

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie:

Jastrzębska Dziesiątka 2019

Organizator:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

Data:

2019-09-21

Miejsce:

Jastrzębie-Zdrój

Dystans:

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsi Polacy

Punkt pomiarowy: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
1	MRÓWKA Mateusz	350		M20-29	Bziegacze	00:00:00	00:08:45	00:14:56	00:22:11
2	CIEPŁAK Marcin	352		M20-29	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04
3	ZAJĄC Bartosz	412		M20-29	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11
4	DROŻDŻ Damian	363		M30-39	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20
5	LYSKO Jakub	383		M30-39		00:00:01	00:09:50	00:16:30	00:24:21
6	LUBIENIECKI Maciej	382		M40-49		00:00:01	00:09:50	00:16:42	00:24:53
7	ŻURAWIK Daniel	415		M30-39		00:00:01	00:09:50	00:16:46	00:24:53
8	KWESTOROWSKI Bartosz	380		M30-39		00:00:01	00:09:50	00:16:44	00:24:59
9	SZRENIAWA Paweł	406		M20-29		00:00:01	00:09:52	00:16:57	00:25:11
10	PIEPRZYCKI Robert	394		M20-29		00:00:01	00:10:05	00:17:03	00:25:12
11	MUSKIETORZ Piotr	388		M30-39	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25
12	CZAPLA Piotr	362		M20-29		00:00:01	00:10:14	00:17:25	00:25:42
13	BULIK Witold	359		M50-59	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43
14	LIZAK Wocieh	381		M30-39	Nieśłony Lizak	00:00:00	00:10:15	00:17:26	00:25:44
15	KARDAS Arkadiusz	373		M30-39		00:00:01	00:10:23	00:17:37	00:25:59
16	PORĘBA Grzegorz	396		M30-39	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39
17	KLIMEK Wojciech	376		M16-19		00:00:01	00:10:41	00:18:07	00:26:42
18	HATALA Paweł	369		M30-39		00:00:02	00:10:38	00:18:06	00:26:42
19	URBANIAK Witek	407		M30-39		00:00:01	00:10:32	00:18:01	00:26:45
20	BŁASZCZYK Dominik	358		M30-39		00:00:01	00:10:32	00:17:51	00:26:49
21	CICHOŃ Roman	361		M40-49		00:00:02	00:10:38	00:18:06	00:26:49
22	BARTOSIK Sebastian	357		M30-39	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50
23	ALBRECHT Krystian	355		M16-19	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55
24	JASICA Mateusz	371		M16-19	KUSY Bukowno	00:00:01	00:10:42	00:18:13	00:27:02
25	KNESZ Marek	460		M50-59		00:00:01	00:10:39	00:18:09	00:27:02
26	SEIFFERT Markus	400		M30-39	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02
27	RAJWA Roman	397		M20-29	Bziegacze	00:00:01	00:10:31	00:18:06	00:27:03
28	SOBOL Tomasz	401		M40-49		00:00:01	00:10:54	00:18:27	00:27:05
29	DUŻNIAK Dominik	364		M30-39		00:00:02	00:10:39	00:18:11	00:27:06
30	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07
31	FIRLA Arkadiusz	365		M40-49		00:00:02	00:10:42	00:18:17	00:27:13

