

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: Najlepsi Polacy

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	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	+00:02:15 (6.9%)	3:16	18.3 (92.9%)
3	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	+00:02:21 (7.2%)	3:17	18.3 (92.9%)
4	DROŻDŻ 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%)
5	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%)
6	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%)
7	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%)
8	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	+00:03:37 (10.6%)	3:24	17.6 (89.3%)
9	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%)
10	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%)
11	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%)
12	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%)
13	LIZAK Wociech	381		M30-39	7	Nieśłony 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%)
14	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%)

												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					
15	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%)
16	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	+00:05:46 (15.9%)	3:37	16.5 (83.8%)
17	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%)
18	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%)
19	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%)
20	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	+00:06:01 (16.5%)	3:39	16.4 (83.2%)
21	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%)
22	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	+00:06:02 (16.5%)	3:39	16.4 (83.2%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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	+00:06:15 (17.0%)	3:40	16.3 (82.7%)
28	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	+00:06:22 (17.3%)	3:41	16.3 (82.7%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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	+00:06:41 (18.0%)	3:43	16.1 (81.7%)
34	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	+00:06:45 (18.1%)	3:43	16.1 (81.7%)
35	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%)
36	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%)
37	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%)

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
38	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	+00:06:57 (18.6%)	3:44	16 (81.2%)
39	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%)
40	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%)
41	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	+00:07:08 (19.0%)	3:45	15.9 (80.7%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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	+00:07:26 (19.6%)	3:47	15.8 (80.2%)
49	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	+00:07:26 (19.6%)	3:47	15.8 (80.2%)
50	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	+00:07:27 (19.6%)	3:47	15.8 (80.2%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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	+00:07:57 (20.7%)	3:50	15.6 (79.2%)
56	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	+00:08:07 (21.1%)	3:51	15.5 (78.7%)
57	NIESŁONY Filip	390		M20-29	16	Niesłony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30	00:38:40.70	00:38:43.30	+00:08:11 (21.2%)	3:52	15.5 (78.7%)
58	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	+00:08:14 (21.3%)	3:52	15.5 (78.7%)

												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
59	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%)
60	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%)
61	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%)
62	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	+00:08:28 (21.7%)	3:53	15.4 (78.2%)
63	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	+00:08:38 (22.1%)	3:54	15.3 (77.7%)
64	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	+00:08:45 (22.3%)	3:55	15.3 (77.7%)
65	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%)
66	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	+00:08:49 (22.4%)	3:55	15.3 (77.7%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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	+00:09:08 (23.1%)	3:57	15.1 (76.6%)
72	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%)
73	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%)
74	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%)
75	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	+00:09:16 (23.3%)	3:58	15.1 (76.6%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)

												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					
82	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%)
83	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	+00:09:52 (24.5%)	4:02	14.9 (75.6%)
84	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%)
85	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	+00:09:58 (24.6%)	4:02	14.8 (75.1%)
86	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%)
87	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	+00:10:09 (25.0%)	4:03	14.8 (75.1%)
88	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	+00:10:11 (25.0%)	4:04	14.8 (75.1%)
89	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	+00:10:11 (25.0%)	4:04	14.8 (75.1%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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	+00:10:41 (26.0%)	4:07	14.6 (74.1%)
99	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	+00:10:42 (26.0%)	4:07	14.6 (74.1%)
100	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%)
101	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	+00:10:47 (26.1%)	4:07	14.5 (73.6%)
102	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%)
103	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%)

												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					
104	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%)
105	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%)
106	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%)
107	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	+00:10:52 (26.3%)	4:08	14.5 (73.6%)
108	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	+00:10:53 (26.3%)	4:08	14.5 (73.6%)
109	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	+00:10:57 (26.4%)	4:08	14.5 (73.6%)
110	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	+00:11:03 (26.6%)	4:09	14.4 (73.1%)
111	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%)
112	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	+00:11:06 (26.7%)	4:09	14.4 (73.1%)
113	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%)
114	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	+00:11:10 (26.8%)	4:10	14.4 (73.1%)
115	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	+00:11:11 (26.8%)	4:10	14.4 (73.1%)
116	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	+00:11:11 (26.8%)	4:10	14.4 (73.1%)
117	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	+00:11:12 (26.9%)	4:10	14.4 (73.1%)
118	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	+00:11:13 (26.9%)	4:10	14.4 (73.1%)
119	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%)
120	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%)
121	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%)
122	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	+00:11:37 (27.6%)	4:12	14.2 (72.1%)
123	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	+00:11:37 (27.6%)	4:12	14.2 (72.1%)
124	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	+00:11:45 (27.8%)	4:13	14.2 (72.1%)
125	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	+00:11:45 (27.8%)	4:13	14.2 (72.1%)
126	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%)

