

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Jastrzębska Dziesiątka 2019
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2019-09-21
Jastrzębie-Zdrój
10 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mistrz woj. śląskiego

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	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		3:02	19.7 (100%)
2	CIEPLAK 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	+00:02:15 (6.9%)	3:16	18.3 (92.9%)
3	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	+00:02:35 (7.9%)	3:18	18.1 (91.9%)
4	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	+00:02:39 (8.0%)	3:18	18.1 (91.9%)
5	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	+00:03:18 (9.8%)	3:22	17.8 (90.4%)
6	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	+00:03:37 (10.6%)	3:24	17.6 (89.3%)
7	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	+00:03:44 (10.9%)	3:25	17.5 (88.8%)
8	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	+00:03:56 (11.4%)	3:26	17.4 (88.3%)
9	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	+00:04:15 (12.3%)	3:28	17.3 (87.8%)
10	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	+00:04:24 (12.6%)	3:29	17.2 (87.3%)
11	LIZAK Wociecz	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	+00:04:27 (12.8%)	3:29	17.2 (87.3%)
12	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	+00:04:35 (13.1%)	3:30	17.1 (86.8%)
13	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	+00:04:49 (13.7%)	3:31	17 (86.3%)
14	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	+00:05:47 (15.9%)	3:37	16.5 (83.8%)

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
15	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	+00:05:52 (16.1%)	3:38	16.5 (83.8%)
16	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	+00:05:59 (16.4%)	3:38	16.5 (83.8%)
17	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	+00:06:01 (16.5%)	3:39	16.4 (83.2%)
18	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	+00:06:04 (16.6%)	3:39	16.4 (83.2%)
19	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	+00:06:07 (16.7%)	3:39	16.4 (83.2%)
20	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	+00:06:09 (16.8%)	3:39	16.4 (83.2%)
21	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	+00:06:14 (17.0%)	3:40	16.3 (82.7%)
22	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	+00:06:23 (17.3%)	3:41	16.3 (82.7%)
23	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	+00:06:27 (17.5%)	3:41	16.2 (82.2%)
24	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	+00:06:31 (17.6%)	3:42	16.2 (82.2%)
25	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	+00:06:39 (17.9%)	3:42	16.2 (82.2%)
26	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	+00:06:48 (18.3%)	3:43	16.1 (81.7%)
27	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	+00:06:49 (18.3%)	3:43	16.1 (81.7%)
28	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	+00:06:50 (18.3%)	3:44	16.1 (81.7%)
29	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	+00:07:02 (18.8%)	3:45	16 (81.2%)
30	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	+00:07:03 (18.8%)	3:45	16 (81.2%)
31	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	+00:07:13 (19.2%)	3:46	15.9 (80.7%)
32	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	+00:07:17 (19.3%)	3:46	15.9 (80.7%)
33	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	+00:07:18 (19.3%)	3:46	15.9 (80.7%)
34	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	+00:07:22 (19.5%)	3:47	15.9 (80.7%)
35	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	+00:07:22 (19.5%)	3:47	15.9 (80.7%)
36	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	+00:07:25 (19.6%)	3:47	15.8 (80.2%)

												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					
37	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	+00:07:36 (20.0%)	3:48	15.7 (79.7%)
38	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	+00:07:38 (20.0%)	3:48	15.7 (79.7%)
39	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	+00:07:51 (20.5%)	3:50	15.6 (79.2%)
40	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	+00:07:57 (20.7%)	3:50	15.6 (79.2%)
41	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	+00:08:19 (21.5%)	3:52	15.5 (78.7%)
42	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	+00:08:24 (21.6%)	3:53	15.4 (78.2%)
43	GRUDZIEN 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	+00:08:26 (21.7%)	3:53	15.4 (78.2%)
44	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	+00:08:48 (22.4%)	3:55	15.3 (77.7%)
45	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	+00:08:50 (22.5%)	3:55	15.3 (77.7%)
46	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	+00:08:50 (22.5%)	3:56	15.3 (77.7%)
47	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	+00:08:51 (22.5%)	3:56	15.2 (77.2%)
48	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	+00:08:57 (22.7%)	3:56	15.2 (77.2%)
49	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	+00:09:09 (23.1%)	3:57	15.1 (76.6%)
50	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	+00:09:10 (23.1%)	3:57	15.1 (76.6%)
51	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	+00:09:12 (23.2%)	3:58	15.1 (76.6%)
52	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	+00:09:16 (23.3%)	3:58	15.1 (76.6%)
53	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	+00:09:24 (23.6%)	3:59	15 (76.1%)
54	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	+00:09:36 (24.0%)	4:00	15 (76.1%)
55	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	+00:09:38 (24.0%)	4:00	15 (76.1%)
56	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	+00:09:41 (24.1%)	4:01	14.9 (75.6%)
57	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	+00:09:43 (24.2%)	4:01	14.9 (75.6%)
58	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	+00:09:49 (24.4%)	4:01	14.9 (75.6%)