Msc	Zawodnik	Numer	Klub	Kategoria		Drużyna	Czas startu	2.9km	5km	7.3km
32	STARZYCKI Przemysław	402		M20-29	KB MCKIS Jaworzno		00:00:02	00:10:34	00:18:17	00:27:13
33	WALCZYŃSKI Mariusz	408		M30-39	Niewybiegani		00:00:02	00:10:53	00:18:25	00:27:15
34	KUBIK Arkadiusz	464		M40-49	Dystans Lubomia		00:00:02	00:10:46	00:18:23	00:27:17
35	OSETEK Paweł	392		M30-39	Radlinioki w biegu		00:00:01	00:10:45	00:18:36	00:27:26
36	KAŁUŻNY Adam	372		M30-39	SOCIOS SILESIA		00:00:02	00:10:47	00:18:28	00:27:27
37	NIEMIEC Mirek	487		M50-59	Olza Cieszyn		00:00:01	00:10:41	00:18:29	00:27:31
38	JARCO Dominik	370		M20-29			00:00:01	00:10:28	00:18:16	00:27:32
39	ZYGMA Kordian	414		M20-29			00:00:01	00:10:51	00:18:31	00:27:38
40	WOWRY Klaudiusz	410		M16-19	Olza Cieszyn		00:00:00	00:10:57	00:18:38	00:27:41
41	SZKODA Dariusz	405		M30-39	SOCIOS SILESIA		00:00:02	00:10:59	00:18:39	00:27:41
42	CHRAPKIEWICZ Michał	360		M30-39	Olza Cieszyn		00:00:02	00:10:56	00:18:39	00:27:44
43	GIŻYŃSKI Damian	366		M30-39	GB Galopujące Ślimaki		00:00:02	00:11:16	00:18:57	00:27:44
44	RĘBISZ Mariusz	398		M40-49			00:00:01	00:11:09	00:18:49	00:27:49
45	PRZYBYŁA Przemek	507		M40-49			00:00:01	00:11:08	00:18:52	00:27:51
46	KOGUCIUK Karol	377		M20-29	TOMAZI BIKE		00:00:02	00:10:39	00:18:29	00:27:51
47	LEDWOŃ Paweł	468		M30-39			00:00:03	00:11:04	00:18:48	00:27:54
48	JASTRZĘBSKI Piotr	451		M30-39			00:00:02	00:11:03	00:18:50	00:27:57
49	MOLA Mateusz	485		M16-19	Olza Cieszyn		00:00:04	00:11:06	00:18:50	00:28:00
50	ZIELIŃSKI Rafał	413		M30-39	Klub Biegacza MOSiR Jastrzębie		00:00:01	00:10:46	00:18:46	00:28:03
51	FILIP Bartosz	437		M20-29	SOCIOS SILESIA		00:00:02	00:10:47	00:18:44	00:28:04
52	NOGA Krystian	488		M30-39	FORMA Wodzisław Śląski		00:00:04	00:11:11	00:18:59	00:28:05
53	ŻERDKA Michał	542		M30-39			00:00:03	00:11:04	00:18:49	00:28:06
54	MALINA Adam	477		M40-49			00:00:02	00:11:15	00:19:10	00:28:17
55	SAMBAK Tadeusz	399		M50-59	Zadyszka Oświęcim		00:00:03	00:11:27	00:19:15	00:28:21
56	MENCEWICZ Paweł	484		M40-49	FORMA Wodzisław Śląski		00:00:02	00:11:17	00:19:12	00:28:22
57	DZIARSKI Wiesław	436		M60-69			00:00:04	00:11:12	00:19:09	00:28:24
58	MAROSZEK Szymon	480		M30-39			00:00:04	00:11:22	00:19:13	00:28:28
59	GRUDZIEN Krzysztof	368		M40-49			00:00:03	00:11:07	00:19:04	00:28:32
60	ADAMSKI Robert	353		M30-39	Brykająca Grupa Biegowa		00:00:03	00:11:38	00:19:34	00:28:38
61	FURMAN Dawid	438		M30-39			00:00:04	00:11:31	00:19:26	00:28:38
62	OLBRICH Artur	391		M30-39			00:00:03	00:11:25	00:19:23	00:28:42
63	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki		00:00:05	00:11:30	00:19:30	00:28:43
64	TRAFIAŁEK Miłosz	528		M30-39			00:00:04	00:11:16	00:19:16	00:28:46
65	NIEŚŁONY Filip	390		M20-29	Nieślony Lizak		00:00:02	00:11:29	00:19:35	00:28:49
66	KILJAN Mariusz	375		M40-49	KB MCKIS Jaworzno		00:00:02	00:11:19	00:19:26	00:28:52
67	PALT Tomasz	499		M40-49			00:00:04	00:11:39	00:19:39	00:29:00
68	WANTULOK Paweł	531		M20-29			00:00:05	00:11:37	00:19:35	00:29:00
69	BIAŁOŻYT Michał	422		M16-19			00:00:03	00:11:49	00:19:48	00:29:01
70	STUCHLIK Marek	520		M30-39	Aktywna Pszczyna Runners Team		00:00:04	00:11:35	00:19:39	00:29:01
71	KAWCZYŃSKI Radosław	457		M30-39	Team URODZENI BIEGACZE		00:00:05	00:11:35	00:19:35	00:29:01
72	MEREDYK Adrian	387		M30-39			00:00:02	00:11:17	00:19:26	00:29:05
73	SZPYRKA Sebastian	523		M20-29			00:00:02	00:11:45	00:19:51	00:29:15
74	BEZUCH Paweł	421		M20-29			00:00:06	00:11:47	00:19:57	00:29:17
75	WOLNY Ariel	535		M30-39			00:00:06	00:11:47	00:19:46	00:29:19
76	SKIBA Ryszard	517		M40-49			00:00:05	00:11:36	00:19:42	00:29:20
77	BRYŁA Rafał	427		M30-39	Klub Biegacza Fartlek		00:00:05	00:11:48	00:20:02	00:29:27

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
78	KLYSZCZ Paweł	459		M20-29		00:00:04	00:11:35	00:19:49	00:29:33
79	KNAPEK Łukasz	603		M20-29		00:00:11	00:11:58	00:20:07	00:29:35
80	MARCZAK Piotr	478		M30-39		00:00:05	00:11:30	00:19:47	00:29:39
81	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40
82	CIECIAK Grzegorz	430		M40-49		00:00:09	00:11:55	00:20:08	00:29:40
83	HANKUS Łukasz	447		M30-39		00:00:07	00:11:49	00:19:52	00:29:43
84	HEJNA Michał	587		M30-39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44
85	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50
86	TOKAREWICZ Damian	525		M30-39		00:00:09	00:11:55	00:20:08	00:29:54
87	LORANC Maciej	473		M50-59	NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56
88	MALINOWSKI Krzysztof	386		M50-59		00:00:02	00:11:45	00:20:07	00:29:57
89	SURWIŁO Sandro	521		M30-39		00:00:03	00:12:04	00:20:25	00:29:59
90	MARTOWSKI Przemysław	481		M30-39		00:00:04	00:11:52	00:20:12	00:29:59
91	BORCHERT Marcin	425		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59
92	RYCHCZYŃSKI Jonatan	512		M20-29		00:00:13	00:11:58	00:20:20	00:30:02
93	PALKA Dawid	650		M40-49	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03
94	PAGIEŁA Łukasz	497		M30-39	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06
95	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09
96	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10
97	STACHOWSKI Ireneusz	519		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13
98	ADAMCZEWSKI Waldemar	543		M50-59	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13
99	ROMIK Krzysztof	510		M40-49		00:00:07	00:12:06	00:20:26	00:30:13
100	RESPONDEK Leszek	673		M30-39		00:00:08	00:12:09	00:20:30	00:30:13
101	BEREZOWSKI Tomasz	419		M30-39		00:00:10	00:12:04	00:20:21	00:30:14
102	KOWAL Łukasz	609		M20-29		00:00:06	00:12:22	00:20:40	00:30:16
103	WOWRY Grzegorz	409		M30-39	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19
104	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24
105	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25
106	PLEWNIA Dawid	661		M20-29		00:00:18	00:12:15	00:20:32	00:30:25
107	WRZECIONKOWSKI Adrian	536		M30-39		00:00:10	00:12:12	00:20:38	00:30:26
108	KRUK Tomasz	462		M30-39	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30
109	PALIGA Rafał	498		M40-49		00:00:05	00:11:58	00:20:28	00:30:33
110	BRZÓSKA Rafał	428		M40-49		00:00:05	00:12:10	00:20:42	00:30:33
111	NIEŚŁONY Dominik	389		M20-29	Nieślony Lizak	00:00:02	00:12:05	00:20:38	00:30:34
112	TŁOŁKA Michał	524		M30-39		00:00:07	00:12:02	00:20:28	00:30:37
113	MROWIEC Bernard	640		M50-59		00:00:07	00:12:26	00:20:49	00:30:39
114	KUŚ Tomasz	466		M30-39		00:00:12	00:12:20	00:20:48	00:30:39
115	GÓRSKI Michał	583		M20-29		00:00:08	00:12:24	00:20:50	00:30:40
116	PIŁATOWSKI Andrzej	501		M50-59		00:00:03	00:12:09	00:20:39	00:30:43
117	SERAFIN Dariusz Izabela	514		M50-59	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49
118	ZIELIŃSKI Ireneusz	540		M50-59		00:00:04	00:12:11	00:20:50	00:30:55
119	GLAJCAR Tomasz	582		M40-49		00:00:12	00:12:29	00:21:05	00:30:56
120	PRZYBYŁA Tadeusz	805		M30-39		00:00:07	00:12:24	00:21:00	00:30:59
121	GADAJ Grzegorz	439		M30-39		00:00:04	00:12:00	00:20:39	00:31:00
122	KAWECKI Stanisław	601		M40-49	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00
123	TOMCZYK Maurycy	527		M30-39		00:00:04	00:12:33	00:21:07	00:31:01