												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	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	+00:11:48 (27.9%)	4:13	14.2 (72.1%)
128	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%)
129	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%)
130	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	+00:11:58 (28.2%)	4:14	14.1 (71.6%)
131	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%)
132	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	+00:12:05 (28.4%)	4:15	14.1 (71.6%)
133	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%)
133	ORŁOWSKI Grzegorz	646		M40-49	30		00:00:06	00:31:14	00:40:06			00:42:37.65	00:42:44.55	+00:12:08 (28.5%)	4:15	14.1 (71.6%)
135	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	+00:12:09 (28.5%)	4:15	14.1 (71.6%)
136	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%)
137	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	+00:12:10 (28.5%)	4:16	14.1 (71.6%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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	+00:12:20 (28.8%)	4:17	14 (71.1%)
146	MICHAŁSKI 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%)
147	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%)
148	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	+00:12:25 (29.0%)	4:17	14 (71.1%)
149	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	+00:12:27 (29.0%)	4:17	14 (71.1%)

												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
150	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	+00:12:27 (29.0%)	4:17	14 (71.1%)
151	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%)
152	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%)
153	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	+00:12:39 (29.3%)	4:18	13.9 (70.6%)
154	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	+00:12:39 (29.3%)	4:18	13.9 (70.6%)
155	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%)
156	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%)
157	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%)
158	ŁYSEK Paweł	628		M40-49	41	Biegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47	00:43:12.25	00:43:18.25	+00:12:42 (29.4%)	4:19	13.9 (70.6%)
159	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	+00:12:48 (29.6%)	4:19	13.9 (70.6%)
160	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%)
161	WIEŁOPOLSKI Michał	532		M16-19	7		00:00:09	00:32:16	00:41:02			00:43:20.45	00:43:30.40	+00:12:51 (29.7%)	4:20	13.8 (70.1%)
162	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	+00:12:51 (29.7%)	4:20	13.8 (70.1%)
163	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%)
164	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	+00:12:54 (29.8%)	4:20	13.8 (70.1%)
165	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	+00:12:55 (29.8%)	4:20	13.8 (70.1%)
166	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	+00:12:56 (29.8%)	4:20	13.8 (70.1%)
167	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	+00:12:57 (29.8%)	4:20	13.8 (70.1%)
168	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	+00:12:57 (29.8%)	4:20	13.8 (70.1%)
169	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%)
170	RZEPCHYŃSKI 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	+00:13:01 (29.9%)	4:21	13.8 (70.1%)
171	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%)
172	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	+00:13:08 (30.1%)	4:21	13.8 (70.1%)

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
173	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%)
174	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	+00:13:09 (30.2%)	4:21	13.7 (69.5%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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	+00:13:20 (30.4%)	4:23	13.7 (69.5%)
180	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	+00:13:21 (30.5%)	4:23	13.7 (69.5%)
181	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	+00:13:22 (30.5%)	4:23	13.7 (69.5%)
182	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	+00:13:30 (30.7%)	4:23	13.6 (69.0%)
183	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	+00:13:31 (30.7%)	4:24	13.6 (69.0%)
184	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	+00:13:35 (30.8%)	4:24	13.6 (69.0%)
185	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%)
186	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	+00:13:44 (31.1%)	4:25	13.6 (69.0%)
187	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	+00:13:45 (31.1%)	4:25	13.6 (69.0%)
188	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	+00:13:45 (31.1%)	4:25	13.6 (69.0%)
189	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	+00:13:47 (31.1%)	4:25	13.6 (69.0%)
190	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%)
191	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	+00:13:50 (31.2%)	4:26	13.5 (68.5%)
192	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%)
193	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	+00:13:51 (31.3%)	4:26	13.5 (68.5%)
194	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	+00:13:53 (31.3%)	4:26	13.5 (68.5%)
195	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	+00:14:00 (31.5%)	4:27	13.5 (68.5%)