												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					
59	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	+00:09:52 (24.5%)	4:02	14.9 (75.6%)
60	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	+00:10:01 (24.7%)	4:03	14.8 (75.1%)
61	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	+00:10:15 (25.2%)	4:04	14.7 (74.6%)
62	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	+00:10:24 (25.4%)	4:05	14.7 (74.6%)
63	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	+00:10:27 (25.5%)	4:05	14.7 (74.6%)
64	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	+00:10:29 (25.6%)	4:05	14.6 (74.1%)
65	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	+00:10:33 (25.7%)	4:06	14.6 (74.1%)
66	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	+00:10:36 (25.8%)	4:06	14.6 (74.1%)
67	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	+00:10:38 (25.9%)	4:06	14.6 (74.1%)
68	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	+00:10:39 (25.9%)	4:06	14.6 (74.1%)
69	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	+00:10:45 (26.1%)	4:07	14.5 (73.6%)
70	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	+00:10:48 (26.2%)	4:07	14.5 (73.6%)
71	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	+00:10:48 (26.2%)	4:07	14.5 (73.6%)
72	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	+00:10:49 (26.2%)	4:07	14.5 (73.6%)
73	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	+00:10:50 (26.2%)	4:07	14.5 (73.6%)
74	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	+00:10:50 (26.2%)	4:08	14.5 (73.6%)
75	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	+00:11:04 (26.7%)	4:09	14.4 (73.1%)
76	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	+00:11:09 (26.8%)	4:09	14.4 (73.1%)
77	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	+00:11:26 (27.3%)	4:11	14.3 (72.6%)
78	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	+00:11:31 (27.4%)	4:12	14.3 (72.6%)
79	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	+00:11:36 (27.6%)	4:12	14.3 (72.6%)
80	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	+00:11:48 (27.9%)	4:13	14.2 (72.1%)
81	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	+00:11:48 (27.9%)	4:13	14.2 (72.1%)

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					
82	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	+00:11:53 (28.1%)	4:14	14.2 (72.1%)
83	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	+00:12:03 (28.3%)	4:15	14.1 (71.6%)
84	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	+00:12:08 (28.5%)	4:15	14.1 (71.6%)
85	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	+00:12:10 (28.5%)	4:15	14.1 (71.6%)
86	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	+00:12:12 (28.6%)	4:16	14.1 (71.6%)
87	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	+00:12:13 (28.6%)	4:16	14 (71.1%)
88	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	+00:12:16 (28.7%)	4:16	14 (71.1%)
89	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	+00:12:18 (28.8%)	4:16	14 (71.1%)
90	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	+00:12:18 (28.8%)	4:16	14 (71.1%)
91	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	+00:12:19 (28.8%)	4:16	14 (71.1%)
92	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	+00:12:20 (28.8%)	4:17	14 (71.1%)
93	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	+00:12:21 (28.8%)	4:17	14 (71.1%)
94	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	+00:12:23 (28.9%)	4:17	14 (71.1%)
95	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	+00:12:33 (29.2%)	4:18	13.9 (70.6%)
96	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	+00:12:38 (29.3%)	4:18	13.9 (70.6%)
97	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	+00:12:39 (29.3%)	4:18	13.9 (70.6%)
98	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	+00:12:40 (29.4%)	4:19	13.9 (70.6%)
99	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	+00:12:41 (29.4%)	4:19	13.9 (70.6%)
100	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	+00:12:49 (29.6%)	4:19	13.9 (70.6%)
101	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	+00:12:53 (29.7%)	4:20	13.8 (70.1%)
102	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	+00:13:00 (29.9%)	4:21	13.8 (70.1%)
103	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	+00:13:04 (30.0%)	4:21	13.8 (70.1%)