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
124	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01
125	ŻUKROWSKI Krzysztof	718		M30-39		00:00:17	00:12:23	00:20:54	00:31:03
126	KUSY Rafał	622		M40-49	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04
127	BARAN Bartosz	417		M20-29		00:00:12	00:12:27	00:21:02	00:31:06
128	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09
129	RUCIŃSKI Krzysztof	676		M40-49		00:00:07	00:12:00	00:20:50	00:31:09
130	ROEHRICH Krzysztof	509		M30-39		00:00:04	00:12:15	00:21:01	00:31:11
131	MĘŻYK Matik	635		M30-39	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11
132	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19
133	KARPLEWICZ Andrzej	456		M50-59	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20
134	SMOLIK Łukasz	897		M20-29	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20
135	MICHALSKI Rafał	636		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22
136	ŁATKA Łukasz	626		M30-39		00:00:11	00:12:34	00:21:09	00:31:22
137	LAZAR Damian	624		M30-39		00:00:17	00:12:40	00:21:17	00:31:22
138	TOMCZYK Lesław	526		M50-59	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23
139	ANTONCZYK Adam	544		M50-59		00:00:04	00:12:14	00:20:59	00:31:25
140	KANCLERZ Tomasz	455		M40-49		00:00:06	00:12:31	00:21:15	00:31:26
141	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27
142	DUDZIK Sebastian	568		M30-39		00:00:15	00:12:33	00:21:17	00:31:27
143	GRUCEL Damian	445		M30-39	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28
144	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31
145	PAPUGA Dariusz	652		M50-59	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32
146	NIEDZIELA Stefan	486		M60-69		00:00:03	00:12:10	00:21:05	00:31:34
147	SIKORA Stefan	516		M70+		00:00:08	00:12:43	00:21:25	00:31:34
148	SZKATUŁA Henryk	688		M50-59	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35
149	SZAREK Krzysztof	522		M30-39	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36
150	MUSZEWSKI Bartłomiej	642		M40-49	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37
151	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38
152	OGIERMAN Grzegorz	494		M40-49	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39
153	HIMEL Adrian	448		M20-29		00:00:03	00:12:07	00:20:59	00:31:44
154	KAMYCZEK Grzegorz	600		M40-49		00:00:20	00:12:53	00:21:37	00:31:44
155	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45
156	KNYPS Adam	761		M40-49		00:00:18	00:12:55	00:21:39	00:31:46
157	BUĆKO Marcin	553		M40-49	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48
158	FLORKIEWICZ Sławomir	571		M50-59		00:00:08	00:12:24	00:21:13	00:31:50
159	WOJAKOWSKI Krzysztof	533		M40-49		00:00:06	00:12:35	00:21:26	00:31:52
160	KORCZ Daniel	461		M40-49	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52
161	KĄKOL Ryszard	458		M60-69		00:00:03	00:12:23	00:21:23	00:31:54
162	GLINIECKI Bartłomiej	443		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54
163	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55
164	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57
165	BIELA Rafał	423		M40-49		00:00:09	00:12:47	00:21:46	00:32:01
166	GÓRNY Mirek	367		M50-59		00:00:01	00:12:08	00:21:04	00:32:02
167	RZEPCZYŃSKI Wiesław	677		M70+		00:00:13	00:12:49	00:21:39	00:32:02
168	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03
169	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
170	BULANDA Andrzej	554		M40-49		00:00:05	00:12:31	00:21:20	00:32:06
171	GIGOŃ Dariusz	442		M50-59	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07
172	PRZYBYSZ Ryszard	667		M50-59		00:00:14	00:12:40	00:21:40	00:32:12
173	DOBROWOLSKI Sławek	435		M50-59		00:00:11	00:13:02	00:21:50	00:32:14
174	SMYCZEK Bartosz	898		M30-39		00:00:24	00:13:13	00:22:00	00:32:15
175	WYREMBELSKI Adam	713		M20-29		00:00:07	00:13:06	00:21:54	00:32:18
176	GRUDZIŃSKI Radosław	584		M30-39		00:00:06	00:12:54	00:21:54	00:32:20
177	SZAREK Rafał	685		M40-49	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21
178	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24
179	KUSTRA Józef	771		M50-59		00:00:02	00:12:35	00:21:36	00:32:30
180	UCIEKLAK Waldemar	529		M50-59		00:00:08	00:12:40	00:21:41	00:32:31
181	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32
182	KOWALSKI Robert	610		M50-59		00:00:09	00:12:46	00:21:51	00:32:33
183	NYKIEL Mariusz	492		M30-39	SOCIOS SILESIA	00:00:00	00:10:46	00:20:39	00:32:36
184	POŁEDNIK Tomasz	502		M40-49		00:00:09	00:12:36	00:21:44	00:32:36
185	GAUDYN Andrzej	440		M30-39		00:00:11	00:13:23	00:22:23	00:32:38
186	IZYDORCZYK Robert	588		M40-49		00:00:09	00:12:50	00:21:56	00:32:42
187	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45
188	MAŁECKI Jacek	631		M30-39		00:00:16	00:13:16	00:22:23	00:32:46
189	MAZURKIEWICZ Jarosław	483		M50-59		00:00:16	00:12:53	00:22:05	00:32:47
190	STROF Marcin	683		M30-39		00:00:10	00:13:11	00:22:14	00:32:49
191	ZIELIŃSKI Jacek	716		M30-39		00:00:14	00:13:08	00:22:20	00:32:50
192	BALICKI Piotr	546		M30-39		00:00:15	00:12:23	00:22:19	00:32:50
193	ŁUSZCZYK Sergiusz	627		M30-39		00:00:09	00:12:57	00:22:00	00:32:51
194	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51
195	ZIĘTARA Paweł	717		M50-59		00:00:08	00:13:05	00:22:10	00:32:54
196	WIERCIOCH Tomasz	706		M40-49		00:00:18	00:13:19	00:22:19	00:32:57
197	OGIEGŁO Łukasz	493		M30-39		00:00:09	00:12:46	00:22:05	00:33:01
198	PRZELIORZ Oktawian	666		M30-39		00:00:14	00:13:20	00:22:27	00:33:04
199	PRZELIORZ Oktawian	506		M30-39		00:00:14	00:13:20	00:22:27	00:33:04
200	PAWLAS Damian	796		M20-29		00:00:12	00:13:27	00:22:34	00:33:06
201	DOBRENIUK Krzysztof	434		M40-49		00:00:03	00:13:03	00:22:16	00:33:07
202	SPRATEK Bartosz	814		M20-29		00:00:23	00:13:28	00:22:36	00:33:11
203	KOŁEK Michał	763		M30-39		00:00:10	00:13:20	00:22:28	00:33:12
204	BORYCZKA Szymon	426		M30-39		00:00:11	00:12:50	00:22:15	00:33:12
205	FLISZTA Marcin	570		M30-39		00:00:07	00:13:00	00:22:26	00:33:13
206	JANECKI Mateusz	591		M20-29	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15
207	PIŁATOWSKI Mirosław	660		M50-59	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17
208	KUŚ Dawid	623		M30-39		00:00:05	00:13:20	00:22:29	00:33:20
209	GÓRECKI Wojciech	744		M30-39		00:00:13	00:12:53	00:22:04	00:33:20
210	TYTKO Bartłomiej	698		M40-49		00:00:04	00:12:44	00:22:04	00:33:23
211	TIDE Krzysztof	693		M20-29		00:00:22	00:13:29	00:22:43	00:33:25
212	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26
213	RĘBISZ Paweł	674		M40-49		00:00:19	00:13:40	00:22:56	00:33:26
214	MAGOŃ Marcin	630		M40-49		00:00:23	00:13:12	00:22:29	00:33:26
215	KACZMAREK Jacek	453		M30-39	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
216	URBAN Patryk	699		M20-29		00:00:21	00:12:33	00:21:53	00:33:31
217	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33
218	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34
219	LIZAK Krzysztof	472		M40-49	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34
220	ŻELECH Grzegorz	920		M30-39	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34
221	GROMEK Michał	444		M20-29		00:00:04	00:13:03	00:22:33	00:33:35
222	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37
223	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38
224	OPUCHLIK Roman	495		M30-39		00:00:03	00:13:18	00:22:45	00:33:40
225	CHRAPKIEWICZ Marek	560		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40
226	KUBERA Dawid	463		M30-39		00:00:10	00:13:18	00:22:34	00:33:41
227	BRANDYS Adam	551		M30-39		00:00:13	00:13:29	00:22:43	00:33:41
228	CHROBOK Michał	561		M30-39	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42
229	BAKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42
230	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42
231	KUBALA Jan	861		M30-39		00:00:14	00:13:28	00:22:45	00:33:43
232	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43
233	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48
234	TESSMER Tomasz	692		M20-29		00:00:18	00:13:46	00:22:58	00:33:49
235	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50
236	OWCZAREK Paweł	648		M40-49		00:00:17	00:13:28	00:22:50	00:33:50
237	KRZYSTAŁA Paweł	615		M20-29		00:00:11	00:13:46	00:23:09	00:33:51
238	WIŚNIEWSKI Szymon	709		M40-49		00:00:11	00:13:18	00:22:38	00:34:00
239	NANTKA Witek	785		M40-49	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01
240	MACH Sebastian	866		M30-39		00:00:26	00:13:47	00:23:07	00:34:01
241	PIETRASZ Krzysztof	658		M30-39		00:00:17	00:13:30	00:22:49	00:34:02
242	ZELEK Adam	979		M40-49		00:00:34	00:13:32	00:23:06	00:34:03
243	FOKS Damian	572		M50-59		00:00:12	00:13:43	00:23:07	00:34:05
244	PIECZARA Błażej	657		M40-49	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08
245	JAKUBCZYK Jacek	449		M40-49		00:00:10	00:13:24	00:22:48	00:34:08
246	HARAZIN Janusz	586		M30-39		00:00:11	00:13:44	00:23:11	00:34:10
247	RUBIN Andrzej	511		M40-49	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11
248	JÓZEPIAK Rafał	597		M40-49	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14
249	WOLLNY Kamil	534		M20-29	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15
250	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15
251	LELENIEWSKI Jacek	625		M30-39		00:00:15	00:13:42	00:23:11	00:34:19
252	PETRYNA Bartosz	655		M30-39		00:00:11	00:13:33	00:23:07	00:34:20
253	POŁOWCZUK Krzysztof	665		M20-29		00:00:13	00:13:57	00:23:37	00:34:20
254	JEZIERSKI Krzysztof	594		M40-49		00:00:19	00:13:51	00:23:16	00:34:21
255	WIŚNIEWSKI Przemysław	708		M30-39		00:00:23	00:13:35	00:23:06	00:34:22
256	URBASIK Mariusz	700		M50-59		00:00:10	00:13:42	00:23:13	00:34:27
257	APOSTOLSKI Wojciech	416		M40-49		00:00:09	00:13:29	00:23:06	00:34:28
258	NIEMCZYK Rafał	643		M30-39	KB MCKIS Jaworzno	00:00:08	00:14:03	00:23:25	00:34:32
259	POJDA Grzegorz	664		M40-49		00:00:15	00:13:28	00:23:03	00:34:35
260	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36
261	KLINGER Alan	602		M30-39		00:00:19	00:13:44	00:23:23	00:34:39