												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					
196	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	+00:14:01 (31.5%)	4:27	13.5 (68.5%)
197	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	+00:14:03 (31.5%)	4:27	13.5 (68.5%)
198	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	+00:14:03 (31.6%)	4:27	13.5 (68.5%)
199	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	+00:14:04 (31.6%)	4:27	13.5 (68.5%)
200	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	+00:14:06 (31.6%)	4:27	13.5 (68.5%)
201	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	+00:14:07 (31.7%)	4:27	13.4 (68.0%)
202	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%)
203	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	+00:14:10 (31.7%)	4:27	13.4 (68.0%)
204	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	+00:14:11 (31.8%)	4:28	13.4 (68.0%)
205	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	+00:14:11 (31.8%)	4:28	13.4 (68.0%)
206	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	+00:14:13 (31.8%)	4:28	13.4 (68.0%)
207	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	+00:14:14 (31.8%)	4:28	13.4 (68.0%)
208	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%)
209	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	+00:14:20 (32.0%)	4:28	13.4 (68.0%)
210	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%)
211	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%)
212	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%)
213	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	+00:14:45 (32.6%)	4:31	13.3 (67.5%)
214	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%)
215	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%)
216	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%)
217	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	+00:14:53 (32.8%)	4:32	13.2 (67.0%)
218	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%)

												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
219	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%)
220	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	+00:14:55 (32.9%)	4:32	13.2 (67.0%)
221	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	+00:14:56 (32.9%)	4:32	13.2 (67.0%)
222	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%)
223	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%)
224	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	+00:14:57 (32.9%)	4:32	13.2 (67.0%)
225	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	+00:14:59 (33.0%)	4:32	13.2 (67.0%)
226	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%)
227	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	+00:15:01 (33.0%)	4:33	13.2 (67.0%)
228	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	+00:15:01 (33.0%)	4:33	13.2 (67.0%)
229	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	+00:15:01 (33.0%)	4:33	13.2 (67.0%)
230	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	+00:15:02 (33.0%)	4:33	13.2 (67.0%)
231	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%)
232	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	+00:15:05 (33.1%)	4:33	13.2 (67.0%)
233	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%)
234	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	+00:15:08 (33.2%)	4:33	13.2 (67.0%)
235	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	+00:15:09 (33.2%)	4:33	13.1 (66.5%)
236	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	+00:15:10 (33.2%)	4:34	13.1 (66.5%)
237	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	+00:15:11 (33.3%)	4:34	13.1 (66.5%)
238	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	+00:15:12 (33.3%)	4:34	13.1 (66.5%)
239	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	+00:15:12 (33.3%)	4:34	13.1 (66.5%)
240	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	+00:15:12 (33.3%)	4:34	13.1 (66.5%)
241	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	+00:15:13 (33.3%)	4:34	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
242	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%)
243	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%)
244	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%)
245	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%)
246	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	+00:15:20 (33.5%)	4:35	13.1 (66.5%)
247	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	+00:15:24 (33.6%)	4:35	13.1 (66.5%)
248	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	+00:15:25 (33.6%)	4:35	13.1 (66.5%)
249	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	+00:15:31 (33.7%)	4:36	13 (66.0%)
250	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	+00:15:32 (33.8%)	4:36	13 (66.0%)
251	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%)
252	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%)
253	WIELOPOLSKI 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	+00:15:39 (33.9%)	4:36	13 (66.0%)
254	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	+00:15:41 (34.0%)	4:37	13 (66.0%)
255	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%)
256	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	+00:15:56 (34.3%)	4:38	12.9 (65.5%)
257	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%)
258	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%)
259	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%)
260	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	+00:16:09 (34.6%)	4:39	12.9 (65.5%)
261	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%)
262	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%)
263	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%)
264	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	+00:16:23 (35.0%)	4:41	12.8 (65.0%)

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
265	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%)
266	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	+00:16:25 (35.0%)	4:41	12.8 (65.0%)
267	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%)
268	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	+00:16:29 (35.1%)	4:41	12.8 (65.0%)
269	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	+00:16:30 (35.1%)	4:42	12.8 (65.0%)
270	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	+00:16:33 (35.2%)	4:42	12.8 (65.0%)
271	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%)
272	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	+00:16:34 (35.2%)	4:42	12.7 (64.5%)
273	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%)
274	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	+00:16:35 (35.2%)	4:42	12.7 (64.5%)
274	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	+00:16:35 (35.2%)	4:42	12.7 (64.5%)
276	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%)
277	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%)
278	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%)
279	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%)
280	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	+00:16:48 (35.5%)	4:43	12.7 (64.5%)
281	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%)
282	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	+00:16:51 (35.6%)	4:44	12.7 (64.5%)
283	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%)
284	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%)
285	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%)
286	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	+00:17:10 (36.0%)	4:46	12.6 (64.0%)
287	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%)

