

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

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	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		3:02	19.7 (100%)
2	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	+00:02:39 (8.0%)	3:18	18.1 (91.9%)
3	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	+00:02:42 (8.2%)	3:18	18.1 (91.9%)
4	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	+00:03:21 (9.9%)	3:22	17.8 (90.4%)
5	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	+00:03:40 (10.8%)	3:24	17.6 (89.3%)
6	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	+00:04:19 (12.4%)	3:28	17.3 (87.8%)
7	LIZAK Wociech	381		M30-39	7	Nieślony Lizak	00:00:00	00:10:15	00:17:26	00:25:44	00:32:52	00:34:56.75	00:34:57.65	+00:04:30 (12.9%)	3:29	17.2 (87.3%)
8	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	+00:04:39 (13.3%)	3:30	17.1 (86.8%)
9	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	+00:05:50 (16.1%)	3:37	16.5 (83.8%)
10	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	+00:05:55 (16.3%)	3:38	16.5 (83.8%)
11	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	+00:06:02 (16.6%)	3:38	16.5 (83.8%)
12	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	+00:06:04 (16.6%)	3:39	16.4 (83.2%)
13	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	+00:06:13 (17.0%)	3:39	16.4 (83.2%)
14	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	+00:06:18 (17.2%)	3:40	16.3 (82.7%)
15	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	+00:06:31 (17.6%)	3:41	16.2 (82.2%)

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	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	+00:06:34 (17.8%)	3:42	16.2 (82.2%)
17	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	+00:06:52 (18.4%)	3:43	16.1 (81.7%)
18	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	+00:06:53 (18.5%)	3:44	16.1 (81.7%)
19	KĄŁUŻNY 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	+00:07:05 (18.9%)	3:45	16 (81.2%)
20	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	+00:07:16 (19.3%)	3:46	15.9 (80.7%)
21	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	+00:07:21 (19.5%)	3:46	15.9 (80.7%)
22	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	+00:07:26 (19.6%)	3:47	15.9 (80.7%)
23	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	+00:07:28 (19.7%)	3:47	15.8 (80.2%)
24	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	+00:07:39 (20.1%)	3:48	15.7 (79.7%)
25	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	+00:07:41 (20.2%)	3:48	15.7 (79.7%)
26	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	+00:08:01 (20.9%)	3:50	15.6 (79.2%)
27	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	+00:08:01 (20.9%)	3:50	15.6 (79.2%)
28	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	+00:08:11 (21.2%)	3:51	15.5 (78.7%)
29	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	+00:08:41 (22.2%)	3:54	15.3 (77.7%)
30	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	+00:08:48 (22.4%)	3:55	15.3 (77.7%)
31	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	+00:08:52 (22.6%)	3:55	15.3 (77.7%)
32	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	+00:08:53 (22.6%)	3:55	15.3 (77.7%)
33	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	+00:09:13 (23.3%)	3:57	15.1 (76.6%)
34	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	+00:09:15 (23.3%)	3:58	15.1 (76.6%)
35	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	+00:09:20 (23.5%)	3:58	15.1 (76.6%)
36	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	+00:09:40 (24.1%)	4:00	15 (76.1%)
37	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	+00:09:44 (24.3%)	4:01	14.9 (75.6%)
38	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	+00:09:55 (24.6%)	4:02	14.9 (75.6%)

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	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	+00:09:55 (24.6%)	4:02	14.9 (75.6%)
40	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	+00:10:04 (24.9%)	4:03	14.8 (75.1%)
41	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	+00:10:12 (25.1%)	4:03	14.8 (75.1%)
42	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	+00:10:14 (25.2%)	4:04	14.8 (75.1%)
43	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	+00:10:33 (25.8%)	4:05	14.6 (74.1%)
44	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	+00:10:36 (25.9%)	4:06	14.6 (74.1%)
45	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	+00:10:39 (25.9%)	4:06	14.6 (74.1%)
46	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	+00:10:44 (26.1%)	4:07	14.6 (74.1%)
47	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	+00:10:45 (26.1%)	4:07	14.6 (74.1%)
48	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	+00:10:48 (26.2%)	4:07	14.5 (73.6%)
49	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	+00:10:51 (26.3%)	4:07	14.5 (73.6%)
50	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	+00:10:52 (26.3%)	4:07	14.5 (73.6%)
51	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	+00:10:56 (26.4%)	4:08	14.5 (73.6%)
52	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	+00:11:13 (26.9%)	4:09	14.4 (73.1%)
53	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	+00:11:14 (27.0%)	4:10	14.4 (73.1%)
54	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	+00:11:16 (27.0%)	4:10	14.4 (73.1%)
55	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	+00:11:16 (27.0%)	4:10	14.4 (73.1%)
56	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	+00:11:34 (27.6%)	4:12	14.3 (72.6%)
57	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	+00:11:41 (27.7%)	4:12	14.2 (72.1%)
58	TŁOŁKA 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	+00:11:49 (28.0%)	4:13	14.2 (72.1%)
59	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	+00:11:52 (28.1%)	4:13	14.2 (72.1%)
60	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	+00:11:56 (28.2%)	4:14	14.2 (72.1%)
61	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	+00:12:01 (28.3%)	4:14	14.1 (71.6%)