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
262	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39
263	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40
264	WIELOPOLSKI Łukasz	705		M20-29		00:00:18	00:14:15	00:23:51	00:34:45
265	PASTWA Grzegorz	653		M40-49		00:00:00	00:13:12	00:22:30	00:34:46
266	KORZENIOWSKI Mateusz	607		M20-29		00:00:13	00:13:56	00:23:40	00:34:47
267	ZAWADA Sebastian	715		M40-49		00:00:21	00:13:59	00:23:18	00:34:47
268	WANDZEL Tomasz	824		M30-39		00:00:13	00:14:03	00:23:38	00:34:51
269	CIESIELSKI Dariusz	563		M50-59		00:00:10	00:13:53	00:23:33	00:34:55
270	MARON Tomasz	479		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55
271	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56
272	URBASIK Daniel	909		M30-39		00:00:27	00:14:21	00:24:08	00:34:57
273	PERLIKOWSKI Kamil	885		M20-29		00:00:09	00:14:05	00:23:43	00:35:00
274	SZYMAŃSKI Piotr	690		M40-49		00:00:11	00:13:41	00:23:23	00:35:01
275	WOJCIECH Jarosław	832		M30-39	PoWoli do Celu	00:00:11	00:14:02	00:23:44	00:35:02
276	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16	00:35:03
277	RYBAK Tomasz	892		M30-39		00:00:12	00:13:44	00:23:29	00:35:07
278	JESIONEK Krzysztof	593		M30-39		00:00:13	00:14:16	00:23:57	00:35:07
279	KUCZERA Marek	617		M40-49	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09
280	MROCKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09
281	KAMIŃSKI Zbigniew	599		M30-39		00:00:13	00:14:12	00:24:01	00:35:18
282	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19
283	PŁONKA Krzysztof	886		M50-59		00:00:11	00:13:58	00:23:50	00:35:19
284	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19
285	SKĘCZEK Arkadiusz	680		M40-49		00:00:10	00:13:51	00:23:44	00:35:22
286	KOWAL Jakub	608		M16-19		00:00:06	00:13:19	00:23:22	00:35:24
287	PODKOWIK Marcin	663		M30-39		00:00:18	00:14:04	00:23:58	00:35:24
288	BURAS Roman	555		M50-59		00:00:25	00:14:58	00:24:32	00:35:24
289	BURDA Marcin	731		M40-49		00:00:10	00:13:53	00:23:48	00:35:25
290	OLSZYNA Mirosław	788		M40-49		00:00:16	00:14:18	00:24:04	00:35:27
291	SKRZYPCZAK Dawid	895		M16-19		00:00:25	00:14:27	00:24:17	00:35:29
292	KUCHARCZYK Mateusz	770		M30-39		00:00:06	00:13:47	00:23:45	00:35:32
293	FOKS Marcin	573		M30-39		00:00:12	00:13:41	00:23:44	00:35:32
294	PAŁKA Krzysztof	651		M40-49		00:00:09	00:14:00	00:23:56	00:35:33
295	URGACZ Mirosław	822		M40-49		00:00:11	00:13:56	00:23:47	00:35:35
296	JASIŃSKI Maksymilian	592		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35
297	WASILEWSKI Mateusz	702		M20-29		00:00:05	00:13:20	00:23:25	00:35:36
298	RAJWA Stanisław	807		M20-29		00:00:19	00:14:04	00:23:41	00:35:36
299	GAŁKIEWICZ Michał	577		M40-49	Bziegacze	00:00:09	00:14:22	00:24:10	00:35:38
300	GOTTMAN Bogusław	854		M50-59		00:00:25	00:14:12	00:24:07	00:35:40
301	PETRYKOWSKI Grzegorz	654		M50-59		00:00:09	00:14:10	00:24:00	00:35:43
302	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43
303	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43
304	BRACHMAŃSKI Dariusz	841		M50-59		00:00:14	00:14:23	00:24:07	00:35:43
305	WAWRÓW Mirosław	826		M30-39		00:00:22	00:14:19	00:24:10	00:35:44
306	BIŁKO Sławek	730		M40-49		00:00:15	00:14:03	00:23:56	00:35:45
307	ADAMCZYK Andrzej	719		M40-49		00:00:27	00:14:10	00:23:57	00:35:45