												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
288	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%)
289	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	+00:17:16 (36.2%)	4:46	12.6 (64.0%)
290	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	+00:17:17 (36.2%)	4:46	12.6 (64.0%)
291	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%)
292	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	+00:17:23 (36.3%)	4:47	12.5 (63.5%)
293	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	+00:17:24 (36.3%)	4:47	12.5 (63.5%)
294	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	+00:17:25 (36.4%)	4:47	12.5 (63.5%)
295	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	+00:17:27 (36.4%)	4:47	12.5 (63.5%)
296	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	+00:17:27 (36.4%)	4:47	12.5 (63.5%)
297	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%)
298	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	+00:17:29 (36.5%)	4:47	12.5 (63.5%)
299	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	+00:17:30 (36.5%)	4:48	12.5 (63.5%)
300	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	+00:17:33 (36.6%)	4:48	12.5 (63.5%)
301	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%)
302	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	+00:17:36 (36.6%)	4:48	12.5 (63.5%)
303	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%)
304	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%)
305	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	+00:17:39 (36.7%)	4:48	12.5 (63.5%)
306	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	+00:17:39 (36.7%)	4:49	12.5 (63.5%)
307	RAJWA Stanisław	807		M20-29	47	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32	00:48:10.35	00:48:29.85	+00:17:41 (36.7%)	4:49	12.5 (63.5%)
308	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	+00:17:41 (36.7%)	4:49	12.5 (63.5%)
309	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	+00:17:41 (36.7%)	4:49	12.5 (63.5%)
310	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	+00:17:47 (36.8%)	4:49	12.4 (62.9%)

												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					
311	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	+00:17:47 (36.9%)	4:49	12.4 (62.9%)
312	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	+00:17:48 (36.9%)	4:49	12.4 (62.9%)
313	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	+00:17:50 (36.9%)	4:49	12.4 (62.9%)
314	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%)
315	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%)
316	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%)
317	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	+00:17:59 (37.1%)	4:50	12.4 (62.9%)
318	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	+00:18:02 (37.2%)	4:51	12.4 (62.9%)
319	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%)
320	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	+00:18:06 (37.3%)	4:51	12.3 (62.4%)
321	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	+00:18:08 (37.3%)	4:51	12.3 (62.4%)
322	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	+00:18:10 (37.4%)	4:52	12.3 (62.4%)
323	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	+00:18:12 (37.4%)	4:52	12.3 (62.4%)
324	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	+00:18:14 (37.4%)	4:52	12.3 (62.4%)
325	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	+00:18:17 (37.5%)	4:52	12.3 (62.4%)
326	TRZECIAK Krzysztof	696		M40-49	96		00:00:23	00:35:59	00:46:00			00:48:49.65	00:49:13.60	+00:18:20 (37.6%)	4:53	12.3 (62.4%)
327	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%)
328	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	+00:18:25 (37.7%)	4:53	12.3 (62.4%)
329	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	+00:18:26 (37.7%)	4:53	12.3 (62.4%)
330	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	+00:18:27 (37.7%)	4:53	12.3 (62.4%)
331	GAWLAS Jan	739		M50-59	40		00:00:18	00:36:02	00:45:58			00:48:57.25	00:49:15.40	+00:18:27 (37.7%)	4:53	12.3 (62.4%)
332	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%)
333	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%)
334	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	+00:18:29 (37.8%)	4:53	12.2 (61.9%)