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
62	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	+00:12:06 (28.5%)	4:15	14.1 (71.6%)
63	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	+00:12:15 (28.7%)	4:16	14.1 (71.6%)
64	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	+00:12:22 (28.9%)	4:16	14 (71.1%)
65	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	+00:12:23 (28.9%)	4:16	14 (71.1%)
66	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	+00:12:24 (29.0%)	4:17	14 (71.1%)
67	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	+00:12:27 (29.0%)	4:17	14 (71.1%)
68	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	+00:12:36 (29.3%)	4:18	13.9 (70.6%)
69	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	+00:12:42 (29.5%)	4:18	13.9 (70.6%)
70	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	+00:12:58 (29.9%)	4:20	13.8 (70.1%)
71	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	+00:13:00 (29.9%)	4:20	13.8 (70.1%)
72	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	+00:13:12 (30.3%)	4:21	13.7 (69.5%)
73	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	+00:13:13 (30.3%)	4:21	13.7 (69.5%)
74	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	+00:13:14 (30.3%)	4:22	13.7 (69.5%)
75	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	+00:13:23 (30.5%)	4:22	13.7 (69.5%)
76	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	+00:13:33 (30.8%)	4:23	13.6 (69.0%)
77	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	+00:13:35 (30.9%)	4:24	13.6 (69.0%)
78	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	+00:13:38 (31.0%)	4:24	13.6 (69.0%)
79	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	+00:13:48 (31.2%)	4:25	13.6 (69.0%)
80	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	+00:13:48 (31.2%)	4:25	13.6 (69.0%)
81	POŁOMSKI Grzegorz	503		M30-39	81		00:00:00					00:44:17.45	00:44:17.45	+00:13:51 (31.3%)	4:25	13.5 (68.5%)
82	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	+00:13:53 (31.4%)	4:26	13.5 (68.5%)
83	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	+00:13:57 (31.4%)	4:26	13.5 (68.5%)
84	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	+00:14:04 (31.6%)	4:27	13.5 (68.5%)

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
85	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	+00:14:14 (31.9%)	4:28	13.4 (68.0%)
86	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	+00:14:18 (32.0%)	4:28	13.4 (68.0%)
87	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	+00:14:23 (32.1%)	4:28	13.4 (68.0%)
88	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	+00:14:37 (32.5%)	4:30	13.3 (67.5%)
89	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	+00:14:48 (32.7%)	4:31	13.3 (67.5%)
90	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	+00:14:48 (32.7%)	4:31	13.3 (67.5%)
91	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	+00:14:50 (32.8%)	4:31	13.3 (67.5%)
92	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	+00:14:56 (32.9%)	4:32	13.2 (67.0%)
93	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	+00:14:58 (33.0%)	4:32	13.2 (67.0%)
94	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	+00:14:59 (33.0%)	4:32	13.2 (67.0%)
95	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	+00:14:59 (33.0%)	4:32	13.2 (67.0%)
96	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	+00:15:00 (33.0%)	4:32	13.2 (67.0%)
97	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	+00:15:00 (33.0%)	4:32	13.2 (67.0%)
98	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	+00:15:02 (33.1%)	4:32	13.2 (67.0%)
99	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	+00:15:04 (33.1%)	4:33	13.2 (67.0%)
100	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	+00:15:05 (33.1%)	4:33	13.2 (67.0%)
101	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	+00:15:08 (33.2%)	4:33	13.2 (67.0%)
102	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	+00:15:10 (33.3%)	4:33	13.2 (67.0%)
103	BAKOWSKI 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	+00:15:11 (33.3%)	4:33	13.2 (67.0%)
104	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	+00:15:12 (33.3%)	4:33	13.1 (66.5%)
105	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	+00:15:14 (33.4%)	4:34	13.1 (66.5%)
106	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	+00:15:21 (33.5%)	4:34	13.1 (66.5%)
107	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	+00:15:24 (33.6%)	4:35	13.1 (66.5%)