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
308	BARAN Ryszard	722		M50-59	Gwiezdna Flota	00:00:24	00:14:25	00:24:16	00:35:47
309	POCZĄTEK Damian	662		M20-29		00:00:09	00:14:18	00:24:12	00:35:48
310	FURMANIUK Artur	576		M40-49		00:00:09	00:13:42	00:23:51	00:35:51
311	PRZYBYŁA Tomasz	806		M40-49		00:00:07	00:14:03	00:24:10	00:35:52
312	GAWLAS Krzysztof	578		M30-39		00:00:17	00:13:43	00:23:46	00:35:53
313	OSZCZĘDA Bartosz	790		M20-29	Niestłony Lizak	00:00:19	00:14:32	00:24:22	00:35:53
314	NOWAK Ryszard	787		M60-69		00:00:21	00:14:27	00:24:20	00:35:55
315	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56
316	FILIKS Leszek	931		M40-49		00:00:28	00:14:35	00:24:30	00:35:57
317	LIZAK Grzegorz	471		M30-39		00:00:04	00:14:09	00:24:05	00:36:01
318	BOTOREK Michał	550		M30-39	Radlinioki w biegu	00:00:16	00:14:30	00:24:29	00:36:01
319	SZCZOTKA Arkadiusz	818		M40-49		00:00:23	00:14:21	00:24:21	00:36:06
320	DROBINA Jakub	735		M20-29		00:00:22	00:14:14	00:24:10	00:36:07
321	KUBICA Tadeusz	862		M50-59		00:00:24	00:14:33	00:24:27	00:36:07
322	BRAUNER Wojciech	552		M30-39		00:00:21	00:14:34	00:24:33	00:36:09
323	MAZUR Dariusz	869		M30-39	Radlinioki w biegu	00:00:19	00:14:20	00:24:29	00:36:11
324	ŻALIŃSKI Zbigniew	835		M50-59		00:00:17	00:14:33	00:24:33	00:36:12
325	HEJNA Artur	856		M40-49		00:00:17	00:14:20	00:24:24	00:36:15
326	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16
327	SZCZEPANIAK Kamil	817		M20-29		00:00:22	00:14:24	00:24:32	00:36:19
328	WIDENKA Robert	704		M30-39	Radlinioki w biegu	00:00:14	00:13:57	00:23:54	00:36:21
329	KROCZEK Przemysław	766		M20-29		00:00:17	00:14:31	00:24:37	00:36:22
330	STREIT Mariusz	682		M40-49		00:00:24	00:14:11	00:24:22	00:36:24
331	SZCZEPANIAK Aleksander	686		M50-59		00:00:10	00:14:16	00:24:15	00:36:26
332	PALUCHIEWICZ Szymon	882		M40-49		00:00:11	00:14:30	00:24:39	00:36:27
333	TORBIŃSKI Wiesław	820		M60-69	Radlinioki w biegu	00:00:16	00:14:24	00:24:31	00:36:30
334	PACH Janusz	496		M40-49		00:00:22	00:14:32	00:24:29	00:36:35
335	KULAWIAK Bogdan	620		M50-59		00:00:23	00:14:38	00:24:47	00:36:36
336	WISEŁKA Andrzej	707		M40-49		00:00:15	00:14:42	00:24:45	00:36:37
337	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37
338	GIERULA Artur	740		M30-39	GB Galopujące Ślimaki	00:00:16	00:14:34	00:24:38	00:36:39
339	STARCZEWSKI Marcin	815		M30-39		00:00:17	00:14:36	00:24:48	00:36:39
340	KAMIŃSKI Radek	598		M30-39		00:00:24	00:14:53	00:25:00	00:36:40
341	JANKO Kamil	751		M30-39		00:00:16	00:14:35	00:24:43	00:36:45
342	KAPTUR Wojciech	756		M70+		00:00:18	00:14:40	00:24:42	00:36:46
343	MISIAK Piotr	783		M40-49	GB Galopujące Ślimaki	00:00:13	00:14:30	00:24:49	00:36:49
344	NOWAK Krzysztof	490		M40-49		00:00:06	00:14:34	00:24:36	00:36:50
345	RYBAK Remigiusz	891		M30-39		00:00:12	00:14:32	00:24:50	00:36:52
346	ŚPIEWAK Marek	691		M30-39		00:00:17	00:14:31	00:24:47	00:36:53
347	BURNAGIEL Tomasz	556		M50-59		00:00:14	00:14:57	00:25:11	00:36:56
348	POŁEĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56
349	ZAWADZKI Tyberiusz	834		M40-49		00:00:13	00:14:21	00:24:40	00:36:57
350	KORBUS Piotr	764		M30-39		00:00:26	00:14:53	00:25:08	00:36:59
351	KARAWACKI Grzegorz	758		M30-39		00:00:22	00:14:59	00:25:18	00:37:05
352	GANDZEL Szymon	581		M30-39		00:00:23	00:14:55	00:25:14	00:37:16
353	SZCZECH Krzysztof	816		M40-49		00:00:02	00:14:02	00:24:46	00:37:18