												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
104	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	+00:13:09 (30.1%)	4:21	13.7 (69.5%)
105	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	+00:13:10 (30.2%)	4:22	13.7 (69.5%)
106	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	+00:13:11 (30.2%)	4:22	13.7 (69.5%)
107	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	+00:13:15 (30.3%)	4:22	13.7 (69.5%)
108	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	+00:13:19 (30.4%)	4:22	13.7 (69.5%)
109	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	+00:13:40 (31.0%)	4:25	13.6 (69.0%)
110	POŁOMSKI Grzegorz	503		M30-39	81		00:00:00					00:44:17.45	00:44:17.45	+00:13:48 (31.2%)	4:25	13.5 (68.5%)
111	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	+00:13:50 (31.2%)	4:26	13.5 (68.5%)
112	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	+00:14:08 (31.7%)	4:27	13.4 (68.0%)
113	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	+00:14:19 (32.0%)	4:28	13.4 (68.0%)
114	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	+00:14:33 (32.3%)	4:30	13.3 (67.5%)
115	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	+00:14:33 (32.3%)	4:30	13.3 (67.5%)
116	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	+00:14:45 (32.6%)	4:31	13.3 (67.5%)
117	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	+00:14:46 (32.6%)	4:31	13.3 (67.5%)
118	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	+00:14:46 (32.7%)	4:31	13.3 (67.5%)
119	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	+00:14:47 (32.7%)	4:31	13.2 (67.0%)
120	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	+00:14:53 (32.8%)	4:32	13.2 (67.0%)
121	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	+00:14:55 (32.9%)	4:32	13.2 (67.0%)
122	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	+00:14:57 (32.9%)	4:32	13.2 (67.0%)
123	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	+00:14:57 (32.9%)	4:32	13.2 (67.0%)
124	JANECKI Mateusz	591		M20-29	35	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48	00:45:27.15	00:45:32.40	+00:14:57 (32.9%)	4:32	13.2 (67.0%)
125	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	+00:15:01 (33.0%)	4:33	13.2 (67.0%)
126	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	+00:15:03 (33.0%)	4:33	13.2 (67.0%)

												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
127	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	+00:15:07 (33.2%)	4:33	13.2 (67.0%)
128	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	+00:15:15 (33.3%)	4:34	13.1 (66.5%)
129	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	+00:15:18 (33.4%)	4:34	13.1 (66.5%)
130	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	+00:15:18 (33.4%)	4:34	13.1 (66.5%)
131	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	+00:15:20 (33.5%)	4:35	13.1 (66.5%)
132	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	+00:15:33 (33.8%)	4:36	13 (66.0%)
133	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	+00:15:33 (33.8%)	4:36	13 (66.0%)
134	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	+00:15:55 (34.3%)	4:38	12.9 (65.5%)
135	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	+00:16:02 (34.5%)	4:39	12.9 (65.5%)
136	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	+00:16:07 (34.6%)	4:39	12.9 (65.5%)
137	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	+00:16:07 (34.6%)	4:39	12.9 (65.5%)
138	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	+00:16:10 (34.7%)	4:40	12.9 (65.5%)
139	KURTO Grzegorz	621		M40-49	72		00:00:08	00:34:45	00:44:13			00:46:39.70	00:46:48.35	+00:16:10 (34.7%)	4:40	12.9 (65.5%)
140	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	+00:16:18 (34.8%)	4:40	12.8 (65.0%)
141	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	+00:16:25 (35.0%)	4:41	12.8 (65.0%)
142	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	+00:16:26 (35.0%)	4:41	12.8 (65.0%)
143	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	+00:16:34 (35.2%)	4:42	12.8 (65.0%)
144	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	+00:16:34 (35.2%)	4:42	12.7 (64.5%)
145	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	+00:16:36 (35.3%)	4:42	12.7 (64.5%)
146	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	+00:16:38 (35.3%)	4:42	12.7 (64.5%)
147	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	+00:16:40 (35.4%)	4:42	12.7 (64.5%)
148	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	+00:16:40 (35.4%)	4:43	12.7 (64.5%)
149	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	+00:16:49 (35.6%)	4:43	12.7 (64.5%)

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
150	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	+00:16:58 (35.8%)	4:44	12.6 (64.0%)
151	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	+00:16:58 (35.8%)	4:44	12.6 (64.0%)
152	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	+00:17:04 (35.9%)	4:45	12.6 (64.0%)
153	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	+00:17:12 (36.1%)	4:46	12.6 (64.0%)
154	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	+00:17:15 (36.2%)	4:46	12.6 (64.0%)
155	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	+00:17:18 (36.2%)	4:46	12.6 (64.0%)
156	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	+00:17:28 (36.4%)	4:47	12.5 (63.5%)
157	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	+00:17:34 (36.6%)	4:48	12.5 (63.5%)
158	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	+00:17:36 (36.6%)	4:48	12.5 (63.5%)
159	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	+00:17:37 (36.6%)	4:48	12.5 (63.5%)
160	POCZĄTEK Damian	662		M20-29	46	Gwiazdna Flota	00:00:09	00:14:18	00:24:12	00:35:48	00:45:27	00:48:09.10	00:48:18.60	+00:17:39 (36.7%)	4:48	12.5 (63.5%)
161	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	+00:17:53 (37.0%)	4:50	12.4 (62.9%)
162	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	+00:17:55 (37.0%)	4:50	12.4 (62.9%)
163	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	+00:17:55 (37.0%)	4:50	12.4 (62.9%)
164	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	+00:18:03 (37.2%)	4:51	12.4 (62.9%)
165	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	+00:18:23 (37.6%)	4:53	12.3 (62.4%)
166	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	+00:18:29 (37.7%)	4:53	12.3 (62.4%)
167	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	+00:18:29 (37.8%)	4:53	12.2 (61.9%)
168	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	+00:19:09 (38.6%)	4:57	12.1 (61.4%)
169	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	+00:19:17 (38.8%)	4:58	12.1 (61.4%)
170	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	+00:19:20 (38.8%)	4:59	12 (60.9%)
171	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	+00:19:23 (38.9%)	4:59	12 (60.9%)
172	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	+00:19:56 (39.5%)	5:02	11.9 (60.4%)