												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
335	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	+00:18:32 (37.8%)	4:54	12.2 (61.9%)
336	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	+00:18:34 (37.9%)	4:54	12.2 (61.9%)
337	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	+00:18:40 (38.0%)	4:55	12.2 (61.9%)
338	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	+00:18:43 (38.1%)	4:55	12.2 (61.9%)
339	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	+00:18:45 (38.1%)	4:55	12.2 (61.9%)
340	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	+00:18:46 (38.1%)	4:55	12.2 (61.9%)
341	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	+00:18:50 (38.2%)	4:56	12.2 (61.9%)
342	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	+00:18:53 (38.3%)	4:56	12.1 (61.4%)
343	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	+00:18:54 (38.3%)	4:56	12.1 (61.4%)
344	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	+00:18:59 (38.4%)	4:56	12.1 (61.4%)
345	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	+00:19:03 (38.5%)	4:57	12.1 (61.4%)
346	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%)
347	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	+00:19:10 (38.6%)	4:58	12.1 (61.4%)
348	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	+00:19:12 (38.7%)	4:58	12.1 (61.4%)
349	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	+00:19:14 (38.7%)	4:58	12.1 (61.4%)
350	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	+00:19:16 (38.7%)	4:58	12.1 (61.4%)
351	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	+00:19:17 (38.7%)	4:58	12.1 (61.4%)
352	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%)
353	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%)
354	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	+00:19:21 (38.8%)	4:59	12 (60.9%)
355	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%)
355	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	+00:19:23 (38.9%)	4:59	12 (60.9%)
357	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	+00:19:33 (39.1%)	5:00	12 (60.9%)

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
358	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	+00:19:37 (39.2%)	5:00	12 (60.9%)
359	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	+00:19:41 (39.2%)	5:01	12 (60.9%)
360	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	+00:19:43 (39.3%)	5:01	11.9 (60.4%)
361	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	+00:19:47 (39.4%)	5:01	11.9 (60.4%)
362	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	+00:19:55 (39.5%)	5:02	11.9 (60.4%)
363	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%)
364	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	+00:19:58 (39.6%)	5:02	11.9 (60.4%)
365	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%)
366	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	+00:20:09 (39.8%)	5:03	11.8 (59.9%)
367	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	+00:20:10 (39.8%)	5:03	11.8 (59.9%)
368	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	+00:20:12 (39.9%)	5:04	11.8 (59.9%)
369	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	+00:20:13 (39.9%)	5:04	11.8 (59.9%)
369	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	+00:20:13 (39.9%)	5:04	11.8 (59.9%)
371	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	+00:20:15 (39.9%)	5:04	11.8 (59.9%)
372	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	+00:20:16 (39.9%)	5:04	11.8 (59.9%)
373	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%)
374	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	+00:20:22 (40.0%)	5:05	11.8 (59.9%)
375	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	+00:20:22 (40.1%)	5:05	11.8 (59.9%)
376	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	+00:20:30 (40.2%)	5:06	11.8 (59.9%)
377	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	+00:20:34 (40.3%)	5:06	11.7 (59.4%)
378	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%)
379	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	+00:20:38 (40.4%)	5:06	11.7 (59.4%)
380	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	+00:20:40 (40.4%)	5:07	11.7 (59.4%)
381	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	+00:20:41 (40.4%)	5:07	11.7 (59.4%)

												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					
382	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	+00:20:48 (40.6%)	5:07	11.7 (59.4%)
383	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	+00:20:51 (40.6%)	5:08	11.7 (59.4%)
384	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	+00:20:53 (40.7%)	5:08	11.7 (59.4%)
385	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	+00:21:00 (40.8%)	5:08	11.7 (59.4%)
386	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	+00:21:02 (40.8%)	5:09	11.6 (58.9%)
387	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	+00:21:04 (40.9%)	5:09	11.6 (58.9%)
388	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%)
389	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%)
390	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	+00:21:22 (41.2%)	5:11	11.6 (58.9%)
391	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	+00:21:32 (41.4%)	5:12	11.5 (58.4%)
392	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	+00:21:36 (41.5%)	5:12	11.5 (58.4%)
393	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	+00:21:38 (41.5%)	5:12	11.5 (58.4%)
394	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	+00:21:41 (41.6%)	5:13	11.5 (58.4%)
395	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	+00:21:41 (41.6%)	5:13	11.5 (58.4%)
396	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	+00:21:42 (41.6%)	5:13	11.5 (58.4%)
397	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	+00:21:44 (41.6%)	5:13	11.5 (58.4%)
398	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	+00:21:45 (41.6%)	5:13	11.5 (58.4%)
399	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%)
400	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	+00:21:49 (41.7%)	5:13	11.5 (58.4%)
401	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	+00:21:52 (41.8%)	5:14	11.5 (58.4%)
402	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	+00:22:00 (41.9%)	5:15	11.4 (57.9%)
403	PAWĘZOWSKI 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	+00:22:03 (42.0%)	5:15	11.4 (57.9%)
404	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%)