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
354	MAZUR Mariusz	870		M30-39		00:00:20	00:14:21	00:24:42	00:37:18
355	ROZMUS Wojciech	890		M40-49	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22
356	PASZKOWSKI Cezary	883		M40-49	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25
357	GĄSOWSKI Szymon	851		M30-39		00:00:29	00:15:18	00:25:35	00:37:26
358	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27
359	TOCHOWICZ Bartosz	694		M50-59	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29
360	ORAWSKI Robert	789		M60-69		00:00:22	00:15:09	00:25:19	00:37:30
361	CHOLAJDA Roman	733		M40-49		00:00:22	00:15:11	00:25:29	00:37:34
362	KOZIEŁ Dariusz	765		M50-59		00:00:29	00:14:57	00:25:20	00:37:39
363	KONCKI Andrzej	605		M40-49		00:00:31	00:15:07	00:25:36	00:37:39
364	BILIŃSKI Marcin	729		M30-39		00:00:19	00:14:58	00:25:23	00:37:41
365	PANNEK Marcin	793		M30-39		00:00:16	00:15:13	00:25:39	00:37:42
366	LUBSZCZYK Adrian	774		M30-39	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43
367	PIŻGAŁA Kordian	799		M20-29		00:00:17	00:14:23	00:24:53	00:37:46
368	ZIELIŃSKI Andrzej	539		M30-39	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47
369	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47
370	ZAWADA Jakub	915		M40-49		00:00:19	00:14:56	00:26:13	00:37:52
371	LECHOWICZ Tadeusz	772		M50-59		00:00:20	00:15:10	00:25:41	00:38:00
372	GRZEŚ Krzysztof	746		M50-59		00:00:15	00:14:40	00:25:35	00:38:04
373	PAJĄCZKOWSKI Michał	879		M30-39		00:00:15	00:15:01	00:25:31	00:38:05
374	CZARNOTA Leszek	845		M40-49		00:00:23	00:15:16	00:25:51	00:38:07
375	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09
376	SOBAŃSKI Mateusz	899		M20-29		00:00:25	00:15:21	00:25:48	00:38:12
377	SOJ Przemysław	813		M40-49		00:00:28	00:15:06	00:25:36	00:38:12
378	ŚWIERKOT Przemek	143		M40-49		00:00:14	00:15:30	00:26:09	00:38:14
379	LANDZIŃSKI Jacek	865		M30-39		00:00:15	00:15:30	00:26:15	00:38:14
380	DOMASZK Paweł	566		M20-29		00:00:14	00:14:39	00:25:30	00:38:17
381	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18
382	PAWĘZOWSKI Jacek	884		M50-59		00:00:22	00:15:04	00:25:34	00:38:22
383	WILCZOK Daniel	831		M30-39		00:00:17	00:15:06	00:26:01	00:38:24
384	RASZKA Janusz	808		M50-59	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28
385	BOŚ Przemysław	549		M30-39	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29
386	SOSNA Mariusz	903		M40-49		00:00:14	00:15:34	00:26:18	00:38:33
387	GUT Zbigniew	748		M30-39		00:00:22	00:15:19	00:25:52	00:38:37
388	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39
389	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
390	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45
391	SKIBA Maciej	894		M30-39		00:00:26	00:15:07	00:26:00	00:38:46
392	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48
393	GÓRALSKI Jarosław	855		M50-59		00:00:08	00:15:06	00:25:58	00:38:54
394	TOMASICZEK Dawid	972		M20-29		00:00:21	00:15:12	00:26:00	00:38:55
395	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57
396	ANTOŃCZYK Przemysław	720		M30-39		00:00:19	00:15:32	00:26:17	00:38:58
397	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58
398	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58
399	ŚMIETANA Grzegorz	819		M40-49		00:00:14	00:14:56	00:25:34	00:38:59