												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					
173	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	+00:20:05 (39.7%)	5:03	11.9 (60.4%)
174	TOCHOWICZ Bartosz	694		M50-59	44	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29	00:47:57	00:50:46.10	00:51:06.15	+00:20:16 (39.9%)	5:04	11.8 (59.9%)
175	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	+00:20:35 (40.3%)	5:06	11.7 (59.4%)
176	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	+00:21:07 (40.9%)	5:09	11.6 (58.9%)
177	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	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
178	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	+00:21:46 (41.7%)	5:13	11.5 (58.4%)
179	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	+00:22:04 (42.0%)	5:15	11.4 (57.9%)
180	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	+00:22:11 (42.1%)	5:16	11.4 (57.9%)
181	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	+00:22:21 (42.3%)	5:17	11.4 (57.9%)
182	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	+00:23:02 (43.0%)	5:21	11.2 (56.9%)
183	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	+00:23:07 (43.1%)	5:21	11.2 (56.9%)
184	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	+00:23:10 (43.2%)	5:22	11.2 (56.9%)
185	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	+00:23:18 (43.3%)	5:22	11.2 (56.9%)
186	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	+00:23:23 (43.4%)	5:23	11.1 (56.3%)
187	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	+00:23:34 (43.6%)	5:24	11.1 (56.3%)
188	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	+00:23:40 (43.7%)	5:25	11.1 (56.3%)
189	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	+00:24:06 (44.2%)	5:27	11 (55.8%)
190	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	+00:24:06 (44.2%)	5:27	11 (55.8%)
191	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	+00:24:07 (44.2%)	5:27	11 (55.8%)
192	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	+00:24:24 (44.5%)	5:29	10.9 (55.3%)
193	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	+00:24:39 (44.7%)	5:30	10.9 (55.3%)
194	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	+00:24:58 (45.0%)	5:32	10.8 (54.8%)

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
195	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	+00:26:22 (46.4%)	5:41	10.6 (53.8%)
196	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	+00:26:36 (46.6%)	5:42	10.5 (53.3%)
197	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	+00:26:56 (46.9%)	5:44	10.4 (52.8%)
198	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	+00:27:10 (47.1%)	5:45	10.4 (52.8%)
199	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	+00:27:14 (47.2%)	5:46	10.4 (52.8%)
200	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	+00:28:19 (48.2%)	5:52	10.2 (51.8%)
201	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	+00:28:36 (48.4%)	5:54	10.2 (51.8%)
202	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	+00:29:00 (48.8%)	5:57	10.1 (51.3%)
203	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	+00:31:26 (50.8%)	6:11	9.7 (49.2%)
204	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	+00:31:30 (50.8%)	6:12	9.7 (49.2%)
205	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	+00:34:06 (52.8%)	6:27	9.3 (47.2%)
206	LIZAK Adam	773		M40-49	166	Niesłony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59	01:07:17.75	01:07:46.05	+00:36:48 (54.7%)	6:43	8.9 (45.2%)
207	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	+00:38:05 (55.5%)	6:51	8.7 (44.2%)
208	LEDWOŃ Paweł	468		M30-39	200		00:00:03	00:11:04	00:18:48	00:27:54				+00:05:44	3:49	15.7 (79.7%)
209	KOŹMIŃSKI Józef	378		M30-39	201		00:00:01	00:09:55	00:17:07					+00:02:11	3:25	17.5 (88.8%)
210	FOJCIK Piotr	932		M50-59	63		00:00:32	00:16:19	00:35:03					+00:20:06	7:00	8.6 (43.7%)
211	URBAŚ Roman	530		M40-49	169		00:00:00	00:13:37						+	4:41	12.8 (65.0%)

Znaleziono 211 wynik(ów)