												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					
405	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%)
406	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	+00:22:16 (42.2%)	5:16	11.4 (57.9%)
407	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	+00:22:17 (42.2%)	5:16	11.4 (57.9%)
408	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	+00:22:20 (42.3%)	5:17	11.4 (57.9%)
409	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%)
410	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	+00:22:21 (42.3%)	5:17	11.4 (57.9%)
411	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	+00:22:30 (42.5%)	5:17	11.3 (57.4%)
412	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	+00:22:31 (42.5%)	5:18	11.3 (57.4%)
413	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	+00:22:35 (42.6%)	5:18	11.3 (57.4%)
414	SLADDECZEK 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	+00:22:44 (42.7%)	5:19	11.3 (57.4%)
415	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	+00:22:45 (42.7%)	5:19	11.3 (57.4%)
416	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	+00:22:47 (42.8%)	5:19	11.3 (57.4%)
417	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	+00:22:48 (42.8%)	5:19	11.3 (57.4%)
418	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	+00:22:50 (42.8%)	5:20	11.2 (56.9%)
419	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	+00:22:51 (42.8%)	5:20	11.2 (56.9%)
420	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	+00:22:58 (43.0%)	5:20	11.2 (56.9%)
421	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	+00:22:59 (43.0%)	5:20	11.2 (56.9%)
422	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	+00:22:59 (43.0%)	5:20	11.2 (56.9%)
423	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%)
424	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%)
425	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%)

												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					
426	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	+00:23:13 (43.2%)	5:22	11.2 (56.9%)
427	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%)
428	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	+00:23:21 (43.4%)	5:23	11.1 (56.3%)
429	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%)
430	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	+00:23:24 (43.4%)	5:23	11.1 (56.3%)
431	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	+00:23:27 (43.5%)	5:23	11.1 (56.3%)
432	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	+00:23:29 (43.5%)	5:23	11.1 (56.3%)
433	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	+00:23:30 (43.5%)	5:24	11.1 (56.3%)
434	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%)
435	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	+00:23:40 (43.7%)	5:24	11.1 (56.3%)
436	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%)
437	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	+00:23:53 (43.9%)	5:26	11 (55.8%)
438	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	+00:23:53 (43.9%)	5:26	11 (55.8%)
439	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	+00:23:59 (44.0%)	5:26	11 (55.8%)
440	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	+00:23:59 (44.0%)	5:26	11 (55.8%)
441	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	+00:23:59 (44.0%)	5:26	11 (55.8%)
442	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%)
443	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%)
444	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%)
445	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	+00:24:11 (44.2%)	5:28	11 (55.8%)
446	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%)
447	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	+00:24:27 (44.5%)	5:29	10.9 (55.3%)
448	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	+00:24:37 (44.7%)	5:30	10.9 (55.3%)
449	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%)

												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					
450	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	+00:24:39 (44.7%)	5:30	10.9 (55.3%)
451	GIBAS Damian	852		M20-29	64		00:00:14	00:39:46	00:51:42			00:55:09.75	00:55:24.35	+00:24:40 (44.7%)	5:31	10.9 (55.3%)
452	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	+00:24:47 (44.8%)	5:31	10.9 (55.3%)
453	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	+00:24:49 (44.9%)	5:31	10.8 (54.8%)
454	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	+00:24:51 (44.9%)	5:32	10.8 (54.8%)
455	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	+00:24:53 (44.9%)	5:32	10.8 (54.8%)
456	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%)
457	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	+00:25:00 (45.1%)	5:32	10.8 (54.8%)
458	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	+00:25:04 (45.1%)	5:33	10.8 (54.8%)
459	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	+00:25:05 (45.1%)	5:33	10.8 (54.8%)
460	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	+00:25:08 (45.2%)	5:33	10.8 (54.8%)
461	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	+00:25:10 (45.2%)	5:33	10.8 (54.8%)
462	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	+00:25:24 (45.5%)	5:35	10.7 (54.3%)
463	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	+00:25:27 (45.5%)	5:35	10.7 (54.3%)
464	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	+00:25:37 (45.7%)	5:36	10.7 (54.3%)
465	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	+00:25:41 (45.7%)	5:37	10.7 (54.3%)
466	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	+00:25:47 (45.8%)	5:37	10.7 (54.3%)
467	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	+00:25:51 (45.9%)	5:38	10.7 (54.3%)
467	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	+00:25:51 (45.9%)	5:38	10.7 (54.3%)
469	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	+00:25:53 (45.9%)	5:38	10.6 (53.8%)
470	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	+00:25:56 (46.0%)	5:38	10.6 (53.8%)
471	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	+00:26:18 (46.3%)	5:40	10.6 (53.8%)
472	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%)
473	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	+00:26:31 (46.5%)	5:42	10.5 (53.3%)

