00:40:06
268	CZARNOTA Leszek	465		M50-59		00:00:14	00:15:31	00:27:28	00:40:11
269	JOCHLIK Szymon	191		M30-39		00:00:16	00:15:22	00:27:31	00:40:15
270	MROZEK Maciej	365		M40-49		00:00:15	00:15:55	00:27:38	00:40:16
271	KONOPKA Jarosław	232		M50-59		00:00:18	00:15:35	00:27:32	00:40:17
272	DUDZIAK Grzegorz	321		M40-49		00:00:12	00:15:22	00:27:29	00:40:19
273	STEKLA Bartłomiej	378		M20-29		00:00:16	00:15:01	00:27:05	00:40:20
274	BORUCKI Dariusz	419		M40-49		00:00:17	00:16:05	00:27:56	00:40:20
275	BYSTRYKOWSKI Marcin	141	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24
276	WISKULSKI Mateusz	483		M30-39		00:00:16	00:15:50	00:27:47	00:40:31
277	SZCZEPANIAK Aleksander	584		M50-59		00:00:21	00:15:46	00:27:47	00:40:38
278	GÓRALSKI Jarosław	467		M50-59		00:00:06	00:16:10	00:28:15	00:40:44
279	GMYREK Michał	437	RODZIC SPORTOWCA	M40-49		00:00:09	00:15:38	00:27:54	00:40:48
280	PISAREK Witold	244	TOTUTANIEJ.PL	M40-49		00:00:14	00:15:14	00:27:15	00:40:52
281	GODEK Grzegorz	317		M30-39		00:00:09	00:16:04	00:28:29	00:41:12
282	WALICA Jerzy	372	BIEGAM BO LUBIĘ	M50-59		00:00:06	00:16:08	00:28:34	00:41:15
283	STOCHLIŃSKI Szymon	440		M20-29		00:00:09	00:16:03	00:28:29	00:41:18
284	PALA Mariusz	301	KOKO DŻAMBO I DO PRZODU	M30-39		00:00:09	00:15:17	00:27:38	00:41:19
285	MALISZEWSKI Dariusz	352		M30-39		00:00:07	00:15:25	00:28:02	00:41:23
286	JASTRZĘBSKI Igor	314		M20-29		00:00:12	00:15:14	00:28:03	00:41:25
287	URBAŃSKI Tomasz	482	MTB KYNDRA KLUB	M30-39		00:00:16	00:16:16	00:28:29	00:41:30
288	SOBIERAJ Paweł	412	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32
289	MARKOWSKI Jacek	441		M40-49		00:00:15	00:16:46	00:29:11	00:41:35
290	SZCZEPANIK Piotr	353	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36
291	NAWROCKI Zbigniew	170		M40-49		00:00:13	00:15:43	00:28:10	00:41:37
292	RUŻAŃSKI Tomasz	517		M40-49		00:00:19	00:16:26	00:28:41	00:41:40
293	MARMURA Marek	568	SILESIA MARATON CLUB	M40-49		00:00:08	00:15:43	00:28:20	00:41:41
294	SWACHTA Konrad	564	KANAPOWCY	M30-39		00:00:20	00:16:24	00:28:48	00:41:47
295	KUBIK Dariusz	544	SAINT GOBAIN SQUAD	M40-49		00:00:06	00:15:08	00:27:48	00:41:52
296	CIEŚLA Artur	388		M30-39		00:00:19	00:16:10	00:28:43	00:41:56
297	GRABALSKI Marcin	513		M30-39		00:00:13	00:15:51	00:28:21	00:42:03
298	KOŁODZIEJ Artur	488		M40-49		00:00:03	00:16:06	00:28:43	00:42:08
299	ŁASIEWICKI Sławomir	474		M50-59		00:00:10	00:16:22	00:29:00	00:42:16
300	WŁODARSKI Dariusz	579		M30-39		00:00:15	00:15:53	00:29:13	00:43:00
301	WARDENGA Kazimierz	522	JEJKOWICE BIEGAJĄ	M50-59	Jejkowice Biegają	00:00:21	00:16:39	00:29:25	00:43:04
302	MŁYNARCZYK Tomasz	383	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:16:40	00:29:31	00:43:08
303	TYRYTKO Jarosław	539	WATAHA	M50-59	WATAHA	00:00:17	00:16:56	00:29:49	00:43:20
304	UKLEJA Sebastian	570		M40-49		00:00:02	00:16:13	00:29:25	00:43:22