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
108	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	+00:15:28 (33.7%)	4:35	13.1 (66.5%)
109	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	+00:15:37 (33.9%)	4:36	13 (66.0%)
110	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	+00:15:44 (34.1%)	4:37	13 (66.0%)
111	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	+00:16:11 (34.7%)	4:39	12.9 (65.5%)
112	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	+00:16:12 (34.8%)	4:39	12.9 (65.5%)
113	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	+00:16:13 (34.8%)	4:40	12.9 (65.5%)
114	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	+00:16:27 (35.1%)	4:41	12.8 (65.0%)
115	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	+00:16:28 (35.1%)	4:41	12.8 (65.0%)
116	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	+00:16:36 (35.3%)	4:42	12.8 (65.0%)
117	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	+00:16:37 (35.3%)	4:42	12.8 (65.0%)
118	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	+00:16:38 (35.3%)	4:42	12.7 (64.5%)
119	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	+00:16:38 (35.4%)	4:42	12.7 (64.5%)
120	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	+00:16:44 (35.5%)	4:43	12.7 (64.5%)
121	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	+00:16:53 (35.7%)	4:43	12.7 (64.5%)
122	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	+00:17:01 (35.9%)	4:44	12.6 (64.0%)
123	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	+00:17:14 (36.2%)	4:46	12.6 (64.0%)
124	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	+00:17:15 (36.2%)	4:46	12.6 (64.0%)
125	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	+00:17:20 (36.3%)	4:46	12.6 (64.0%)
126	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	+00:17:21 (36.3%)	4:46	12.6 (64.0%)
127	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	+00:17:26 (36.4%)	4:47	12.5 (63.5%)
128	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	+00:17:32 (36.6%)	4:47	12.5 (63.5%)
129	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	+00:17:40 (36.7%)	4:48	12.5 (63.5%)
130	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	+00:17:53 (37.0%)	4:49	12.4 (62.9%)

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
131	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	+00:17:58 (37.1%)	4:50	12.4 (62.9%)
132	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	+00:18:05 (37.3%)	4:51	12.4 (62.9%)
133	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	+00:18:06 (37.3%)	4:51	12.4 (62.9%)
134	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	+00:18:12 (37.4%)	4:51	12.3 (62.4%)
135	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	+00:18:15 (37.5%)	4:52	12.3 (62.4%)
136	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	+00:18:20 (37.6%)	4:52	12.3 (62.4%)
137	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	+00:18:44 (38.1%)	4:55	12.2 (61.9%)
138	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	+00:18:47 (38.2%)	4:55	12.2 (61.9%)
139	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	+00:18:49 (38.2%)	4:55	12.2 (61.9%)
140	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	+00:19:13 (38.7%)	4:57	12.1 (61.4%)
141	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	+00:19:19 (38.8%)	4:58	12.1 (61.4%)
142	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	+00:19:20 (38.9%)	4:58	12.1 (61.4%)
143	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	+00:19:21 (38.9%)	4:58	12.1 (61.4%)
144	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	+00:19:24 (38.9%)	4:59	12 (60.9%)
145	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	+00:19:27 (39.0%)	4:59	12 (60.9%)
146	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	+00:19:37 (39.2%)	5:00	12 (60.9%)
147	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	+00:19:47 (39.4%)	5:01	11.9 (60.4%)
148	GĄSOWSKI 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	+00:19:50 (39.5%)	5:01	11.9 (60.4%)
149	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	+00:19:59 (39.6%)	5:02	11.9 (60.4%)
150	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	+00:20:00 (39.7%)	5:02	11.9 (60.4%)
151	JANCZUKOWICZ Łukasz	750		M30-39	151		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04	00:50:39.25	00:51:06.45	+00:20:13 (39.9%)	5:03	11.8 (59.9%)
152	LUBSZCZYK Adrian	774		M30-39	152	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43	00:47:57	00:50:39.65	00:50:58.80	+00:20:13 (39.9%)	5:03	11.8 (59.9%)
153	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	+00:20:15 (40.0%)	5:04	11.8 (59.9%)