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
474	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	+00:26:36 (46.6%)	5:42	10.5 (53.3%)
475	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%)
476	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	+00:26:59 (47.0%)	5:44	10.4 (52.8%)
477	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	+00:27:03 (47.0%)	5:45	10.4 (52.8%)
478	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	+00:27:05 (47.1%)	5:45	10.4 (52.8%)
479	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%)
480	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%)
481	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	+00:27:16 (47.2%)	5:46	10.4 (52.8%)
482	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	+00:27:17 (47.2%)	5:46	10.4 (52.8%)
483	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	+00:27:26 (47.4%)	5:47	10.4 (52.8%)
484	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	+00:27:27 (47.4%)	5:47	10.4 (52.8%)
485	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	+00:27:28 (47.4%)	5:47	10.4 (52.8%)
486	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	+00:27:30 (47.4%)	5:48	10.3 (52.3%)
487	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	+00:27:50 (47.7%)	5:50	10.3 (52.3%)
488	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	+00:27:52 (47.8%)	5:50	10.3 (52.3%)
489	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	+00:27:55 (47.8%)	5:50	10.3 (52.3%)
490	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	+00:28:03 (47.9%)	5:51	10.2 (51.8%)
491	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%)
492	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	+00:28:26 (48.3%)	5:53	10.2 (51.8%)
493	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	+00:28:31 (48.3%)	5:54	10.2 (51.8%)
494	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	+00:28:32 (48.4%)	5:54	10.2 (51.8%)
495	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%)
496	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	+00:28:55 (48.7%)	5:56	10.1 (51.3%)

												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
497	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	+00:28:57 (48.7%)	5:56	10.1 (51.3%)
498	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	+00:28:58 (48.7%)	5:56	10.1 (51.3%)
499	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%)
500	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	+00:29:26 (49.1%)	5:59	10 (50.8%)
501	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	+00:29:35 (49.3%)	6:00	10 (50.8%)
502	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	+00:30:02 (49.6%)	6:03	9.9 (50.3%)
503	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	+00:30:12 (49.8%)	6:04	9.9 (50.3%)
504	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	+00:30:20 (49.9%)	6:05	9.9 (50.3%)
505	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	+00:30:43 (50.2%)	6:07	9.8 (49.7%)
506	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	+00:30:50 (50.3%)	6:07	9.8 (49.7%)
507	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	+00:31:10 (50.6%)	6:10	9.7 (49.2%)
508	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%)
509	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%)
510	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	+00:31:54 (51.1%)	6:14	9.6 (48.7%)
511	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	+00:32:28 (51.6%)	6:17	9.5 (48.2%)
512	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	+00:32:55 (51.9%)	6:20	9.5 (48.2%)
513	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	+00:33:26 (52.3%)	6:23	9.4 (47.7%)
514	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	+00:34:01 (52.7%)	6:27	9.3 (47.2%)
515	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%)
516	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	+00:34:51 (53.3%)	6:32	9.2 (46.7%)
517	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	+00:35:50 (54.0%)	6:37	9 (45.7%)
518	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	+00:36:48 (54.7%)	6:43	8.9 (45.2%)
519	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	+00:37:03 (54.9%)	6:45	8.9 (45.2%)

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
520	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	+00:37:25 (55.1%)	6:47	8.8 (44.7%)
521	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%)
522	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	+00:38:51 (56.0%)	6:56	8.6 (43.7%)
523	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	+00:39:16 (56.3%)	6:58	8.6 (43.7%)
524	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	+00:41:56 (57.9%)	7:14	8.3 (42.1%)
525	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%)
526	KOŹMIŃSKI Józef	378		M30-39	201		00:00:01	00:09:55	00:17:07					+00:02:11	3:25	17.5 (88.8%)
527	FOJCIK Piotr	932		M50-59	63		00:00:32	00:16:19	00:35:03					+00:20:06	7:00	8.6 (43.7%)
528	URBAŚ Roman	530		M40-49	169		00:00:00	00:13:37						+	4:41	12.8 (65.0%)
529	KONCKI Ryszard	944		M70+	6		00:00:33									(0.0%)

Znaleziono 529 wynik(ów)