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
400	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59
401	BAJOR Paweł	837		M30-39		00:00:15	00:15:02	00:26:09	00:39:02
402	ĆMIL Marek	928		M40-49		00:00:16	00:15:02	00:26:15	00:39:03
403	SUBIK Tomasz	684		M30-39		00:00:19	00:15:06	00:25:51	00:39:04
404	KUBULUS Tomasz	863		M40-49		00:00:25	00:15:10	00:25:57	00:39:05
405	NOWAK Patryk	786		M20-29	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11
406	PALA Mariusz	792		M30-39		00:00:15	00:14:44	00:25:47	00:39:13
407	MATUSZEK Tomasz	781		M40-49	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14
408	SKĘCZEK Marcin	811		M40-49		00:00:18	00:15:25	00:26:19	00:39:15
409	JASIŃSKI Krzysztof	858		M30-39		00:00:24	00:15:06	00:26:11	00:39:22
410	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23
411	OGIERMAN Mariusz	876		M20-29		00:00:20	00:15:12	00:26:10	00:39:24
412	KAWIK Janusz	759		M40-49		00:00:06	00:15:49	00:26:39	00:39:25
413	BIELICH Adrian	728		M30-39	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28
414	SLADECZEK Jarek	896		M40-49		00:00:27	00:15:10	00:26:09	00:39:29
415	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33
416	SŁOWIŃSKI Jacek	963		M30-39		00:00:27	00:15:57	00:26:42	00:39:34
417	KULA Radosław	864		M30-39		00:00:08	00:15:02	00:26:07	00:39:39
418	HUCHRO Tomasz	749		M20-29		00:00:12	00:15:39	00:26:41	00:39:41
419	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43
420	GÓRECKI Adam	743		M20-29		00:00:28	00:15:35	00:26:37	00:39:44
421	BORUCKI Darek	840		M40-49		00:00:24	00:15:46	00:26:51	00:39:47
422	PIÓR Krzysztof	798		M40-49		00:00:16	00:15:28	00:26:35	00:39:52
423	STEKLA Bartłomiej	904		M20-29		00:00:14	00:15:02	00:26:11	00:39:53
424	GOIK Damian	742		M20-29	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53
425	ZAWIERUCHA Aleksander	916		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54
426	CHROBOK Gerard	844		M50-59	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00
427	KOZACZKA Włodzimierz	611		M40-49		00:00:29	00:16:06	00:27:13	00:40:05
428	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10
429	KUŚKA Tadeusz	952		M30-39		00:00:29	00:15:45	00:26:57	00:40:12
430	DURAJ Dariusz	848		M30-39	WKURW_TEAM	00:00:16	00:15:53	00:26:53	00:40:15
431	PAJĄK Paweł	880		M40-49		00:00:16	00:15:25	00:26:46	00:40:16
432	WILSZ Adam	911		M40-49		00:00:16	00:16:22	00:27:22	00:40:16
433	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17
434	GŁADYSZ Leszek	741		M40-49		00:00:15	00:16:23	00:27:23	00:40:17
435	ĆWIOK Marek	929		M40-49		00:00:16	00:16:22	00:27:22	00:40:18
436	MAKOWSKI Grzegorz	867		M20-29		00:00:24	00:16:05	00:27:11	00:40:21
437	SOBIERAJSKI Przemek	812		M40-49		00:00:24	00:16:05	00:27:11	00:40:22
438	BRYŚ Sebastian	842		M40-49		00:00:21	00:15:58	00:27:10	00:40:23
439	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27
440	JELEŃ Michał	938		M20-29		00:00:14	00:14:57	00:26:22	00:40:28
441	PRZYBYŁA Krystian	804		M20-29		00:00:18	00:15:53	00:27:07	00:40:33
442	KMIECIAK Bogdan	942		M40-49		00:00:28	00:16:21	00:27:14	00:40:33
443	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35
444	BARANKIEWICZ Irek	724		M40-49		00:00:24	00:15:50	00:26:59	00:40:42
445	BARAN Dawid	838		M30-39		00:00:26	00:15:20	00:26:47	00:40:43