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
154	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	+00:20:25 (40.2%)	5:05	11.8 (59.9%)
155	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	+00:20:38 (40.4%)	5:06	11.7 (59.4%)
156	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	+00:20:42 (40.5%)	5:06	11.7 (59.4%)
157	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	+00:20:54 (40.7%)	5:08	11.7 (59.4%)
158	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	+00:21:05 (40.9%)	5:09	11.6 (58.9%)
159	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	+00:21:39 (41.6%)	5:12	11.5 (58.4%)
160	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	+00:21:41 (41.6%)	5:12	11.5 (58.4%)
161	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	+00:21:44 (41.7%)	5:13	11.5 (58.4%)
162	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	+00:21:45 (41.7%)	5:13	11.5 (58.4%)
163	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	+00:21:47 (41.7%)	5:13	11.5 (58.4%)
164	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	+00:21:49 (41.8%)	5:13	11.5 (58.4%)
165	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	+00:21:49 (41.8%)	5:13	11.5 (58.4%)
166	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	+00:22:19 (42.3%)	5:16	11.4 (57.9%)
167	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	+00:22:23 (42.4%)	5:17	11.4 (57.9%)
168	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	+00:22:25 (42.4%)	5:17	11.4 (57.9%)
169	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	+00:22:39 (42.7%)	5:18	11.3 (57.4%)
170	FRAŤCZAK 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	+00:22:50 (42.9%)	5:19	11.3 (57.4%)
171	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	+00:23:01 (43.1%)	5:20	11.2 (56.9%)
172	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	+00:23:10 (43.2%)	5:21	11.2 (56.9%)
173	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	+00:23:16 (43.3%)	5:22	11.2 (56.9%)
174	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	+00:23:22 (43.4%)	5:22	11.2 (56.9%)
175	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	+00:23:25 (43.5%)	5:23	11.1 (56.3%)
176	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	+00:23:26 (43.5%)	5:23	11.1 (56.3%)

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
177	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	+00:23:33 (43.6%)	5:23	11.1 (56.3%)
178	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	+00:23:37 (43.7%)	5:24	11.1 (56.3%)
179	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	+00:24:09 (44.3%)	5:27	11 (55.8%)
180	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	+00:24:11 (44.3%)	5:27	11 (55.8%)
181	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	+00:24:51 (45.0%)	5:31	10.9 (55.3%)
182	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	+00:24:53 (45.0%)	5:31	10.8 (54.8%)
183	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	+00:25:11 (45.3%)	5:33	10.8 (54.8%)
184	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	+00:25:27 (45.6%)	5:35	10.7 (54.3%)
185	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	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
186	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	+00:26:26 (46.5%)	5:41	10.6 (53.8%)
187	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	+00:26:35 (46.6%)	5:42	10.5 (53.3%)
188	DRAĞ 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	+00:26:40 (46.7%)	5:42	10.5 (53.3%)
189	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	+00:27:20 (47.3%)	5:46	10.4 (52.8%)
190	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	+00:27:29 (47.5%)	5:47	10.4 (52.8%)
191	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	+00:27:30 (47.5%)	5:47	10.4 (52.8%)
192	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	+00:27:55 (47.9%)	5:50	10.3 (52.3%)
193	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	+00:28:22 (48.3%)	5:52	10.2 (51.8%)
194	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	+00:28:59 (48.8%)	5:56	10.1 (51.3%)
195	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	+00:29:02 (48.8%)	5:56	10.1 (51.3%)
196	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	+00:31:14 (50.7%)	6:10	9.7 (49.2%)
197	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	+00:31:29 (50.9%)	6:11	9.7 (49.2%)
198	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	+00:32:32 (51.7%)	6:17	9.5 (48.2%)
199	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	+00:39:19 (56.4%)	6:58	8.6 (43.7%)

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
200	LEDWOŃ Paweł	468		M30-39	200		00:00:03	00:11:04	00:18:48	00:27:54				+00:05:42	3:49	15.7 (79.7%)
201	KOŹMIŃSKI Józef	378		M30-39	201		00:00:01	00:09:55	00:17:07					+00:02:12	3:25	17.5 (88.8%)

Znaleziono 201 wynik(ów)