305	CHMIEL Jacek	240		M60-69		00:00:15	00:16:54	00:29:57	00:43:23
306	KRAMER Piotr	541		M40-49		00:00:22	00:16:02	00:29:12	00:43:32
307	PYZIK Marcin	406	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06
308	TOMALA Dariusz	530	OPEL FIJAŁKOWSKI	M40-49	OPEL FIJAŁKOWSKI	00:00:16	00:16:28	00:29:46	00:44:07

Place	Participant	Number	Club	Category	Drużyna 1	Start time	2.9km	5km	7.3km
309	MOCHNACZ Patryk	479	ILO - JASTRZĘBIE-ZDRÓJ	M40-49		00:00:18	00:16:57	00:30:01	00:44:14
310	SOCHA Michał	529	TL POGOŃ RUDA ŚLĄSKA	M50-59	TL Pogoń Ruda Śląska	00:00:13	00:16:19	00:31:47	00:44:25
311	MARYNIOK Patryk	492		M30-39		00:00:17	00:16:48	00:30:10	00:44:28
312	SOBCZAK Sławek	487	MEGA MOC RACIBÓRZ	M40-49		00:00:08	00:17:16	00:30:25	00:44:29
313	MATIOSZEK Patryk	510		M30-39		00:00:08	00:17:16	00:30:25	00:44:29
314	MAKOWSKI Grzegorz	348		M30-39		00:00:16	00:16:05	00:29:36	00:44:45
315	PIETRZYK Marek	509		M60-69		00:00:17	00:17:08	00:30:27	00:44:48
316	WARDACH Tomasz	280		M30-39		00:00:13	00:17:01	00:30:33	00:44:53
317	WOWRA Robert	559		M30-39		00:00:22	00:17:37	00:31:03	00:45:12
318	SWIERCZ Janusz	381	WRM MC POLAND	M50-59		00:00:11	00:16:23	00:30:22	00:45:16
319	CHRAŚCINA Rafał	554		M30-39		00:00:22	00:18:12	00:31:34	00:45:39
320	WILDNER Kamil	313		M20-29		00:00:19	00:17:49	00:31:24	00:45:41
321	BĘBENEK Marcin	363	GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52
322	SIENKIEWICZ Piotr	418	BIEGAM BO LUBIĘ RACIBÓRZ	M60-69		00:00:12	00:17:55	00:31:31	00:45:58
323	MŁYNARCZYK Jerzy	384	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:17:43	00:31:26	00:46:01
324	WALA Andrzej	285		M40-49		00:00:17	00:17:03	00:30:35	00:46:07
325	MARON Tomasz	231	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11
326	PACUT Szymon	452		M40-49		00:00:17	00:17:16	00:32:11	00:47:56
327	BANDER Jerzy	577		M50-59		00:00:15	00:18:56	00:33:55	00:50:18
328	ŚWIERZYŃSKI Ariel	527		M30-39		00:00:17	00:20:03	00:35:00	00:51:41
329	TRAWNICKI Jan	462		M70+		00:00:08	00:20:02	00:36:08	00:53:01
330	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41
331	MADEJ Józef	481	ZADYSZKA OŚWIĘCIM	M70+	Zadyszka Oświęcim	00:00:21	00:22:57	00:41:12	00:59:52
332	DĄBROWSKI Sebastian	287	BYLE DOBIEĆ	M40-49		00:00:00			
333	KAPUSTA Bartłomiej	421		M30-39		00:00:00			
334	KNOPEK Bartłomiej	46		M30-39		00:00:00		00:36:19	
335	LISZKA Mirosław	566		M50-59	Radlinioki w biegu	00:00:00		00:57:16	
336	KOŹMIŃSKI Józef	7	SKL SUCHA BESKIDZKA	M40-49		00:00:00			
337	WALCZYŃSKI Mariusz	91	NIEWYBIEGANI	M40-49	Niewybiegani	00:00:00		00:36:54	
338	URBANEK Łukasz	110		M16-19		00:00:06		00:20:49	
339	WOLIŃSKI Dariusz	376	HRMAX	M40-49		00:00:11			
340	ZAWIERUCHA Aleksander	404	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	MARO Team Jastrzębie-Żory	00:00:19			

Total 340 results.