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
446	OSIEWACZ Zbigniew	877		M30-39		00:00:18	00:16:03	00:27:18	00:40:44
447	WILCZEK Marek	830		M40-49		00:00:22	00:15:56	00:27:12	00:40:47
448	PAJĄK Marcin	791		M20-29		00:00:17	00:15:35	00:26:59	00:40:54
449	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57
450	ŻYŁA Wojciech	921		M30-39		00:00:24	00:15:41	00:27:24	00:41:03
451	JESIONEK Bogusław	939		M50-59		00:00:27	00:16:22	00:27:47	00:41:08
452	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22
453	WICZKOWSKI Michał	827		M20-29		00:00:20	00:16:53	00:28:11	00:41:23
454	KONOPKA Jarosław	945		M50-59		00:00:26	00:16:40	00:28:19	00:41:24
455	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24
456	WOLIŃSKI Józef	913		M50-59		00:00:23	00:16:31	00:27:51	00:41:25
457	CIEŚLA Adam	564		M40-49	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29
458	KRÓL Michał	767		M40-49		00:00:05	00:15:28	00:27:13	00:41:43
459	KOTERZYNA Janusz	859		M60-69		00:00:23	00:16:51	00:28:12	00:41:44
460	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47
461	GUJA Bogusław	747		M60-69		00:00:12	00:16:44	00:28:13	00:41:50
462	MROZEK Maciej	784		M40-49		00:00:24	00:16:16	00:27:30	00:41:52
463	MARCINIAK Artur	780		M50-59		00:00:29	00:16:27	00:28:27	00:41:53
464	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12
465	DRĄG Rafał	847		M30-39		00:00:26	00:16:46	00:28:31	00:42:15
466	SOBEK Mariusz	901		M30-39		00:00:27	00:16:24	00:28:02	00:42:18
467	BUCZAK Łukasz	926		M30-39		00:00:07	00:14:45	00:27:26	00:42:23
468	MORAWSKI Janusz	873		M40-49		00:00:25	00:16:35	00:28:17	00:42:24
469	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31
470	PAWŁOWSKI Rafał	958		M20-29		00:00:27	00:17:12	00:29:06	00:42:32
471	PIETRZYK Marek	959		M60-69		00:00:25	00:17:00	00:28:45	00:42:44
472	CZAPSKI Janusz	927		M40-49		00:00:29	00:16:29	00:28:23	00:42:51
473	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55
474	SŁOWIŃSKI Kamil	964		M30-39		00:00:28	00:17:16	00:29:07	00:42:57
475	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02
476	ZIMNY Ireneusz	917		M40-49		00:00:20	00:16:52	00:28:59	00:43:05
477	MICUDA Jan	955		M60-69		00:00:28	00:17:01	00:28:56	00:43:05
478	WOLIŃSKI Dariusz	912		M40-49		00:00:28	00:16:40	00:28:48	00:43:06
479	SCHAB Paweł	678		M30-39		00:00:00	00:20:58	00:30:53	00:43:07
480	BARTOS Grzegorz	725		M20-29		00:00:21	00:16:57	00:28:58	00:43:07
481	PAJESTKA Marek	881		M40-49	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14
482	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37
483	STOCHNIJ Karol	905		M30-39		00:00:26	00:17:17	00:29:14	00:43:41
484	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46
485	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52
486	KRETEK Krzysztof	336	CE PROGRESS	M40-49		00:00:28	00:16:54	00:29:04	00:43:58
487	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03
488	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03
489	GIL Krzysztof	935		M50-59		00:00:25	00:17:34	00:29:44	00:44:05
490	DYL Ireneusz	736		M40-49		00:00:21	00:17:24	00:29:31	00:44:10
491	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km
492	MIKODA Stanisław	871		M40-49	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24
493	SOSNA Daniel	966		M20-29		00:00:31	00:18:00	00:29:45	00:44:27
494	MACHEJ Piotr	776		M20-29	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38
495	CHMIEL Jacek	732		M60-69		00:00:28	00:17:45	00:30:17	00:44:41
496	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06
497	KRAJEWSKI Damian	946		M50-59	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08
498	WILMANOWICZ Rafał	975		M20-29		00:00:19	00:17:36	00:30:13	00:45:20
499	BALICKI Paweł	923		M30-39		00:00:04	00:15:50	00:29:17	00:45:28
500	BURDA Andrzej	843		M30-39	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38
501	POŁOK Robert	801		M20-29		00:00:26	00:17:02	00:29:56	00:46:17
502	TRAWNICKI Jan	908		M60-69		00:00:25	00:17:39	00:30:40	00:46:31
503	WIECZOREK Henryk	142		M50-59		00:00:15	00:18:32	00:31:20	00:46:44
504	KUCZMIERCZYK Janusz	951		M70+		00:00:28	00:18:44	00:31:58	00:47:35
505	WÓJCIK Dariusz	977		M40-49		00:00:29	00:18:24	00:31:48	00:47:45
506	TRAFIAŁEK Mirosław	973		M50-59		00:00:24	00:18:21	00:31:41	00:48:11
507	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03
508	KUCHARCZYK Marek	950		M50-59		00:00:35	00:18:09	00:32:33	00:50:09
509	WARDACH Tomasz	825		M30-39		00:00:26	00:19:07	00:33:04	00:50:13
510	KOŁODZIEJCZAK Damian	943		M40-49		00:00:14	00:19:15	00:33:02	00:50:14
511	LIZAK Adam	773		M40-49	Nieśłony Lizak	00:00:28	00:18:39	00:32:24	00:50:28
512	PIOTROWSKI Mieczysław	961		M70+		00:00:16	00:19:41	00:33:35	00:51:07
513	PIOTROWICZ Rysiek	960		M50-59		00:00:08	00:17:41	00:30:54	00:54:08
514	POŁOMSKI Grzegorz	503		M30-39		00:00:00			
515	URBAŚ Roman	530		M40-49		00:00:00	00:13:37		
516	KOŹMIŃSKI Józef	378		M30-39		00:00:01	00:09:55	00:17:07	
517	WOJCIECHOWSKI Marcin	833		M30-39	Radlinioki w biegu	00:00:01	00:31:22	00:40:11	
518	ORŁOWSKI Grzegorz	646		M40-49		00:00:06	00:31:14	00:40:06	
519	KURTO Grzegorz	621		M40-49		00:00:08	00:34:45	00:44:13	
520	WIEŁOPOLSKI Michał	532		M16-19		00:00:09	00:32:16	00:41:02	
521	DANIKIEWICZ Michał	432		M30-39	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24	
522	GIBAS Damian	852		M20-29		00:00:14	00:39:46	00:51:42	
523	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49	
524	GAWLAS Jan	739		M50-59		00:00:18	00:36:02	00:45:58	
525	FILUSZ Dawid	737		M20-29	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59	
526	MAJKA Tomasz	777		M30-39	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07	
527	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00	
528	FOJCIK Piotr	932		M50-59		00:00:32	00:16:19	00:35:03	
529	KONCKI Ryszard	944		M70+		00:00:33			

Znaleziono 529 wynik(ów)